

CHURCH STEWARDSHIP	APRIL	YTD	CHURCH STEWARDSHIP	APRIL	YTD	CHURCH STEWARDSHIP	APRIL	YTD
ACORN HILL	26.45	105.93	JAMESVILLE, FIRST	166.67	666.67	SMITHTON, FIRST	0.00	0.00
AENON	323.82	591.32	JAPANESE MISSION	0.00	0.00	SPEED	0.00	0.00
AYDEN, FIRST	50.00	389.33	KOREAN MISSION	0.00	0.00	STANTONSBURG, FIRST	625.00	625.00
BELHAVEN	0.00	500.00	LIGHT OF THE WORLD	0.00	75.00	STOKES	0.00	80.00
BETHEL	0.00	730.00	LOVE	0.00	0.00	SWAN QUARTER	0.00	0.00
BIBLE	425.42	1,963.88	THE MEMORIAL	250.00	500.00	TARBORO, FIRST	543.65	1,978.35
CEDAR BRANCH	446.00	1,984.00	MILDRED	0.00	535.81	TRINITY	208.33	833.32
CHOCOWINITY, FIRST	141.42	593.54	NEW HOPE CHAPEL	0.00	30.00	WASHINGTON, FIRST	500.00	3,500.00
DISCOVERY	0.00	0.00	NEW HOPE MISSIONARY	0.00	0.00	WASHINGTON HISPANIC	271.79	1,232.96
EAGLES	95.50	382.00	NEW VISION COMMUNITY	25.00	100.00	WASHINGTON, SECOND	416.67	1,666.68
ELM CITY	250.00	250.00	NORTHERN BLVD.	0.00	50.00	WEBBS CHAPEL	585.30	1,977.29
EVERETTS	0.00	419.45	OAK CITY	0.00	250.00	WEST END, WASHINGTON	0.00	460.00
FARMVILLE, FIRST	1,255.05	3,365.70	OAKMONT	205.00	993.33	WEST END, WILLIAMSTON	515.25	1,910.54
FOREST HILLS	386.22	1,989.95	PACTOLUS	216.67	866.68	WILLIAMSTON MEMORIAL	0.00	2,250.00
FOUNTAIN	0.00	300.00	PENDERS CHAPEL	576.64	2,074.07	WILSON COMMUNITY	50.00	200.00
FREEDOM	125.00	625.00	PINETOPS	375.00	1,500.00	WILSON, FIRST	0.00	4,000.00
GRACE	182.07	522.06	PINETOWN	0.00	0.00	WILSON, FIRST HISPANIC	120.50	482.00
GREENVILLE HISPANIC	0.00	0.00	PINEY GROVE	591.00	2,713.00	WINTERVILLE	627.25	1,881.75
GRIFFON, FIRST	63.20	276.90	PLEASANT HOPE	505.50	1,011.00			
HAMILTON	0.00	0.00	PLYMOUTH, FIRST	0.00	2,000.00			
HARVEST	190.80	781.58	RALEIGH ROAD	0.00	0.00			
IGLESIA AMOR DE DIOS	25.00	100.00	REDDICKS GROVE	0.00	0.00			
IGNITE	150.00	600.00	RIVERSIDE MISSION	0.00	0.00			
IMMANUEL	200.00	600.00	RIVERVIEW	509.64	1,661.31			
INTEGRITY	200.00	500.00	ROBERSONVILLE, FIRST	350.00	350.00	TOTALS	\$12,770.81	\$56,025.40

Self-Care continued...

- Try to establish some routines that promote normalcy
- Take “time out” during the day
- Try to change little things that gnaw at you and accommodate those you can’t change
- Organize your time - calendar so you can concentrate on vital tasks
- Spiritual refreshment and worship
- Renewed confidence in your calling
- Annual goals and clear realistic expectations
- Exercise and healthy nutrition

Please pray for the following Churches seeking pastors
 Ayden, First
 Jamesville, First
 Oak City
 Pinetops
 Reddicks Grove
 Washington, Second
 Wilson, First

PERIODICALS POSTAGE PAID AT GREENVILLE, NC (UPS 503-840)

 «Title» «First Name» «Last Name»
 «Address»
 «City» «State» «Zip Code»

 Postmaster send change of address to:
 SRBA – 606 Country Club Dr., Greenville, NC 27834 –6386
 Published Monthly

AVAILABLE MINISTRY POSITIONS

First Baptist Church, Tarboro: Pastor of Family Ministries
 Oversees the discipleship of families, primarily youth and young adults. For more information contact Pastor Lamont via email at pastorlamonthemminger@gmail.com

Winterville: Part-time Worship Music Leader to lead Praise Team on Sunday mornings. Guitar/vocal skills and experience required. If interested, send resume to Janet Rollins at jmcr2000@aol.com
See SRBA website for additional information



Scott Setzer
 Associational Missionary

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Linda Franks
 Administrative Assistant

SRBA Quarterly Gathering of Churches
Monday, July 20: 6:30 PM
West End Baptist Church, Williamston
1505 West Main Street, Williamston
Guest Presenter: Yvetta Smith, North Carolina
Baptist Aging Ministry

2020 NC Baptist Ministers’ Wives Retreat
A Focused Vision
July 13-15
Caraway Conference Center: Sophia, NC



Featured Speaker: Janice Drum

Janice Drum is a pastor’s wife and mother of two sons. She has a beautiful daughter-in-love and one precious grandbaby! She has been in full-time ministry for 37 years. Her heart is to mentor and disciple women in God’s Word and the power of prayer. Her life verses are Philippians 4:6-7. We must guard our hearts and minds through Jesus Christ. We are called to be Titus Women: leading and growing up our young women in their faith and walk in Christ.

