

EPHESIANS 4:15-16

**CBFNC 2018 Annual Gathering  
Knollwood Baptist Church, Winston-Salem  
March 15-17, 2018**

**fit church**  
**nurturing healthy congregations**

- Leadership Institute | March 15**
- Tunes & Tales | March 15**
- Friday Gathering | March 16**
- All Are Called Forum | March 17**

**Registration and information: [www.cbfnc.org/fitchurch](http://www.cbfnc.org/fitchurch)**



**Cooperative Baptist Fellowship  
of North Carolina**



### Three questions for Prince Rivers, our Friday evening speaker:

#### Our annual theme is Fit Church. How does your ministry emphasize fitness?

Union Baptist Church emphasizes fitness in a few key ways. First, we have a strong ministry of congregational care and counseling. We have three professional counselors who are available to see members for a variety of mental health needs. We recently implemented a strategy team to focus on organizational health. We also have an active intercessory prayer team to focus on spiritual health.

#### What do you do to maintain fitness? (physical, spiritual, mental, etc.)

Personally, I practice the disciplines of prayer and devotional reading (almost) daily. I try to maintain an active lifestyle and exercise routine that includes high intensity interval training (HIIT).

#### What is your history or connections with CBFNC?

Much of my involvement with CBFNC has been through personal relationships with people like Larry Hovis, Bill Leonard, and Curtis Freeman. Currently, I serve on the board of the Baptist House at Duke Divinity School, which has strong ties to CBFNC. I have also enjoyed being the conference presenter for Church Works.

## 2018 CBFNC Annual Gathering Schedule

### Thursday, March 15th

1:00 – 5:00pm Leadership Institute – Mat Bloom  
7:30 – 9:30pm Tunes and Tales – David Holt & Josh Goforth

### Friday, March 16th

8:00 – 9:00am Peer Learning Group Breakfast  
8:30 – 11:00am Registration  
9:00 – 10:30am BWIM Convocation  
9:00am Living Water Café + Exhibit Hall Open  
11:00am Opening Session  
11:45 – 1:45pm Food Truck Lunch / Exhibit Hall /Fellowship time  
1:45 – 2:45 Workshop Session One  
3:00 – 4:00 Workshop Session Two  
4:15 – 5:00 Ministry Celebration and Business Session  
5:15 – 6:45 Fellowship Dinner  
7:00 – 8:30 Worship  
8:30pm Fellowship & Refreshments Following Worship  
9:00pm Divinity Student Gathering

### Saturday, March 17th

9:00am – 12:00pm Divinity Student Experience  
9:00 – 9:30am Opening Session  
9:45 – 11:15am Focus Groups  
11:25am – 12:00pm Closing Session

#### From an Annual Gathering first timer (laity):

*There is a multiplied strength when the faith of Christians combine together. That was evident from the start as we were part of a group from First Baptist of New Bern, on a bus trip to attend the 2017 CBFNC Annual Gathering in Hickory. We were ready to share and communicate God's truth with one another. We were not disappointed.*

*Warm and welcoming described our time there. Quickly we recognized fellowship is a relationship and not an activity. Christian life was never meant to be solitary as we are reminded in Hebrews 10:25, "Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching." Instead, this was a time of worshipful edification, promoting the gospel, and building up of spiritual strength.*

*We look forward to the 2018 CBFNC Annual Gathering at Knollwood Baptist Church in Winston Salem March 15-17 knowing we will gain spiritual strength through motivation, fellowship, and encouragement. After all, there is a multiplied strength when the faith of Christians combine together. Glory be to God!*

*-Linda Williams from First, New Bern*

## A sample of workshops at the Friday Gathering

The Changing Face of Family Ministry ■ Moving Casual Conversations into Christ-Focused 'Conversions'  
Creating a Community Culture Where Every Story Matters ■ God, Evolution, the Big Bang: Why I Believe in All Three  
Disaster Preparedness for Aging Adults--How Churches Can Help ■ Multiple Religious Belonging and the Church  
Clergy/Lay Leaders as First Responders to the Military and Veteran Population ■ The Seven Money Types  
Welcoming and Nurturing Both Visitors and New Members ■ The Alphabet of Errors: How to Teach the Bible Better  
Making Shifts Without Making Waves ■ Archaeology and the Bible: Friend or Foe?  
Conflict and Communication: Opportunities for Growth ■ Redefining Success  
Virtues, Vices, and the Quest for the Good Life ■ Religious Liberty for All Y'all