

Come Worship With Us

Theme for July 2007

“Grasping Our Lord’s Desire”

- ...for a Nation with Great Freedom - Expression
- ...for a Nation with Great Fortune - Enhancements
- ...for a Nation with Great Force - Enforcement
- ...for a Nation with Great Fun - Entertainment
- ...for a Nation with Great Flavor - Ethnicity

**Here's what's
happening!
this month!**

- Youth Camp July 16 - 20
- Finiance Committee Meeting July 12
- Quarterly Member's Meeting July 22

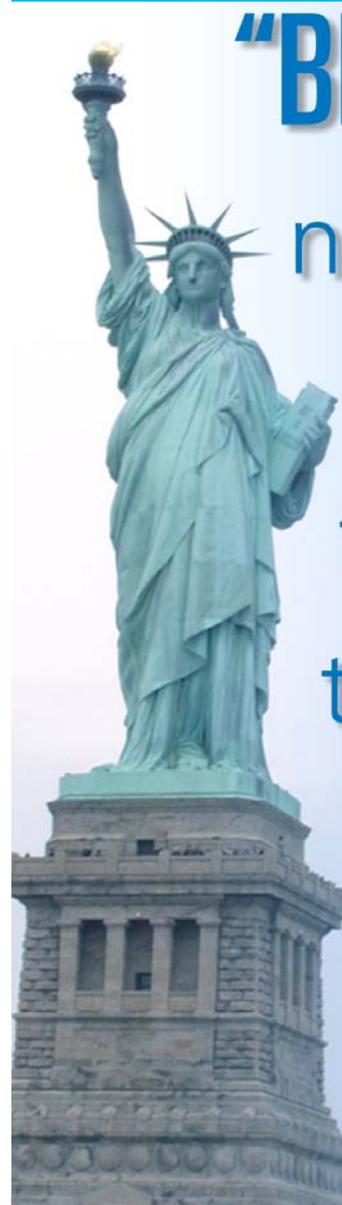
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The Family Table Talk

PARKWAY BAPTIST CHURCH NEWSLETTER

JULY 2007

Volume 23 Number 2



“Blessed is the
nation whose
God is
the **LORD,**
the people he
chose for his
inheritance.”

Psalm 33:12

Reverend Donald R. Lawrence, Pastor



Pastor's Message

The idea called America is truly one of the great ideas of the world. A nation established upon the principles of freedom, equality and individual rights is a wonderful idea. However as human beings, we have demonstrated that we have the ability to conceive great ideas, as well as to corrupt great ideas. This reminds us how much we need the grace of God in our lives.

The history of this nation is filled with some of the noblest acts of mankind, as well as some of the most wonderful opportunities for personal advancement. It is therefore no surprise that the wish of many around the world is to visit America or to come to America to live the American Dream.

Notwithstanding the above, sadly and typically of the course of humans, this nation has had its dark moments of inhumane treatment of others. The atrocities meted out to the American Indians and to Africans who were brought here as slaves which extended itself through racism, are real blots on a great nation. We who with the church's support, journeyed to South Africa for yet another time, were only too powerfully reminded of how wrong such acts are, wherever and by whomever they are perpetuated.

However a great nation must show the capacity to heal and to grow. America has scored well in this department. The challenge is to admit our failures and propensity to fail even as we celebrate our great gains. The advantage in this stance is that such humility has led and will lead to further greatness.

Parkway as part of the church community of this very blessed nation must do her part in preserving, as well as advancing, the great role God has assigned this nation. This we do by acknowledging our need for the grace of God and appropriating such grace for the continuous deepening of our Christian character.

It is for us then in the words of our 50th anniversary theme, to **Grasp Our Lord's Desire** at this crucial juncture in the life of our church, our country and our world. Let us remember that as members of the church universal, we have been given the greatest task of all which is to be "lights shining in this dark world of sin" (Phil. 2:15).

Happy 4th of July brothers, sisters and friends of Parkway! Let us enjoy the brilliance, excitement and attraction of the fireworks. However let them remind us that our role is no less in awakening and inspiring others to **Grasp Our Lord's Desire** for their lives.

God's Peace.

Donald R. Lawrence (Rev.)
Pastor

A few words on the men in your life

by Anna Brown

*"Sticks and stones may break my bones
But words will never hurt me."*

- Traditional rhyme

Is that really true? Words can actually hurt a lot. Proverbs 18:21 says the power of life and death is in the tongue. John's gospel tells us that "In the beginning was The Word and The Word was with God and The Word was God." Our words can build or break.