Go to <https://ncbminwives.wixsite.com/ncbmw> and select *Retreat Registration* tab for cost and registration information.

Missionary's Message

In March, I wrote the first of what I hoped would be several articles on the topic of *Networking to Fulfill the Great Commission*. Due to the COVID-19 outbreak, we took a detour from the articles in April and May. This month, I want to pick up where we left off by focusing on Three Building Blocks of Networking to Fulfill the Great Commission. Below, you will see the three building blocks. This month, we will focus on Building Block #1: Prayer.

Building Block #3: Partnership

Goal: *Collaboration*

Building Block #2: Participation

Goal: *Cultivation*

Building Block #1: Prayer

Goal: *Connection*

It goes without saying that in order to effectively network to fulfill the Great Commission, we must begin in prayer. Prayer must be foundational in all we do. When we pray for and with fellow believers in other churches, we develop a connection with those brothers and sisters in Christ. Think about it, we pray for missionaries in other places of the world on a regular basis. We even concentrate our prayer efforts for missionaries during specific times of the year called weeks of prayer. This type of praying gives us a sense of connection not only to the missionaries, but also to the mission - the Great Commission.

Now imagine what might happen if we began praying for our sister churches in our communities and association on a regular basis. That's right, it would develop within us a sense of connection. Connection to one another and to fulfilling the Great Commission in our context. Does your church spend time praying for other churches in your city/county/association? If not, now is a great time to start!

Scott Setzer

MINISTERS' BAG LUNCH FELLOWSHIPS

This will be a time for ministers across the regions of our association to regather and enjoy a time of fellowship with one another. Be sure to bring a bag lunch and drink. All gatherings are at Noon.

Edgecombe Co: Monday, June 8 at Webbs Chapel

Beaufort Co: Tuesday, June 9 at First Baptist, Washington

Wilson Co: Wednesday, June 10 at Bible Missionary

Martin Co: Wednesday, June 17 at Piney Grove

Pitt Co: Wednesday, June 24 at the SRBA Resource Center

WMU News

I would like to take this opportunity to make you aware of some things I believe you will find encouraging.

During this time WMUNC is providing resources centered around the phrase 'Stay Steadfast'. You may recall our watchword for the last couple of years has included such words as 'stand firm' and 'remain steadfast, immovable'. WMUNC staff, missionaries and ministry leaders have made a series of videos that may be found on the WMUNC Facebook page and at WMUNC.org. These videos offer encouragement and practical guidance, mission project ideas and other helpful information. I hope you will check out these resources!

To God be the glory!

Corby



**65+? Lonely?
Need to talk?** NCBAM's Hope Line
is here for you!
866-578-4673

NCBAM NORTH CAROLINA BAPTIST AGING MINISTRY

**Hope Line Listener Training is coming
to the SRBA!**

Tuesday, September 15

Grace Baptist Church, Wilson

Be on the lookout for a training schedule in the
coming months.

Self-Care in the Midst of a Pandemic

When the COVID-19 crisis first hit and shelter in place orders were instituted, we began offering a series of Share, Care, and Prayer Zoom gatherings for SRBA pastors and staff ministers. In several of our gatherings, we welcomed special guests who shared on a variety of topics. One of our guests was Dr. Tate Cockrell, Associate Professor of Counseling, Southeastern Baptist Theological Seminary. Dr. Cockrell shared on the topic of

Self-Care for the Pastor in the Midst of a Pandemic with a particular focus on *Compassion Fatigue*. Below, you will find an abbreviated version of his presentation notes. They will be helpful for all who have been diligently serving their communities throughout the COVID-19 crisis.

What is Compassion Fatigue?

- Compassion fatigue is also called “vicarious traumatization” or “secondary traumatization”
- Refers to PTSD-related symptoms due to working with individuals experiencing trauma, grief, loss, or crises
- Can occur due to exposure to one case or can be due to a “cumulative” level of trauma
- Results in the inability to react sympathetically to a crisis, trauma or disaster
- Compassion fatigue is a combination of secondary traumatization and burnout precipitated specifically by the overexposure of crisis and trauma to “helpers” who are routinely in contact with the suffering

Differentiating Compassion Fatigue and Burnout

- Burnout is a term that describes low job satisfaction, feeling powerless, overwhelmed, depleted and frustrated by work environment and those consequences extending beyond the work environment
- Many persons in “non-helping” jobs may experience burnout, who are not particularly in a traumatic environment
- You can have burnout without compassion fatigue, but rarely will you have compassion fatigue without burnout
- In essence, compassion fatigue is burnout for the helping professions, brought on my trauma exposure

The ABC's of Prevention and Repair

- **Awareness:** What types of issues contribute to your stress level, thus increasing your vulnerability to compassion fatigue?
- **Boundaries:** Learn when to say yes and how to say no. Practice excellent self-care by nurturing yourself spiritually and putting activities in your schedule that are sources of pleasure, joy and diversion.
- **Connections:** Talk out your stress. Process your thoughts and reactions with someone else (coworker, counselor, friend, family member, mentor). Build a positive support system that encourages you, not fuels your stress.

Things You Can Do During an Active Ongoing Crisis

- Learn to ask for help
- Accept your limitations

Article continued on back middle section