



The righteous man walks in his integrity; **His children are blessed after him.**
PROVERBS 20:7

Letting Go and Trusting God Devotional

“Cast all your anxiety on Him because He cares for you.” 1 Peter 5:7

Letting go of our worries and trusting God can be one of the hardest things to do. We often hold onto anxiety because we feel responsible for managing every detail of our lives. But in 1 Peter 5:7, we are reminded that we don't have to carry these burdens alone. God invites us to cast all our anxieties on Him because He cares deeply for us. Trusting God means surrendering control and choosing to trust in His ability to handle our problems.

When we hold on to our worries, we limit our faith in God's provision. Letting go means recognizing that we don't have to fix everything on our own. Trusting God requires us to believe that He is capable of handling our concerns in ways we can't. The more we release our anxieties to God, the more we experience His peace. Trusting Him with our worries is a declaration that we believe He is in control and that we don't need to carry the weight of the world.

Letting go is not a one-time decision but a continual act of faith. Every time we feel anxiety creeping in, we can choose to trust God again. This doesn't mean our problems disappear, but it does mean that we are no longer carrying them on our own. By trusting God with our worries, we experience a freedom that only He can provide.

Dear God,

Thank You for the promise that we can cast our anxieties on You because You care for us. Help us to trust You fully, even when life feels overwhelming. Teach us to let go of our worries and place them in Your hands. We surrender our fears to You and trust that You will take care of us. Thank You for Your loving care and constant presence. Lord, when anxiety begins to take hold, help us to remember that You are in control. Give us the strength to release our worries to You and trust that You will work everything out for our good. We are grateful for Your peace that passes all understanding and for the comfort of knowing You are always with us. **Amen.** <https://devotionalsfortoday.com>

June Birthdays

- 01 Buddy Maness
- 05 Leigh Edwards
- 06 Evelyn Smiley
- 07 Robin Mincher
- 08 Joan Carter
Janie Midgette
Teresa Skinner
Robie Vincent
- 09 Randy Keeton
Sandra Matthews
- 13 Carolyn Ashby
- 14 Ronnie Holt
- 19 Vicky Derzis
- 21 Debbie Medlin
- 22 Faye Harris
- 25 Libby McKinney
- 26 Dee Jay Worley
- 29 Annette Ricks

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June Anniversaries

- 03 Larry & Susan Gums
- 05 Mike & Marion Wood
- 08 David & Michelle Pratt
- 11 Jeff & Sallie Faison
- 12 Pat & Margaret Ward
- 14 Dave & Carolyn Shelton
- 15 Frank & Vicky Derzis
- 18 Eddie & Seretha Pittman
- 19 Tim & Sheila Davis
- 28 Glenn & Leslie Ezzelle
- 29 Jerry & Raye Bailey

Upcoming Senior Events

- Thursday, June 11 - Patriotic Cookout
- Thursday, July 16 - Fish Fry
- Thursday, August 27 - Ice Cream Social

Continue to pray for our Senior Saints, especially our homebound members and friends.

Pastor John & Shelia Mason
246 Richardson Creek Lane
Forest City, NC 28043



Pastor Andy's Thoughts

June brings with it the beauty of long days, bright sunshine, and the quiet reminder that God's faithfulness continues from season to season. Many of you carry treasured memories of summers past, family gatherings, summer outings, and moments when God's goodness was unmistakable. Scripture reminds us, **"The earth is full of the goodness of the Lord"** (Psalm 33:5). As we step into this new month, may we pause to notice His blessings in the simple things: warm breezes, friendly voices, and the peace that comes from walking closely with Him.

This month also invites us to lean on the strength God provides daily. Some days may feel slower, and some challenges may feel heavier, yet the Lord remains our steady help. **"The Lord is the strength of my life; of whom shall I be afraid?"** (Psalm 27:1). Many of you have lived long enough to testify that His strength has never failed you. Your stories of perseverance, prayer, and trust should inspire others.

