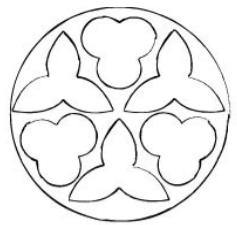


# EMMANUEL LIFE



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WWW.EMMANUELALEXANDRIA.ORG

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EMMANUEL BAPTIST CHURCH, ALEXANDRIA, LA

A PLACE TO BE, A PLACE TO BECOME

## Upcoming Events

### Sunday, January 19

- 9 a.m. Breakfast - Weems Hall
- 9:30 a.m. Bible Study
- 10:50 a.m. Worship - Sanctuary
- 4:30 p.m. Youth Choir
- 5:15 p.m. Youth LIFE - Weems Hall
- 6:15 p.m. Emmanuel Ringers

### Monday, January 20

**Office Closed** - Martin Luther King Holiday

8 a.m. - 6 p.m. **Youth: O.F.F. Limits Paintball** (ALL need and O.F.F. Limits Paintball waiver signed & youth also need and EBC consent/medical release) - Shreveport (\$55 cost includes a meal, 1,000 paint balls, mask and marker. Bring extra \$.)

9:15 a.m. - 2 p.m.

**Animal Farm Children's Trip** (1-6 grade) - Petrus Farm (\$10 per person)

### Tuesday, January 21

**Jerry & Susan Cauley celebrate 24 years of ministry at Emmanuel**

7 p.m. **Finance Committee Joint Meeting (2013 & 2014 members)** - Rm. 105

### Wednesday, January 22

5 p.m. Supper - Weems Hall

5:30 - 5:45 p.m.

Game Room Open for 1st-6th grade (FLC staff escort them)

5:30 p.m. Early Room (Age 3 - Kind.) - Rm. 120 (Parent/Adult escort children)

5:45 p.m. Prayer & January Business Meeting - Weems Hall

5:45 p.m. Music & Missions

5:45 p.m. Youth Element (7th - 12th grade) - Gym & Rm. 201

6:40 p.m. Yoga Class - Large Art Gallery

7 p.m. Sanctuary Choir Rehearsal

7:30 - 8:30 p.m.

FLC open ONLY for children whose parents are in Sanctuary Choir or committee meetings

## Looking Ahead:

### Thursday, January 23



**Adult 3 Ladies Luncheon**, 11:30 a.m. - The Cottage (1434 Dorchester Dr., Alexandria)

### Friday, January 21

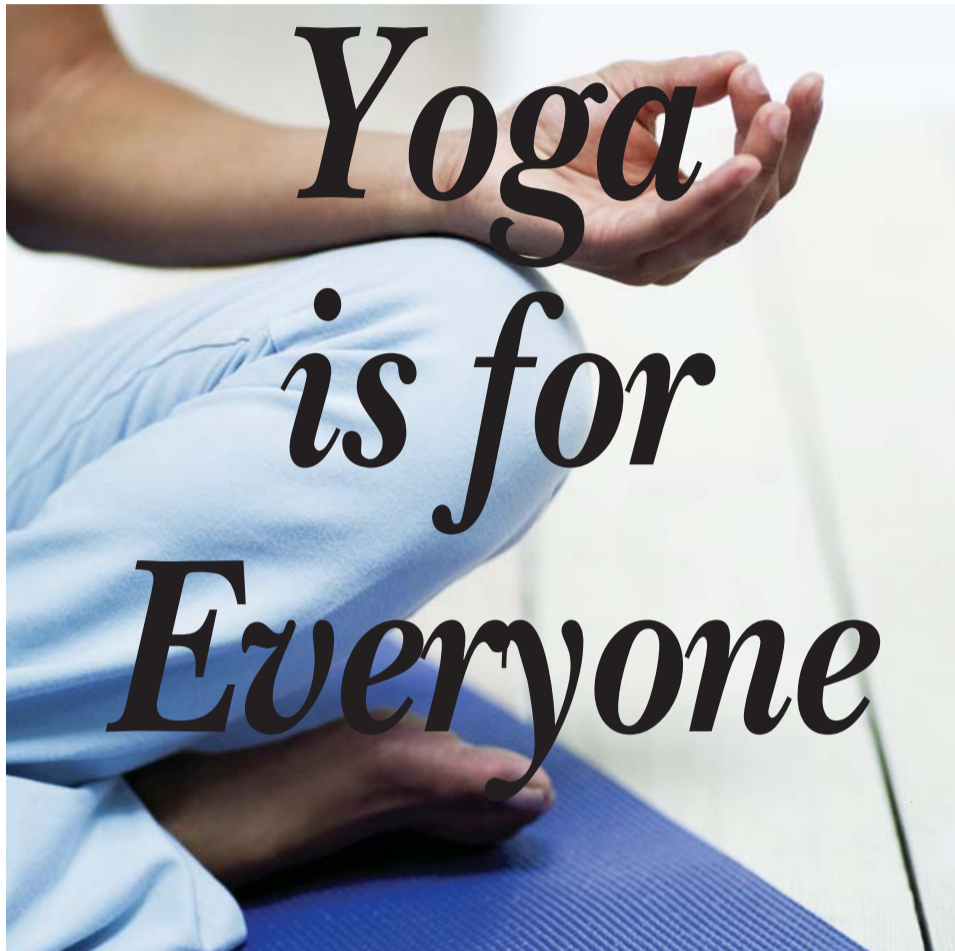
**Round Table Luncheon**, Noon - Weems Hall...music program by Butch Mackey

