

Come Worship With Us

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



SEPTEMBER THEME

GRASPING OUR LORD'S DESIRE

...as Stewards of His Gift of Unity
...as Stewards of His Gift of Usefulness
...as Stewards of His Gift of Unction
...as Stewards of His Gift of Uniqueness
...as Stewards of His Gift of Utopia

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

Finance MeetingSeptember 13, 2007
Men's Ministry Work DaySeptember 15, 2007
WMU & Men's MinistrySeptember 16, 2007
Church CouncilSeptember 18, 2007
Youth Scholarship BanquetSeptember 22, 2007
Feeding the PoorSeptember 22, 2007
Wee Care Open HouseSeptember 27, 2007

PARKWAY BAPTIST CHURCH

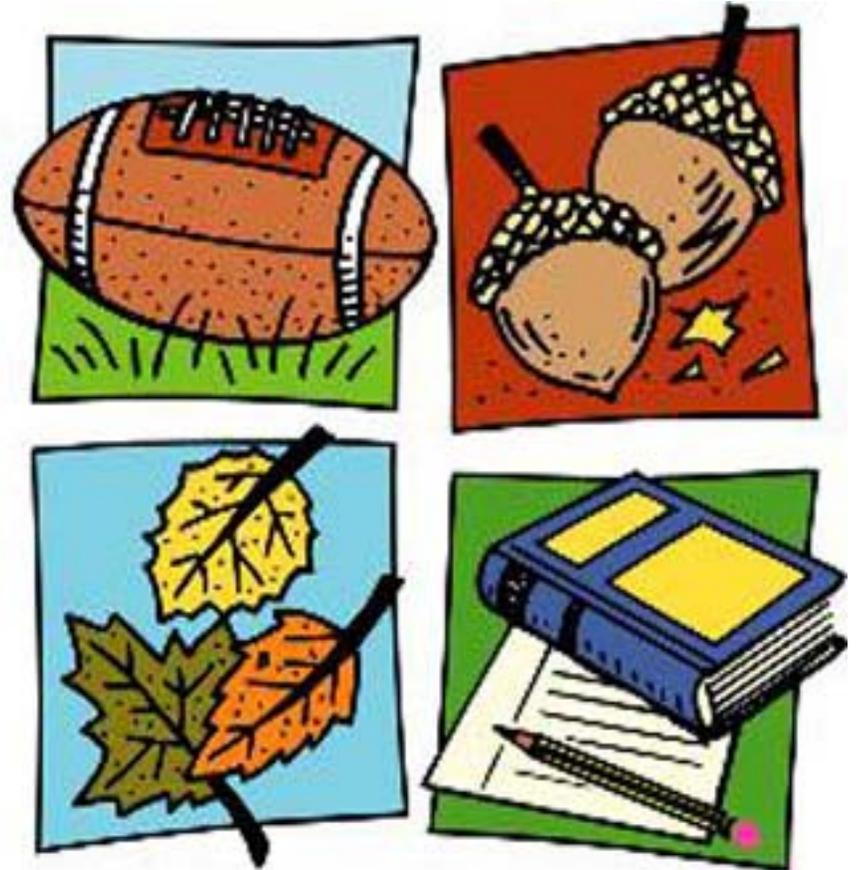
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The Family Table Talk

PARKWAY BAPTIST CHURCH NEWSLETTER

September 2007

Volume 23 Number 4



September

Reverend Donald R. Lawrence, Pastor



Pastor's Message

When last have you considered the importance of gravity in holding things together in their right place and causing things to behave in expected ways? This is a physical law that God has put in place which enables us to plan and develop our lives, with the assurance that nature is observing this law of creation. We therefore go about putting brick upon brick, placing things here and there, as well as moving about with the knowledge that what goes up must come down.

The Lord has called His church into being and laid down certain principles for her sustenance and growth. When we follow and obey them, as creation does with physical laws, we who are the new creation will discover how wonderful is the institution of the church. One of the very important principles the Lord has laid down for His church is that of stewardship. We must operate every day and moment with the knowledge that we are not our own, for we have been bought with the precious blood of Jesus Christ. Further this calls us to glorify the Lord in all we are and are about.