June also gives us the joy of celebrating Father's Day, a time to honor the men who have shaped families, churches, and communities with faithfulness and love. Whether you are a father, grandfather, spiritual mentor, or someone who has poured wisdom into younger generations, we thank God for you. **"The righteous man walks in his integrity; his children are blessed after him"** (Proverbs 20:7). Your example continues to bless and guide those who follow after you.

As we journey through this month, may your heart rest in the Lord's promises. He walks with you, He watches over you, and He delights in you. **"The Lord shall preserve your going out and your coming in from this time forth, and even forevermore"** (Psalm 121:8). May June be filled with peace, purpose, and the quiet joy of knowing that God is with you in every step and every season.

Love you Senior Saints! Pastor Andy



Williamsburg Trip

On our Williamsburg trip we ate at the Virginia Diner. Many of us tried the carrot casserole and thought we were eating sweet potato casserole, until we were told differently. It was delicious! Hopefully, this recipe I found is very similar to the casserole we ate.

Bonnie's Carrot Casserole

Ingredients

1 pound scrubbed carrots cut in 1/2 to 3/4 inch chunks
3 tablespoons all-purpose flour
1/3 cup granulated sugar
1 teaspoon table or sea salt
1/2 teaspoon maple or vanilla extract
3 large eggs
1/4 cup butter, cut in chunks



Instructions

Preheat oven to 400 °F.

Steam carrots: Steam 1 pound scrubbed carrots (cut in 1/2 to 3/4 inch chunks) in an Instant Pot (5 minutes, natural release) or on the stovetop until tender.

Purée: Process carrots in a food processor or mixer until smooth.

Add remaining ingredients: Blend in 3 tablespoons all-purpose flour, 1/3 cup granulated sugar, 1 teaspoon table or sea salt, 1/2 teaspoon maple (or vanilla extract), 3 large eggs, and 1/4 cup butter, cut in chunks, and mix until smooth. Alternatively, use a stand mixer or immersion blender for this step.

Bake: Pour into a medium oven-safe buttered casserole dish. Bake at 400°F for 15 minutes. Reduce heat to 350°F and continue baking for 45 minutes more, until set.

Serve immediately.

Make ahead: Prepare the casserole up to one day in advance. Cover and refrigerate before baking. Bring to room temperature, then bake as directed. Or, freeze prepared casserole before baking. Thaw overnight in the refrigerator and bake as directed.

Makes 6 servings

Testimony of Lloyd Allen Boyd

I was born on April 19, 1953 in Roanoke Rapids and have lived here all of my life. I met Bonnie Boyd, in high school and we were married on July 2, 1972, and since she had the same last name as me, her name didn't change when she married me. We went on in life to have three sons, Brandon, Kenneth, and Kevin. During this time, I went to work driving truck's long distance. In the early years of our marriage and in our childhood we attended church on a regular basis. When our two older boys were small, the church we were attending hurt our feelings in what we felt was an unchristian way, and we stopped attending for nearly thirty years. During those years, Bonnie and I would discuss finding a new church home because we both felt there was something missing in our lives. One Saturday, I called our good friend, Jim Wallace, and asked him if he would like to go horseback riding on Sunday. On rare occasions, he would ride on Sunday if it was a good ride. He said he would like to, but the next day was homecoming and he felt like he couldn't miss church this time, but asked if Bonnie and I would like to come with him and enjoy some good fellowship in the Lord. I looked at Bonnie and said, "This may be what we are looking for." On the 60th anniversary at Calvary we walked into the building and it felt as if we were home, and we had always belonged. We have been members here since and have never looked back. Several years before Bonnie and I joined Calvary, I had an health episode that was very serious. On a stormy, and rainy night Bonnie had to rush me to the hospital. I was having a heart attack and needed to go to a heart center. I suggested Wake Med since this was the only heart center that I was familiar with. The weather turned out so bad that Wake's helicopter was grounded and could not get in the air. They called ECU in Greenville. Their helicopter was also grounded so they sent the helicopter crew in an ambulance for me. Roanoke Rapids had me stable, but about a third of the way to Greenville, I started to sweat huge drops of water. When I asked the attendant what was wrong, he said that I was having another heart attack. In a bit of humor, I said, "I didn't know that I was finished with the first one." He told me that the first one was over when my pain symptoms stopped, however, he was concerned that I may be in trouble. They had given me all the meds they could without a doctor's consent. I started to feel better again after receiving additional meds with ECU's consent. When we hit Greenville, the attendant knew I was in trouble and told the driver to hurry. God was certainly riding with me that night! When we arrived at the hospital, the doctor and staff from the cath lab were waiting in the room. I was rushed to the cath lab and had a stint put in the blockage they found. All of this took place between 11pm when I left home and 4am the next morning.

