

Glorify!

BETHESDA BAPTIST CHURCH OF NEW ROCHELLE / FALL 2013



REVIVING THE FLOCK

EVEN THE MOST FAITHFUL CAN TIRE OF
DOING GOD'S WORK. REKINDLE YOUR PASSION!

THE CHALLENGE OF BEING
A CHRISTIAN FATHER

YOUR EVERYDAY HEALTH PLAN

"LEAN IN" TO GOD

LIVING WITH LUPUS:
MY JOURNEY FROM FEAR TO
ACCEPTANCE

"WHY SHOULD I JOIN A CHURCH?"



WHERE ARE THEY NOW?
52 WEEKS OF FAITH: A CHRISTIAN'S JOURNEY
BACK TO GOD

*The
Revival
Issue*

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OUR MISSION

To Glorify God by Reaching,
Teaching and Motivating People
to Become Genuine Followers
of Jesus Christ.

Glorify!

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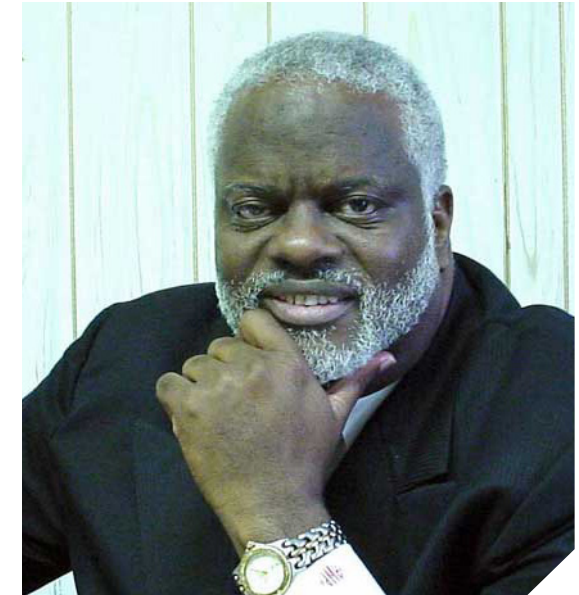
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THE PASTOR'S VIEWPOINT



The Psalmist said, “Except the Lord build the house, they labor in vain that build it; except the Lord keep the city, the watchman waketh but in vain” (Psalm 127:1). The key word in this passage of Scripture is “Lord”. The Psalmist informs us that we, who believe on the Lord Jesus Christ, (this is from a New Testament perspective) should never operate outside of the Lord’s will. Whatever we attempt to do must have the Lord’s signature affixed; if it is not affixed then we are pursuing pipe dreams at best.

Except the Lord is present . . . worship is inconsequential to the believer. Instead of entering into high praise and communion with God, the believer goes through the motions of worship but his/her mind is elsewhere and therefore makes void any attempt at worship of God.

Except the Lord is present . . . the home will not be a home, but only a place where dysfunctional people reside without any regards for God’s understanding of family.

Except the Lord is present . . . any project undertaken by the congregation will not blossom into full bloom.

Except the Lord is present . . . revival will never take place; we can have a series of services and bring in the best preacher, but God, if excluded, will never sanction our actions and therefore revival will never occur.

I do not present this as an indictment upon the church, only as a reminder that God has given and continues to give Pastors the vision for His church. Although people want a say as to what the church can or cannot do, they must understand that God’s visions are never negotiable!

He wants us to step out in faith and pursue His vision; because He is present in the vision, He will provide resources, and open every door that needs to be opened to make the vision a reality.

God is moving on my heart about our next building project. I want you to know that I spoke to Him and discussed in detail with Him that we have not finished paying off our first project. He informed me that He was aware of where we are in the process, but that reality does not give us the right to question His vision or His timing.

I also want you to know that I was hesitant about bringing this vision to you, knowing how some think; but He made it clear to me that His vision for His people and for His church remains non-negotiable. And so I relented and brought this to you at our Semi-Annual Meeting. The reaction was what I expected it to be and so I had another conversation with God. Immediately I knew I was out of my league and quietly acquiesced and with great resolve told Him that I will do whatever He asks me to do.

The sure sign of an authentic vision is whether or not it will come to pass, regardless of the obstacles placed in its path. I am certain that this vision is a genuine vision from God and will ultimately come to pass; in fact, I am so sure that I count it done already in Jesus Christ’s name.

Beloved let us be about our Father’s business!

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Minister Jack Thatcher
YOUTH

Minister Sebrina Trent
EVANGELISM

Minister Anthony Blackman
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SINGLES/TEENS

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SMALL GROUPS

Minister Paula Pringle

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PRAYERS FOR YOU

By Minister Paula Pringle and
Rev. E. Denise English

Abba,
I come before your throne with praise
and thanksgiving—thanking you for
being God all by yourself.

You created the heavens and earth.

I want to take this time to commune with you,
to come into your presence. But first Lord, I ask
forgiveness of any sin I may have committed
against you.

Lord, I want to spend time with You, so I can feel
my weakness and my need to commune with
you. My source of power comes from You.

My only goal is to be alone with You. Everything
depends on me being in Your presence. Oh God,
I seek You earnestly so I may drink in Your love.

Only when I surrender to the Spirit will I be able
to live according to Your will. You said in Your
Word: Ask it will be given, seek you will find,
knock the door will be opened.
Lord, I pray You except my faith in You; my
trust is only in You.

I pray my thoughts are Your thoughts and not
my own. I pray that I will study Your Word to
seek Your power to bring someone closer to You.

Peacefully,

Amen

Gracious Father,
He who sits up high and looks down
low—the one who makes all things
possible, I humbly commune with you with
praise and adoration, for you deserve the highest
praise.

Hallelujah!

You're the one and true God who supplies all our
needs. I thank you God for giving us the desires
of our heart. I thank and praise you, Father, for
you have kept watch over us day and night.

I'm forever grateful, for you are omnipresent
and omnipotent. I praise you God that if I lay
down my worries You not only pick them up but
You, Father, have everything in your hands.

