

Bethesda Baptist Church
1808 Capitol Ave. NE
Washington, DC. 20002
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MAKING A CONNECTION

“ORDINARY WOMEN SERVING AN EXTRAORDINARY GOD”

Titus 2:1-5



NEWSLETTER - FALL/WINTER 2015

Reflections



GIVING YOURSELF UNRESERVEDLY TO GOD

*“And they did not do as we had expected,
but they gave themselves first to the Lord
and then to us in keeping with God’s will.”*

2 Corinthians 8:5

During the last six years we have been blessed to hear the song entitled, “I Give Myself Away”, masterfully written and sung by William McDowell. This song paints a clear and concise picture of what true service to God entails. When I

meditate on the lyrics and the message being conveyed I am inspired to understand what giving myself to God represents. This song characterizes the life of an individual that is limitless, candid, openhearted, forthright, freehearted, and unguarded when it comes to the things of God. It is a choice we’re daily confronted with on our life’s journey. There are some prerequisites that must accompany our giving such as, standing before God, offering our life to Him, longing to see His desires revealed in our life, recognizing we belong to Him, and placing all our dreams and plans in His hands. Honestly speaking, at times, WE ALL fall short in this area of giving ourselves “unreservedly” to Him so that others may be blessed. Overcome by our own passions and desires, we succumb to fulfilling the desires of our flesh instead of submitting to God in serving Him. It’s the Holy Spirit who empowers us to give unto others beyond what they could ever ask or think. God’s purpose is fulfilled in and through the lives of individuals whose decisive hearts are committed to unreservedly relinquishing control to God first in order to meet the needs of others.

The Macedonians understood firsthand what it meant to give themselves to God first and then to others. Despite their impoverished state, they were given God’s grace in order that they could bless others. More importantly they gave beyond what had been expected of them. There was no hesitancy but instead a desire to give unreservedly. Their

giving was not motivated by pride but instead motivated by obedience to God and seeking to do His will. They did not set the parameters of their giving, God did. Their witness provides hope for us in realizing that we too have the ability to give unreservedly to others when we have first given ourselves to God. Countless opportunities are at our disposal to bless others. Consider our homes, jobs, churches, and communities locally and nationally. Regardless of your condition spiritually, physically, financially, or emotionally God can use you to be a blessing. Prioritizing God in our individual lives is evident in time spent with Him in prayer, being transparent, seeking guidance from His word, and applying His word to our lives. When we have been filled with His word and the Holy Spirit we are empowered to bless others beyond measure. When's the last time you have unreservedly given yourself to God? What has been your motivation for serving others? Why have you been reluctant to serve God and others? Pray and ask God to give you a desire to unreservedly give yourself first to Him and do His will.

Thank God for Jesus, who did not count it robbery to give Himself unreservedly so that we may be blessed to have eternal life!

***I am blessed to be a blessing,
Lady Lisa M. Palmer***

Highlights of the Women's Ministry Greetings Sisters in Christ,

The Ministry continues to be blessed by God's anointing and favor. We give all praise and honor to Him who renews us over and over to do His will. I will recap a few opportunities in which women of Bethesda have surrendered to God the Creator and responded to do His will.

Vacation Bible School (VBS) 2015: The VBS session was an introduction to God's amazing power in the transformation of our lives as we strive to be more like Christ and offer Christ to others. The session was an awesome opportunity to see team work and celebrate the beauty of dwelling and working in unity for His purpose. The 2015 VBS

Staff did a tremendous work in serving the persons that God sent. The Motto for the week was:

This is the way. Walk in it.

***-Main Bible Verse: And whenever
you turn to the right or to the left, your ears
will hear this command behind you: "This is
the way. Walk in it." Isaiah 30:21***

We applaud and praise God for the Leadership Team of Sisters Denise Nedab and Jennie Sanders.

The Kingdom Woman Bible Studies: The Women's Ministry has been sponsoring Bible Study sessions on the DVD series of "Kingdom Woman" by Dr. Tony Evans and Mrs. Chrystal Evans Hurst. The sessions have been led by Sister Sandra Gainer. This series focuses on the following concepts:

- The Value of a Kingdom Woman**
- The Making of a Kingdom Woman**
- The Refining of a Kingdom Woman**
- The Hope of a Kingdom Woman**
- The Legacy of a Kingdom Woman**
- The Potential of a Kingdom Woman**

The remaining sessions and dates are:

- The Hope of a Kingdom Woman...September 26, 2015
- The Legacy of a Kingdom Woman and The Potential of a Kingdom Woman...November 21, 2015.

The sessions will begin at 8:45 am in Room 120 followed by a continental breakfast and continuing discussions.

The Lord continues to bless the many ministries of Bethesda that are led by women and supported greatly by women. Our prayer is that you continue to look to the Father for His Divine Guidance as you serve.

The Women's Ministry Planning Team continues to seek God's will for the ministry as we plan to meet the needs of the female youth and teens, and ladies of Bethesda Baptist Church. We welcome the opportunities to partner with other ministries as we work collaboratively to do the work.

