

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**

**Join us for three days of fellowship, learning, and growth, March 15-17, 2018, at Knollwood Baptist Church in Winston-Salem.**

### **Thursday highlights:**

Uplifting discussions by Matt Bloom about daily happiness, thriving, and wellbeing.

Old-time mountain music and stories by popular musicians, David Holt and Josh Goforth.

### **Friday highlights:**

CBFNC's annual family reunion featuring 40+ Fit Church workshops. Find two that will engage, inform, and motivate you in all areas of your life.

Messages of encouragement and inspiration from our keynote speaker, the Rev. Richard Joyner, and our worship leader, the Rev. Prince Raney Rivers.

### **Saturday highlights:**

Spend the morning exploring the Church's role in building healthy communities. This event is specifically designed to encourage and empower laity.

## **2018 CBFNC Annual Gathering Schedule**

Info: [www.cbfnc.org/fitchurch](http://www.cbfnc.org/fitchurch)

### **Thursday, March 15th**

1:00 – 5:00pm	Leadership Institute – Matt Bloom <a href="http://www.cbfnc.org/leadershipinstitute">www.cbfnc.org/leadershipinstitute</a>
7:30 – 9:30pm	Tunes and Tales – David Holt & Josh Goforth <a href="http://www.cbfnc.org/tunesandtales">www.cbfnc.org/tunesandtales</a>

### **Friday, March 16th** [www.cbfnc.org/2018annualgathering](http://www.cbfnc.org/2018annualgathering)

8:00 – 9:00am	Peer Learning Group Breakfast
8:30 – 11:00am	Registration
9:00 – 10:30am	BWIM Convocation
9:30am	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	All Are Called Forum <a href="http://www.cbfnc.org/allarecalled">www.cbfnc.org/allarecalled</a>
9:00am – 12:00pm	Divinity Student Experience

### **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/LayLeaders 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

## Three questions for Richard Joyner, our Friday speaker:

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

Our church emphasizes human development, which means seeing fitness in a holistic sense. We need to address physical health, mental health, family health, and community health to truly be a faithful community.



Healthy eating and physical fitness run through all of our programming, from sermons to Sunday school to afterschool to summer camp. Our garden provides fresh, healthy produce to our programs, our events, our families, and our community.

We offer health screenings and comprehensive services during worship so good health supports our faith. We empower our youth to be leaders in their community and in their family through their work with our bees and in the garden. They reduce their family food bill through produce they grow and sell. They invest in their own educational future by earning scholarship money through selling our honey and running our mobile food markets.

Our focus is on honesty and connection without blaming or shaming. Everything in our ministry connects to health, as it is critical to our faith and our community.

### What do you do to maintain fitness?

(physical, spiritual, mental, etc.)

I am committed to my own personal health so I can be strong for my community. My day starts at 3:30am with solitude and prayer. I keep ongoing family and community prayer calls throughout the week. I run 25 miles a week. I bike 150 miles a week. I focus my food on a plant-based diet and I love to start my day with a cold-water douse and fresh juices that include a kick of ghost pepper to get me going.

I focus my days and my energy on the families in my community, especially our children. It is the joy of the children that keeps me the most healthy.

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

My connections with CBFNC are deep and important. We have worked together for the sake of our children, focusing on summer camps and service projects in the community. We understand the value of people and connections in our community and that has brought us together across the years and through a number of different initiatives.

I am looking forward to being with you all in March. The dialogue that we can create in our congregations and in our communities together is more important now than ever before, and I am so happy to be a part of these conversations with you.



## Anna Anderson, CBF Field Personnel, speaks about Richard Joyner:

### How did you come to know about Richard and his ministry in Conetoe?

Several years ago, Layne Rogerson, who was serving at Oakmont, Greenville, and on the CBFNC Wealth and Poverty Committee, was doing some race relations meetings and introduced us to the Conetoe Family Life Center. We had a meal together and talked about what each ministry was doing. We became very excited about what they do. At the end of the meal, Richard gave us a jar of honey – they also bee keep!

### How did you become involved in the Conetoe ministry?

Last year, LaCount and I went out as volunteers to help with music and art one day a week in an afterschool program. The children are from very troubled family situations. These kids are angry; I've never seen deeper at-risk children. They didn't want to sing, so we began helping with homework. Consistent leadership is a real challenge here. I think it has surprised Richard that we keep coming back. We do whatever they need us to do.

### How would you describe Richard?

He is all over the place, so busy.... He is one of the most passionate persons I've known about helping people and working in this community to make a difference. Richard started this ministry because healthy food was more than ten miles away. During his first year as a pastor here, he did 30 funerals and everyone was under 40. All were preventable with better diets and foods. He started a garden so the children would learn about healthy food — how to grow, cook, and eat healthy foods. The youth take the lead in many ministries. He believes that if you change the youth, you change the mindset of the entire community.