

ISSUE

3

DECEMBER
2020

MONTHLY
NEWSLETTER

TBC CONNECT

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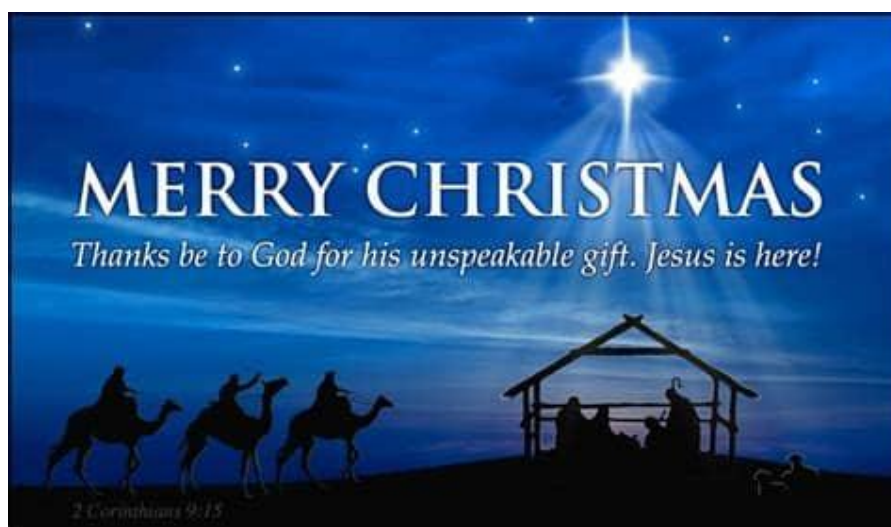
How to Have A Safe Holiday Season During the Pandemic

With the holidays fast approaching, many people are wondering if it is possible to safely celebrate during a pandemic. Should you visit relatives or have family and friends over? Nonetheless, your typical holiday gathering will look different this year.

Expanding your circle of people during the COVID-19 pandemic increases your risk of exposure. It is recommended that persons do not travel, especially to communities that are seeing increases in cases of COVID-19.

Unfortunately, taking a test before travelling is not a guarantee of safety. It is possible to have been exposed, but asymptomatic. A negative test could give a false sense of security and lead to COVID-19 exposures.

So, what can you do to safely acknowledge the holidays, especially during this challenging year?



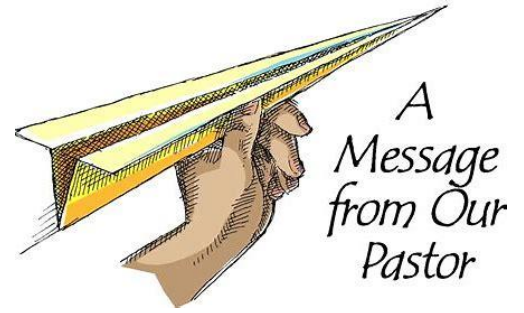
2 Corinthians 9:15

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A
Message
from Our
Pastor

“Season of Hope”

This year has been a year of unpredictable experiences. However, this season reminds us to remain hopeful. Hope helps us to stay positive in times like these.

I pray that we all choose to respond peacefully to whatever life presents to us in the last days of 2020. We all have found strength in helping others through their difficult times. Thank you for your focus on shining bright this year!

“I Don’t Think of All the Misery, But of All the Beauty That Still Remains.” - Anne Frank

KEEP HOPE ALIVE!
Pastor House

Congratulations

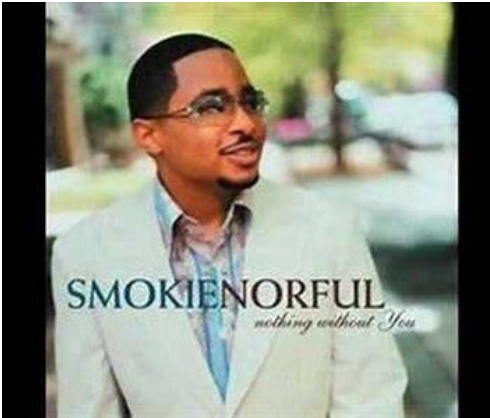
VSU
1:00 P.M. CELEBRATION PARADE
Twin Hickory Park
5001 Twin Hickory Road Glen Allen, VA 23059
(Line up @ 12:30 in Twin Hickory Library parking lot)
DEC 12TH 2020

