



The High Street Baptist Church Gazette

January 1, 2012

Volume 2, Number 1

*“Everyone who has
this hope in him
Purifies himself,
“just as he is pure.”*

1 John 3:3

January Dates To Remember



January 1

Happy New Year!

January 2

Church office closed

January 11

Senior Program, noon

What is hospice?

January 13

Youth Skating Night

January 15

Men’s Union

January 16

Martin Luther King Day
(Church office closed)

January 29

Youth Day

Birthdays

Deaconess Lois Jones

January 2

Sister Zulena Henry

January 20

Anniversaries

Paul and Mary Washington
60th wedding anniversary
Dec. 27

The Pastor’s Corner

Praying Through Challenging Times

This is what the Lord says, He who made the earth, the Lord who formed it and established it - the Lord is His name: Call to me and I will answer you and tell you great and unsearchable things you do not know. (Jeremiah 33: 2-3)



By way of His infinite wisdom God has led us to a time of focused prayer. Why? There are doors that only God can open or close and there are strongholds that only God can tear down.

Why is this needed, you ask? This is needed for the continued spiritual growth and strength of the body of Christ. A church can and does accumulate stuff over many years that can become a great hindrance to its usefulness in God's Kingdom. On the other hand, a church can have great strengths with the potential to be a champion for the Kingdom, a shining example of what God has called us to be, but we can't get there without the presence, power and guidance of our Lord.

Our task is to invite God in and humbly, but confidently ask Him to open or close these doors and tear down those strongholds that hinder us in becoming the church that God desires us to be. I hope to encourage us to fervently pray for one another, the church locally and the church worldwide.

I will encourage us to pray that a spirit of love and respect dominate our fellowship.

I will be asking various ministries/auxiliaries to take turns in supporting our various prayer services. If you are a leader reading this, I'm asking you to be proactive in asking your group to choose a Saturday morning or a Wednesday afternoon or evening to participate in this focus on prayer. I will also call us to prayer at specific times during the year. I will be praying for your response to these calls.

These are challenging times for our churches, our nation and their leaders. The war is still raging in Afghanistan, putting our young men and women in harm's way. Children continue to suffer all over the world, even in a nation as rich as the United States of America. Our prisons are filled with young men and women from our communities. AIDS is epidemic, etc., etc.

In challenging times, we who call ourselves disciples of Christ are challenged to pray.

May 2012 bring you a renewed zeal to serve the Lord by serving our community through and by way of your church. May God bless and prosper you during the new year.

My family and I wish to thank you for your many cards and gifts during this Christmas season. May God continue to bless each of you.

***Blessings and Love,
Pastor David L. Chapman***



To Pastor David L. Chapman, Minister Gregory Cooper, High Street Baptist Church family and friends,

"I am leaving you with a gift - peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."
John 14:27

The family of Devin Andre Coger is deeply grateful to Pastor Chapman for the visit, prayer of comfort, guidance and uplifting Celebration of Life service.

Our sincere appreciation to the church family for the many calls, prayers, visits, monetary gifts, food, cards and all other acts of kindness.

Also, many thanks to all those who worked to prepare and serve a most delicious repass for the family.

May God continue to bless each of you.

In Christian love,

Rita and Cardell Coger

Greetings Church!

We had a great Thanksgiving! Very smooth with 25 volunteers serving 120+ people a nice hot meal. We are grateful for your part in the work of the Samaritan Inn! God is still providing in every way. Please continue to pray for the homeless as the weather gets colder. We

High Street News

Accomplishments for 2011 and plans for 2012

Improvements for the Church and the Anchor of Hope in 2011 included the following:

1. The Church parking lot was resealed and striped.
2. A handicap ramp was constructed to better accommodate patrons from Fellowship Hall and the Chapel elevator.
3. A new and more practical lawnmower was purchased to replace the mower that was cumbersome and dangerous.
4. A mat machine was purchased to more easily apply the cover to the gym floor.
5. Shades were installed on the gym windows to prevent sunlight and glare.
6. Improvements were made to the sound system to accommodate the Praise Team.
7. Ten boxwood plants were replaced on the front court of the Church, along with mulch and weed preventer.
8. A new freezer was purchased for the Fellowship Hall kitchen.

