



# MOUNT HOREB-BAPTIST CHURCH

"The Church that is Worshipping and Praising God on Purpose"

## THE UPDATE

News and Events

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REVEREND DR. H.B. SAMPSON III, PASTOR

Vol. 33 No. 6

*O Give thanks unto the Lord; for he is good:  
because his mercy endureth for ever. Psalm 118:1*

Nov/Dec 2011



*And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.*

*Luke 2:10*

## ~FROM THE CHURCH CLERK~

**TO OUR NEW MEMBERS:** The Mount Horeb Baptist Church Family is always happy to welcome new family members into the Body of Christ. Blessed are they who come into the House of the Lord. We are happy to welcome by Baptism: Brothers Andrew Kenley and Lewis Starks and Sister Jan Farmer; by Christian Experience: Sisters Marilyn Mace, Zina Dixon-Alston, Alecia Witherspoon, Gloria Witherspoon, Hazel Armstrong, Kamille Hunter, Karolyn Hunter, Maria Joseph, Cathy Lymon, Linda Smith, Gianna Edwards, Gwendolyn Edwards and Geraldine Lindsey and Brothers Darrell Howell, Michael Gray, Celio Young and Joseph Farmer; and Restored: Sister Brenda Smith.

**TO OUR SICK AND SHUT-IN:** Your Church Family's thoughts and prayers are always with you. Even in your darkest hour the Lord will bless you with His power. We hope and pray that with every passing day the telephone calls, visits, prayers and cards enlighten your day and lead to a speedy recovery and bring you closer to good health.

**TO OUR VISITORS:** The Pastor, along with the ministerial staff, officers and the Mount Horeb Baptist Church Family, welcomes all who come to worship with us. Feel free to return as often as you like. You are always welcome in the House of the Lord.

Sister Florence Myers, Church Clerk

## TWELVE STEPS TO SPIRITUAL HEALING



1. The essence of our being is love.
2. Health is inner peace. Healing is letting go of fear.
3. Giving and receiving are the same.
4. We can let go of the past and of the future.
5. Now is the only time there is and each moment is for giving.
6. We can learn to love ourselves and others by forgiving rather than judging.
7. We can become love finders rather than fault finders.
8. We can choose and direct ourselves to be peaceful inside regardless of what is happening outside.
9. We are students and teachers to each other.
10. We can focus on the whole of life rather than on fragments.
11. Since love is eternal, death need not be viewed as fearful.
12. We can always perceive others as extending love or giving a call for help.

SOURCE: The Washington Center for Attitudinal Healing

## NOVEMBER SUNDAY SCHOOL SUBJECTS

**November 6 - "Living in Harmony with Others"**

Lesson Scripture - Matthew 5:17-26

**November 13 - "Loving Unconditionally"**

Lesson Scripture - Matthew 5:38-48

**November 20 - "Praying Sincerely"**

Lesson Scripture - Matthew 6:5-15

**November 27 - "Facing Life Without Worry"**

Lesson Scripture - Matthew 6:25-34

## DECEMBER SUNDAY SCHOOL SUBJECTS

**December 4 - "The Lord Calls Abram"**

Lesson Scripture - Genesis 12:1-9

**December 11 - "The Lord Gives His Promise"**

Lesson Scripture - Genesis 15:1-6; 12-18

**December 18 - "The Lord Provides"**

Lesson Scripture - Genesis 22:1-14

**December 25 - "The Lord Keeps His Promise"**

Lesson Scripture - Luke 1:46-55; 2:1-7

Join Us for Sunday School...All Are Welcome!

Deacon James Paschall, Superintendent

## BIRTHDAY OBSERVATIONS



I believe birthdays are a time to celebrate the miracle of life. I observe my birthday, in part, by reflecting on and thanking God for all the miracles He has orchestrated in my life. I have been the benefactor of many miracles. However, three stand out in my mind. I was born at home with assistance from a mid-wife and a doctor. I view my birth as God's first earthly miracle bestowed upon me because it was quick and I was healthy. The second miracle pertains to curing what we've been told has no cure, i.e. epilepsy. The third miracle blew my mind. I was taking my final college math exam. I was extremely anxious as math was not my favorite subject. After saying a private prayer, I felt like someone else was taking the test for me. It felt like someone else was controlling my thoughts and moving my hands. I was shocked to learn that I had a perfect score. Now to me that was a miracle. We serve an awesome God.

