



TBC CHRONICLE

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Women's Day 2008

A Woman

*Like a tree, firmly rooted, being pressed by fierce winds . . . we bend . . .
slightly, yielding . . . but never giving up our ground.*

*When it becomes too much, we cry out "Why me!" not realizing, not
understanding
when we're told "Don't worry God has a plan."*

A Plan?!

What kind of plan is this?!

*To take away something so dear, so kind, so good to me?
Have I not been faithful? Have I not been true?
What have I done to deserve such misery?*

*But I must hold my head up and be strong.
I must hide all pain, sorrow and heartache.*

Because I am woman.

I am strong. I am immovable.

*No matter what fierce winds blow into my life . . . I will not break.
For this is what I've been taught.*

*Because God, in His infinite wisdom . . . allowed me to feel joy
. . . to cry . . . to experience life . . . even in the midst of death . . .*

For He made me a woman.

-Raymon/1997

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NEW YORK CITY TRIP!!

SWEET will be sponsoring a Trip to New York City on August 1-2 to see the Broadway production of **The Lion King** and shopping at Jersey Garden Mall.

A \$50 deposit is required **ASAP** with additional payments made on May 1, June 1.

Balance must be paid in full by July 1.

"Sisters Rooted in the Spirit"

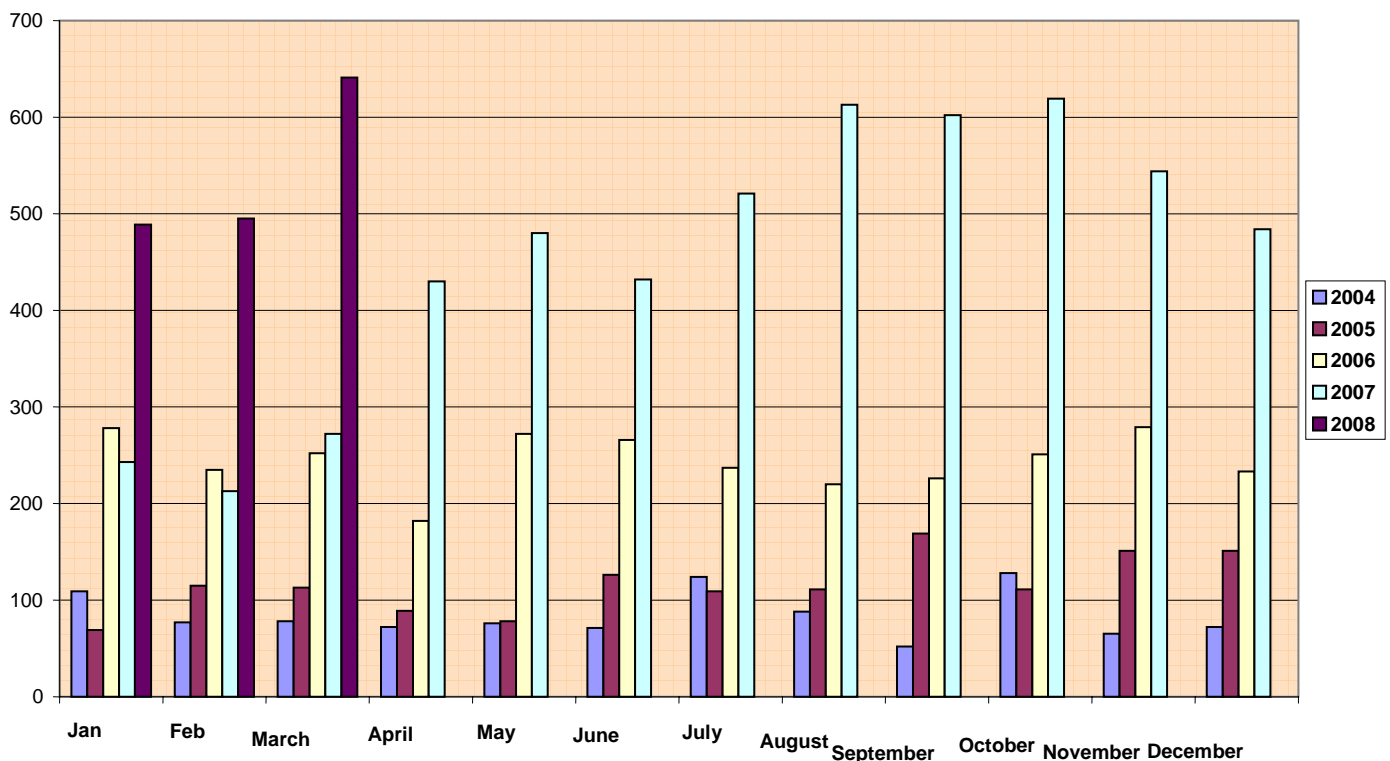
TBC Goes World Wide!

-Submitted by Melyatta Powers

If you haven't done so already, be sure to check out Tabernacle Baptist Church on the internet. The website is full of information designed to keep members and the community informed of the latest happenings at our church. You can find the monthly calendar of events, send in prayer requests, order sermon copies, as well as get information on the various ministries here at TBC. If your ministry does not have a page or you would like to update the information contained, be sure to go to the website and complete the Webpage Create/Update Request located under DOCUMENTS AND FORMS.

