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gather
Summer 2021



HEALTHY *conversations*

with Mandy Young, LCSW
Living Well Counseling



We need your help!



To find out more about volunteering with VBS, check the Serve tab at walnutstreetbaptist.org/info

VOLUNTEER OR DONATE



KIDS! VOLUNTEERS!
MATEYS!!

Join us in tracking down the One True God at
VBS this summer. It's on the horizon, and we
can't wait to dive into God's Word to discover
how amazing He truly is!

JULY 12-16
8:00-11:30 AM

REGISTER AT WALNUTSTREETBAPTIST.ORG/VBS

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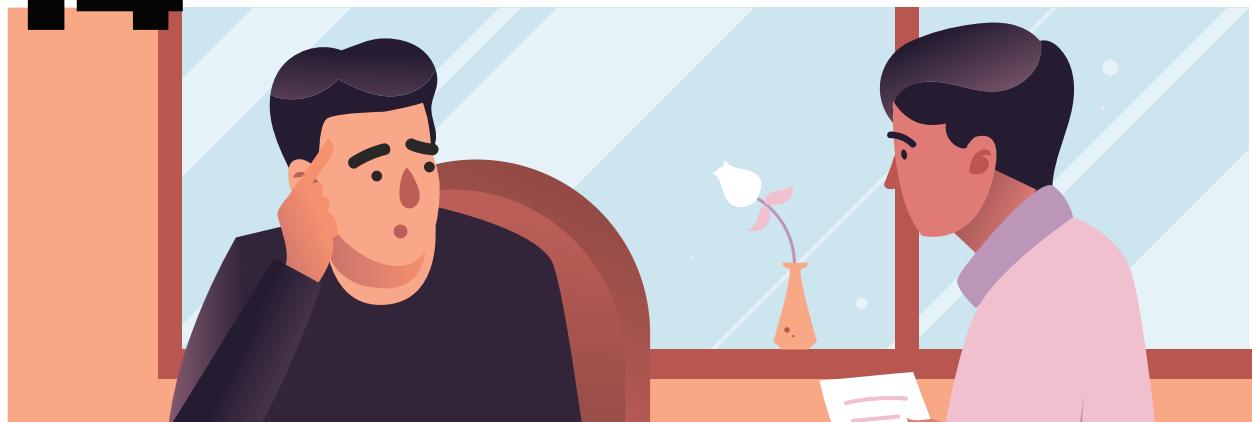


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Hey, church family!

It has been so good to see what God has done in our midst in the last couple of months and to get a glimpse of what He has in store for us this summer. I am excited that each week I see faces I have not seen in months, and the looks on your faces are incredible. As you and I remember the gift that the church body is to each of us, we continue walking together through tough times for God's glory as a people for His possession!

Each edition of The Gather brings new excitement as we are able to share with each other God's stories and His working. In this issue, please find some great resources for dealing with mental health struggles from our local, in-house counselor through Living Well, Mandy Young. Also, the many, MANY things coming this summer like the Gathering. We are going to have an absolute blast together. (I heard there is a conversation about some boiled shrimp with Delta Crawfish as well!!) It is always such a great time together as we look at what God is doing among us and meeting the new additions God has given us over the last year and where we go from here. Man, I CANNOT WAIT for the Gathering!!

I can't wait to see you all and for what God is going to do this year! These are exciting days!

*We love y'all,
Pastor Grey*



KEEP UP WITH *what's happening*

Pull out the following pages and hang them somewhere you'll see every day. On one side, you'll find calendars for June - September 2021, and on the other, you'll find details for each event. To stay even more up to date, make sure you're following @wsbcjonesboro on Facebook and Instagram, and check walnutstreetbaptist.org/info regularly.

See you this summer!

Upcoming EVENTS

JUNE 2021

G JUNE 2-23

THE GATHERING | WED AT 6:00PM
Join us in the Gym for food, fun, and a great message from Bro. Grey!

V JUNE 12

VBS CRAFT ASSEMBLY | 9:00AM
Meet Ms. Mary in the Gym to help assemble crafts for this year's VBS.

K JUNE 21-25

KIDS CAMP

Y JUNE 28 - JULY 1

YOUTH CAMP

N JUNE 13 & 27

NEW MEMBER CLASS | 4:00PM
Meet in the Conference Room to learn more about Walnut Street and what we believe.

JULY 2021

O JULY 4

ONE SERVICE | 10:30AM
No Sunday School.

D JULY 11 & 25

D-GROUP LEADER TRAINING | 12:00PM
If you are leading a D-Group this year, be sure to stay for lunch after the 11:00am service on one of these days.

V JULY 12-16

VACATION BIBLE SCHOOL | 8:00-11:30AM
Join us this year for Mystery Island VBS! Kids can sign up at walnutstreetbaptist.org/info, and volunteers can, too! See Ms. Mary if you have any questions or need more information about how to get involved.

