

FALL EDITION
OCTOBER 2012



MT CARMEL BAPTIST CHURCH - 1317 S PLEASANT VALLEY RD
WINCHESTER VA 22601 (540 667 6532)

TIDBITS



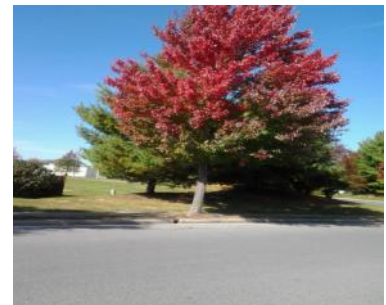
A FRESH FALL

Mt. Carmel Baptist Church just celebrated Homecoming in August and our Pastor's 15th Anniversary. This church continues to serve the community as a pillar of diversity, inclusion and innovation.

As we celebrate the numerous milestones under the leadership of The Rev. Gilbert M. Mack, Jr., Senior Pastor, we are thankful that we have been the beneficiaries of his vision, youth, and enthusiasm. We have made tremendous strides in our membership, spiritual growth and physical presence.

We welcome the new season of revival and renewal and all that God is doing in this ministry.

God bless the Mt. Carmel Baptist Church family as we move freshly forward.



WOMEN'S RETREAT

By Rev. Theresa Bell



WOW! Fun, relaxing, challenging, inspiring and filling (spiritual and physically) are some of the words I would use to describe the Women's Retreat at Sandy Cove Ministries. **WOW!** because as soon as we reached the grounds of Sandy Cove our eyes popped at the vision created by the sun glistening over the huge body of water before us.

I say "fun and challenging" because of the many activities that the, more adventurous, ladies participated in on Saturday. There was Zip lines, Zumba and the Big Swing. The challenge I perceived was the utility pole you had to climb to Zip line! Guess who didn't "Zip", I sat beside the water and relaxed. Walking was enjoyed by most; the grounds are just so beautiful that you couldn't resist taking an early morning walk before the huge breakfast that awaited us every morning. This is where the word "filling" comes in!

The sessions centered on the theme "The Best Decisions a Woman Can Make" and challenged our thinking about ourselves. Pam Farrel, had a light hearted, fun way of presenting some very serious decisions that we face as women. She encouraged us to decide:

- To be successful in each season of our lives
- To prioritize the people of our life
- To get over it – whatever it might be and
- To take care of ourselves

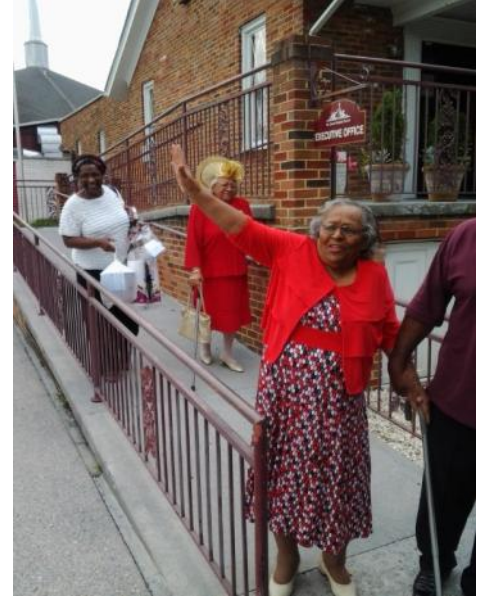


The big surprise for me was Damaris Carbaugh, the psalmist Her message "Why I Sing Gospel Music" was inspiring, uplifting and a testimony to her love for the Lord.

(Rev. Bell will share more about the Retreat during the Women's Weekend.)

DISTINGUISHED SAINTS

The We Care Ministry held a “cool lunch and ice cream social” in August. In addition to good food and fellowship, fun was held by all as evidenced by the pictures of some of the Distinguished Saints upon leaving the event. Mrs. Mary Cross and Mrs. Ella Finley energetically raced down the ramp as fundraiser came to an end. These were just a few of the spirited attendees.



HEALTHY HABITS

WHAT'S THE FIRST WORD YOU SEE?

Eat berries to strengthen your brain. One-half cup of blueberries per week delays cognitive aging by up to two and a half years. The key ingredient is flavonoids, antioxidants found also in tea, red wine, apples and oranges.

The American College of Sports Medicine recommends the following for seniors who wish to maintain their mental and physical health and independence:

- 30 minutes of aerobic activity five times a week
- Resistance exercise twice a week
- Activities that promote flexibility twice a week
- Activities that promote balance and agility twice a week



A quality fitness center can provide the variety, equipment, social, and intellectual stimulation that seniors need. Consult your healthcare provider before investing in a program.

PRESIDENTIAL ELECTION



Tuesday, November 6, 2012 is Election Day. In addition to the presidential election, there are candidates for other statewide and local office such as the U. S. Senate, House of Representatives and mayor. The registration deadline for eligibility in this election is Monday, October 15, 2012.

Changes of address require a new registration by the same deadline.

Please call you local registrar for the most current ballot information and questions regarding absentee or other voting matters. Disabled persons or persons caring for confined relatives may be eligible to vote in advance of November.

GIFT SUGGESTIONS TO HELP YOU COMPLETE YOUR CHRISTMAS SHOPPING EARLY THIS YEAR!

