

Senior Adult Ministry  
of First Baptist Church

Keith Pugh  
Senior Adult Pastor

# The Prime Times

JULY 2026

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Paula Jeter

“For if you keep silent at this time, relief and deliverance will rise for the Jews from another place, but you and your father’s house will perish. And who knows whether you have not come to the kingdom for such a time as this?”

Esther 4:14  
ESV

## Triple L Monthly Meeting & Lunch

**Tuesday, July 7**

10:30 a.m. in Wells Fellowship Hall

**This Month’s Guest: Lauren Ballard**

Lauren Ballard is the Aging and Disability Resource Center Coordinator at the West Alabama Area Agency on Aging, where she has dedicated over 12 years of service. Throughout her tenure, Lauren has taken on a wide range of roles that reflect her deep commitment to serving older adults and individuals with disabilities.

She has provided vital case management through in-home service programs, offered Medicare counseling to countless beneficiaries, and facilitated medication assistance by working directly with drug manufacturers on behalf of clients. Her work also includes coordinating the agency’s health promotion programs, leading community outreach and education efforts, and ensuring clients are connected to the resources and services best suited to their needs.

In addition to her primary role, Lauren also serves as a back-up ombudsman, advocating for the rights and well-being of residents in long-term care settings. Her broad expertise, compassion, and dedication make her an invaluable asset to the agency and the communities she serves.



**Triple L Meeting Check-In begins at 10 a.m.:**

Sign in, pay \$1 monthly dues, sign up for events

**Lunch Menu (\$6):**

Hamburgers and Hotdogs, baked beans, chips, peach cobbler

## From the Senior Adult Pastor...

**“...For such a time as this.” Esther 4:14**

I just recently read again the book of Esther. What an amazing story of God’s providence! When a people’s existence was threatened God raised up one woman to stand in the gap to deliver. Esther’s attitude was, “If I perish, I perish!” (v. 16)

As we come to the celebration of the birth of our nation we should all be grateful to the men and women who stood in the gap, risking their own lives to ensure our freedom. Today we are able to worship our God freely in a nation that proudly proclaims, “One Nation under God”. May we never take our freedom for granted. May we be faithful to pray for our nation and its leaders. May we never forget the fact that we are here because of God’s divine blessing! God Bless America!



Love you, *Bro. Keith* (John 16:33)

*This Month:*

**Triple L Meeting:**

Tuesday, July 7 at 10:30 a.m. in Wells Fellowship Hall

**Naomi's Sisters:**

Monday, July 13; location TBA, 11:30 a.m.

**Alice's Mission Dresses:**

Friday, July 17; 9 a.m. - 2 p.m. in Room FB300

**Mustang Diner:**

Tuesday, July 14; leave from FBC at 9:30 a.m.

**Game Day:**

Tuesday, July 21; 10 a.m. - 2 p.m. in Wells Fellowship Hall

**Sweet Dreams**

**Pillowcase Ministry:**

Friday, July 24; 9 a.m. - 12 p.m. in Room FB300

**Legacy Fit Exercise**

**Classes:** Mondays at 2 p.m. and Wednesdays at 2:30 p.m. in Room MB236

**The Prime Times** is published monthly by the First Baptist Church Senior Adult Ministry. For more information, contact Keith Pugh.

Senior Adult Ministry:  
205-632-3054

**Senior Adult Women's Bible Study**

*Blessed is the Nation  
whose God is the Lord*

**Psalm 33**

Tuesday, July 7  
(after Triple L)

led by  
**Teresa Pugh**

**Upcoming Trips**

**Mustang Diner - Tuesday, July 14**

Sign up at the next Triple L meeting

**Washington, D.C. - August 13-19**

**SPACES are STILL AVAILABLE for this trip!**

\$75 deposit due at time of registration

Cost: \$899 per person (double occupancy)

**If you have already registered, payment is due.**



**Huntsville - October 19-21**

Includes US Space and Rocket Center and Huntsville Botanical Gardens

Sign up at the next Triple L meeting.

**DONATE TOYS**

**FOR**

**OPERATION CHRISTMAS CHILD SHOEBOXES**

**July Mission Project**

This summer First Baptist Tuscaloosa is participating in monthly mission projects.

For July, we are collecting toys for Operation Christmas Child shoeboxes. Please donate dolls, stuffed animals, balls, toy cars and trucks, and other fun items to help fill shoeboxes at our packing party later this year. Remember, toys must fit in the 12x7x4.5" shoebox, with room for other items such as school supplies. Donation barrels are located near several church entrances.

**Looking ahead:**

The August mission project is **school supplies** for OCC shoeboxes.