N JULY 18

NEW MEMBER CLASS | 4:00PM
Meet in the Conference Room to learn more about Walnut Street and what we believe.

A JULY 21

AWANA VOLUNTEER & PARENT MEETING
Meet in the Point at 6:00pm to hear all the information you need to know for AWANA this year!

W JULY 24

WALNUT STREET SERVES LOCAL | 8:00AM
Let's serve our community! If you are interested in taking on a project as a class, contact Bro. Larry. For more information, check out walnutstreetbaptist.org/info.



*Looking for more information?
Now it's all in one place!*

WALNUTSTREETBAPTIST.ORG/INFO

On your computer, on your phone, & in the app.

**Scan here
to open!**



You alone

**You have made the heavens, the heaven of heavens with all the
everything that is in them. You give life to all of them.**

Nehemiah

JUNE 2021

SUN	MON	TUE	WED	THUR	FRI	SAT
		1	2	G	3	J
6	7	8	9	G	10	11
13	N	14	15	16	G	17
20	21	22	23	G	24	25
KIDS CAMP						
27	N	28	29	30		
YOUTH CAMP						

JULY 2021

SUN	MON	TUE	WED	THUR	FRI	SAT
				1	J	2
4	O	5	6	7	8	9
11	D	12	13	14	15	16
VBS						
18	N	19	20	A	22	23
25	D	26	27	28	29	30
						31

are the LORD

their lights, the earth and everything that is on it, the seas and hem, and the heavenly lights bow down before You.
h 9:6 NASB

AUGUST 2021

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	M	J	6
8 P	9	10	11	M	12	13
15 L	16	17	18 K	Y	19	20
22 P D A	23	24	25 A M	26	27	28
29 N	30	31				

SEPTEMBER 2021

SUN	MON	TUE	WED	THUR	FRI	SAT
			1	2 J	3	4
5 C	6	7	8	9	10	11
12 H D A	13	14	15 Y	16	17	18
19 N	20	21	22	23	24	25
26 N	27	28	29	30		

Times and details for each event are listed on the back of these pages.

Upcoming EVENTS

AUGUST 2021

M AUGUST 4 & 11

MINISTRY SAFE TRAINING | 6:00PM

Meet in the Point for volunteer-only training. If you are interested in becoming a volunteer with Kids or Youth, reach out to Mary Alldread or Cory Cartwright.

P AUGUST 8

START OF PIPELINE SEMESTER

Our first year of Pipeline residents will start their semester this week, so remember to pray for them! For more info about what the Pipeline is, check out walnutstreetbaptist.org/pipeline.

L AUGUST 15

LIFE SUNDAY

One Service, no Sunday School.

K AUGUST 18

KIDS GAGA BALL | 6:00PM

Y AUGUST 18

YOUTH SLIP-N-SLIDE | 6:00PM

A AUGUST 21

A-STATE & WILLIAMS MOVE IN DAY

See Will Nichols for more info on how to help move our college students in.

D AUGUST 22

D-GROUP SIGN UP DEADLINE

Check out walnutstreetbaptist.org/info to sign up.

P AUGUST 22

KIDS' PROMOTION SUNDAY

A AUGUST 22 & 25

AWANA REGISTRATION

Look for the registration table in the gym.

M AUGUST 25

MIDWEEK CLASSES BEGIN | 6:00PM

Wednesday night dinner, adult classes, Kids', Youth, and College programming begin for the fall semester.

N AUGUST 29

NEW MEMBER CLASS | 4:00PM

Meet in the Conference Room to learn more about Walnut Street and what we believe.

SEPTEMBER 2021

C SEPTEMBER 5

CONNECTIONS LUNCH

Want to know more about Walnut Street? Then this is the place for you! Join us in the gym immediately after the 11:00am service for lunch and more information.

H SEPTEMBER 12

COLLEGE HOST FAMILIES LUNCH

D SEPTEMBER 12

D-GROUP START WEEK

If you are in a D-Group, your first meeting will be during this week.

A SEPTEMBER 12

AWANA KICKOFF | 5:45PM

Table groups and large group lessons begin for our AWANA participants.

Y SEPTEMBER 15

YOUTH 10-2 GROUPS BEGIN

C SEPTEMBER 17-18

COLLEGE FALL RETREAT

If you are a college student and want to go, contact Will Nichols.

N SEPTEMBER 19 & 26

NEW MEMBER CLASS | 4:00PM

Meet in the Conference Room to learn more about Walnut Street and what we believe.

J MONTHLY

JOY CLUB | NOON IN THE GYM

Come and join us on the first Thursday of every month. Open to all who are retired or wish they were! Bring a covered dish to share.



