

Come Worship With Us

Sunday School	9:30 am
Morning Worship	11:00 am
Evening Worship	7:00 pm



"GRASPING OUR LORD'S DESIRE"

...for the **Scattered People** in the World
...for the **Suffering People** in the World
...for the **Security of People** in the World
...for the **Salvation of People** in the World

Here's what's
happening!
this month!

Home Bible Study August 14, 2007
GA Meeting August 18, 2007
WMU & Men's Ministry August 19, 2007
Council Meeting August 21, 2007
Feeding the Poor August 25, 2007
Home Bible Study August 28, 2007

PARKWAY BAPTIST CHURCH

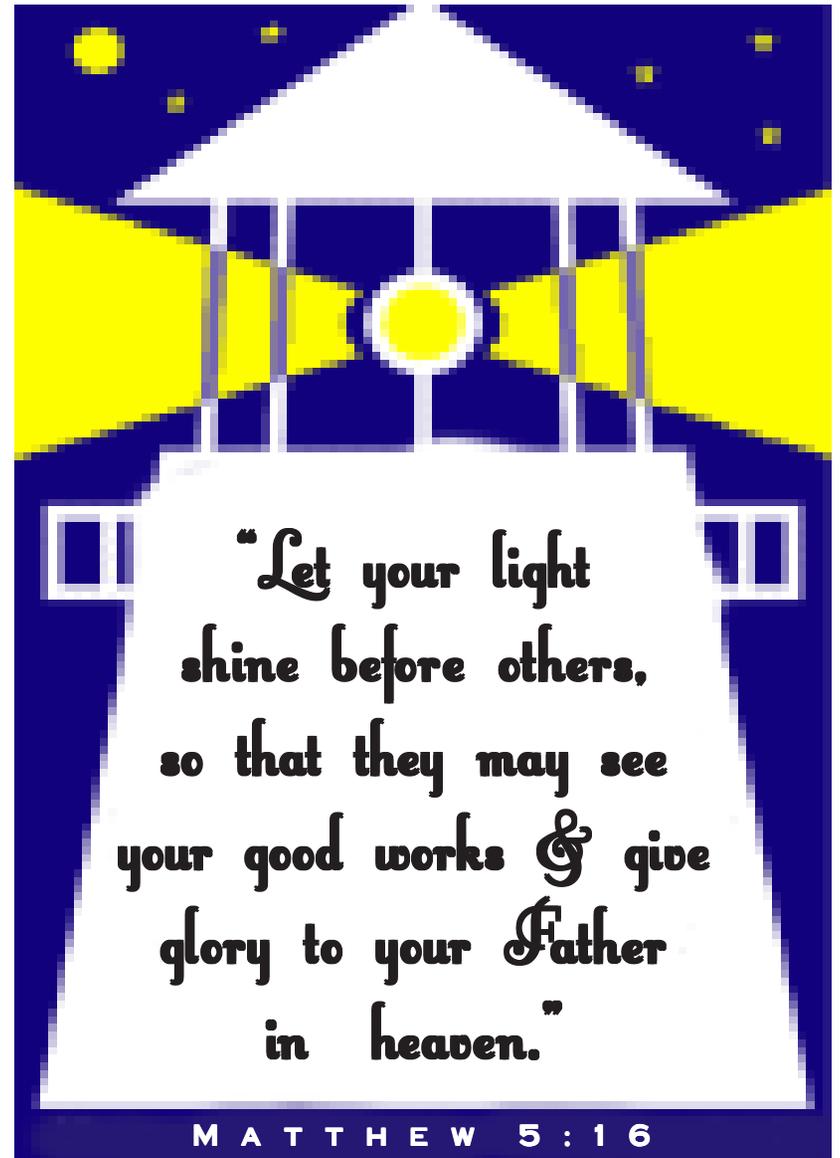
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The Family Table Talk

PARKWAY BAPTIST CHURCH NEWSLETTER

August 2007

Volume 23 Number 3



Reverend Donald R. Lawrence, Pastor



Pastor's Message

Praise the Lord! Praise the Lord! Let the earth hear His voice! Let us praise the Lord for His grace and mercy which has brought us thus far. For indeed we serve a mighty and wise God.