I adore you. I magnify your name. Hallelujah!

Because of you, I'm able to remain on my knees
even when areas in my life are attacked by the
enemy; it is you whom I seek, it is you whom I
praise, it is you whom I adore.

I pray this prayer and many blessings in the
matchless name of our Lord & Savior Jesus
Christ.

Amen

PSALM OF THE MONTH

PSALM 150
1 PRAISE THE LORD

PRAISE GOD IN HIS SANC-
TUARY; PRAISE HIM IN HIS
MIGHTY HEAVENS.

2 PRAISE HIM FOR HIS
ACTS OF POWER; PRAISE
HIM FOR HIS SURPASSING
GREATNESS.

3 PRAISE HIM WITH THE
SOUNDING OF THE TRUM-
PET, PRAISE HIM WITH THE
HARP AND LYRE,

4 PRAISE HIM WITH
TIMBREL AND DANCING,
PRAISE HIM WITH THE
STRINGS AND PIPE,

5 PRAISE HIM WITH THE
CLASH OF CYMBALS,
PRAISE HIM WITH RE-
SOUNDING CYMBALS.

6 LET EVERYTHING THAT
HAS BREATH PRAISE THE
LORD.

NEED PRAYER?

The Bethesda Baptist Church
of New Rochelle has a 24-hour
Prayer Clock. Send your requests
to us: info@bethesdabaptistny.org



HAPPENINGS @ BBC

CHURCH IN THE PARK '13



Ladies' Day: Cortni Wilson, Malikh Ifill, Latisha Thomas and Chelsi Wilson



Two of the Gardner girls, Jordyn and Jailyne, hold down the welcome "ministry."



The Children's Choir, led by Kevin Jackson, raised their voices to heaven!



While waiting for food, Rudy Battle and Christopher Wright enjoy the fellowship.



An historic artifact provided entertainment for a few playful young ladies.



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The Youth Concert featured many groups, including Angelic Voices



Christopher Tuck leads the young voices in a spirited performance.



Wijante Holden, Charlton Desouza and Terrance Holden



09.19-21.13 / Pastor's 33d Anniversary celebration! (7p on 9.19-20; 3:30p on 9.21)



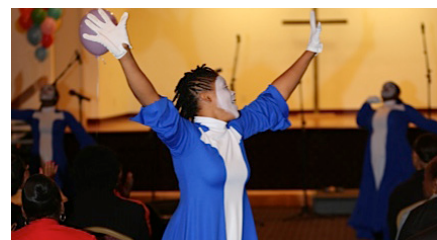
12.12.13 / Women's Prayer Breakfast 10a
(For info call church office. 914.632.6713)



10.02-04.13 / Annual Fall Revival 7p each evening



09.27.13 / Movie/Game Night. Films: "Epic," "One Thousand Words". FLC 6p FREE



10.13.13 / Sisterhood Sunday (730a, 1030a services)



11.21.13 / Radio City's Christmas Spectacular! Enjoy this traditional celebration of the birth of Our Lord. For more details, call 914.632.6713



10.26.13 "About My Father's Business" Breakfast Radisson Hotel 9a

Community Events

New Rochelle Public Library

09.28.13

Lego Fun for Arts Fest Huguenot Children's Library, 12:30p-4:30p, Children 5 and older may feed their imaginations by creating crazy Lego masterpieces.

10.19.13

Family Fun Fall Festival If your children are between 8-12, come paint Halloween and Thanksgiving scene on the windows of downtown businesses, 10a-11:30a

10.26.13

Costume Parade Line up for city's annual Merchant's Urchins Parade, 9:45a, New Street, New Roc City (in front of Regal Cinema). Ends at Library, Green Park.

City of New Rochelle

10.06.13

Accent on New Rochelle House Tour Step inside some of the most majestic homes in the city, \$60 (pre-cut off) \$75 (post cut off and day of event). Price includes House Tour. Boutique and Lunch at Wykagyl Country Club. Proceeds benefit Solomn Katz Breast Center at SSMC.

11.08-12.04.13

Exhibit New Rochelle: A Celebration of 325 Years! Learn about your city at this stunning timeline of archival photographs, FREE

Happenings @Iona

10.17.13

"Behind the Scenes at Saturday Night Live with Jan Kasoff Christopher J. Murphy Auditorium, Noon. Former SNL takes you on a memorable tour of one of TV's iconic programs. FREE.

12.7.13

"Handel's Messiah" Presented by Sound Shore Chorale. 7:30p Ferdinand E Arrigoni Center. \$20
If you want your event in our next "Glorify" contact Deacon David Peters (peters3971@verizon.net)

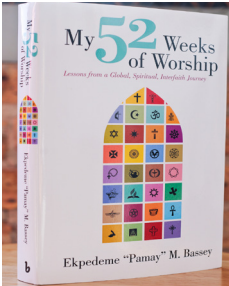
THE GLORIFY! INTERVIEW



EKPEDEME
“PAMAY”
BASSEY

A TRIO OF PERSONAL TRAGEDIES SENT THE AUTHOR ON A SPIRITUAL JOURNEY THAT RENEWED HER FAITH IN GOD

By Laura Eustache



What would you do if you lost your father, grandmother and the person whom you considered special all in the same year? Would you cry? Would you abandon your faith in God? Would you blame God?

Three years ago, Pamay Bassey, a strong woman of faith, faced such just a conundrum. Her father died from cancer, she lost her maternal grandmother and the man with whom she shared life for four years left her—all within a year. She asked herself: What was God doing to her? Standing at a spiritual crossroads, she could abandon her faith, stay buried in her grief or delve deeper into the workings of the Lord.

She chose the latter.

That choice became a book and website (www.my52wow.com), which detail the experience of a woman who chose to respond to the most painful period in her life by rebuilding her connection with God—one faith at a time.

Over the course of a year, Bassey, who lives in Chicago, visited

52 churches of different faiths. She travelled throughout America, Ghana, the United Kingdom, Mexico and South Africa. She sat inside mosques, temples, synagogues and churches.

