The Gospel Recordings of New St. John Baptist Church

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Newsletter Staff Co-Editors:

Sis. Carolyn McGill
Sis. Wendy Holt
Social Acquisitions:
Sis. Mary Harrison
Sis. Sharon Watson-Hampton
Music Department:
Sis. Marticia Turner
Health and Wellness:
Sis. Wendy Holt
Church Outreach Ministry:
Sis. Lucille Boulware
Staff Photographer:
Bro. Mark Purnell
Photo Editor:
Sis. Sandra Rawls

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Travel - Leaving the City of Regret

I had not really planned on taking a trip this time of year, and yet I found myself packing rather hurriedly. This trip was going to be unpleasant, and I knew in advance that no real good would come of it. I'm talking about my annual "Guilt Trip."

I got tickets to fly there on **Wish I Had** airlines. It was an extremely short flight.

I got my baggage, which I could not check. I chose to carry it myself all the way. It was weighted down with a thousand memories of **what might have been**.

No one greeted me as I entered the terminal to the Regret City International Airport. I say international because people from all over the world come to this dismal town.

As I checked into the **Last Resort** Hotel, I noticed that they would be hosting the year's most important event, the **Annual Pity Party**. I wasn't going to miss that great social occasion.

citizens would be there.

First, there would be the **Done** family, you know, Should Have, Would Have and Could Have.

Then came the **I Had** family.

You probably know ol' **Wish** and his clan.

Of course, the **Opportunities** would be present, Missed and Lost.

.The biggest family would be the **Yesterdays**. There are far too many of them to count, but each one would have a very sad story to share.

Then **Shattered Dreams** would surely make an appearance. And It's **Their Fault** would regale us with stories (excuses) about how things had failed in his life, and each story would be loudly applauded by Don't Blame Me and I Couldn't Help It.

Well, to make a long story short, I went to this depressing party knowing that there would be no real benefit in doing so.

And, as usual, I became very depressed.

But as I thought about all of the stories of failures brought back from the past, it occurred to me that all of this trip and subsequent "pity party" could be cancelled by ME! I started to truly realize that I did not have to be there.

I didn't have to be depressed. One thing kept going through my mind, **I CAN'T CHANGE YESTERDAY, BUT I DO HAVE THE POWER TO MAKE TODAY A WONDERFUL DAY.**

I can be happy, joyous, fulfilled, encouraged, as well as encouraging. Knowing this, I left the City of Regret immediately and left no forwarding address.

Am I sorry for mistakes I have made in the past? Yes.

Psalm 51:17: The sacrifices of God are a broken spirit; a broken and a contrite heart."

But there is no physical way to undo them.

(***Continued on page 4***)

Students Excelling in School

Cameron Caldwell (Deacon Bernard and Pat Caldwell) is a Sophomore at Sewanee: University of the South where he is doing well. The basketball team just ended their season with a loss in the conference tournament. He is also leading a study on finding ways and alternatives to end mass incarceration. **Maya Caldwell** is a senior at Davidson Day School where she has continued to maintain Honor Roll status, and presently has a 3.89 GPA. She has ended her stellar basketball career with 2,538 points which made her Davidson Day's all-time leading scorer. She is also the all-time leader inn assists and steals. With her accomplishments in tennis and basketball, she has been declared **Davidson Day's Foremost Decorated Female Athlete.** Maya is also a finalist for the NC Gatorade Player of the Year. The winner will be announced in March. **Nevaeh Caldwell,** an 8th grader at Bradley Middle School made the 2nd Quarter Honor Roll. She has also become one of the Nation's Best Middle School Basketball Players. She has been selected to the **2017 EGB All-m America Team**, and as a result, has been invited to the NCAA Women's Final Four. This season , as well as last season, Neveah led her team in scoring, steals, and assists. She was voted **Bradley Middle School MVP.**

Myles Davis (Eric & Tracy Davis) is a 4th grader at Elizabeth Traditional School where he continues to excel in academics and sports. He has made the A Honor Roll each grading period last year and this year. He will trade in his football cleats for soccer cleats in the Spring.

Caleb Forney (Deacon Leroy Forney & Deaconess Christine Forney) a junior at Mallard Creek High School continues to be on the Honor Roll. He was selected as Cade of the Month for his JROTC Battalion. He has also been recommended for a promotion on his job. He recently attended the Military Ball, and he was quite dashing.

