

# Friendship Baptist Church

## News Flash

3416 8<sup>th</sup> Street  
Tuscaloosa, AL 35401

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*God Bless America*

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

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Happy New Year

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Quarterly Meeting

January 10, 2012

6pm

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February

Black History Month

Program

10:45 am

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Youth Day

March 11, 2012

### Down the Street

A man is accused of trying to set a house on fire as Sheriff's deputies evicted him Friday morning. Tuscaloosa County Sheriff's deputies were evicting Willie James Davis from a rental home in the 3300 block of Seventh Street at 10:15 a.m. Davis created a disturbance, before deputies told him to leave the property. He returned with a bottle of lighter fluid, sprayed the porch and bushes and tried to light it.

The deputy was able to subdue Davis after a brief struggle. The lighter fluid was never ignited. Davis was charged with attempted second-degree arson and resisting arrest. He remained in the Tuscaloosa County Jail Friday afternoon (12/9/11) with bail set at \$5,000.

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### Looking Better since April 27th

There are still parts of town that does not look like itself but things are looking better. The Contractors are still being sought to begin tearing down homes left without resources, but there are signs of revitalization. Neighborhoods and businesses are brandishing the slogan, "We're coming Back." Some businesses have opened back up and some homes have been fully built. You can keep up with the progress by visiting:

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

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### Boredom

Life can be very exciting. It can also be very boring. We have all been there. Boring refers to dullness or weariness. The opposite of boring is "amusing, excitement and diversion." Don't we all want to live in a state of excitement and be amused in our everyday life? It is said that predictability, monotony and confinement all lead to boredom. Any situation that stays the same for too long can become "boring." If we're not aware of boredom, we may reach out to bring others down into boredom with us. How can we avoid boredom? Better yet, how can we create a change to effectively move past boredom to a more productive place?

Try one of these ideas next time you catch yourself in boredom:

1. Challenge your mind
2. Try a new method of doing something
3. Meet some new friends
4. Learn a new skill
5. Watch something entertaining
6. Fire up your imagination
7. Exercise or get active
8. Shake up your routine
9. Visit somewhere new
10. Journal your thoughts

{excerpt taken from ATI's Lattitudes}

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10:45 am

## Alabama Eating Habits

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Easter  
April 8, 2012

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According to a new report that ranks Alabama as the state with the second-worst eating habits in the United States, Alabama is among the top consumers in the nation, for instance, when it comes to soft drinks, at 77 gallons per person per year. Residents also consume \$649 per person annually in fast food. The authors of the study say this is cause for concern, especially when there are definite links between obesity and diabetes, coronary artery disease, strokes and some forms of cancer. Angie Datuin, director of the Child Nutrition Program for Colbert County Schools, said it's difficult, if not impossible, to change the eating habits of children when the diet isn't also reinforced at home.

"It's going to take a shift in culture in the way we think about food to change this," she said. "Understanding the depth of the situation and deciding that good health is worth it and that you're going to do something about it is a choice each person has to make. But, when it comes right down to it, we've done this to ourselves." Datuin said those small steps can make a big difference in the long run.

"I have to believe we're making strides to change these eating habits," she said. "That's all we can do because, ultimately, it's about making better choices, choosing grilled chicken instead of a burger, and apples instead of fries. We are making headway, but it's a very slow process, and it's going to take time."

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## Teen Scene

Kevin Johnson, director of youth at First Baptist Church in Florence, said teens present a unique challenge to the future of religious organizations. "You see different stages with them," he said. "At 13 and 15, they're more likely to go where their parents go or where their friends go. At 17 or 18, they're making transitions to college or getting their first tastes of freedom, and some of them are looking for a fresh start or maybe seeking a new spiritual path."

Regardless of the denomination or youth group size, Johnson said if students are important to the church, the church will respond by being active and involved in their lives. "Local church leaders are just now beginning to realize the importance of having teens in our church communities," he said. {Excerpt taken from Tuscaloosa News Article: <http://www.tuscaloosanews.com/article/20080218/NEWS/491639708>}

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## Church Security Issues

As crime rates rise, security in public spaces has become a concern. And houses of worship have not been exempt. That was demonstrated earlier this month by two separate shootings in Colorado in which the same gunman killed two people at a mission school and two people at a church 60 miles away before being wounded by an armed church volunteer and killing himself.

Church administrators say they can't screen for the possibility that someone might enter with a gun or search everyone who walks through the doors. Many have learned to address safety concerns while keeping the church from resembling an armed fortress. Sgt. Andy Norris, spokesman for the Tuscaloosa County Sheriff's Office, said church members and employees should look out for suspicious behavior. Churches could also initiate programs similar to Neighborhood Watch in which people stop by during the week to make sure nothing is amiss.

"Churches are always regarded as a sanctuary where everyone is always welcome," Norris said. "People should be cautious even though they still want to have the feeling of being open to everyone. Unfortunately, with the times we're living in, sometimes bad things happen in good places."

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## Generation Gap

Generation Yers often do not recognize authority in the same way as Boomers or Xers do. Instead of "rebellious," they react based on what or how they feel when they are approached or spoken to by authoritative figures. Members of Generation Y are additionally more inclined to firmly believe in the "an eye for an eye" principle. The survey found that almost 70% of those surveyed found their Generation Y workers to be dissatisfying, with poor spelling and grammar and no understanding of appropriate corporate behaviors. However, the survey also showed most employers praised the energy and charisma of their Generation Y workers. The above excerpts were taken from wikipedia.com, read more about Generation Y.

[http://www.usatoday.com/money/workplace/2005-11-06-gen-y\\_x.htm](http://www.usatoday.com/money/workplace/2005-11-06-gen-y_x.htm)

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## Smother Love

Have we become too protective in the way we're raising our kids?

In short, child rearing has become an exercise in risk minimization, epitomized by stories such as the father who refused to allow his daughter on a school picnic to the beach for fear she might drown. While it's natural for a parent to want to protect their children from danger, you have to wonder: Have we gone too far?

[http://www.readersdigest.ca/mag/2004/10/smother\\_love.html](http://www.readersdigest.ca/mag/2004/10/smother_love.html)



The opinions expressed herein do not necessarily represent the views or opinions of the Friendship Missionary Baptist Church.

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