

ISSUE

132

August
2026

MONTHLY
NEWSLETTER OF
MOUNTAIN BROOK
BAPTIST CHURCH
55+ MINISTRY

ACTIVE Christian Living



Why ACTIVE Christian Living?

Warm, Welcoming Fellowship

Life changes, like retirement or losing a loved one, can sometimes feel a bit lonely. But in our church family, you are always known, greeted by name, and truly cared for through every high and low.

Uplifting Worship

Singing, praying and praising God together is a beautiful way to refresh your spirit. It fills your heart with God's goodness and gives you a shared strength that you just can't find on your own.

Purposeful Service

Your years of walking with God have given you so much beautiful wisdom to share. Our church family thrives when you share your stories of God's life-long faithfulness, and bless the community.



(Ministry for Adults 55+)
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Kickstart September with ACTIVE Christian Living

Whether you have been coming for years or have never walked through our doors, the ACTIVE Christian Living 55+ ministry welcomes you to our first luncheon of the church year!

We are starting the season with a delicious meal, great fellowship, and an exciting insider look at the future of the city of Birmingham. If you are looking for a place to connect, meet friendly church members, and stay informed, this is the perfect event for you.

Luncheon Details

- **Date:** Thursday, September 10, 2026
- **Time:** 11:30 a.m.
- **Location:** Heritage Hall
- **Cost:** \$10 per person



Transforming Our City: A Special Update

Our guest speaker is David Fleming, the President and CEO of REV Birmingham. Mr. Fleming will share an exclusive report on the major revitalization plans, economic growth, and new projects shaping Birmingham. It is a fantastic opportunity to learn how our local community is growing and changing from a leader who is helping guide the city's future.

There is a Seat Saved for You!

Our regulars are ready to welcome you with open arms. If you have been thinking about checking out our ACTIVE Christian Living 55+ ministry, there is no better time to start than our very first meeting.

Come as you are, bring a friend or neighbor, and enjoy a wonderful afternoon together.

Lift Your Voice, Warm Your Heart

If you love to sing and want to share joy with others, there is a seat waiting just for you. The Mellow Brook Singers—a choir specially created for adults ages 55 and up—is kicking off a brand-new season! We resume rehearsals on Thursday, September 10, 2026, at 10:30 a.m. in the Chapel Music Suite.

Our Mission

This fall, we will begin practicing a beautiful Christmas program to share the joy of Christmas. We will take this festive music out into our community, performing at:

- Local senior centers
- Retirement homes
- Adult care facilities

There is no better way to get into the holiday spirit than by bringing the gift of music to others who need it most.

No Auditions, Just a Willing Heart

You do not need to be a professional singer to join us! To become a part of the Mellow Brook Singers, all you need is a desire to sing and a commitment to minister alongside a wonderful group of people. As the saying goes, “*Music is the chord that joins us.*” Whether you used to sing in a school choir years ago or only sing in the shower today, your voice belongs here.

Good for the Soul, Great for the Brain!

Joining our choir is a wonderful way to boost your wellness. Science shows that group singing exercises the mind by keeping memory and verbal skills sharp and reduces stress and fills your body with “feel-good” hormones. Choirs also build instant friendships because singing together physically bonds people.

Come as You Are!

- When: September 10, 2026, at 10:30 a.m.
- Where: Chapel Music Suite
- Who: Anyone age 55+ with a passion for music and community

Come experience the fun, fellowship, and faith that make this choir so special. We cannot wait to welcome you into our musical family!

Current and prospective choir members are invited to a dessert party on Thursday, August 20, from 2:00 pm to 3:30 pm in Hudson Hall. Please register on Realm or call/text Pat Ferguson at (205) 903-6163 so we can order enough treats.

Desserts will be prepared by church member Caroline Green.



ACTIVE October Luncheon

Thursday, October 8, 2026

Alabama Holocaust Education Center

Speaker: Ann M. Mollengarden, Applied Researcher

Location: Heritage Hall

Lunch: 11:30 a.m.

Cost: \$10 per person

As an Applied Researcher with the Alabama Holocaust Education Center (AHEC), Ann preserves the legacies of Alabama’s Holocaust survivors by documenting testimonies, exploring international archives, and honoring her father’s history. Drawing on her extensive background as a former Education Director and current Commission member, she develops critical educational tools based on these uncovered narratives.



Upcoming Monthly Day Trips

Thursday, August 13, 2026

Alabama Peanut Company

Location: 2016 Morris Ave, Birmingham, AL 35203

Tour: 10:30 a.m.

Cost: If desired, money for drink and peanuts.

Depart Church at 10:00 a.m. Bring lunch money. - De Nada



Walk the brick-lined walls of a building standing since the 1870s. Take a seat at our custom bar topped with beautiful Alabama marble, or gather around tables crafted from the building's original historic wood. Look around and see a true survivor—one of America's very last historic peanut merchants still operating in its original home. Follow the rich, heavenly aroma of fresh-roasted nuts and slow-simmered, farm-fresh boiled peanuts. They proudly keep the art of the scratch-made, never-canned Southern snack alive. Order a "flight" to sample our rotating menu from over 100 creative craft recipes—including bold flavors like Dill Pickle, Cajun, and Buffalo Ranch. Pair your bag with an ice-cold classic glass-bottle soda.

