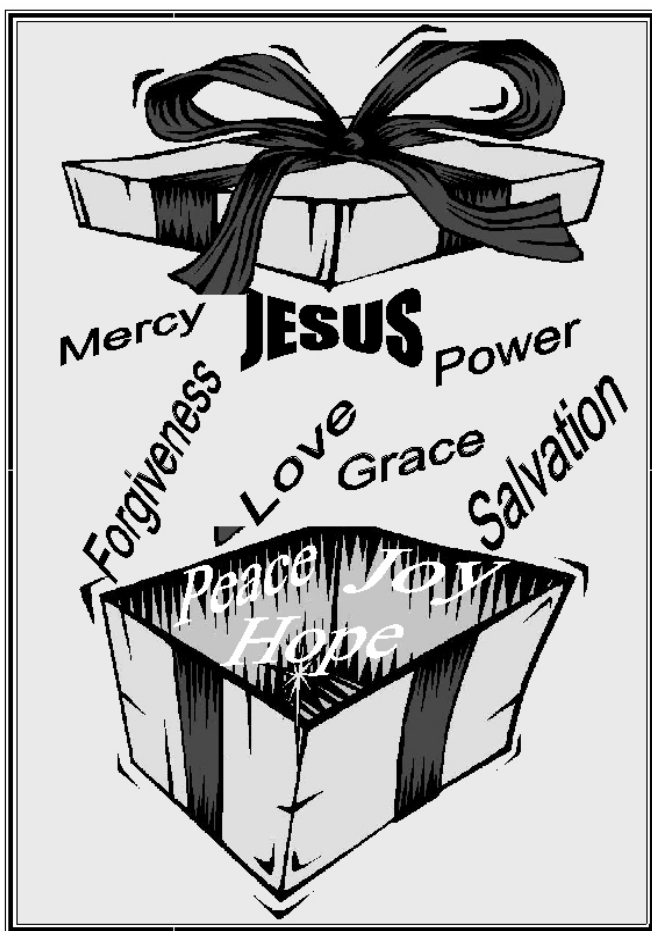


G.T.A.H.

Great Things Are Happening



You Can't Beat God's Giving!



For to us a child is born, to us a Son is given!
Isaiah 9:6

Union Grove
Missionary
Baptist Church
Volume 2, NO. 12
Issue 14
December 2004

FYI Check Out:
Radio Broadcast
Wednesday 4-4:30 p.m.
(The Light)
1280AM
Church Website:
www.thegrovewr.org

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Pastor Clarke, You Have Been A Blessing!

"Pastor Clarke has taught this family to think outside the box, he has brought a common word for today's time. He has affirmed who God says you are!"

-Pastor Paul Jenkins

"I believe that Pastor Clarke has consistently challenged us to strive for a higher spiritual level in Christ."

-Sis. Patrice Smith

Affirmation for Living written by Pastor Clarke

I have a lot to thankful for. I can be thankful for abundant life in Christ Jesus because He didn't have to die for me, but He did. I can be thankful for the opportunity to get to know Him better than I have ever known Him because the Father could have allowed me to die in my sins, but He didn't. I can be thankful for the opportunity to meet and fellowship with others who are serious about changing their lives because I could be alone and lonely in my pursuit of growth, but I'm not. I can be thankful for the opportunity to be a lifechanger-changing my own life as well as the lives of others because I could simply stay the same and live the way I've always lived and use the excuses I've always used, but I won't



'Pastor & Michelle Clarke have exemplified how a Christian family should live. They do this by continually being transparent.'

-Sis. Stephanie Solomon

Come join us on Sunday, December 12, 2004 at 10:30 a.m. as we celebrate the **2nd Anniversary** of Pastor David Anthony Clarke, Sr., the Undershepard of Union Grove Missionary Baptist Church family.

Be apart of a dynamic praise & worship service as we welcome back Bishop Victor L. Powell of Albany, Ga. with an inspiring word from God here in the Grove Zone.

Great Job Alexander!



Alexander T Pegues
receives near perfect
scores.