Just think that it is not quite a year yet since the Lord opened the way for us to purchase the property next door. Now it is refurbished and our new Church Organist/Music Minister and family are occupying it. The Lord had it all designed long ago. We did not know nor did we see all this happening so fast. However the Lord guides and provides for His Church.

In the name of the Lord, I extend joyfully on behalf of Parkway, welcome to Bro. Ian Brown, his wife Sis. Anna Brown and their son Raymond Brown. The Lord has used this whole experience to demonstrate yet again that He is able and that with Him all things are possible. I salute all who have prayed, believed and supported the various efforts that have brought us to this point.

I say to all of us let us lift up our eyes and behold the wondrous works of God. They are done to call us all to His grace and appreciate His glory. Therefore let us be emboldened in our witness and lively in our worship.

I use this medium to also salute the 45th anniversary of Jamaica's independence. Jamaica is home to the majority of us in this congregation and the Lord would not have us forget that, *for the earth is the Lord's and the fullness therefore, the world and all who live in it.*

I also salute all others in this congregation who find it so easy to identify, work and worship with this largely Jamaican Diaspora congregation.

Congratulations also to members and friends from other Caribbean and Central and South American countries who are celebrating special days during this period. Ours is a region that share many historical and sociological commonalities and added to that we have together a new and second home in these United States of America. What a heritage and vantage point from which to view and live life. To whom much is given, much is required.

We certainly are not as poor as we are made to think. God has blessed us with a variety and vitality His world needs. Let us therefore refuse to slight the Wisdom of God or fail to allow the Greatness of God to be manifested in our lives as a people. Remember our theme in this our fiftieth year, "Grasping Our Lord's Desire".

God's Peace,
Donald R. Lawrence, Pastor

SOUTH AFRICA TRIP SIS. MAUREEN JOHNSON



This is my 2nd trip to South Africa, but for the first time a connection was made. I no longer consider myself as a visitor but part of my extended family. I got the opportunity again to be with Pastor Kosi and his family (along with Sis. Marva) and there are no words to explain the love and warmth shown to us.

What amazes me is that these brothers and sisters are experiencing so many problems: economic, racial, health, housing, and financial. However, despite all this they continue to give God the Honor and Glory. From the first moment we walked into Mandalay Baptist Center you could feel the presence of the Holy Spirit, and throughout the Crusade, at least 6 to 8 brothers and sisters answered God's call.

What I realized also on this trip is that each and every one of us who went on this trip had a purpose. We had 3 other preachers other than Pastor Lawrence and Rev. Morgan. Our preachers were Sis. Pollack, Bro. David and Bro. Garth. We also had prayer warrior brothers and sisters who thought they would have never laid their hands on someone else and prayed. We also had a choir director who directed our group with our theme song, "One Day At A Time". This song came to be the theme song for the Crusade when Rev. Sewali was driving us to Fish Hoek and Sis. June (Sis. Pollack's sister) gave us a Carlene Davis CD to play. When Rev. Sewali heard this song, he asked if we could sing it that night, and it turned out to be our closing song each night with Jody as the soloist.

I would say, our young Bro. Paul and Sis. Jody, "they rocked." They interacted with the youth so much that they did not want them to leave. One occasion when Rev. Sewali was sharing with us, he turned to the group and said, "When God is ready to lift you to another level, He sends you to Africa," and I know that I'm ready to be lifted to whatever level God wants me to.

My brothers and sisters, you will have to go and experience for yourself that level. Please remember Rev. Sewali and the members of Mandalay Baptist Center in your prayers.

God Bless!

Summary of Mrs. Greens' Presentation
"THE ROLE OF WOMEN IN THE CHURCH"
(WMU Retreat) MAY 11 TO 12, 2007

Women in the Church today find that their role is multifaceted, unique and multitasked.

God has created women in a very special and dynamic way, in order for them to carry out His divine purpose in and through their lives. As He used women in an extraordinary manner in the Old and New Testament days, so He has empowered women in the Church today to fulfill their God-given roles.