She found healing by working through her pain instead of numbing it, or using it as an excuse to abandon her faith. She embraced the kindness of strangers by exploring their faiths while strengthening her own. And she honored the memory of her father, a devout Catholic who never stopped learning and challenging his own faith in Christ.

God’s response to Bassay’s journey is found in His Word: “We are pressed on every side, but not crushed; perplexed, but not in despair. persecuted, but not abandoned. We get knocked down, but not destroyed.” (2 Corinthians 4:8-10 NIV)

The entrepreneur, comedian, author and more shared the ups and down of her experience with Glorify!:

GLORIFY!: WHAT WAS THE MOST REWARDING ASPECT OF THIS JOURNEY?

Bassey: By the end of 2009, I was tired, bereft, emotionally drained, and grieving. I was asking some “big life” questions—Who would I be now? Would my loved ones’ deaths inspire me to live differently? Would the loss of a love lead me to a deeper understanding of myself? Would I keep my heart open? Or shut myself off behind a wall of grief? Where would I find the strength to continue my life? My fifty-two weeks of worship rebooted my experience as a woman of faith and forged a spiritual foundation that helps me each and every day. When I started my journey, I was looking for a life vest. What I found was an anchor. [I am] grateful, strong and prepared to live a life where I see evidence of goodness and divinity all around me.

GLORIFY!: WHICH RELIGIOUS EXPERIENCE HAD THE STRONGEST IMPACT?

BASSEY: In week five, in Mazatlan. Because my worship journey was still new, I was experiencing disconnect with [the] environment. I asked myself, “What in the world am I doing here?” Then the praise team fired up its instruments and started to sing the call to worship, “To God Be the Glory.” As musicians and the congregation sang on that morning in Mexico, a feeling of calm and purpose came over me. Tears streamed down my face as I realized I was not there alone. This was one of my father’s favorite hymns [and] I truly felt through it my father was saying, “You are in the right place at the right time and God’s house is your house, no matter where it is. Seek God’s face. Everywhere. I’m here and will always be with you.”

For more information on Youth activities at Bethesda Baptist Church Contact Minister Jack Thatcher: goodworks03@yahoo.com

WOMAN TO WOMAN

LEAN IN
TO GOD

A CONTROVERSIAL BOOK OFFERS A STRATEGY (SORT OF) FOR HANDLING INEQUALITY

By Rev. Donna Olivia Owusu-Ansah

Facebook COO Sheryl Sandburg’s book *Lean In: Women, Work, and the Will to Lead* has gained much attention in recent months, some of it positive, a lot of it negative. As a woman whose primary vocation is within the church—a female dominated, male led institution—it delighted me. I highlighted passages, jotted notes, and nodded in agreement with Sandburg’s assessment of the leadership achievement gap between men and women, and how we should attack it. She wrote about likability, equality, and the myth of doing it all.

From corporate America to the church, women still work for lower wages for equal work and struggle to balance career and family. My experience in the ministry has been favorable, but many of my seminary sisters are bumping their heads against stained-glass ceilings.

There was one area Sandburg did not address: What is the role of the will of God in the discussion of women and work?

My question does not dismiss the harmful effects of patriarchy in the workplace on women (and men). Nor does it presume patriarchy to be



God’s perfect will. Rather, it’s an invitation to experience the ultimate kind of leaning in: prayer.

The book of Isaiah offers this invitation to redemption: “Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare. Give ear and come to me; listen, that you may live. I will make an everlasting covenant with you, my faithful love promised to David.” (Isaiah 55:1-3 NIV).

Scholars believe these words were not solely for Judah, but for everyone in relationship with the One, True, and Living God. Sisters these words are for us, as we struggle to “lean in” when the world consistently tries to push us back.

The prophet is speaking to a community seemingly toiling for nothing. Instead of working in vain—or getting frustrated—God invites us to “Give ear and come to me.”

In other words, sisters, lean in. If you feel stymied as you seek advancement on your job, lean in to God in prayer. If insecurity and fear are driving your career decisions, lean in to God in prayer.

HOLY HUMOR

HALLELUJAH!

A minister decided to do something a little different one Sunday morning. He said, “Today, in church, I’m going to say a single word and you are going to help me preach. Whatever word I say, I want you to sing whatever hymn comes to your mind.”

The pastor shouted out “Cross.” Immediately the congregation started singing in unison The Old Rugged Cross. The pastor hollered out “Grace.” The congregation began to sing Amazing Grace. The pastor said “Power.” The congregation sang There Is Power in the Blood.

The pastor said ‘Sex.’ The congregation fell in total silence. Everyone was in shock. They all nervously began to look around at each other, afraid to say anything.

Then all of a sudden, way in the back of the church, a little 87-year-old grandmother stood and began to sing: “Precious Memories...”

(courtesy ochristian.com)





MAN TALK

BEING A CHRISTIAN FATHER

RAISING OUR SONS FROM BOYS INTO MANHOOD IS EXTREMELY CHALLENGING IN TODAY’S WORLD. BUT NOT IMPOSSIBLE. JUST FOLLOW THE WORD.

By Carl Williams

Christian fathering is challenging, especially for fathers with sons. Raising a boy today with the values God has equipped Godly men with, through His Word, often mirrors the struggle of a salmon swimming upstream against the tide during spawning season—a daunting task.

Consider the need to counteract the world’s “standards” with the values of God. Those include, but are certainly not limited to, tattoos, body piercings, musical lyrics with adult content, butt-revealing sagging pants, adult television content 24 hours daily, pornography at the click of a mouse, same-sex everything and dangerously open social media.

As the father of an 18-year-old son and Sunday School teacher for the high-school boys class, I feel responsible to lead young men as called by God. I must, however, be conscious of our changing times and remain relevant to their reality. It has not been easy. I have addressed whether it is acceptable to sleep overnight at a girlfriend’s home (no), new styles of pants with the waistline beneath the buttocks (no), and the transmission of personal information and private photos over mobile technology (Are you kidding me?!). (Don’t be alarmed by dents in the wall

around the church. They are from me banging my head in disbelief.)

