

January 29, 2025  
Volume 26 Number 1  
130 Holmes Street  
Frankfort, KY 40601-2109

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[www.memorialfrankfort.com](http://www.memorialfrankfort.com)

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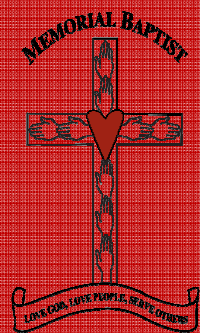
YouTube: Frankfort Memorial Baptist Church



# The Heartbeat

## Newsletter

Love God, Love People, Serve Others.



Pastors:

Mike Colston

Lee Meadows

# COMMITTEE

# MEETING

**FOR ALL MEMBERS  
OF OUR COMMITTEES**

**Sunday, February 2, 2025**

**5 P.M.**

**This is our 2025 planning meeting and dinner.**

Where to give to  
MBC:

Our Website

Texting

MBCFRANK

to 73256

Abundant App

@ App Store



## JOY IN THE JOURNEY

It's January, STILL! It feels like this month has lasted forever with the cold and snow still lingering for what seems like months. I am not a fan of cold temperatures, and the older I get the less I like the snow. However, I have found that January is a good month to refocus our attention on places that need work. It's an opportunity to find peace in things that can have a lasting impact on us and those around us. It can be a time of faith renewal that sets us on a path of hope and encouragement that we couldn't have seen without taking time to renew our faith.

Our basketball team got sweatshirts this season that say "Joy in the Journey" on the front. Not a typical slogan, especially for a sports team, but it is a great reminder to our kids to have fun in the everyday stuff that goes into a season. You will have ups and downs that can seem to drag on, but it's all part of the process.

Our Christian faith can be very similar. We can get bogged down in day to day living and forget that we are in a process of becoming more like Christ each day. The trials and obstacles are part of the process, and as we allow God to lead and work in our life, the journey becomes more manageable and more joyful if we will let it. My wife and I are coaching my boys in basketball this season, and last week we suffered our 1<sup>st</sup> loss. Not only was it a loss, but one to kids they know well. No joy in losing but teaching them and their teammates (especially at their age) that the goal is to have fun, get better and become closer as a team, has long term and a more lasting impact than just winning. It's a process, and can be a tough one, but it's a journey!

Living a joyful Christian life is a journey, not a destination. And there are certain habits or practices that can help us along this path. Consider these things as you think about your Christian Walk:

- 1) Embrace gratitude
  - 2) Find peace in prayer
  - 3) Serve others
  - 4) Immerse yourself in Scripture
  - 5) Embrace community
  - 6) Lean on faith during trials
  - 7) Seek forgiveness and offer it freely
  - 8) Celebrate God's creation
  - 9) Cultivate your personal relationship with Jesus
- At the heart of Christian joy is a personal relationship with Jesus Christ.

This is more than just knowing about Jesus or following religious things. It's about inviting Him into your life, talking to Him, listening to Him, and walking with Him every day. In this relationship, we encounter a love that is unconditional, a peace that surpasses understanding, and a joy that is unspeakable.



And it's through this relationship that we find the strength and courage to live our lives according to His teachings – loving others,

serving faithfully, and forgiving readily. Cultivating a personal relationship with Jesus isn't always easy. It requires humility, trust, and perseverance. But the joy it brings is unparalleled and affects every aspect of our lives.

This is the key to finding Joy in Journey everyday as a Christian!

Running with Him,

*Lee*

**Lee Meadows**, Pastor for Youth  
502.330.5734  
lee@memorialfrankfort.com



SUN	MON	TUE	WED	THURS	FRI	SAT
						1 Neighbors & Nations Workshop with KBC
2 Bible Study, 10 A.M. Worship Service & Facebook, 11 A.M. Worship Kidstyle, 11 A.M. All Committee Member Mtg., 5 P.M.	3	4 GYF Lunch & Mtg., 12 NOON	5 Bible Study, 10 A.M. Bible Study & Prayer Mtg., 6 P.M.	6	7	8
9 Bible Study, 10 A.M. Worship Service & Facebook, 11 A.M. Worship Kidstyle, 11 A.M. Youth, 6 P.M.	10	11	12 Bible Study, 10 A.M. Bible Study & Prayer Mtg., 6 P.M.	13	14 VALENTINE'S DAY	15
16 Bible Study, 10 A.M. Worship Service & Facebook, 11 A.M. Worship Kidstyle, 11 A.M. Youth, 6 P.M.	17 <b>President's Day</b> Office Closed	18	19 Bible Study, 10 A.M. Bible Study & Prayer Mtg., 6 P.M.	20 Toby Mac Deep Hits Concert, 6 P.M. BUNCO 6 P.M.	21	22 Ladies Book Club, 11 A.M.
23 Bible Study, 10 A.M. Worship Service & Facebook, 11 A.M. Worship Kidstyle, 11 A.M. Youth, 6 P.M.	24	25	26 Bible Study, 10 A.M. Bible Study & Prayer Mtg., 6 P.M.	27	28	

# FEB

## WEDNESDAY SCHEDULE

Adult Bible Study 10 A[M]  
 Adult Prayer & Bible Study 6-7:30 P[M]