We are prone to be easy prey to the idea of doing things out of personal preference and allegiance. However as human beings who have so many contending forces acting upon us, we must have some ground principles to work by. The idea of Christian stewardship is foundational to the church, for whatever we do, it ought to be as unto the Lord.

Now we are capable of fooling ourselves that the Lord is pleased with what we are about. This is why we need to search the scriptures and learn to discern ever more keenly the Holy Spirit's leading. For after all, what is the duty of stewards but to, Grasp Our Lord's Desire. It is the Lord's church and we must not give room to the thought of running it for Him but discern what the will of the Lord is, for the days are evil. If there is no allegiance to the center the whole will fall apart.

Let us therefore approach this month's focus on stewardship, with a sense of the importance of our understanding and obedience in this matter, so that we may truly be the church of our Lord and Savior Jesus.

God's Peace.

Donald R. Lawrence (Rev.)

Seeing versus Knowing: the truth on labor and life. By Anna Brown

September – the month in which Hurricanes Gilbert and Ivan took aim at Jamaica. When Ivan brushed the island in 2004, I was nine months pregnant and bursting at the seams. As the winds howled into the darkness, I lay heavy in bed, listening to RJR's reports of how many women had gone into labor. I placed one hand on the dome and calmly told my unborn child that his or her mother was relaxed, therefore he or she should relax and remain exactly where he or she was. I said aloud (to my husband's amusement or relief): "No matter how many women go, *we* are not going into labor tonight!"

Labor: also a holiday celebrated in September. However, the labor into which I journeyed in mid-October was no holiday. You could read fifty books, interview a hundred women, watch five seasons of *A Baby Story*, and even watch the video from your Lamaze instructor (basically the deleted scenes from *A Baby Story*), but until you personally go through labor, you don't have a clue. I kept asking my doctor: "how will I know when I am having contractions?" The unchanging reply: "you'll know". How right he was! Childbirth is one arena in which seeing and knowing are two different things.

Moses discovered another arena in which seeing and knowing are two different things. Moses saw several amazing things: from the burning bush to the ten plagues, from the parting of the Red Sea to the manna from heaven, from the smoke and fire on Mount Sinai until he saw the God of Israel, "beneath Whose Feet was something like a pavement made of sapphire" (Ex. 24:10), Moses even touched tablets of stone, inscribed by the finger of God, and yet after Moses witnessed all these great and awesome wonders, he prayed:

"If You are pleased with me, teach me Your ways so I may know You and continue to find favour with You." (Ex. 33:13 NIV.)

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You could have thought that after he had been there, seen and experienced all those things, Moses of all people, would have known God. Apparently seeing and knowing are not always the same things.

To “know” according to the Oxford Dictionary is to “be aware of... able to distinguish (one from another)... have personal experience of...” Moses had seen firsthand the awesome miracles Jehovah could perform, but beyond all of those wondrous sights, Moses craved personal experience of Jehovah. Moses’ prayer was saying to Jehovah: “You teach me Your ways, so I can be aware of You and be able to recognize You and distinguish You from all else, so that I can continue to find favor with You.”

It seems the key to finding favor with God is to **know** God, to be aware of Him, to be able to identify and recognize His ways, to have **personal experience** of Him. But how can we **know** God? It does not start with us. Moses prayed “*shew me now thy way,*” (KJV). Moses asked Jehovah to teach him. Jehovah has to teach us HIS ways.

“For my thoughts are not your thoughts, neither are your ways My ways,” declares the LORD. As the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts.” (Is. 55:8-9 KJV)

You may get butterflies in your stomach when the TV nurse hands the mother her newborn on *A Baby Story*, but nothing compares to the feeling after you have endured labor yourself and you are holding your own tiny miracle. Seeing and knowing are not the same. Godly heritage is a wonderful thing but it can get you only so far. Nothing compares to knowing God for yourself.

