

CALENDAR

Wednesday, January 15

9:30 A LLL trip to LSU Vet School
6:30 P Choir Rehearsal

Sunday, January 19

8:30 A Common Grounds Café Open
9:15 A Sunday School
10:30 A Worship Service
11:30 A Quarterly Business Meeting
4:00 P Belles et Beaux
7:00 P Youth Lock In

Monday, January 20

Church Office Closed

Tuesday, January 21

9:30 A Yoga
10:00 A Quilting

Wednesday, January 22

6:30 A Choir Rehearsal

Friday, January 24

9:30 A Yoga

Sunday, January 26

8:30 A Common Grounds Café open
9:15 A Sunday School
10:30 A Worship Service, Deacon ordination and Installation
11:30 A Soup Lunch and Reception

4:00 P Belles et Beaux

5:00 P Youth

Tuesday, January 14

9:30 A Yoga
10:00 A Quilting

Social Media Links:

Start the new year right by keeping up with us on Social Media

YouTube: @broadmoorBC



Instagram: broadmoor_bc



Facebook: Broadmoor Baptist Church of Baton Rouge



Every follow, like, and share helps us spread our wonderful events!

YOUTH, KIDS & FAMILIES

Children and Youth Activities

Youth Lock-In: January 19, 7PM-8AM, Please note that the youth lock-in has been rescheduled to this Sunday night. This will be a fun night filled with food, games, activities, and fellowship. Youth are asked to bring sleeping bags and pillows, candy for the candy salad, and any additional supplies they would like to decorate their prayer boards.

Winter Wonderland Craft Night: January 23, 6PM, Children are invited to join us for a night of making snow-themed crafts. Dinner will be served first, followed by crafts. Children will create their own winter wonderlands as we make snow, snowflakes, and snowmen.

Mardi Gras Parade: February 16, 2PM, Children, youth, and their families will head downtown following the Sunday morning service for the CAAWS Mystic Krewe of Mutts Mardi Gras Parade. We will find a spot together before the parade rolls at 2:00.

Broadmoor Baptist Bulletin

find your place

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Broadmoor Baptist Church, Baton Rouge, LA

www.broadmoorbaptist.com

Broadmoor Baptist Church

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Entire Congregation

Ministers

Dr. Leonard Ezell

Senior Pastor

Bobby Rayburn

Associate Pastor of Young Families

Dr. Lori Bade

Director of Music and Worship

Felicia Mullen

Business Manager

Katie Gilley

Administrative Assistant

Mike Patterson

Church Property & Facilities

Chanelle Trahan

Children and Youth Intern

Melvin Hale

Organist

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H H A T S

Quarterly Business Meeting

January 19
following worship

We will have the 2024 financial report and will vote on deacons and committees



Second Annual Winter Social

January 26
following worship





“Effortless Action”

Is it me or are we experiencing more stress and feeling more anxiety these days? It seems to be coming at us from many angles: political uncertainty, global tensions, newsworthy catastrophes, decline in our health, decline in our favorite religious institutions, unexplained illnesses, deadlines, and so on. In a recent mental health poll by the American Psychiatric Association, U.S. adults are feeling increasingly anxious and stressed. In 2024, 43% of adults say they feel more anxious than they did the previous year, up from 37% in 2023 and 32% in 2022. But we didn't need a poll to convince us of that. If you find yourself among those statistics, the following may offer you some relief.

In a recent Jiu-jitsu session, I learned a technique or philosophy of responding to pressure called “Wu Wei.” As a defense technique, it may appear in how we respond to someone literally pushing against us, shoving us backward or forward or from the side. Our opponent, or aggressor, applies pressure. Instinctively, we react by pushing back. Not only are we dealing with the stress of being acted upon, but now we have increased the pressure. In other words, it becomes a battle of wills, a contest of strength. What if you could deal with pressure by using less energy, lowering the stress on your body? Wu Wei teaches students to change the direction of the pressure by changing the

position of your body. If an aggressor pushes you from the front, you turn sideways to allow the aggressor to pass by from their own momentum.

