

sardis signposts

baptist church

a spiritually progressive community of faith

5811 Sardis Road / Charlotte, NC 28270 / 704.362.0811
SardisBaptistCharlotte.org

WORSHIP SCHEDULE

Sunday at 9:45 AM
Study Group

Sunday at 11:00 AM
Morning Worship

CELEBRATING ELEVEN YEARS WITH J. DAWG MCSWIZZLE PANTS

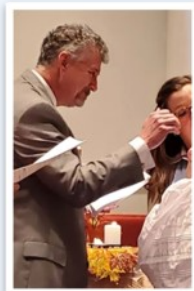
POTLUCK PICNIC • SUNDAY, JULY 28TH, 2024

Rev. Jonathan Eidson, after eleven and a half years of ministry at Sardis (and more years at other churches), is resigning from professional ministry. "It has been heart wrenching to come to this conclusion because more than a calling or job, Sardis has been my church.... I have loved being one of your ministers." Jonathan joined Sardis as Associate Pastor in March, 2013 and his major investment was with youth and children. In that capacity he has chaperoned youth and children to four Passports, four Unidiversities, eight ski trips, 5 CBF sponsored fall retreats, rafting trips, and get-aways to the Shepard-Moore lake house. He has taught youth Sunday School, children's Sunday School, Vacation Bible School, and classes on baptism. He led youth and children's events at the meeting-house or in members' homes and attended sports events and major life celebrations in which Sardis youth participated.



As a member of the pastoral staff, Jonathan has participated in worship leadership, preached, provided pastoral care, been a part of funeral services, baptized two youth, and contributed to signposts. During the interim period between Dr. Tim Moore and Rev. Bob Stillerman, Jonathan was the staff member responsible for publishing signposts. During Covid he wrote a weekly devotional sent to all Sardis households. During his tenure, Jonathan has served with two pastors – Tim and Bob, two interim pastors – Dr. Rodney Saddler and Dr. Daynette Snead Perez, two music ministers – Rev. Joanie Williams and Minister Hilary McIntyre, an interim music minister – Rev. Scotty Stamper, associate pastor – Rev. Tillie Duncan, and minister of congregational support – Kathryn Kreutzer.

Jonathan was born in Atlanta, Georgia to Amelia and Larry Eidson and grew up with a brother and a sister. His grandfather U. W. Rollins was a Baptist pastor and a major influence in his life. He has been married to Anne Hunter Eidson for 34 years; son Josh and his wife Maggie, and daughter Allie round out the family. Oh, can't forget Junie B. their dog and Glockenspiel the cockatiel in rounding out the family!



Jonathan graduated from the University of Georgia (Go, Dawgs!) and received an M. Div. from Southeastern Baptist Theological Seminary. It was while he was in seminary that he met music ministry major, Anne Hunter, who became his wife. Another connection from seminary which was reinforced at Sardis was with Rev. Becky Proctor. They both served on the seminary's student council, of which he was president. While serving as a Sardis pastor, Jonathan has been a teacher at Amani Montessori School and going forward will be a teacher at Omni Montessori (continued on page 4).



AS WE CELEBRATE AMERICAN INDEPENDENCE, WE PAUSE TO REMEMBER...

We hold these truths to be self-evident, that all persons are created equal, that they are endowed by their Creator with certain unalienable rights that among these are life, liberty and the pursuit of happiness. ~ Thomas Jefferson, with slight redaction by the Sardis Staff

Celebrate these words from the Declaration of Independence. Appreciate the freedom we share and recognize the ability of each of us to contribute to the vitality of our nation. And in that process, ponder what these words meant to the marginalized in our society when they were written, and what they mean to the marginalized in our society today.

Through the years as our country was established and expanded, we did not practice inclusion or respect of our native peoples! Explorers, settlers, armies, and governmental powers systematically removed native dwellers from their lands into captivity or onto unfamiliar land not of their choosing. Their freedom denied. Their voices silenced. Many of their lives were lost as a result of violence, disease, hunger and exposure.

Ponder the concept that much history was written by "winners" at the expense of those who lost so much. As North Carolinians, we remember the tragedy of our Cherokee people on the Trail of Tears. Please notice the July worship display, located in the front of our sanctuary (pictured above). Designed by Susan Phillips, it is intended to celebrate the strength and spirituality of native Americans. Enjoy the beauty and unique art created from nature featured in the tepees of plains peoples. The photo backdrop was taken of the Blackfoot nation in the late 1800's (continued on page 4).