 <p>Honoring Grandparents Sept. 10, 2007</p>	 <p>We Remember September 11.</p>
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Squeezing Through the Crack: Valuing Educational Opportunities

Another academic year has come and is well on its way whether or not we are mentally or physically prepared for it. For many, it is a time when anticipation, anxiety, and frustration, struggle to find their place in the scheme of things, sometime threatening those fascinating goals and dreams we hope to achieve. Typically, our adolescence and to a lesser extent our young adults, are the ones mostly affected, as they battle with parental expectations and peer pressures while trying to attain some sense of identity. This is no easy feat for those who spend most of their waking hours within the confinement of the school, and knowing the myriads of problems that plagued schooling in America and especially students of color. It is like literally squeezing through a crack to make it through the system to high school then hopefully to college.

We know that sometimes students are to be blamed for complacency; however, I desist from venturing into that direction, at least for now. What I would like to share with you is a synopsis of a report published in December 2006, by The New Commission on the Skills of the American Workforce entitled *Tough Choices or Tough Times*. The purpose for sharing this information is to enlighten and encourage our young people to take their educational opportunities more seriously striving always to achieve the best knowing that with God nothing is impossible.

In a special feature of June, 2007 Phi Delta Kappan Journal, Marc Tucker, co-chair of The New Commission of the Skills of the American Workforce describes a dismal picture of the obvious divide between those who have some college education and those who do not and the implications for personal and economic well-being. He argued that due to technological advancement, employment competitions are more pronounced today as the internet now makes it possible for companies to employ people wherever they are without having to relocate them. What this means is that well-educated people in America are in direct competition with others in less developed countries who are also well-educated and are willing to work for less. In the long run, most Americans entering the workforce will have to settle for lower income unless they can match up with those highly-skilled students in best performing countries.

The issue of internet access is nothing new. What is cause for concern is the social and economic drawbacks of earning low wages and inability to find employment. At present, labor economist advocate for at least two years of college education in order to earn a decent living. The report continued with several recommendations towards improving the education

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system, however, these will not be discussed here in order to allow some reflection on the prospect of our young people in this global affair. There is need to sound the alarm much louder to encourage them to make the best use of their time in school and utilize the resources available for bettering themselves academically.

Many of us are cognizant that there are a lot of flaws in the education system which need urgent remediation, however, these cannot be addressed at this time. We do not need the statistics to tell us that many students are falling behind because this is explicit in our everyday encounters with them. Many of them need encouragement and guidance whether they are our children or not. We cannot force them into doing what they don't want to do but, God expects us to do our part and leave the rest to Him. As such, all well-thinking persons must continue to find ways to be part of the solution. We cannot give up. It is in this sense, that as one who has been fortunate to encounter pertinent information on a daily basis, I seek to join others in sensitizing the youngsters of Parkway Baptist and others who might happen to read this article, to persevere with their academic pursuits. Despite the challenges, hold fast to your dreams, looking always to God for His guidance because He will justly reward you for your great effort.

Submitted by: Sister J. Duncan

E-mail etiquette

- 1. Don't use all uppercase or all lowercase letters.** Using all uppercase letters looks like shouting, and using all lowercase letters looks like laziness. Follow standard writing guidelines as a professional courtesy.
- 2. When sending an e-mail to multiple addresses, use "BCC."** People don't like having their e-mail addresses broadcast to the public.
- 3. Keep the message concise.** Try to keep the entire message viewable without scrolling. Long e-mails usually elicit a groan from the recipient. Use the phone for lengthy discussions.
- 4. Avoid overusing "Reply all."** Don't annoy people by sending messages they don't need to see.
- 5. Include a greeting and close.** Remember, you are communicating with a person, not a computer.

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A Note of Thanks to Our Ushers

I would like to thank all who have served on the Ushering Committee during the past church year, your dedication and assistance is appreciated. Thanks also to those members who are always willing to assist when needed.

YOU ALL ARE A BLESSING!

It is my belief that the ministry of Ushering is a vital part of our church ministry. Ushers represent the church in a very visible way, and help set the tone in preparation for the worship service, as well as assist with the smooth operation within the service.

