



TBC CHRONICLE

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Resolutions are good, Commitment is better!

Submitted by Deacon J. Nowlin

As we come to the beginning of a new year and the ending of an old one, we often wish we could turn over a new leaf or have a fresh start. No doubt about it, we all have said or done things this past year that we have come to regret. Wouldn't it be great to start all over again? The good news is that we can start over! God has given us another chance!

Over the course of the next several days and weeks, we will be inundated with talk about New Year's resolutions. Certainly it's not a terrible thing to make New Year's resolutions. As a matter of fact, it's good to consider the things each of us needs to improve upon in our lives. The question is, "What kinds of resolutions should we make for ourselves, and what does God have to say about such things for our lives?"

The Apostle Peter writes the following: "For this reason make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and perseverance, godliness; and to godliness, brotherly kindness; and brotherly kindness, love." II Peter 1:5-7

Peter reminds us that our faith in Christ and our knowledge of Him needs to be continually growing. Only God's Word and Spirit can accomplish this in us. No amount of personal discipline, determination, or virtuous striving after "*perfection*" is going to accomplish that end.

Does this mean we shouldn't make resolutions to "improve ourselves?" No. What it does mean is that the resolutions we make, should focus on those things which God determines are important to our relationship with Him. This year, rather than listening to the so-called "self-improvement gurus" that are a "dime-a-dozen" in our society - what Peter calls "false teachers" – know that it is essential that we listen to *God's Word* for guidance and the direction we need in our lives.

The New Year is still a blank slate. There are opportunities ahead for all of us, but we must decide which path we're going to walk, what our priorities are going to be, and which direction we're going to take.

Resolutions are good, Commitment is better! 2008 is a great opportunity to make a New Commitment!

"Never be afraid to trust an unknown future to a known God."

-The Deacon Ministry

Willing to make a Commitment to Jesus Christ and the work of the Church in 2008?

Opportunities are available in the following ministries:

Hospital Visitation

Bereavement Ministry

Nursing Home / Homebound Ministry

Special Needs "crisis ministry"

New Members Ministry

Administration (computers – word processing)

Recreation / Social Ministry

Outreach Ministry

Prison Ministry

Senior Care Ministry

Call the Church office or see one of the Deacons for further information

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A New Year for the Tabernacle Baptist Church Men's Ministry (TBCMM)

By Brother Stan Hathorne

The TBCMM is eternally grateful to Our Lord and Savior for the many kind blessings the ministry received during the year of 2007. We are excited that this New Year will bring even greater opportunities, as we strive to execute our mission of promoting fellowship and spiritual camaraderie amongst the Men of Tabernacle Baptist Church and surrounding communities.

The TBCMM has involved itself in numerous projects in order to meet its mission, goals and objectives. The following is a recap of some of those activities:

- ❖ The organization was blessed to able to sponsor (with monetary donation) a young man from Petersburg High to attend the Paul Webb's Basketball Team Camp; at Virginia Commonwealth University held July 16th to July 19th.
- ❖ Monthly visits were made to the Southside Virginia Training Center. During these visits care packets were delivered to uplift the spirits of both staff and patients in several cottages on the campus.
- ❖ Quarterly monetary donations were made to outreach programs such as CARES. CARES is one of several sanctuary facilities (in the Petersburg community) for displaced battered women and their little ones.
- ❖ Our Men's Day program culminated in a weekend of action-filled memorable events and activities. We are proud to say our first Annual Men's Day Program Seminar was a great success. Numerous churches from various cities across the state participated in the seminar. The program focused on a multitude of issues that pose diverse and complex challenges in today's society including; awareness of gang violence, drug use and abuse and youth who drop out of school.
- ❖ A notable highlight of one of our outreach programs has been the outstanding recognition TBCMM received for helping with the restoration and renovation of the boy's dormitory at the Virginia Baptist Children's Home in Ettrick. TBCMM not only provided professional manpower but also funding for all flooring material. Thanks to the cumulative efforts made by TBCMM and other churches, this home for the orphaned of this community for more than 50 years, will reopen in spite of numerous obstacles and setbacks.
- ❖ TBCMM has been very active in fund raising activities such as the Baptist Adult Fellowship Ministry's Annual Bazaar. Further, our ministry is a vital co-partner with the ladies of Tabernacle, as we work together to provide breakfast every Sunday in our Community Life Center (CLC).