As this holiday season approaches let us reflect upon all the miracles God has bestowed on us and give Him the love and praise He so truly deserves. Let us remember why we celebrate Christmas. Let us remember that He was born to die so that we may live. He is the blood donor, once we accept Him, who saves our lives. John 3:16 says, "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have eternal life." We can demonstrate that we truly honor and love God by keeping His new commandment as told to us in John 13:34-35, "A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another. By this shall all men know that ye are my disciples, if ye have love one to another." Merry Christmas.

Sister Yvonne John, Editor

## PASTOR'S HEART TO HEART "LOOKING FOR JESUS"



"And when they were come into the house, they saw the young child with Mary his mother, and fell down, and worshipped him. . . . (Matthew 2:11)"

As we approach the Thanksgiving and Christmas holidays, most of us are looking forward to gathering in certain designated locations where we will enjoy the privilege of seeing our family, friends and loved ones. The air seems to become infused with an electrifying anticipation of reaffirming and reconnecting with others in ways that our busy lives seldom afford.

It is unfortunate indeed, however, when in the midst of our excitement about seeing our family, friends and loved ones that we overlook Jesus as the one we should look forward to seeing most of all. It seems strange that one would be able to overlook Him whose presence can be found in every vast expanse and circumstance of time and space. It is inconceivable to believe that one could overlook Him who is not only the architect of the universe, but also the author and finisher of our faith. As strange and inconceivable as it may seem, there are those who have failed in looking forward to seeing Him who matters most of all.

The second chapter of Matthew, verse eleven, both illuminates and illustrates the fact that Jesus Christ should be the pinnacle personality that we wish to perceive this holiday season. According to the aforementioned passage, after Jesus was born, the three wise men followed the star to Bethlehem in order to see Christ. According to Matthew's gospel, they arrived where he was residing, "And when they were come into the house, they saw the young child with Mary his mother, and fell down, and worshipped him. . . ." In a very real sense, this informs us that the primary reason for their coming together was in order to see Jesus Christ.

If we consider the events surrounding these wise men seeing Jesus Christ, we can deduce that their doing so invoked a form of thanksgiving that provoked a need to worship. Said differently, these wise men were so thankful that they saw Jesus Christ that, "they fell down, and worshipped him. . . ." What a word to ponder this holiday season.

When we see Jesus, he invokes Thanksgiving and provokes Worship. For this reason, during this holiday season, while anxiously looking forward to seeing family, friends and loved ones, I want to encourage you not to forget to look for Him who matters most of all. If we will look for and see Jesus Christ, He will provide us with the primary reason for Thanksgiving and the ultimate reason to worship for Christmas. I don't know about you, but this holiday season, I'm looking for Jesus; He really is the reason for the season! Finally beloved, as a parting word, while we all are preparing to see Jesus this season, I, Sister Sam, and the babies, want to wish you all both a Happy Thanksgiving and a Merry Christmas!

Going Forward on Purpose

Pastor H.B. Sampson III, D.Min.

### FAITH AS THE WISE MEN

Lord, give us faith as the Wise Men  
Who, led by a bright, shining star,  
Followed its light to the Christ Child.  
They journeyed in faith from afar.

They knew this Child was the Savior,  
So onward they trod, traveling long.  
Turning back never though weary,  
They found new strength, faith and song.

Give to us this kind of faith, Lord,  
A passion for seeking our King,  
That we may know Him more fully...  
Our hearts be the gift that we bring.

Keep us on course like the Wise Men,  
Lest worldly temptations distract.  
O "Star of Wonder" keep shining,  
Lead us for we've need to go back...

To seek again at this Christmas  
The Redeemer sent from above.  
With adoration we'll worship  
God's Gift of unspeakable love.

Lord, give us faith as the Wise Men,  
So in us a glow others see,  
A trusting faith in the Savior...  
Our lives a reflection of Thee.