## This Month's Spotlight: Paula Jeter



*Paula Jeter began attending First Baptist Tuscaloosa in early 2020. She enjoyed participating and traveling with Triple L for a few years before. Read on to learn more about Paula.*

### Tell us about your family.

I grew up in Langdale, Alabama (now known as Valley, Alabama) a

small town in east Alabama on the Chattahoochee River which shares the state line with Georgia. I am 1/8 Cherokee through the lineage of my maternal great-grandmother who was full Cherokee. I am an only child and grew up in a loving, although strict, home. By their examples my parents and grandparents taught me love, kindness, respect, honesty and always encouraged me to succeed in my endeavors. I came to Tuscaloosa in 1970 to attend The University of Alabama. I married Lee Jeter in 1985 and shared 30 years of marriage until he passed in 2016. I have a step-son, daughter-in-law, grandson, granddaughter, and great-grandson.

### As a child, what did you want to be when you grew up?

My first memory was wanting to be a nurse like our neighbor Miss Bettye Ann. As I grew older and developed a love of horses I wanted to raise and train Appaloosa horses on a ranch in Texas.

### What did you actually become when you grew up?

My first job was summers during high school at the Lanett Water Works performing chemical analysis to determine quality and safety of water. I worked briefly with a hospital supply company where I devised and implemented a perpetual inventory system for surgical instruments. Next I worked with a financial institution. In 1983 I was hired by The University of Alabama in the Office of Alumni Affairs. I had found my dream job and worked 33 years in scholarships, endowments, recruitment, donor relations, budgets and restricted funds until I retired in 2014.

**What is your favorite TV show or movie?** Favorite movies are *Steel Magnolias*, and *To Kill a Mockingbird*. Favorite television shows growing up were *Bonanza* and *Walt Disney's Wonderful World of Color* on Sunday nights.

### What is your favorite book?

Most recently *Becoming Mrs. Lewis* and *Once Upon a Wardrobe*. I am currently reading *Theo of Golden* and want to read the book *James* next.

### Who or what has impacted your faith journey?

Growing up my parents, paternal grandparents, and my beloved Aunt Sara guided me to know, love, and accept Jesus. I grew up in

the Congregational Christian Church and attended the Langdale United Methodist Church with my grandmother many times. I remember learning the song "Yes, Jesus Loves Me", attending Sunday School and Vacation Bible School, and memorizing Bible verses. I received my first Bible at age 5. I cherish its worn and wrinkled pages. Currently, my circle of close friends impact my faith and life daily.

### What is your favorite Bible verse?

Psalm 48:10 - "Be still and know that I am God". It reminds me to take a breath, quiet my mind, and trust God.

### What ministries are you involved in?

Triple L, Margaret Jones Life Group, Triple L Program Committee, Legacy Fitness. I helped last year with Christmas Boxes and hope to do so again this year. Also, through Life Group for the past four years I helped serve at the Baptist Student Ministry.

### What are you passionate about?

Alabama sports, especially football. Roll Tide!

### People would be surprised to know...

Growing up I was very shy. I still am in certain situations. However, I was very adventurous and tried my mother's patience many times.

### Is there anything you want people to know about you?

I can't swim. My husband and I owned a house boat for several years. I had a custom molded life jacket and would jump into the Warrior River.

## July

### Birthdays

Barbara Birdnow	7/01
Kaye Kidd	7/04
Debra Vinson	7/08
Jenny Wood	7/10
Joe Kines	7/13
Helen Lake	7/13
Jerry Logan	7/14
Ronnie Banks	7/14
Dovel Rock	7/16
Dianne Bentley	7/19
Sandra Hackney	7/19
Charles Payne	7/19
Ronnie Ballard	7/19
Linda King Harkin	7/22
Gail May	7/23
Karen Wakefield	7/25
Pete King	7/26
Sharon Myers	7/27
Kathy Jones	7/28
Martha Pierson	7/28
Jim Jones	7/28
Ron Henry	7/28
Phyllis Perkins	7/28
Linda Gibson	7/29
Susan Newell	7/29
Grady Friday Jr.	7/30
Tricia Thrasher	7/31





**First Baptist Church**  
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## Alice's Mission Dresses Workshop

Friday, July 17  
9 a.m. - 2 p.m. in Room FB300



Drop by or stay the whole time as we prepare dresses for shoeboxes and mission trips. You do not have to sew! Help is also needed in ironing and folding.

**Donations needed:** Fabric donations or monetary donations to purchase fabric and supplies to be able to produce more dresses (and shorts!) to send with summer mission teams.



## Legacy Fitness

Legacy Fitness exercise classes meet Mondays at 2 p.m. and Wednesdays at 2:30 p.m. in Room MB236. The workout is not too rigid but covers all aspects of exercise, focusing on improved flexibility and balance. Many class participants also either arrive early or stay after to walk the loop on the second floor of the Main Building and Family Ministry Building.



## Sweet Dreams Pillowcase Workshop

Friday, July 24  
9 a.m. - 12 p.m. in Room FB300

Join us to make cheerful pillowcases for children receiving treatment in Children's Hospital and other

locations. We have camps for cancer patients and children's hospitals asking for pillowcases, but we need your help to meet these needs.

