

BUILDING A LEGACY

LOVE GOD. LOVE PEOPLE. SHARE JESUS. MAKE DISCIPLES.

ENON SENIORS
SENIOR
MOMENTS

Summer '26

enonbc.org

Join a LifeGroup!

9:00am	MARK HILL GARY WOOD RON ALLEN VICKI BRASHER/ JANICE QUICK	C204 HUB (S109) FH S112
10:30am	BUD ANDERSON BOB HAUN DARLENE ROBBINS STEVE BELCHER JEFF BRASHER	HUB(S109) S112 S110 S111 FH

For more information contact the church office 205-647-9614.

What's the News?

WE ARE EXPANDING OUR FACILITIES!

In case you haven't noticed, we are currently in an active construction zone as we gather for church each week! We understand that this might cause some inconvenience, so as we grow, we are taking measures to ensure that our Senior Adults can easily access our church facilities. Parking spaces around the buildings are specifically reserved for you, and our transportation team is always ready to provide assistance and a ride to the entrance if you ever need it. For more information or assistance, please reach out to the church office at 205-647-9614.



FALL EQUIP CLASSES

Join your church family this fall on Wednesday nights starting on August 12 for our Fall Equip Classes. A complete catalog of all available courses and their locations can be found online or at the welcome center in the church foyer. For further details, please contact the church office at 205-647-9614.

WEDNESDAY BIBLE STUDIES

After our summer break, Wednesday Bible Studies will resume on August 12 at 10:00 AM! Join us in the old sanctuary (S101) for donuts, coffee, and an engaging Bible study with Dr. John Hambricht. This fall, we will take an in-depth look at the Book of Philippians. For more information, contact the church office at 205-647-9614

WHAT'S COMING UP

- 7.3 FIREWORK SPECTACULAR
- 7.5 FAMILY WORSHIP
- 7.7-16 AMAZON TRIP 1
- 7.16 SR. ADULT FELLOWSHIP MEAL
- 7.16-24 AMAZON TRIP 2
- 7.18-25 BUILDERS FOR CHRIST (NC)
- 7.30 OASIS CONFERENCE
- 7.27 CAREGIVER SUPPORT GROUP
- 8.2 FAMILY WORSHIP
- 8.6-9 JERUSALEM PROJECTS
- 8.12 FALL WED BIBLE STUDY BEGINS
- 8.16 PRAYER SERVICE (6PM)
- 8.20 SR. ADULT FELLOWSHIP MEAL
- 8.31 CAREGIVER SUPPORT MEETING
- 9.6 FAMILY WORSHIP
- 9.13 PRAYER SERVICE (6PM)
- 9.17 SR. ADULT FELLOWSHIP MEAL
- 9.28 CAREGIVER SUPPORT MEETING



MINISTRY IMPACT

SONSHINE

Our SonShine ministry sent over 50 cards this last month to individuals who are homebound, sick, or in the hospital. Additionally, they delivered 15 meals and visited with our homebound and sick members. For more information contact the church office 205-647-9614.



GIVING BACK

Because of your generosity so far in 2026, the Senior Adult Ministry was able to donate over 110 gallons of food, 42 containers of clothes, 3 containers of shoes, and three containers of toiletries to Lovelady Center, Firehouse Ministries, Brother Bryan, and Jimmy Hale Missions.

SERVING SENIORS

Thank you to the 31+ senior adults who volunteered for VBS this year. Over the summer months 8 of our members will attend a mission trip, and countless others that serve weekly at Enon! If you haven't found a place to serve let us help! Contact the church office 205-647-9614



FROM: JEREMY

Our First Quarterly Newsletter

What a milestone—our first quarterly newsletter for the Senior Adult Ministry at Enon Baptist Church!

One of my goals for our ministry has been to develop multiple, consistent channels of communication, and this newsletter represents a significant step in that direction. With so much happening at Enon, I want to make sure you never miss an opportunity to serve, fellowship, or be encouraged alongside the people of God.