Finally, we have claimed this New Year to be even greater than 2007. To accomplish what God has in store for the TBCMM, we are still looking for "A FEW GOD FEARING MEN." Please join us...you won't regret it.

Below is a list of major events for this New Year – 2008.

Jun - Men's Day June 15th

Sep -Men's Retreat 12th & 13th

Oct - Children's Home Clean-up 25th

Nov - Thanksgiving Turkey Delivery 24th

Nov - SVTC Annual Cookout 24th

Dec - CARES Christmas Care Packets 13th



"I BESEECH YOU THEREFORE, BRETHREN, BY THE MERCIES OF GOD. THAT YE PRESENT YOUR BODIES A LIVING SACRIFICE, HOLY, ACCEPTABLE UNTO GOD, WHICH IS YOUR REASONABLE SERVICE. ROMANS. 12:1.

“You’ve Got Prostate Cancer”

A testimony of God’s healing power as written by Deacon Sam Rhue

It has been said that most men will hear these words in their lifetime “You’ve got Prostate Cancer” and what they do next affects the rest of their lives.

In March of 2007 during my annual physical, my blood work indicated that my PSA (Prostate Specific Antigen) was slightly elevated. In a year it had risen from a normal reading of 2.4 to a 4.2, which was not exactly alarming, but my doctor referred me to a specialist for further testing as a precaution. I had a biopsy done in late May, went on vacation, had a wonderful time, returned home to my follow-up appointment and heard those dreadful words. The first thing I did was to **PRAY** and gave it to **GOD**. I said “Lord I thank you. I am trusting, leaning, and depending on you; heal my body.” I then began to consider what my next steps should be. As a Healthcare Executive with a major insurance carrier, one would think that process would have been easy for me; however I was unsure about the next course of action.

I decided that I needed to know as much about this disease as possible and proceeded to do some research. I also decided not to keep my condition a secret and began to talk with some of my colleagues (Medical Directors), and selected relatives and friends. I was surprised to learn that many of these men had been treated for this disease or knew someone who had. People were willing to share those experiences and I was able to gain a proper perspective about my situation. From my colleagues I learned what questions I needed to get answers to, and where to find some of the best doctors for treatment.

The following are some answers I found as I investigated this “monster:”

1. **What is the prostate?** - It is a small chestnut-shaped gland in men surrounding the urethra (the tube that carries urine from the bladder to the outside). It lies in front of the rectum and its function is to secrete a fluid that makes up part of the semen. It is the second most common cancer in men, after skin cancer. **BLACK MEN ARE IN THE HIGHEST RISK GROUP, WITH AN INCIDENCE OF MORE THAN 200 CASES PER 100,000.**
2. **What causes prostate cancer?** - The cause is still the subject of intensive research. It is predominantly a disease of elderly men, the diagnosis of prostate cancer is rare before age 40 but increases dramatically after that. Men with a family history of prostate cancer are at an increased risk of developing the disease (My father had prostate cancer). Also there is considerable evidence showing that prostate cancer is more common in men with a high intake of fat in their diets.
3. **How do I know I have it?** - In the early stages prostate cancer usually causes no early symptoms and is often detected before any symptoms develop. When symptoms do occur, they may include dull pain in the lower pelvic area; frequent urination; problems with urination such as inability, pain, burning, weakened urine flow; blood in the urine or semen; painful ejaculation. General pain in the lower back, hips or upper thighs. Your doctor may suspect prostate cancer based on the findings from a DRE (digital rectal exam) or a PSA blood test. The diagnosis can only be confirmed by finding cancer cells in the prostate tissue. The tissue is obtained via a biopsy.
4. **What’s the treatment?** - Surgery to remove the prostate, radiation, medications that slow the growth of the cancer cells, cryotherapy to freeze and destroy the tumor and sometimes chemotherapy.

