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**20 Tips for a Positive New Year****1. Stay positive.**

You can listen to the cynics and doubters and believe that success is impossible, or you can know that with faith and an optimistic attitude all things are possible.

2. When you wake up in the morning complete the following statement:

My purpose is _____.

3. Take a morning walk of gratitude.

I call it a "thank you walk." It will create a fertile mind ready for success.

4. Instead of being disappointed about where you are...

...think optimistically about where you are going.

5. Eat...

...breakfast like a king, lunch like a prince and dinner like a college kid with a maxed-out charge card.

6. Remember that...

...adversity is not a dead-end but a detour to a better outcome.

7. Focus on...

...learning, loving, growing and serving.

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THE POWER OF PARTNERSHIP

There are many things that can manifest as a result of everyone embracing unity. Caring for others and doing it with excellence requires a holistic approach. In other words, everyone can make a difference!

Henry Ford offers partnership wisdom with these words, *“coming together is a beginning, staying together is progress, and working together is success.”*

There is nothing that cannot be achieved together with the willing partners of TBC, community and friends. Thank you for your commitment to excellence. Don't let the end of year stress cause you to lose sight of what has been accomplished in 2020! Let us continue giving our best to every small task and together make a huge difference in days to come!

WE ARE WINNING TOGETHER!

Love 2 All,
Pastor House

SONG OF THE MONTH

[Pastor Monica Ross & Family Praise & Worship](#)



Inspirational Quote of the Month

“Trust God for the impossible—miracles are His department. Our job is to do our best, letting the Lord do the rest.”

— David Jeremiah

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Jeremiah 29:11 (NIV)



20 Tips for a Positive New Year con.

8. Believe that everything happens for a reason.

Expect good things to come out of challenging experiences.

9. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control.

Instead invest your energy in the positive present moment.

10. Mentor someone...

...and be mentored by someone.

11. Live with the 3 E's.

Energy, Enthusiasm, Empathy.

12. Remember...

...there is no substitute for hard work.

13. Zoom focus.

Each day when you wake up in the morning ask: "What are the three most important things I need to do today that will help me create the success I desire?" Then tune out all the distractions and focus on these actions.

14. Implement the No Complaining Rule.

Complaining is like vomiting. Afterwards you feel better but everyone around you feels sick.

15. Read more books than you did in 2010.

I happen to know of a few good ones!

16. Get more sleep.

You cannot replace sleep with a double latte.

17. Focus on "Get to" vs "Have to."

Each day focus on what you get to do, not what you have to do. Life is a gift not an obligation.

18. Each night before you go to bed complete the following statements:

I am thankful for _____.

Today I accomplished _____.

19. Smile and laugh more.

They are natural anti-depressants.

20. Enjoy the ride.

You only have one ride through life so make the most of it and enjoy it.



Black Lives Matter

Black Lives Matter (BLM) is a decentralized political and social movement protesting against incidents of police brutality and all racially motivated violence against black people. While there are specific organizations like the Black Lives Matter Global Network that label themselves simply as "Black Lives Matter", the Black Lives Matter movement comprises a broad array of people and organizations. The slogan "Black Lives Matter" itself remains untrademarked by any group. The broader movement and its related organizations typically advocate against police violence towards black people as well as for various other policy changes considered to be related to black liberation.

In July 2013, the movement began with the use of the hashtag #BlackLivesMatter on social media after the acquittal of George Zimmerman in the shooting death of African-American teen Trayvon Martin 17 months earlier in February 2012. The movement became nationally recognized for street demonstrations following the 2014 deaths of two African Americans, that of Michael Brown—resulting in protests and unrest in Ferguson, Missouri, a city near St. Louis—and Eric Garner in New York City. Since the Ferguson protests, participants in the movement have demonstrated against the deaths of numerous other African Americans by police actions or while in police custody. In the summer of 2015, Black Lives Matter activists became involved in the 2016 United States presidential election. The originators of the hashtag and call to action, Alicia Garza, Patrisse Cullors, and Opal Tometi, expanded their project into a national network of over 30 local chapters between 2014 and 2016. The overall Black Lives Matter movement is a decentralized network of activists with no formal hierarchy.

The movement returned to national headlines and gained further international attention during the global George Floyd protests in 2020 following the killing of George Floyd by Minneapolis police officer Derek Chauvin. An estimated 15 million to 26 million people participated in the 2020 Black Lives Matter protests in the United States, making it one of the largest movements in the country's history. The movement comprises many views and a broad array of demands but they center on criminal justice reform.

**BLACK
LIVES
MATTER**



Happiness Hotel

The pandemic, racism, injustice oh my! These problems and so many others can have a negative impact on our Christian walk. Even though unrest is all around, one should say goodbye to stress and hello to happiness because God is in control.

Man, born of woman, is on planet earth for a very brief while
Enjoy life and engage in those things that'll surely bring a smile
Get a grip, take a stand, for God will see you through
You must do it for yourself, no one can do it for you
So live each day to the fullest, just as if it was your last
Think positive thoughts of the future, forgetting about the past
Be thankful for the chance to say hello, so long, or good-bye
Give God the praise because daily He has a watchful eye
Satan wants to make you feel disgusted, depressed, and disturbed
Let him know you're a child of the King, your happiness is reserved
So check out of Lodge Dismay and check into the Happiness Hotel
Sign in as a lifetime guest, knowing all will be well

Delores T. Banks

How to Register for the COVID-19 Vaccine

Using the Internet, go to the VDH COVID-19 Vaccination Response page at

<https://www.vdh.virginia.gov/covid-19-vaccine/>



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.

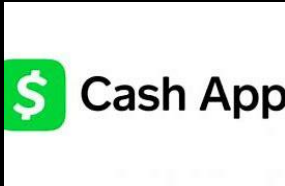
Do you have recipes that were passed on to and now you would like to pass on to loved ones? Now you can! With your assistance, I am creating a cookbook for Tabernacle entitled 'From Generation 2 Generation'.

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.



TBC Chesterfield



Tabernacle Baptist
Church



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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

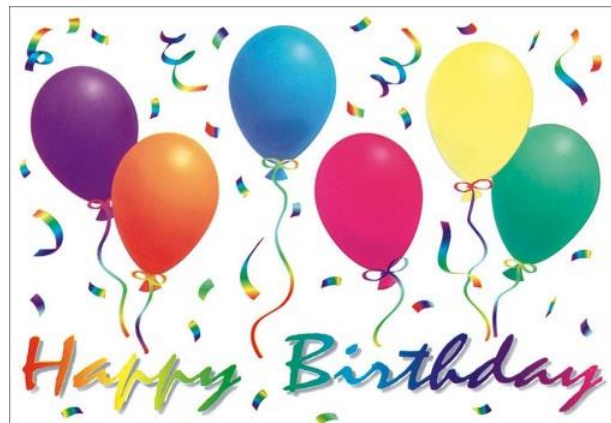
iBelieve Prayer Call with Rev. Justin D. House
Conference Call – Call (515) 603-3179 Access Code 689-859#

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

JANUARY