Alexander received a 99% composite score on the Iowa Test of Basic Skills. This is a standardized test that compares students on a national level.

Alexander also has a 99.5 GPA at Quail Run Elementary School. He is in the 3rd grade. He is an avid reader and also plays football, basketball and soccer. Alexander is a member of the Youth Choir here at Union Grove.



His parents are Brother Anthony and Sister Gayla Pegues.

Marriage Couples Christmas Fellowship

All Married Couples at Union Grove

*Come join us for the 2004 Married Couples Christmas Fellowship.
This event will be held, Friday, December 10th @ 7 p.m. at the Warner Robins Housing Authority located at 112 Memorial Terrace in Warner Robins.*

Married couples, please bring one gift for a man and one for a woman. (not to exceed \$20 for both)

Please sign up in the church annex.

*Child Care will be provided
in the nursery for \$5 per child.
This will be a potluck event
Any questions please call
Sis. Dannie Dukes @ 953-8789 or
Sis. Stephanie Solomon @ 929-9650.*



Sis. Stephanie Solomon



Sis. Dannie Dukes

Depression Information

Captain Kesha Rawlings, PhD, USAF, Clinical Psychologist

Depression is a serious illness that affects your thoughts, feelings, behavior and overall health. Depression can be triggered by a chemical imbalance in the brain, the loss of a love one, a chronic medical illness, relationship problems, work, stress, financial problems, family crisis, or any unwelcome life change. Sometimes bad things happen and a person doesn't have enough good in their life to counteract the bad.

Anyone and everyone can experience a depressive episode. We know that women are more likely to become depressed. Some of the symptoms of depression are:

- *Difficulty concentrating or making decisions*
- *Difficulty remembering things*
- *Feeling sad without a specific cause*
- *Changes in behavior. A person may stop participating in activities they used to enjoy*
- *Changes in appetite; A person may gain or lose a significant amount of weight in a short time period*
- *Always feeling tired or fatigued*
- *A significant decrease in energy levels*
- *A person may withdraw from others (friends, loved ones, etc...)*

To help someone you believe may be depressed some of the following things may help:

- *Reach out and talk to that person. Talking does help*
- *Exercise helps to release feel good chemical in the brain*
- *Try to get that person to be social and participate in pleasurable activities*
- *Get professional help from a pastor or doctor, etc....*

Facts:

1. Not all depressed people commit suicide but depression increases the risk for suicide.
2. The South is the 2nd highest region of the country for suicides. Please take all suicide thoughts or ideas seriously.

Depression Advice

(Source: Life Application Study Bible, New International Version by Zondervan)

Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon-from Mount Mizar.

Psalm 42:5-6

The writer of this psalm was discouraged because he was exiled to a place far from Jerusalem and could not worship in the temple. During these God-given holidays, the nation was to remember all that God had done for them. Many of these festivals are mentioned in Leviticus chapter 23.

Depression is one of the most common emotional ailments. One antidote for depression is to meditate on the record of God's goodness to His people. This will take your mind off the present situation and give hope that it will improve. It will focus your thoughts on God's ability to help you rather than on your inability to help yourself. When you feel depressed, take advantage of this psalm's antidepressant. Read the Bible accounts of God's goodness to His people, and meditate on them.

A Testimony

(LaShondria “Nikki” Smith)

“As I look back over my life, I can see how the Lord has blessed me.”

These are the lyrics to one of my many favorite songs because it speaks of me and my life. I would like to tell a portion of my story praying that it would bless the life of someone and even help them gain a greater perspective on God and how awesome He is. If it only speaks to one person my mission is accomplished.