In the Old Testament, God raised up women to carry out special roles to fulfill the destiny of Israel as a nation. God used Rahab, the harlot, to hide the spies sent by Joshua to spy out Jericho (Joshua 2). God has even included Rehab in the genealogy of Jesus Christ (St. Matthew 1: 5). Deborah was a prophetess appointed as a judge to rule Israel. God used Deborah to accompany Barak, who the Lord had called to lead the army to battle against the army of Sisera, but he was afraid. God used Deborah to stand with and encourage Barak and the army of Israel had a great victory (Judges 4-5).

Likewise, in the New Testament, the Lord also used women in very significant ways. God entrusted the role of birthing His Son, Jesus Christ the Way to Salvation through Mary, a teenager (St. Matthew 1: 21). The women who had followed Jesus' body to the tomb where He was buried were the first to receive the news of Jesus' resurrection from the angels at the empty tomb (St. Matthew 28: 1, St. Mark 16: 7). GOD allowed Mary Magdalene to be the first person to see the risen LORD and commissioned her to tell HIS disciples of the good news of Jesus' resurrection (St. Mark 16:9-10, St. John 20: 14-17).

Lydia's house was used as a meeting place for the apostle Paul and some Christians in Phillipi (Acts 16:14-15. Priscilla and Phoebe helped Paul in his ministry (Rom. 16: 1-3).

The role of the women in the Church today is chiefly a supportive one. Women form the backbone of the Church, but the men are the heads. "The men may be the head, but the women are the neck that turns the head." The Lord wants us women to be available to Him so He can empower us to play the role He has destined for us. He wants us women to be :

1. Encouragers to the men and other women and the children. To give spiritual, physical and psychological support.

2. Helpful in the various ministries of the church – care for the poor and needy, feed the hungry, visit and care for the sick, give a listening ear to others and be a counselor and a mentor to those who are in need of our guidance and care.

3. Examples in godliness, humility, cheerfulness, faithfulness, reverence, respect, submission, modesty, self-control and marriage.

As women, let us be the leaders God called us to be. We are leaders in our own rights. Let us not become challengers to the men in the Church, but co-workers for Jesus Christ. Ask God to help us to discern the gifts He has given us and be effective in ministry. As Christian women, let us place ourselves in God's hands and let Him use us. It is endless what the LORD can do through us. We must remember that we are first Christians then women. We must always bear in our minds that **GOD IS IN CHARGE OF US AND HE IS LORD OF OUR LIVES, SO WE MUST LET HIS GLORY RADIATE THROUGH US.**

Submitted by Sis. Audrey Smith-Dunkley

Summary of Ms. Jill Smith' Presentation
"MINDSET OF THE SINGLE CHRISTIAN"
(WMU Retreat) MAY 11 TO 12, 2007

This discussion led by the keynote speaker for the day centered around 1 Corin.7 and Rom.12:1-2.

Jill Smith reminded the ladies that as Single Christians, we should not take our instructions from the popular culture. Our mindset instead, should be on the Word of God. Since the mind controls our actions, if we stay focused on the things of God, our actions will be Godly.

We should be transformed by the word and be careful of the enemy who seeks to take our minds off the things of God.

Single Christians need to determine what they need from God. Find your passion and determine how to use it in the service of God. While pursuing your passion however, one need to remember, not to be involved in everything as this will cause one to spread themselves so thin. You can rob others of the chance to pursue their passion and be of service to the Lord.

If Christians remain focused on the Word, God will cultivate in us the ability to discern wrong, by teaching us what is right.

Submitted by Sis. Herma Jones

GOD IS GOOD ALL THE TIME!

Alyssa and Ashley Edgar



have been blessed to have Godly people in their lives from birth. Their education began when they were part of Mrs. Iona Bailey's and Mrs. Gloria Warren's daycare programs. Their exceptional education continued when they became part of the Wee Care Family. When we made the decision to move from Florida to Georgia, we wondered how the girls would continue their great foundation in education. As you know, when you pray, God answers

prayer but works in His time.

