

MANGOICK BAPTIST CHURCH



THE MESSENGER

Dr. Elijah L. Campbell, Pastor

804-994-5390

mangohickbaptistchurch147@gmail.com

www.mangohickbc.org

FEBRUARY 2015

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. *Matthew 6:33*

Campbell's Corner



Greetings to all our Family and Friends,

First let me celebrate the Mangohick Baptist Church for completing a *21 Day Fast* during the month of January. The spiritual renewal and physical refreshment experienced during this moment is immeasurable. I pray that the God of our Salvation richly blesses you for your commitment to the spiritual discipline of Fasting and the reward it brings.

Let me thank and applaud you for your contribution and commitment made to the financial sustainment of this ministry in 2014. I encourage each and every one to do their personal best in contributing to the financial strength of this ministry as our Lord has blessed you and as we go forward into 2015. Your personal best in rendering tithes and offering makes a difference in what we are able to do for the Kingdom of God. Your sacrifice in giving to this ministry is noticed and greatly appreciated!

We welcome all new leaders who have accepted the challenge of leadership and we thank all those current leaders who agreed to continue serving in the various leadership role. As leaders your willing spirit and commitment to service to the Kingdom is the artery through which ministry flows. Our Leadership Summit that was scheduled for January is rescheduled for the month of March.

As we celebrate Black History this month let us remember those pioneers who went before us and upon whose shoulders we stand.

I know that God has great things in store for us collectively as a church and also in our individual life as we are representatives of the Kingdom of our Lord. Therefore we must always abide and abound in love demonstrating humility at all times and fully realizing that God is in and with us forevermore. To this end let everyone live and act like children of our Living God!

Finally, continue to pray for and fellowship with our sick and shut-in members. Continue always to uphold each other in daily prayer and speak peaceable toward all men and women from every walk of life and especially toward those who are of the house of faith.

May God continue to bestow His refreshing presence upon you, and grant you victory in all that you do!

Pastor Campbell

February 2015

February EVENTS

CALENDAR AND ANNOUNCEMENTS

- **EVERY Wednesday** - Anointed Hands Rehearsal 6:00 p.m./Intercessory Prayer 6:30p.m.Bible Study 7:00 p.m.
- **EVERY 2nd SUNDAY - Beginning 2nd Sunday in February – Funding Rally (AC Unit) – \$6.00 a month** for the remainder of the year from each member. Thank you in advance for your support of this “Funding Rally”!
- **2014 Church Tax Contribution Information:** Please see Sis. Carolyn Green for your document.
- **Friday, February 6, 2015** – Men’s Choir Rehearsal 7:00 p.m.
- **Saturday, February 7, 2015** – **8:00 a.m. (1)** Trustee/Premise Ministry **9:30 a.m. (2)** Mighty Men Ministry
- **Tuesday, February 10, 2015** – **7:00 p.m.** Finance Committee Meeting
- **Thursday, February 12, 2015** - **10:00 a.m. (1)** – Senior First – Valentine Celebrations
7:30p.m. – (2) Gospel Expression’s Choir Rehearsal
- **Saturday, February 14, 2015** - **9:00 a.m. – 12:00pm** – **Relationship Seminar – All married couples**
- **Sunday, February 15, 2015** – **9:00 a.m.** Marriage Emphasis Sunday
- **Wednesday, February 18, 2015** – **ASH WEDNESDAY LENT Begins**
- **Sunday, February 22, 2015** – **9:00 a.m. GO RED SUNDAY**
- **Monday, February 23, 2015** – 7:00 p.m. PCMC Rehearsal
- **Wednesday, February 25, 2015** - Pastor/Deacons Ministry Meeting 6:00 p.m.
- **Thursday, February 26, 2015** – **7:30 p.m. Usher’s Ministry Meeting**
- **King William's Relay for Life Event (for the American Cancer Society); May 9th 2015: 3 pm to 10 pm** –The event helps raise money for the American Cancer Society. Please contact Tammy Boyer @ 804 647 6940 or 804 769 3435; or please see announcement board for full details.



Please see one of **The Media Ministry** (immediately following morning service) if you wish to place a DVD and/or CD order. The cost per CD or DVD is \$5.00. Payment must be made at the time of ordering. CD’s and DVD’s will be distributed **every other** Sunday.



HOSPITALIZED

Bro. James M. Anderson
Ashland Convalescent Center

Bro. Samuel Anderson
Piedmont Hospital, Burkeville, VA

Bro. Charlie Cosby
Envoy of Stanford Hill

Deacon Martha Elizabeth Taylor
Autmn Care Room 303

Sis. Yvonne Wills
Ashland Convalescent Center



SHUT IN AT HOME

Bro. Aubrey Anderson

Bro. Danny Anderson

Bro. George Anderson

Bro. John Anderson

Bro. George Brooks

Bro. James Barner

Sis. Florence Edwards

Bro. Richard Green

Little Miss Maliya Ohlsson

Sis. Audrey Powell

Bro. Samuel Powell

Sis. Jessica Scott

Please contact Sis. Melissa Hunt or email mangohickbaptistchurch147@gmail.com with ministry calendar events and prayer list updates by the 15th of each month (for the following month).

