

ISSUE

2

NOVEMBER
2020

MONTHLY
NEWSLETTER

TBC CONNECT

Contact Information

Tabernacle Baptist Church
11521 Coalboro Rd,
Chesterfield, VA 23838

Phone: (804) 739-2169
Email:
tbcchesterfield@gmail.com

Fax: (804) 739-2003

webpage:
<https://www.tbcchesterfield.org>

Newsletter
Email
Tbcconnect20@gmail.com

Phone: (9757) 813-9905

Editor:
Denise W. Rice



THIS ISSUE

| | |
|-----------------------------------|-----|
| CONGRATULATIONS TO REV. M. DAVIS | P.1 |
| A MESSAGE FROM OUR PASTOR | P.2 |
| HOW TO CELEBRATE THANKSGIVING ... | P.3 |
| LITTLE KNOWN BLACK HISTORY FACTS | P.4 |
| How to Beat the Holiday Blues | P.6 |
| ANNOUNCEMENTS/UPCOMING EVENTS | P.7 |

CONGRATULATIONS REV. MICAH DAVIS



Kudos to our very own Rev. Micah Davis, for a job well done in preaching his initial sermon on Sunday, October 4th.



A
C
H
U
R
C
H
T
H
A
T
LOVES
T
O
SHOW
G
O
D
,
S
LOVE



Psalm 106:1

“Praise the Lord. Give thanks to the Lord, for he is good; his love endures forever

This season pushes us to reflect on the many things we should be thankful for. When your mind is focused on thankfulness, you have less time to think about what is wrong. **BE THANKFUL FOR THE STRONG MORE THAN THE WRONG.**

The practice of thankfulness creates a pattern that strengthens us and eliminates negative thoughts and actions. Walk through dark valleys and unpleasant experiences with a positive light that shines bright!

Thank you for being you. Change the atmosphere and energy wherever you go during this season with a smile. Make a difference with an encouraging word. In everything give thanks!

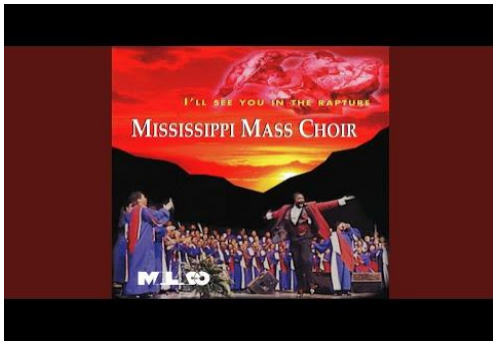
We are thankful every day for the goodness of God, not only during this season of Thanksgiving. Even in this uncertain time of pandemic and confusion in our country, God is still in control and holds us in the palm of his hands. Be thankful church family and friends, put God first in all things and God will give us the peace and comfort we need to get through this time and what’s to come.

May the God of life grant you peace and comfort in this Thanksgiving season.

Love 2 All!

Pastor Justin D. House

SONG OF THE MONTH
"WHEN I ROSE THIS MORNING"



MISSISSIPPI MASS CHIOR

Inspirational Quote
of the Month



May the LORD, the God of your ancestors, increase you a thousand times and bless you as he has promised.

Deuteronomy 1:11



HOW TO CELEBRATE THANKSGIVING SAFELY DURING COVID-19

Despite the pandemic, there are ways to celebrate Thanksgiving this year. The Centers for Disease Control and Prevention (CDC) released guidelines for a safe Thanksgiving.

You should avoid travel and large dinner gatherings, according to the CDC.

1. Revise your dinner plans (low/moderate risk)

Dine virtually (low risk)

A virtual dinner party is the safest and best option to connect with those who cannot travel to see you. Organize a start time to eat over Skype, Zoom, or FaceTime.

Eat with your housemates (low risk)

If your gathering is smaller than usual, you can still go all out with those you live with. Make all your traditional dishes and then some. Sharing them with those you are closest to can be comforting during such an intense time.

Host a small outdoor dinner (moderate risk)

If sticking to dining with people in your household is not going to cut it, the CDC suggests hosting an outdoor meal with a small group of family and friends who live in your community.

2. Get your TV fix (low/moderate risk)

While it might not be possible to watch football, events, parades, or "A Christmas Story" with a bunch of your favorite people snuggled on the couch as the smell of turkey fills the room, you can still do this with those you live with.

Celebrating in some way is good for your well-being



What is Systemic Racism? (Definition and Examples)

Everyone is talking about 'systemic racism' now, and many do not know the definition. Stokely Carmichael was the one who coined the phrase 'institutionalized racism' which later morphed into the phrase 'systemic racism.' So here is an excerpt from his book '[Black Power](#)' in which he explains racism and institutional racism. (So now if someone asks you, you'll be able to explain it! <smile>)

"Racism is both obvious and some not so obvious. It takes two, closely related forms: individual whites acting against individual blacks, and acts by the total white community against the black community. We call these individual racism and institutional racism. The first consists of visible acts by individuals, which cause death, injury or the violent destruction of property. This type can be recorded by television cameras; it can frequently be observed in the process of commission. The second type is less obvious, far more subtle, less identifiable in terms of specific individuals committing the acts. But it is no less destructive of human life. The second type originates in the operation of established and respected forces in the society, and thus receives far less public condemnation than the first type.