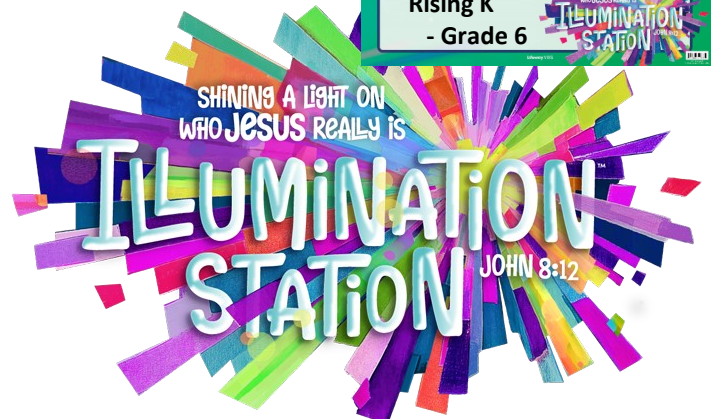
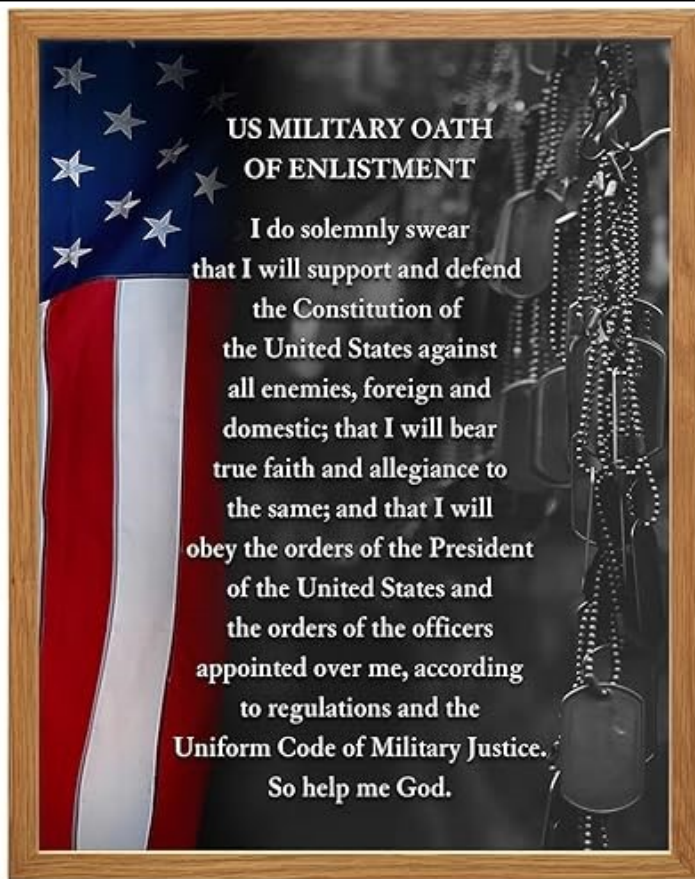
The cardiologist advised me if I wanted to live much longer I needed to stop smoking. I slowed down for a while, but was soon right back smoking like a chimney. I was able to return to work some time later, still driving trucks. One day, I picked up a load in Enfield, NC going to Denver, CO. After delivering in Denver, I picked up a load of potatoes in Durango, CO going just south of Atlanta, GA, unloaded there and picked up a load in Columbus, GA, then headed to pick up a load in New Jersey. As I started back toward Atlanta, I started hurting in my neck and shoulder, but I kept driving and smoking. As I got back to Atlanta, I knew then that I was in trouble. I called Bonnie and she told me to get help ASAP. I pulled off on an exit just east of Atlanta on I-20 that had a hospital and EMS station while still smoking. I had smoked up all of the first carton of cigarettes since leaving Enfield. I opened the first pack in the second carton and had it lit when the 911 operator said someone would be there in five minutes. I was getting my luggage out of the sleeper when someone grabbed me by the collar and started to pull me out of the truck. I grabbed the steering wheel with one hand and held onto that cigarette with the other. Someone advised me to let go and drop the cigarette. They had to tell me two more times before they could get me to release the cigarette and get me out of the truck. I gave it a toss and someone cut loose with a swear word. I must have thrown it on them. The EMS crew told me they were taking me directly to the heart center at Emory University Hospital eight miles away, which was one of the best in the world. After I arrived in the cath lab and they were prepping me for the procedure, I asked the attendant if they were going to give me something for pain. I immediately began to feel sleepy and remember thinking that it was quick. I was later told that my heart had quit beating. During this time I remember dreaming someone was talking to me at a distance. I was groggy and I could see the image of someone I thought was my dad who had been dead many years. The image was speaking, but I couldn't understand what was said. I realized the image was not my dad, but possibly my Heavenly Father. I have felt since if I had understood what was being said that I might not have wanted to come back. The cath lab got my heart back to working and then my heart stopped for the second time. They brought me back again. I was told they didn't know why it stopped the first time and didn't know why or how they got me back the second time. They inserted another stint inside the first stint I already had. The next day, on my birthday, the cardiologist came in and told me, "Mr. Boyd, we can do this from now on, but if you don't stop smoking, one day you will be somewhere you can't get help fast enough, and you are going to die." She told me that my smoking had been a major factor in the first stint collapsing. Continued on next page.