**Parents' Night Out**, 5:30 - 9:30 p.m. - Family Life Center...\$5 per child.

**Bowling Social (Adult 5/6 "B")**, 6 - 9 p.m. - Tiger Lanes (1711 Kegelman Blvd., Alexandria)...\$11 per person includes 3 hours bowling, pizza and a drink.

## Sanctuary Flowers

Please contact Sandy Whittington (792-7712) or the church office (442-7773) if you would like to give the altar flowers "in memory of" or "in honor of" someone for **February 9, 2014**.



## From My View...

There are as many reasons why people begin a yoga practice as there are different ways to practice. I first tried meditation as way of coping with chronic illness and stress a few years ago.

After a few months my symptoms improved, and something else happened that I didn't expect. I became happier.

With time and patience I began to understand that our happiness is a by product of our choices and actions. I realized that the way I lived, the food I ate, the friendships I formed, the job I chose, and how I used my body all had the capacity to make me happy or miserable.

I was tired of being miserable. I was 254 lbs, totally out of shape, sleeping with a Bi-PAP machine, and coping with chronic illness. So in order to improve my health, I stepped onto a yoga mat.

I began a journey of self-discovery that has enriched

## By: Lyndon Marcotte

my life and relationships. By using the lessons I learned in yoga and meditation when I stepped off the mat also, I was able to lose over 50 lbs, reduce chronic illness and stress, and discover untapped potential in my life.

I'm really excited to share the gift of yoga with others who, like I was, may be too intimidated to try.

Most of us think that yoga is only for skinny, flexible people in great shape. Nothing could be further from the truth.

Every pose and every class are adaptable to every body type and skill level. Yoga is for all of us. *If you can breathe, you can do yoga.*

I invite you to join me on the mat.

*Lyndon has been doing Yoga about 6 hours a week for two years. He is now offering a free class at Emmanuel.*

**6:40 p.m.**  
**Wednesdays**  
**Large Art Gallery**

## ADULTS

**Adult 3 Ladies Luncheon**

11:30 a.m.

Thursday, January 23

The Cottage

(1434 Dorchester Drive, Alexandria)

**Round Table Luncheon**

(Age 55 +)

Noon

Friday, January 24

Weems Hall

Join us for a delicious meal and enjoy a music program led by Emmanuel's own Butch Mackey.

**Bowling Social**

(Adult 5/6 "B")

6-9 p.m.

Friday, January 24

Tiger Lanes

(1711 Kegelman Blvd., Alexandria)

They have a package where we can bowl 3 hours and it includes pizza and drink for \$11 per person. Parents' Night Out will be available for childcare.

A head count is needed, so **RSVP to Heather Matlock at 229-7613.**

**AARP Tax Assistance**

1 - 4 p.m.

Tuesdays

February 4 - April 15

AARP will offer free tax filing services to those age 55 +. This service is provided first-come, first-served. Emmanuel only is a host site for this event.