Think of David and Goliath. Had David responded to Goliath on Goliath's terms, fighting up-close, the outcome would have been different. David fought him from a distance, an advantage for himself.

A famous quote by martial arts actor Bruce Lee goes: *“Be like water making its way through cracks. Do not be assertive, but adjust to the object, and you shall find a way around or through it. If nothing within you stays rigid, outward things will disclose themselves. Empty your mind, be formless. Shapeless, like water. If you put water into a cup, it becomes the cup. You put water into a bottle and it becomes the bottle. You put it in a teapot, it becomes the teapot. Now, water can flow or it can crash. Be water, my friend.”*

By the way, Wu Wei is a Taoist concept, which literally translates to “effortless action.” Isn't that what Jesus meant when he taught us to “consider the birds of the air” and “the flowers of the field”? Change the direction of the pressure by changing the position of your body. What is the “effortless action” of birds and flowers that allows pressure to pass?

Dr. Ezell

GET INVOLVED

Let the Little Children Come Extended Session Volunteers

We are asking for volunteers to help with extended session on Sunday mornings during service to help care for and serve our small children. We need 1-2 volunteers each Sunday to serve on a rotational basis. Contact the office to sign up!



Musical Notes from Lori

One of my great joys is when, during our rehearsal time, presenting music to the sanctuary choir to hear/see their reaction to what's “on the docket for our rehearsal!” Sometimes I'm very surprised by their reactions but, most-of-the-time, I think the ensemble and I have been in sync with each other. Although not 100% of the time, in general, the singers have enjoyed the selections. THIS SUNDAY, the choir will be presenting an anthem that, I believe, has become “one of their favorites.” They certainly sing it like it's a favorite and its definitely one of my favorites.

The text of the anthem highlights the theme of Jesus as the Alpha and Omega. Of course, I know the meaning of these words/this phrase but – just to “satisfy my own curiosity” (and not being a trained Theologian), I decided to ASK THE INTERNET and Google the phrase. Ha! To my great joy, from the website “Got Questions Ministries”, I share a portion of their explanation:

“Jesus proclaimed Himself to be the Alpha and Omega in [Revelation 1:8](#); [21:6](#); and [22:13](#). Alpha and Omega are the first and last letters of the Greek alphabet. Among the Jewish rabbis, it was common to use the first and the last letters of the Hebrew alphabet to denote the whole of anything, from beginning to end. Jesus as the beginning and end of all things is a reference to no one but the true God. This statement of eternity could apply only to God. It is seen especially in [Revelation 22:13](#), where Jesus proclaims that He is “the Alpha and the Omega, the First and the Last, the Beginning and the End.”⁰⁰¹

How can one wrap their head around the statement from Isaiah 44:6 that “...He always existed and will always exist.”² If I were to take the time, I would find multiple scriptural references about these words and of this phrase. A couple of additional references for you are: Isaiah 48:12 and Hebrews 12:2 plus others. Take a look for yourself.

Our anthem on Sunday begins with the words “Heaven crowned Him. Lift Him high, let praises fly as we worship Christ the King!” I hope you will enjoy our jubilant anthem on Sunday and listen carefully for our Alpha and Omega statement – for He is the One who “has always been” and “will always be.”

¹<https://www.gotquestions.org/alpha-and-omega.html>

²Ibid

MINISTRY OUTREACH

In Loving Memory

Rose Wascom united with this church on September 15, 1985 and departed this life on January 1, 2025.

Charlie Jordan united with this church on November 13, 1966 and departed this life on January 8, 2025.

New Book Study

“The Historical David: the Real Life of an Invented Hero” by Joel Baden, begins Wednesday, February 5, 10-11 A in Common Grounds Café.

Southeast Ministries

To support SE Ministries they are asking for donations of macaroni and cheese, peanut butter and jelly, and dried pasta at this time. Donations may be deliver to the church office, SE Ministries barrels or SE Ministries location.

Communications Survey

From now through January 29 we are running a survey about communication from the church. It will be online through the following QR code and also in print for the next 2 Sundays. Please fill it out in one of these ways.



<https://form.jotform.com/250126102185040>

Deacon Installation and Ordination

January 26