How many building words have we spoken recently? Is there a sister or brother who wore a dress or a tie that looked good, that we could say "that color looks good on you"? Or a co-worker who did an excellent report and we could compliment him/her on the quality of it? Maybe your husband got the oil changed on your car and you tell him how much you appreciate the way he takes care of little things for you. Or maybe your wife folded your shirts the way you like them and you could tell her how much you appreciate those little things. Perhaps your child cleared the table without having to be told and you could tell him/her that you noticed and are proud.

The things we can complain about are always easier to see. Yes there are instances in which we will need to let a loved one, a friend or a co-worker know that his/her behavior is unacceptable. In those instances I hope that my (and your) conversation will be "full of grace, seasoned with salt" (Colossians 4:6).

Outside of those times though, it takes work to search for the things we can thank our loved ones, friends, and acquaintances for doing for us. It takes time and energy to choose to build up the people around us, by finding the positive things that we can affirm.

I encourage us this month especially to affirm the men in our lives. Our husbands, sons, brothers, fathers, uncles, grandfathers need to hear that we appreciate and value them. They deserve to feel confident that we are their fan club and that we are not in a corner secretly longing for them to be an expert chef on the barbecue grill like the neighbor, or a financial guru like Warren Buffet, or a technological geek like Steve Jobs, or as athletic as Dwayne Wade, but that we are proud of WHO they are and we are not afraid to tell others. We can (and should) talk to God in prayer about their shortcomings, but let the words they hear from our lips be words of appreciation and encouragement, words that say we love them and are proud of them.

Vacation Bible School Report

“Run, run, run the race; Keep, keep, keep the pace; Run the race, keep the pace, Keep your eyes on Jesus.”

That's the cheer that started each day and was echoed throughout the activities of the week June 11 to 15 for VBS 2007. As you may have guessed the theme '**Game Day Central...where Heroes are made**' revolved around sports: and what a theme for a generation bombarded with sports and winning. Each day the Bible Study examined the characteristics of **True Heroes** who should...obey God even when its not easy,... do their best in everything, ... believe in Jesus and follow God's plan, ...put others first ...and ...tell others about Jesus.



Despite the extreme humidity and late afternoon heavy rains we had a total of 160 enrolled students and 16 teachers & volunteers and brought in \$276.38 offering for missions. During our worship rally this year we had three volunteers from the Florida Baptist Convention who demonstrated the actions to the songs and told the stories three days. Sis. Hortense Lewis was our



guest story teller on Thursday. The Wee Care teachers worked with their energetic charges encouraging them to become heroes for Jesus through stories, songs and crafts. Grades 1 to 6 watched mission stories from around the world where sports was the channel through which bonds of friendships were formed and the stage was set

for witnessing, not only to the children but to the parents as well. In class they

participated in Bible Study, indoor games and craft activities before lunch at noon. Our teachers were Sisters McPherson, Maya Edgar, Adia Nesbitt, Shay Zielstorff, and Bro. Nathanael Gaston. Our teen volunteers were wonderful especially with keeping the records and outdoor activities..



Our Youth and adults were not deterred despite the heavy rains, and initial reports suggest that the lessons were fun and exciting and as usual they had their crafts to complete. Sisters Spence-Ward, Audrey Dunkley and Rev. McPherson were the teachers. Again we were joined by our three volunteers.

The closing of both morning and evening sessions were on Friday where 11 children responded to Rev. McPherson's invitation to accept Jesus and become heroes for Him.

The evening closing was witnessed by others who were unable to attend during the week. We viewed some of the mission videos, and had presentations by the youth and, Dn. Plummer presented for the adults. During the program our three visiting volunteers shared with us how they got involved in this part of missions and they encouraged our youth to in the future consider this as a way to spend some of their vacation. They were presented with small tokens and certificates. We are indeed very grateful to the families that accommodated our volunteers, providing a place for them to rest and eat before returning for the evening sessions. Also a special thanks to Sis. Campbell and her team that provided lunch and Popsicles each day. It was a GREAT week. So let us continue to *“Run the race, keep the pace, and continue to Keep your eyes on Jesus.”*

See you next year!.

