



TBC CHRONICLE

Tabernacle Baptist Church, 418 Halifax Street, Petersburg, Virginia 23803

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October is Breast Cancer Awareness Month

Breast Cancer: A cancer that forms in tissues of the breast, usually the ducts (tubes that carry milk to the nipple) and lobules (glands that make milk). It occurs in both men and women, although male breast cancer is rare. Early detection through mammograms and self-exams helps to save lives.

Risk factors for breast cancer include history of breast cancer in family, smoking, drinking alcohol, obesity and lack of exercise. Having a risk factor does not mean that you will get cancer; not having risk factors doesn't mean that you will not get cancer. People who think they may be at risk should discuss this with their doctor.

Estimated new cases and deaths from breast cancer in the United States in 2009:

New cases: 192,370 (female); 1,910 (male)

Deaths: 40,170 (female); 440 (male) *(information and statistics taken from the National Cancer Institute website: www.cancer.gov)*

Resources & Information

<http://www.cancer.org> American Cancer Society providing information for family, friends, survivors & caregivers

<http://www.lbbc.org> A nonprofit organization dedicated to empowering all women affected by breast cancer to live as long as possible with the best quality of life.

<http://www.tnbcfoundation.org> Raising awareness of triple negative breast cancer and to support scientists and researchers in their effort to determine the definitive causes of triple negative breast cancer, so that effective detection, diagnosis, prevention and treatment can be pursued and achieved.

<http://www.cancercares.org> *CancerCare* is a national nonprofit organization that provides free, professional support services for anyone affected by cancer. Call 1-800-813-HOPE or email info@cancercares.org.

SNCVA GIFT FOR LIFE BLOCK WALK AT TBC

The survivors and members of Sisters Network Central Virginia, Inc. would like to thank Pastor Diggs for extending the use of Tabernacle Baptist Church Community Life Center, the members of TBC praise dancers, Deacons and Trustees and everyone who contributed to making our Fifth Annual Gift for Life Block Walk® a success.

The walk consisted of breast cancer survivors and volunteers canvassing door to door distributing breast health brochures, resource lists and pink ribbons. Residents were informed on how early detection saves lives and encouraged to stop the silence in our communities regarding breast cancer and breast health. Vendors were onsite at the CLC, to share wellness and health information with participants and residents of the surrounding neighborhood.

If you were unable to attend and would like information please contact Sisters Network Central Virginia Inc. at P O Box 26442, Richmond, VA 23261; 804-257-9131. For more information or to register, you may email us at sncva@yahoo.com or visit our website at www.sistersnetworkcentralva.com.

Thank you for your support!!

Breast Cancer affects Men & Women

Mary Goodwyn's Journey



I go for my mammogram every year and every year I have to retake it. So this year when my doctor told me I had to retake it I just said "OK". About three days later I got a call at night and it was my doctor. He said "Mary..." I said "Just give me the news". He said "...you have breast cancer". No one in my immediate family ever had breast cancer. A biopsy was done; the doctor met with my daughter and me to go over the results. On May 21st I was diagnosed with Stage I breast cancer. They gave me information to read and set me up to have a MRI.

I met with my surgeon and we decided surgery would be on July 1st. I had what is referred to as Mammosite and Radiation. There was no pain, I didn't hurt at all. I didn't have to take any type of medication after my surgery. I underwent Radiation five days a week twice a day and healed very well. Now I go every three months for follow-ups with my surgeon and radiation doctor. As of my last check up all is well.

Rev. Sylvester Lee – A Caregiver's Perspective

- Lovingly he shares the Journey of his wife, the late Mrs. Brenda Lee



Earlier that year Brenda had a mammogram done and the results came back clear. September 04, while she was holding and rocking my then youngest grandson, his head struck her left breast with great force. This hurt her for such a long time that she went to see the doctor. A sonogram showed a mass sitting between the pectoral muscle, and the breastbone. A biopsy confirmed cancer cells had moved into the lymph nodes and was at stage IV.

It was time to talk options with the doctors. This was some of the hardest information to hear. I wondered if I could handle what Brenda was going to go through. The doctors had hoped a lumpectomy would remove the mass; it didn't work. They had to remove the breast and infected lymph nodes. Brenda required at home care while recovering from the surgery. I thank God for all of the women who came by to support her.