INTENTIONAL IDEAS Around Jonesboro

Northeast Arkansas has so much to offer during the summer! Your family can get out of the house for little to no cost. As you enjoy the summer, we encourage you to be missional and share the good news with others. It's easy to feel like our lives are so busy that we don't have time to add something else to what we are already doing. The great news is that you don't have to! You can be intentional in whatever you are doing. Here are a few ideas to help spark some of your own.

- 1 JOE MACK CAMPBELL PARK** | With summer ball games and practices, you might find your family here often. Do you see any one you could meet or invite to your Sunday School class?
- 2 WALNUT STREET BAPTIST CHURCH** | The Gathering is a great place to bring new friends! Who can you invite? Do you have any neighbors who would be interested in VBS?
- 3 SHADRACH'S DOWNTOWN** | Support a local business and get your coffee fix! This is a great spot to get to know friends. When you look around, do you see anyone you could pray for?
- 4 CROWLEY'S RIDGE NATURE CENTER** | You can be intentional with your own family as well! Let your little ones look around and ask questions. Take the opportunity to talk about God's creation and start a family conversation about the Bible. Your kids may even open the door to start a conversation with another family!
- 5 ARKANSAS STATE UNIVERSITY** | We love our Red Wolves! Think about ways you can show support for more than just the sports teams on this campus. Can you pass out water at a college move in day, or reach out to international students? Ask Will Nichols if you want to be more involved in this ministry!
- 6 ASU REGIONAL FARMER'S MARKET** | You find goodies here from a variety of local farmers and artisans. Do you see anything a neighbor might enjoy? A homemade treat or bundle of flowers is sure to brighten anyone's day!
- 7 JONESBORO GYMNASTICS ACADEMY** | Head to Parent & Tot Open Gym on Friday mornings from 10-11am to get some wiggles out! Kids ages 2-6 can play for an hour for just \$5. While you're watching your kiddos play, start a conversation with another family and make a new friend.



HEALTHY *conversations*

A sense of community is extremely important in mental health recovery, even more so in the church and among Christians. It is a great encouragement to see the informed and compassionate mental health conversations happening within our churches, but there is still room for more awareness and openness in these conversations. Let us continue to normalize that you can love and pursue Jesus and still have mental health struggles. Let us join each other not only in the joys and successes of life but also in the sorrows and hurts, growing together in these discussions.

While improvements have been made in mental health discussions, classical stigma is giving way to a new conversation among the church. Mental health talk has moved on from calling these issues sin, disobedience, or demonic attack as done in previous decades, but conversations still leave some mental health sufferers feeling wounded. Often, we

still hear "if your faith was a little stronger, or if you prayed more, or even study Scripture more in-depth then you wouldn't be struggling with these battles". This is not truth, brothers and sisters. The Bible is filled with mental health struggles, how people seek counsel, and how they would seek the help of others to carry their burdens. Romans 15:5-6 speaks to the importance of treating others in a way that glorifies God, not bringing them down. "May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ." Our heavenly father wants us to thrive so let's empower each other with truth and find restoration. I thought it might be helpful to highlight some examples of how we can make our conversations even more grace-filled.

Personal Cross

WHAT THEY SAY: "We all have our own cross to bear. Your cross may be your mental health issues. The good news is that in heaven there will be no more weeping or gnashing of teeth."

WHAT YOU HEAR: "I am never getting any better this side of heaven. God is responsible for me carrying this cross. Life is hopeless this side of eternity."

CHRISTIAN MENTAL HEALTH PROVIDERS PERSPECTIVE:

We can identify with the suffering of Christ in our struggles, and because of Christ we are not without hope. Mental health issues and trauma reactions, like physical disabilities, provoke suffering but also creativity and gifting. They do not define our identity. Our identity is in Christ alone. We can live life well this side of heaven with mental health problems and work through traumatic events with the right support – support that unites mental health services with a Biblical foundation.

Already Healed

WHAT THEY SAY: "You have already been healed of your mental health problem, and now you just need to agree with the healing that you have received."

WHAT YOU HEAR: "Your disobedience is keeping you ill."

CHRISTIAN MENTAL HEALTH PROVIDERS PERSPECTIVE:

Sometimes we do need to make a mindful decision to practice the behaviors that move us toward healing; however, this is not the same as being fully healed and never struggling again! Mental health recovery is not about disobedience, but instead reflects courage in a daily process of growth. No one with the flu is being disobedient by feeling unwell, so equally no one with depression is disobedient by feeling low. Let's not confuse healing steps with the healing itself. Kay Warren says it perfectly on her Mental Health and the Church page: "It is not a sin to be sick."



Undermining Missions

WHAT THEY SAY: “The enemy is using mental health issues to make the church inward-looking. As long as we are being introspective, we are losing our effectiveness in mission.”

WHAT YOU HEAR: “Mental health issues are a weapon of Satan to stop people from meeting Jesus. If I am talking about mental health, I am undermining the Gospel.”