GRADUATION CELEBRATION OF JAWUAN D. HOUSE
SUMMA CUM LAUDE • 3.8 GPA

BACHELOR OF SCIENCE IN MARKETING

10:00 A.M. VIRTUAL GRADUATION
www.vsu.edu

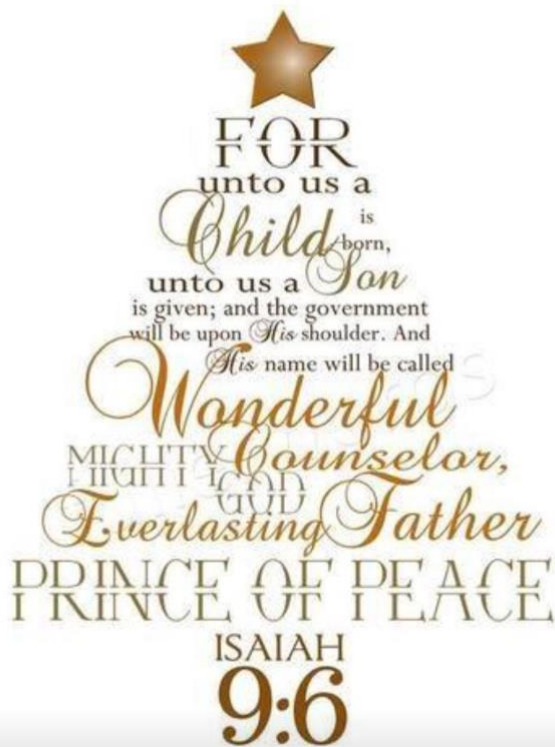
**SONG
OF THE MONTH
“I NEED YOU NOW”**



**INSPIRATIONAL QUOTE
OF THE MONTH**



Sing with joy for Israel. Shout for the greatest of nations! Shout out with praise and joy: "Save your people, O LORD, the remnant of Israel!" For I will bring them from the north and from the distant corners of the earth. I will not forget the blind and lame, the expectant mothers and women in labor. A great company will return! Tears of joy will stream down their faces, and I will lead them home with great care. They will walk beside quiet streams and on smooth paths where they will not stumble.
— Jeremiah 31:7-9





Tulsa Race Massacre of 1921

Tulsa race massacre of 1921, also called **Tulsa race riot of 1921**, one of the most severe incidents of racial violence in U.S. history. It occurred in Tulsa, Oklahoma, beginning on May 31, 1921, and lasting for two days. The massacre left somewhere between 30 and 300 people dead, mostly African Americans, and destroyed Tulsa's prosperous Black neighborhood of Greenwood, known as the "Black Wall Street." More than 1,400 homes and businesses were burned, and nearly 10,000 people were left homeless. Despite its severity and destructiveness, the Tulsa race massacre was barely mentioned in history books until the late 1990s, when a state commission was formed to document the incident.

On May 30, 1921, Dick Rowland, a young African American shoe shiner, was accused of assaulting a white elevator operator named Sarah Page in the elevator of a building in downtown Tulsa. The next day, the *Tulsa Tribune* printed a story saying that Rowland had tried to rape Page, with an accompanying editorial stating that a lynching was planned for that night. That evening mobs of both African Americans and whites descended on the courthouse where Rowland was being held. When a confrontation between an armed African American man, there to protect Rowland, and a white protestor resulted in the death of the latter, the white mob was incensed, and the Tulsa massacre was thus ignited.

Over the next two days, mobs of white people looted and set fire to African American businesses and homes throughout the city. Many of the mob members were recently returned World War I veterans trained in the use of firearms and are said to have shot African Americans on sight. Some survivors even claimed that people in airplanes dropped incendiary bombs.

When the massacre ended on June 1, the official death toll was recorded at 10 whites and 26 African Americans, though many experts now believe at least 300 people were killed. Shortly after the massacre there was a brief official inquiry, but documents related to the massacre disappeared soon afterward. The event never received widespread attention and was long noticeably absent from the history books used to teach Oklahoma schoolchildren.



COMING TOGETHER (AT A DISTANCE)

Limit your gatherings to those in your immediate household, if possible. You can still have your favorite aunt make the cakes and then divide them among the households. Or one person could provide holiday to-go plates. If you do choose to get together, limit the size of your groups, and ensure people wear masks and maintain a distance of at least six feet.