Brooke Holmes (Darrell & Minister Yolanda Holmes) is a 4th grader at Clear Creek Elementary School. She received the Rigorous Reader Award and a Perfect Attendance Award., in addition to being on the 2nd Quarter A/B Honor Roll. **Darrell Holmes,** a 6th grader at McClintock Middle was on the 2nd Quarter A/B Honor Roll

Essynce Minter (Arthur & Aliya Minter) attends Northwest School of the Arts. She has been nominated as Top Senior in Charlotte by the Charlotte Post and has also received scholarships totaling approximately $100, 000 from some of the schools to which she has been accepted. **Arlie Minter** is now beginning to read fluently, and now reads bedtime stories to her parents and her sisters. She attends Chantilly Montessori School. **Ariel Minter** is not 2 years old yet and is almost fully potty-trained.

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Teacher Assignments for the Month of March

Adults – Rev. Sarah McMillon

Young Adults – James Moore

Teens/Intermediates - Jackie Glenn

Juniors – Deacon Wes Booker

Primary – Michele Smith

"I GIVE TO LEARN" fundraiser is a great opportunity for everyone to share in the support of the **Sunday School Department.** Each Sunday in the month of **March,** you are asked to give $**2.00** (or $10.00 month) to aid in the purchase of Sunday School supplies and materials (particularly books) for the classrooms.

Your gifts will provide the necessary materials for another person to learn and study the word of God. Continue to pray for the Sunday School ministry and give as you are led by the Holy Spirit. Hope to see you in class.

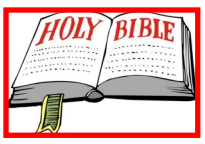
Sunday School Lessons for March 2017

March 5 – The Source of All Love 1 John 4:7-19

March 12 – God's Overflowing Love Ephesians 2:1-10

March 19 – God's Love is Manifested John 15:1-7

March 26 – God's Love Restores Joel 2:12-13, 18, 19, 28-32



Upcoming Events

Mar. 4	Deacon meeting @ 8:00AM
Mar. 4	Mary Missionary meeting @ 9:00AM
Mar. 4	NA Meeting 5:00PM - 6:30PM (Old Sanctuary)
Mar. 5	Holy Communion
Mar. 11	Trustee meeting @ 8:00AM
Mar. 11	Ruth Missionary meeting @ 9:00AM
Mar. 11	Men's Ministry meeting @ 9:00AM
Mar. 11	NA Meeting 5:00PM - 6:30PM (Old Sanctuary)
Mar. 12	Baptism
Mar. 12	Mission Day
Mar. 13	Youth Leaders Meeting @ 7:00PM
Mar. 15	Academic Support Committee meeting @ 6:30PM
Mar. 18	Advisory Council meeting @ 8:00AM
Mar. 18	NA Meeting 5:00PM - 6:30PM (Old Sanctu.)
Mar. 19	**Pastor's Anniversary**
Mar. 25	Christian Education Spring Leadership Workshop @ 8:45AM
Mar. 25	Women's Ministry meeting @ 9:00AM
Mar. 25	Men's Ministry meeting @ 8:00AM
Mar. 25	NA Meeting 5:00PM - 6:30PM (Old Sanctuary)
Mar. 26	Voices of Hope Annual Day
Mar. 26	Youth Service

Academic Support Committee

If you have a birthday this month, please give **$5.00**, or as you are blessed to give to the Academic Support Committee. Place the amount of your donation on your envelope and put "**ASC"** beside it. Your donation will help our college students continue their education. We appreciate your support.

Happy Birthday!

Lynn Brawley - March 2
Tara Boyce - March 3
Queen Heard - March 3
Belinda Meads - March 3
Brandon Cherry - March 5
Susan McGill - March 6
Clinton Smith - March 7
Leonard Tyndall - March 7
Tommy Mason - March 10
Yvonne Norris - March 10
Caleb Forney - March 11
Rosa Bennett - March 12
Lorraine Lawrence – March 14
Isaiah Doren - March 15
Stacy Kingsberry – March 15
David Nathaniel - March 16
Christopher Forney - March 20
Gregory Carson Jr. - March 20
Rev. Robert Coxe - March 21
Rev. Sarah McMillon - March 22
Bettye Tudor - March 22
T.J. Allen, Jr. - March 24
Charleston Davis - March 25
Helen Thomas-Hall - March 25
Jino Berry - March 27
Dajuan Booker - March 27
Daquan Ross - March 27
Zayd Adaiah Johnson March 27
Rayna Pharr - March 31

Happy Anniversary!