How does a Godly father compete with the many ways of today’s world? The answer, of course, is in Scripture. “Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the door frames of your houses and on your gates.” (Deuteronomy 6:5-9 NIV)

A father’s job is to raise his sons into manhood. A Christian father must teach and train his son according to God’s vision. He must teach them to embrace their masculinity, but to be like Jesus—mentally, physically, spiritually, and socially strong. They must walk, talk, and act like strong young men of God. As King David charged his son Solomon as he lay on his death bed: “So be strong, act like a man, and observe what the Lord your God requires: Walk in obedience to him, and keep his decrees and commands, his laws and

regulations, as written in the Law of Moses. Do this so that you may prosper in all you do and wherever you go.” (1 Kings 2:2-3 NIV)

A Christian father cannot leave his sons to be raised by television, the computer or even teachers, and certainly not by the streets. We must take full responsibility for them by loving them and training them as God the Father desires of us—and by telling them (yet again) to pull up their pants.

Interested in the Men’s Ministry?
Email Carl at mrcarl1@yahoo.com
Check out: www.christianfathers.com



YOUR HEALTH

DO THIS EVERY DAY!

EMBRACE A DAILY FITNESS ROUTINE THAT HELPS COUNTER LIFE’S CHALLENGES

By Dr. Janice Francis

We can’t always control the chaos of our days. The weather. Late train. Annoying co-workers. Incompetent boss. Crowded train. Parking ticket... Need we go on? What we can do is create regimens that offer us some certainty. We all need routines that ground us and, yes, keep us sane. Here are a few daily habits that will definitely enhance your life:

- + *Spend time with God in the morning.* Pray, read Scripture, meditate and plan your day.
- + *Drink two cups of water with lemon before you leave the house.* Then hydrate throughout the day; eight cups is a good goal.
- + *Eat breakfast.* It will give you more energy. However, stay away from sugary selections. Go for more protein: yogurt with fruit and nuts, eggs etc. Some leftover chicken is even great with some stir-fry vegetables.
- + *Exercise!* Yoga is a good option for waking the body up. About 10 “sun salutations” will warm you up and aid flexibility. Then stay active throughout the day. Use the stairs instead of the elevator or escalator.

Boost Your Metabolism in 4 Minutes!

Here’s how:

- Do an aerobic activity (jump rope is great) for 60 seconds
- No less than 2 hours later, repeat this activity
- Repeat activity 4 times per day.
- Do this every other day for a month, then increase to daily.

ONE VOICE

PAIN

By Julianna Dawson

Pain like spears and arrows

Through my gut; Unbearable, excruciating pain

The kind of pain that bends you; Makes you clutch, hold, and gag

Crying silently as the tears fall; But not even a sound escapes

A cry so loud you can’t hear it

You just feel it deep inside; In places you didn’t know existed

Pain that makes you curl and ball into fetal position

And beg inside like a babe at any age for mommy

Reaching out for help; Something to soothe

But nothing will except somehow crawling through pain’s deep dark mist

Day by day; Living with it, until it is accepted as a reality

The pain, owning it, until its ever-present nature stays with you; And you accept it

Then one day, you realize that you can uncurl your clenched body—even with the pain

You can stand—with the pain

You can move—with the pain

And you get up, and you take your first steps—with the pain

And you take it with you—as you go

And you walk—with the pain

And you drag it with you as you go

And you pull, and push, and you practice with that pain

And despite the pain, or because of the pain—you don’t know which

You move on, you press on

Until one day you’re on your knees and you realize that without that pain;

You wouldn’t be where and who you are today

Those places you didn’t know you had, deep inside

Those places that were revealed to you through that pain

Now that you know they are there, how differently will you be; Knowing

As you take each step every day

PERSPECTIVES

EVANGELISM

“WHY SHOULD I JOIN A CHURCH?”

THE EVERY-SUNDAY RITUAL JUST ISN'T ATTRACTIVE TO MANY-EVEN SOME BELIEVERS. BUT THERE ARE MANY WAYS TO ENTICE THEM TO GIVE IT A TRY

By Minister Debbi Ewell-Thompson

Anyone who belongs to the Christian “community” has had it happen to them: One day an un-churched (someone who believes in God but rarely, if ever, visits a church) friend, colleague or co-worker suddenly asks, “Why do you go to church so much anyway?” Before you can respond they begin to share their own reasons for not attending church regularly, if at all. I need my weekends....My kids won't sit that long.... Services are too long...Those people all think they're so holy....

And then there's the universal reason: Church folks are hypocrites anyway!

Community can be defined in many ways. Most simply, it is a group of people residing in the same locality having common interests, beliefs or similarities. The Christian community comprises Christ-centered believers in the Lord Jesus Christ who try to live according to the attributes of Christ while being in fellowship with one another. “They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer.” (Act 2:42 NIV)

Communities use various methods of communication to stay connected with each other—television, telephone, email, text and others. The most important connection within the Christian community is the Bible. It contains the Word, which outlines and reinforces our connection with God and His Son, Jesus Christ—and with each other. “Love one another. As I have loved you.” (John 13:34 NIV)

That connection is further solidified by the fellowship that occurs when the community comes together—at church. We worship. We praise. We pray. We study. We support and encourage each other. We do this ...”until we all reach unity in the faith and in the knowledge of the Son of God and become mature attaining to the whole measure of the fullness of Christ.” (Ephesians 4:13)

So once our friend, colleague or co-worker allows us to provide an answer as to why we belong to a church, there are many:

1. **Identification** – It is an outward demonstration of your faith and that you identify with Christ and other believers.
2. **Declaration** – It says that you are not ashamed of the Gospel



of Jesus Christ.

3. **Obedient** – God commands us to fellowship with other believers, so it shows our respect for Christ as the head of the Church.

4. **Unification** - Worshiping as one body in Christ is vital to the spiritual health of believers.

5. **Connection** – At church, people can find healing, hope, encouragement, love, support and a sense of belonging.