Sardis People: SANDRA ABDOW

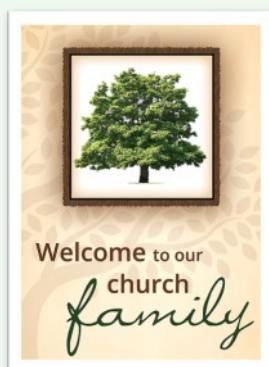
Sandra Abdow was born in Cheraw, SC. (Also the birthplace of the King of Jazz, Dizzy Gillespie) She remembers little about the town as she moved to Charlotte with her mother and older brother when she was three years old. Her family of origin has given her two half-brothers as well. Most of her growing-up memories are of Charlotte:



where she has resided since a toddler, where she graduated from East Mecklenburg High School, where she married her husband Andy, where she reared their two sons, where she became the grandmother of a baby boy, and where she has been employed.

Sandra is currently a Municipal Manager with OTTO Environmental Systems, a company which produces and manages waste containers, recycling bins, commercial dumpsters and the like. (Charlotte is one of its customers.) Her area of responsibility lies with bids and contracts and she occasionally travels to various towns and cities to attend trade shows as a representative of the company. She was first sent to OTTO by a temp agency to replace a receptionist, but was soon hired full time and promoted to her current position. Previously Sandra was a manager with American Express in their financial administration division. She has also worked with a boutique at Southpark in the fashion industry.

When she's not reading contracts at work, Sandra likes to read light fiction, a welcome contrast to the heavier work perusals. She particularly likes the stories that Debbie McComber creates. She also likes to scan through cook books and to try new recipes, especially the ones which call for baking. Then she brings to "life" the creations she reads: cookies, cakes, brownies, and bread.



Sandra recently became our newest member, joining by her statement of faith on Sunday, June 23rd, 2024. Please join us in warmly welcoming her to the Sardis family!



We pray for all those impacted by wars in Eastern Europe, the Middle East, and African countries — and we pray for God's peace.

We pray for the health and wellbeing of Mother Earth, and for all those who rely on her generosity to reciprocate her care.

We pray for hungry and homeless human beings, and for all of us to recognize the basic human rights of all of God's children.

We pray traveling mercies for Sardis friends on the move:
 • Askins Family (Rebecca, Jourdan, Joey, Brady, Samuel, Reece, Keely)
 • Son and granddaughter of Nell Barnes • Leon Fisher • Karen, friend of Amanda Lewis • Anna Rowland, niece of Robin Rowland

We pray for the health and wellbeing of Sardis friends:
 Clemmer Allison, friend of Alcie Kreutzer • Charles Almond, grandfather of Jacqueline Stillerman • Holly Almond, aunt of Jacqueline Stillerman • Kyra Ballentine, friend of Hilary McIntyre • Robin Bennett, friend of David Kreutzer • Melissa Bowlin • Maria Byrd • Richard & Betty Bowlin, uncle & aunt of Melissa • Maria Byrd • Dee Christman, sister of Shannon Duncan • Murphy Clark, relative of Robin Rowland • Tracey Danley, friend of Sarah Criss • Rae Deicke, friend of Jean Lawrence • Nela Demme, Ron's dog • Betsy Cadle DePaul • Dusty Detterman, daughter of June Ross • Amelia Eidson, Jonathan's mother • Mildred Gragg, mother of Billie Hutchison • Mary Moon Guerrant, mother of Kathryn Kreutzer • Jen Kaminska, friend of Kreutzer family • Clark Kearns, father of Hilary McIntyre • Robert Marshall, grandson of Janette Grassi • Pete McSwain, brother-in-law of Tillie Duncan • Tim Moore • Rachel, Kendarius, and Mekhi Phipps, friends of Betty Gunz • Pam Poston • Bill Reynolds, son of Mala • Mala Reynolds • Bob Rowland, Robin's father • Pamela Schwartz, former staff of St. Stephen UMC • John Simpson • Ken Smith, friend of the Kreutzer's • Sandra Sparks, mother of Laurie • Tanya Stevensen, daughter of June Ross • Vanessa Wieland, cousin of Jonathan Eidson • Katie Wiebke, daughter of Mark & Amy • Kelly Wise, friend of Melissa Bowlin

JULY DATES TO REMEMBER

July 7th @ Noon
 July 17th @ 7 PM
 July 21st @ Noon
 July 28th @ Noon

Lunch & Midwives of Movement
 Trivia Night and Ice Cream Social
 Church Business Conference
 Potluck Picnic Honoring J. Swizz

ASPIRING TO SING

Inhale... Pause... Exhale Slowly... Pause... Repeat

This is the theory of singing in its most basic form. Singing, like speaking, humming, screaming, laughing, and any other sound that humans create with our vocal cords, requires breath. Breath is the vehicle that musical notes ride on, our vocal cords are the roads and tracks that direct the air toward specific pitches, and our brains are what controls the vehicle and keeps it on the correct path. Some have an easier time than others at finding the right direction, but without breath they wouldn't be able to start the car at all.

Here is an exercise:

Step 1 — Inhale through your nose slowly and consistently for four seconds, feeling the air as it enters your lungs and fills them up.

Step 2 — Hold your breath for four seconds, keeping your throat open.

Step 3 — Exhale through your mouth slowly for four seconds.