We continued to pray that God would bless the girls with a good school, a strong administration, and caring, knowledgeable teachers and staff. We were happy to hear that Ashley had been accepted in the Pre-K program at Renaissance Elementary School. Renaissance was a new school, still under construction, that was near to our community. Open Word Christian Ministries (the church that we currently attend) had a great after care program and could pick up the girls after school. That was a huge relief! The girls would get to attend school and a Christian after-care program together. ☺

We began to learn many new things about the Fulton school system as the year went on. They use the CRCT (Florida equivalent of the FCAT) in addition to various county level tests. D's are not part of the grading scale and they employ a semester system vs. the quarter system for report cards.

However, God was with us every step of the way. We would get reports of the girls' progress as God continued to bless the girls in school work and conduct. We have always been proud of the girls and their accomplishments and the past school year was no different. Ashley was honored with the following: Student of the Month (October), Perfect Attendance, Certificate of Achievement (promotion to Kindergarten), and Principal's Award as a Renaissance Reader (read a total of 25 books for the semester). She was also involved in Reading activities with another Kindergarten class during the semester.

Alyssa was honored with the following: Student of the Month (April), Perfect Attendance, Principal's Honor Roll both semesters (all A's and S's in conduct), and Citizenship. Alyssa's Georgia State testing scores were sent out in June. Third grade is a major testing year and the first major testing round for most elementary school students. Level 1 is considered low and Level 3 is high. To our pleasant surprise, Alyssa scored a Level 3 in Reading and Mathematics and missed a third Level 3 score by 7 points in Social Studies. She received good scores (mid-high Level 2's) in Science and English/Language Arts. She is also currently reading on a 6th grade level.

We know that without God, none of this would have been possible. We know that their steps have been ordained from birth. Thanks to everyone who support us in their prayers. God bless you!

Sis. Maya Edgar

MISSION TRIP TO SOUTH AFRICA

Parkway Baptist Church mission trip to South Africa was a resounding success. We went with one aim and purpose, "To win souls for Christ" and I believe with all of my heart that that goal was met. I have not seen any group of people more hungry for the Word of God and so receptive. I believe seeds fell on fertile grounds and will continue to grow. The entire trip was as much of a blessing to us as it was to the people we met.

It was so comforting to see so many people coming to the altar and accepting the Lord as their personal Savior night after night. Others came to rededicate their lives to the Lord. One of the encouraging things was the attendance of the young people. Taking the young people with us was a wonderful idea. What a blessing they were to the mission. The young people there were able to relate to them. I believe it was a tremendous encouragement and motivation for them to see young people in their age group, from America praising and serving God.

Fellowshipping with the brothers and sisters in South Africa gives new meaning to the words "Worship and Praise". These people glorify God with every fiber of their being. They made joyful noises to the Lord; they serve Him with gladness, they come before His presence with singing and dancing and into His courts with praise.

We had a very full schedule; our daily activities would begin with morning devotions at the church, with either Rev Lawrence or Rev Sewali leading; we conducted services at Mandalay Baptist Church daily. Members of our group went visiting homes in and around Mandalay,

Cont'd.

praying with the people, encouraging them, talking to them about Christ and inviting them to church. While there we visited another church where we participated in their services. We had services with the inmates at South Africa's largest prison, *Pollsmoor Prison*, where we ministered to the inmates. We were taken on a tour of several townships; we saw firsthand what poverty really is. Wherever we went, we used every opportunity to talk to people young and old about Christ. We conducted a small medical Clinic. We handed out "care" packages to many and dozens of bibles were distributed.

God used us in a mighty way in South Africa, I have heard Rev. Lawrence preach some powerful sermons, but it was obvious that he was under some extra special anointing of the Holy Spirit. The entire team performed with such zeal, dedication and reverence in everything from singing, to praying, to counseling and preaching. It was as if God had moved us to a level of worship and service far beyond anything we ever expected. Everyday we prayed for his anointing and we always got a double portion. I believe Rev. Sewali was correct when he said that when God wants to move someone to a higher level he sends them to Africa.