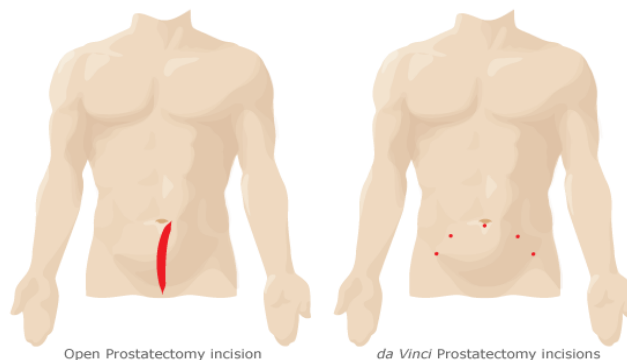
(Prostate Cancer continued on page 4)

“You’ve Got Prostate Cancer” (continued)

Armed with this information, and with some recommendations from my colleagues, I selected The Virginia Urological Associates. I chose them based on their specialization, their vast experience in the various surgical and treatment options, and their excellent reputation. Upon consultation with the doctor who performed the biopsy I learned that the stage of my cancer was **T2c**. This meant that the cancer was present in both sides of the prostate in 5% to 10% of the tissue removed, and there was no indication that it had spread outside of the prostate. In this stage several treatment options were available to me. In considering them and having discussions with my wife and family, I decided to have a Prostatectomy; that is the removal of the prostate. I was then advised to select a surgeon to perform this operation. Because I was interested in a less invasive method, two doctors out of that group were suggested based on their experience in robotic surgery. The primary question in terms of selecting the doctor was how many of these procedures have you done? He had performed 300 of them, much more than the other doctor.

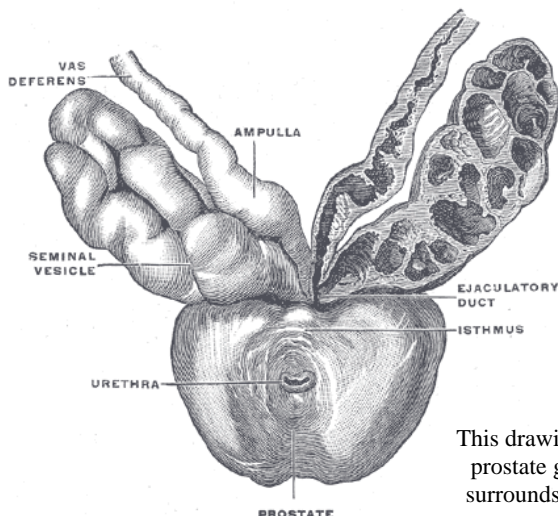
He explained that the da Vinci Prostatectomy method of removing the prostate involved state-of-the-art robotic technology. This procedure incorporates a surgical system that helps the surgeon see vital anatomical structures more clearly than with the naked eye, and thereby perform a more precise surgical procedure. The prostate would be removed through one of five small incisions. The advantages of this method were:

- Shorter hospital stay
- Less pain
- Less risk of infection
- Less blood loss and transfusions
- Less scarring
- Faster recovery
- Quicker return to normal activities



On September 17, 2007 I had the procedure performed, the cancer was localized in the prostate, and recovery was exactly like the doctor indicated. **THANK GOD FOR THE HEALING**, through the skills of his earthly vessel. He said in His word, **“For I am the Lord who heals you” (Exodus 15:26b)** and I never doubted this throughout my entire ordeal.

I encourage all men reading this, especially those over age 40, to get an annual physical that includes not only the DRE(digital rectal exam) but also the PSA(Prostate Specific Antigen) which is a blood test and usually more accurate in the detection of prostate irregularities. Take charge of your health!!!



This drawing shows the prostate gland which surrounds the urethra.

The month of September is designated as National Prostate Cancer Awareness Month, but it’s never too soon to educate our selves.

For more information on Prostate Cancer and how you can help, visit these sites:

www.fightprostatecancer.org/

www.pcaaw.com/

www.prostate-cancer.org/

Tabernacle Baptist Church and Petersburg Parks and Leisure Services in Partnership

Submitted by Sister Gretchen Parker

Tabernacle Baptist Church and Petersburg Parks and Leisure Services in partnership provide meaningful programs and activities for senior citizens in the surrounding areas.