In His Love,

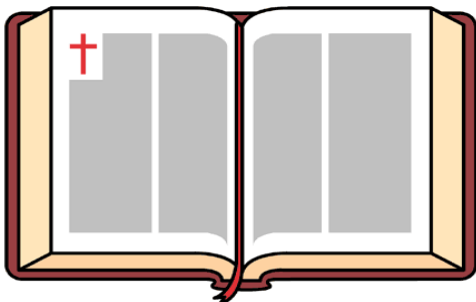
Jennie H. Sanders, Chairperson Women's Ministry

Meditation Thoughts

GOD'S TEN MOST WANTED WOMEN

1. The woman who puts God's business above any other business.
2. The woman who brings her children to Church rather than send them.
3. The woman who is willing to be the right example to every person whom she meets.
4. The woman who thinks more of Sunday School than Sunday sleep.
5. The woman who gives what she should to the Church and lives on what is left.
6. The woman who goes to Church for Christ's sake rather than herself or someone else.
7. The woman who has a willing mind rather than a brilliant one.
8. The woman who has passion to help others rather than to be helped herself.
9. The woman who can see her own faults before she sees the faults of others.
10. The woman who is more concerned about winning persons to Christ rather than about winning worldly honors.

-Author Unknown



NUGGETS FROM SISTER DOROTHY ROBINSON'S NOOK



DON'T QUIT

“When things go wrong as they sometimes will,
When the road you're trudging seem all uphill,
When the funds are low and the debts are high
And you want to smile, but you have to sigh,
When cares are pressing you down a bit,
Rest if you must, but don't you quit.

Life is strange with its twists and turns,
As every one of us sometimes learns
And many a failure turns about,
When he might have won if he stuck it out.
Don't give up though the pace seems slow,
You may succeed with another below.

Success is failure turned inside out,
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far.
So stick to the fight when you're hardest hit,
It's when things get worse that you must not quit.”

GOD BLESS YOU!

I asked the Lord to bless you
As I prayed for you today
To guide you and protect you
As you go along your way. . .
His Love is always with you.
His Promises are true.
No matter what the tribulation
You know He will see us through.
So, when the road you're traveling on
Seems difficult at best,
Give your problems to the Lord
And God will do the Rest!



**“I AM Too Blessed
To Be Stressed”**

-Submitted by Sister Elventa Thomas

Although things are not perfect

Because of trial or pain

Continue in thanksgiving

Do not begin to blame

Even when the times are hard

Fierce winds are bound to blow

God is forever able

Hold on to what you know

Imagine life without His love

Joy would cease to be

Keept thanking Him for all the things

Love imparts to thee

Move out of “Camp Complaining”

No weapon that is known

On earth can yield the power

Praise can do alone

Quit looking at the future

Redeem the time at hand

Start every day with worship

To “thank” is a command

Until we see Him coming

Victorious in the sky

We’ll run the race with gratitude

Xalting God most high

Yes there’ll be good times and yes, some will be bad, but...

Zion waits in glory...where none are ever sad!!!!



PARENTING TIPS AND SUGGESTIONS

School Preparation Understand Ages & Stages

Ages 3-5

Preparing Young Children for School

Even if your children aren't yet in school, you can still have a positive effect on their education and prepare them for school success. Your child's educational experience in preschool or kindergarten will be better if he or she is well-prepared to start learning. By using some of the strategies below, you can ensure that your child is equipped to begin her or his academic career.

- **Support Early Literacy:** Read to your child every day. As she grows older, ask that she read to you. Always keep plenty of books around (on shelves and bedside tables, in the car, and anywhere else you spend time) and make regular trips to the library for more.
- **Add Variety:** Ask your librarian for suggestions on a variety of books and music that might be suitable for your child and encourage early literacy. Expose him to many different types of reading and listening.
- **Turn Learning Into Play:** Young children love to count, name colors, and find letters of the alphabet in funny, unexpected places. Help your child find them on billboards, shampoo bottles, cereal boxes, and other places. Even things like the ABC game can help your child's early literacy and learning skills.
- **Explore Your Options:** If you choose to enroll your child in a preschool, visit several local schools with your child. Talk to teachers, students, and parents about how they like the program, if it's

been successful in preparing their students, and whether they would recommend it to others.

- **Be a Role Model:** Model your own ongoing learning—read regularly, talk to your child about what you're learning on the job, and consider taking a community education class to show that learning is a lifelong activity.
- **Socialize:** Make play dates with other parents of preschoolers, or find out if your local library or community center offers free events for young children. Spending time with other children will help your child's social and emotional development and prepare her for the school environment, and spending time with other parents will prepare you for being involved in your child's school and education.
- **Start saving for college:** There are many ways to make college affordable. Even the smallest savings can add up if set aside regularly over a long period of time.
- **Make Learning Fun:** You can incorporate learning into your child's day in many ways—try using music, puzzles, early literacy books, blocks, and games to add variety to your child's day. Many of these activities include educational content.
- **Bring kids to different places to stimulate learning:** Taking a trip to the beach to play in the sand, going to a playground on the other side of town, or visiting a children's museum are all ways to engage your child intellectually.
- **Stay Involved:** Parent involvement in school is important, even in preschool. Talk to your child's preschool teacher (or child-care provider) regularly about his educational and social development. Many preschools offer developmental assessments, which can also provide insights on your child's development.
- **Attend open houses and other school events:** By being involved in schools, parents show

great support for their children and their children's education.