Cheryl Clarke



Summary of
Mrs. Hillory Dawnes' Presentation
"Challenge of the Teenage Years"
(WMU Retreat)

Are you a parent who is experiencing problems with rearing your teenage child? If not, do you know of someone who might be in this situation? Does everything you try seem hopeless? Are you optimistic and willing to explore all possibilities to help your child make productive use of his or her teenage years? Well, irrespective of the responses you give to these questions, Mrs. Hillory Dawnes reminds us that it is our responsibility to give teenagers our maximum support to enable them to mature into worthwhile individuals. According to Mrs. Dawnes, like all children, teenagers are naturally curious and are always seeking to know more about their environment. Unfortunately, these explorations are sometimes negatively influenced by the technological age of information which conflict with parental values. Subsequently, parents encounter inappropriate behaviors from their teenagers, some of which include; disrespectful attitude, laziness, carelessness, self-absorbed, emotionally withdrawn, pessimism, sexual immorality, substance abuse and lack of spiritual interest. When this happens parents are usually at a loss as they do not know what to do. Often time such ignorance makes the situation worse and may result in a life-long battle between the parents and their teenagers. How might parents build a positive relationship with their teenagers?

- Give genuine apologies when you hurt their feelings or when you insult them without intending to do so.
- Let them know you understand that the temptation is there to engage in the inappropriate activities and that you are on their side.
- Try to understand them in order to get out what you want out of them.
- Be truthful and honest and let them know why you want to protect them. Always tell them you love them.
- Discuss rules and regulations pertaining to their behaviors and let them know the consequences if they reject the rules.
- Ground them but be careful not to ground yourself.

- Monitor the type of information they get especially those from the electronic devices.
- Avoid negative criticism; be positive always.
- Develop an awareness of their body changes both physical and emotional.
- Be alert as the teenage year is the perfect fit for drug abuse; establish zero tolerance. If substance abuse is suspected seek consultation from trained personnel and encourage the child to engage in positive activities.
- Discuss issues relating to peer pressure i.e. dress code and the message it conveys.
- Assign tasks to those who neglect chores; sometime deprive them of privileges.

For your spiritual encouragement, read:

Hebrews 4: 16; Luke 15: 17-19; Matt.5 : 37; Psalm 22:9; Proverbs 13:30.

Visit website: www.oas.samhsa.gov for information on substance abuse and mental health.

Recommended Text: *Boundaries with Teen* by Dr. John Townsend.

Prepared by Sis. L. Puddie & Sis. J. Duncan

The core of our faith

When a person becomes a Christian, he takes out a life-insurance policy. But it is not a policy designed to insure one's own safety and blessings in heaven, but one to help those we love here on Earth. The basic motive of Christian living is not to insure ourselves against the fires of hell or to secure for ourselves the blessings of heaven. The primary motive is love — love for God and love for neighbor.

My Thoughts on Visit to South Africa
Crusade Trip June 13 - 27, 2007

I would like to thank God for His sustaining mercy in allowing me to visit South Africa. Twenty years ago, I would not have contemplated such a visit as my health at that time would not even allow me to travel to and from Jamaica - a trip of approximately 1 hour and forty-five minutes, unless I was under sedation. But a few years ago as I travelled to New York, I had a life changing healing experience which has since allowed me to do things I would not have been able to do before this happened. One of the things was returning to school and the other is being able to travel anxiety free. As I sat in the airplane on my way to London, I kept smiling to myself and thanking God for His awesome healing power--and reaffirming that "there is nothing too hard for the Lord."

Visiting South Africa for the first time is, as everyone who has visited before will attest, an awesome experience. You immediately feel a bond with the country and its people and as fellow traveler, Paul said in his talk last Sunday, "I didn't even miss home."

The worship experience is something you will never forget. I really came out of my quiet shell and like our own David, praised God with abandonment.

The experience has indeed been life changing for me. For the first time I felt God really working in my life in a very special way. During the services the atmosphere was charged with the awesome presence of the Holy Spirit and it was no surprise that several persons in the audience answered God's call to accept Him as Lord and Savior. For the first time in my life I felt I was an active participant in God's call to pray with someone being ushered into His Kingdom.

Visits were made to:

Pollsmoor Prison where we were privileged to participate in bible Study with the inmates. I meet one young woman, a past prisoner (5 years), the product of God's redemptive power. She is now training with the Prison Ministry Group to eventually minister to fellow prisoners.

Table Mountain- via the cable car- A view of God's glorious creation in all its beauty and wonder. An unforgettable view!

Robben Island - You actually experience a feeling of pain, suffering and sadness. As our tour guide - a young African college student related the events of past of prisoners such as Nelson Mandella, who unjustly suffered atrocities at the hands of the guards during the period of apart-

heid. As he spoke there was eerily silence in the bus full of people from different nations.

I realized on leaving South Africa that God is still in control of His world as we joined hands in a large circle at the airport and openly sang and prayed before boarding the flight back home. I doubt whether we, people of color, would have been able to do so years ago.

