

## **Greater Bethel Missionary Baptist Church INC**

Edited by Jeff and Monica White Photos  
provided by Sister Delores Wesley

# **FAITH NEWS**

Quarterly Newsletter Winter 2020



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**A Greater Bethel Quarterly Publication**

**Issue #6 Winter 2020**

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Editors: Jeff and Monica White

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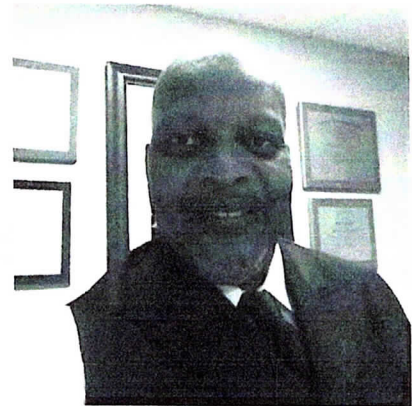
# Pastor's Note

Greetings in the name of Christ our King! I am excited about God's plan for Greater Bethel for 2020 and this new decade. During the last quarter of 2019 we studied Kyle Idleman's book, *Not a Fan: becoming a completely committed disciple of Jesus*.

As we look forward to this year with great anticipation, we must bombard heaven with divine prayers seeking divine answers, guidance and revelation on how to produce spirit-led, fruitful, vibrant and relevant ministries to meet the needs of all people. One thing I do know, it will take completely committed disciples of Jesus Christ. This means that each of us must avail ourselves to the biblical teachings and trainings offered on a myriad of life issues.

Pour God's Word over your mind daily. Your mind gathers the dirt, grime, and dust of human opinion every day. Renew your mind to the TRUTH, God's Word. Schedule an appointment, with the Bible daily.

The renewing of your mind, is the key to changes within you. The



words of God, are like waterfalls, washing, and purifying your mind. *"That He might sanctify and cleanse it with the washing of water by the word."* Ephesians 5:26.

As we sow seeds for harvest time, let us *be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain.* 1 Corinthians 15:58

Bethel, let's have a great year of mission and ministry.

Be Blessed,

Pastor Snowden



## But I Don't Like This View...GOD!

Every day of our lives are filled with decisions that range from what to eat, to where to go for fun, what relationships to develop to career choices. However, in the midst of it all, we are on a journey of mountain top peaks and valleys. We usually notice the valleys more than the mountain tops. During the highs, we are reminded of the grace and favor God bestows upon us, while the valley has the same effect, it surely does not feel that way.

How do you get through the valley? The simple answer it to remember

God's faithfulness and the fact that he is constantly molding us into the perfect image of himself. Although we know these things, there is a time and season for everything. Living life in the valley can seem much longer and frustrating. Remember: it took the Israelites 40 years to make what was only to be a few day's journey! Yes, 4 decades of wandering.



Unfortunately, many did *not* make to the Promised Land. When Moses sent twelve men to the land of Canaan to determine if the land was good as God promised, only Caleb and Joshua came back with a good report, saying they can conquer the land (Numbers 13: 27-33).

We can sometimes determine how long the valley journey lasts by our

thoughts, words, and actions. Let us try to find the lesson while in the valley. Speak positive words and keep busy by helping others along the way.

Remember the mountain tops, the fresh air and awesome views as we lean on God to guide us there. When we get there... appreciate the view and when we see someone else in the valley, STOP! Turn around and remind them of *your* journey and how God guided you along the way, and do not grow weary.

## What's in Your Medicine Cabinet?

What's in your medicine cabinet? WHERE is your medicine cabinet? Is it in your kitchen or bathroom? For the average person, their medicine cabinet is in the bathroom.

On the other hand, the medicine in our kitchen is designed to decrease our risk of getting sick in the first place. Instead of working on the symptoms, this medicine is designed to keep the immune system strong. Here a just a few great "medicines" to try:



### Cinnamon

- Fights yeast infections
- Helps fight cancer
- Antioxidant
- Weight loss
- Lowers LDL & triglycerides
- Helps increase alertness
- Magnesium 2 mg
- Calcium 26 mg
- Iron .2 mg
- Magnesium 1%

### Oregano.

- Decreases risk of heart attacks and strokes
- Boosts the immune system
- Aids in digestion
- Helps detoxify the body
- Calcium 29 mg
- Magnesium 5 g
- Manganese .09 mg
- Vitamin E .33 mg
- Iron .66 mg
- Potassium 23 mg

