

Belmont Beacon

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The statement has been made, “Timing is everything.” Our recent Sunday morning worship time has been guided by Martin Theilen’s book, *Searching for Happiness: How Generosity, Faith, and Other Spiritual Habits Can Lead to a Full Life*. The content of the

book shares specific practices discovered through scientific research on happiness. These practices lead a person to happiness. That may be a word of review to you as you have participated in worship in person, via the church’s YouTube channel, and through our partnership with Charlottesville Public Access Television’s channel 13 rebroadcasts on Sunday evenings at 7:00 p.m.

The element of timing being everything was felt when I read the following July 20, 2022 *Baptist News Global* headline: “Frowns All Around: World Drops to New Low on Sadness Scale.”^[1] The article detailed a June 2022 Gallup poll survey of adults in 122 nations and regions about negative experiences. Those polled were asked about feeling sadness, stress, anger, worry, and physical pain on the previous day. The higher the scores, the more Gallup credited a population with feeling those emotions.

Gallup’s Negative Experience Index has been calculated since 2006 (at least), and these numbers hit record highs that had already been established in 2020. The global pandemic continues to factor into our global experiences with sadness, stress, anger, worry, and physical pain. Along the same lines, Gallup’s Positive Experience Index revealed similar results worldwide. The positive experiences are declining. Those respondents were asked if they felt enjoyment, well-rested, respected or had smiled or laughed the previous day.

Gallup CEO Jon Clifton addressed the findings and how they should be taken seriously by governments, politicians, and policy makers. Clifton said,

“Hardened souls may not care about unhappy people, but they should. A world filled with negative emotions makes people behave differently. Our emotions influence our decisions, actions and even our cognition — sometimes for better, sometimes for worse. But when our bodies and minds are overwhelmed with the worst emotions, our chances of making regrettable decisions increase. And acting out on negative emotions spreads negative emotions faster than a virus, especially when amplified over social media.”

While those in government leadership positions need to hear these findings, I want the church to know them as well. As we live out our mission, we encounter people who are dealing with those negative experiences. Our following Jesus intersects with people who need to hear what we believe is good news; the best news available for all creation.

Many of us witnessed the impact a church can make on a person’s life as we hosted the music camp July 11-15, 2022. Twenty-seven children and teens had a great week (enjoyed) as they participated in classes and performed *The Agape League* musical. Most of all, they encountered the Christ followers of Belmont Baptist Church respecting them, smiling at them, and laughing with them. Perhaps, we did not help with anyone being well-rested, but that was all part of a great week.

Our worship will continue to focus on the practices of happy people. Some of these are exactly what a “sadder” world needs: practicing forgiveness, practicing generosity, nurturing relationships, expressing gratitude, and taking care of our bodies and souls. We need you to help us share Christ and face the sadness we encounter in His name.

Blessings, Greg

The link to the article is:

^[1] <https://baptistnews.com/article/frowns-all-around-world-drops-to-new-low-on-sadness-scale/#.YtydMHbMLIV>



I want to thank Melanie and Amelia for the excellent Music Camp we had this summer at Belmont Baptist Church.

The Music Camp was not just a five day event ending with a musical program on Friday night.

It took many weeks of preparation getting the materials needed for the camp session, studying the teaching program and to get the children and young people who wanted to attend registered. Then comes the process of finding volunteer teachers to help the children and youth learn each of their parts and the songs for the musical.

Melanie and Amelia could have spent their summer doing other things but chose to use their time, talents and gifts to help teach these children and young people about the love of Jesus

My favorite part in Friday nights program that I really liked was when the disciples ask Jesus how will people know that we are Christians?

The answer is found in **JOHN 13:36** "*By this all men will know that you are my disciples if you have love for one another.*"

I pray that we at Belmont Baptist Church can show that love for one another.

Thank you Melanie and Amelia and all those who helped make the Music Camp a wonderful event.

GREAT JOB !

Sonny



Dear Church Family,

Just a few weeks ago our church hosted the Music Camp. The theme was "Heroes of the Fruit of the Spirit. Each fruit was a hero and each hero was a spirit.

You of the church have demonstrated to each of us the "Fruit of the Spirit". I am so humbled and blessed to have such a wonder church family.

We thank you for the gifts of food, prayers, deeds and all the uplifting words that have and still are getting us through this time of grief. I

I thank the Lord for all of you. You are truly the church.

Love in Christ,

Linda and the Breeden family.

To Belmont Baptist kitchen workers and many others:

I am so humbled by the love and compassion that has been shown to me and my family.

Thank you for your words, food and deeds. We are truly Blessed by all of you.

Linda Breeden

Dear Belmont Church,

We are amazed by your outpouring of love to our family when Larry passed away. Thank you, you are all wonderful !

We truly appreciate the calls, prayers, visits, and food, and the feast you had at the fellowship hall and all the ways you supported us during this very difficult time of grief. We are blessed by your thoughtfulness and kindness ! Thanks again, from the bottom of our hearts.

A special thank you to Pastor Greg for the beautiful service.

Love, Jon, Emily, Walker & Micah Breeden.

BELMONT BAPTIST CHURCH
830 Monticello Avenue
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Covid Team

It is a pleasure to announce the mask mandate has been lifted and masks are now optional. If you wish to continue to wear your mask due to concerns or health issues, you are encouraged to do so. We also have returned to singing during our worship service, and Communion is once again being served by our Deacons,

You can also worship via the church's YouTube channel, Belmont Baptist ChurchCville. Services are live-streamed each Sunday and previous services are available on the YouTube channel page.

We also continue to broadcast worship services a week later on Charlottesville Public Access TV, Comcast Channel 13, Sundays at 7:00 p.m.

Comcast Channel 13 will Rebroadcast the Worship Services. 7p.m.

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