Continuation of Testimony of Lloyd Allen Boyd

The hospital had installed a heart monitor and sometime that afternoon I was sitting on a shelf near the window when five or six nurses rushed in to check on me and said my heart had stopped for a brief moment. I was five hundred miles from home and knew no one. I was a little down and out knowing that Bonnie could not drive to Atlanta to be with me. The phone rang and it was Jim Wallace calling to check on me. I told Jim that I was going to quit smoking, so he told me that he was going to quit smoking too. Throwing that last cigarette away was hard, but quitting was worse. I would walk my backyard and the parking lot of truck stops when I eventually went back to work and beg the Lord to not let me buy cigarettes or smoke again, and He did, and it got easier to deal with in time. On October 4, 2021, just after Covid set in, I left work from M J Price Construction, drove down Roanoke Avenue to Hardee's in Gaston to get a biscuit. I had to reroute and go back through Weldon because of construction. I remember getting on the Weldon bridge, but I don't remember getting off. I blacked out and somehow the truck stopped without wrecking. I was in a coma for seven weeks, two weeks in Roanoke Rapids ICU, and five weeks in Pam Hospital in Rocky Mount. The doctors did not think I would regain consciousness as I was on total life support. They were considering pulling life support the next day when the Lord saw fit to wake me up. When I woke up, I was paralyzed from the neck down. The doctors and hospital administrator told me I was a