During the year 1993, my sophomore year in high school, I was faced with two very challenging and difficult things to cope with. One, the death of my grandmother in February, this was very hard for me because I am the oldest granddaughter and she played a major role in my upbringing because my mother was in college. The second, I was dealing with a teenage pregnancy. This was most difficult because I was an only child, everyone “expected” the best from me, I was very active in the church and sports, and this was the last thing anyone would have thought would happen “to me.” I felt at this time the only resolution would be to die- a permanent solution to a temporary problem. It would be best if I just went away I would not have to deal with the pain of losing my grandmother and the shame of being pregnant. BUT GOD kept me even as a teenager I feared Him and His wrath so much that I couldn’t just take my life plus I knew how many other lives I would have affected with my selfishness. My grades did drop, the relationship with my mother changed, and I didn’t know where my future was headed. Many gave up on me, said my life was basically over, I would fall victim to dropping out of school and having more children as a single mother, plus no man would want a ready made family!

BUT GOD had another plan! I gave birth to a premature little boy during the fall of my junior year in high

school. I returned to school and during my senior year I juggled Senior Exec (for which I was chosen by my classmates), a starting position on the softball team, after sitting out a year, homework, motherhood, and a very limited social life- not the normal teenage years because of my responsibilities. My high school years were strenuous I did not have a lot of free time and I had to work extra hard because I had to make something out of my life. My mother was very supportive and gave me a glimpse at unconditional (agape) love that God has for me. She never gave up on me and took some hard blows from family and friends that opposed all the grace she showed me. But she also knew that God had a greater plan and would gain glory from my life. My senior softball season is a testimony in itself. My coaches received me back with open arms and encouraged me weekly with what has become my favorite scripture Phil 4:13 “I can do all things through Christ which strengthens me.” I believed that and God did it! I graduated in the top 10% of my class, received the HOPE grant and an athletic scholarship to play softball at the collegiate level. GOD IS SO GOOD!!! I continued my education and hold several degrees but all of the education in the world can not compare to my relationship with God. I have a wonderful husband, three boys, and another bundle of joy due here in February, God had someone designed just for me and my ready made family ☺! Nothing but the GRACE of God and His love for me has allowed me to come this far in life and I know without a doubt **“If it had not been for the Lord on MY side, oh where oh where would I be?”** (another one of my favorite songs) With all I have, I attempt daily to “give God what He wants, the way He wants it all of the time-my Worship.” I don’t have any other choice because He is worthy just because of who He is and then with all He has done for me I owe Him that and then some!

As I approach the holiday seasons, I always reflect upon my life and specifically the past year. I continue to see God’s hand in my life. I hold to the principle that God has allowed things and ordained things that have happened in my life. I am so grateful for all of my life experiences and I know He gave me my story so I could help someone faced with those same trials, tribulations, and storms overcome. I pray we keep our focus on the “true” meaning of Christmas this year, the birth of our Lord and Savior, Jesus Christ. Yes, we say the cliché “Jesus is the Reason for the Season” but if we take Christ out of Christmas (X-Mas) there is no reason to celebrate.

To those faced with remembering a loved one during this holiday season, look for ways to see and feel their presence. My grandmother’s life lives on in her children and grandchildren. My grandmother had a love for all children and loved to be around people. I remember on Christmas day there would be people coming to my grandmother’s house bringing presents and she giving presents we would ask, “Who is that?” There were so many. When I see the love my mother has for me and my children and how much I love people I am able to see a reflection of my grandmother. Knowing that her life impacting many and what she left behind has been passed down makes her live on. This holiday season if we can reflect on the good times or good things our loved ones left with us, it eases the pain and make the memories heart-warming.



Many blessings during this holiday season!

From the Director's Heart ♥

(Minister Rena Laster Director of The Life Changers Center)

During this season of giving please allow me to take the opportunity to thank each of you who embrace the vision and mission of the Life Changers Center. We have truly been given an awesome opportunity to spread love and to change lives. Thank you for all of your volunteer hours, financial support, donations and prayers. Alpha Kappa Alpha Sorority Alumnae Chapter of Warner Robins, thank you for your overwhelming support of our recent Bargain Grove Flea Market. We look forward to more collaboration with you.



We continue to have a lot going on here at the Life Changers Center and need your continued support. Let me tell you some of our current most pressing needs. Select one or more areas where you can help us and give me a call at the center at (478) 929-8585 or drop by to see me at 417 Orchard Way.

