



Community Baptist Church of Santa Rosa

Rev. Dr. H. Lee Turner, Pastor



CBC MESSENGER

MAY 2023

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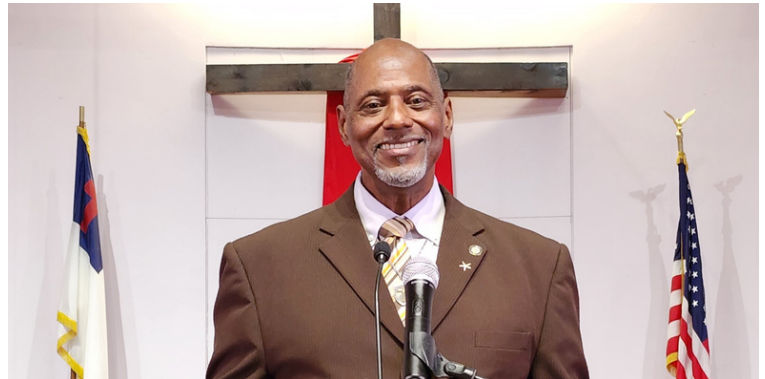
Website- <http://www.cbcsr.org>

Email- cbc1620@att.net

Phone- (707) 546-0744

Facebook and YouTube- *Community Baptist Church of Santa Rosa*

1620 Sonoma Avenue ~ Santa Rosa, CA 95405



Pastor's Corner

We all wish for a carefree existence, but the truth is that we will experience pain and heartache in our lives. It's easy to feel overwhelmed by life's struggles, but God wants to redeem those hard times. Have you ever wanted a "do-over?" Maybe it was a serious discussion you were having with a loved one that went off the rails. Maybe it was in a relationship with a spouse or child or parent or dear friend. Or maybe it was a project you were working on that was going fine until you or a colleague made a misstep or even a huge wrong turn. Maybe it was a mistake you made that has been haunting you. Maybe you were or are just feeling stuck in some pattern or routine. Jesus gives do-overs! Thank God for a God of second chances. In this time of year where we are seeing renewal all around, let Jesus renew your life.

As we have Mother's day this month I want to wish a Happy Mother's Day to all mothers. We thank God for using them to bring life through, having a mother's heart and love.

Also this month is mental health month. We want to be aware of the challenges that people have. We thank God for the "Mental Health and The African American Community on the 20th of May 2023 from 11am to 1pm. Show up and learn, support, and take part with the CBC Collaborative. We look forward to seeing you here. God Bless you all.

Join us every Sunday at 11am for Church Service. All other services are still online only. Here is our current schedule:

Daily Devotion- Uploaded daily

Tuesday: 6:30pm- Women's Bible Study
on Zoom: 712 712 4590

Wednesday: Noonday Bible Study
uploaded weekly

5:00pm- Bible Study (Isaiah) online only

Thursday: Choir Bible Study- uploaded weekly
6:30pm- Special Needs Bible Study
on Zoom: 819 0115 3607

Friday: 5:00pm- Bible Study (2 Chronicles)
online only

Saturday: 2:00pm- Boot Camp Bible Study
on Zoom- 884 6010 2695

5:00pm- Hour of Prayer- online only

Sunday: 9:00am- Sunday School- online only
10:45am Praise and Worship
11:00am- Church Service- In-person and online

Toddler Church- uploaded weekly

Mental Health Awareness Month

A mental illness is a condition that affects a person's thinking, feeling or mood. Such conditions may affect someone's ability to relate to others and function each day. Each person will have different experiences, even people with the same diagnosis. 21% of adults are experiencing at least one mental illness. That's roughly 50 million people. 55% of adults with a mental illness have not received any treatment. 5.44% of adults experience severe mental illness. Over 12.1 million adults (4.8%) have reported serious thoughts of suicide. This figure more than doubles when surveying adults who identify as two or more races.

If the problems in your life are stopping you from functioning well or feeling good, professional help can make a big difference. And if you're having trouble, know that you are not alone: One in four adults in this country have a mental health problem in any given year. Of course, you don't have to be in crisis to seek help. Why wait until you're really suffering? Even if you're not sure that you'd benefit from help, it can't hurt to explore the possibility.

Join us for our 2023 Mental Health Conference here at Community Baptist Church of Santa Rosa. More information below.

[#endthestigma](#) [#mentalhealth](#) [#mindmatters](#)

Mental Health Conference

Mental Health Awareness Month has been observed in May in the United States since 1949. The month is observed with media, local events, and film screenings. Mental Health Awareness Month began in the United States in 1949 and was started by the Mental Health America organization.

The Community Baptist Church Collaborative invites you to attend the 2023 Mental Health Conference on Saturday, May 20th from 11am - 1:00pm. The theme this year is "Mental Health and the African American Community." Guest speaker will be Devonderia Sanchez, MFT.

This will be an in-person event, as well as live on Zoom for those not able to attend in-person. Food vendors will be available on-site. Call the church for more information.



Community
Baptist Church
Collaborative
Mental Health
Conference

*"Mental Health and
The African American Community."*

May 20, 2023

11:00 am ~ 1:00 pm

Speaker:

Devonderia Sanchez
Licensed Marriage and Family Therapist

Community Baptist Church

**1620 Sonoma Ave.
Santa Rosa, CA 95405**

(Food vendors will be available)