



## “Solitude and Loneliness”

Being alone is a part of our experience, but the context determines whether it is positive or negative. Two words illustrate the difference: solitude and loneliness.

Jesus valued solitude. “He arose and went to a wilderness place” (Mark 1:35). His retreat came after an extended busy time of ministry to the multitudes. Even Jesus needed time with the Father to pray, reflect, and rest. We all need to be alone sometime during the day. It doesn’t have to be long, but a few moments in a closet (I’ve done this!) to say a prayer helps me catch my spiritual breath. Solitude is good.

Loneliness is dangerous. The Psalmist’s words are a perfect illustration. “Turn thou to me, and be gracious to me; for I am lonely and afflicted. Relieve the troubles of my heart, and bring me out of my distresses” (Psalm 25:16-17). This is the portrait of a man who has allowed his alienation to collapse on him. In his self-enforced isolation, all he saw was his troubles. Loneliness intensified his problems.

I want to focus on loneliness and suggest a way forward for those experiencing it. First, you probably feel that your loneliness is necessary. Many people will tell me, “I just don’t want to be around people.” There is

nothing healthy about that! When you say it or think it an alarm needs to sound.

Second, get around people. It will be uncomfortable, and in your fragile emotions you may look for every reason to retreat again. But don’t. God seldom helps us by directly speaking to us or altering our thinking. He almost always uses someone else as His messenger.

I have a prayer I pray every morning, a part of which reads “Guide me to someone I can help, and grant that I may watch and listen for those You send to help me.” The uncomfortable truth is that an isolated mind is a dangerous neighborhood. Seek out other people. Honestly talk about your fears or resentments or anything else you’re feeling. A wise, godly man or woman can help you see what you might not be able to see on your own. They are from God.

So this week, seek out solitude. Avoid loneliness.

Grace,  
*Terry Ellis*

## ADULTS

### Wednesday Night Bible Study

with Dr. Ellis

September 3, 6:00 p.m.

Life presents us with many tests. They’re unavoidable. The good news is that God guides us through the tests and gives us the strength to pass them.

### Youth Advisory Committee Meeting

Sunday, September 7  
11:30 a.m.

### LLL Potluck

Friday, September 12  
11:30 a.m.

Church Activities Hall

### First Place for Health

Tuesdays, 5:30 p.m.  
Church Conference Room

### Messiah Bible Study

Wednesday Nights  
6:20 p.m., SDR

### Interfaith Federation

Annual Prayer Breakfast

September 16, 7 a.m.  
Boudreaux’s  
\$20

Contact Bobby for tickets.

### Text Message Reminder

To be added to our texting list, text “JOIN BBC” to 40650.

### Writer’s Workshop Resumes

Tuesday, September 16  
1:30 p.m.

The BBC Writer’s Workshop will resume regular monthly meetings on Tuesday, Sept. 16. We welcome members and non-members to join us as we capture in writing our lifetime experiences for the benefit of future generations. If interested, contact Joe Cannon at [labus@bellsouth.net](mailto:labus@bellsouth.net) or 926-3031.

### LLL

Thursday, September 18

Bus departs at 6:45 p.m. for Theatre Baton Rouge to see *Mary Poppins*. Cost is \$25. There are only 4 tickets left. Come to the church office to pay and reserve your spot.

### Women’s Book Study

Monday, September 22  
6:30 p.m.

Reading and discussing *Quiet Faith: An Introvert’s Guide to Spiritual Survival*.

## MINISTRY OPPORTUNITIES

### Carpenter House Jack Hargett

### Sympathy

We express our sincere sympathy to **Carol Wicks** on the death of her mother.

### Two Community Mission Projects

- Help is needed for a Broadmoor Elementary garden project. We will be building planter boxes for the students to have hands-on experience with planting and maintaining a garden. Construction will begin **Saturday, September 13, 8 a.m.**
- Can you saw a board? Hammer a nail? Dig a hole? Broadmoor will be building a wheel chair ramp and making other repairs to a home on **September 26, 8:30 a.m.**

We need your help! Please call the church office and let us know if you can participate with either of these projects.

### New Church Directory

Our new directory will be available in two forms: an online directory accessed through a password protected link from our website, or a hard paper copy for those that would prefer that format. Every Sunday in September we will have a photographer available to take member pictures; look for the signs directing you this Sunday. Or, you may submit your own color digital picture for the directory by emailing it to [office@broadmoorbaptist.com](mailto:office@broadmoorbaptist.com).

To Reach an  
On Call Minister  
call  
**328-3474**

### WEDNESDAY NIGHT DINNER

September 10

Sloppy Joes, Slaw,  
Chips, Cake

## CALENDAR

**Thursday, September 4**

10:00 A BBQ

**Friday, September 5**

11:30 A Southeast Ministries Luncheon, CAH

**Sunday, September 7**

9:00 A Library Opens

9:30 A Bible Study

10:30 A Worship

*Extended Teaching Care*

D'Wana Chiles, William, Jennifer & Joseph Fishburn, Charlie Green, Monica & Brock Corbett

11:30 A Youth Advisory Committee Meeting

4:15 P Teen Ringers

5:00 P Forum, SDR Youth Choir

5:45 P Adult Handbells

6:00 P Youth Bible Study

**Tuesday, September 9**

9:30 A Yoga

5:30 P First Place for Health

**Wednesday, September 10**

7:00 A Men's Prayer Breakfast

5:00 P Library Opens

5:15 P Dinner

6:00 P Children's Choirs Youth Bible Study Adult Prayer Time

6:20 P Adult Bible Studies

6:40 P Children's Mission Group

7:00 P Sanctuary Choir

8:30 P College Bible Study, LSU

**Thursday, September 11**

10:00 A BBQ

**Friday, September 12**

11:30 A LLL Potluck

**Saturday, September 13**

8:00 A Broadmoor Elementary Garden Project

5:00 P Family Swim Party Lake Sherwood Pool

## YOUNG FAMILIES

### Swim Party

Saturday, September 13

5-7 p.m.

1st-5th Graders & Parents

Lake Sherwood Pool

Hot dog dinner provided.

### Pizza Lunch

Preschool & Kindergarten Families

Sunday, September 14

11:30 a.m.

Church Activities Hall



## YOUTH

### Movie Night

Friday, September 19

7 p.m. in the Annex

## COLLEGE

### College Bible Study

Wednesdays, 8:30 p.m.

Johnson Hall, Room 124

Louisiana State University

See Bobby for details.

# Broadmoor Baptist Bulletin

*find your place*

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Broadmoor Baptist Church, Baton Rouge, LA

[www.broadmoorbaptist.com](http://www.broadmoorbaptist.com)

Entire Congregation

*Ministers*

**Dr. Terry Ellis**

*Pastor*

**Paul Henderson**

*Minister of Music*

**Tracey Hodges**

*Business Administrator*

**Dave Oakley**

*Minister to Youth and Children*

**Bobby Rayburn**

*Minister of Spiritual Formation*

**Felicia Mullen**

*Administrative Assistant*

**Angie Miller**

*Administrative Assistant*

**Monica Corbett**

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H H V L S

# Forum

*A new discipleship group*

Begins

Sunday, September 7  
5:00 p.m.

Topic of Discussion:

*The Will of God*

Forum is a time for discussion, discipleship, and deeper relationships.

Child care will be provided.



## BBC

### State Missions

Sunday,  
September 7

Reid Doster  
CBFLA Coordinator

Jenny Hodge  
CBFLA Missionary