



**THE NEWSLETTER
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First Baptist Church.....
Your Point of Contact For The Kingdom of God

Articles for the March 2012 Newsletter are due in the church office by Wednesday, February 15, 2012. No articles will be accepted after this date. You may now submit your articles to vcurie@raleighfirstbaptist.org.



UPCOMING EVENTS

February

- 2 Membership Ministry
- 4 Women's Fellowship
- Men's Fellowship
- 6 Missionary Circle
- 9 Senior Ministry
- 12 FBC Ushers Meeting
- 13 Trustee Executive Board
- Christian Education Ministry
- 16 Senior Ministry
- ADVISORY COUNCIL
- 18 200th ANNIVERSARY TEA & FASHION SHOW
- 20 Trustee Board Meeting
- Prayer Ministry
- 23 Senior Ministry
- CHURCH CONFERENCE
- 25 200th ANNIVERSARY FAMILY FUN DAY
- 27 Deacon's Ministry

March

- 1 Senior Ministry
- 2-4 Burning Coal Theater Church History Play
- 3 Women's Fellowship
- Men's Fellowship
- 5 Missionary Circle Meeting
- 8 Senior Ministry
- 10 200th ANNIVERSARY BANQUET
- 11 200th ANNIVERSARY SERVICE (One Service at 11am)
- 12 Executive Board Trustee Meeting
- Christian Education Ministry
- 15 Senior Ministry
- CCICI Board Meeting
- 19 Trustee Board Meeting
- Health Ministry
- Prayer Ministry
- 22 Senior Ministry
- 26 Deacon's Ministry
- Deaconess Ministry
- 29 Senior Ministry
- CCICI Board of Directors

First Baptist Church
101 South Wilmington Street
Raleigh, North Carolina, 27601

Newsletter

From Spirit to Spirit

Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness".

Lamentations 3:21-23

This month we once again review the history that makes us unique and the history that inspires hope. It is "African American History Month" 2012. This is therefore a time to remember, a time to celebrate, and a time

to "Lift Every Voice and Sing" with fervor.

As we study the history of our fore parents and highlight the glorious things we have accomplished and overcome, we study the hand of God, also.

When we review the stories of victory, we clearly see the presence of an authentic faith in God's Word and provision. "If it had not been for the Lord on our side, where would we be?" has been the spiritual slogan for so many centuries and for large numbers of people with faith. May it always be the

case that we give glory to God for His mighty hand to save; in spite of the personal or historical circumstances we face on our journey to the Promised Land. We have a God who has been on our side and has demonstrated this in amazing ways. He will continue to do so again and again.

At the threshold of this twenty-first century, may we renew our faith in the God of the Bible, and the Savior who loves us and died for us on Calvary, and the Holy Spirit who empowers us to do all things for

God's glory. Our faith will be richly rewarded and our destiny secure.

Yours In Christ,
Pastor Dumas A. Harshaw, Jr.



"Your Point of Contact for the Kingdom of God!"

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Sunday Morning Worship Experiences

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| Theme for 2012: "Theme: "Celebrating the Past, Claiming the Future" We live by faith, not by sight. ~2 Corinthians 5:7 | Sunday, February 12, 26 Music: Praise Team | Sunday, February 19, 2012 Music: Senior Choir |
| Celebrating 200 Years 1812-2012 | Sunday, February 19 Music: Adult Choir | Sunday, February 26, 2012 Music: Ward-Ingram Gospel Choir |
| WORSHIP TIMES | 11:00 a.m. Worship Service Sunday, February 5, 2012 Holy Communion Music: Senior Choir | 200th Anniversary Activities February 18, 2012 Tea & Fashion Show 3:30 p.m.—FLC February 25, 2012 Family Fun Day 10:30 a.m.—FLC |
| 8:00 a.m. Worship Service Sunday, February 5, 2012 Music: Ward-Ingram Gospel Choir | Sunday, February 12, 2012 Music: Youth & Chancel Choirs | |

Prayer Ministry

FASTING WITH PRAYER

"Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes." Daniel 9:3

Many Christians fast as a means of spiritual discipline. By fasting, the physical body is denied so that the spiritual body may be strengthened. Biblical reasons for fasting include:

† **Humility.** Psalms 35:13 "...I humbled myself with fasting..." Ezra 8:21 "then I proclaimed a fast thee at the river of Ahava, that we might humble ourselves before our God

† **Intercession and direction:** Ezra 10:6 "Then Ezra rose up from before the house of God, and went into the chamber of Jehohanan the son of Eliashib; and when he came there, he ate no bread and drank no water, for he mourned because of the guilt of those from the captivity"; Nehemiah 1:4 "So it was, when I heard these words, that I sat down and wept, and mourned for many days; I was fasting and praying before the God of heaven."