Plans for improvements in 2012 will include:

1. The painting of the Sanctuary to include better lighting over the baptismal area.
2. Developing the expansion area, which will include cement flooring, lighting, ceiling (if necessary) and painting.
3. Complete and total inventory of church furnishings and equipment with labeling and recording system.
4. Carpet extractor to better clean the carpet and pew upholstery.
5. New flooring and fixtures for the Anchor bathrooms.
6. Planning for an emergency in the event of failure of our heating and cooling system and/or other pertinent equipment.

N.D. Reed, Co-chairman, Trustees

Samaritan Inn donations

High Street Baptist Church has blessed The Samaritan Inn, a Roanoke day shelter for the homeless, with 860 gallons of canned food donations since 2004. Donations for 2011 reached a record 136 gallons. The Samaritan Inn provides lunch and noon-day worship service daily. Volunteers and local religious congregations sponsor the facility.

May the Lord bless you for your spirit of sharing.

The Ladies of the Senior League

are blessed and trust you are as well.

You all of wonderful! What a great supply of canned goods. Thank you for that church-wide effort for us each year. We feel blessed beyond measure.

All glory to Jesus,

Wayne & Georgia Meadows
Directors of Ministry
The Samaritan Inn

Announcements

High Street Parish Ministry

The Deacon Board Parish Ministry would like to make sure we have correct contact information for our congregation.

If you have changed your phone number or address within the past year please contact any of the following Deacons below. This information will be used only to update our roster and inform your Parish Deacon and Deaconess. Thank you.

Contact Deacon Penny Brandon at (540) 563-2905, Deacon Charles Redd at (540) 353-7625 or Deacon Philip Cooper at (540) 343-3823.

Prayers for military families

Sunday School Youth wrote prayers and letters of support for military families during the holiday season. The following are from Primary A and B Sunday School classes, Sister Janice Allen and Deaconess N. Carol Taylor, teachers:

Thank you for protecting the U.S. and keeping the U.S. safe. May God bless you and bring you home soon. Love you!

*Dear God,
Please bless and keep our military troops and families safe and bring them home soon. Amen.*

Women's Day 2012 Celebration

Planning has begun for our Women's Day celebration, which will begin with a Women's Day Workshop on Saturday, March 10, and conclude with our Worship Program on Sunday, March 11.

Our theme is "Women United in Christ." Scripture verse is taken from Romans 15:5 (NIV). The guest speaker will be the Rev. Dr. Jacqueline D. Nelson coming to us from Detroit, Michigan. our colors will be red with any gold accessories of choice.

Stay tuned for upcoming information as we progress, reach out to your sisters of High Street and abroad. It is our prayer that you embrace the theme starting right now, in HIS service, so we can continue to be by faith, strong "Women United in Christ."

Deacon Penny Brandon
Women's Day Chair

Sister Anita Franklin
Women's Day Co-chair

Church-wide reading program

*You think your pains
and your heartbreaks are
unprecedented in the history
of the world,
but then you read.*

*It was books that taught me
that the things that tormented me
were the very things
that connected me
with all the people
who are alive,
or who have ever been alive.*

– James Baldwin

Please do not forget that the books for the church-wide reading project are located in Fellowship Hall. The titles of the books are: "Up from Slavery: An Autobiography," by Booker T. Washington; "Narrative of the Life of Frederick Douglass, An American Slave," by Frederick Douglass; and "Incidents in the Life of a Slave Girl," by Harriet Jacobs. We are encouraging individuals and families to read one, two or all three of these outstanding books during 2012.

**The Ladies of the Senior League and
Sunday School Department Youth**

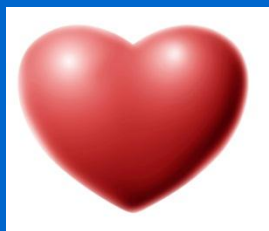
WomenHeart of Roanoke Valley

Did you know that more women than men die of heart disease each year and that more than 42 million women are currently living with or are at risk for some form of cardiovascular disease?

The Anchor of Hope Community Center's WomenHeart Sisters of Roanoke Valley wanted to make this journey a healing one! WomenHeart Sisters crocheted HeartScarves for women undergoing cardiac procedures on Dec 20, 2011 in the Assembly Room at the Center.

The HeartScarves Program — symbolizing the lifelines of caring and support for women with heart disease — delivers homemade red scarves to members of WomenHeart's support networks. Each red scarf completed will be offered to comfort, support, and encourage a woman with heart disease and will become a part of that woman's healing journey.

Questions regarding WomenHeart of Roanoke Valley may be directed to Sandi Davis, WomenHeart Champion at 540-904-7979 (home) or 201-788-8212 (cell).