By beginning your child's education early—even before she begins school—you'll be preparing her for success. If you're intentional about including educational experiences in your family's everyday life and being involved in your child's school, you will be setting your child up for a successful educational career through the establishment of your child's literacy and a commitment to learn.



find out and take our sodium quiz.

How does stress affect you?

There are many stressful situations — at work, at home, on the road and in public places. Find out how stress affects you and how to fight it with healthy habits.

Heart-healthy options. When you see the Heart-Check mark on food packaging, you'll know the food has been certified to meet our guidelines for a heart-healthy food. It's a good first step in creating an overall sensible eating plan.

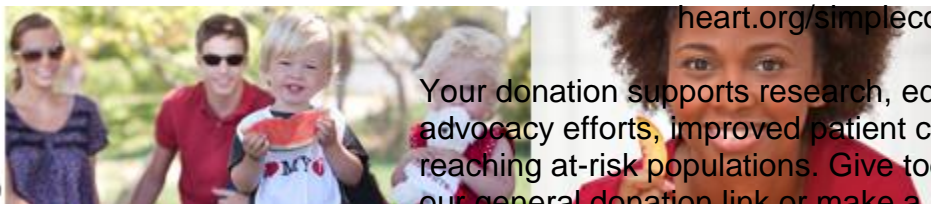
Cook with heart: Cooking at home is a great way to ensure the ingredients that go into your recipes are healthy. It gives you more control over the amount of sodium in your food. Check out our heart healthy recipes and cooking tips at heart.org/simplecooking.

Your donation supports research, education, advocacy efforts, improved patient care and reaching at-risk populations. Give today using our general donation link or make a memorial or tribute gift. Our success depends on caring people like you!

If you need more information, please do not hesitate to call us. We are available 24 hours a day, seven days a week at 1-800-242-8721. Please share this email with your friends, coworkers, and family.

Thank you,

Linda Dickey
Director Customer Relationships
American Heart Association
American Stroke Association



Dear BBC women,

The mission of the American Heart Association and American Stroke Association is to build healthier lives, free of cardiovascular diseases and stroke. A healthy diet and lifestyle are your best weapons in the fight against heart disease.



Get the scoop on sodium!

The average American consumes more than twice the amount recommended by the American Heart Association. So, how much sodium is in a teaspoon of salt? Visit heart.org/salt to



Top 10 Health Benefits of Lemon Water

Many people often love the tart flavor of lemon juice in their dishes. But have you ever wondered that you can put this lemon juice to many more good uses than this? Yes! There are enormous benefits of lemon juice and water in your everyday life. You simply need to arm yourself with relevant knowledge and you would soon start valuing this amalgamation more than ever.

Lemon is an inexpensive, easily available citrus fruit, popular for its culinary and medicinal uses. It is used to prepare a variety of food recipes such as lemon cakes, lemon chicken and beverages like lemonade and lemon-flavored drinks. It is also used for garnishing. Lemon juice consists of about 5% citric acid that gives a tart taste to lemon. Lemon is a rich source of vitamin C. It also contains vitamins like vitamin B, riboflavin and minerals like calcium, phosphorus, magnesium as well as proteins and carbohydrates. Lemon is generally consumed in the form of lemon juice or lemon water. Lemon water makes a healthy drink, especially when taken in the morning. Daily consumption of lemon water provides a number of health benefits like:

1. Good for Stomach

Lemon can help relieve many digestion problems when mixed with hot water. These include nausea, heartburn and parasites. Due to the digestive qualities of lemon juice, symptoms of indigestion such as heartburn, bloating and belching are relieved. By drinking lemon juice regularly, the bowels are aided in eliminating waste more efficiently. Lemon acts as a blood purifier and as a cleansing agent. The intake of lemon juice can cure constipation. It is

even known to help relieve hiccups when consumed as a juice. Lemon juice acts as a liver tonic and helps you digest your food by helping your liver produce more bile. It decreases the amount of phlegm produced by your body. It is also thought to help dissolve gallstones.

2. Excellent for Skin Care

Lemon, being a natural antiseptic medicine, can participate to cure problems related to skin. Lemon is a vitamin C rich citrus fruit that enhances your beauty, by rejuvenating skin from within and thus bringing a glow on your face. Daily consumption of lemon water can make a huge difference in the appearance of your skin. It acts as an anti-aging remedy and can remove wrinkles and blackheads. Lemon water if applied on the areas of burns can fade the scars. As lemon is a cooling agent, it reduces the burning sensation on the skin.

3. Aids in Dental Care

Lemon water is used in dental care also. If fresh lemon juice is applied on the areas of toothache, it can assist in getting rid of the pain. The massages of lemon juice on gums can stop gum bleeding. It gives relief from bad smell and other problems related to gums.

4. Cures Throat Infections

Lemon is an excellent fruit that aids in fighting problems related to throat infections, sore throat and tonsillitis as it has an antibacterial property. For sore throat, dilute one-half lemon juice with one-half water and gargle frequently.

5. Good for Weight Loss

One of the major health benefits of drinking lemon water is that it paves way for losing weight faster, thus acting as a great weight loss remedy. If a person takes lemon juice mixed with lukewarm water and honey, it can reduce the body weight as well.

6. Controls High Blood Pressure

Lemon water works wonders for people having heart problem, owing to its high potassium content. It controls high blood pressure, dizziness, nausea as well as provides relaxation to mind and body. It also reduces mental stress and depression.