CHRISTIAN MENTAL HEALTH PROVIDERS PERSPECTIVE:

Jesus was the ultimate pastoral leader who loved the hurting and broken like no other. He calls us to “take care of the sheep” (John 21:16) with the same care and love that he demonstrated. Supporting people with mental health problems in the church is fulfilling the spirit of The Beatitudes and The Great Commission. It is the very thing that will make the Gospel heard in a skeptical world.

Medication

WHAT THEY SAY: “Medication is OK, but you haven’t been called to rely on it forever, you need to step forward in your faith journey so that this crutch is no longer needed.”

WHAT YOU HEAR: “Medication is a weak alternative to real recovery. I should get off it as quickly as possible so that I can do this recovery right.”

CHRISTIAN MENTAL HEALTH PROVIDERS PERSPECTIVE:

Medication is a valid, necessary, and often essential part of mental health recovery. It is neither less virtuous nor effective than other sorts of treatments in most cases. Just as with conditions like diabetes in physical health, many psychotic illnesses will require a life-long medication regimen. This is wholly good and right and should be actively supported by the Christian community.

Trust

WHAT THEY SAY: “As you learn to trust God more you will find that your anxiety will gradually fade away.”

WHAT YOU HEAR: “My mental health problem is a result of my lack of trust in God; it will disappear as I go deeper in my faith.”

CHRISTIAN MENTAL HEALTH PROVIDERS PERSPECTIVE:

Anxiety disorders impact people with a deep trust in God and are not related to the strength of a person’s faith. Anxiety issues also fluctuate over time and need long-term management. They tend not to improve on their own but through awareness, medication, talk therapy, and other coping strategies.

Self-Indulgent

WHAT THEY SAY: "Lots of Biblical greats like Job and Elijah were depressed, but the key thing to remember is that they didn't give in to their depression and got on with the ministry God called them to."

WHAT YOU HEAR: "It's not ok to be self-indulgent and be impacted by my mental health problems. I need to ignore my pain and get on with what God's calling me to."

CHRISTIAN MENTAL HEALTH PROVIDERS PERSPECTIVE:

God never criticizes people suffering from depression in the Bible, indeed he does the opposite; he comforts them and meets their needs. Dealing with emotional pain is not self-indulgent any more so than dealing with physical pain. We all need to offer and receive the comfort of God without qualification – that's grace!

I want to leave you all with this: If you are trying to offer support, comfort, or listen to someone that is struggling with mental health issues or traumatic life experiences; please be mindful of the words you are using. Ask yourself if the words you are using are helpful and fully true. Be ready to listen and encourage to the best of your ability. Love each other, care enough to find helpful resources, and extend grace to each other in these difficult conversations. Together we can continue to pursue healthy mental health conversations in the church and love one another as Christ loves us.

Mandy Young is a licensed counselor with Living Well Counseling. Born and raised in Caraway, Mandy lives in Jonesboro with husband Hunter and daughter Mabry.

To learn more about Living Well Counseling, visit www.livingwellcare.com or call (877) 455-8554 to schedule an appointment with Mandy. If you need financial assistance for counseling, call the church office at (870) 972-0220.

If you are seeking Christian counseling, please know that Living Well is available to you and your family. Living Well Counseling has offices across the state of Arkansas and offers services both in-person and via technology. For those that are members of Walnut Street Baptist Church, there is a location within the church office for ease and convenience. Come meet me, Mandy Young, to get started living your healthiest life. Live well. Live wisely. Live humbly.

Mandy Young, LCSW





Walnut Street serves **LOCAL**



8:00AM - NOON

Meet in the Gym

And if you offer yourself to the hungry And satisfy the need of the afflicted, Then your light will rise in darkness, And your gloom will become like midday.

- Isaiah 58:10

Serving local is a great way for us to come together and spread hope throughout the community while strengthening it's relationship with Christ. This is a great opportunity to serve others and involve the whole family! So let's come together to paint, weed, clean, and repair so that we can show love to our neighbors.

If you would like to participate as a class or group, contact Bro. Larry Turner or call the church office at (870) 972-0220. Check walnutstreetbaptist.org/info for more details as the day approaches.

***Anyone with any skill level is able to help out!
If you can smile and be a friend to your neighbor,
you are qualified!***

We will meet in the Gym on the morning of July 24th and head out to our projects from there.

GATHERING

WEDNESDAY NIGHTS

AT 6:00PM FROM JUNE 2ND - 23RD

LOCATED IN THE GYM

**JOIN IN THE FUN ON WEDNESDAYS IN JUNE WITH
FOOD, GAMES, AND A GREAT MESSAGE. THIS IS
ONE OF OUR FAVORITE ANNUAL EVENTS AND WE
CAN'T WAIT TO SEE YOU THERE!**