I believe Africa is ready and very receptive to whatever services we at Parkway have to offer in God's name. I had the privilege of meeting young Thembai, who was converted during the 2005 Crusade and is now actively participating in church and is a vibrant missionary to the youth in surrounding schools. We need to continue to pray for South Africa, especially Mandaly's pastor and church and for this mission to continue.

Wee Care Report

"Bring-A-Bike Day was held on Friday May 25th. On that day the children brought their bikes to school to ride and have fun. This event was designed to raise funds for the St Jude Children's Research Hospital. During the month of May the parents raised \$1,030.00 for the Hospital.

Wee Care graduation took place on June 8th, 2007. The children performed very well, especially the graduating class. The 15 students who graduated will be moving on to other schools in the fall. We are extremely grateful to all the teachers and staff who worked so well with the children, especially Mrs. Richardson the Kindergarten teacher, who has gone the extra miles to ensure that all the children in her class finished very well.

Registration for the 2007-2008 school year which will start on August 20th, is open to all children 1-5 years old. Voluntary Pre-Kindergarten (VPK) is once again available to children who will be 4 years old on or before September 1, 2007. This program is subsidized by the state and the cost per child will be \$30.00 weekly. Space are limited, register your child soon.

Please continue to pray for the Wee Care.

Geneta Campbell,
Director



Hypertension

Part 1

This is the term used to describe an elevated blood pressure. Blood pressure is the force of your blood as it pushes against the artery walls. It is highest when the heart beats (systolic, top number) and lowest when the heart is at rest (diastolic, bottom number). It is very important that the heart at rest is not under high pressures. A blood pressure at 120/80 is the goal 120 being systolic 80 diastolic.

High blood pressure is often described as “the silent killer” because there may be no symptoms in the early stages although damage is still being done to the eyes, heart, kidneys, pancreas and other vital organs.

Pre hypertension is >120-139 systolic >80-89 diastolic

Hypertension is 140/90 or higher

Malignant hypertension is hypertension that cannot be controlled.

Causes/Contributors

- Familial
- Lifestyle
- Drug therapy (prescription or some over the counter medicines)
- Obesity
- Stress
- Cigarette and alcohol use
- Pregnancy
- Aging (as arterioles lose their elasticity)
- Other disease states
- Sleep disorders

Complications are numerous and can involve one or more sites in the body simultaneously. These include strokes(brain attacks),kidney failure,heart attacks

Diagnosis Hypertension is diagnosed when two readings 5 minutes apart sitting in a chair,are elevated. The elevated reading should also be confirmed in the other arm. A careful history to eliminate temporary causes e.g. (rushing to keep the appt.) is also key.

White coat hypertension relates to blood pressure that is elevated in the clinical setting and remains normal at home (evaluated with patient self monitoring)

Treatment may consist of or necessitate any of the following

- Identifying and treating the underlying cause
- Life style changes e.g. weight loss ,
- Stress reduction, adequate rest and sleep- Decrease in dietary salt intake less than 2000mg a day less than 1/2 teaspoon table salt!!(especially for blacks) -Moderate exercise-Pharmacotherapy.

Alternative Medicine: Mostly anecdotal i.e non research based numerous non pharmaceutical agents have been used e.g. aloe, garlic, celery, soursop leaf, to name a few.

Submitted by Connie Harding



Men's Meeting

This is to inform you that our next meeting is set for Saturday, July 9, 2007, at 2 P.M., at the church. The men's chorus will rehearse at 5 P.M.

Please make every effort to attend. There will be games, food, and other activities.

Rev. N.L. McPherson

SOUTH AFRICA TRIP

DAVID WEST

June 13, 2007 marked a very important date in my life. I embarked on a trip that would prove to be both life changing and life enriching. I, along with 13 members of the Parkway Baptist team, traveled to the Republic of South Africa to engage in two weeks of missionary work with our beloved brother, the Rev. Oscar Siwali.

The Mandalay Baptist Church, of which he officiates, became our missionary center. We became directly involved in the planning activities, counseling, and directly working with members of both the church and the outlying community. In fact, we were privileged to attend the ceremony of one of the young men who returned from “the bush” “The Bush” is a ritualistic activity engaged by young men between the ages of 17 and 19. They are whisked away from their families for a period of 3 to 4 weeks to intensively learn about their newfound roles of manhood in their respective societies. They enter “the bush” as boys and return as men. To witness that experience was both cathartic and spiritually moving for the group.

This is my third trip to the region, but for the first time a connection was made. In fact I no longer consider myself a visitor but part of an extended family. The level of warmth and love I experienced on this trip was unlike anything I have ever experienced in my life. It is refreshing to be around people who just love unconditionally and have a sense of sincerity in their everyday actions.