7. Assist in Curing Respiratory Disorders
Lemon water assists in curing respiratory problems, along with breathing problems and revives a person suffering from asthma.
8. Good for Treating Rheumatism
Lemon is also a diuretic and hence lemon water can treat rheumatism and arthritis. It helps to flush out bacteria and toxins out of the body.
9. Reduces Fever
Lemon water can treat a person who is suffering from cold, flu or fever. It helps to break fever by increasing perspiration.
10. Acts as a Blood Purifier
The diseases like cholera or malaria can be treated with lemon water as it can act as a blood purifier.

How Much Should I Drink?

In case you are in good health and weigh 70kg or less, it is advisable for you to have juice of one-half of the lemon squeezed into one glass of water, twice daily. However, if you weigh more than 70kg, juice of one whole lemon in a glass of water should be preferred. For maximum benefit, this mixture should also be taken two times a day, though you may dilute more lemon juice according to your taste if you wish.

Do not just remain oblivious to the gifts of nature such as this, for you should always try to make the most of them. So, make it a part of your daily routine to drink a glass of warm lemon water in the morning and then open your gateway to enjoy its health benefits.

Lifestyle Top 10 Health Benefits of Lemon Water/Life Mojo Health Solutions Pvt Ltd. All the contents of this Website, such as weight loss diet plan, tips, healthy recipes, fitness calculators and

other material contained on the Website ("Content") are for informational purposes only. This Website does not provide Medical Advice or Diagnosis.

Alzheimer's caregivers need to balance responsibilities and emotional strain



The Alzheimer's Association 2015 Alzheimer's Disease Facts and Figures report states that nearly 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high, and 40 percent have been diagnosed with depression. It's important to seek help in order to cope with the demands and responsibilities of caring for someone with the disease.

The number of Americans with Alzheimer's disease and dementia is estimated to soar to 7.1 million by 2025, a 40 percent increase from the 5.1 million affected this year, according to the [2015 Alzheimer's disease Fact and Figures](#) report published by the Alzheimer's Association. The picture doesn't look much better for 2050, when the number of people with Alzheimer's disease is projected to increase to 13.8 million.

The number of deaths from Alzheimer's disease has also increased significantly. From 2000 to 2013, there was a 71 percent increase in deaths attributed to Alzheimer's disease, according to the report, and Alzheimer's is the only disease among the top 10 causes of death in Americans that can't be prevented, cured or slowed.

The Alzheimer's Association report states that nearly 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of care giving as high or very high; meanwhile, [40 percent have been diagnosed with depression](#).

Two caregivers for parents with the disease (Vincent and Kallymer) shared their thoughts and

strategies they have acquired to support them in their situations.

With that in mind, the following ways are given to cope with the demands and responsibilities of caring for a parent with Alzheimer's disease:

Education. One of the most important things a [caregiver](#) can do is learn more about the disease, Kallmyer says. Alzheimer's disease should not be mistaken as a normal part of aging. The first warning sign is memory loss that disrupts daily life, such as forgetting important dates or events, asking for the same information repeatedly and relying on family or friends to remind them of things they used to be able to recall on their own. This is the most frightening time for the person with Alzheimer's disease, Vincent says. "You can't take their behavior personally," she adds.

Be patient. When talking to a person with Alzheimer's disease, it may feel as if you're communicating with a child at times. Vincent's suggestions: "Speak slower; use simple words and short sentences; make eye contact; use brief explanations; repeat instructions using the exact words each time; establish a daily routine; take them by the hand and redirect them; distract them instead of arguing; smile; give hugs and compliments and small rewards for behavior you're encouraging." These things may work, but they may not, she warns. "Alzheimer's is full of unpredictable emotions or feelings that rise to the surface very quickly," she says.

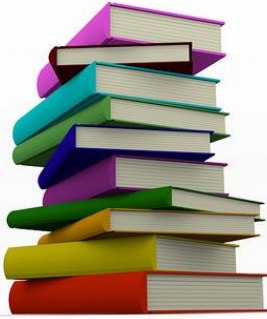
Plan. Once you know what lies ahead, it's critical to establish a financial and [care giving plan](#). Kallmyer says caregivers should make sure they know who their parent wants to put in charge of their decisions once they can no longer make them. Also consider the cost of a [nursing home](#) or assisted living facility. Medicare does not pay for nursing home care, Kallmyer points out. "That's a lesson that's really hard for people," she says. Getting care in the home or placing your parent in a facility may be better determined once you understand the finances and pros and cons of each.

Build a support team. "Caregivers naturally become frustrated and upset. It's hard to smile, stay relaxed and calm," Vincent says. That's why it's

necessary to talk to family and friends about taking turns in caring for a loved one. Kallmyer says it's important to ask for help. "[Alzheimer's] goes on for a long time and gets worse as the disease goes on. It's surprising, but it can sneak up on people," she says. It's important to develop a plan with family members or a health care team before the point of overwhelming exhaustion kicks in. Consider finding a caregiver support group through a [local chapter of the Alzheimer's Association](#).