Beverly J. Anderson



## THE TRUE SPIRIT OF CHRISTMAS



The Friday after Thanksgiving is referred to as "Black Friday" because the financial bottom line for many retailers turn from red (loss) to black (profit). This is the day American shoppers rise early -- some even never go to bed -- stand in long lines for hours waiting for stores to open in order to buy that great bargain. The Christmas Season has become a consumer spectacular that is seemingly crucial to our nation's economy. Is that why Santa Claus, in many instances, is more popular than Jesus Christ during this time of year?

The tale of Santa Claus is a myth that parents and society have helped to perpetuate. Christmas, with the aid and encouragement of the business community, has become commercialized. Christmas has become more about celebrating Santa Claus than celebrating Jesus Christ. It has become a time of the year when retailers coax money out of our pockets by turning "wants" into perceived "needs." Why do we act this way? Of the gifts you intend to buy or expect to receive, how many gifts are really needed by you or the intended recipient?

During the Christmas Season too many people buy things they don't need with money they don't have, and run up debts they can't afford. The Holiday Season should be a religious observance, but that fact has been lost in the omnipresent marketing hype. The social and psychological pressure to spend and spend some more is at its height during this time of the year. This is the season Christians should focus on what Christ brought to us -- Love, Hope, Peace and Joy. Santa Claus represents materialism. Material objects, fame, fortune and power are fleeting. We have to invest and believe in the One who shed His blood for us -- Jesus Christ. Santa Claus can't take us to Heaven. Jesus Christ is the Truth and the Light.

As you read and reflect on this article, think about and meditate on the true meaning of Christmas. Let's think about how we can make this Holiday Season more meaningful in terms of celebrating the true spirit of the season - the celebration of the birth of Jesus Christ and the gifts He brought to us.

*May you have the gladness of Christmas which is hope; the spirit of Christmas which is peace; and the heart of Christmas which is love.*

## TONE CHECK

October 1, 2011 - OUR DAILY BREAD

Driving home from work, I heard a radio advertisement that got my attention. It was for a computer program that checks e-mails as they are written. I was familiar with "spell check" and "grammar check" programs, but this was different. This was "tone check." The software monitors the tone and wording of e-mails to make certain they are not overly aggressive, unkind, or mean-spirited.

As I listened to the announcer describe the features of this software, I wondered what it would be like to have something like that for my mouth. How many times have I reacted harshly instead of listening first—and later regretted the words I had spoken? Certainly a tone check would have protected me from responding so foolishly.

Paul saw the need for us as believers to check our speech—especially when talking to those who are not Christians. He said, "Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one" (Col. 4:6). His concern was that our speech be graceful, reflecting the beauty of our Savior. And it must be inviting to others. Talking with the right tone to unbelievers is vital to our ability to witness to them. Colossians 4:6 can be our tone check.

Tone of voice can be effective  
If our spirit's calm and meek;  
Let us watch our words and actions,  
Always careful how we speak. —Hess



**Every time we speak, our heart is on parade.**

### OUR DAILY BREAD & WHERE TO FIND IT

Mount Horeb's Library Committee is our source for the booklet "Our Daily Bread" which is released quarterly. This inspirational booklet can be picked-up from the Arizona Cousins Fellowship Hall and the Deacon Board.

The Library Committee also makes available a booklet for the youth called "Pockets." This is a monthly publication.

We congratulate the Library Committee on this year's anniversary and encourage you to visit the library at every open opportunity.

## ANNUAL FALL FESTIVAL



STAINED GLASS DISPLAY BY SISTER BARBARA DIANE JOHNSON

Come rain or shine, Mount Horeb's Fall Festival committee members were determined to hold the Annual Fall Festival on October 1 as planned. Even though the day was cloudy and rainy, Mount Horeb festival attendees brought sunshine into the Church building. Everyone agreed that it was a huge success with overflowing crowds throughout the day. There were activities for all age groups. We were entertained, fed, enlightened, shared clothing in a clothing-drive activity, played games and, lastly, enjoyed displays exhibited on more than 22 tables. For those interested in financial planning for a family or business, representatives from Equity Financial Services were there to assist.