Early spring 2005, the next step was Chemotherapy. I've never seen anything like this, looking at her in the room with the IV's and then seeing the effects after the IV's. Her cycle was IV's every other week; eight total. In the first week she became very sick, weak, had trouble getting out of bed. I couldn't cook meals at home because it made her sick just to smell the food being prepared. She could comfortably eat if the food was bought or prepared away from home. The second week she was eager to get her strength back so that she could endure next weeks IV's. The road was "Tuff". I made every Chemo and radiation appointment she had. This was very important to me. I did not want to get second hand information. I wanted to know what was going on during every step and I did all of this without missing much time from work.

I don't know if this has changed me or confirmed me, who I am, what type of man I am, what my strengths and weaknesses are. I do know that no one should walk down this type of road alone. I believe we all have something to share and share we must be willing to do. When Brenda was first told of the cancer I was amazed at the number of woman who came to her telling her that they were survivors of the disease.

From my prospective men must be willing to go through this with their mate. Not just go through, but also be proactive, eyes wide open, seek information and should the situation call for it become an open library trying to help one of God's children make it through

Early Detection is the Key

Brenda Cunningham's Journey



A breast cancer survivor for more than 12 years, the reoccurrence of cancer this time has been especially tough because both breasts were affected. I have had two surgeries, undergone chemotherapy and will finish the treatment with radiation therapy. Through it all I have learned to trust in God because it is all in His hands.

I want to thank my family, my friends, and my Tabernacle Church family for all your support. All the acts of kindness, the words of encouragement and your prayers have sustained me during this painful ordeal. My battle with cancer wages on because I know "It Ain't over until God Says It's over." I will keep fighting until the victory is won.

Raymon Bessix's Journey



The lump was found during a self-breast exam. Diagnosed Jan. 23, 2009; I was even more devastated to learn it was a rare form known as **Triple Negative Breast Cancer**. Surgery to remove two tumors and lymph nodes was performed in March and chemotherapy began afterwards. I soon developed Lymphedema and axillary web syndrome in my right arm and hand. Currently I'm in seven weeks of daily radiation and body scans to re-stage the cancer will be done once finished. My life has definitely changed and I consider this a blessing. Every song, every sermon, every moment means so much more. It has caused me to reorganize my priorities and reevaluate my relationships. Financially, it has been devastating, but I'm trusting in God for I know He will take care of me.

I've since joined the *TNBC Foundation, *LBBC and the American Cancer Society and am now educating others on the importance of self-exams, mammograms, early detection and Triple Negative Breast Cancer.

Patricia Mallory Parker's Journey



Mammograms and clinical breast exams saved Patricia's life and she has beaten the odds three times.

When diagnosed with breast cancer in 1985, she decided not to let cancer take over her life. Patricia underwent six weeks of Radiation and for one week had a radiation implant she described as "radiation seeds" which determined if the amount of radiation was sufficient. Facing the trauma millions of women lived with every day; she was determined to beat it. She said, "I chose to live".

In 1996, during a routine mammography, she was diagnosed with a second breast cancer, she was even more determined to beat it again and "live." She underwent two more surgeries. The last surgery, number seven, was a "simple" mastectomy. "I was given the choice of not having it removed; however, more surgeries would have been required, it just wasn't worth it", Patricia said. One of the ways she got through it was by helping others.

Patricia is celebrating her twenty fourth year of survivorship. Eight women in her family were attacked by the silent killer. She is the only survivor and is truly grateful to God for being cancer free.

United States Air Force Academy's 103rd Cadet Wing Commander - Fall 2009



C1C Nathan E. Dial

The proud son of Retired Army Colonel Cortez Dial (VSU's Chief of Staff) and Joyce Dial. Born in Buffalo, New York, Nathan graduated from Thomas Dale High School, Chester, Virginia. He is majoring in Economics and has a minor in Spanish. He aspires to go to graduate school, then Undergraduate Pilot Training and serve the Air Force as a pilot. As a Four Degree in Cadet Squadron One, Nathan ran the 200 and 400-meter dashes for the Air Force Intercollegiate Track team. His military training includes an Ops Air Force tour at Dyess Air Force Base, Texas. During his second year at the Academy he moved to Cadet Squadron 10 and became a Soaring Instructor Pilot. Over the summer he studied abroad at the University of Peru in Cuzco, Peru in one of the academy's summer language immersion programs. In addition to his volunteer work in the Colorado Springs

area, Cadet Dial expanded that experience internationally by tutoring elementary students in Peru. Cadet Dial was selected to attend the Naval Academy as an Exchange Cadet during the 2008 - 2009 fall semester. A participant in the Scholar's Program, C1C Dial and has maintained a 3.5 - 3.85 GPA since entering the academy. He is also a member and instructor with the Academy's Latin Dance Club; has served as a Squadron Training NCO and was the Director of Operations for first BCT 2009. C1C Dial is currently the Fall 2009 Wing Commander. As such he is responsible for directing and supporting the Cadet Wing comprised of 4,000 cadets. Nathan Dial is the 103rd Cadet Wing Commander in the history of the Air Force Academy. He is the first African-American Air Force Academy cadet to serve as the Fall Cadet Wing Commander since 1985.