Stay connected. When you're stressed beyond a point





SUGGESTED READING LIST FOR OUR SINGLE AND MARRIED LADIES

Top of the Reading List for all Ladies: The Holy Bible

SINGLE LADIES

- I Kissed Dating Goodbye - Joshua Harris Knight
- In Shining Armor - P. Bunny Wilson
- The Lady, Her Lover, and Her Lord Bishop T.D. Jakes
- Passion and Purity - Elisabeth Elliott
- Single But Not Alone – Jane Graver

MARRIED LADIES

- Master's Degree - P. Bunny Wilson
- Communication: Key to Your Marriage - Norman Wright
- The Five Love Languages - Gary D. Chapman
- Finding The Hero In Your Husband - Julianna Slattery
- Staying Close - Dennis and Barbara Rainey

Submitted by Lady Lisa Palmer

FAMILY MOVIE TO SEE



WAR ROOM

If you have ever gone to the movies or seen on the UP cable channel, **Facing the Giants**, **Fireproof**, or **Courageous**, then you are going to as blessed with this movie “**War Room**”. **War Room** is a movie dealing with the “power and the how” to develop a strategy for prayer. It will be shown in this area at several local movies in Maryland and Virginia beginning August 28, 2015. It is produced by the Stephen Kendrick and Alex Kendrick. Beth Moore and Priscilla Shirer, renowned bible teachers for women, will be in this movie. Priscilla Shirer is the lead character(Elizabeth) who wants to fight for her family and the troubles they faced in this changing world.

If you go to one of the movie showings, please save your ticket stub. Lifeways bookstore will give you a 20% discount for entire purchase until October 10, 2015.

Praise the Lord for Christians who want us to be confident and equipped to go to God with targeted prayers for every part of our lives.



Submitted by Sister Sandra Gainer

In THE KITCHEN



**Make everything more delicious
with apple cider!**

Submitted by Sister Margaret Elliott

Apple spice pancakes

Use cider in place of milk or water in your favorite pancake recipe; add a dash of cinnamon and nutmeg to the batter to really pump up the fall flavor!

- **Sweet cider sundaes**

Reducing apple cider until its syrup makes it the perfect ice cream sauce. Add 2 cups cider to a saucepan and boil until it reduces to a thick consistency, stirring constantly. Drizzle over vanilla ice cream and enjoy!

- **Fantastic fall fondue**

Bring $\frac{3}{4}$ cup cider to a boil, then reduce heat to medium-low and add in 2 cups white shredded Cheddar cheese and 1 cup shredded Swiss cheese; stir until melted. Anytime!

Broccoli-Cheddar Omelet

Submitted by Sister Margaret Elliott



2 eggs
2 Tbs. water
Butter or cooking spray
1/3 c. broccoli florets, precooked
2 Tbs. shredded Cheddar cheese
Salt and pepper, optional

Beat eggs and water until well blended. Coat a 6"-8" nonstick skillet with butter or cooking spray. Heat on medium-high until hot. Pour in egg mixture. (IT should set immediately at edges.) Gently push cooked portions from edges toward the center with an inverted spatula so uncooked eggs can reach the hot pan surface. Continue cooking, tilting pan and gently moving cooked portions as needed. When top surface of omelet is thickened and no visible liquid remains, sprinkle broccoli and cheese over one side; fold in half with spatula and season with salt and pepper, if desired.



Swirly Christmas Tree Cookies



Who doesn't like a
good cookie,
homemade or not???



Easy Turtle Cookies

1 package (16 ounce) Ready-To-Bake
refrigerator sugar cookies
24 turtle candies
coarse sea salt

Preheat oven to 350°. Line your cookie
sheet with parchment paper. Place cookie
dough rounds 2 inches apart.

Bake 12-16 minutes or until edges are
light golden brown.

Push turtle candy on top of each warm
cookie. Sprinkle with a little salt.

1 roll (16.5 ounce) refrigerator sugar cookies
Miniature candy-coated chocolate candies, if
desired

Green decorator sugar crystals, if desired.

Preheat oven to 350°. In large bowl, break up
cookie dough. Stir or knead in 1/4 cup all-
purpose flour until well blended. Divide dough
in half; wrap each half in plastic wrap. Place in
freezer for 10 minutes. Take it out to begin
shaping 1/2 of cookie dough into 1 inch balls.
With fingers, roll each ball into 10 inch rope,
about 1/4 inch wide. Break off small piece from
each rope for tree trunk. Carefully place ropes
on ungreased cookie sheet. With each rope,
starting at top, twist rope back and forth into
tree shape, gradually making larger at bottom
(rows of dough should touch). If rope breaks,
press dough together. Place small piece at
bottom of each tree trunk. Repeat with
remaining half of dough.

Decorate trees with candies to look like
ornaments or lights. Place candy at top of each
tree for star; sprinkle with sugar.

Bake 9-13 minutes or until edges are light golden
brown.

Cool one minute; remove from cookie sheet to
cooling rack.

Submitted by Sister Vickie Bowman

HOLIDAY OBSERVANCES



Thanksgiving Day is a federal holiday. Officially, the day commemorates a celebration hosted by the Pilgrims to give thanks for surviving their first year in the new world. In 1620, the Pilgrims landed at Plymouth Rock and endured a year that was filled with many hardships. A large number of the original settlers died from disease and starvation. After being aided by members of the local Wampanoag tribe, the settlers were able to enjoy a bountiful harvest and they celebrated by inviting the natives to a harvest feast.

