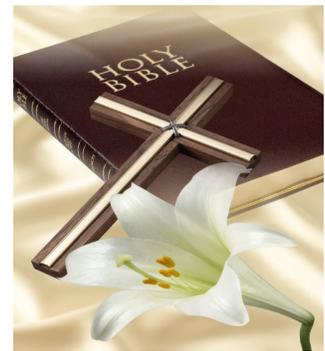


EMMANUEL BAPTIST CHURCH, PORT MARIA, ST. MARY

# E-EMMANUEL

VOLUME 1, ISSUE 2 APRIL - JUNE 2005



## EDITORIAL

May is family month. Those of us who have accepted Christ as Saviour, are a part of God's family. Yes, we are part of the community where Jesus is the leader. All of us in this community is related - none of us stands alone. All our healings and spiritual growth take place in the context of this community—of us relating with each other.

Coincidentally (or is it?) the church's birthday will be celebrated in the month of May this year. As we celebrate our birthday, let us continue to grow and network with each other; let us continue to encourage and share our faith with each other; and let us renew our commitment and accountability to each other so that we can stand firm together and be united in Christ, just as the early church members were united among themselves and with God.

For those persons who are not a part of the family of God, why not use this opportunity to join this extended family. We'll be only too happy to welcome you!

*Chairperson, Communications Committee*

## *Family Month Special*

Family Month is celebrated in May. This is a good time to reflect on your family and how to make it stronger. Strong families share many of the same qualities.

**Build Trust :** Strong families build trusting relations with each other by following through with promises.

**Show Commitment:** Strong families feel like a team. They show commitment to the family by making time for family events and making sacrifices for one another.

**Communicate:** Members of strong families talk to one another about important decisions and daily plans. They discuss feelings as well as day-to-day activities at school or work. When there are conflicts, strong families take time to cool down before responding. They don't bottle up their anger or let it get out of hand. They talk about possible solutions to problems and work together to carry out the best solution.

**Grow Through Crises:** All families experience crises. Strong families use these experiences to learn and grow. They know even bad experiences can bring about good changes and help them to become closer. They admit problems instead of hiding them. They seek help when needed.

**Spend Time Together:** Strong families spend time together - talking, eating, reading, sharing together.

**Have Fun as a Family:** Strong families know that having fun is important. Strong families know that laughter is important and use humor to help reduce stress. Family members laugh with one another, not at one another.

**Show Love and Affection:** No matter what any family member does or says, whether the family member is a child or adult - they all need to know that their family loves them. Strong families show care in many ways. Family members say to each other, "I love you" or "I'm happy we're in this family together." They do their part in the household chores, give hugs and show affection in other small ways.

**Why not strengthen your family today!!**

## UPCOMING EVENTS:

### APRIL IS ...

### PROSPECT EVANGELISM MONTH

### MAY - FAMILY MONTH

- 7th - Trip and Banquet to Westgate Hill Baptist, St. James
- 8th - Mother's Day Concert
- 15th - Pentecost Sunday & Church Family Day
- 18th - Emmanuel's Establishment

### JUNE

- 10th - 12th Circuit Weekend Crusade
- 12th Circuit Convention
- 19th Father's Day Concert

**Remember to pray for the sick and shut –in members of the church.**

**Did you know that each Sunday sermons are tape recorded? You can order a copy of a sermon from the Music & Arts Department.**

### All About The Sunday School Trip

by Tamoya Young - Older Children Class

On Tuesday, March 29, 2005, the Sunday School children went on a trip to Montego Bay. Before we left, we had devotions, then we prayed. After praying we went in the bus. The driver made sure that everyone was in.

After all the drive we stopped at Green Grotto Caves. We went and paid the money to go in. Then we journeyed through the caves but before that we met one of the tour guides. He showed us many things like a rock that looks like Scooby-Doo and also rock formations that look like Jesus, Mary and Joseph. When we were finished touring, we got something to drink.

Then we went to Rose Hall Great House. Some of us went in the Great House while the rest of us stayed outside and ate. When we were finished eating, we met other children at the Great House - they became our friends and they gave us sweets. Then Taniesha went in the bus and took out a mango and gave it to our new friends. The name of one of our new friend is Joseph. He was with his two brothers and his mother.

After we left the Rose Hall Great House, the driver drove us to the Airport in Montego Bay. After that we went to KFC. Some of us went to Pizza Hut. We went to the KFC playground to play. When it was time to go home, we got back in the bus. We drove until we got back to church. Everyone went home. That day was great. I enjoyed every

### My Young Adult Retreat Experience

by Alpha Hibbert

The announcement that the young adults were going on a retreat did not grab my attention since I thought I did not fall into this category. A few days before the event I saw a sister who sold the idea of going to me and I bought it.

Not sure of who would be there and knowing my ability to be alone in a crowd, I sought to encourage my friend to come along. Plans were then in high gear to participate. I was excited and waited in anticipation for the weekend. I was disappointed in that I did not get to check in on the first night of the retreat but by 6:00 a.m. the following morning, my friend and I arrived.

When we got there we were warmly welcomed by Auntie Joy and immediately my reservations were laid to rest. We started off the day with exercise - I really had fun doing the steps our focus being on FUN. After our work-out we had devotion which amazed me as to how God can use any medium to speak to His people. We had a series of mini sermons out of just ordinary "bric-a-brack" which was a blessing to me and I am sure others shared the same experience.

After we had our fill spiritually, we sought to fill our physical needs. I pause to commend our Executive Chef, Sister Maureen Bryan-Baker. The food was good and we enjoyed ourselves just like a family. Inhibitions were put aside. I felt as if we were one. There was light bantering as we expressed ourselves in varied ways. It was quite entertaining to see Sis. Maureen Cunningham dancing away to some Christian rockers. It was Holistic ministry. The entire being was catered for.

We shared in two sessions which were deep. In the first session we were encouraged to define who we were and to look in retrospect, to pinpoint milestones within our lives that may have impacted on us. I found it painful but as I reflected, I was able to determine some events that took place long ago which were still controlling my life and had set the centre stage for the play called my life. Out of that experience I was able to set aside some things, put others to rest and to affirm to myself that I am a child of God and that He cares for me. The second session was a confirmation of the first. It was really amazing how God allowed the sequence of both sessions to complement each other.

The final session was the icing on the cake so to speak. By then I was saturated with the love of God; I was assured that there were people right there who cared about me. I have since found new friends, persons who would sometimes just nod if we make eye contact, are now actually greeting me and are even making a call just to say "Hi"

I found the retreat to be good; it played many functions for me. I was able to spend quality time in the presence of the Lord; I was able to relax and unwind; I fostered new relationships and I got a new perspective on my life.

All good things must come to an end and so it was time to leave, to bid our farewell. I left "On Top of the World" feeling on top of the world. I strongly recommend that retreat should be an item on the church's calendar and be budgeted for.

### Green Grotto Cave

Poem by Jenessa Williams - Older Children Class

Green Grotto Cave, you're darker than mid-night

And you gave nuff a dem pickney deh such a fright!

De bats and birds a sey come to my delight

Carvings of all sizes including Scooby-Doo and even Lot's wife.

De rock drum mek mi waan wheel an tun

But dat a one ting Green Grotto - Thank God sey yu nuh mash dung!

We welcome your ideas and suggestions

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