TBC Youth Visit the White House

On August 8, 2009 Tabernacle Youth had the honor of visiting the White House. It is with great hope that the youth of TBC had an experience of a life time. Here are what some of the youth had to say about their White House experience:



"In the Rotunda I like how they had sculptures of some of the Presidents but some of them weren't Presidents but did such wonderful things for the world that they made sculptures of them and added them with the Presidents. If you really think about it the White House is kind of like people, color is all you see but you never know what it's like inside until you experience for yourself." Courtney Johnson.

"When Thomas Jefferson moved into the home in 1801 he expanded the building outward creating two colonnades which were meant to conceal stables and storage." Janae Hollemon.

"My favorite room was the blue room and I like the museum." Neal Phillips.

"This was my first time going inside the White House. It was fun. I felt nervous and excited. I saw the blue room, red room, green room, and the dining room. I am proud Barack Obama is President. I want to live in the White House one day." Rashad Seaborne.

"When you first go in you see a hallway full of pictures, when you get to the corner you have to go down another hallway. On that hallway there are four rooms, the library, the Vermeil room, the China room, and the Diplomatic Reception room." Justin Scott.

Visit www.tbcptg.org to see more of the TBC Youth in Action

Family & Friends Day 2009



Food, Fun & Fellowship

TBC Ushers Ministry Welcomes VA State Ushers Fellowship

-Submitted by Rosa Carlyle

Guest Ministers, service times, and associated costs are as follows:

- Opening Session** (Oct. 29, 2009, 11:00am): Rev. Jeffrey Reaves, Good Shepherd Baptist Church, Petersburg, VA
Evening Session (Oct. 29, 2009, 7:00pm): Rev. Dwight N. Mack, Mayo Missionary Baptist Church, Ridgeway, VA
Prayer Breakfast (Oct. 30, 2009, 7:30am): Fellowship Hall, CLC Cost: \$12.00
Banquet (Oct. 30, 2009, 7:00pm): Rev. Dr. A. Lincoln James, Trinity Baptist Church, Richmond, VA;
 Fellowship Hall, CLC Cost: \$35.00
Adult/Youth Session (Oct. 31, 2009, 10:45am): Rev. John Faison, Good Shepherd Baptist Church, Petersburg, VA

There is a registration fee for Ushers participating in Usher workshops during this 3-day session.
 The fees are: Adults: \$15.00; Youth: \$5.00

NOTE: The sessions listed above, Prayer Breakfast and Banquet are open to the public. There are no limits on the sessions; however there is a ticket limit for the Prayer Breakfast and Banquet. Currently the limit is set at 200 and 350 tickets, respectively.

The deadline for submitting your name and monies for this event is **October 6, 2009**. No payments will be accepted after this date. Rosa Carlyle is the point of contact for your payment and can be reached at 804.943.1342 or tbcushersministry@yahoo.com for any additional questions, comments or concerns.

We would like to acknowledge the members of the Ushers Fellowship Planning Committee: Rev. Pamela Fitzgerald Cooper, Mrs. Elsie Woodland, Ms. Joyce Hughes, Mrs. Irene Logan and Ms. Vanessa Crocker. *"THANK YOU"* all for your support and yeoman efforts in putting this event together.

Again, we look forward to a blessed time in the Lord!

"Ushering In the Spirit of Excellence – A New Way, A New Day"
1 Cor 12:31

New Members Ministry submitted by Barbara Todd

The New Members Ministry has the awesome responsibility of providing spiritual support and guidance to new members joining our church family. The goal is to inform and encourage new members to become active within in the church.

Our ministry hosts "Get Acquainted Sessions" for all new members to introduce them to Boards and Ministries within the church. The "Get Acquainted Sessions" provide a general overview of each ministry's responsibility and allows you the opportunity to ask questions. This will enable you to determine where your talents are best used.