Rev. Robert Coxe & Mrs. Harriet Coxe - March 1st

The New St. John Marriage Ministry

6 Ways to Keep Your Marriage Rock-Solid

1. List the reasons you're good for each other. "Read them regularly. People who focus on a mate's strengths rather than weaknesses are better able to sustain romantic love," says Helen Fisher, Ph.D., author of *Why Him? Why Her? How to Find and Keep Lasting Love.*

2. **Be a good friend** to your partner – it's more crucial than romance. "So ask yourself what's most important to your spouse, and make an effort to incorporate those things into your life," says Mark Driscoll, founding pastor of Mars Hill Church in Seattle.

3. **Do stuff you enjoy**, whether it's taking walks or watching your favorite sitcom. "Don't let the busyness of life crowd out the small activities that make you feel connected," says Scott Stanley, Ph.D., co-author of Fighting for your Marriage.

4. **Go with the flow**. "Life is always changing and you need to evolve as a couple," notes Susan Shapiro Barash, author of The Nine Phases of Marriage: How to Make It, Break It, Keep It. "*Every year or so, talk about your goals, what you want now, and take active steps to get there. Couples who grow and change together get stronger as a couple."*

5. **Touch each other**. Often. Physical touch drives up oxytocin, the bonding hormone, and helps reduce stress, according to Fisher.

6. **Don't bare your soul on Facebook** – unless your partner is okay with it. "Whatever difficulties you're having, decide how you're going to share information with others," says family and marital therapist Iris Waichler." "That creates a sense of solidarity."

Submitted by:
Sis. Verdell Baker

Christian Outreach
Love Scriptures

John 3:16 - For God so loved the world that he gave his only begotten son , that whosoever believes in him shall not perish, but have eternal life.

1 Corinthians 13:14 – Love is patient, love is kind. It does not envy, it does not boast, it is not proud.

1 Corinthians 13:13 – And now these three remain: faith, hope, and love. But the greatest of these is love.

John 15:13 – Greater love has no one than this to lay down one's life for one's friends.

John 13:3 – As I have loved you, love one another.

1 Peter 4:8 – Above all, love each other deeply, because love covers a multitude of sins.

Romans 12:9 – Love must be sincere. Hate what is evil, cling to what is good.

Matthew 22:37 – Love the Lord your God with all your heart and with all your soul and with all your mind. (first commandment)

Matthew 22:39 – The second is this: "Love your neighbor as yourself."

Luke 6:31 – Do to others as you would have them do to you.

1 John 4:18 – There is no fear in love, but perfect love drives out fear.

Last, but not least …

Luke 6:35 – But love your enemies, do good to them and lend to them without expecting to get anything back. Then your reward will be great and you will be children of the **Most High,** because he is kind to the ungrateful and wicked.

Submitted by:

Sis. Lucille Boulware

Leaving the City of Regret

(continued from page 1)

So, if you're planning a trip to the City of Regret, please cancel all your reservations now. Instead, take a trip to a place called **Starting Again.** I liked it so much I have now taken up permanent residence there.

My neighbors, the **I Forgive** Myself, and the **New Starts** are so very helpful.

By the way, you don't have to carry around heavy baggage because the load is lifted from your shoulders upon arrival.

Matthew 11:29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. ...

God bless you in finding this great town. I f you can find it, it's in your own heart. Please look me up. I live on **I Can Do It** Street.

"I can do all things through Christ who strengthens me." Philippians 4:13

By: Larry Harp

**** This article is reprinted from April 2013. As we begin to clear out our closets for Spring, our heads and our hearts could stand to become uncluttered, as well.

Counselor's Corner

I grew up in a Pentecostal Holiness Church in Atlanta, GA. My grandmother was one of the most powerful singers of the church. Every so often, especially when it seemed that there was a heaviness on the members of the church, she would sing the songs, "It Is Well with My Soul" and "Think Of His Goodness To You." As a young man, I did not know what the words of the songs meant. However, I could feel the power in the way she sang the songs.