6. **Growth** - Church is where believers rejoice together, endure struggles together, learn together and mature in the faith together.

Oh, and there's one other vital reason for being part of a church family. What does this world have to offer but things that will fade away? The Christ-centered community has much to offer a dying world. Sharing and studying the Gospel message gives people the opportunity for salvation, hope and an eternal relationship with our Lord and Savior Jesus Christ.

The next time an un-churched friend, colleague or co-worker inquires about your love for the church, simply invite them to come see for themselves.

TRY BETHESDA!

Our Sunday services begin at 7:30 am and 10:30 am
Sunday School (for all ages) is held 9:15 am
Bible Study is held every Wednesday 7:30 pm

To learn about our Small-Group Ministries, contact Minister Debbi Ewell-Thompson or Deacon Brigitte McLeod-Williams at 914-632-6713

YOUTH



OUR MINISTRIES TO THE LORD

By Rayvon C. Smith and Ravyvn L. Smith

When I started coming to Bethesda Baptist Church, I was kind of shy and I thought that I was going to have no friends. Later, after 10:30 service, my sister made some friends and she introduced them to me. So that's how I got friends.

At the back of the program it said the kids' ministry had choir rehearsal on Thursdays, Bible study on the second and third Wednesdays, Praise Dance on Saturdays and Super Saturday on the second and third Saturdays.

When I started Praise Dance it made me feel nervous a little, and it made me feel good about myself; that I was really just participating in everything in the church. Also when I went to choir rehearsal it made me feel like I was really getting to know the Lord. When you praise dance it is not a crew that hangs

around, it's a ministry to the Lord. When you are singing it is telling the Lord that you are really showing how much you care.

That is why Bethesda is a good church!

-- Rayvon

When I started going to Bethesda I was kind of scared because I didn't know anybody. There were a lot of kids and I asked one if I could be her friend and she said “yes.” Her name is Shanna Layne. When I started Praise Dance, I was scared until I started to loosen up. I was really nervous but my friends supported me and that made me less nervous.

And I can't forget singing. I was scared to show that singing was my talent, but I had people giving me compliments that I was a great singer. Finally I was happy and I had found a place where I fit in.

From then on Bethesda has been the church for me. Bethesda Baptist Church truly is the church

SOCIETY

A VERY TOUGH LOVE

THE GEORGE ZIMMERMAN VERDICT—AND OTHERS WHO ANGER US—ARE TRUE TESTS FOR CHRISTIANS

By Min. Kimmie McEachin
with the healing touch.

The End

--Ravyn

After the George Zimmerman verdict, the news reported that he has gone to search for a safe haven. What if Zimmerman hid out in New Rochelle and came to worship with us? What on God's green Earth would we do? Would the ushers escort him to a seat in the back? When he stood during the Welcome to give us his name and church home, would we shower him with applause and “Amens” as we do other guests?

Our hearts ache for Trayvon Martin's parents. We mourn with them over the senseless murder of their teenaged son. We are outraged that another of our young men was snuffed out by a trigger-happy killer. As Christians, our prayers are mighty for the Martins. We march with them in solidarity against hate crime and discrimination that come against our children—and us. As African Americans, we resent cases like Zimmerman's and this world's “justice” they represent.

Even some of us Christians are sick and tired of turning the other cheek. We are hated, so we are ready to hate back. But we must resist.

The world will hate Zimmerman, and other outrageous verdicts that are sure to follow, for a long time, but we are not of this world. Because we are of Christ, and know all He has done for us, we must find ways to love Zimmerman. Yes, love. We have been saved by grace therefore we must extend grace. To do that, we cannot rely on ourselves to love as Christ loved us. We must rely on the supernatural power that can only come from above.

If someday, George Zimmerman crosses your path, remember this: The Holy Spirit will guide and teach you how to show a love that is patient and kind. He will teach you how to value all others, and to separate them from the evil they may do.

REVIVING THE FLOCK

JUST AS A LAZARUS, RESTORED TO LIFE BY JESUS, MAY HAVE BEEN SURPRISED TO LEARN HE BEEN DEAD FOR FOUR DAYS, WE ARE OFTEN UNAWARE AS WE TIRE OF DOING THE WORK OF CHRIST AND THE CHURCH. THAT IS WHY WE NEED REVIVALS!

By Min. Kimmie McEachin

Often times we get so excited when a new life-changing opportunity comes our way, we pour our whole heart and energy into it. But in time, it can—and will—drain us, burning out our mind and body. Soon, we’re just “going through the motions,” just to complete a task. A vacation would likely help; rest and relaxation do the mind and body good. Soon our mind is revitalized, refreshed and recharged. Our creativity flows again. We get excited and ready to pour our heart and soul into it once again!

Burnout can happen within the body of Christ, too. We pour our hearts and souls into praising and worshiping Him, studying His Word, teaching His children, evangelizing and myriad other Christian tasks. In time, we find ourselves, regretfully, “going through the motions” for Christ.

The book of Revelation prophesies about the membership at the Church of Laodicea, people who are neither cold nor hot, but lukewarm for the Lord. Members of a lukewarm church are emotionless in their praise and worship, and seemingly, excitement about God. Even the preacher bores you to sleep! More importantly, lukewarm saints delay or choke the Holy Spirit’s ability to produce fruit through them. And fruitless church means no transformed lives.

Burned out? Lukewarm? You need a revival!

Traditionally in the black church, elder saints gathered and prayed for God to send His revival. Today, churches across the spectrum of faiths gather at least once each year to revive their flock. (For information on Bethesda’s semiannual revival in October, see note after story.) But true Revival comes from the Lord, not man. It allows the Christian heart to fall in love with God, Jesus and the Holy Spirit all over again. It reminds us of when we gave our life to Christ and made our commitment to serve Him for the rest of our days. It renews, refreshes and revives our relationship with God. In short, revival gets our souls all fired-up again for the Lord!