Please contact the church office if you joined the church January 2009- September 2009 and have not received a call from a New Members Ministry Person.

We invite you to attend our next session on Saturday, October 17, 2009 from 10:30 to 1:00.

THE NEW MEMBER MINISTRY LOST A FAITHFUL MEMBER **MRS. ALEASE TATUM**
November, 1928 - July 6, 2009

WE WILL TRULY MISS HER BEAUTIFUL SMILE AND KIND HEART.



THE FOLLOWING PEOPLE JOINED OUR CHURCH FAMILY FROM JANUARY THRU SEPTEMBER 2009.

January 2009- March 2009

Nikki Little
Terry Thomas
Charles R. Turner, Jr
Trenere Snell
Dorothy Whipple
Ora Seaton-Smith
Clifford Gilot, Sr.
Michael Thomas
Destiny Cheathom
Jacquetta Cheathom
Alonna Green
Kyra Clemons
Kylan Kelley
Shawntay Folk
Morgan Y. McGill
Acira Solomon
Angelique Wilson
Nikiya Parks
Diamond Newborn
Andri Knight, II
Johnee Nedrick
Deja West
Lynetta West
Anthony Gibbons
Terrion Nichols
Meziah Scott
D'Andre Washington
Kyra Washington
Kyra Clemons
Robert Powell, III
Latonya Nichols
Brandi Lundy
La'Quena Stokes
Natonya Robinson
Tonya Henderson
Bobby Shackelford
Sarah Spencer
Terrance Green



April 2009 – June - 2009

Darrin Hill
Aqueelah Raines
McCoya Turner
D' Andre Washington
Kyra Clemmons
Marie witsel
Christine Burnette
Toshiba Graham
Ashley McNair
Monica Mason
Ivorey Banks
Jermonde Banks
Angele Banks
Jermonde Banks
Angele Banks
Gennie Grant
Delois Grant
Terrell Grant
Yulonda Grant
Abert Meeks
La'Quena Stokes
Natonya Robinson
Tonya Henderson
Joy Atkins
Georgene Davis
Curtis Johnson
Danette Johnson
Courtney Johnson
Dominique Chesley
Jade Edwards
Anthony Frye
Francesca Glascon
Joyce Harris
David Johnson
Lisa Johnson
Nikita Jones
Derik Leonard
Brittany Manns-Byrd
Alfred Ngauja
Aaron Priest
Kori Smith
Karen Terrell
Tonya Terrell
Melissa Brown
Darnell Calvin
Karen Johnson
Nishawn Lee
Diontae Thompson
Shanna Willis Thompson
Servellas Willis
Erica Wells
Key Shauna Hines
Andrea Thomas
Tanya Harris
Essie M. Crockett
Kisha Braham
DARRYL CASSEL

July 2009 – September-2009

Elvin Moreno
Linwood Johnson Jr.
Shirelle Arvie
James M. Wilson
Annette Jones
Robert Chatman
Gloria Thomas
Mikaylah Johnson
Nicole Palmer
Alphie Jones
Troy T. Thorne
James H. Sapp
Tony Robinson
Christopher Frazier
Kimberly Alexander
Christopher Bates
Linda Woodruff
Brian Henderson
Tamika Daniels
Gaylord Daniels Sr.,
Rev. Marcus Allen
Terra Allen
Alexandrea Cordell
Tiara Gordon
Eunice Lane



"And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus."

Philippians 4:7 KJV

TBC Senior Ministry

The Senior Ministry is on the move. Some of their activities included:

Participation in all socials sponsored by the Petersburg Parks and Leisure Services

The ministry invites all seniors (55&up) to come out and enjoy the activities at the Community Life Center (CLC) as schedule below:

Monday

Crochet 10a-12n

Movie 10a-12n

Pokeno 10a-12n

Lunch 12n-1p

Tuesday

Aerobics 9:30a-10:30a

Bingo 10:30-12n

Lunch 12n-1p

Wednesday

Bible Study 9a-10a

Speaker 10a-11a

Social Hour 11a-12n

Lunch 12n-1p

Thursday

Aerobics 9:30a-10:30a

Card games 10:30a-12n

Knitting 10a-12n

Lunch 12n-1p



S.W.E.E.T

How S.W.E.E.T. Can They Get?