When I look at the lyrics of both songs and compare my current situation, I am emboldened. I ask you to do the same – be emboldened. Yes, hard times can come in life. Yes, things can get tough with loved ones. Yes, opportunities can seem as if they go to those around you. Nevertheless, you belong to God! Think of his goodness to you. Know that no weapon formed against you shall prosper. Know that God has you wrapped, tied, and tangled in him. Know that it is well with your soul.

If you have not heard those songs, I encourage you to listen to them both. Regardless of your circumstance, you will be able to make it through with power!

Also, if you are in Atlanta, GA, maybe you can go by my home church and hear my grandmother sing the songs. It will be an experience you will never forget.

In Love,

Bro. Walter Snipes 404-964-8868
Church Counselor
Email:
walter.snipes@gmail.com

Senior Spotlight

Meet Brother Charles S. Allen

Greetings church family, I am Charles S. Allen. I was born to the late M. L. and Lee Ruth Allen. As the second oldest of my siblings, I take pride in ensuring the happiness of others and spreading God's word to all listening ears.

I attended Garinger High School here in Charlotte where I was a defensive and offensive Tackle for the Wildcats. As a double threat, I was also a member of the track and field team where I competed in the long jump, shot putt, discus, and triple jump. As if I didn't have enough to do, I ran and was elected Student Body President in my senior year while participating in other campus-wide student organizations.
Upon my completion of high school, my high academic standards in the classroom and unmatched accomplishments on the football field yielded me a football scholarship to Southern Illinois University in Carbondale Illinois.

While in college, I was searching for the opportunity to be a part of something greater than myself, so I enthusiastically became a member of Fellowship of Christian Athletes and pledged to be a brother of Iota Phi Theta Fraternity Incorporated. I went on to graduate with a Bachelor of Arts Degree in both Sociology and Psychology.

After completion of my degree, I returned to Charlotte, NC to start a career in construction where I notably supervised all concrete placing at the Charlotte Hornets old Coliseum, Blockbuster Amphitheatre, and Calvary Church just to name a few before God saw fit to push me into my company.
After working for several companies, and increasing their net worth, I felt the need to do it for myself. I went to class at night while working during the day to study and pass (on the first try) the North Carolina General Contractors License (which I have held without infraction for over fifteen years). I specialize in Commercial and Resident Building and Remolding.

My family and I believe in the premise that I am the head of my household, and as for me and my house, we will serve the Lord. We came to visit New St. John Church off the invitation from my fraternity brother, Charles and Dottie Jolla. At the time, we were doing quarterly visitations with a few churches, and after visiting several times, on Veterans Day, we decided to become members of the New St. John family. I stated to my wife, "Every solider needs a home base, and we are committed to being willing servants in the Army of the Lord. "

I am the proud husband of one wife, Denise Allen, and to this union, we have three daughters: Demishie (Graduate of Catawba College), Denishie (Graduate of North Carolina A & T State University) and Demisha (Graduate of North Carolina A & T State University), and one granddaughter, Shekaya.
July 25, 2017, my affectionate, and God fearing wife and I will celebrate 32 years of marriage.

My motto for Christian service is :

I Chronicles 20:20 - "Believe in the Lord your God and so shall ye be established, believe in his prophets and so shall ye prosper."

Habakkuk 2:3 – "For the vision is for an appointed time, but at the end, it shall speak, and not lie; though it tarries, wait for it; because it will surely come, it will not tarry".

As we listen to the words of the Man of God, we must also follow as he is the head and we are the body, for without the head, the body can't move.

Nehemiah 2:18 – "And I told them of the hand of my God that has been upon me for good, and also of the words that the King had spoken to me. And they said, "Let us rise up and build." So they strengthened their hands for the good work. "My family and I are ready and willing to support our Pastor, first family and this church as we uplift and build together for the betterment of God's kingdom.