Would you believe it? I debuted as a preacher in South Africa! When Rev. Lawrence told me that I would be presenting the message one evening, I can't honestly say that I was thrilled. But I recognized that it was an instruction from the Lord and I knew better than to disobey Him. I said Lord, I know You did not expect me to go to South Africa and twiddle my thumbs, but to preach? When I began to seek the Lord's guidance and direction I was immediately reminded that the Lord does not give us a job to do without equipping us adequately. The Lord assured me that He would never leave me nor forsake me. I am grateful to God for choosing me, His humble servant to do His work. I believe God sent me at Mandalay Baptist Church, Great Commission Baptist Church and at Pollsmoor Prison for a purpose. Please pray that I will continue to seek His will and purpose for my life, and that I will always be willing and ready to bring glory and honor to His name.

Our entire trip to South Africa was a memorable one. Everyone made us feel so welcomed. They took care of us, they were always ready and willing to assist us in any way they could. They cooked for us at the Church; some invited us into their homes where they prepared sumptuous meals fit for kings and queens; they entertained us; they drove/chaperoned us around, and they made sure that we were safe and comfortable. Our individual hostesses made us feel as if we were a part of their family.

Our trip was not without some fun. We visited several upscale neighborhoods. We toured the campus of the University of Cape Town,



we visited the Indian Ocean, walked on the beach on a cool crisp winter day where several people took their shoes off and waded into the water, while some of us were content just to collect the beautiful shells that were washed up along the shoreline. We visited Robben Island where Mandela and several other political activists were kept as prisoners for many years.

YES! We scaled South Africa's Tallest Mountain, "Table Mountain"! I never felt so close to heaven as I did then. It was another opportunity to experience one of God's magnificent creations. The view from the top of the mountain was so exhilarating, inspiring, breathtaking, so incredibly out of this world, so much so that I was inspired to sing "How great thou Art" several foreign tourists joined in "When I look down from lofty mountain grandeur, and hear the brook and feel the gentle breeze, then sings my soul my Savior God to Thee; How Great thou Art, How Great Thou Art". The Psalmist David must have been standing on the top of Table Mountain when he penned these words "How magnificent are the works of thy hands."

My final experience and impression of South Africa was the scene in the departure lounge at Cape Town's International Airport. This scene will remain with me for many, many years to come. Several people from the church had braved the bitter cold and heavy rains to come and say their goodbyes to us. They brought last minute gifts, there were lots of hugs and kisses and the tears were flowing freely and unashamedly. But the most important thing was when we all made a circle in the middle of the airport. We sang to the glory of God and said prayers of thanksgiving and prayed for journeying mercies. People stopped out of curiosity and listened. I sincerely hope and pray that they received a blessing as well.

I encourage all of you my brothers and sisters here at Parkway to continue to draw closer to the Lord and to make every effort to support the church's mission activities. Some of you may not be able to physically visit Africa but you can be an effective missionary with your prayers and financial support. Please continue to pray for the missions in South Africa and around the world. God bless you.

Sis. Joyce Polack
WMU Director



Hypertension

Part2

Treatment

Blood Pressure is controlled by different factors including hydration, calcium and sodium supplies, signals from the brain and nervous system hormones secreted by the kidneys and adrenal glands, diet and weight as also identifying and treating the underlying cause(s). Therapy to control B/P addresses these influences singly or in combination.

Adherence to therapy is the key to maintaining normal blood pressure.

Diet

As mentioned before a low salt diet is advised. Nutritious meals in addition to sodium control will help with weight maintenance or weight loss. The concept of the “energy plate is helpful”. A 10 in. energy plate consists of ½ vegetable or fruit ¼ fish ¼ whole grains. If you are still hungry after eating add another portion of fruit and vegetable. Certain fruits and vegetable are high in sugar content e.g carrots, corn, red grapes smaller portions are advised.

Do not skip meals, calories are burned when you eat small nutritious meals. Snacks should have a high protein high fiber content (improves satiety).

Exercise

Walking is the best exercise 20 minutes a day is ideal. Moderation initially is key until tolerance improves. Health Clubs also have their place.

Medication therapy

Most patients need two medications to reach goal. Different classes of medications are in use and function in different ways..

ACE inhibitors (usually end in “pril”) e.g Captopril works on an enzyme that effects B/P **may** cause a cough.

