

Well With My Soul Pastors' Wives' Retreat

March 10, 2023

5:30-9pm

Hyatt Place, 335 Independence Blvd.
Virginia Beach, VA



Register by March 6th, choose meal option
use QR code or call 757-938-9793

Hotel group rates good until Feb. 10
<https://www.hyatt.com/en-US/group-booking/ORFZV/G-BNCR>



How Do I “Restart” My Ministry in This Church?

PUSH TO RESTART (6)

The Fear Factor

IMDB.com provides this synopsis of the television program, *Fear Factor*:

“Fear Factor is the ultimate adrenaline rush, a true test of stamina and guile for those willing to put their body and soul on the line for cold hard cash. It's not a show for the faint-hearted; participants must confront their most primal fears, try to remain calm and tap into their inner strength to perform some of the most daring and stomach-churning challenges ever. Three men and three women compete against each other in four stunts designed to test them both physically and mentally to their absolute limits.”

Who can forget scenes where contestants ate bees or bugs, were locked in a transparent coffin with live snakes (or passed snakes to each other using just their mouths)?

I am fairly confident in saying I can avoid situations like those set up by the show's creators, but dealing with the more pervasive fears, like destructive people, difficult problems or devastating possibilities seems more challenging than being “trapped in a car being flown under two helicopters.”





PUSH TO RESTART (6)

(Continued from page 1)

FEBRUARY STAFF AND SPOUSE

BIRTHDAYS

4	YVONNE WELLS	RIVERCREST
7	PAM ROBERTSON	RED BANK
8	MARGARET MCLEWIN	INGLESIDE
9	JEFF RIGGS	AWAKEN
11	JENNY LAYNE	PARKSLEY
13	AMY TUCKER	CATAYLST
15	BERT KIRK	INDIAN RIVER
16	BRENT HOBBS	NEW SONG
17	KAREN DANIELS	INDIAN RIVER
22	ELIZABETH BRINSON	LONDON BRIDGE
23	NAK HYUN CHO	TIDEWATER KOREAN
24	JOHNNY HOUSTON	POINT HARBOR
24	ANGIE CHIVERS	NEW HEIGHTS

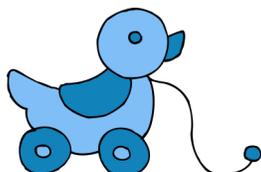


BABY BOUTIQUE

We LOVE our babies and have lots to share at Baby Boutique! We've gotten some amazing donations lately and are so grateful for every single item! A big shout out to each and every person who has donated. Just when we feel we are getting low, God provides us with people who just happen to donate exactly what we need! If you know of someone who would benefit from a one-time visit to Baby Boutique, please have them go to www.thebridgenet.org and find the Baby Boutique application under Resources. Fill it out, and submit it, and we will be in touch to set up an appointment.

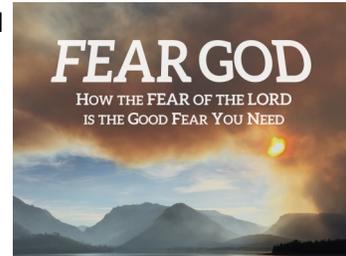
Speaking of donations, we are always glad to receive baby items! There are a few things we do not accept; if you feel led to make a donation and have questions about what we need or what we accept, please call me directly, and I'll be happy to answer your questions! We cherish each and every one of you!

Bonnie Cuthriell, Director
(757) 681-7056



What I am learning from the Holy Spirit is to **FEAR GOD ALONE.**

We each have a place in our heart and mind where we decide who and what we are going to fear or not fear. If we decide we "will not fear what man shall do to" us (Hebrews 13:6) or say about us (Matthew 10:24-26) because we choose to fear only God, our pre-occupation with anxieties will lose its power over us. If we let what others think about us prevail in our self-evaluation, we are, in effect, rejecting God's rightful claim of ownership and replacing it with the whimsical and shifting evaluations of fallen human beings.



When we face intimidating obstacles, we can choose not to be dismayed by them. Joshua faced the fear factor in surveying the indomitable defenses of Jericho, which is why God told him to choose to "be strong and courageous" and "do not be afraid." (Joshua 1:9)

If we decide we will "not fear any of those things (we) are about to suffer" (Revelation 2:10), outcomes are left in the hands of the Sovereign God and our anxieties over the unknown will dissipate or even disappear.



We really do get to decide what we will fear and what we will not fear; it is a capability God has given us which accompanies our free will. Maybe that is why He continually repeats phrases like "fear not," "do not be afraid," "do not fear," and "do not be dismayed" throughout the

Scriptures; He is appealing to the decision-making part of our mind to choose to fear Him rather than exercising our minds and imaginations with things beyond our control.

