

Senior Adult Ministry
of First Baptist Church

Keith Pugh
Senior Adult Pastor

The Prime Times

OCTOBER 2025

INSIDE THIS ISSUE:

Triple L Meeting:
Tuesday,
October 7

Inspiration from
Teresa Pugh

What is Change-
Your-Life Chicken?
See inside for the
recipe!

"Whatever is
true, whatever
is honorable,
whatever is
just, whatever is
pure, whatever
is lovely,
whatever is
commendable,
if there is any
excellence,
if there is
anything
worthy of
praise, think
about these
things."

Philippians 4:8

Triple L Monthly Meeting & Lunch **Tuesday, October 7**

10:30 a.m. in Wells Fellowship Hall

This Month's Speaker: Rick Karle

Rick Karle's career in television spanned 43 years, including 30 years as Sports Director at WBRC Fox 6 and four years as Morning Show Host for WVTM 13, both in Birmingham. During that time he received 50 Associated Press awards, 25 Emmy awards, a Lifetime Emmy award and was inducted into the Alabama Sports Hall of Fame in 2023.

Rick is currently a partner at Sky High Studios, and cohosts a podcast, "The Good Company". He writes regularly for AL.com and inspires others with his "Good News" posts on Facebook and Instagram (Find him at **Rick Karle Good News**). He has been married for 41 years to his wife, Jill, who is an attorney. They have a son, Noah who is a graduate of Vanderbilt University, and a daughter, Mia, who graduated from NYU.



Rick Karle

Triple L Meeting Registration begins at 10 a.m.:

Sign in, pay \$1 monthly dues, sign up for events

Lunch (\$6): Poppyseed Chicken with rice, green beans, tossed salad, rolls, apple cake

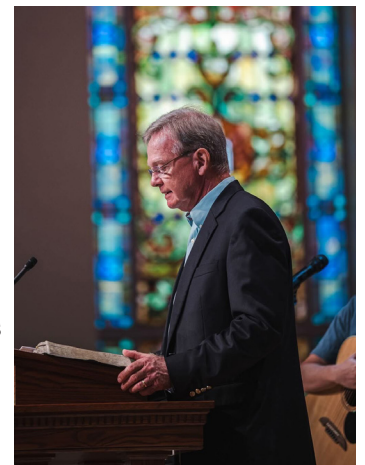
From the Senior Adult Pastor...

"Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my rock and my Redeemer."
Psalm 19:14

Each day of our life our heart gravitates toward some sort of "meditation." It is only natural for our heart and mind to focus on something external. If our meditation is poorly focused, it can cause us great distress. If our focus is constantly on the challenges that we face, they seem to grow larger with time.

There is a secret to have a healthy meditation. That secret is to focus on the greatness of our God. The more you meditate on your problems, the bigger and more insurmountable they seem to be. Meditating on the Lord reminds you once again that the God Whom we serve, love, and know by His grace is magnificent in His glory! He is infinitely greater than any problem you and I could ever experience!

Love you, Bro. Keith



This Month:

Triple L Meeting:

Tuesday, October 7
at 10:30 a.m. in Wells
Fellowship Hall

Naomi's Sisters:

Monday, October 13;
Texas Roadhouse, 11:30
a.m.

Game Day: Tuesday,
October 14; 10 a.m. - 2
p.m. in Wells Hall

BUNCO: Thursday,
October 16 at 2 p.m. in
Wells Hall

Alice's Mission Dresses

Workshop: Friday,
October 17; 9 a.m. - 2
p.m. in FB300

**Day Trip to Petals from
the Past:** Tuesday,
October 21

Prime Time Singers:

Thursday, October 2, 16,
30 at 10 a.m.

Legacy Fit Exercise

Classes: Mondays at 2
p.m. and Wednesdays
at 2:30 p.m. in Room
MB236

The Prime Times is
published monthly by the
First Baptist Church Senior
Adult Ministry. For more
information, contact Kerry
Lewis, Senior Adult Ministry
Assistant.

Senior Adult
Ministry:
205-632-3054

Cooking with Pat

Pat Kibbey treated us with a feast in September of Ricotta Cheesecake Pancakes; Sheet Pan Sausages with Sweet Potatoes, Onions, and Peppers; Change-Your-Life Chicken; Sweet and Sour Green Beans; Strawberry Pretzel Salad; and Roasted Cinnamon Bananas.

Change-Your-Life Chicken

Ingredients:

- Chicken thighs (with the bone and the skin)
- Two handfuls of vegetables per person – you can use whatever you have. Options: onion, carrot, potato, green beans, asparagus, leek, sweet potato and cauliflower (avoid mushrooms, zucchini, squash, and broccoli with this method).
- Olive oil, salt and pepper

Directions:

- Preheat oven to 450 degrees.
- Line a shallow baking sheet with heavy duty foil. Your pan needs to hold your vegetables comfortably, not too close together, not too far apart. Do not use a glass dish.
- Cut the vegetables into bite-size pieces and toss with olive oil, salt and pepper.
- Place the chicken, skin side down, on the vegetables. Season and then flip. Pull back the skin and dry. Put the skin back and season again.
- Bake for 50 minutes.



Petals from the Past

Day Trip

October 21, 2025

We will attend a Lunch & Lecture.

Cost \$25

You will be able to sign up, pay and order your lunch at the next Triple L luncheon.

Alice's Mission Dresses Workshop

Friday, October 17

9 a.m. - 2 p.m. in FB300

This ministry is in need of donations cotton fabric, as well as boxes to transport finished pieces for donation (copy paper boxes or similar size).