Average website traffic has increased to 500 visits per month since undergoing a major overhaul last year and we have received feedback from as far away as Germany!!! You can visit the TBC website at <http://www.tbcptg.org>

TBC Website Visits by Month



**Unified Shiloh Baptist Oratorical Contest
for youth grades 9-12 June 19th**

A VISION COMING TOGETHER

February 7, 2008 – Petersburg, VA – Under bright blue skies, a ceremony celebrated the opening of a newly re-constructed affordable home on Rome Street. Mrs. Lawson was delighted to know that her new 4 bedroom home was large enough for her growing family. Modernized with new plumbing, electrical, air conditioning, cabinets, carpet and even a new roof, The Lawson's 3 sons ran from room to room staking their claim. The Mayor, City Manager, planners, builders, non-profit colleagues, bankers, and other community leaders have gathered to support the efforts of Trinity Capital Development to offer affordable housing in the Petersburg Community.

Trinity Capital Development works to re-build affordable housing for low and moderate income families, and offers two, three and four bedroom homes. The design theme honors Petersburg rich historical character, as the building silhouettes recall cottage style homes, duplexes converted into large 1 family home.

JD and Grace Washington-Young, Directors of Trinity Capital Development, which includes increasing affordable housing in Petersburg as part of its mission, "We know that there are 100's of families in Petersburg who are in need of good, safe housing they can afford. Our families are spending more than half their income on housing. There are numerous single heads of households living on an annual income of less than \$24,000 a year. It's tough to afford a good home on that kind of income."

Trinity Capital Development's next project is the revitalization of Ross Court. Over the years this street has become a challenge for law enforcement and community leaders. "We are all lucky to have The Cottages at Ross Court as a model. This complex will be sterling example of what can be done when public and private partnerships, vision, energy, and community come together. The Cottages at Ross Court serve as a model of how affordable homes can be built to fit into a community, to meet all environmental standards, and to exceed quality and aesthetic expectations." JD Young said.

"For Trinity Capital Development, and for all others in Petersburg who care so much about affordable housing, the future is brighter today. We are not just applauding the completion of new affordable housing, we are welcoming our fellow neighbors home." Young concluded.

Families will be moving into their new homes in the days ahead.

About Trinity Capital Development

Trinity Capital Development of Petersburg, VA is dedicated to helping people and improving the quality of life for all residents. We address issues most critical to the future of Petersburg by bringing attention, expertise, and resources to them. For more information, contact:

Grace Washington-Young

Director, Trinity Capital Development
804-433-8927



Q. How do Christians Deal with Stress?

From Mary Fairchild,
Your Guide to Christianity.

A. Stress and anxiety for a Christian can take on many different shapes and forms, yet in general, for most Christians, stress boils down to one idea - *lack of trust in God*.

Though it is impossible to lump all of Christianity into one common position, most Christians do share the thinking that God is sovereign and in control of our lives. We believe he is the author and composer of our life of faith. We believe he has given us everything we need for life. So, most of the time when stress dominates our lives, somewhere along the way we have failed to trust God.

Though this explanation appears simplistic, it's not meant to imply that a stress-free life in Christ is easy to obtain.

Just trust God more and you'll never deal with stress again! If only it were that easy.

Life is much too complicated, and we are much too vulnerable in our human condition to ever escape the inevitable battles with stress. But for Christians, stress does have a positive side. It can be a reminder that our lives have drifted away from God. It might be an indicator that we have stopped depending upon him daily for strength. Perhaps we have forgotten the many promises in his Word?

WAYS THAT CHRISTIANS COPE WITH STRESS:

There are many practical disciplines that a Christian can and should exercise to avoid stress. Getting enough rest, a proper diet, regular exercise, and keeping a balance between work, ministry and family time - these are all practical ways the Bible teaches us to regulate stress in our lives. However, from a spiritual standpoint, stress relief for a Christian begins and ends with these three basic disciplines:

• PRAYER

Instead of worrying over our problems, further compounding our anxiety and stress, the Bible recommends taking everything to God in prayer. This verse in Philippians offers the comforting promise that as we pray, our minds will be protected by a peace that goes beyond our ability to understand.

Philippians 4:6-7

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (NIV)

• MEDITATION ON THE WORD OF GOD

The Bible is filled with incredible promises from God. Meditating on these words of assurance can dispel our worry, doubt, fear and stress. Here are just a few examples of the Bible's stress relieving verses:

2 Peter 1:3

His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. (NIV)

Matthew 11:28-30

"Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your souls. For my yoke fits perfectly, and the burden I give you is light." (NLT)

John 14:27

"I am leaving you with a gift--peace of mind and heart. And the peace I give isn't like the peace the world gives. So don't be troubled or afraid." (NLT)

Psalms 4:8

"I will lie down in peace and sleep, for you alone, O LORD, will keep me safe." (NLT)

Praise and worship will take our minds and thoughts off of self, off our problems, and refocus them on God. As we begin to praise and worship God, suddenly our problems seem small in light of the largeness of God. Music is also soothing to the soul. Next time you're feeling stressed, try following Tom's advice and see if your stress doesn't begin to lift.