CCB (Calcium channel blockers) e.g. Norvasc inhibit the flow of calcium in and out of the cell and so lower B/P **may** cause headache, ankle edema.

Beta Blockers (usually end in “lol”) action is not fully understood but affects smooth muscle **may** worsen lung conditions, decrease heart rate.

Diuretics e.g Lasix, Bumex. Hydrochlorothiazide help other hypotensive agents to be more efficient by increasing elimination of excess fluid **may** increase blood sugar uric acid (cause gout), and calcium may decrease potassium.

Alpha antagonists e.g. Hytrin, Clonidine dilate the arteries and veins and are very effective . They may improve cholesterol profiles and can cause fatigue or lower B/P drastically. (Hytrin is also used to treat prostate enlargement)

There are other classes of medications e.g Minoxidil also used to treat baldness and Hydralazine.

Medications may be prescribed daily (long acting/sustained release) or with greater frequency (short acting).

Some medications are ordered in combination form and “lessen pill burden.”

N.B. Medications should be taken as ordered not broken unless “scored” and not shared.

-Advice and questions should be directed to a Healthcare Provider (HcP) or Pharmacist.

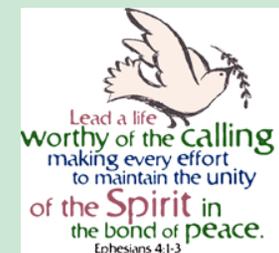
-Most medications should not be stopped abruptly and are usually introduced in increments.

-Libido concerns are one of the main reasons for non compliance these should be discussed with a HcP.

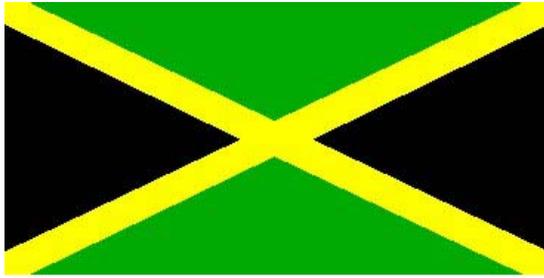
-Be careful when combining prescription and alternative treatment as an accumulative effect can lead to hypotension and harmful interactions.

-Some generics are as effective as brand names and cost less.

Submitted by Sis. Connie Harding



Celebration of Jamaica's Emancipation and 45th Anniversary of Independence



In celebration of Jamaica's Emancipation and 45th Anniversary of Independence, the Ecumenical Service of Thanksgiving was held at First Presbyterian Church in Fort Lauderdale, Florida on Sunday, July 29, 2007.

The evening's proceedings began at approximately 4:15 p.m. with the seating of the Jamaica Independence Mass Choir followed by the procession of participants. The Officiant was Rev. Winston Wright, who commenced the service with the hymn, "O Worship the King" then the "Confession of Sins." The first and second scripture lessons were read by Miss Meleisha Mignott and Mr. Gregory Bent respectively, after which Rev. Wright gave the general thanksgiving and welcome to the hundreds of attendees. Mr. C. P. Ricardo Allicock, Consul-General of Jamaica brought special greetings and a message from the Prime Minister of Jamaica, the Rt. Hon. Portia Simpson, was also read.

Bishop of Kingston, the Right Robert Thompson, delivered the sermon and spoke about the rebuilding of the walls of Jerusalem by the Prophet Nehemiah, although the nation of Israel was scattered. Similarly, he spoke about the exodus of Jamaicans who migrated to foreign lands during the 1970's and called on us as "Jamaicans living in the Diaspora" to offer our assistance and support to Jamaica. He especially reminded us to pray earnestly for the upcoming General Elections scheduled for September 2007.

Special presentations were done by the Jamaica Folk Revue, Ms. Lois Regua-Dunn and Shaha Dunn and the renowned Sierra Norwood Children's Choir. Rev. Horace Ward and Pastor S. Robert Stewart offered special prayers for Jamaica and the United States respectively. The offering taken at the service was designated for Swift Purcell Boys' Home, St. Mary and Experience Aviation, Inc.