miracle. They could find no reason for what had happened to me other than they knew it was Encephalitis, possibly caused by a virus carried by a tick or mosquito bite, and I would never get out of bed. They had not expected me to gain consciousness, but with prayer and the Lord's help I got out of that bed and was able to sit in a chair. The doctors didn't expect me to progress, so I was moved to the Lodge nursing home. After a couple of weeks, Bonnie took me home where I progressed from taking three steps using a walker with two therapists assisting me. With the support and prayers of Calvary Baptist Church, and the healing power and love of God, and my Savior, Jesus Christ, I have come from bed to chairs, to wheelchairs, to walker, to now walking with a four-footed cane. I have since had two more heart attacks, received three more stints, and one repaired with the balloon procedure. Praise God, I am told that I have a relatively healthy heart, but have arteries that want to stop up. I am still here for a reason only God knows and I don't worry about it anymore. I want to thank the church again for all of your love, prayers, and support for Bonnie and me through the years. I want to extend thanks to Jim and Betty for coming to visit me in Pam and the Lodge, helping to feed me, and their prayers and friendship. God is so good! He is awesome! I have recently had another health scare, but it turned out not to be another heart attack. Thank you Jesus! Praises to the Lord!

Love you all, Lloyd Allen Boyd



Rambling's of the Ole Man

As it is Senior Safety Month I am finding out many things that I should not do since I am in my late 60's. One thing I've learned is you always check behind yourself when typing. One misspelled or misplaced word can really make one look quite stupid. We will just leave it at that since this is a church newsletter. Another thing is while working in the garden, I have found one must stay locked in on what one is doing while bending over. One quick twist of the head while in a bent over position will get you a very close up look of the bottom portion of a tomato or pepper plant and the surrounding dirt. Trust me on this one!!!! Also, when walking up or down an incline stay focused because a quick glance to either side will lead you into a some what faster descent than you are ready to initiate. Trust me on this one also! Never just assume what may be in front of you while on a riding lawn mower or using a tiller. You could find yourself lying in the bushes. You get the picture, I'm sure. As I am a person of some size and weight, I have ceased to trust a chair will automatically hold me. Everyone don't check yard furniture, porch chairs, and such. It's really hard to recover going through a chair in front of a group of folks. Can I get a witness? Although, they will all act very concerned. After you leave there will be a few if not all, depending on the look on your face when it happened, that will laugh like a braying donkey. Trust me on this that if I ain't the one that fell I would be one of the donkeys, just saying. May I also say if you have done certain things a certain way for years and years such as closing a car door and everyone has a way indicative to them doing things - DON'T pick this stage of life to change!! If your fingers are like mine they are already twisted and sore from arthritis and this change leads to more lengthy doctor visits and more medications.

I have also stopped assuming that all doorways were built for six foot tall people. I now pay attention when going up to any door. For those who might not know the definition of assumption let me educate you. First is taking something for granted, second is hypothesizing - discussing possible results (chances are you won't be doing this one), and third is being arrogant / presumptuous, and I think we all know what this means. For me it means knots on forehead and top of head – You larger gents like myself would do well to remember this. I will close with these extras. Anytime you get down in the floor for any reason, always, and I mean always, have a contingency plan to return to a standing position, or at the very least have your cell phone in reach. Take time to check your recliners, manual and electric. They must be in good working order. It ain't anything harder than having to roll out of or slide out of your recliner, and there is no dignified way of doing it. Also, if it's an electric chair there should be a black box in line on the power cord that holds one or two nine volt batteries to be used in the event the power goes out while you're reclined in it to give you enough power to return to a down position, even on a lift chair. The same thing applies to power sofas and love seats. There are many more things as a senior we could discuss but it ain't enough time and I'm tired of typing. Just remember we've lived this long by the Good Lord taking pity-sake on us. Never forget His Grace and Mercy. Never forget who you are in HIM! Know I love ya'll. If you need me pick up the dang phone and call me, and if I can't deal with what you have going on - I'll find somebody that can.