Greeters Needed

First Impressions Ministry is recruiting smiling faces to welcome our guests to First Baptist on Sunday mornings. Volunteer as little or often as you like. Contact the Senior Adult office at 205-632-3054 for information.

Eye has not Seen...

By Teresa Pugh

In a day where Artificial Intelligence can create any images that you ask “it” to create, we can see scenes that are very picture perfect. In a day when you can erase or add anything to a picture, these questions have to be asked, “Can anyone trust what their eyes are seeing?” “Is anyone safe anymore from being exploited?” “Will visual evidence ever be considered conclusive again?” I don’t know the answers to these questions. Photoshop technology has allowed us to see things that aren’t there and not see things that are there. It can be beautiful and it can be, quite frankly, terrifying.

When I look at gorgeous pictures of people, they may have been doctored. When I look at people standing on mountain tops, they may have just been placed there by the click of a button. When colors of fall, snows of winter, flowers of spring, or gulf vacations of summer are splattered across Facebook, they may be real or they may be enhanced. Who knows?

But I do know something that makes me smile when I see a lovely scene.... Heaven will be fairer still, grander by far, and more magnificent than anything our earthly eyes have ever viewed. Even the made-up stuff!

“For eye has not seen, nor ear heard, nor thought even entered the heart of man, what God has prepared for those who love Him.” -Ephesians 2:9

If we have seen it, Heaven is better. If we have heard it, Heaven will enhance it. If we have thought it, Heaven is beyond it. There will be music more glorious, colors more vivid, and wonders beyond our imaginations. Because if we can imagine it, if we have seen it, if the thought can enter our minds, Heaven is fairer still.

*There’s a land that is fairer than day And by faith we can see it afar
For the Father waits over the way To prepare us a dwelling place there
In the sweet by and by We shall meet on that beautiful shore
In the sweet by and by We shall meet on that beautiful shore
We shall sing on that beautiful shore The melodious songs of the blessed
And our spirit shall sorrow no more Not a sign for the blessing of rest
In the sweet by and by We shall meet on that beautiful shore
In the sweet by and by We shall meet on that beautiful shore.*

So, when you’re looking at that beautiful picture of a place on your bucket list, remember that it won’t come close to the sights of Heaven. When you are listening to that music that gives you chills or that thrills something deep inside you, it can’t come close to the music of Heaven. When you are dreaming of a world that seems perfect, Heaven will be sweeter, kinder, and more perfect than anything our hearts can ever imagine.

God promised much to those who love Him. In a day when we can’t trust anything we see, aren’t you glad that you can always trust in the LORD? The beauty of Heaven will not be photoshopped. The way things are going in this world, our eyes may see all that we cannot even imagine any day now!

In the sweet by and by, we shall meet on that beautiful shore.



Senior Adult Ministry
on Facebook:

FBCSenior Adults
[www.facebook.com/
FBCSeniorAdults](http://www.facebook.com/FBCSeniorAdults)

October Birthdays

Peggy Sexton	1
Mary Sue Bennett	2
Gloria Bowen	4
Rosalind Holloman	5
Carolyn Hill	5
Kay Kitchens	5
Charlotte Porter	8
Judy Duncan	9
Larry Williams	9
Milton Marcum	10
Betty Marcum	10
Ruby Wade	11
Peggy Register	11
Elaine Appleby	11
Rubye Kines	12
Janice Eason	15
Joy Orr	23
Pat Kibbey	28
Jackie Ray	29
Lewis Ray	30
Diane Gaddy	30
Nancy Budzius	30





First Baptist Church
721 Greensboro Avenue
Tuscaloosa, AL 35401

Return Service Requested.

Non-profit
Organization
U.S. Postage
PAID
Tuscaloosa, AL
Permit No. 4



Samaritan's Purse
Helping in Jesus' Name

Operation Christmas Child® is a project of Samaritan's Purse®.
Franklin Graham, President | samaritanaspurse.org
© 2020 Samaritan's Purse. All rights reserved.



Donate Items for Shoeboxes

During October we are collecting **accessories, t-shirts, socks, hats, tote bags or other small bags, flashlights w/ batteries, washcloths, etc.** for Operation Christmas Child Shoeboxes. We will use these supplies at our **Church-wide Packing party** on Sunday, November 16.

You are also welcome to still donate school supplies and toys such as stuffed animals, dolls, deflated soccer balls with pump, balls, toy cars/trucks.

Join the Church Packing Party

Sunday, November 16 during Life Groups

Plan to come to Wells Fellowship Hall between the worship services to pack shoeboxes as a family.

To be part of the team to help with set-up of the packing party and/or to help it run smoothly on packing day, contact Beth Gianelloni at bethany@fbctuscaloosa.org.

Pack Shoeboxes

Empty shoeboxes and instruction brochures are available in Guest Services. Please pick up boxes to fill with toys and other small gift items for children in need around the world. You can also use your own shoebox (cardboard or plastic). **Please bring your completed boxes to church by November 16 for our Shoebox Dedication Sunday.**

Serve at our Drop-Off Location

Registration details coming soon for volunteering during Shoebox Collection Week (**November 17-24**) as First Baptist serves as a Community Drop-Off Location.



First Baptist Church's Sunday morning worship services are available by livestream on **Facebook and YouTube**. Find us on Facebook [@FirstTuscaloosa](https://www.facebook.com/FirstTuscaloosa) or visit youtube.com/@firsttuscaloosa. On our YouTube channel you will also find recent sermon and service videos to watch and share. **Subscribe to our YouTube channel** (it's free!) to easily know about new videos and to help others find our content.