## SUNDAY SCHEDULE

Praise Band Practice 8:30 A[M]  
 Children & Youth Bible Study 10-11 A[M]  
 Adult Bible Study 10-11 A[M]  
 Sunday Worship 11 A[M]-12 NOON

## BIRTHDAYS

1 Kobe Fraley	16 Pauline Marraccini
2 Ruth Wiley	18 Rick Nesselrode
7 Anna Webb	20 Jim Franklin
10 Florence Johnson	22 Skylar Fraley
13 Ann Carter	24 Amy Boles
13 David Collins	27 Yvonne Beghtol
13 Bonnie Reeves	27 Marilyn Surratt
14 Teresa Bright	

## SYMPATHY

To the family of Herman Mark Chidester. He passed away on Saturday, December 28, 2024. He had been a member of Memorial since July 10, 1978.

To the family of Paula Whalen Pelfrey. She passed away on Monday, December 30, 2024. She has been a member of Memorial since 1963.

To the family of Floyd "Guy" Gilbert, Jr. He passed away on Thursday, January 9, 2025. He was a member of the Floyd's Boys Bible Study Class and a Deacon since December 1997. He did so much for Memorial over the years with maintenance work and repairs.

## MISSION TRIP

### HARLAN COUNTY MISSION TRIP July 13-18

We are collecting shoes for boys and girls preschool size 6 to adult 13 any color or design. You can purchase shoes and bring them to the Narthex area or you can make a monetary gift so shoes can be purchased for the trip. If you would like to go, meet new brothers & sisters in Christ, & join in the fun during the Back to School Event, contact Ruth Wiley.

Gifts given in memory of Guy Gilbert.

## UPCOMING EVENTS

### SNL (Sunday Night Live)

Sunday nights at 4:30 P.M. in Kid's Cove K-5th Grade.

### YOUTH SMALL GROUPS

Sunday Nights at 6 P.M. at the Meadows' House.

### WORSHIP KIDSTYLE

Sundays at 11 A.M. for kids from K-Grade 3.

### GYF LUNCH

Tuesday, February 4, 2025 at 12 NOON in the Narthex. We are having lunch and meeting.

### CHRISTIAN BOOK CLUB

Saturday, February 22 at 11 A.M. in the Narthex area. We will discuss "The Healer" by Dee Henderson.

### TOBY MAC HITS DEEP TOUR 2025

Thursday, February 20 at 7 P.M. at Rupp Arena, Lexington. The doors open at 6 P.M. Don't forget to pay Lee Meadows for your ticket.

## INTERNATIONAL MISSION TRIP

### GUATEMALA MISSION TRIP June 14-21, 2025

If you would like to go on the trip or help support a member that is going, please talk to Lee Meadows.

## For the Record

	Sunday Dec <sup>22</sup>	Sunday Dec <sup>29</sup>	Sunday Jan <sup>5</sup>	Sunday Jan <sup>12</sup>	Sunday Jan <sup>19</sup>	Totals
Bible Study	50	41	0	39	0	
Worship Service	62	52	0	48 / 35	0	
Facebook	197-3	250-7	0	281-8	0	
Budget Offerings	5,813.00	5,788.00	0	2,920.00	4,015.00	18,536.00
Lord OT Harvest	6,650.00	925.00	0	675.00	960.00	9,210.00
Designated Gifts	244.74	415.00	0	0	75.00	734.74
Online Giving	500.00	400.00	350.87	550.00	230.00	2,030.87
<b>Total Gifts</b>	<b>13,207.74</b>	<b>7,528.00</b>	<b>350.87</b>	<b>4,145.00</b>	<b>5,280.00</b>	<b>30,511.61</b>



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**Return Service Requested**

## Future Events

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A promotional banner for the 'Neighbors and Nations' conference. The background is dark red with a faint globe graphic. The text 'NEIGHBORS AND NATIONS' is prominently displayed in white and gold. Below it, the tagline 'SITTING AT THE FEET OF BELIEVERS IN PERSECUTION' is written in white. At the bottom, it says 'FIRST IN-PERSON CONFERENCE HOSTED BY NIK RIPKEN MINISTRIES'. The NRM logo is in the top right corner.

**NEIGHBORS  
AND NATIONS**

*SITTING AT THE FEET OF BELIEVERS IN PERSECUTION*

FIRST IN-PERSON CONFERENCE HOSTED BY NIK RIPKEN MINISTRIES

\*COST DOES NOT INCLUDE LODGING OR TRAVEL EXPENSES

### **KBC TWO DAY WORKSHOP WITH NIK RIPKEN MINISTRIES**

Friday, January 31 & Saturday, February 1 at 198 Frankfort Road, Shelbyville, KY

Registration costs include: meals throughout the workshop, a copy of The Insanity of God book, and materials associated with the workshop. You will also receive a one-year license to Insanity Unleashed, Nik Ripken Ministries' newest global, comprehensive resource to equip the church in all facets of local and global mission work. Early registration is \$135 and general registration is \$170. Registration cost do not included travel and lodging. Register at <https://donorbox.org/events/692885>.