The kick-off for this partnership was a Valentine Social at the Tabernacle Baptist Church Community Life Center on February 9, 2007. Mr. Cavell Phillips, Manager of radio station WGGM, AM 820 was Master of Ceremony. Mr. Eric Campbell, Assistant City Manager of Petersburg extended the welcome to all in attendance.

The Petersburg High School Concert Choir under the direction of Mrs. Donna Lundy rendered musical selections.

Mrs. Tami Yerby, Director of Petersburg Parks and Leisure Services gave highlights of the program and upcoming events.

Ms Susan Milazzo, Aerobics Instructor, gave health tips for senior citizens.

Reverend Doctor Robert A. Diggs, Sr. pastor of Tabernacle Baptist Church was guest speaker. Pastor Diggs stressed the importance of enjoying life, laughing and exercising.

Pastor Diggs and Mrs. Yerby demonstrated how utilizing some of the dances of the "70's" could be used effectively in exercising various parts of the body.

The senior citizens enjoyed dancing and socializing. Music was provided by D.J.Gray of Petersburg 's Sheriff Department and the food was catered by Boss-Chi-Catering.

Ms Courtney Prince and Mr. Russell Bland awarded door prizes. Pastor Diggs gave the closing remarks.

Groups who were in attendance include:

- Southside Regional Medical Center Senior Circle
- Arthritis Foundation
- Optima Family Care
- Petersburg Sheriff's Department_S.A.L.T
- Petersburg Parks and Leisure Services

Other activities provided for the seniors are:

- Movies and card games on Monday
- Aerobics and Bingo on Tuesday and Thursday
- Bible Study and speakers on Wednesday



Lunch is served daily. Transportation is provided for the seniors who desire it.

Pastor Diggs and the Tabernacle Church Family are to be commended for making the Community Life Center available for the senior citizens.



Senior Ministry Goes Caroling

Submitted by Sister Loretta Owens

On Monday, December 17th and Tuesday, December 18th, the Senior Ministry along with some of the senior program participants under the direction of Mrs. Gretchen T. Parker brought tidings of comfort and joy thru Christmas carols to the residents of Gilhaven Manor, Lafayette House, Sycamore Towers and Bolling Park Apartments.

It was enjoyed and received by all in attendance.

Each resident and participant who attended received a bag of Christmas treats.

The Senior Ministry looks forward to making this an annual affair and reaching more senior residents.

**NOW TO THE LORD SING PRAISES
ALL YOU WITHIN THIS PLACE
AND WITH TRUE LOVE AND
BROTHERHOOD,**

**EACH OTHER NOW EMBRACE;
THIS HOLY TIDE OF CHRISTMAS
ALL OTHERS DOTH DEFACE**

**O, TIDINGS OF COMFORT AND JOY
COMFORT AND JOY**

O, TIDINGS OF COMFORT AND JOY



“CELEBRATING THE BIRTH OF JESUS BY HONORING OUR SENIORS”

Submitted by Gertrude Miller and Gretchen Parker

The Baptist Adult Fellowship Ministry sponsored a program honoring the senior citizens on Sunday, December 23rd in the lower auditorium. The Worship Leader was Yvette Robinson and Gretchen Parker opened the program with a piano solo “We Three Kings of Orient Are”. Scripture was read by Joyce Hughes and prayer by Sharon Jackson. The welcome was given by Damaris Johnson, President. A poem, “The Candy Cane” was read by Barbara Douglas and copies of the poem and candy canes were given to everyone. William Cox sang a beautiful rendition of Silent Night accompanied by Gretchen Parker. The praise dancers entertained the seniors with a dance and Yvette Robinson gave an inspiring speech, “What You Mean To Us”.

A tasty repast was served to the seniors by the Baptist Adult Fellowship members and the seniors received decorative Christmas bags which included goodies and a gift certificate. The committee members for this event were Barbara Douglas, Joyce Hughes, Florence Rhue, Yvette Robinson and Gretchen Parker.

The Baptist Adult Fellowship Ministry continues to provide meaningful activities for the senior citizens who are our ‘Heroes’ and the ‘Wind Beneath our Wings’. They are also collecting recipes for a Tabernacle Cookbook. Submit your favorite recipe by the February 28th deadline.