### Apple cider vinegar.

- Helps control blood sugar
- Strengthen immune system
- Regulates pH
- Improves digestion
- Assists in weight loss
- Potassium 11 mg

### Turmeric.

- Reduces cholesterol
- Prevents inflammation
- Prevents growth of cancer cells
- Treats diabetes
- Improves memory
- Decrease arthritis symptoms
- Manganese - 26% of daily value
- Iron - 16% of daily value
- Potassium - 5% of daily value

**Black pepper.** Note: a dash of black pepper helps the body absorb turmeric in the liver.

- Improves digestion
- Increases nutrient absorption
- Anti-cancer
- Potassium - 92 mg per serving
- Calcium - 3%
- Iron - 3%
- Magnesium - 3%

**Nutmeg.** Note: just a dash of nutmeg is all that's needed

- Detoxifies the body
- Antioxidants
- Improves kidney function
- Improves blood circulation
- Potassium 25 mg
- Magnesium 3%
- Iron 1%

### Ginger.

- Boosts immunity
- Anti-cancer
- Nausea relief
- Anti-inflammatory
- Heals ulcers
- Potassium 46 mg
- Vitamin C 1%
- Magnesium 1%



# Greater Bethel Member Spotlight

Sister Saleah Black

**1. How long have you been a member of Greater Bethel?** What is do you like best about being a member? I have been a member of Greater Bethel for 1 year and 4 months. What I like and appreciate best about being a member of Greater Bethel is being able to fellowship with some genuine loving people and having a feeling I'm in the presence of Jesus Christ through His word and the fellowship with his people every time I'm in His house.

**2. What advice would you give a new Christian?** The advice I would give to a new believer is to know salvation takes a minute, but sanctification takes a life time. Take the time to know God for yourself because behind the glory there is always a story.

**3. Who is your favorite Bible person? And how has their story impacted your faith?** One of my favorite persons in the bible currently in my life is Noah. I say that because Noah was a man of endurance. When God told Noah to build the ark Noah was an old man and building the ark took Noah and his sons a very long time.

However, Noah did not give up until the ark was built, he endured to the end. As believer in Christ we must endure lots of things on our

journey, but the word tells us the race isn't given to the swift or mighty, it is given to those who endure to the end. Many things can make us want to give up or give in but we must stay focused on the mission God has before us because at the end "when it is finished" what God has waiting for us I guarantee it will be worth it!

**4. What is something people would be surprised to know about you?** Those who don't know me may be surprised to know that I love interior decorating. Although I've only decorated my house, family & friends and I've had one paying client. It is a good feeling to transform a space into something wonderful.



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A cheerful heart  
is good medicine.  
Proverbs 17:22

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# Greater Bethel Member Spotlight

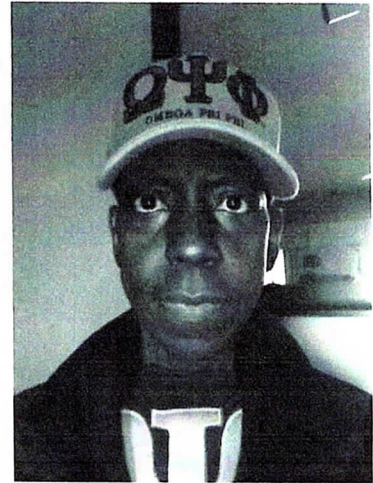
Brother Eric Curry

**1. How long have you been a member of Greater Bethel?** I have been a member of Greater Bethel Missionary Baptist Church for 46 years. I love the family atmosphere at GBMBC. Throughout the years, I have encountered many people and they have treated me as though I was their son, grand-son, or even nephew. The friends that I gained over the many years have remained some of my dearest and closest friends even throughout adulthood. GBMBC is a church like no other for me!

**2. What advice would you give a new Christian?** Advice I would give to new Christians would be to always trust in God and make sure you are not just a fan of the Lord but a follower. Faith goes a long way and we must have constant faith in God understanding that things may not happen when we want them to but they will in God's time. We must stay prayerful and obedient to His word and always believe that God will do what He said He will do.