Exceptional selections, which included, "Dear Jamaica" and Beethoven "Hallelujah Chorus" were done by the Jamaica Independence Mass Choir under the accomplished tenor, and Choir Director, Mr. Steve Higgins.

The United States and the Jamaica Anthems were sung, the blessings given and the recessional hymn "Right Hand of God" was rendered. Everyone was invited to a social hour immediately after.

Special guests at the service were, Mr. Barrington Irving, Jr. and his father, Mr. Barrington Irving, Sr. Mr. Barrington Irving, Jr. is the first Jamaican and the first African American to fly solo around the world. The officiant noted that Mr. Irving Jr. will embark on a 3-day official visit to Jamaica at the invitation of the Government and people of Jamaica.

It was truly an inspiring, motivating and rewarding evening. Let us graciously lift our hearts to God for our Jamaican heritage and let us continue to pray for our island home. Thanks to all those who attended this event, however, we salute Sisters Lillieth Reid, Joyce Hemmings, Enid McPherson, Esther Humes, Audrey Smith-Dunkley and Bro. David West, who were members of the Jamaica Independence Mass Choir.

Sis. Marva Harriott

MY REFLECTIONS ON THE DEDICATION OF THE NEW CHURCH HOUSE

"Unless the Lord builds the house, its builders labor in vain. Unless the Lord watches over the city, the watchmen stand guard in vain." Psalm 127:1.

We at Parkway Baptist Church had a sense of acknowledging the hand of the Lord as being responsible for what we saw unfold before our eyes on Sunday August 5th, 2007. As we gathered on the steps of 18020 NW 18th Avenue to dedicate the refurbished building to the use and service of God, we were in awe at what God had done through us. We had a keen sense of "before we even knew we needed it, God knew and He provided".

I thank God for the way in which this flower unfolded, because all the glory has to go to Him as it is none of our doing. For the inspiration of our Pastor, Rev. Donald Lawrence to conceptualize the project; the willing hands and minds who worked on

getting this project to where it was, all provided and blessed by God to put things through. We thank Deacons Francis and Sewell for their hard work and sacrifice in leading the project, and the rest of the team who together with Pastor Lawrence, worked tirelessly right down to the wire. But we know they could not have done it alone. So for all those who worked behind the scenes to make it happen, covering chairs, sending refreshments in the nick of time and lifting up prayers ceaselessly; we say many thanks from the bottom of our hearts.

As we toured the house and saw how the donated furniture items fitted in so perfectly with the original décor, we could not doubt that God was in it. How awesome is your name Oh Lord!

I came away thinking deeply about how God is able to take little things in our lives and cause them to come together to serve a greater purpose, and I hope that through this I have learnt to be obedient in even the small things, so that the big things can come to pass. May God continue to inspire and encourage us as we seek His will and purpose for this Parkway Baptist Church.

Sis. June Lawrence



Getting a new school year off to a good start can influence your child's attitude, confidence, and performance both socially and academically. The transition from summer vacation back to a new school year can be difficult for both child and parents. Even children who are eager to return to class must adjust to the greater levels of activity, structure, and, for some, pressures associated with school life.

The degree of adjustment depends on the child, but parents can help their child manage the increased pace of life by planning ahead, being realistic, and maintaining a positive attitude. Here are a few suggestions to help promote a successful school experience.

Parents Get Involved

Involvement in your child's education can mean:

- Reading to your child
- Setting aside a specific time for studying every night
- Checking homework every night
- Discussing your children's progress with teachers
- Helping your school to set challenging academic standards
- Limiting TV viewing on school nights

HIDDEN BOOKS

How many books of the Bible can you find in the paragraph below? There are 15 books from the Old and New Testaments.

I once made some remarks about hidden books of the Bible. It was a lulu - kept some people looking so hard for facts and studying for the revelation that they were in a jam. Especially since the books were not capitalized. But truth finally struck numbers of readers. To others, it was a real job. We want it to be a most fascinating few moments for you. Yes, there will be some really easy to spot. Others require judges to determine. We must admit it usually takes a minute to find one, and there will be loud lamentations when you see how simple it is. One woman says she brews tea while she puzzles her brain. Well, get to work if you want to complete it.

Good luck!