Health News You Can Use

"For your body is a temple of the Holy Spirit in you, which you have from God, and that you are not your own. ..You were bought with a price; therefore, glorify God in your body."
(I Corinthians 6:19-20)

The Nurse Corps will feature health news that you can use on a monthly basis to promote holistic health — physical, mental, spiritual, social, and total body wellness. Additional literature will also be available to you outside Fellowship Hall. Feel free to help yourself to that literature.



January

National Glaucoma Awareness Month

Glaucoma is a complicated eye disease that gradually steals your vision and can lead to blindness without proper treatment. It is the second leading cause of blindness. The good news is that with regular eye exams, early detection, and treatment, you can preserve your sight. Glaucoma affects people of all ages, from babies to older adults. Although everyone is at risk for glaucoma, those at higher risk include people over age 60, relatives of people with glaucoma, people of African descent, people with diabetes, people with extensive use of steroids, and people who have elevated eye pressure.

Early detection, through regular and complete eye exams, is the key to protecting your vision from damage caused by glaucoma. Your eyes should be examined and tested every 2-4 years before age 40; every 1-3 years from age 40-age 54; every 1-2 years from age 55-64; and every 6-12 months after age 65.

In most types of glaucoma, the eye's drainage system becomes clogged so the intraocular fluid cannot drain. As the fluid builds up, it causes pressure to build inside the eye. High pressure damages the sensitive optic nerve and results in vision loss. In the most common form of glaucoma, build-up of fluid pressure happens very slowly. Often, there are no uncomfortable or painful symptoms. In less common kinds of glaucoma, symptoms can be more severe and include hazy vision, eye and head pain with the appearance of colored circles around bright lights, nausea or vomiting, and sudden sight loss.

With early diagnosis, proper medication, and maintenance of prescribed treatment, glaucoma can be controlled. However, sight loss resulting from glaucoma cannot be restored. At the present time, there is no cure. Once detected, glaucoma usually requires ongoing, long-term care. Keeping your eye pressure under control is very important. Therefore, one must follow the prescribed treatment plan carefully to help control eye pressure. This will protect the optic nerve and minimize sight loss.

Learn more about prevention of blindness by picking-up literature just outside of Fellowship Hall.

Thyroid Awareness Month

The thyroid gland is a small, butterfly-shaped gland located in the base of the neck just below the Adam's apple. Although relatively small, the thyroid gland influences the function of many of the body's most important organs, including the heart, brain, liver, kidneys, and skin. Ensuring that the thyroid gland is healthy and functioning properly is important to the body's overall well-being.

Thyroid disorders are most common among women and tend to run in families. Fatigue is a common complaint for under- and overactive thyroid conditions. Thyroid cancer is one of the fastest growing cancers in America and one of the most curable.

Two common thyroid conditions are:

- Hyperthyroidism in which the thyroid-stimulating hormone (TSH) level rises

Newsletter Committee

Members

Brother Al McCain
Sister Louise Hairston
Sister Janice Allen
Sister Patricia Dunlap
Sister Brenda Nutter
Sister Linda Moseley

Editor

Sister Leslie Taylor

Contact Us

newsletter@highstreet
baptistchurch.org
Church website:
[http://highstreetbaptist
church.org/](http://highstreetbaptistchurch.org/)

High Street
Baptist Church
2302 Florida Ave., NW
Roanoke, VA 24017
(540) 563-0123

prompting the thyroid to produce more hormone and may result in a goiter (enlargement of the thyroid).

- Hypothyroidism in which TSH levels signal the thyroid to slow down hormone production.

Some common symptoms of hyperthyroidism include: fast heart rate; trembling hands; weight loss (despite eating the same amount or even more than usual); intolerance of warm temperatures and increased likelihood to perspire; muscle weakness especially of the upper arms and thighs; smooth skin; protrusion of the eyes, with or without double vision (in patients with Graves' disease); irregular heart rhythm, especially in patients older than 60 years of age; and accelerated loss of calcium from bones, which increases the risk of osteoporosis and fractures.

Some common symptoms of hypothyroidism include: pervasive fatigue; dry, brittle hair and nails; puffy face; constipation; sore muscles; weight gain and fluid retention; and heavy and/or irregular menstrual flow. Consider a thyroid evaluation if you have a first-degree relative (a parent, sibling or child) with thyroid disease. Ensure that your healthcare provider performs a Thyroid Neck Check.

Learn more about Thyroid Disease by picking-up the EMPOWER Magazine just outside of Fellowship Hall.