Fearing people, problems or possibilities is more about control than it is about actual threats; we work up scenarios in our minds and try to manipulate the outcomes in our thoughts so we do not have to be so afraid of them, all the while allowing fear to dominate us.

The "key" to overcoming a fearful nature is making the conscious decision, every day, in every setting, with the introduction of each fearful thought, that we will fear God alone.



We will trust Him completely and supremely over our own understanding and logic (Proverbs 3:5-6). We will find our peace in Him rather than waiting for our situation to settle down to our comfort level or hoping everyone who is disturbed around us will calm down to a place where we can have a healthy relationship with them.



Pastor, whom do you fear? What problem is so large it preoccupies your mind with a sense of dread? What possibility paralyzes you or causes you to panic? Write them all down and then, one by one, CHOOSE not to fear them or it. Remind yourself, when fear begins to rise within you, that you chose to **FEAR GOD ALONE**.

The winning contestant on *Fear Factor* took home a cash prize; win this battle for your mind and your reward will be "the peace of God which passes all understanding!" (Philippians 4:7)

Lynn Hardaway

Holy Land Trip

October 10-19, 2023

Have you ever wondered what it would be like to witness the events of the Gospels? Although going back in time is not possible, you can go where the events of the Bible took place. Join Dr. Lynn Hardaway and Dr. Prentis McGoldrick as they visit the Holy Land. The cost round trip from Norfolk is \$4,046. For information or questions email admin@thebridgenet.org.



Executive Committee Meeting: Thursday, February 2, 11am, via Zoom. If you are a Network pastor or a Lay Representative, this meeting is for you! This meeting will look at Network business that will be forwarded to the Annual Spring Meeting.

Annual Spring Meeting: Thursday, April 27 at Great Bridge Baptist Church. Mark your calendar now! More information to come.

The Bridge Network of Churches

Ignite Hope: Be the Spark Women's Conference

Saturday, March 11, 2023;
9am-Noon

Coffee Bar opens at 8am

Thalia Lynn Baptist Church
4392 Virginia Beach Blvd., Virginia Beach, VA 23462

Speaker: Sharon Glasgow
Proverbs 31 Speaker, Author, & Pastor's Wife



Early Bird Registration: \$25 until February 15
February 16 – March 10: \$30
\$35 at the door
For group tickets of 10 or more email admin@thebridgenet.org for information

If you would like to gift the lady in your life (mother, daughter, wife, grandmother, aunt, or friend) a gift certificate to the Women's Conference for Valentine's Day, please email admin@thebridgenet.org or call the office, 757-938-9793. For an emailed certificate the deadline is February 13th. For a certificate to be mailed to the person, the deadline is February 6th.

The **Ignite Hope Women's Conference** is accepting sponsorships from local businesses who desire to connect with Christian women during the March 2023 conference. Sponsorship space is limited.
Platinum Sponsor: \$500 – full page ad
Gold Sponsor: \$250 – 1/2-page ad
Silver Sponsor: \$100 – 1/4-page ad
Bronze Sponsor: \$50 – 1/8-page ad
Friend of the Conference: Donation to the goodie bags and/or door prize – Friends of the Conference List.
For more information or to become a sponsor, please email admin@thebridgenet.org or call 757-938-9793

February 14





1407 Stephanie Way
Suite F
Chesapeake, VA 23320

Annual Spring Mission Project

This year, we are partnering with Safe House as they hope to rescue 200 Human Trafficking Victims in our region. Our goal is to provide 150 filled backpacks and \$150 per rescued victim. The backpack provides essential supplies for their first 24-48 hours and the \$150 provides money to secure transportation and a safe place to stay for their first night of freedom.

Items to fill each backpack: travel size shampoo, conditioner, body wash, lotion, deodorant, face wash towelettes, regular size comb and brush, elastic hair ties, lip balm, hand sanitizer, small journal with pens, stress ball/fidget toy/squishy toy (no company names), thin blanket, encouraging note (sign your first name only), and \$30 MasterCard or Visa gift card*. Deadline is the Spring meeting, April 27th. You may bring them to the office prior to the meeting.

*Please make sure the gift card does not have an inactive card fee as some backpacks may be stored for several months. The small print on the back of the card will identify if it deducts money from the card if it is not used immediately.



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Network Missionary
Leadership & Ministry Strategist
Support Team Leader
Office Secretary-Norfolk
Office Secretary-Eastern Shore

Staff Connections

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