**3. Who is your favorite Bible person? And how has their story impacted your faith?** My favorite person in the Bible is Simon Peter. As an Apostle of Jesus, Simon Peter was a follower and not just a fan of Christ. The word Peter means stone or rock which God built His Church upon. Simon Peter reminds me a lot of myself as I too can be a hot head and I don't feel worthy of everything God has given and continues to give me, yet I am willing to follow

Christ and His teachings. Because of the stories about Peter, my faith is stronger because God forgave Simon Peter even though he denied Him 3 times. Simon Peter was a changed man and one of Jesus' loyal servants. If Jesus can change a fisherman and build His Church upon him, just imagine what He is doing with me RIGHT NOW! Many times I feel I am not worthy of God's blessings but I thank Him every time I get an opportunity because I know I would have never made it this far without Him.



**4. What is something people would be surprised to know about you?** One thing people would be surprised to know about me is that I am in the thesis portion of working on my Doctorate Degree. I should have my Doctorate degree within the next 1 to 2 years. I would not have been able to accomplish this and everything else that is going on in my life without the grace of God, the love and support of my family, and my desire to be closer to God and be a follower of Him.



## Ministry Spotlight: Greater Bethel Youth Ministry



### **Tell us about the history and mission of the ministry?**

Mission: to provide spiritual growth and development

Vision: provide opportunities to build a foundational relationship with Christ and equipping them with the knowledge to become leaders in the church and community.

### **What upcoming project /events are planned for the New Year?**

January 11 – Teen Summit

February – Valentine Mission Project

May – Relay for Life; Walk to End Lupus

June – Youth & Young Adult Day

Graduate Tribute

Father's Day Tribute

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July – Back to School supply Drive

### **How can members get involved and when are the meetings?**

Our ministry involves our adult leaders-the Youth Services Committee. Our meetings are the Saturday before the 2nd Sunday. We meet at 9:00am. If you are committed to serve our youth and are creative, you are welcome to join in with us. Our youth are from infants to 17(high school grad). However, to be involved in the youth choir, the youth has to be 4years old and to be a part of the ushers, the youth must be 5years old.

### **How had God blessed the ministry over the years?**

God has blessed the ministry with dedicated and loyal members. Our youth have had great opportunities to travel to many events and

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various places for cultural trips. He has also blessed the ministry to honor our youth with scholarship awards through the elementary and college years. We have been incredibly blessed to see our young people grow in the Lord. They have made friendships that have lasted into their adulthood. Many have returned to work in our ministry as adults. It has been awesome to see how the entire ministry has evolved, including the adult leaders.

**Where do you see the ministry heading in the next 2 years? Events, growth, community outreach, etc.**

My prayer is to continue doing what we do now but at another level. We hope to grow in numbers as we connect with the community. The plan is to make better relationships between our ministry, parents and youth. That we would become an unstoppable force for the Lord. That our youth would become so strong in their faith that they will be willing to share their faith with all they meet. We plan to become more involved in outreach in our surrounding community.



## Find the Biblical Words

G	B	N	V	W	F	L	T	P	B	X	S	E	V	H
Q	E	M	S	O	L	H	R	E	U	E	R	C	T	A
B	T	V	I	J	V	A	I	I	T	F	E	A	O	Q
Z	H	C	Q	S	Y	B	R	S	K	Z	B	E	B	W
L	E	D	C	E	S	Q	A	P	J	B	M	P	E	U
Z	L	X	R	T	Q	I	J	A	A	P	U	V	D	Y
L	A	Q	U	Z	S	J	O	S	P	G	N	X	I	Z
R	E	K	O	E	U	I	Q	N	P	P	C	M	E	Z
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U	A	C	K	M	W	E	C	S	H	R	F	B	C	R
L	C	M	A	E	V	G	S	E	C	A	Y	M	E	Q
E	E	R	U	V	Z	O	Q	G	A	L	I	L	E	E
K	Z	Q	N	E	V	E	H	A	C	I	M	S	L	O
E	S	A	G	E	L	Q	C	C	J	I	C	Z	I	B
K	T	U	R	U	Y	H	T	E	R	A	Z	A	N	B

BETHEL

ECCLESIASTES

EZRA

ISIAH

MISSIONARY

NUMBERS

PASSOVER

PRAYER

SAMUEL

EZEKIEL

GALILEE

MICAH

NAZARETH

OBEDIENCE

PEACE

SABBATH

TEMPTATION