Monday, September 14, 2026

Vulcan Park and Museum

Location: 1701 Valley View Drive, Birmingham, AL 35209.

Tour: 10:00 a.m.

Cost: Guided Tour \$7.00 including taxes

Depart Church at 9:30 a.m. Bring lunch money. - The Fish Market



Experience Vulcan Park & Museum's 2026 exhibition, *Revolutionary Roots: Celebrating Alabama's Unique History and Natural Beauty*, presented in honor of the United States' 250th anniversary as part of America 250.

Perched atop Red Mountain, Vulcan Park & Museum is home to the world's largest cast-iron statue. The 56-foot monument depicting the Roman god of fire honors Birmingham's industrial heritage. Inside, interactive exhibits detail the city's rich history, while the observation tower provides stunning panoramic views of the Magic City.

Monday, October 26, 2026

"Rumbling Waters"

Location: Wetumpka, AL

Cost: Bring lunch money for Grove Station

Depart: 9:00 a.m. 1h 33m (85.9 mi)

Return: 3:30 p.m.



The word "Wetumpka" is derived from the Muscogee Creek language phrase we-wau tum-ca, meaning "Rumbling Waters." It historically described the roaring sound of the nearby Coosa River rapids rushing over the rocks. Wetumpka, Alabama, is a uniquely captivating destination where cosmic history meets Hollywood fame. It is one of the few places on Earth where you can walk inside a rare, five-mile-wide prehistoric meteor crater. Its stunning topography is anchored by the historic, rainbow-arched Bibb Graves Bridge and the storied waters of Fort Toulouse-Jackson Park. This cinematic charm made the town the perfect fictional setting for Tim Burton's *Big Fish*, and the real-life star of HGTV's *Home Town Takeover*, makes it a truly one-of-a-kind Southern gem.



**Make Your
Reservations
TODAY!**

ACTIVITY SCALE

Level	Definition
	Easy: minimal walking
	Moderate: walk up to a mile
	Active: walk as much as two miles
	Challenging: spend most of the day on the go

Calendar At A Glance

- August 13: Thursday, Alabama Peanut Co.,** 2016 Morris Ave, Birmingham, AL 35203, Depart church at 10:00 a.m., Tour at 10:30 a.m.
- September 10: Thursday - SAVE THE DATE**
 - **Mellow Brook Singers - 10:30 a.m.,** Resumes in the Chapel Music Suite, New members welcomed.
 - **ACTIVE Christian Living Luncheon - 11:30 a.m.,** REV Birmingham, David Fleming; CEO REV Birmingham
- September 14, Monday, Vulcan Park and Museum, Revolutionary Roots: Celebrating Alabama's Unique History and Natural Beauty,** Depart church at 9:30 a.m., Tour at 10:00 a.m. \$7.00 per person.
- October 8: Thursday, ACTIVE Christian Living Luncheon - 11:30 a.m.,** Alabama Holocaust Education Center, Ann M. Mollengarden, Applied Researcher
- October 26, Monday, Rumbling Water,** Depart church at 9:30 a.m., Return by 3:30 p.m., Bring lunch money.

Always REGISTER for EVENTS! Use REALM or call the church, 205.871.0331.

ACTIVE Christian Living August 2026



MOUNTAIN BROOK BAPTIST CHURCH
— JAMES D. MOEBES —
FOUNDATION

The Mountain Brook Baptist Church / James D. Moebes Foundation is delighted to provide financial support for the ministries, events, and activities of ACTIVE Christian Living.

If you would like to learn more about the foundation and how you can give to it, contact Baker Crow or Debbie Hix.

Strength for the Journey - Pat Ferguson

This year, at a dinner sponsored by the Birmingham Metro Baptist Association (BMBA) the keynote speaker was Mark Clifton, the Executive Director of Replanting for the North American Mission Board. He spoke on Mark 4 and the storms of life.

Clifton shared three essential strategies to help Christian leaders survive stress and navigate crises. These powerful points deeply resonated with me, and I believe they are vital for every Christian to integrate into their daily life.

Here are his three core recommendations to sustain you through difficult times:

- **Have a Song:** Keep a melody of faith and worship in your heart to lift your spirits when times get tough.
- **Have a Scripture:** Anchor your mind in a specific, powerful promise from God's Word to lean on during a crisis.
- **Have a Friend:** Build a deep, trusted relationship with someone who can support you, pray for you, and share your burdens.

Finally, Clifton suggested **practicing spiritual discipline.**

"Every day we must find time to read His Word and pray, and this practice must continue when the storms come," Clifton said. *"The wind and waves still obey His voice. We will hear His voice in the storm when we hear it every day in the discipline of devotion."*

The time is now! Join Mellow Brook Singers, Sunday School, a small group, and/or ACTIVE Christian Living. Practice spiritual discipline. Plug in, grow your faith, and make new friends today!