The root word “revive” evolves from Latin. It means to “live again”—to receive again a life that

has almost expired, to rekindle a flame nearly extinguished. Imagine how Lazarus, who loved God dearly, must of have felt when Christ brought him back to life. Scriptures tells us that once Jesus called him by name, Lazarus “came out, his hands and feet wrapped with strips of linen, and a cloth around his face,” and Jesus said to those that had gathered, “take off the grave clothes, and let him go.” (John 11: 44 NIV) Just as Lazarus may have been shocked to discover he had been dead for four days, we are often oblivious as we grow cold and lifeless to the Spirit of God. Revival inspires us to “take off” whatever is quenching the Holy Spirit within us, and regain our passion for Him.

Yet revivals aren’t just for believers. Nonbeliev-

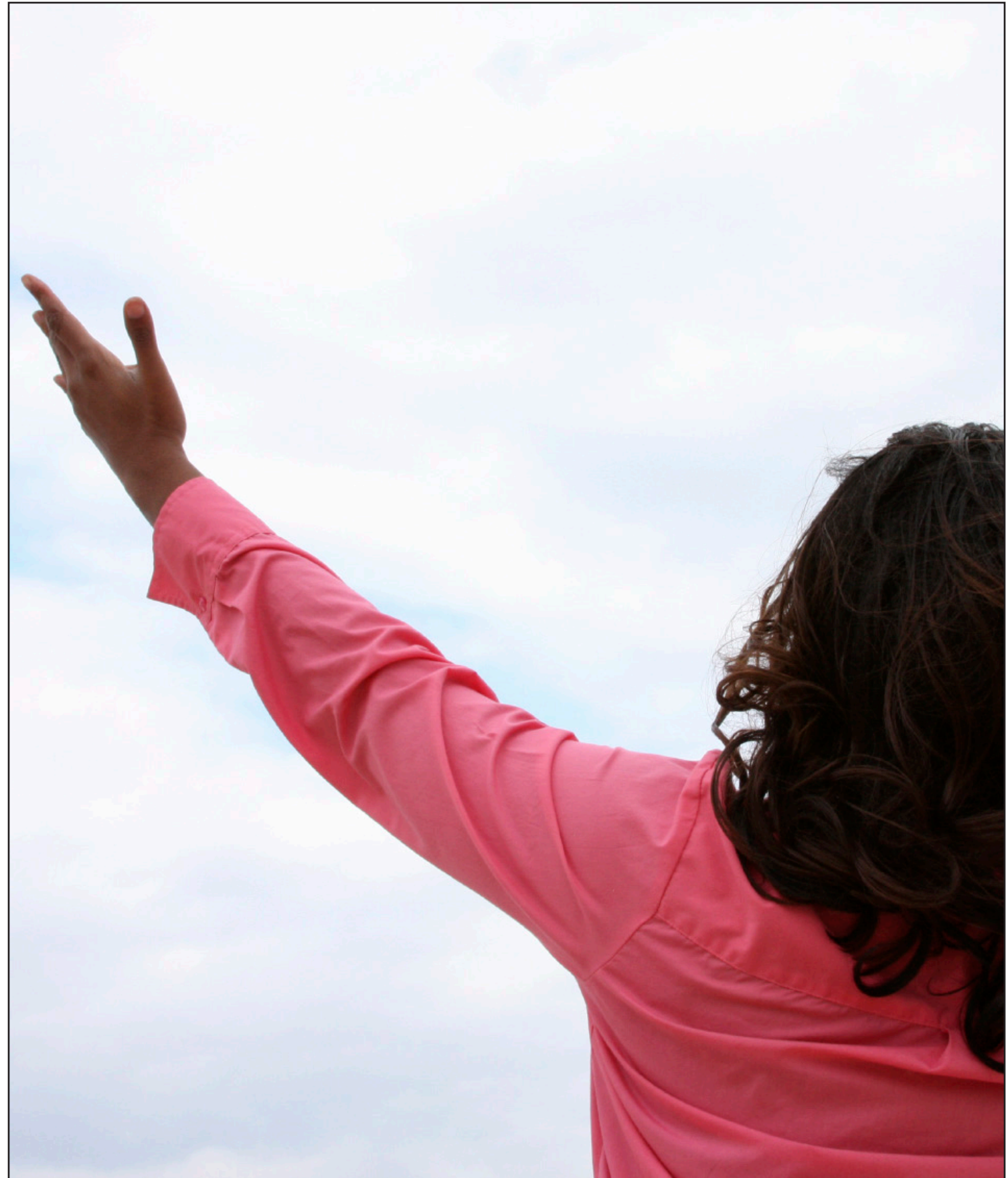


MOST CHURCHES HAVE JUST ONE ANNUAL REVIVAL, BUT WE ARE BLESSED AT BETHESDA TO HAVE TWO. LET’S PRAY FOR GOD TO POUR OUT HIS SPIRIT ON US SO THAT WE MAY PRAISE HIM AS HE DESERVES TO BE PRAISED, AND DO HIS WILL HIS WAY

ers are welcomed. According to the Gospel of Luke, a nameless man who was demon possessed, wore no clothes and lived in the cemetery. The demons made him beyond-medication crazy. He was shunned by his family and was outcast by the community. He didn’t know Jesus, but the demons possessing him did. In fact, they cried out once they saw Jesus, and begged Christ not to place them “in the fiery pit.” Instead, He cast them into a herd of pigs destined to run off a cliff and drown. Jesus restored the nameless man to his family and community clothed and in his right mind. The man was more than grateful. He was on fire. ready to follow Jesus anywhere. He was left behind, however, yet he still preached the Gospel of Christ in his hometown (Luke 8:26-39 NIV).

Most churches have just one annual revival, but we are blessed at Bethesda to have two; one in the spring, the other in the fall. Let’s pray for God to pour out His Spirit on us so that we may praise Him as he deserves to be praised, and do His will His way. Start declaring right now, in the name of Jesus, that whatever revival you attend will change lives. Come looking for healing, deliverance and opportunities to serve God more fervently. Get excited for all that could happen when the Body of Christ is on fire again! Get ready to be rekindled and re-ignited, to become a pyro-maniac for Jesus and all He has called you to be.