We discovered that our Church Family has many hidden talents. The quilts made by the quilting class were stunning; the stain glass display was breathtaking; the main course meal, as well as the cakes, pies and ice cream just melted in your mouth and put a smile on your face. The popcorn and cotton candy vanished soon after it was made. The liturgical dance ministry, "Perfect Praise," directed by Ms. Tammy Hutton from Union Wesley AME Zion Church, entertained us with inspirational dance. The visiting Central Baptist Church of Camp Springs Muppet Ministry, led by Reverend Lincoln Buruss, was back by popular demand. They entertained us at the 2009 Youth Lock-In and did not disappoint. The eight members of this ministry, age 13 to 25, had the full attention of the audience as the colorful muppets danced and shouted to gospel music. If King David were present, I'm sure he would have joined them.

The younger more energetic crowd had fun bouncing and jumping in the moon bounce. All ages, both male and female, played basketball. As usual everyone enjoyed BINGO and the releasing balloon activity. Be sure to mark your calendars for next year's Fall Festival. We are never disappointed.

**Christmas gift suggestions: To your enemy, forgiveness; to a friend, your heart; to every child, a good example; to a customer, service; to all, charity; to yourself, respect.**

## ORIGINS OF HALLOWEEN

Did you know that the word Halloween comes from "All Hallows Eve" which was the evening before "All Saints Day" (a Catholic Church festival celebrated in honor of all saints). All Saints Day was observed by the Catholic Church during the 8th and 9th centuries. When the ancient Celts were conquered by the Romans, the traditions of the Catholic Church were combined with the traditions of the Celts.



In ancient Britain and Ireland, the Celtic festival of Samhain was observed on October 31. This date was also the eve of the New Year in both Celtic and Anglo-Saxon times and was the occasion for one of the ancient fire festivals when huge bonfires were set on hilltops to frighten away evil spirits. On this date, souls of the dead were supposed to revisit their homes and the autumnal festival acquired sinister significance, with ghosts, witches, hobgoblins, black cats, fairies and demons of all kinds said to be roaming about. It was the time to placate the super natural powers controlling the processes of nature. In addition, Halloween was thought to be the most favorable time for foretelling the future concerning marriage, luck, health and death. It was the only day on which the help of the devil was invoked for such purposes. For this reason, some view Halloween as a satanic celebration. Source: The New Encyclopaedia Britannica, Vol. 5, p. 646.

Historically, in the 1800s Halloween became a national holiday in the U.S. and was celebrated with adults dressing up in costumes and going to parties. Children also dressed in costumes and went house to house expecting a treat or threatening a trick if no treat was given.

(Editor's Notes) Traditions and customs are important. They sometimes provide a key to a better understanding of our ancestor's beliefs and lifestyle. That being said, we should know the meaning of any custom in which we participate. We may have to account for it later.

## DIABETES - STOP IT BEFORE IT STOPS YOU



Do you know of anyone that has 'sugar'? At some point in our lives, we have all heard this phrase. I am talking about Diabetes. Diabetes is a disorder of metabolism - the way the body uses digested food for growth and energy. For the sake of this article, we are talking about Adult Type 2 Diabetes. Type 2 diabetes is more common in older people, especially in people who are overweight, and occurs more often in African Americans, American Indians, Asian Americans, Native Hawaiians and other Pacific Islander Americans, Hispanics and Latinos.



Diabetes is widely recognized as one of the leading causes of death and disability in the United States. Diabetes is associated with long-term complications that affect almost every part of the body. Uncontrolled diabetes often leads to blindness, heart and blood vessel disease, stroke, kidney failure, amputations and nerve damage.

Your doctor will use the A1C blood test to detect people with diabetes. People with diabetes should have the A1C test at least twice a year. The doctor uses the results of your A1C tests to see whether you need changes in your diabetes medicine, meal plan or physical activity routine to keep your diabetes under control.

