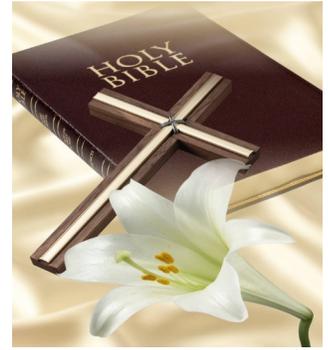


E-EMMANUEL

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EDITORIAL: GENERATIONAL BLESSINGS

It seems like only yesterday that we were celebrating family month and this suggests that time is passing by quickly. Lost time can never be replaced and so it is particularly important for us to spend quality time with our family members. One activity that can be counted as quality, is spending time talking about the goodness of God and recalling the blessings that God has bestowed upon our families. This can be referred to as the passing on of generational blessings. One Bible character who engaged in this practice was Jacob. In Genesis 48, prior to his passing, Jacob blessed his grandchildren and in chapter 49, he blessed his own children. Abraham (Jacob's grandfather) had established this kind of family relationship – one built on trust and faith in God. Abraham modeled this act of recalling God's goodness and declaring God's blessing to his son, Isaac. Isaac passed this to his son, Jacob and this blessing was passed on to succeeding generations. As we celebrate another family month, let us pledge this year to establish the kind of relationship with God that will be passed on to the family generations that follow, be it church family, work family, school family, and in our home families. In this way, we will do good for our children – i.e. to bless them with the blessings that God has given us.

Dahlia Palmer
Chairperson, Communications

May Birthdays

Lurline Edwards	1st
Karlane McLean	5th
Daphne Lewis	9th
Michael Jackson	11th
Joycelyn Barnett	15th
Shanae Campbell	16th
Olivene McPherson	17th
Verona Porter	17th
Vivene Irvin	18th
Jovan Thompson	19th
Valrie Johnson	20th
Pauline Smith	22nd
Pearline Harriot	24th
Margaret McFarquhar	24th
Ena Bucknor	26th
Gwendolyn Robinson	28th
Lucan Scott	28th
Carol Levers	29th
Louise Plummer	30th
Jevan Radway	31st

CHILD'S MONTH

Every year in May, we celebrate Child's Month. However, throughout the entire year, awful things happen to the children of Jamaica. As adults we have a responsibility to all children around us. The Bible compels us to care for our children and should anyone cause harm to a child "it would be better for that person to be thrown into the sea with a large millstone tied around the neck" (Matthew 18:6b). The Child Care and Protection Act of Jamaica, also mandates us to care for children. Failure to do so can result in severe consequences to the adult. If you suspect a child is being abused, please call the Child Development Agency at 1-888-Protect (1-888-776-8328), or your nearest police station.



MAY REMINDERS

3rd	BWA Sunday
3-8	Education Week
6th	Teachers' Day
10th	Mothers' Day
17th	Re-dedication Service
18th	Anniversary of establishment of Emmanuel
25th	Labour day
30th	Children's Concert
31st	Pentecost Sunday and Circuit Family Day

SPECIAL PRAYER MEETINGS dealing with the future of the church

Starting this evening at 7:00 p.m. The church will be engaged in a series of prayer meetings as we seek to understand the mind of God in moving forward as a church.

We welcome your ideas and suggestions

Please e-mail us at

emmanuel_baptist_1828@yahoo.com

Or write us at:

PO Box 64, Pt. Maria, St. Mary

The month of May is celebrated as Family Month. Various aspects of family life will be featured in the Newsletter and in the wider church activities. We encourage you to be in much prayer as well as participate in the activities for your own growth and development as part of the family of God.

Discerning God's Will

An essential component of discerning the will of God for our lives, is prayer. As we develop our relationship with God through prayer, we will become more familiar with the Lord; we will then come to know that His "still small voice" speaks in peace and reveals His way to us—not in turmoil or discord. So often however, our prayers suggest that we want God to cooperate with us rather than allowing God to speak directly to us. We have meetings, do investigations, gather a consensus of opinion, form committees, and come up with a plan and then we pray about it. We need to do a reversal—i.e. pray then make the plans. As Christians, we have much to pray about so that we can discern God's will for our life . Let us pray.



