

EMMANUEL BAPTIST CHURCH, PORT MARIA, ST. MARY
E-EMMANUEL

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EDITORIAL: TRUST YOUR FAMILY TO GOD

We learn many things within the ambit of the family. One thing that we can learn from family is how to trust, and each day within this setting is like a “lab” for testing our trust in each other by the things we do and say. Trust entails family member(s) deciding to rely on another family member to do or not do something that results in all members deriving some kind of benefit. This kind of dependence—*trust*—within a family removes fear and engenders an element of joy and safety. Trust, however, is like an egg—very fragile and once broken, it is very hard to build again. Total trust in family members can only happen if God is central to the family for, to build trust in our family members, we must first trust God.

We begin with our trust in God because this is the foundation for our faith (and this essentially removes anxiety and fears). The truth be told, we can trust in many things inside and outside of our families, but none of these things offer benefits than what trusting in God offers. All things we put our trust in can fail but God never fails.

As we continue to reflect on our individual families during Family month, let us pledge to *“Trust in the LORD with all our hearts ... and lean not to our own understanding”* (Proverbs 3:5) so that at the end of the day, we can truly trust our families to God.

*Dahlia Palmer, Chairperson,
 Communications Committee*

MAY REMINDERS

| | |
|-------|---|
| May | Child's & Family Month |
| 15th | Women's Federation Enrollment Service (6 pm) |
| 18th | 183rd Anniversary of Emmanuel |
| 20-22 | St. Mary Baptist Association Youth Arm Youth Retreat |
| 23rd | Labour day |

May Birthdays

| | |
|---------------------|------|
| Lurline Edwards | 1st |
| Karlane McLean | 5th |
| Daphne Lewis | 9th |
| Joycelyn Barnett | 15th |
| Shanae Campbell | 16th |
| Olivene McPherson | 17th |
| Verona Porter | 17th |
| Vivene Irvin | 18th |
| Jovan Thompson | 19th |
| Valrie Johnson | 20th |
| Pauline Smith | 22nd |
| Margaret McFarquhar | 24th |
| Gwendolyn Robinson | 28th |
| Lucan Scott | 28th |
| Carol Levers | 29th |
| Louise Plummer | 30th |

LILY is the flower of the month, which means “a return to happiness and humility.”

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**Family
 Feature** month

**This month we feature some
 of the single members within
 our congregation.**

DONNAJEANE WESLEY



Life at church is much easier than at work as a single person. At work some of my co-workers are very anxious to see me get married and sometimes they will tease me and tell me that it is

time for my name to be changed. There are other times that I become a bit envious when they speak about their child/children. The best thing I enjoy about being a single woman is being independent. I like being my own boss and having my freedom. In terms of coping with my friends who are married, I have no problems with them. Sometimes I would like their company to go to social functions but many times they are not available because of family commitments. All in all, like any other single lady, I hope to get married one day and have a family.



Thought:
You don't choose your family. They are God's gift to you, as you are to them.
Desmond Tutu

Crusade follow-up

Those Christians who attended the recently held crusade, would want to celebrate with those persons who made commitment to follow Christ. As we celebrate, we must take the celebrations one step further—we must ensure that we keep in touch with the new converts and those who have pleaded for prayers for different situations/conditions.

Brothers and sisters, we cannot afford to delay the follow-up process because this will give the devil time to steal the Words of Truth, planted in the hearts of the new converts; the devil will try to plant seeds of distrust to distract them from the spiritual choices they have made.

Let us commit to the task of following-up with those persons we know who have made a decision for the Lord.

FAMILY MEMBERS FIND-A-WORD PUZZLE

Y P F C X M L R H I N L A W S
 O Z W A O T E E H U I T Z W H
 E D Y K T T W H M S S J V I L
 N B D X S H U K L K D B E Z B
 C R T I K D E E C R Q R A O W
 Q O S R C L J R V B E R Q N G
 Q T J J J Y N E P H E W R D D
 P H W G E S K D T F X E A E A
 P E P U K H A A O W H A F Q X
 Y R I O T R F O E T W I T C N
 G K S N E D J L O A W F S P I
 B C U H N O O M K E U Q G Z E
 S A T A D E D G E L R N G J C
 N O R P B N M B J L J W C U E
 M G B C A A R V R I R X S L F
 J O U R M C O U S I N B Q N E
 K X G E A N N L O Z R U U Y T

Find the words below in the grid to the left.



- | | | |
|-------------|-------------|--------|
| aunt | grandmother | niece |
| brother | husband | sister |
| cousin | in-law | uncle |
| father | mother | wife |
| grandfather | nephew | |

EMMANUEL AT 183 years

One of the significant events that a church may celebrate is the date of its official birth as a church body. During the course of this week (*May 18th to be exact*), Emmanuel will celebrate its 183 years of existence. Many persons may be wondering why do we celebrate and make reference to this event year after year. Well, when we look back and see from whence we have come, it leaves us no choice but to give praise to Almighty God for His love and faithfulness towards us at Emmanuel. We look back because we must give thanks to God for the way in which our ancestors kept their faith in God and in their faith, constructed this building as a legacy to us, so that today we have a sacred physical space to worship and that we too can extend our own faith in God. We look back in order to move forward and as we move forward in faith we can lift our voices to sing *Faithful is our God!*



As members, we too are writing the history of the Emmanuel Baptist Church. May the pages that we will write, continue to chart a pathway of faith in God, for those who will come after us.



YOUR HEALTH: HOW MUCH WATER DO WE NEED TO DRINK?

The body needs on average three litres of liquid a day. Two litres of liquid should be made up of water or other fluids, whilst one litre of water usually comes from the food that we eat. The two litres of water that the body needs through drinking liquids daily can be broken down into 8 - 10 glasses of water or more, if it is a particularly hot day or you have been exercising. It is best to drink water, as water is the most effective at replenishing lost fluids. If the body does not have an adequate supply of water through a daily intake of fluids, it will draw on sources from within the body. This in turn will cause the body to shut down, as the cells become dehydrated from a lack of water.



Retrieved from: <http://www.helpwithcooking.com/nutrition-information/water-nutrition.html>

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



- | | |
|--------------------------|---------------------|
| Sis. Audrey Maxwell | Sis. Inez Graham |
| Sis. Emma Scarlett-Grant | Sis. Percess Scott |
| Bro. Thomas Bennett | Sis. Roslyn |
| WaltersBro. Lucan Scott | Sis. Daphne Reid |
| Sis. Athelia Williams | Sis. Daphne Lewis |
| Bro. Jeremiah Dalhouse | Sis. Georgina Peart |