Bethesda’s Annual Fall Revival takes place October 2-4, with services at 7p each evening. Come join us!



LIVING WITH LUPUS MY JOURNEY FROM FEAR TO ACCEPTANCE

I IGNORED THE SIGNS—EVEN AS MY BODY ACHED, AND A RASH COVERED MY FACE. FINALLY, AS MY HAIR FELL OUT, I CALLED MY DOCTOR. WHAT I LEARNED SCARED ME. HOW I HANDLED IT MADE ME STRONGER

By Ebbe Bassey Manczuk

“You have Lupus—Systemic Lupus Erythematosus to be specific.”

This news was dropped on me with such finality that for the first time in my life, I was speechless. Let’s rewind. I was born in the Bronx but raised in Nigeria, West Africa. My great grandmother had no formal education but knew all there was to know about herbs, roots and natural healing. She passed on her knowledge through oral tradition, but unfortunately we didn’t retain much of what she told to us. So to us, the word “hospital” meant “last resort”. At the time I received unpleasant news from my doctor that I was suffering from SLE, a form of Lupus. I was 25 years old, single and certainly not looking to have anything cramp my style—especially an unfamiliar illness.

My first clue that something was amiss occurred in the summer of 1996 when I tried to press down on the nozzle on a can of air fresher, and felt a jolt of pain ripple from my finger tip straight through my elbow. I shrugged it off and did what every self-respecting Nigerian would do: I ascribed it to stress and overwork, then self-medicated with a steady dosage of pepper soup (a spicy broth made with native leaves and either fish, chicken or my favorite, goat meat), Tylenol and extra sleep. My “treatment” helped for a while, so I figured if I kept it up, the symptoms would go away.

I also began to lose weight rapidly, but I had long embraced America’s obsession with weight consciousness, so I attributed the weight loss to my diet. (And I was happy about it!) Another clue that should have driven me to a doctor’s office was the rash tracking its way across my nose and cheeks. Again, I found my own little solution: I changed my facial regimen, drinking more water in hopes of clearing my skin, and plying on more MAC powder to cover the rash. To be honest, I was thrilled! I was wearing a size 4 and but for my little facial problem, you couldn’t tell me I was not a diva. I had waited so long to be a single-digit size!

My euphoria did not last for very long. I was soon hit with crippling muscle aches, headaches and high fever that would come and go at will. I slept for 12-hour stretches to combat an extreme fatigue that weighed me down like a wet blanket, but when I arose I still felt as though I had been breaking rocks at the quarry all night long. I woke up daily with stiff, swollen joints and sharp chest pains. I had difficulty breathing.

Finally, one morning as I was washing my hair in the shower, clumps of it clung to my fingertips and dropped at my feet. I panicked and croaked, “Oh my God, my hair...my hair!” I ran, wet and soapy, to call my mother and anybody else who would pick up the phone. I immediately made an appointment with my primary-care physician—and of course, my hairdresser.

After a battery of tests by a rheumatologist, I learned of the diagnosis and that there was no cure for lupus. It was, however, manageable with medication. Initially, I balked at being on a medical regimen but I came to appreciate it—realizing that though this was to become an integral part of my life, it did not have to define me.

As for my hair, I wore it close shaved for the next several years. And just as it had fallen from my scalp, I slowly shed the fear of the unknown and emerged stronger and better.

Facts about lupus: It is a chronic inflammatory disease that occurs when your body’s immune system attacks its own tissues and organs. Inflammation caused by lupus can affect many different body systems—including joints, skin, kidneys, blood cells, brain, heart and lungs. Lupus can be difficult to diagnose because its symptoms often mimic those of other ailments. The most distinctive symptom—a facial rash that resembles butterfly wings unfolding across both cheeks— occurs in many but not all cases of lupus.

Some people are born with a tendency toward developing lupus, which may be triggered by infections, certain drugs or even sunlight. Treatments can help control symptoms.

Lupus is two to three times more prevalent among women of color—African Americans, Hispanics/Latinos, Asians, Native Americans, Alaska Natives, Native Hawaiians and other Pacific Islanders —than among caucasian women. The Lupus Foundation of America estimates that 1.5 million Americans, and at



least five million people worldwide, have a form of lupus.

Other symptoms include:

- Fatigue and fever
- Joint pain, stiffness and swelling
- Butterfly-shaped rash on the face that covers the cheeks and bridge of the nose
- Skin lesions that appear or worsen with sun exposure
- Fingers and toes turn white or blue when exposed to cold or during stressful periods (Raynaud’s phenomenon)
- Shortness of breath
- Chest pain (Pleurisy)

For more lupus information, visit these sites or reach out to these organizations:

National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)

Lupus information from the US government

http://www.niams.nih.gov/Health_Info/Lupus/default.asp

Lupus Foundation of America

The largest national non-profit voluntary health organization dedicated to lupus research and support.

<http://www.lupus.org/>

Lupus Research Institute

The latest research and scientific efforts to prevent, treat, and cure lupus.

<http://www.lupusresearchinstitute.org/>

IF YOU’VE BEEN DIAGNOSED WITH LUPUS, HERE’S WHAT YOU CAN DO

1 Get adequate rest

- You may experience persistent fatigued that isn’t necessarily relieved by rest. It can be hard to judge when you need to slow down. Get plenty of sleep at night and take naps or rest breaks during the day as needed

2 Be sun smart

- Because ultraviolet light can trigger a flare, wear protective clothing, such as a hat, long-sleeved shirt and long pants, and use sunscreens with a sun protection factor (SPF) of at least 55 when you go outside

3 Get regular exercise

- It can help you recover from a flare, reduce your risk of heart attack, help fight depression and promote general well-being

4 Don’t smoke

- Not only does this nasty habit increase your risk of cardiovascular disease, but it can worsen the effects of lupus on your heart and blood vessels

5 Eat a healthy diet

- Emphasize fruits, vegetables and whole grains. Sometimes you may have dietary restrictions, especially if you have high blood pressure, kidney damage or gastrointestinal problems.