**C** Dr. Chris Thacker, *Pastor*  
**H** Dr. Larry Taylor  
*Pastor Emeritus*  
**H** Dr. Lee Weems  
*Associate Pastor - Education*  
**U** Rev. Jerry Cauley  
*Minister of Music*  
**R** Rev. Susan Cauley, *Associate*  
*Minister of Music & Organist*  
**C** Gail Smith  
*Children's Ministry Director*  
**C** Rev. Greg Carroll  
*Youth Minister*  
**H** Scott Brooks  
*Activities Director*  
**S** Gayle Carroll  
*Day School Director*  
**T** Charleen Courtney  
*Pianist*  
**A** Karen Weems  
*Homebound Director*  
**S** Butch Berry  
*Facility Manager*  
**T** Pat McKee  
*Finance Manager*  
**A** Donna Blair  
*Administrative Assistant*  
**F** Karen Hamilton  
*Publicity Secretary*  
**F** Carolyn Robinson Wilson  
*Director of Food Services*  
**F** Ricky Keller  
*Custodian*  
**F** Adolphis Wilson  
*Custodian*

## ALL CHURCH

**Congratulations!**

The music ministry has been notified that **Jackson Neal** earned a Superior (highest possible) rating at the recent Hymn Playing Festival sponsored by the Louisiana Baptist Convention Music and Worship Arts department.

Jackson is a student of Teresa Thomason, the son of John and Stephanie Neal, and the grandson of Mickey and Lynn White. **Congratulations, Jackson!** Your church family is very proud of your achievement.

**Revelation Bible Study**

On January 26, the Adult 5/6 "B" Sunday school group that meets in the library on Sunday mornings will begin a new study in the book of Revelation. With the wonderful guide and study books from N.T. Wright - Tony and Heather Matlock will facilitate the discussions.

I am very excited about getting into Revelation because it has truly been a book I NEVER go into. It seems scary. So let's tackle it!

*Heather Matlock*

**Mardi Gras Donations**

The Children's Committee welcomes any donations of Mardi Gras beads, throws or candy.

Please put items in church office.

**Krewe of Emmanuel Shirts for Sale**

Get into the Carnival spirit with your own "Krewe of Emmanuel" T-shirt. You can order T-shirts for \$10 each in sizes Youth XS to Adult 3XL. **Call the church office by Wednesday, February 12th to order.**

## YOUTH

**O.F.F. Limits Paintball**

8 a.m. to 6 p.m.

Monday, January 20

Shreveport

**Cost: \$55 includes 1,000 paint balls, a meal, mask and marker.**

Check out Facebook for more.

**Emmanuel Baptist Church**

430 Jackson Street

Alexandria, LA 71301

Office: 318-442-7773

Fax: 318-443-3153

Day School: 318-442-7775

Family Life Center: 318-442-1302

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## CHILDREN

**Animal Farm Children's Trip**

(1 - 6 graders)

9:15 a.m. to 2 p.m.

Monday, January 20

Petrus Farm

\$10 per person

**RSVP to the church office by Friday, January 17 (442-7773).**

- Meet at the church at 9:15 a.m. & return at 2 p.m.
- We will roast hot dogs and stop at Little Cakes for dessert (those with special dietary needs should provide their own lunch).
- Medical release form must be on file.

*The trip is cancelled in case of rain.*

**Parents' Night Out**

5:30 - 9:30 p.m.

Friday, January 24

Family Life Center

**Mardi Gras***Parade Watching Party*

Church members of all ages are invited to a Children's Mardi Gras Parade Watching Party. We'll meet in front of the Sanctuary on Saturday, March 1, to watch the parade, which begins at 10 a.m. Watchers may want to arrive earlier for parking and to avoid road closures. After the parade, stick around for pizza and king cake in Weems Hall. Parade watching is free, but lunch is \$2 for children 11 & under, \$4 for ages 12 to adult, or \$12 family max. **RSVP to the church office by Thursday, February 27th.**

*Ride the Float*

Riders and chaperones must RSVP by Friday, February 21. Due to limited float space, children who participate in Wednesday/Sunday activities will have first priority. Meet at the church at 8:45 a.m. on Saturday, March 1st. Bring your own throws and wear your Krewe of Emmanuel T-shirt. Adults needed to chaperone as float riders or walkers. Medical Release form must be on file for ALL children!