Beginning in January 2005, we will begin a program using volunteers called **Life Changers Skills Coaches**. The desired qualifications include having a love for your fellowman, a desire to make a difference in someone's life, and possess listening skills. Basic training will be provided for all volunteers. Required duties include calling an assigned program partner at least once per month to motivate them, mentor them in basic life skills and mail weekly cards or letters of encouragement. Please consider this opportunity for ministry, to cause you to continue to grow and to change a life.

Another volunteer opportunity is **Children's Ministry Coordinator**. This position requires an individual who will plan activities for children of partners who attend classes. Snacks will be served. Therefore, snacks will need to be donated. This individual or group may request support from others to make sure that snacks are available each week.

Yet another volunteer opportunity is in the area of **computer skills**. I realize that many of you cannot physically come here to volunteer, so guess what, you can help me from home. I need people to help in the area of grant research, information research on the internet, and the design of materials. These materials may be printed out and dropped off at the center.

Lastly, we will continue in prayer for blessing to overflow in the areas of financial support, volunteers, and changed lives. Changed lives beginning her will permeate so many other area including our own live, our families' lives, our partner's lives, their families' lives and the lives in our community. Consider adding us to your prayer list because we know that "fervent effectual prayers availeth much."

I pray that each will prosper even as your souls prosper. And, as you prosper, may your freely give of that which has so freely been given unto you.



Yours in Christ
Minister Rena Laster

The 10 Commandments of Healthy Holiday Eating

(Sis. Michelle Clarke)



Holidays are here again! Yes, it's that time of year where there are office parties, Christmas balls, family gatherings and New Years celebrations. Celebrations that make it easy for us to go overboard and eat too much! But, there is hope and there are things we can do to get and stay fit, even during the holidays.

In Habakkuk 2:3, the bible tells us to write the vision and make it plain. In other words, create a picture of your desired result and write it down. The problem is that too many of us get our vision for the New Year after the New Year. Your results in 2005 will be better if you have your vision for health and fitness right now in the midst of this holiday season.

My gift to you, Union Grove, is the 10 Commandments of Healthy Holiday Eating. May you be blessed and enjoy this holiday season by focusing on your vision for a fit and healthy lifestyle.

1. Thou shall step up thy fitness regimen. Most of us eat more during this time of the year because there are so many festive occasions. As a result, it is important to be more physically active so that those extra pounds don't take up residence once the holidays are over!
2. Thou shall not fall for excuses to overeat. Refuse to allow the holidays to be an excuse to gain weight. Enjoy the delicious food, but don't overdo it.
3. Thou shall enjoy thyself in moderation. God advises us to do all things in moderation. Treat yourself to your favorite foods or desserts this season, just don't eat them in excess.
4. Thou shall limit thy intake of high caloric beverages. It is best to eat and drink higher-calorie items earlier in the day when you have the time to work off the calories through physical activity.
5. Thou shall not eat after 8:00 p.m. Make it a rule to eat dinner early in the evening rather than later. Eating late and then sleeping leads to weight gain.
6. Thou shall exercise discipline when it comes to sugar. Sugary snacks can be addictive. Exercise some discipline and opt for fruit or nuts rather than sugar.
7. Thou shall leave the fried foods off thy plate. The oils from fried foods can clog your arteries and contribute to strokes, heart attacks and high blood pressure. Whenever possible, eat foods that are baked, broiled, or sautéed in olive oil.
8. Thou shall eat more vegetables. Give your body the nutrients it needs to function best. Many of these nutrients are found in vegetables, including many festive foods like collard greens, beets, broccoli and cabbage.
9. Thou shall get organized. By decreasing your stress, you can pay more attention to what you eat and when you eat. The holidays can be one of the busiest times of the year, which doesn't make eating health any easier. The more organized you become, the more you'll be able to focus and decrease your stress.
10. Thou shall stop eating when I start to feel full. When the food is delicious, we sometimes eat too much of it. God created our bodies to signal us when we are full. Pay attention!