OUR MEMBERS



LATONIA
“TONI”
SMITH

DESPITE A TURBULENT YOUTH,
AND TIME AWAY FROM THE
CHURCH, THIS COUNSELOR IS
DRAWING NEAR TO GOD AGAIN

By Min. Kimmie McEachin

Originally from North Las Vegas, Latonia (Toni) Smith moved to Mount Vernon in the 1980s to bond with family, pursue college and a career. She endured many adversities while growing up, so much so that partying, drugs, alcohol and men became her outlet of comfort. Upset with God because of life’s hurts, Toni decided she would stay away from Him and His church completely. So she thought! A little over 20 years ago, a college friend, Beverly Richardson, invited Toni to a “Christian Fellowship”. It was held at the house of our beloved Deacon Marjorie Osinloye. The fellowship was memorable for Toni, but it was the mighty prayer of Deacon Osinloye that captured Toni’s heart. Sporadically, Toni would visit Bethesda.

Then during one of our annual Women’s Day (now Sisterhood Sunday) services she heard the Lord say, “It’s time.” Finally, she gave her life to the Lord and joined our church. Drug free and sober, this former party girl got all fired up for God through Bible study, and two classes–“Discipleship” and “Jesus and the Gospels”. Toni claims she would often miss Sunday morning worship but never Wednesday night Bible study. As Toni fell in love with the Lord, she served in more ministries: Sunday Morning Bible Study, Koinonia choir, Lad’s Lunch and Pastor’s

Aid were among her favorites.

In 2010, while earning her Master’s degree in Mental Health Counseling from the College of New Rochelle and working a full-time job as a Case Manager/ Counselor at an adult group home, Toni went missing in action from the church.

In the back of her mind, she knew she would only be gone for a short while. However, her “short while” left her feeling spiritually depleted. And her “joy” dwindled.

Even worse, just recently, after Toni began attending church regularly once again, she was laid off from her job, a blow that is happening to many Americans. Still she’s looking to rededicate her life back to the Lord and Bethesda. With revival just around the corner, Toni is ready to get excited again for the Lord! Not sure what will happen, but it is certain that through all her trials, God is not through with Ms. Toni Smith yet!

DRUG FREE AND
SOBER, A FORMER
PARTY GIRL GOT
ALL FIRED UP FOR
THE LORD THROUGH
BIBLE STUDY AND
CLASSES

WHERE ARE THEY NOW?

FRANCES CLEMENTS

Glorify! introduces a new Spotlight featuring former BBC members who have moved away. Frances R. Clements was a member of Bethesda for 50 years. She now lives in Farmville, VA.

Summer is a time of revivals at many churches around Farmville, VA, where former Bethesdian Frances R. Clements was born and now lives. She attended several of them, including her own at the Sharon Baptist Church, led by Pastor Rev. Robert R. Jones. Clements was very involved during her years at Bethesda. She served as Financial Secretary, Trustee and Chair of the Building Fund

(Nehemiah), along with several other ministries. Not surprisingly, she remains a vibrant servant of the Lord, working on the Missionary and Pastor’s Aid ministries—even at 83!

Clements—the aunt of BBC member Patricia Carter—was encouraged to move back home in October of 2001 by her friend, Fozzie Moxey (mother of Deacon Danny Moxey) and her late sister, Elsie Alexander. Both ladies lived in the area. At times Clements second-guessed her decision to leave New Rochelle, where she had strong family and community ties; she headed the local branch of the NAACP, Young Women’s League and Youth Bureau, among other duties.

But now she is at peace with the move, taking comfort in neighboring relatives, as well as new and renewed friendships, which fill her with a nostalgic sense of belonging. She also stays occupied with volunteer work, gardening and babysitting her grandchildren.

Mrs. Clements feels truly blessed every day and thanks God for His goodness and mercy. He has kept her in good health and “young.” “Life is filled with obstacles and uncertainties,” she says, “but one thing we can be certain of is God’s providential care.”

The revivals she attended stirred her heart and inspired her to share this Scripture: “I will praise you, Lord my God, with all my heart; I will glorify your name forever.” (Psalm 86:12 NIV)



COMMUNITY

TOGETHER WE MUST
KEEP MARCHING TOWARDS
THE DREAM

THE TRUE REALIZATION OF DR. KING’S VISION
WILL REQUIRE EACH OF US TO PLAY A ROLE

By Councilman Jared Rice

As I watched the commemoration of the 50-year anniversary of the historic March on Washington, and Rev. Dr. Martin Luther King’s stirring oratory, I became rejuvenated. So often, we become complacent, as if the long, difficult and costly struggle for civil rights is over. But with income inequality at a record level, voting rights being rolled back, and mass incarceration standing as the replacement to Jim Crow, the fight for justice must continue.

Whether the issue is job creation, community-police relations, or any of the many challenges facing our society, it is important that we use the past as a lens to view new policies that will affect us now and shape our future.

As an elected official—and as your representative on the New Rochelle City Council—I have a special role to play in today’s civil-rights movement. We are working on some initiatives in this city that are consistent with Dr. King’s dream of equality. Most recently, I spearheaded the “New Ro works,” which is designed to provide New Rochelle residents with jobs that pay a living wage. It launches with a construction-training program that will employ citizens on building projects throughout our city. Additionally, in close consultation with the New Rochelle police department, we are looking to improve communication between our local police and the people they serve. With a more widespread use of community policing, mutual trust is extremely important, if not vital to its success. And it is a two-way street. For example, the “stop snitching” movement that dissuades those who witness crimes from speaking with the police is just one area where citizens could be more cooperative.

The only way real change will occur is if we all do our part and work together towards common goals. There will never be another Dr. King, but his vision remains our vision today: We are all equals in the quest for justice, and in that journey we will either rise or fall together.

Now is the time for each of us to find our unique roles in this movement as we march towards the full realization the dream that was spoken of 50 years ago.

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