The good news is that people with diabetes can do a lot to prevent or delay diabetes. People can lower their risk of developing diabetes by losing 5 to 7 percent of their body weight through lifestyle changes such as diet and increased physical activity. You can lose weight by cutting fat and calories in your diet and by exercising -- walking is the best exercise -- at least 30 minutes a day, 5 days a week. The goal of diabetes management is to keep levels of blood glucose, blood pressure and cholesterol as close to the normal range as safely possible. Control of blood glucose, blood pressure and cholesterol can help reduce the risk of blindness, kidney disease, stroke and heart attack in people with Type 2 diabetes. These are the keys to a healthier and longer life.

### Recommended Reading:

The 30-Day Diabetes Miracle & Accompanying Cookbook. Franklin House, MD, Stuart A. Seale, MD., & Ian Blake Newman. Can be found in bookstores, local library or on-line.

Tell Me What to Eat If I have Diabetes, Nutrition You Can Live With. Elaine Magee. Can be found in bookstores, local library or purchased on-line.

Vegetarian Times Fast and Easy. The Editors of Vegetarian Times. Can be found in bookstores, local library, or purchased on-line. Good recipes.

The New Mediterranean Diet Cookbook, A Delicious Alternative for Lifelong Health. Nancy Harmon Jenkins. Can be found in bookstores, local library, or purchased on-line.

Diabetic Living. A Better Homes and Gardens Special Publication. Can be found in local grocery stores. Good recipes.

Outsmart Diabetes. Prevention Guide Magazine. Can be found in local grocery stores. Good recipes.

Sister Donna Nelson Fortune, Reporting

*In every thing give thanks: for this is the will of God in Christ Jesus concerning you.*

*1 Thessalonians 5:18*



# MAYBE SOME DAY

By Catrice Sales



Maybe some day there will be peace  
When all this world violence will cease  
A day when there are no more tears  
And when little children have no more fears  
Maybe some day this day will come

Maybe some day there will be love  
When the birds fly above  
A day when the borders are disarmed  
And all the people will be free from harm  
Maybe some day this day will come

*Glory to God in the highest, and on earth peace, good will toward men. Luke 2:14*

Maybe some day this day will only be one day away

Maybe some day...

*Grace isn't a little prayer you say before a meal-it's a way of life.*



And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him. Colossians 3:17

Parting is always sad and to you my Church Family who have been with me through many years. I shall dearly miss you!

Keep the faith,

Sister Barbara Battle

## THINK ON THIS!

Buying a gift is a relatively easy thing to do. True giving can be much harder.

The only gifts that truly last are gifts that come from the heart. All material things will eventually break, wear out, go out of style or become unusable. Giving of yourself—listening to another, helping someone in need, mentoring a teen, bringing meals to those who cannot cook for themselves—creates permanent goodwill.

As our nation continues to face a challenging economic climate, there is no better time to focus on shopping less and giving more.

Excerpts from the Metlife newsletter article titled: "Gift Giving from the Heart."

Happy Holidays!

Submitted by Sister Estella Boseman

*REBUKE NOT an elder, but entreat him as a father; and the younger men as brethren; The elder women as mothers; the younger as sisters, with all purity.*

1 Timothy 5:1-2

We make a living by what we get, but we make a life by what we give.

*Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms.*

Psalm 95:2

Maybe some day there will be great kindness  
When we approach differences with blindness  
A day when we are all the same  
And for once no one is to blame  
Maybe some day this day will come

Maybe some day there will be an end  
When countries will no longer have to defend  
A day when the entire world will rise  
And on that day no one will demise  
Maybe some day this day will come

## BUILDING AND EXPANSION SOUND SYSTEM/AUDIO VISUAL DRIVE



Just a reminder that B&E Pledge Agreements can be submitted to the Church Office at your convenience. If you did not receive your letter with the form attached, please contact the Church Office. For more detailed information regarding the Sound System/Audio Visual operation contact Trustee Robert Warren.

### Order Of Service Sunday

7:30 a.m. and 10:30 a.m. ....Worship Services  
Fourth Sunday .....Holy Communion  
9:00 a.m. ....Sunday School

### Tuesday

7:30 p.m. ....Prayer Service

### Wednesday

10:30 a.m. ....Bible Study  
12 NOON .....Prayer Service  
7:00 p.m. ....Prayer Service

### Saturday

12 NOON .....Youth & Adult  
Bible Study

## ~ ~ UPDATE STAFF ~ ~

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