It is my prayer that the team of ushers for 2007-2008 will come prepared to minister in each and every service and strive to accomplish our goals with God's help. We are in need of more ushers for the new church year, please contact me if you're willing and available to be a part of this ministry.

REMEMBER: A ministry is a way of serving and caring for others in Christ's name.

God Bless.

SERVICE IS NOT SPELLED SERVE-US

Prepare my heart for serving,
Let my spirit heed Your call;
In obedience to the Father,
Our Lord and King of all.
Fill my thoughts with You, Lord,
Renew my mind today...
I give you full control,
In the things I do and say.
Take these hands You gave me,
And use them for Your good...
To glorify Your Kingdom,
In the ways I know I should.
Remove all doubt within me,
Lord, I trust You'll find a way,
To mold me in Your image...
As I walk with You today.
~Author unknown~

Sis. Monique Finlay

===== VBS 2007 at Mt. Vernon =====

Giving glory to God for allowing us to serve and minister to the people of Mt. Vernon and the surrounding districts in the form of VBS.

On July 15, 2007 a group of 24 arrived on the beautiful island of Jamaica ready to minister to the people, with a mind to work and in one accord, we were able to have two weeks of VBS. Praise God, there was a record enrollment of 403 for VBS. There is so much more to share, but in the interest of time we will instead give a brief synopsis.

The theme for VBS 2007 was the “**Miracles of Jesus**”. There were five different classes: preschool, younger children, older children, youth and adults. Each class was “busting at the seams” with excitement and a hunger to learn more about the Lord.

We started each day with devotion at 7:00 am followed by breakfast at 8:00 am. Each morning, devotion was led by different members of the VBS Ministry. This was a very special time of devotion, where we all shared in the worship of the Lord in preparation of our daily ministry.

Because the children had to travel great distances to arrive for VBS, we commenced the VBS sessions at 9:30 each morning. The sessions consisted of a General Assembly, individual classes, arts and crafts, outdoor games and ended each day with hot lunches for everyone. Many of the children and adults stayed after the VBS sessions ended to play games and converse. Thanks be to God, we were able to use this time to witness to many people on a “one-to-one” basis.

The second week, a powerful crusade was held with nightly meetings from Sunday through Thursday. Thursday night was particularly dynamic because it was youth night and the youth at Mt. Vernon Baptist Church were in charge. Brother Wesley Warren and Pastor Randy Warner (a youth pastor from Maryland) really connected to the youths.

Thanks to our Lord Jesus Christ, there were a total of 38 decisions made for Christ during the crusade

(The pastor for the Mt. Vernon area is not very consistent so we ask for your special prayers for those 33 individuals who made the decision to follow Christ, and for your earnest prayers as we seek

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direction from the Lord to nurture and disciple these fledging Christians).

We would be amiss if we failed to mention the momentous event of the children’s graduation from the Mt. Vernon Basic School. This year there were three graduates from the basic school.

There is much, much more to share with you all as we continue to heed to God’s calling as missionaries for Mt. Vernon and the surrounding districts. We promise to continue to share with you on a regular basis.

A very big **THANK YOU** to Burem Baptist Church, Tunnel Hill Baptist Church, Maple Hill, Surgoinsville from Tennessee, Maryland, Greenwood Baptist Church and of course our own Parkway family.

God Bless each and every one of you as together we continue to labor in his vineyard until He comes.

Brother and Sister Bailey

Whatever your cross,
whatever your pain,
there will always be sunshine,
after the rain ...
Perhaps you may stumble,
perhaps even fall,
But God’s always ready,
To answer your call ...
He knows every heartache,
sees every tear,
A word from His lips,
can calm every fear ...
Your sorrows may linger,
throughout the night,
But suddenly vanish,
dawn’s early light ...
The Savior is waiting,
somewhere above,
To give you His grace,
and send you His love ..
Whatever your cross,
whatever your pain,
“God always sends rainbows ...
after the rain ... ”

Submitted by Sis. Maureen Braham



Sugar (glucose) and **Salt** (sodium, potassium, chloride) are the main components of the electrolytes in our body. The average daily diet contains much more than is recommended for intake to maintain bodily functions. We need to be conscious and mindful as we eat and incorporate a healthy intake of these substances in our diet.