Our Thanks

“Thank you” is not enough to say –
For all of the nice things you’ve done.

Designing a plan for seniors,
So that we might have some fun.

You opened the “Life Centers” doors,
Which gleams with beauty inside.
That the seniors might come in –
And in God’s love abide.

You thought about an aerobic class
And the good that it would do.
For exercise keeps us physically fit,
And helps to make us healthy too.

You thought about the games we play
And the challenges we would find;
For whether we win or lose,
It gives us peaceful minds.

And when it is time for lunch;
What a lovely sight to see!
Seniors lined up like soldiers,
We’re as happy as we can be.

The food is simply delicious!
It’s prepared and served with pride.
Now we can enjoy each other,
Until it’s time for our ride.

So we “thank you” Tabernacle
And oh, we love you so!
We think you are very “special”
And we wanted you to know.

by Frances M. Johnson

FINDING REST IN A STRESSFUL WORLD

Does it seem there are just not enough hours in the day to accomplish all the tasks of work and home life? Do you find yourself racing against the clock to finish everything on your itinerary by the end of the day? Do you find yourself working until late at night to complete the day's tasks? Do you often wish you had more time in the day for yourself? If you answered yes to either of these questions, you may be the victim of an all too stressful society. It has been proven that too much stress can adversely affect your mental, emotional and physical health as well as relationships and quality of life. Although we live in a stressful environment, we have choices to help prevent us from overdoing it. Overdoing it is often the result of low self esteem and faulty thinking. Some people think they are unworthy and tend to overdo it to avoid caring for themselves or they think everything must be perfect in order for them to be happy. Sometimes, over caring people such as pastors are guilty of overdoing it also.

How do we learn to relax and care for ourselves in a stressful world? One way to prevent from becoming overstressed and overdoing it is to identify your feelings of anger and frustration rather than unloading them on others. Another way is to give your self pep talks like saying, "I can do this." Also noting validations by others of your self worth can reduce stress. Learn to accept your limitations without feeling flawed. Practice rituals in your life to keep loved ones stabilized amid chaos. Do something new and fun. Begin paying attention to the present like people and your surroundings versus always thinking of future tasks. Set aside at least fifteen minutes a day for internal time or daily deposit in yourself such as with prayer and meditation or a warm bath. Eat properly, rest and exercise. Appreciate how rich your life already is and recognize that more things will not make you happy. Make a daily schedule to work smarter not longer. These are just a few keys or suggestions. You may have your own techniques for relaxation. Feel free to develop as many of your own as you wish to add to this list.

What ever our schedule for the day looks like, we can rejoice always, being confident that God is there, ready and available to assist us. Remember, there is nothing that can happen this day that you and God can not handle. In the meantime, stay blessed and take care of yourself.

- By Sandra Gordon

From "Overdoing It: How to Slow Down and Take Care of Yourself" by Bryan Robinson, PhD

Q	E	M	A	F	E	L	R	Q	P	E	Q	G	F
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I	E	P	Q	R	T	K	H	T	Z	E	C	R	A

Take a break ...

Find the following hidden words:

Blessings, Mercy, Grace, Alpha, Omega, Genesis, Holy, Glory, Honor

Spotlight on: The Poetry of Joe Luster



The Military by Joseph Luster

*The military is called on to help in tough situations,
Like when war is raged by hostile nations.
A soldier is really one of a kind
And often he lays his life on the line.
You must realize that freedom isn't free
And many have given their lives for you and me.
I'm proud of each and every one,
For the job you choose and the things you've done!
You're brave, clean and reverent because I'm told
There are no atheists in the foxhole!
Your duty isn't easy and this is true,
Freedom could not exist without people like you!
Starting as the lowest of the low,
Then turning out to be a hero!
Like the words to the song,
The Caissons keep rolling along!
God will help you through,
No matter the ordeal that's facing you!
I'm awfully proud that you're on our side,
And for this you too can hold your heads up with pride!
We salute you and honor you in a special way
And shout to you all HAPPY MILITARY DAY!!!*



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

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A Concerned Church for All People

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