Make sure there is plenty of space to maintain distance, and keep some fresh air circulating by keeping a window open. If your mouth or nose is visible, you are potentially spreading more germs than if it were covered.

CREATING CONNECTION

You can create a sense of connection by listening to a streaming music channel during the meal, having the same menu, having a family call or Zoom-enabled interaction before or after the meal, or even having an outdoor, socially distanced visit.

Maintaining connection with others is important for mental health, so thinking about what are the traditions that are important to your family and friends that you can hold on to in a virtual way can help. Some suggestions include having a Zoom pajama party or taking time to write a letter to a friend or have a phone call with someone you have not spoken to in a while.

TAKING CARE DURING COVID

Being sick over a holiday is never fun, but it is especially important to take precautions if you or a loved one has COVID-19. If someone in your circle is ill, it is important to protect your family while caring for that individual. If you are sharing a living space, it is important to quarantine for the full 14 days. This can certainly interfere with holiday plans, but it may be helpful to take the perspective that you are giving the gift of health protection to your family.

PARTY PRESSURE

What do you say to relatives who insist on the usual fanfare? There are lots of ways, though we might not like them, to celebrate safely this year and maybe go all out next year. Love and connection seem to be at the root of all our holidays. So do not wait for the holiday to show love or connect with the people you care about.

MAKE SURE YOU GET A GOOD BREAKFAST

After all the Christmas festivities, it can be tempting to indulge in a hearty English breakfast. However, a fry-up is not the cure you are looking for, and you will be missing out on key hangover-busting nutrients. If you are craving something warm, a healthy omelet packed with vitamin-filled veggies is your best bet; but if you can't face a cooked breakfast, a good helping of berries and probiotic yoghurt will also work wonders.

TAKE A WALK

It might be a challenge to keep up with your regular workouts, especially with friends and family staying and seasonal gym closures! But that doesn't mean you get to stop moving altogether. After a big Christmas lunch, why not walk it off for an hour? The movement will help to keep your heart healthy and burn a few extra calories, not to mention the benefits of a breath of fresh, winter air!

ENJOY YOURSELF

While it is important to eat healthily and stay active (even though it's Christmas), there's also such a thing as 'everything in moderation'. Make sure you take the time to enjoy yourself during the holidays and embrace the time you have with friends and family, especially in this pandemic.

A candy maker in Indiana wanted to make a candy that would be a witness, so he made the Christmas Candy Cane. He incorporated several symbols for the birth, ministry, and death of Jesus Christ. He began with a stick of pure white, hard candy: white to symbolize the Virgin Birth and the sinless nature of Jesus, and hard to symbolize the Solid Rock, the Foundation of the Church and firmness of the promises of God.

The candy maker made the candy in the form of a "J" to represent the precious name of Jesus, who came to earth as our Savior. It could also represent the staff of the Good Shepherd with which He reaches down into the ditches of the world to lift out the fallen lambs who like all sheep have gone astray. Thinking that the candy was somewhat plain, the candy maker stained it with red stripes. He used three small stripes for the blood shed by Christ on the cross. So that we could have the promise of eternal life.

Unfortunately, the candy became known as the Candy Cane. It became a meaningless decoration seen at Christmas time. But meaning is still there for all those who "Have eyes to see and ears to hear." We pray that this symbol will again be used to witness to the wonder of Jesus and His great love that came down at Christmas.

SCRIPTURES FOR THE MEANING OF THE CANDY CANE

Hard Candy - Reminds us that Jesus is like a "ROCK", strong and dependable
Psalm 31:3

Peppermint Flavor - Is like the gift of spices from the wise men.
Matthew 2:11

White Candy - Stands for Jesus as the holy, sinless Son of God
1 John 1:7

Cane - Is like a staff used by shepherds in caring for sheep.
Jesus is our "Good Shepherd".
John 10: 1-18, 27-30

The Letter J. - Is for the name of Jesus, our Savior.
Matthew 1: 21

The Color Red - Is for God's love that sent Jesus,
and for Jesus' love in giving His life for us on the cross.
John 3: 16 and Revelation 1:5

The Stripes - Reminds us of Jesus' suffering - His crown of thorns,
the wounds in His hands and feet, and the cross on which He died.
John 19: 1-30

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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

Denise Rice
4261 Wells Ridge Court
Chester, VA 23831

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



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#