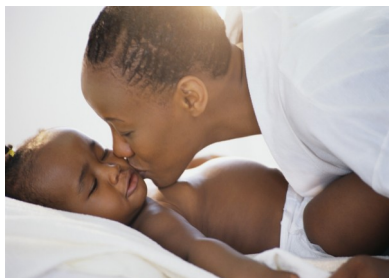


## Inspirational Verses



“Her children stand and  
bless her. Her husband  
praises her.”

**Proverbs 31:28**

For You covered my in-  
ward parts. You covered  
me in my mother’s womb

**Psalms 139:13**

“Rejoice, highly favored  
one, the Lord is with you;  
blessed are you among  
women!”

**Luke 1:28**

## Tips for New Parents

### **Spiritual/Emotional Care:**

First things first - you won't find time to spend with God. You will need to make time. His patience, love and strength will help in transforming you to be the parent He wants you to be.

### **Mommy Care:**

Rest. Caring for yourself is just as important as caring for your baby. If mommy is happy then baby is happy.

The first few weeks is a huge time of healing for your body. Request the support of family and friends.

Recognize the signs of drastic mood changes such as the baby blues, postpartum depression and contact your doctor.

### **Daddy Care:**

Establish expectations around the care of your child (i.e. diapering, feeding etc.).

Enjoy your time with your child. Take time to bond with him/her.

Remember that adding a new baby to the mix is always going to stir your life up a bit. Give yourself a break if you need it as well.

## **First Baptist Church Bundle of Joy Ministry**

**Psalm 127:3**  
Behold, children are a  
heritage from the Lord.  
The fruit of the womb is a  
reward.



**Rev. Dr. DeForest B. Soaries, Jr.**  
Senior Pastor

**Rev. Alyson Browne Johnson**  
Executive Pastor

## Message from First Lady Donna Soaries



On behalf of First Baptist Church of Lincoln Gardens, Pastor Soaries and my family, we would like to congratulate you on the birth of your child. We believe that children are a gift from God to be cherished, loved, and nurtured. As a church, we are committed to supporting you both spiritually and physically. Through the Bundle of Joy Ministry, we will celebrate God's blessing in your life by serving you during the early weeks in this child's life. Once again, congratulations and enjoy this blessed time.

Yours in Christ,  
First Lady, Donna Soaries

## Welcome

Congratulations on the new addition to your family! This is an exciting, yet busy time in your life. The mission of this ministry is to enhance the parenthood experience by providing resources and support for new births in the first three weeks. Our efforts are focused on sharing in the joy of parenting at First Baptist Church.

## Service

The support that is available to you and your family are:

- One mid-week meal from Boston Market (menu included)
- Light errands outside of the home (i.e. post office, cleaners, pharmacy, light grocery shopping)
- "Time Out for You" (check email, read, shower, etc.)

A Deaconess will contact you to see how we can be of service to you.



## Baby Dedication

1 Samuel 1:26-28

A Baby Dedication is a ceremony in which believing parents, make a commitment before the Lord to submit a child to God's will and to raise that child according to God's Word and God's ways.



Christian parents who dedicate a child are making a promise to the Lord to raise the child in a Godly way, prayerfully until he or she can make a decision on his or her own to follow God.

Baby Dedication at First Baptist occur on every 2nd Sunday of each month at the 11 a.m. service. Please contact the Church to schedule.

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## First Baptist Church Bundle of Joy

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