Source:

*** 10 Commandments – The Temple by Donna Richardson Joyner*

Announcements

Business Stewardship Ministry

Trustees

Henry Allen	929-2931
Willie White	923-6038
Ben Respress	923-4310
Jermaine Smith*	218-0106
John Smith	953-5319
Charlie Tuck*	988-3321
Al Thomas	922-4336
Emma Harrison*	923-2935

*=In Training

Ministerial Staff

Pastor David Anthony Clarke, Sr.	988-9358
Pastor Paul Dunbar	953-3793
Youth Pastor Paul Jenkins	953-4365
Min. Milo Bradley, Jr.	971-3346
Min. Lee McCants	953-5139
Min. John Dukes	953-8789
Min. Rushia Jackson	923-1350
Min. Mary Ann Lollar	328-8810
Min. Grace King	929-2676
Min. Charles Byrd	218-0185
Min. Rena Laster	929-4658
Min. Shane Hardee	825-0446
Min. James Ford	929-0577
Min. Marilyn Mack	328-9677
Min. James Gaines	922-4664

Newsletter Ministry

The newsletter ministry is in need of photographers and help with folding the newsletter every month. If you are interested contact Sis. Maisha Wester @ 218-7407

“The Grove Zone”

Where the Holy Spirit meets our souls, the wounded are made whole, the lost are found, and captives are no longer bound.

Happy Birthday

Allen, Odessa	Johnson, Georgia Mae	Simmons, Robert
Bacon, Toni	Jones, Jennifer	Shortt, Jennifer
Billings, Charlie	Leggette, Jabari	Smith, John B.
Brown, Soraya	Lenoir, Annjanette	Smith, La Shondria
Burns, Doris	Lenoir, Charles	Smith, Shirley
Burns, Rufus B.	Leonard, Victoria	Stephens, Aisha
Colbert, Thomas C.	Llyod, Helen	Stewart, Vincent
Collins, Sationne	Martin, Kimberly	Thomas, J.A.
Davis, Barry	Martin, Lakeisha	Turner, Benedict
Davis, Jerlene	Martin, Willie	Verrett, Mack
Davis, Linda	Mathis, Shade	Verrett, Wanda
Davis, Rodney	McCants, Jared Lee	Walker, Gertrude
Doe, Curtis	McNair, Dorothy	Ware, Michael
Gaines, Michelle	Newell, Rieshun	Wiley, Dorothy
Gulley, Glenn	Owens, Bridgett	Williams, Mae Ola
Harrison, Alfreda	Perkins, Andrea	Williams, Terrance
Hill, George	Pickett, Dennis	Winston, Mary
Hogues, Michael	Robinson, Tameka	Womack, Alice
Huggins, Yonkita	Scott, Abraham A.	Woodard, Donald
Jackson, Rushia	Shortt, Jasmine	Wright, Chandra



What's Going on At “The Grove Zone” in December 2004

Week 2

- 12-6 Quarterly Sunday School., 6:00 pm
- 12-10 Married Couples Fellowship, Warner Robins Housing Authority, 7:00 pm

Week 3

- 12-12 Pastor Clarke's Anniversary, 10:30 am
- 12-13 Nurse Guild Christmas Fellowship, TBA
- 12-16 College Chat & Chew, 7:00 pm
- 12-17 Singles Christmas Fellowship, Austin Point Club house 7:00 pm
- 12-18 Senior Citizen's Banquet, 2:00 pm

Week 4

- 12-19 Youth Christmas Fellowship, 5:00 pm

Week 5

- 12-31 Watch Night Service, 10:00 pm

Mission Statement: *To draw people to Christ;*

To provide for their spiritual growth;

To meet the physical and emotional needs of the church and the community!

If you would like an online copy of this newsletter please visit :

www.thegrovewr.org/website/newsletter.html

If you would like a online copy of the church calendar visit:

www.thegrovewr.org/calendar/calendar.html

NOTE: (If you would like to contribute to the newsletter, all articles must be emailed and are due by the 3rd Friday of each month to newsletter@thegrovewr.org)

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