I would like to say that it is indeed a pleasure to serve on the Trustee Ministry and an honor to be selected to submit this article to the Church Newsletter. Thank you for all the kind words and love shown to my family and me each and every Sunday morning

Happy St. Patrick's Day

French Toast Made Easy

Ingredients

2 Large Eggs
4 Slices Martin's Old-Fashioned Real Butter Bread
¼ Cup Milk
1 Teaspoon Vanilla Extract
½ Teaspoon Ground Cinnamon
Pinch Of Salt
2 Tablespoons Butter
½ Cup Maple Syrup, warmed
Powdered Sugar, for serving

Directions

Crack eggs into a shallow dish.
Add milk and whisk to combine.
Whisk in vanilla, cinnamon, and a pinch of salt.
Melt butter in a medium-sized skillet over medium heat.
Dip Butter Bread slices in egg mixture on both sides until coated, but not completely soaked through.
Fry slices in heated skillet until golden brown, about 2-3 minutes per side.
Serve warm with butter and maple syrup. Top with powdered sugar, if desired.

Whether you start with scratch made or use frozen slices instead, here are three mouth-watering toppings.

Apple-Bacon

Microwave 2 apples, sliced; 2 Tbsp. brown sugar; and 1 Tbsp, maple syrup until soft. Stir in 3 strips cooked bacon, chopped.

Monte Cristo

Top each slice of French toast with 1 slice each deli-sliced ham, turkey, and Swiss cheese and 1 fried egg, Sprinkle with salt and pepper.

Peaches 'N' Cream

Microwave 1 c. frozen peaches, chopped; ½ c. peach preserves; and1/4 tsp. vanilla until warm, 2 to 3 min. Serve on French toast; top with whipped cream

Students Excelling

(continued from page 2)

Jasia Saunders (Granddaughter of Sis. Verbena Perry) is a freshman at Norwich University Military Academy in Vermont, majoring in Criminal justice and International Studies. Her GPA is 3.4, and she recently got inducted into the Corp of Cadets after a strenuous 7 months of training. Jasia has taken on another challenge of playing Rugby which is a D1 sport. Two weeks ago, Jasia didn't think twice about jumping into the pool to rescue a student that went into cardiac arrest. She gave her CPR until emergency arrived. As her family, we wanted you to know that she is also a blessing to someone outside her family and church family. She misses you.

McKenzie Thomas (Tonita Thomas) attends Harding University High School where she was on the A/B Honor Roll 1st and 2nd quarter. Her GPA is 3.87 on a 4 point scale. The cheerleading team of which she is a member will be traveling to Victoria, VA on March 4th for cheerleading competition. McKenzie also made cuts for the Floor and Dance Battle Competition.

WHO WE ARE:

New St. John Baptist Church
2000 St. Johns Church Road
Charlotte, NC 28215

Sunday School Sunday 8:45 am

Worship Service Sunday 10:00am

Prayer Mtg. Wednesday 7:00 pm

newstjohnbaptistchurch.org

Springtime: A Time for Growing

by Deborah Smith Plemmons

There was a time and a reason,
Why God made the four seasons.
In His time, He made everything;
Even the season we call spring.

Lo, winter is over and now is past.
The snow has come and gone at last.
It is time for the sun to be glowing.
Now is the time for things to be growing.

Awake! little flowers from your rest.
Awake! little birdies in your nest.
Grow little blooms on the trees so fine.
Grow little grapes, the fruit of the vine.

There was a time and a wonderful plan,
Why God made a living soul, man.
God walked in the garden with man each day,
But man fell into sin and went his own way.

Lo, God sent His Son to die on the cross,
That mankind would not be eternally lost.
Jesus paid the price; just repent and believe,
And the full pardon of sin you will receive.

Awake! little Christian, and be thou blessed,
For in your heavenly Father, you'll find rest.
Grow little Christian, and you'll do fine;
Just bring forth fruit for the true Vine.

Ecclesiastes 3:1-2; Song of Solomon 2:12-13; John 15:1&5.

The world would do well to reflect, that injustice is in itself, to every generous and properly constituted mind, an injury, of all others the most insufferable, the most torturing, and the most hard to bear. Charles Dickens (1812-1870)

Secrets of a Good Night's Rest

Eating and sleeping are basic human needs that go hand in hand in many ways. It's no surprise that what you eat before going to bed affects the quality of your sleep. "The foods we eat before bed can give us the nudge we need to make good sleep great — or they can keep us up all night," says Dr. W. Christopher Winter, medical director of the Sentara Martha Jefferson **Sleep Medicine Center in Charlottesville, Virginia.**

Here, we explore the best and worst foods to eat before nodding off:

BEST FOR SLEEP

Melatonin-Rich Foods -For Example: Tart Cherries You don't have to take a melatonin tablet to boost your levels of the sleep-inducing hormone. In a 2014 study from Louisiana State University, insomniacs who drank melatonin-rich tart cherry juice every day slept about an hour and a half longer each night compared with those who downed a placebo. Walnuts are another great source of naturally occurring melatonin, Winter says.