Salt helps to maintain the balance of fluids in our body like sugar there are natural and artificial (added) sources 2300 mg. of salt (less than one teaspoon) from natural and added sources is the RDA(recommended daily allowance) by the American Heart Association. Researchers have found that decreasing our salt intake significantly lowers the risk for heart and brain attacks as well as kidney disease and their related causes. Sodium is the salt that is of greatest concern. Approximately 80% of our salt intake is in processed food canned more so than frozen as also processed meats, soy sauce etc. salt being used for flavor and as a preservative . Sources of "hidden salt" include over the counter medicines for headache and heartburn, baking soda and powder, tomato sauce and ketchup, cheeses, soft drinks, sodium sulfite used in the bleaching glazing and crystallizing of fruits. Take note that a teaspoon of garlic salt contains 1480 mg. of sodium compared to garlic powder 1mg. Adobo and Sazon popular seasonings are loaded with salt.

Suggested sources of daily sodium intake are 5% added when cooking 6% added when eating 12% from natural sources 77% from processed and prepared food.

The **FDA**(Food and Drug Administration) has suggested the following guidelines for special diets:

Sodium free (less than) < 5 mg. per serving

Very low sodium < 35 mg. per serving Low sodium < 140 mg. per serving. All cooking salts are chemically similar though the origin and processing may be different. The texture affects the amount of sodium present in similar volumes. ¼ teaspoon *Table salt* fine in texture has 590 mg. sodium *Sea salt* larger, irregular grains has 300 mg. *Kosher salt* has 280mg. Some salts have additives e.g iodine (those with iodine allergies need to avoid) and dextrose. Our taste buds have become so used to salt that it is a challenge to change the habit.

Alternatives to salt include the use of fresh herbs and spices, lemon juice ,Mrs. Dash, potassium based imitation salts *Nu- Salt, No Salt, Also Salt* (avoid in the presence of kidney disease).

Sugar also known as glucose, dextrose, sucrose, lactose, galactose depending on the source, method of intake and manufacturing is needed for body fuel and energy . One of the main contributors to the health problems of hypertension, heart disease and diabetes mellitus it is difficult to satisfy our natural desire for sweetness without the calories.

The use of sugar substitutes has been accompanied by cancer fears. Since its introduction in 1957 there have been no reported cancer humans linked with the use of non nutritive sweeteners on the market. Other complaints of headache, gastrointestinal upset, have been alleviated by changing brands .It is important that these symptoms if present be investigated so that other contributing medical problems can be identified.

Five sugar substitutes have been approved by the FDA (see listing in article). Another *Alitame* is awaiting marketing approval. *Stevia* made from leaves of the *Stevia* plant found in Brazil and Paraguay is also available *Sucralose/ Splenda* is made from sugar cane has no calories 85% is unabsorbed - associated with rare complaint of migraine headache **Aspartame/ Equal* made from a protein base usually has no aftertaste **Saccharin/ Sweet and Low* may leave a metallic taste ,maintains it's sweetness at high temperatures

**Neotame/*protein structure can be used by any age group *Acesulfame/* potassium chemical structure (care with use in kidney disease)

** Some product labels state persons with PKU (phenylketonuria) should avoid using these products (PKU is a genetic disorder now tested for at birth where certain proteins cannot be adequately broken down).*

These challenges are worth considering

-Because it is so difficult to measure how much is the natural source of salt and sugar how about no added salt or sugar!!!!

-Reading food labels should be a part of our daily routine. (See guidelines in article)

These food - label limits will help you select healthy foods.

Saturated fats . . As low as possible

None of the following should be

Trans fat 0

• Sugar

Cholesterol 150 mg or < per day

• High fructose corn syrup

Sodium 1,200 mg or < per day

• Dextrose

Dietary fiber 20 to 25 grams per day

• Molasses

When reading labels, keep these nutritional measurements in mind:

1,000 mg = 1 gram 5 grams = 1 teaspoon