Although it was customary to have thanksgiving celebrations for various events, there was no official holiday until much later. President George Washington called for a day of thanksgiving after the end of the Revolutionary War, and it was up to each successive president to proclaim a day of giving thanks if he felt one was needed. After the Union victory at Gettysburg, many Americans called for a public holiday that would unify the nation. President Abraham Lincoln proclaimed that the last Thursday in November would be officially known as Thanksgiving Day. Although the holiday was not initially popular in the south, many Americans began to celebrate the day by attending church and gathering together with loved ones.

For many years, Americans continued to observe Thanksgiving on the last Thursday in November. Because the day after Thanksgiving marked the beginning of the Christmas shopping season, President Franklin Delano Roosevelt tried to move

the holiday up in order to encourage higher retail sales. At the end of 1941, Congress officially changed the date of Thanksgiving to the fourth Thursday in November. Because Thanksgiving is a federal holiday, it is observed by all levels of government, schools, public offices and most businesses. Families gather together for a turkey dinner and assorted side dishes. Although many people also have Friday off, retail stores are open and it is one of the busiest shopping days of the entire year.

Throughout the year as you and your family celebrate various holidays, reflecting and meditating, you may wish to include some of the following scriptural references about giving thanks:

Psalm 106:1; Psalm 50:14; Psalm 100(in its entirety); Psalm 9:1; Psalm 50:23; Psalm 50:14; Psalm 140:1; Psalm 107:1; Psalm 107:8-9; Psalm 97:12; Psalm 105: 1-2; and Colossians 3:17.

Reflect on the many wonderful blessings that God has given you. It is without a doubt, that when we think about the goodness of the Lord, our souls will shout "Hallelujah!" As it is written in Philippians 4:6: "Do not be anxious about anything; but in everything by prayer and supplication with thanksgiving, let your requests be made known to God." What a blessing and promise for which to be thankful!

- Sister Jennie Sanders



It's almost that time of year again. December will be here soon and with it all the joys of Christmas. But what is the real meaning of Christmas? Is it the gifts under the tree, the lights in the windows, the cards in the mail, turkey dinners with family and

friends, snow in the yard, stockings hanging in the living room, and shouts of "Merry Christmas" to those who pass us in the streets? Is this really Christmas?

For many people, Christmas is a time of sorrow. They don't have the extra money to buy presents for their children, family, and friends. Many are saddened at Christmastime when they think of their loved ones who will not be able to come home for various reasons. Turkey dinners may be only a wish and not a reality for some.

Yet, Christmas can be a season of great joy. It is a time of God showing His great love for us. It can be a time of healing and renewed strength. You see, Christmas is when we celebrate the birth of the Christ child. God sent His Son, Jesus, into the world to be born. His birth brought great joy to the world. Shepherds, wise men, and angels all shared in the excitement of knowing about this great event. They knew this was no ordinary baby. The prophets had told of His coming hundreds of years before. The star stopped over Bethlehem just to mark the way for those who were looking for this special child.

Luke 2: 4-19 says:

"So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. He went there to register with Mary, who was pledged to be married to him and was expecting a child. While they were there, the time came for the baby to be born, and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no room for them in the inn.

And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, "Do not be afraid. I bring you good news of great joy that will be for all the people. Today in the town of David a Savior has been born to you; he is Christ the Lord.

This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger." Suddenly a great company of the heavenly host appeared with

the angel, praising God and saying, "Glory to God in the highest, and on earth peace to men on whom his favor rests."

When the angels had left them and gone into heaven, the shepherds said to one another, "Let's go to Bethlehem and see this thing that has happened, which the Lord has told us about." So they hurried off and found Mary and Joseph, and the baby, who was lying in the manger. When they had seen him, they spread the word concerning what had been told them about this child, and all who heard it were amazed at what the shepherds said to them. But Mary treasured up all these things and pondered them in her heart."

Why did He come? Why did God send His son to this sometimes cruel and hard world? He sent Jesus to us so that one day, He would grow up to become a very important part of history. His story (history) is one of truth, love, and hope. It brought salvation to all of us. Without Jesus, we would all die in our sins.

Jesus was born so one day the price could be paid for the things we have done that are wrong. The Bible says that all have sinned. We are all born with a sin nature. We do things that do not please God. Through the sins of Adam and Eve, we have all inherited that sin nature. We need to have that removed. The only way is through Jesus. Jesus came so He could die on the cross for ALL of our sins. If we believe that Jesus died for our sins, we can ask Him to come into our hearts and forgive us. Then, we are clean and made whole. We can know that heaven is a place where we can go to when this life is over.

"But if we confess our sins to him, he is faithful and just to forgive us and to cleanse us from every wrong." [1 John 1:9](#)

We can truly be happy at Christmas! No matter what may be happening, we can know that we are His children. We then become sons and daughters of God. Heaven will be our home one day.

Look at Christmas in a new way this year. This is the year to invite Jesus into your heart. You will then have a "Merry Christmas." The joy and peace

you will receive will last all year as you look to God for all your needs to be met.

Jesus Is The Reason For The Season! Rejoice!

It's that time of year again. December has come and with it all the joys of Christmas. But what is the real meaning of Christmas? Is it the gifts under the tree, the lights in the windows, the cards in the mail, turkey dinners with family and friends, snow in the yard, stockings hanging in the living room, and shouts of "Merry Christmas" to those who pass us in the streets? Is this really Christmas?