**Rambling's of
the ole man -
Robert Matthews**





Senior Saint's Cookout

Celebrating America's
250th Birthday

Thurs., June 11, 6pm in Gym

Hamburgers, Hot Dogs, Baked Beans,
Potato Salad, Apple Cobbler & Ice Cream

Cost \$9.00 - Sign up by June 3

Entertainment & Devotion will be led by
Charlie & Joan Carter. Wear patriotic t-shirts,
or something red, white or blue if you would like to.

Annual Senior Saint's Fish Fry

Thursday, July 16 in Gym

Fish cooked by anyone who will help led by
Jerry Moseley, Ernie Clemmons & Jim Rainey

Cost: \$7.00 Sign up by July 8.

Volunteers are needed to fix desserts.

Sign up on the Senior Saint's bulletin board.



Thank you to **Bruce Davis** for
sharing his testimony on
Senior Adult Sunday.



Lloyd Allen Boyd felt that now was the
time to share how God has and
continues to work in his life. We appreciate him
choosing the Senior Saints newsletter as the way
to share it with us. We always enjoy hearing testi-
monies of how the Lord has worked in our friend's
lives. We invite others to use the newsletter to
share your testimony if you feel led to do so.



A **very special thanks** to all who helped set up the gym
so our church could host the NRBA Senior Adult lunch-
eon, and to all who hung around to put up tables and
chairs and clean the gym after the event. Your assis-
tance is greatly appreciated at each event that we have
at Calvary. As all of you know, we are all getting older
and we cannot do all of the work by ourselves, but when
many help with events, it certainly makes it easier on
each one who volunteers to help!



Shoebox June Collection

Coloring Books & Nail Clippers

OCC Shoebox Meeting
Tuesday, June 2, 6:30 p.m.
Upstairs in OCC Storage Rooms

**Anyone who would like to help
sort items is welcome to attend.**

National Safety Month for Senior Adults

June is National Safety Month, a time to focus
on preventing injuries and protecting older adults
from home, community, and environmental hazards.

For seniors, safety is critical to maintaining independ-
ence and quality of life. Falls, burns, and other prevent-
able injuries are leading causes of harm. The Consum-
er Product Safety Commission (CPSC) reports that con-
sumer products cause over 41,000 senior deaths annu-
ally in the U.S. Falls alone are the top cause of injury-
related deaths among older adults, with one in four
Americans aged 65+ falling each year.

Key Safety Areas for Seniors

1. Fall Prevention

- Remove trip hazards like throw rugs, cords, and loose carpets.
- Install grab bars in bathrooms and handrails on both sides of stairs.
- Improve lighting in hallways, staircases, and entryways.
- Exercise regularly to build strength and balance.
- Review medications for side effects like dizziness.

2. Home Safety

- Test smoke and carbon monoxide detectors monthly.
- Keep stairs well-lit and clutter-free.
- Use non-slip mats in bathtubs and shower floors.
- Reduce water heater temperature to 120°F to prevent scalding.
- Wear flame-resistant clothing when cooking.

3. Medication Management

- Use a daily pill organizer and set reminders.
- Keep an updated medication list.
- Avoid alcohol or new supplements without medical approval.

4. Emergency Preparedness

- Create an emergency plan and share it with loved ones.
- Assemble a "Go Kit" with water, medications, flashlight, and essentials.
- Sign up for local alerts and weather warnings.
- Consider a medical alert device or wearable emergency button.

5. Scam and Fraud Protection

- Be cautious with unsolicited calls, emails, or offers.
- Verify requests for personal or financial information.

National Safety Month is a reminder that safety habits should be practiced year-round. For seniors, proactive measures—especially fall prevention, home hazard reduction, and emergency readiness—can significantly reduce injury risk and protect independence.

<https://healthcareconnectors.com/senior-tips-for-national-safety-month/>



Calvary's Senior Saints Council

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