This newsletter will be published four times a year – often enough to keep you informed, but not so frequently that it becomes burdensome. That rhythm also allows our team to invest the time and care each issue deserves. Our goal is straightforward: to keep you connected to what God is doing at Enon Baptist Church and within our Senior Adult Ministry, and to provide articles that inform, inspire, and encourage you in your daily walk with Christ.

In addition to this newsletter, you'll continue to receive announcements through your LifeGroup, as well as via email, text, and telephone.

Finally, this newsletter belongs to all of us. If there's a topic you'd like to see addressed, an article you'd like to contribute, or any feedback you want to share, I genuinely want to hear from you. You can reach me at the church office, by email at jpowell@enonbc.org, or simply catch me on a Sunday morning.

I love you all and count it a privilege to serve alongside you – all for the glory of God.



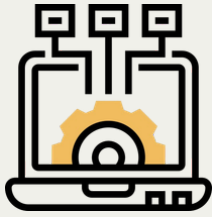
ABOUT THE AUTHOR

Jeremy Powell

Minister to Senior Adults · Enon Baptist Church

731-335-4534

jpowell@enonbc.org



TECHNOLOGY CORNER

Decluttering Notifications

Question: I keep getting notifications all day long. How do I decide which ones I actually need?

Answer:

If your phone feels like it's constantly buzzing, you're not alone. Many apps send alerts by default, but most of them aren't urgent.

A good rule of thumb: only allow notifications from apps that truly need your immediate attention – like messages, calendar reminders, or important updates. Everything else (shopping, games, news, promotions) can usually be turned off.

To turn off all notifications for an app:

- On iPhone: Go to Settings > Notifications, tap the app, and toggle off Allow Notifications.
- On Android: Go to Settings > Notifications > App notifications, select the app, and turn it off.

QR Codes Safety

Question: Is it safe to scan QR codes I see on posters or restaurant menus?

Answer:

QR codes themselves are not dangerous. They're just a quick way to open a link. The risk comes from where that link takes you. In some cases, scammers may place a fake QR code sticker over a real one, leading you to a harmful website designed to steal personal information or trick you into downloading something.

A good habit is to scan codes only from trusted sources, like well-known businesses or official materials. Be especially cautious if the QR code looks like a sticker placed over something else or seems out of place.



◀◀ LOOKING BACK

TECH CORNER (CONT.)

Recover Deleted Photos

Question: I accidentally deleted a photo on my phone. Is it gone forever?

Answer:

If you've accidentally deleted a photo, don't panic – it's usually not gone right away. Most smartphones have a "Recently Deleted" folder where deleted photos are kept for about 30 days before being permanently removed.

To recover it:

- On iPhone: Open the Photos app > Albums or Collections > Recently Deleted
- On Android: Open the Photos app > Library or Collections > Trash or Recently Deleted
- From there, you can restore the photo with just a tap.

If you don't see it there, check if your photos are backed up to a cloud service (like Google Photos or iCloud), where a copy might still exist.



DID YOU KNOW?

- Donald Trump is the second president to serve two non-consecutive terms. The first was Grover Cleveland.
- The average signer of the Declaration of Independence was 44 years old.
- California has more residents than Canada, and Montana has more cows than people.
- Of the 56 signers of the Declaration of Independence, the overwhelming majority identified as Protestant Christians, including Presbyterians, Congregationalists, Episcopalians, and Baptists.

FROM: KELLY ARANT, LPC

The Benefits of Counseling for Seniors

Many senior citizens may ask themselves what would be the benefit of seeing a professional counselor? Once I reach this age, shouldn't I have figured myself out? Counseling can be a proactive way to maintain emotional balance, adapt to life changes, and improve quality of life.

Aging often does come with a level of resilience and wisdom. It also always has some level of grief. Grief that comes from losing loved ones and friends. Grief over loss of abilities, health, and appearance. Transitions can also be bothersome. Many seniors wonder what their purpose in life is now that they are no longer employed. A professional counselor can help with these issues.