A Warm Drink -For Example: Warm Milk - While dairy is rich in tryptophan, calcium and vitamin D — all of which have been linked to improved sleep — the best thing about warm milk is that it's, well, warm, Winter says. When you spike your core body temperature with a hot drink, your blood vessels respond by dilating and letting off heat as quickly as possible — the exact same process that naturally occurs as you drift off to la-la land, he says. Hot caffeine-free teas will also do the trick.

High-Glycemic Carbs -For Example: White Rice - The fact that white rice has a high-glycemic index isn't always a bad thing, suggests a 2014 Cell Reports study. It found that insulin spikes actually help induce sleep. Researchers believe high-GI foods may improve tryptophan and melatonin production. (FYI, carbs are he *real* culprits behind your Thanksgiving Day coma, not turkey.) Bananas and granola also work.

High-Casein Dairy -For Example: Cottage Cheese -To boost your body's levels of the drowse-promoting amino acid tryptophan, turn to protein, Winter says. An even better bet: turn to casein protein. A slow-to-digest form of protein that's abundant in cottage cheese, casein (consumed before bed) can increase your ability to recover from your workouts and build muscle all night, according to research published in Medicine and Science in Sports and Exercise Greek yogurt is another great source.

he Women's Health Body Clock Diet." "It decreases the amount of time you spend in the deepest sleep stages and, consequently, your level of wakefulness the next day." In fact, a 2015 University of Melbourne study found that nightcaps trigger alterations in sleepers' brain waves akin to those associated with electric shocks. For each glass, give yourself at least an hour before attempting sleep.

Fried or Fatty Foods - For Example: Cheesesteak Sandwiches "Eating a fried meal high in fat is likely to sit in your stomach and cause you to experience gastric reflux upon lying down in bed," Cipullo says. What's more, the body tends to shunt heavy proteins like beef toward the production of dopamine, which promotes wakefulness, Winter says. Slot any super-heavy meals for lunchtime.

Caffeine - For Example: Chocolate - Caffeine is all about staying awake. This you know. But you may not realize how sensitive some people can be to caffeine — and that chocolate has more caffeine than you think, says Winter. A dark chocolate bar contains nearly as much caffeine as a full cup of joe. Even "lightly caffeinated" teas and "decaf" coffee can stand between you and your sleep.

Spicy Foods - For Example: Chili "Hot sauce makes chili taste awesome, but spicy foods near bedtime can trigger indigestion and reflux, ultimately waking you up throughout the night," Cipullo says. Avoid eating any spicy foods within three hours of bedtime, she says.

Put these tips to work for your rest.

Counselor's Corner

Have you ever thought about how you communicate with others? I am not referring to how you talk or speak to others, but how you communicate *with* others.

Communication is saying what it is you desire to say while ensuring that the person(s) hearing you understand what you are saying. For example, if you go to McDonald's for lunch. Talking or speaking is you saying to the McDonald's server that you want a Happy Meal and the server ringing up a Fish Fillet combo. Sure, you spoke/talked that you wanted a Happy Meal. Unfortunately, the server did not hear you. Communication is you saying that you want a Big Mac Meal and the server ringing up Big Mac Meal.

Communication is important when you want to deliver a message. What is also important in communication is what the other person hears/receives. When people hear you, they listen to both the content of your message and the emotion in your message. Another example, you say, "Good morning" to the same person every day. Each day the person responds with a pleasant, "Good day." One day, you say the same good morning as always but the response is an aggressive, "Good day!" Though you heard the good day, you also hear the emotion behind those words. You may think that the person is not having a good day or that the person really wants you to leave. Often, people respond more to the emotion than the content. This is not so good if you really want people to hear the content of your message.

So, what does all this mean? Understanding how you communicate important. Whether you feel you are delivering a message or fulfilling God's purpose for you, it is important to know that people understand you. Additionally, knowing that people hear both the emotion of your words and the content is vital. However, knowing that your content can get lost depending on how someone hears your emotion can explain why people may not hear you.