FOR AN ENEMY: **FORGIVENESS**

FOR AN OPPONENT: **TOLERANCE**

FOR A FRIEND: **YOUR HEART**

FOR A CHILD: **A GOOD EXAMPLE**

FOR YOURSELF: **RESPECT**

FOR ALL: **CHARITY**

MEDICARE UPDATE

In 2013, Medicare will cover depression screenings, screenings and counseling for alcohol misuse and obesity, cardiovascular disease, behavioral therapy, and more. Ask your health care provider if you need any of these services.

There is more help in the prescription drug coverage gap.

Review the *2013 Medicare and You* booklet now in the mail before your next medical visit.

More preventive services covered in 2013

Don't forget to get your flu and pneumonia shots. These along with the shingles vaccination are covered completely

by Medicare with no out-of-pocket expense to you.

SENIOR DRIVER COURSE

AARP will conduct an eight-hour classroom refresher course, designed for those 50 and over from 8 am to 5pm on October 19 at the Frederick County Public Safety Building at 1080 Coverstone Drive, east of Winchester.

Those completing the course will receive a certificate, which should reduce insurance costs. No exams are required. The cost is \$14 to cover class materials.

AARP members will receive a \$2 discount upon presenting a membership card.

Call Mike at 540 869 2204 to sign up for the course.



IMAGES OF THE MINISTRY



THE CROSS OF NAILS
WELCOMING VISITORS TO
SANDY COVE MINISTRIES, SITE
OF THE 2012 WOMEN'S RETREAT



SHAYLA CURRY BRAVELY "ZIP-
LINING" DURING THE WOMEN'S
RETREAT WEEKEND



PROUD FATHER, PASTOR MACK, WITH
GRADUATE, JASMINE AND JULIA



TRUSTEE PROFFIE COOK LIGHTING
A CANDLE AND PRAYING FOR LISA
SMITH-TRAMMEL
AT NOTRE DAME CATHEDRAL
IN PARIS, FRANCE



FROM THE PASTOR'S PEN

The following was written by Lisa Smith-Trammel, while on the October, 2012 Women's Retreat at Sandy Cove in North East, Maryland. Pictured below is a hallway of rooms from the main lodge.



The “Long Haul”

At Sandy Cove this weekend, we were assigned a room at the end of a very long corridor of sleeping quarters. We also had to walk down a similar hallway to get to the dining room and meeting areas.

When my roommate and I first arrived at our room and realized the extended path we needed to take in order to get there, we almost right away went to look for an easier “short cut” to get to the main areas. Our exploration quickly ended as we discovered the stairwell we found next door to our room was a “dead end”, that didn't prove useful.

However, the other hallway was familiar to me. Having been here many times before, I knew already that this one would lead to the dining hall and meeting areas. While I couldn't see them right away, I knew what to expect finding them around the bend. I knew what was there at the end of my walk down this hall.

Both paths look alike, but, both, like life, lead to different outcomes when we ventured down them.

Life can sometimes appear to be a “long haul”. We often don’t know what’s around the bends of our path. What we expect or plan as a destination sometimes doesn’t arrive quickly enough, or not at all. We may get angry, frustrated or impatient because of this.

But God.....

He not only created our paths as we traverse this life through different seasons, but He also most often **won’t show us** the outcome of our journeys. Like my roommate and I did in the natural, we may look for detours and/ or distractions from our given paths, but in the end, a “short cut” or easier way isn’t provided.

That’s when we trust in HIM. We have faith on “these things”, which are unseen, not in what we can see. With God’s guidance, our “long hauls” in life may go much easier, if only we stay on His path which He intends for our lives.

I was given a small paperweight by a dear friend, a Godly woman whom I have come to know and love dearly as a Sister. It says: *“FAITH dares to go beyond what the eyes can see”*.

So, our choices are not just a matter of different spellings, but different choices as well. Do we take the “long haul” through life, trying to get by on our own, carrying our own heavy burdens, or do we traverse the “long hall” the one path which God has intended for each of our unique souls? We - all of us - must choose one or the other.

I’ve made my choice. Have you?



**THE PEACE AND SERENITY THAT
CAN BE FOUND AT SANDY COVE
MINISTRIES COMES THROUGH IN
THESE PICTURES**



The inspirational pictures and article were submitted by Lisa Smith-Trammel

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WE CARE MINISTRY TEAM GROWS!

*The We Care Ministry is pleased to welcome two new members to the team. **Annette Finley** and **Barry Williams** have added their names to the group of persons listed below who strive to minister in Godly fashion to Senior Saints, special needs members, and persons who provide care to these individuals (Distinguished Saints) by providing social interaction, fellowship, assistance, information resources and other support. Interested persons simply need to express their interest to any of the team members to join. The only membership criteria - willingness and enthusiasm. The We Care Ministry is testament to the adage, "it is more blessed to give than receive."*

Wanda Allen

Donna Cook

Pam Ramey

Annette Carden

Rena Bates

Karen Diggs

Pat Williams

Willa Banks

Elizabeth Washington

Persons 65 years of age or older, disabled persons, or primary caregivers are Distinguished Saints. Please contact any person listed above to be added to the listing.

UPCOMING EVENTS

THROUGH

OCTOBER 26

MISSIONARY BLANKET DRIVE

NOVEMBER 2-3,
7,8

MT CARMEL PHOTO DIRECTORY
PHOTO SHOOT

NOVEMBER 9-11

WOMEN'S DAY WEEKEND

7 PM EVERY TUESDAY, BIBLE STUDY/BIBLE INSTITUTE

