

### Registration Form

Name: \_\_\_\_\_

Place of Employment: \_\_\_\_\_

Mailing Address (work): \_\_\_\_\_

City: \_\_\_\_\_

Work Phone: \_\_\_\_\_

E-Mail Address: (Required): \_\_\_\_\_

Position: \_\_\_\_\_

Association: \_\_\_\_\_

Roommate(s): \_\_\_\_\_

NEED Private Room (Enclose additional \$60): \_\_\_\_\_

Special Needs: \_\_\_\_\_

Membership Only: \$25: \_\_\_\_\_

**TOTAL COST: \$190.00** (includes membership and conference fee, room at conference center, and meals). Private room - additional \$60

**COMMUTERS: \$135.00** (includes membership and conference fee, Monday dinner, Tuesday lunch and dinner, Wednesday lunch).

**We encourage you to register-early!** A \$50.00 deposit, along with the completed registration form, reserves your spot. Remainder due by September 30.

**Amount enclosed:** \_\_\_\_\_

**Make checks payable to NCBSA. Mail to:**

Grace Hodge  
c/o Ardmore Baptist Church  
501 Miller Street  
Winston-Salem, NC 27103

**Cancellations:** Before Aug. 1 - all but membership fee will be refunded.

Between \_\_\_\_\_ Sept. 1 & 30

**Final Payment Due:** September 30



Ardmore Baptist Church  
501 Miller Street

PRST STD  
US POSTAGE PAID  
 Mooresville, NC 28115  
Permit No. 92

*Return Service Requested*



# Carolina Connection

A quarterly publication connecting Baptist secretaries across North Carolina

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## ***Life - A Balancing Act***

By Angela Cockerham

When I was a child my mom constantly worried about me because I was not very sure-footed and was always getting hurt. My sense of balance was so bad that I would stumble even when there was nothing to trip over. Now that I'm grown-up, I still have a tendency to lose my balance and bump into walls as I walk through the house.

Walking is not the only activity in which balance is a problem for me; I have an even harder time trying to balance life. Often, I have so many things going on simultaneously that I don't do any of them very well. Busyness causes a lot of stress in my life, and I make poor choices when I'm stressed out, especially in regards to taking care of myself. Does this sound familiar?

Balancing the abundance of life is something many of us struggle with, and this year's conference will focus on the elusive concept of balance. Our theme, "Life—A Balancing Act" is based on Ecclesiastes 3:1, "To everything there is a season, and a time to every purpose under the heaven." Our keynote speaker will be Martha McDowell originally from Mount Airy, North Carolina. Martha now resides in Laurinburg, North Carolina, and is a member of Laurinburg First Baptist Church. She is the stay-at-home mother for three sons and the wife and encourager for her husband, Rev. C.F. McDowell, III. She knows the joys and struggles of being a part of church staff. Martha enjoys speaking to ladies

## ***Balance In Your Life***

By Karen Brawley

Webster's defines "balance" as to bring into proportion or harmony. When we have balance in our lives everything seems to flow and all is well. Matthew 6:34 says, "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Worry will throw us off balance. Between activities and worry there are plenty of things to derail us – fast! It can be a struggle to give each day to God. We certainly have tendencies to want to do things ourselves. This is where we can lose our balance if we're not careful.

As we've heard for years now – don't sweat the small stuff. There is some truth to that. Some things just aren't worth losing sleep over. As the old saying goes; accept the things I cannot change, have the courage to change the things I can

Edited by Karen Brawley



**2010  
Executive  
Committee**

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Pam Shoaf  
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Karen Brawley  
2nd Vice President

Grace Hodge  
Secretary/Treasurer

*Trust in the  
Lord with all  
your heart and  
lean not on  
your own un-  
derstanding; in  
all your ways  
acknowledge  
Him and He  
will make your  
path straight.*



...HOW WIDE AND LONG  
AND HIGH AND DEEP  
IS THE LOVE OF CHRIST.  
EPHESIANS 3:18, NIV



Call Pam Shoaf (336-357-2721) or [jerseybptch@lexcominc.net](mailto:jerseybptch@lexcominc.net) if you or your association are willing to lend a hand. We have a variety of tasks to complete. Thanks for your