As I conclude, I leave you with 1 John 5:14 (KJV), "And this is the confidence we have before Him: Whenever we ask anything according to His will, He hears us." As you communicate with God, know that God will be able to hear you. He will be able to hold your emotion and content. He just simply wants you to communicate with him.

Be Blessed!

Bro. Snipes

Walter.snipes@gmail.com

404-964-8868

Five Minutes to A Better You

1. **Step Outside**– a few minutes of exposure to natural daylight can give you a shot of energy and focus.

2. **Get Your Giggle On**. A hearty laugh improves blood flow

The First Lady Speaks

There are five **Ws** of life.

Who you are is what makes you special. Do not change for anyone. .

What lies ahead will always be a mystery. Do not be afraid to explore.

When life pushes you over, push back harder.

Where there are choices to make--make the one you won't regret.

Why things happen will never be certain. Take it in stride and move forward.

Every second brings a fresh beginning. Every hour holds a new promise. Every night our dreams can bring hope. Everyday is what you choose to make it.

Love,

Kimberly Baker
First Lady

3. **Play Some Tunes**. Listening to upbeat music is an instant mood-lifter.

4. **Check Out Foodie Photos**. They'll help keep a lid on your cravings - really. Research shows that just seeing photos of food gives your brain the sensation of tasting it, too.

5. **Smile**. Even if you are faking it, a study shows that smiling might relieve stress.

What Is Mission All About?

The Missionary Department here at New St. John has a very important role in the day to day operations of the church. Our main objective is to study and share the Words of God with others. There are many other areas where your Mission contributions are shared. We are a source of support for those in need. We support the Outreach Committee financially when there is a need for extra money to finalize a client's needs.

We provide items used in the Grievance Boxes for members with death in their family. We participate in UMBA Women's projects such as Woman of the Year, Seniors Luncheon, providing food and gifts for your Honorees from New St. John, along with other projects.

The Missionary Department provides stipends for the Woman's Day Speakers and our Annual Day, in September. Visitors who sign our Visitor's Book receive a letter thanking them for worshipping with us and inviting them to come again. Paper, envelopes, and stamps are provided by our department, and Sis. Queen Heard sends the letters weekly. Our Food Drive collects food every 4th Sunday, and it has proven to be a much needed project.

The "***Missionary Helpers***" we use for study are purchased by our group, as well as gifts for the Woman of the Year on Woman's Day. There are other areas in which we are able to provide help because of your generosity. March is Mission Month, but the need is there all year long.

We encourage you to continue to give so that 2017 will be another great year for our Missionary Department and New St. John Missionary Baptist Church.

Please keep us in your prayers. Thank you for all you do and all the support we receive from each of you in our Ministry. Remember, we are here to serve, and are available to all. God Bless. New St. John Mission Day will be observed on **Sunday, March 12, 2017.** We are asking for a $5 donation from each member.

Sis. Sarah Able, and Sis. Queen Heard, Missionary Leaders

Women's Conference Time Is Fast Approaching

This year's Women's Conference promises to be inspirational and educational. The Assessment for the Women's Conference is $25.00, and it is due by the 1st Sunday in April. Assessment can be given to Sis. Denisa Berry or put in the regular offering with a notation that it is for the conference. The Conference is hosted by the **Women's Ministry** under the leadership of Rev. Bernette Massey.

Assessment for **Woman's Day** is $25.00, and it should be paid with regular offering on May 7, 2017. Woman's Day is hosted by the **Missionary Department.**

Your presence and your prayers will be appreciated for both events. The aim is to praise God with all that we have.

Pastor's 9th Anniversary

Rev. Baker's 9th Anniversary will be celebrated on **March 19, 2017.** There will be a morning and an afternoon program. You are reminded that the $1 a day campaign should be completed and presented to Pastor Baker.

There will be a fellowship dinner between the services. Families are asked to bring a starch, a vegetable, and a dessert. We look forward to this time to show Rev. Baker how much he means to us and to the continued growth of New St. John Missionary Baptist Church.

Pastor's Aid

Something to Think About

"It takes a great deal of bravery to stand up to our enemies, but just as much to stand up to our friends." — J. K. Rowling

You can't wish for a fit body. You have to go get it. ~from the book, Spartan Up!~

The chains of habit are generally too small to be felt until they are too strong to be broken. ~Samuel Johnson~