† **Cleansing and the opening of our spiritual eyes:** Acts 9 records Saul's conversion,

verse 9 "And he was there days without sight, and neither ate nor drank" and verses 17-18 Brother Saul, the Lord Jesus, who appeared to you on the road as you came, has sent me (Ananias) that you may receive your sight and be filled with the Holy Spirit." Immediately there fell from his eyes something like scales, and he received his sight at once; and he arose and was baptized.

We are not required to fast but fasting helps us focus and turn our attention towards Christ. Luke 5:34-25 says "And He said to them, 'Can you make the friends of the bridegroom fast while the bridegroom is with them? But the days will come when the bridegroom will be taken away from them; then they will fast in those days.

Isaiah 58:6 says "Is this not the fast that I have chosen: To loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, to break every yoke."

If you really want God to transform your life and want a more intimate relationship with Him, try incorporating fasting, prayer and medita-

tion into your life throughout the years as the Lord leads and directs. Be careful, however, to take into account any personal health considerations that may be aggravated when you abstain from food and/or drink for an extended period of time.

QUESTIONS ABOUT FASTING

How long should I fast?

The length of a fast varies. It can last 24 hours, three days and three nights, twenty-one days to forty days or more. There is no specified time frame.

When should I fast?

There are many occasions for a fast. Some of them include: intercession for the people of God, humbling oneself, seeking the Lord and His way, repentance and confession of sin, to receive healing, preparation to receive a Word from God, spiritual deliverance, and cleansing of our bodily temple.

How do I fast?

A fast can be absolute or partial. An absolute (complete) fast involves abstaining from both food and drink. A partial fast involves abstaining from certain foods only, or fasting during certain times. For example a partial fast is recorded in Daniel 10:2-3 "In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came

into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled." (NKJV)

What guidelines are set forth in scripture concerning fasting?

The Lord would have us to fast with humility and in secrecy. Fasting should be done with prayer and reading of the Word. Fasting is a time to allow God to minister to us, to teach us, and to strengthen us. Matthew 6:16-18 says "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly."

What are the health benefits to fasting?

While biblical fasting is done for spiritual results, there are also some physical benefits. When we fast, our bodies begin a process called auto digestion. The body rids itself of chemicals, toxic substances, abnormal cells, calcifications, tumors, plaque buildups and other unusual substance. Fasting has been called the surgery without the operations."

~Lifeline 2012

Black History Celebrates—Marian Anderson



Marian Anderson (February 27, 1897—April 8, 1993) was the oldest of three daughters born to John and Anna Anderson. Marian attended William Penn High School (focusing on a commercial education course to get a job) until her music vocation arose. She transferred to South Philadelphia High School, focusing on music and singing frequently at assemblies, and graduating at age 18. She applied for admission to a local music school, but was coldly rejected because of her color. Marian's musical career began quite early, at the local Baptist church in which her father was very active. She joined the junior choir at age six. Before long, she was nicknamed "The Baby Contralto."

In 1926, Marian toured the eastern and southern states, adding songs to her repertoire. On December 30, 1928, she performed a solo recital at Carnegie Hall. Marian then obtained a scholarship through the National Association of Negro Musicians to study in Britain. On September 16, 1930, she performed at London's Wigmore Hall. For the full biography on Marian Anderson, please visit <http://www.lkwdpl.org/wihohio/ande-mar.htm>.

Women's Fellowship

"IT'S NOT ABOUT YOU"

The Women's Fellowship, at its January gathering, continued with M. Craig Barnes, Scared Thirst. Part II, "The Living Water". This will be the focus topic for January through March.

After a thought-provoking devotion centered on the remembrance of what God has promised (Deuteronomy 11:10-21), we reflected on God's challenge to the people to move on—which is still His promise to us.

When you find yourself in the desert and thirsty your challenge is to move on.

