

SUMMER EDITION

JUNE 2011



MT CARMEL BAPTIST CHURCH WE CARE MINISTRY

TIDBITS

# “WOMEN OF THE BIBLE, EVOLUTION OF ADAMS RIB” IS HUGE MINISTRY SUCCESS

## THE BIBLE BROUGHT TO LIFE

“Bible stories brought to life,” that’s the recurring observation of all who were blessed to witness the play on March 13. The play, adapted from *Women of the Bible* by Spangler and Syswerda, was presented by Mother Mary Cross, edited by Marlene Cephas, with Rev. Theresa Bell as the director and Rev. Leroy Ford as the music director. The play was produced by the Mt. Carmel Baptist Church with a cast from the church and the community.



“A blessed enlightenment” is another catch phrase used to describe the impact and effect of this marvelous undertaking. Many of the playgoers acknowledged

very quickly that some of the women depicted were unknown or unfamiliar to them. The play had the desired effect of sending people to their Bibles to learn more about the characters they say were brought to life on stage.



The music was exceptional in concept and delivery. There was a sense of great pageantry with a phenomenal set and scenery as well as vibrantly colorful period costumes. The stories were moving, the acting and singing were inspirational and revealing. The Old and New Testament narrations made the stories unfold while the on-stage performers “ministered,” sometimes without words.

The play left everyone wanting more as they left basking in the relevance of stories of the diverse natures of the women used by God.



# HEALTHY HABITS

## THE POWERFUL TOMATO

The tomato is classed as both a fruit and a vegetable and has tremendous healing power. It guards against several types of cancer and lowers the risk of heart disease. It contains lycopene which neutralizes free radicals (errant oxygen molecules that cause cell damage) in the body. Lycopene protects against prostate, lung and breast cancer. It lowers cholesterol, helping to prevent heart attacks. The experts recommend three or more servings per week for the optimal advantage.



## TOMATO SALSA RECIPE

Combine 2 cups finely chopped tomatoes (use a variety of colors) with 1/4 cup diced red onion, 1 diced jalapeno pepper (seeded), 1 banana pepper diced with 2 tablespoons lemon juice, 1/2 teaspoon minced garlic and salt and pepper to taste. Garnish with minced cilantro and refrigerate.

## SCREENINGS & VACCINES FOR A HEALTHIER LIFE

Prevention is the key to good health and longevity. Necessary and suggested screenings along with vaccinations can help and most are covered by Medicare and other insurance plans as a way to keep down the costs associated with treatment for illness and disease. Talk to your physician about the following:

- Bone density – to identify osteoporosis or weak bones
- Glaucoma – to determine fluid level in the eyes
- Flu Shots – to prevent influenza
- Pneumococcal vaccine – to prevent the spread of pneumonia
- Blood pressure & cholesterol – to lower the risk of heart disease and stroke
- Blood sugar – to determine the risk for diabetes
- Mammograms – to determine the risk for breast cancer
- Colonoscopy – to determine colon cancer risk
- Prostate screening – to determine risk for prostate cancer
- Pelvic exam & pap smear—to detect cervical cancer

## MONEY MATTERS

**Don't be too proud or too shy to request a Senior Discount. Most restaurants and retail stores offer some type of discount to seniors. The age varies from 55 to 62, just ask. Some retailers provide the discount on certain days of the week or for a particular time of day. Ask about special promotions and managers' specials, you might save some cash.**

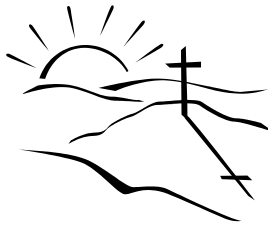
## LOCAL MERCHANTS' DISCOUNTS

MERCHANT	AGE	DISCOUNT
BELKS	55+	15% OFF 1ST TUESDAY
KOHL'S	60+	15% OFF WEDNESDAYS
ROSS	55+	15% OFF TUESDAYS
GOLDEN CORRAL	60+	50¢ OFF DINNER 70¢ OFF LUNCH \$2.00 OFF EARLYBIRD
PERKINS	55+	50% OFF MONDAYS (EXCEPT HOLIDAYS) (REGULAR MENU ONLY)
TGIF	55+	50% OFF COFFEE OR TEA
McDONALD'S	55+	49¢ COFFEE

# MT CARMEL MESSAGES

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**WORSHIP TIMES CHANGED**  
EFFECTIVE SUNDAY,  
JUNE 26, 2011  
THROUGH END OF SUMMER



**NO 8 AM MORNING GLORY**  
**9AM SUNDAY SCHOOL**  
**10AM WORSHIP SERVICE**

## 900 CLUB

Have you joined the club? The Mt. Carmel Watchmen on the Walls Ministry asks that you devote 15 minutes to morning prayer, 15 minutes to evening prayer, totaling 900+ minutes per month.

Suggestions for prayer for the month of June are: 1) household, 2) family and friends, 3) Mt. Carmel Baptist Church, 4) my community, job, school, and 5) the United States, and peace in Jerusalem. Pray also for 1) salvation, 2) spiritual growth and maturity, 3) healing and health, 4) protection, 5) provision, 6) success, and 7) guidance and wisdom.

Keep a journal of your prayers and log all answered prayers.