Frequently Asked Questions:

- **I have lots of friends or a sibling I regularly talk to, why would I need to see a counselor?**
 - Having close family and friends is a supportive resource and a blessing. A counselor is trained to listen and reflect without a biased opinion. They are also mandated to keep the content of the conversation confidential (except in a few specific cases).

This allows clients to be fully honest and transparent with a counselor in a way most of us don't with friends and family.

- **What does a counseling session look like?**
 - The first session is all about the counselor getting to know you, and you the counselor. It's important that the relationship is a good fit. Most counselors offer free 15-minute phone calls, or online consultations. This would allow for some "shopping around" to get a good feel for their personality.
 - The first session would also include identifying goals for therapy. Some common goals of therapy include learning how to handle our emotions (emotional regulation), challenging thought patterns, and learning new habits and/or stopping an old one. Counselors can help create a plan for the client that helps them meet their goals and stay accountable for their progress.
 - Counselors also assess for more serious issues like suicidal thoughts, cognitive decline and other issues that would need more immediate attention.

KELLY ARANT, LPC (CONT)

- **When would I know I might need to see a counselor?**
 - Common signs of when one might need to see a counselor include spending hours worrying over the same thing, losing interest in activities I used to enjoy, finding everything in my life hard, developing habits to cope that are unhelpful, risky or embarrassing, or having thoughts of suicide.
- **Should Christians see a counselor?**
 - Seeking counsel from a trusted resource is Biblical. Moses received counsel from his father-in-law, Jethro. The book of Proverbs has numerous references to the wisdom of seeking counsel.
 - It's important to seek out a counselor who is rooted in scripture as well as licensed.

ABOUT KELLY

Kelly Arant is a Licensed Professional Counselor dedicated to guiding individuals toward emotional, relational, and spiritual wholeness. Blending sound theological truth with evidence-based clinical practice, Kelly seeks to create a safe, compassionate space where clients can explore life's challenges through both a faith-informed and psychologically grounded lens. With a deep respect for the integration of mind, body, and spirit, Kelly helps clients navigate issues such as anxiety, grief, trauma, and life transitions—empowering them to find hope, healing, and lasting transformation.



ABOUT THE AUTHOR

Kelly S. Arant

LPC-S, RPT-S, NCC · Licensed Professional Counselor



(205) 827-2662



kelly.arant@gmail.com



Enon Baptist Church · Morris, AL

GET CONNECTED

DOWNLOAD OUR APP!

The Church Center App is a great way to get information, sign up for events, and even give right from your phone. Simply scan the QR code with your phone's camera and follow the instructions.



ENONBC.ORG



205-647-9614



INFO@ENONBC.ORG



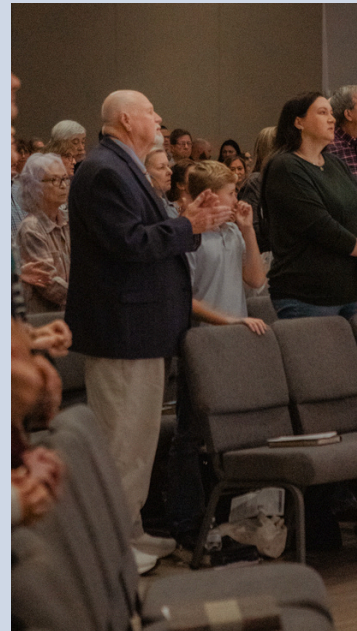
**724 MORRIS MAJESTIC RD.
MORRIS AL, 35116.**



FACEBOOK.COM/EBCMORRIS



YOUTUBE.COM/EBCMORRIS



FIND THE SENIOR ADULT BIBLE STUDY ON YOUTUBE:
[youtube.com/EBCMORRIS](https://www.youtube.com/EBCMORRIS)

**ALWAYS
LOOKING
TO REACH
THE NEXT
ONE FOR
JESUS.**