- The National Association of Southern Baptist Secretaries Conference will be held April 27 - 29, 2011 at First Baptist Church, Sevierville, TN. Please check [www.nasbs.net](http://www.nasbs.net) or [www.ncbsa.net](http://www.ncbsa.net) for more information.
- At the NCBSA Conference, we all like to receive door prizes. Bring one if you feel led

### How can I contribute to the Betty F. Walker Endowment Fund?

Contributions can be made any time. Make checks payable to the Baptist State Convention and mail to:

Resource Development and Promotion Team  
Baptist State Convention, P.O. Box 1107  
Cary, NC 27512-1107

Please designate on check:  
"Betty F. Walker Endowment Fund"

Thanks to your generosity, this fund continues to offer financial support to our organization.



If anyone is interested in participating in a Ladies Ensemble please contact Karen Brawley at 704-663-0986 or send an e-mail to [kbrawley@bereabaptist.net](mailto:kbrawley@bereabaptist.net) by May 15.

### Is Seeing Really Believing?

By Pam Shoaf

Have you ever thought you saw something that wasn't really there? Have you ever overlooked something that was truly there? This is what makes "magic" so much fun. Our mind plays tricks on us causing us to believe things are different than they really are.

As we talk about the balancing act of life, it's important to remember God is working in our lives even when we don't see it. As it says in Philippians 2:13, "for it is God who works in you to will and to act according to his good purpose."

To help remind us of this truth we're going to have a magic show at our conference this fall. We'll watch Andy as he manipulates what our eyes perceive and help us recognize that God is in control of



### Possible Breakout Sessions

#### Spiritual Enrichment

- "To Be Determined" - Rodney Stillwell
- "You Can Be Free" - Eddie Thompson, BSC of NC
- "To Be Determined" - Tara Furman
- "To Be Determined" - Johnny Blevins, Elkin Valley Baptist, Elkin
- "Hearing God's Voice" - Mary Gray
- "To Be Determined" - Sandra Harrison

#### Professional Development

- "Dressing For The Workplace" - Brenda Duke
- "Windows 7, Advanced Word 2007, and PowerPoint 2007" - Kay Tatum, Performance Dimensions, Inc.
- "Challenges in the Church Office: Effective Communication Strategies" - Michael Euliss
- "Newsletters/Publications" - Adam Tucker
- "Facebook/Twitter/Texting" - Terri Griggs
- "Generation Gap" - Debbie Loftis
- "To Be Determined" - David Todd

#### Personal Effectiveness

- "Retirement - Guidestone" - Johnny Ross
- "Mastered Brewed for Balanced Service" - Teresa Almond, Concord
- "Identity Theft" - Tom Craven
- "God and The Movies" - Tyler Domske
- "Balance and Movement" - Libra Pitts
- "Dare To Be A Healthy Christian" - Ray Morrow, MD

### How Big Do You Dream?

By Grace Hodge

This year we are going to support a dream of Mary Gray's through Operation Bandanas. She started out with a goal to provide all of the soldiers at Fort Bragg, NC with a bandana that quoted the scripture from Psalms 91 on it. That dream has now grown into an effort to supply tens of thousands of requests from chaplains, soldiers and military that have been deployed overseas. No matter how you feel about the war, these bandanas have provided a sense of security to our men and women overseas that we are praying for and remembering them.

Not only are they a tool for spreading God's words, but they can be used as a sweat rag, shield from the dust, or an emergency tourniquet. Read this testimony from Chaplain Rod Gilliam "In 2007-2008 I was with an Infantry unit in Baghdad. It was the 2-325 2BCT 82nd ABN. Your organization sent us several bandanas. They were a very popular item. There was one NCO who would read Psalm 91 from his bandana every time he went outside the wire. It got to the point he memorized it and would quote it to his team every time they departed. There was another Soldier; wearing the bandana that was shot in his Kevlar helmet by a sniper in the forehead area. The round mysteriously tumbled on the inside of the helmet and exited a clean hole through the rear of the helmet. Amazingly, the Soldier was unscratched with a bullet hole through the front and back of his helmet! He came to my chapel service that evening and testified. He said, "It's been several years since I have been to church; but, if I don't come now and give God the glory, I don't