Step 4 — Repeat this process a few times and see how you feel.



This is called Box Breathing, and it is often used as a relaxation technique for people with anxiety. I have also used it many times to demonstrate the process of breathing for singing—just switch the exhale for humming or singing a note. Singing, and especially singing well, is a practice in breath control, as well as remaining calm. You know that feeling when you're singing in the shower and you sound so much better than at any other time or place? That has a lot to do with the acoustics of the bathroom, but it also happens because we tend to be relaxed and (maybe most importantly) alone when we're there—we don't have to worry about anyone else hearing and possibly judging us. On the other hand, when your body is experiencing anxiety or stress you can go into a fight or flight response where your breathing becomes more shallow and self-consciousness leads to something that in sports is called "the yips" but in the arts we call "stage fright" or performance anxiety.

Not only is breathing important for humans to live, it is also a tool we can use to improve our mental state as well as improve our communication skills. If you think you have a weak speaking voice, try box breathing, but instead of exhaling silently, sigh out loud for four seconds. Notice how much air it takes to maintain that sound. If that is easy for you, increase that sigh to eight seconds. Once you have a feel for that, try replacing sighing with a sentence or two. See how much air it takes to say this out loud, with full volume, at a slow pace. The key is to hone in on your body and what it feels like to produce and maintain sounds. The more you pay attention to your breathing, the better understanding and control you will have.

~ Hilary McIntyre, Minister of Music



SPIRITUAL DIRECTION

~ Rev. Jonathan Eidson ~

When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own but will speak whatever he hears, and he will declare to you the things that are to come. ~ John 16:13

As usual in my spiritual direction sessions, after the reading, we had a five-minute period of silence to consider what the passage might be saying to us. Read it several times to yourself and ponder what it means to you.

As you ponder, you may find yourself needing to review the preceding chapter, John 15, where you'll find several familiar verses that you'll recognize when you read them: I am the true vine and my Father is the vinegrower... Abide in me as I abide in you... This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends.

This passage comes at a time when Jesus is preparing the disciples for what is coming and letting them know that when he is gone, he will send them an advocate, the Spirit of Truth that we know as the Holy Spirit. Let's think back.

When we recall the birth of Jesus, we remember he was called Immanuel, meaning God with us here and now. When Jesus left the world, he left the Holy Spirit, God with us here and now. The Spirit is with us, around us and is directing us.

If we delve deeper and reflect on an example of the Spirit in the Old Testament, we find a cloud by day and fire by night. This was the presence of God with the Hebrew people. There was one instruction, "When the cloud moves, you move, and when the cloud stays, you stay." That visual guide sounds much simpler than the intuitive guidance we seek today through prayer and listening.

I told a story before about an owl that was in a tree in our front yard. It was in plain view in broad daylight but the only passersby who saw it were the ones who happened to look up. God is still with us here and now. We find a Spirit ready to lead us. Are you ready to look up?



J. DAWG MCSWIZZLE PANTS WITH A TWIST

(Continued from page 1) Many unforgettable memories will always be associated with Sardis. He was dubbed J. Dawg McSwizzle Pants with a Twist (shortened to J. Swizz) by one of the youth groups, (the same group that came up with Manders, Tillers, and Hilers)! How could J. Swizz (or anyone?!) forget this incident at Lutheridge summer camp? "Jackson Hawkins and Dylan Kreutzer found a can of bear mace. Like the curious boys they were, they took it a little way away from the cabin area and sprayed it. It just so happened that there came a breeze that showed up to expose the guilty! It blew the bear mace right into the cabin area. People began coughing, eyes began watering and everyone started asking what was causing it. The boys had told several others about finding and experimenting with the spray; they owned up to the deed. Maybe it was Jose and Kate (some of the chaperones on the trip) who read them the riot act. I was in the cabin and the boys came in and told me the whole sad story. I had heard the whole incident unfold, so I knew they'd already received a good scolding. I responded by saying, 'It sounds un-bear-able.'"

Some watering eyes and "bear"ed emotion surround the end of an eleven-year tenure. It's good news and will be good memories for those who are touched by Jonathan as he begins a new phase. Pastoral (caring) ministry can be practiced any place, not just through a church. "Pastor" is who Jonathan is.



AS WE CELEBRATE AMERICAN INDEPENDENCE, WE PAUSE TO REMEMBER...

(Continued from page 1) 400 years ago our European ancestors came to America seeking religious and governing freedom and economic boon. They claimed land, conquered native peoples and reveled in freedom. They enslaved African peoples into backbreaking labor and destroyed their common humanity. Today, fully entrenched in freedom's privilege, "we" push to build walls, to imprison, deport and separate families. Backs are turned on those immigrants/refugees who more urgently than our ancestors seek safety from violence and relief from poverty and oppression — desperately hungry for basic needs. When will we ever heed God's call to welcome the stranger, right institutional wrongs and listen into understanding the cries and voices of ALL God's people?