The young ladies of S.W.E.E.T. have been actively on the move in Tabernacle and still doing sweet things. During the month of July, the ladies brought Sundae Sundays to the men and women of Tabernacle as a fund raising activity for the annual S.W. E.E.T. Retreat. Sundaes were available in a variety of flavors with lots of toppings to enjoy. Sundae Sundays proved to be a big hit with the children and adults of TBC.

The S.W.E.E.T. Retreat was held at the Great Wolf Lodge in Williamsburg on August 6 and 7. The retreat began with a few hours of sisterly bonding over a wonderful activity – shopping at the Williamsburg Outlets! After shopping, it was off to the water park where there were plenty of rides, slides, and water fun for everyone. The evening ended with a devotional period in the S.W.E.E.T. suite so that the ladies could have time to reflect and grow in the Lord together.

Be on the lookout for more S.W.E.E.T. activities! The next planned event is the S.W.E.E.T. Fashion Show to be held on Saturday, October 24 in the CLC. If interested, please contact Sister Terri Ceaser or Nikki Hicks.

S.W.E.E.T. meets every 3rd Tuesday at 6:30 pm in the CLC.

"A Concerned Church for All People"

The Banquet Facility

The Banquet Facility located in the newly built Community Life Center of Tabernacle Baptist Church can be customized to suit your needs. We offer the following. We are designed to handle all types of events from birthday parties to conferences.

<u>Event Possibilities:</u>		<u>Facility Features</u>
Weddings		Approximately 5000 square feet
Wedding Receptions		On-Site Catering
Anniversaries		Classroom space
Musical Concerts		Stage
Seminars/Workshops		State of the art audio/visual equipment to include
Banquets		<ul style="list-style-type: none"> • 3 drop down video screens
And So Much More!!!		<ul style="list-style-type: none"> • Internet connections
		<ul style="list-style-type: none"> • Sound system
		<ul style="list-style-type: none"> • Projection capabilities
		Seating for up to 400 - banquet table style
		Seating for up to 650 - assembly style

Visit www.tbcptg.org
to view photos of
our Banquet Facility

We pride ourselves in providing the best for all of the special events in your life!!

To discuss your next event, contact

Reginald Branch, Church Administrator
804-733-6541 ext 103

or

Mary A. Harwell, Banquet Coordinator
804-732-0383

Good Works

- ❖ Seeking all youth interested in participating in the youth choir. Rehearsals are every Thursday at 6pm.
- ❖ The Mass Choir is seeking new members, especially sopranos. Rehearsals are held on Tuesdays at 7:30 pm
- ❖ Children's Church is seeking volunteers

"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)

TBC Business Directory

Rick's Vac City Owners: Francois & Karen Heath
Sales & service of vacuum cleaners and sewing machines

6856 Midlothian Turnpike
Richmond, VA 23225
Phone: 804-745-2928
Fax: 804-276-3215
Store Hours: 9 - 6pm Monday thru Friday
9 - 3pm Saturday

D&M Associates Owner: Michelle Hill

A document preparation service providing typing services for resumes, letters, term papers, etc.

849 South Sycamore Street, Suite E
Petersburg, VA 23803.
Phone: 804-691-1568
Fax: 804-732-3435
Email: MHill1947@comcast.net

Professional Health Care, Inc. Owner: Michelle Hill
Providing outpatient medical care to patients six years and older, including physicals, annual exams pap smears and prostate exams. We also provide medical care for chronic and acute diseases and flu shots.

849 South Sycamore Street, Suite E
Petersburg, VA 23803
Office: 804-732-0372
Fax: 804-732-3435
email: PHC0372@comcast.net

Michelle Hill - Mary Kay Independent Beauty Consultant

Facials, beauty parties, skin care classes and fund raisers that promote the Mary Kay beauty products line.

Phone: 804-691-1568
Fax: 804-732-3435
Email: MHill1947@comcast.net

Signature Creations Owner: Camisha Parker
Desktop publishing specializing in wedding invitations, bookmarks, candy and bottle wrappers, flyers, programs, calendars, favors for any occasion and much, much more...

Office: 804-301-3594
email: camisha@comcast.net
<https://sites.google.com/site/signaturecreationsrichmond>

CCC Babysitting Services Owner: Cashawna Parker
Providing safe and quality babysitting services on Friday and Saturday evenings while you enjoy an evening out to shop, have dinner or catch a movie

For more information call Cashawna at 804-687-0994
or Camisha at 804-301-3594
email: triple.c.babysitting@comcast.net

Listen to Worship Services "Live" every Sunday on WVST 91.3 FM

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

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

Tabernacle Baptist Church

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