For many people, Christmas is a time of sorrow. They don't have the extra money to buy presents for their children, family, and friends. Many are saddened at Christmastime when they think of their loved ones who will not be able to come home for various reasons. Turkey dinners may be only a wish and not a reality for some.

Yet, Christmas can be a season of great joy. It is a time of God showing His great love for us. It can be a time of healing and renewed strength. You see, Christmas is when we celebrate the birth of the Christ child. God sent His Son, Jesus, into the world to be born. His birth brought great joy to the world. Shepherds, wise men, and angels all shared in the excitement of knowing about this great event. They knew this was no ordinary baby. The prophets had told of His coming hundreds of years before. The star stopped over Bethlehem just to mark the way for those who were looking for this special child.

Luke 2: 4-19 says:

"So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. He went there to register with Mary, who was pledged to be married to him and was expecting a child. While they were there, the time came for the baby to be born, and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no room for them in the inn.

And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of

the Lord shone around them, and they were terrified. But the angel said to them, "Do not be afraid. I bring you good news of great joy that will be for all the people. Today in the town of David a Savior has been born to you; he is Christ the Lord.

This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger." Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, "Glory to God in the highest, and on earth peace to men on whom his favor rests."

When the angels had left them and gone into heaven, the shepherds said to one another, "Let's go to Bethlehem and see this thing that has happened, which the Lord has told us about." So they hurried off and found Mary and Joseph, and the baby, who was lying in the manger. When they had seen him, they spread the word concerning what had been told them about this child, and all who heard it were amazed at what the shepherds said to them. But Mary treasured up all these things and pondered them in her heart."

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Look at Christmas in a new way this year. This is the year to invite Jesus into your heart. You will then have a "Merry Christmas." The joy and peace you will receive will last all year as you look to God for all your needs to be met.

Here are ways to keep Christ in Christmas, but most importantly to keep Christ in your life this blessed season:

- Give God a special gift. (Examples: Develop a study plan for studying the Bible; forgive someone that you have been holding a grudge; visit an elderly person.)
- Set up a nativity scene in your house or your yard.
- Set aside times to read the Christmas story in Luke 1:5-56 through Luke 2:1-20. Be sure to read it at your Christmas dinner.
- Plan a special Good-Will project. (Bake goods and include a letter; write a letter to the troops; volunteer at a soup kitchen; serve a meal at a homeless shelter.)
- Give a special surprise gift of service to members in your household. (Organize books, toys; cook a special treat; take a special walk.)
- Take a group Christmas caroling in a nursing home, or a children's hospital.
- Set aside a time for family devotion on Christmas Eve and Christmas Day.
- Write a Christmas letter to a Missionary.
- Send Christmas cards that convey a spiritual message or write your own and include it in the card.
- Attend a Christmas service.

Christmas is a special time for Christian believers. Get excited and tell others that Jesus Christ is born.

Merry Christmas!



The Legend of the Candy Cane

Long ago there were two villages in a far off land. One was in a valley, and one was on a mountain top. The people in the mountain village wanted to give each person in the valley a Christmas gift.

So the mountain townspeople formed a committee to think of something special. Money was limited, and each gift had to be of equal value to each person. After much time and discussion a decision was finally reached. The town's candy maker, an elderly gentleman who had loved Jesus for many years, came up with an idea – the candy cane.

Now, you may be thinking, what is so special about a candy cane – and how can it ever be tied in with the real meaning of Christmas? Well, here is how...and why...

1. The candy cane is in the shape of a shepherd's staff. Jesus is our Shepherd, and we are His flock. A sheep follows his own shepherd, knows his voice, trusts him and knows that he is totally safe with him. The sheep will follow no other shepherd than their own. In the same way, if we belong to Jesus, we are to follow only Him. (John 10:11; Psalm 23:1; Isaiah 40:11)

2. Turned over, the candy cane is a "J," the first letter of Jesus' name. (Luke 1:31) It is made of hard candy to remind us that Christ is the "Rock" of our salvation.

3. The wide red stripes on the candy cane represent the blood of Jesus shed on the cross for

each one of us so that we can have eternal life through Him. He restores us and cleans us with His shed blood—the only thing that can wash away our sin. (Luke 22:20)

4. The white stripes on the candy cane represent Jesus' virgin birth and His pure, sinless life. He is the only human being ever who never committed a single sin, even though He was tempted just as we are. (1 Peter 2:22)

5. The narrow red stripes on candy canes symbolize Jesus' stripes, or scars, which He got when He was arrested and whipped. The Bible says we are healed (of sin) because He took those wounds. (Isaiah 53:5; 1 Peter 2:24)

6. The flavoring in the candy cane is peppermint, which is similar to hyssop. Hyssop is of the mint family and was used in Old Testament times for purification and sacrifice. (John 19:29; Psalm 51:7)

7. When we break our candy cane, it reminds us that Jesus' body was broken for us. When we have communion, it is a reminder of what He did for us. (1 Corinthians 11:24)

8. AND, if we share our candy canes and give some to someone else because we love that person, we are sharing the love of Jesus. (1 John 4:7, 8)

God gave Himself to us when He sent Jesus to earth to save us. He loves us so much that He wants us to spend eternity with Him. We are assured of that when we accept Jesus into our hearts as our Savior. (John 1:12; John 3:3, 16)

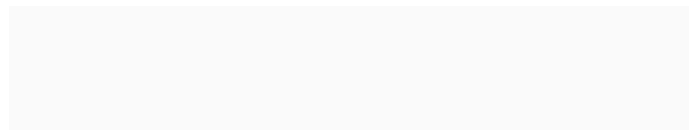
Some people believe this story of the candy cane is only a legend. Others believe it really happened this way. We do not know for sure exactly how the candy cane was invented, but one thing is for certain...it is an excellent picture of Christ and His love for you!