Remember to pray for the sick and shut-in members of the church and in our surrounding communities. Here is a list of some of our shut-in members:

- | | | |
|-----------------|-------------------|----------------|
| Roslyn Walters | Jeremiah Dalhouse | Rueben Byfield |
| Herma Grandison | Hilda Bryan | Audrey Maxwell |
| John Harriott | Athelia Williams | Lucan Scott |
| Basil Dixon | Alberta Johnson | Adassa Reddie- |
| Inez Graham | Roslyn Walters | |

FAMILY ISSUES—SELF ESTEEM

Low self-esteem is rooted in early childhood. This happens when parents and/or caregivers fail to encourage the child or do not convey to the child that he/she is important and special. Instead, the child is surrounded by constant criticism.

Low self-esteem affects a child's ability to set and achieve goals. Feelings of low self-esteem is usually noted when the child begins to think that he/she is unimportant, worthless always apologizing for him/her self, indicates hatred for self and generally just engaging in negative self-talk.

It is never too late to change the way we deal with children. Let us feed our children with positive words—tell them how beautiful they are and assure them of your love; allow them to make mistakes and to learn from these mistakes. Remember, children are not adults.

(Source: The twelve steps: A spiritual journey)

EATING HEALTHY AS A FAMILY

Many of us live on limited and fixed income, and in these difficult economic times, trying to save money can be a challenge.

In addition, eating healthy can also be a challenge because often the cheapest foods are the most processed ones, and the least good for us. Believe it or not, the salted butter is cheaper than unsalted butter, and the powdered milk is cheaper than the fresh milk from the cow. Nevertheless, we must be aware that the quality of the food we eat has a direct impact on our health. Some simple things that can be done to save money as well as to eat healthy are listed below. These include:

- Limiting your intake of junk food
- Drinking lots of water instead of sugared drinks
- Limiting your intake of salty and sugary foods
- Not eating many foods that are high in saturated fats

JUST FOR LAUGHS

Because my mother had a habit of losing her cordless phone, I bought her a phone with a clip on it so she could attach it directly to her belt. A few days later, I walked into my mother's home and found her standing in the middle of the living room, halfway dressed. That did not strike me as odd so much as the fact that she was holding her pants to the side of her head and speaking into them. "Do not look at me that way," she yelled. "The phone started ringing and I could not figure out how to undo this stupid clip!"

An exasperated mother, whose son was always getting into mischief, finally asked him, "How do you expect to get into Heaven?" The boy thought it over and said, "Well, I'll run in and out and in and out and keep slamming the door until St. Peter says, "For eaven's sake, Dylan, come in or stay out!"

CHILDREN'S CONCERT

In a effort to raise funds for youth related ministries, the youths are organizing a concert which will be held on Saturday, May 30. All the items will be presented by the children and youths. Please be in prayer for their effort in this regard and support them in this venture. Tickets are currently on sale from members of the youth fellowship.

The Children and Youths of the Emmanuel Baptist Church

present

ON THE GO!!

A concert featuring children and youths in songs, dance, dialect, music and more



Date: Saturday, May 30, 2009
 Time: 5:00 pm
 Venue: Emmanuel Baptist Church
 Cost: \$100 (children)
 \$200 (adults)



Refreshments will be on sale

DID YOU KNOW THAT when we laugh we ...

- * stimulate the immune system and lower our blood pressure?
- * increase the oxygen level in our blood giving us more energy.
- * increase the endorphin activity in our body resulting in a sense of well being
- * are able to keep things in perspective and banish boredom
- * increase our enjoyment of life.



To live better ... laugh more; so if it feels good to laugh then laugh to feel good.

EXAMS ARE IN THE AIR—PRAY FOR ALL THE PERSONS WHO ARE SITTING BOTH INTERNAL AND EXTERNAL EXAMS.