Don't get me wrong though, South Africa is not euphoric. They are currently experiencing a myriad of social, economic, racial, health, and financial problems. Despite these negative attributes, exists a people who still worship God with a level of intensity that we, here in the western world, have yet to reach. They worship God with both their heart and soul. They hold nothing back and are totally uninhibited in their experience with God.

Dancing, though frowned upon in many churches in the western world, is commonplace in many churches in the African Continent. We dance, sang our lungs out, prayed and we just felt free to worship. I hope that some of the lessons learned will be carried over in our own worship experiences here.

Our young people contributed positively to this experience. They left an untouchable mark on Mandalay's youth. Dozens of their young people went to the altar to either accept Christ in their lives or to make a recommitment. This effect for them, through our constant prayers, will be everlasting.

Paul, Garth, and I also got involved with painting two rooms in one of Mandalay's senior member's house. The need was there and we just thank God we were able to be used as His vessel to fulfill an urgent need. If time had permitted, we would have worked on many more houses.

I heard Rev. Siwali say that when any person is moving to the next level in life, they are sent to Africa. I fully understand what he meant. It is impossible to have an experience on the African continent and not feel a change in your inner being. It must be understood that Africa is the birthplace of our roots and culture. The minute you enter the country, there is an immediate feel and sense that you are now “home”. There is no doubt in my mind that any experience in Africa will elevate any one as a person. I do highly recommend that every human being, especially of the African descent, visit the African Continent at some point in their lives. This will be an event that will challenge you as a person and allow you to questions some of the ideals and values that we have come to accept in our culture.



My South African Journey

My journey to Cape Town, South Africa was long awaited. I would finally make physical contact with the continent of my forefathers. On landing, I could barely hold my emotions in check and yet I would have to, in order to sort out the longings, questions and deep felt desire to be reconnected with Africa and her people.

My giddy excitement, apprehension and unfathomed quietness all at once, reminded me of a child finally reconnecting with parents she had not seen since early infancy. Would I be accepted? Would my existence in Western culture coincide with South African sensibilities? Was there a place for peaceful coexistence? These questions were just as soon answered the moment I was introduced to our host and other South African brothers and sisters. The warmth of their embrace was truly a salve for the tiredness I felt after being airborne for almost twelve hours.

The singing and dancing of individuals offering praise to God was truly heartfelt sacrifices of praise. I will never forget Mandalay Baptist Centre's praise song 'Malibongwe' and how I danced and wept for joy when my spirit felt totally unfettered and my heart beat like that of a carefree eight year old girl!

I was given the opportunity of a lifetime to witness to female prisoners at Pollsmoor Prison in Cape Town. God's amazing grace was most evident there as women, though confined, were still able to find hope in His goodness and utter high praise in song and worship. I could only ask God for forgiveness for my complaining about trivial matters.

Robben Island Prison (of Nelson Mandela fame) left me saddened as I reflected on how individuals without God's intervention, are capable of inflicting indelible pain on others. I was encouraged, however, that great steps are being made towards reconciliation and forgiveness.

The vast expanses of flowers found on the high hillsides of Fish Hoek held a particular fascination for me. How beautiful were the many varieties of *Protea*, South Africa's national flower!

Table Mountain, dignified and stately, overlooks Cape Town. On a clear day, the view of the city is breathtaking and spectacular.

Finally, Mandalay, thanks for reminding me of what true hospitality is all about. Your dignity and grace are parallel to the mountains to which you lift your eyes each day. And like you, I will look even higher to the great Rock of Ages as I daily invoke Psalm 121!

Claudette Bailey-Blandford

LONGING

By Claudette Bailey-Blandford

Oh Africa!
I long for you
More than sun-baked soil
Craves summer rain
When languid travelers
Imagine sweet repose,
Perhaps a taste of cool clear water;
Laughter after pain.

When will you hold me
In your strong arms?
Or gently rock me in the cradle
Of your embrace?
Should I not adore your face?

The years of separation
Have not excised my desire
For your love!
If ever the dawn of Table Mountain
Unfolds her gossamer coverlet of white,
And Umtata's noon
Shepherds the eye to meadows green
I shall return.

I need you now, as long ago
When rabid men intent on injuring
Tore me from your loins!
They took my name and honor,
Crucified my joy
Yet valiantly fought I
For the connection
They could not take.

I will return
Like waters from mountaintops,
Undaunted,
find the sea.
And when we meet again
We shall celebrate!
You will call your neighbors!
You will rejoice
For your daughter has come home!