When white terrorists bomb a black church and kill five black children, that is an act of individual racism, widely deplored by most segments of the society. But when in that same city—Birmingham, Alabama—five hundred black babies die each year because of the lack of proper food, shelter and medical facilities, and thousands more are destroyed and maimed physically, emotionally and intellectually because of conditions of poverty and discrimination in the black community, that is a function of institutional racism. When a black family moves into a home in a white neighborhood and is stoned, burned or routed out, they are victims of an overt act of individual racism which many people will condemn—at least in words. But it is institutional racism that keeps black people locked in dilapidated slum tenements, subject to the daily prey of exploitative slumlords, merchants, loan sharks and discriminatory real estate agents. The society either pretends it does not know of this latter situation, or is in fact incapable of doing anything meaningful about it . . .

Institutional racism relies on the active and pervasive operation of anti-black attitudes and practices. A sense of superior group position prevails whites are "better" than blacks; therefore, blacks should be subordinated to whites. This is a racist attitude, and it permeates the society, on both the individual and institutional level, covertly and overtly.

"Respectable" individuals can absolve themselves from individual blame: they would never plant a bomb in a church; they would never stone a black family. But they continue to support political officials and institutions that would and do perpetuate institutionally racist policies. Thus, acts of overt, individual racism may not typify the society, but institutional racism does—with the support of covert, individual attitudes of racism."

From the book "[Black Power: The Politics of Liberation](#)" by Stokely Carmichael and Charles Hamilton

In Memorial



Stokely Carmichael

**Jun 29, 1941
to
Nov 15, 1998**



Calling All Members!!

Remembering, collecting, recording and passing down the recipes your loved ones have passed to you is a wonderful way to **honor and immortalize your family**. These traditions from the past are part of who you are as an individual.

Do you have recipes that were passed on to and now you would like to pass on to loved ones? Now you can! With your assistance, I am creating a cookbook for Tabernacle entitled 'From Generation 2 Generation'.

I need members to submit recipes to be included in the book. You can do this in two different ways. For those who are computer savvy, type the recipes and email them to me at Tbconnect20@gmail.com. or you can mail them to me at

Tabernacle Baptist Church
Attn: Denise Rice
11521 Coalboro Road
Chesterfield, VA 23838

If your recipes are handwritten, I ask that you please print. To ensure that everyone receives proper credit for their recipes, please make sure that you write your name on each recipe. Please share this information with members who may not own a computer!

If you have any questions, please free to contact me via email or by phone at 757-813-9905.

The holiday season is supposed to be one of the most joyous times of the year. There are plenty of get-togethers, lots of delicious food, and decorations galore. While this is many people's favorite time of year, there are also people that deal with holiday blues. Feelings of sadness that last throughout the holiday season, usually from November through December, are often referred to as the holiday blues. While less serious than clinical depression, these feelings can have a major impact on your ability to function normally during this time of year. Symptoms may include feeling irritable or angry, withdrawing from friends and family, having difficulty sleeping and feelings of loneliness or fatigue.

The holidays often present a wide array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few. With Covid-19 spreading throughout the community, we may be feeling additional stress, or you may be worrying about you and your loved ones' health. You may also feel stressed, sad or anxious because your holiday plans may look different during the COVID-19 pandemic. We won't be able to do many of the things we normally do during this time of year, which is a great reason to be creative in coming up with new traditions or resurrecting old ones.

It is more important to find ways to stay connected this holiday season to ward off feelings of sadness. While we may not be able to do many of the things we normally do during this time of year, this may be the perfect time to come up with new traditions or resurrecting old ones. You might ease your holiday blues with something as simple as getting enough rest. People tend to lose sleep during the holidays and end up shortchanging themselves. Lack of sleep can cause cloudy thinking, and irritability. It can also hinder your ability to deal with everyday stress. Eating a diet rich in fruits and vegetables and getting some exercise can ease the blues. Also, try to stay positive despite current stressors. Below are 10 tips for coping with blues during the upcoming season.

10 tips for coping with holiday blues and stress

1. Make realistic expectations for the holiday season, especially during the pandemic
2. Pace yourself. Do not take on more responsibilities than you can handle.
3. Make a list and prioritize the important activities. This can help make holiday tasks more manageable.
4. Do not put all your energy into just one day (i.e., Thanksgiving Day, New Year's Eve). The holiday cheer can be spread from one holiday event to the next.
5. Live and enjoy the present.
6. Do not set yourself up for disappointment and sadness by comparing today with the good old days of the past.
7. Try something new. Celebrate the holidays in a new way.
8. Spend time with supportive and caring people.
9. Make time to contact a long-lost friend or relative and spread some holiday cheer virtually.
10. Make time for yourself!

Out of all the different self-care steps we can take during the holidays, the most important one is giving ourselves a break and do things that make you feel good. Be thankful for the things you do have and ask for help when you need it.

H
O
W

T
O

B
E
A
T

T
H
E
H
O
L
I
D
A
Y

B
L
U
E
S

B
Y
D
R
·
M
A
R
I
S
S
A
E
D
I
W
A
R
D
S
B
L
U
E
S



TBC Chesterfield



Tabernacle Baptist
Church



Tabernacle Baptist
Church
P.O. Box 255
Chesterfield, VA 23832

Announcements and Upcoming Events

Sundays at 10am EST

Online Live Worship with TBC on Facebook with Rev. Justin D. House
Conference Call – Call (515) 603-3179 Access Code 689-859#

Mondays at 8pm EST

iBelieve Prayer Call with Rev. Justin D. House
Conference Call – Call (515) 603-3179 Access Code 689-859#

Tuesdays at 10am EST

Study in the word with Rev. William D. House, III
Conference Call – Call (515) 603-3179 Access Code 689-859#

Saturdays at 12noon EST

Let's +Stay Connected Connect with TBC family
Conference Call – Call (515) 603-3179 Access Code 689-859#



**TO
ALL MEMBERS
BORN IN
NOVEMBER**