Shared by Sister Carol Pullen (2012)

Veterans' Day: November 11



We salute our Men and Women who serve and have served our country in the armed forces. Thank you.



Happy New Year!

2016

Where will you travel in your 2016“Faith Journey?”

As Christians, we continue to seek ways to strengthen our bond with Christ. Our various cultures and family traditions have shaped who we are. In many cultures the food that is prepared and served on New Year's Day continues to be of significance. The following information was taken from a website on New Year traditions. “Some believe that eating certain foods on the first day of the New Year will bring good luck. One such New Year's Day Food Tradition is black-eyed peas, considered in many cultures to symbolize prosperity. They are also said to represent copper coins. Along with black-eyed peas, some cultures, particularly many African Americans, serve greens, such as collards, turnips, or kale. Cabbage is another green vegetable served on New Year's Day. Such green vegetables represent prosperity in the form of paper money.

In some cultures, rice is eaten on New Year's Day and is considered another good-luck food. A Southern dish such as Hoppin John, a combination of black-eyed peas and rice, might be considered a double dose of luck.

According to the Pennsylvania Dutch tradition, eating pork and sauerkraut on New Year's Day also brings good luck and protection. Many cultures believe that any food in the shape of a ring will bring good luck, as the closing of the ring means 'coming full circle' and represents a fresh start in the New Year.”

Regardless of what you choose to eat on the first day of the New Year, remember that the blessings of the Lord will abound toward you, for the blessings of the Lord makes one rich. God's desire is that His people prosper, even as their souls prosper. As Christians, we should not base our abundant living on luck. Truly God blesses us and supplies all our needs. He is our Provider.

“I want Jesus to walk with me. I want Jesus to walk with me. All along my pilgrim's journey, I want Jesus to walk with me.”

By Sister Jennie Sanders

Dr. Martin L. King, Jr

January 15, 2016 is the official Birth date for Dr. King. We acknowledge this great man for leadership and his Civil Rights commitment.

February 2016: Black History Observance

Continue to study and learn about the history of African Americans and their many contributions to our nation and the world.

It's Time To Send



**Christmas Greetings
VIA**

**The Bethesda Baptist Christmas Post
Office**

The Bethesda Baptist Christmas Post Office is back! This year you can bring cards that will be delivered to other Bethesda members and you don't have to put a stamp on it. This service begins Sunday, November 29th.

1. Address your card to the Bethesda Member.
2. Drop the card(s) in the card Drop Box in the vestibule. We ask that no monies are placed in cards.

3. The cards will be sorted by our Post Office Team and placed in the mailboxes that are alphabetized by last name. You can check the box each Sunday.

If you receive more than one card, they will be bundled together for you.



Dear Sisters,

We are excited about the opportunity to empower one another through cards: get well wishes, cards of encouragement, birthday greetings, anniversaries, and thinking of you cards. **This outreach initiative is a voluntary opportunity.**

We ask that you send a card on the day of the week that the letter of your last name has been assigned. This does not mean that you are not to send to others as often as you like. Names of those whom we wish to send cards will be on the weekly Report which is published for Tuesday Night Prayer meeting. This report is on the table by the Administrative Offices or in the information/forms carrel by the table.

Last Name of Person sending Card	Day of Week to send card
A – E	Monday
F – I	Tuesday
J – N	Wednesday
O – S	Thursday
T – Z	Friday

Types of Cards to be sent:

Thinking of You:

- Missed a person at service
- Person with ongoing struggles
- Long term recuperation period
- Residents of Nursing Home/ Care facilities

Encouragement:

- New Believers/new Converts

- New /Veteran Leaders of ministries
- Bereaved members/families
- Caregivers
- Individuals who may be struggling with change and transition
- Individuals rendering services in ministries

Get Well:

- Short Term Hospitalization
- Short term illnesses

Celebrations:

- Marriages/Weddings
- Birthdays
- New Arrivals-Births/Family Addition
- New Homes
- Promotion(Job)
- Engagements

Summary of Guidelines:

- 1.Check the day of the week to send your card(s).**
- 2.Commit to that day at least once a month.**
- 3.Pick up the sheets that have names and addresses from the table or the carrel.**
- 4.Write a personal note if you desire or just sign your name but add Bethesda Baptist Women's Ministry under your signature.**
- 5. Address the envelope and mail.**

Be blessed by the time of reflecting and praying for our sisters in Christ.

In His Love,
Sister Jennie Sanders

Mark Your Calendar!
Next Newsletter Articles Due:
January 30, 2016

Newsletter Staff: Sisters Jennie Sanders, Gwendolyn Brown, Sharon Turner, Deborah Dickerson, and Frances McCannon