Senior Forum

_Submitted by Loretta Owens, Senior's Ministry

The Senior Ministry of Tabernacle, Petersburg Parks and Leisure and Crater District Area on Aging host a Senior Forum and lunch on Wednesday, April 16, 2008 from 10am to 12noon in the Community Life Center.

- ❖ Ms Carolyn Jackson, president of the Happy Hour Senior Citizens Club served as Mistress of Ceremonies
- ❖ Introduction of the presenters were Mr. David Sadowski, Executive Director, Crater District Area Agency on Aging and Deaconess Doris Summers of Tabernacle Baptist Church.
- ❖ Presenters were Mr. Fletcher Cooke, Mr. Dave Sadowski of Crater District Area Agency on Aging and Mr. Shelton Smith, Funeral Director and General Manager, J.M.Wilkerson Funeral Establishment.
- ❖ Topics discussed were "Aging Well" and "Planning for the Future".
- ❖ Over one hundred seniors from surrounding areas were in attendance.

Eleven vendors were present with their display of information for seniors. They also provided blood screenings

Door prizes were awarded. The oldest senior present, Ms Mattie Powell 105 years old, was awarded one of the prizes.

It was an informative and enjoyable event for all in attendance.

Good Works

- ❖ The Mass Choir is seeking new members, especially sopranos. Rehearsals are held on Tuesdays at 7:30 pm
- ❖ The male chorus is seeking new members. Rehearsal will be held on second and third Thursday at 7:30 pm
- ❖ The Healthcare Ministry is seeking new members. A medical background is helpful but not mandatory. Training is available.
- ❖ The church softball league begins in April. Please see Deacon Richard Harris to sign up

"AND YOU YOURSELF MUST BE AN EXAMPLE TO THEM BY DOING GOOD WORKS OF EVERY KIND. LET EVERYTHING YOU DO REFLECT THE INTEGRITY AND SERIOUSNESS OF YOUR TEACHING." TITUS 2: 7 (NLT)

The Urban Disciples Outreach & Evangelism Ministry

The Tabernacle Baptist Church Urban Disciple Outreach and Evangelism Ministry can be described by use of terms such as focused, educational, and spiritually enriched. In this regard we remain true to our directives from the church “to provide a divinely inspired outreach and nurturing ministry, in order to foster relationships with God and with God’s people in our community.”

We have continued to perform outreach activities within the Petersburg neighborhoods of Pin Oaks and Pecan Acres. With the enthusiastic support of Ms. Ann Morgan and the Petersburg Housing Authority, throughout last year the Urban Disciples ministry continued to sponsor a monthly Movie Night activity for the youth, ages 6 to 15. This activity is held on the first Friday of each month in the TBC Community Life Center. It averages twenty to thirty youth and parents, and Movie Night remains open to the youth of Tabernacle Baptist Church to attend. Each movie is followed by a brief discussion of the lessons hidden within.

Our ministry meets quarterly on the second Tuesday at 6:30 PM in the TBC Community Life Center. In addition to continuing our monthly movie nights on first Fridays at 7:00 – 9:00 PM, we will distribute flyers throughout Pin Oaks and Pecan Acres announcing the church’s fall revival. The ministry also has preliminary plans to sponsor an Evangelism Prayer Breakfast to assist the church in kicking off the fall revival September 2008. Following the breakfast the Urban Disciples and other members interested will witness in selected neighborhoods. Flyers, tracts, and revival notices will also be distributed.

We offer ourselves to be led by God and our Pastor in 2008, as we continue to assist Tabernacle in fulfilling its mission and in ministering to the needs of Pin Oaks and Pecan Acres youth.

For more information and to become a part of the ministry call the church office or contact Rev. James E. Hume, President @ jay2runway@comcast.net

Family Bible Study

Come join us at Family Bible Study on each Wednesday at 7:00 PM as we fellowship with one another. The Holy Spirit leads us and He uses the vessels of our Pastor Rev. Diggs, the Associate Ministers Rev. Wilson, Rev. Elliot, Rev. Hume and Rev. Dancy.

We are filled and uplifted by God's words. Pastor Diggs keeps it real and we have fun as we learn. The children and young people have their own classes and sometimes they share what God has given them. They are growing in Spirit. Come join us and you too will be Blessed.

Vacation Bible School June 23rd - 27th

Celebrating all Mothers on Mother's Day May 11th

A Mother's Love

*You believed in me
When others turned away
When the tears would fall
It was your arms
That comforted me
A strong force in my life
You are the anchor
That keeps me grounded
You rule with a silent grace
Commanding respect
As you walk into the room
Love, compassion and understanding
These things you've instilled in me
For without you, I could never be*

-Raymon©1999

**"I can do all things
through Christ
which strengtheneth me."
-Phillippians 4:13**

Please email your newsletter submissions to:
Mrs. Raymon Bessix at Bessix@comcast.net.

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A Concerned Church for All People