The major discussion topic, "It's Not About You," . . . or You either! In response to the question, --What is "IT"?--the replies were many. The point, however, is the real issue in life is **always** about God! "Man's chief end is to glorify God, and to enjoy Him forever." Life is not about our needs or complaints, our hard work or noteworthy achievements, our dream or great longings. Rather "IT" is defined by the

God who loves us. We spend most of our lives trying to make things happen for ourselves and for people we love. But life is not reduced to what you give or know or achieve. Nor is it reduced to your mistakes, your failures or your sin. You are not the central character of your life. We are not enjoying God (or anything else for that matter) because we have made ourselves the chief end.

How much about our Sunday worship is about us? The common element among all of us as Christians is that we

come to worship for an encounter with God. As our minds are renewed by God's Word, the Spirit changes our lives to become a beloved son or daughter with whom God is well pleased. When you find yourself in one of life's struggles, asked yourself, "Is this to glorify God, or me?"

Meditative Thought: When you know God's grace, you'll want to show God's grace.

Note: Join us the first Saturday of next month, as we continue this journey.

Health Ministry

"News You Can Use"

Heart attacks do not always show themselves suddenly. Most of the time symptoms show themselves for days or weeks beforehand. Today we will focus on 10 symptoms that are sometimes ignored and should not be:

† Indigestion or nausea – these symptoms can go from mild indigestion to severe nausea, cramping and vomiting. Of course these symptoms are not always related to a heart attack but be cautious and watch for things that feel out of the ordinary.

† Jaw, ear, neck or shoulder pain- normal indicator of a heart attack is a sharp pain in the chest,

shoulder or arm but that isn't always the case. Sometimes there may be pain in the neck or shoulder area and it feels like it is running up the jaw and up by the ear. Women especially report feeling pain in their shoulder blades. A true telltale sign would be pain coming and going as if you have a pulled muscle. If you notice that your pain is moving upward and out, this is something you need to report to your doctor.

† Sexual dysfunction

† Exhaustion or fatigue – feeling extreme fatigue for several days, weeks or months.

† Breathlessness and dizziness – when the heart is not getting enough blood then it

is not getting enough oxygen. Due to the lack of oxygen, it results in the inability to draw deep, satisfying breaths.

† Leg swelling or pain – when the heart is not functioning properly, it doesn't carry waste away from the tissues by the blood which causes swelling caused by fluid retention.

† Sleeplessness, insomnia and anxiety – individuals that have had heart attacks in the past reported an unexplained inability to fall asleep or stay asleep during the months or weeks before their heart attack.

† Flu-like symptoms – watch out for persistent wheezing or chronic coughing that

does not resolve itself or if your flu-like symptoms do not add up to the flu-like symptoms, and you do not have a fever call your doctor.

† Rapid-fire pulse or heart rate – watch out for a rapid and irregular pulse and heart rate, that comes on suddenly. This may be confused with panic attacks.

† You just do not feel like yourself – get to know your body so you will know when you do not feel quite right.

If you are feeling some or all of these symptoms, see your doctor immediately.

www.health.msn.com

Happy Birthday!

February Birthdays: 1-Nancy Dolby 2-Lillie B. Scott 3-Lena High, Olivia Holden, Mary Sharpe 5-Lilian Johnson, Zina Hockaday 6-John Sanders 7-Ruby Mims, Artis Wimberley 9-Edward Ellis, Nikki Thompson, Joselyn Williams, Paula Spaulding 10-Tarik Fleming, Kara Diane Hill 11-Sally Crump, Thomas Jiles, Sr., Sarah McNeill 12-Hattie Bazemore, Haily Mason, 13-Brittney Smith, 14-Andrew Bates, Jr., Alexis Rowe 15-Clarice Johnson, Ruth White, 16-Brianna Carter, Timothy Lucas 17-Shirley Jiles, Otis Palmer, Gregory Wimberley 20-Joan Dale 21-Beatice Sumner 22-Margaret Ming 24-Craig Lee Jones, Nikki Pendleton, Jessica Phillips 26-Carolyn F. Edwards, Deborah Mims 27-LaSheryl Cade, Faye Chaplin, James Faulcon, Leah Holden. *If you are celebrating your birthday during the month of February and it was not announced, please inform the church office and we will correct, accordingly.*