*“And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.” Ephesians 6:18*

## FUN FACTS

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### ANT REPELLANTS

Dried coffee grounds or whole cloves keep ants away from your picnic area. Draw a white chalk line on hard surfaces. Use lemon juice or white vinegar on windowsills or doorways,



### PENNY PINCHING TIP

Inside your disposable camera is a perfectly good AA battery. Pop it open and save for use and turn in the film for processing.

### STORAGE TIP

Use your luggage to store everything from holiday decorations to out-of-season clothes.

### ZAP CLEAN YOUR MICROWAVE

Place 2 cups of water with 2 tablespoons of fresh lemon juice in a microwavable bowl. Place in microwave and heat on high for 12 to 15 minutes. This mixture will boil, bubble and steam. Carefully remove the bowl and wipe the interior clean with a sponge or paper towel.



### PUT A SOCK ON IT

**Slip socks on the legs of heavy pieces of furniture to make them easier to move or place a sock on your hand, spray with furniture polish and dust the cracks and crevices of furniture pieces more easily.**

# SAINTS SHARE

## **The Way It Used to Be** By June Gaskins-Davis

In this segment I am recalling some of the places and things of the past that bring back great memories. Many social venues were owned by members of Mt. Carmel Baptist Church or their relatives. Lucien Banister owned a restaurant on South Loudon Street. His son, Lucien, Jr. (Butch) has a band. Many church and social events took place at the Elks, 645 North Kent Street. This historic building, now under renovation, is the original home of the Evans family. Sadie Taper and Earl Evans shared the stories of the many gatherings, programs, and shows that occurred there. Earl was a favorite in “black face” comedy and established several African American theaters in Virginia. The famous “Band Box Restaurant and Dance Hall” on West Hart Street was the place for music, dining, and dancing. Folks dined on the roof and danced on the main floor. Many played miniature golf at Dr. Taylor Finley’s course net to Deacon Andrew Gaskins’ home on South Loudon Street. Deacon Gaskins and wife, Deaconess Emma Gaskins entertained church members by lantern light in the backyard. Mother Mary Cross’ parents, Henderson and Esther Cook, entertained community members in their lovely gardens on South Loudon Street. The memories continue in the next issue.

## **WE CARE IN ACTION**

### **ENJOYING AN EVENING OF MUSIC IN THE PARK IN CLARKE COUNTY - JUNE 29**





Pamela Ramey

Wanda Allen



Willa Banks

Rena Bates

## WE CARE MINISTRY TEAM

WANDA ALLEN

WILLA BANKS

RENA BATES

ANNETTE CARDEN

DONNA COOK

KAREN DIGGS

JUDY HUMBERT

TONI MCBRIDE

PAMELA RAMEY

LISA SCOTT

ELIZABETH WASHINGTON

DEE WILLIAMS

PAT WILLIAMS

## WE CARE CALENDAR

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### CAKE/DESSERT AUCTION

SUNDAY, AUGUST 14, 2011

IMMEDIATELY AFTER

10 AM WORSHIP



**SAVE THE DATE!**

**FRIDAY, AUGUST 12, 2011**

THE GARDENS AT NIGHT: THE  
MOONLIGHTERS

The sounds of Motown and 50s & 60s soul music at the Museum of the Shenandoah Valley



Greetings, to all of our very special Seasoned Saints, family and friends. What a joy it is to see you enjoying life to the fullest extent. That's what God has in his plan for us when he said, "I am come that they might have life and that they have it more abundantly". (John 10:10)

The We Care Ministry is doing a fantastic job showing the love of God to this special group. People are trying to squeeze their way into the fun. Angela and I are extremely proud of you and encourage you to continue to share your God-given wisdom, love, and experience with all of us.

The Nehemiah Project is building up our walls physically and spiritually. We need to get back to the basics, praying for one another, assisting one another with calls and visits. Share your testimonies with one another so that we as a church will know and be encourage to do His will. Thank you for your love and care as we look forward to hearing all your testimonies.

Thank you again and remember every prayer, every dollar and every effort to build God's Kingdom matters.

Love you with the Love of Christ,  
Pastor Gilbert M. Mack



## *Mt. Carmel Baptist Church*

1317 S. Pleasant Valley Rd.,  
Winchester, VA 22601  
Sr. Pastor: Rev. Gilbert M. Mack, Jr.

### **Christmas Ball Survey**

Please submit your responses by **Sunday Aug. 21<sup>st</sup>, 2011.**

Please drop the survey in the blue flowery box in the vestibule.

#### **General**

Would you like to have/attend a Christmas Ball?

- Yes
- No

When? (Date)

- Dec. 3 (Saturday)
- Dec. 10 (Saturday)
- Dec. 16 (Friday)
- Dec. 17 (Saturday)

Other: \_\_\_\_\_

Attire

- Semi-formal
- Formal

Start time

- 5:00 p.m.
- 7:00 p.m.

Other: \_\_\_\_\_

#### **Location**

- Fellowship Hall
- Family Life Center
- Lee Jackson
- Travelodge
- Holiday Inn
- George Washington Hotel
- Bowling Green Country Club

Food

- Sit down dinner
- Hors d'oeuvres ( finger food)

#### **Entertainment**

- DJ
- Band
- Soft/instrumental music/no dancing

Admittance Cost

- \$25
- \$40
- \$50
- \$60

Other: \_\_\_\_\_

**NOTE:** Location, food and entertainment selections will drive cost.

***Thank you for your participation!***

***God Bless You!***