Sunday School



THE MONTH OF FEBRUARY

February 1, 2015

READY WHEN SICKNESS COME TO STAY - 2 CORINTHIANS 4:16-18; 12:7-10

THE POINT: GOD'S GRACE IS SUFFICIENT; EVEN IN TIMES OF SICKNESS

February 8, 2015

READY WHEN SEX DESTROY - EPHESIANS 5: 1-10

THE POINT: WALK IN CHRIST'S LOVE RATHER THAN IN IMPURITY

February 15, 2015

READY WHEN HOMOSEXUALITY DEVASTATES - ROMAN 1:18-27; 1 CORINTHIANS 6:9-11

THE POINT: SHARE THE HOPE AND NEW LIFE ALL CAN HAVE IN CHRIST

February 22, 2015

READY WHEN PORNOGRAPHY CONTROLS - 1 THESSALONIANS 4:3-8

THE POINT: HELP OTHERS TO PRACTICE PURITY

This opening line from Charles' Dickens *A Tale of Two Cities* could describe our culture today. It often seems like the worst of times, in which many have rejected absolute truth. We could easily become pessimistic and isolate ourselves from a culture that has turned away from god. But this may also be the best of times, because the opportunity for ministry has never been greater (John 17:11-19; Matthew 5:14-16). That's why we have created this study. To be ready, we must be....

On the alert: Peter admonished us to be sober and vigilant because the devil prowls around looking for people to devour (1 Peter 5:8). What are the struggles and addictions in your community?

Equipped with truth: This study not only will help you identify some of the crises people are facing, but it also will give you a biblical understanding and perspective of those crises.

Motivated by compassion: Every struggle, addiction, and sin involves and affects a person created in the image of god. It is not enough to have minds equipped with truth; we must have hearts moved with compassion for those around us. This study will give you practical ways you can love, support, and minister to those in crisis.

We're going to tackle some of the most challenging issues of our day. If you will engage these sessions, you will be ready to minister to someone who is considering abortion, to those who are poor, when sickness comes to stay, when sex threatens to destroy, when families are torn apart by homosexuality, and when someone is trapped by pornography.

~ FEBRUARY BIRTHDAYS AND ANNIVERSARIES ~



| | | |
|---------------|-----------------|------|
| Shirley | King | 2/1 |
| Shaleah | Carter | 2/1 |
| Nathan | Baylor | 2/2 |
| Lamont | Tyler | 2/2 |
| Emma | Holmes | 2/4 |
| Tremere | Stokes | 2/5 |
| Cheryl | Spurlock | 2/5 |
| Audrey | Powell | 2/8 |
| Ricky | Wilkerson | 2/11 |
| Robert | Ehrhart | 2/12 |
| Cynthia | Green | 2/12 |
| George Willis | Anderson | 2/14 |
| Latye | Anderson | 2/16 |
| Alex | Coleman | 2/16 |
| Arika | Spurlock | 2/16 |
| Mildred | Wilkerson | 2/17 |
| Roberts | Wills | 2/18 |
| Dorothy | Johnson-Simmons | 2/19 |
| Lyndall | Braxton | 2/20 |
| Milan | Anderson | 2/21 |
| Cameron | Cosby | 2/22 |
| Judy | Waller | 2/24 |
| Bessie | Baylor | 2/25 |
| Bobby | Anderson | 2/26 |

Happy Anniversary

Kary & Mary Lee - 2/22
Freddie & Alice Washington - 2/26

Please contact Sis. Melissa Hunt or email mangohickbaptistchurch147@gmail.com by the 15th of each month, for any additional or corrected birthday/anniversary listings.

Famous Black Inventors

A Rich Heritage Gives Way to Modern Ingenuity



| | | |
|-----------------------|-------------------------|-------------------|
| Air conditioning unit | Frederick M. Jones | July 12, 1949 |
| Almanac | Benjamin Banneker | Approx 1791 |
| Auto cut-off switch | Granville T. Woods | January 1, 1839 |
| Auto fishing devise | G. Cook | May 30, 1899 |
| Automatic gear shift | Richard Spikes | February 28, 1932 |
| Baby buggy | W.H. Richardson | June 18, 1899 |
| Bicycle frame | L.R. Johnson | October 10, 1899 |
| Biscuit cutter | A.P. Ashbourne | November 30, 1875 |
| Blood plasma bag | Charles Drew | Approx. 1945 |
| Cellular phone | Henry T. Sampson | July 6, 1971 |
| Chamber commode | T. Elkins | January 3, 1897 |
| Clothes dryer | G. T. Sampson | June 6, 1862 |
| Curtain rod | S. R. Scratton | November 30, 1889 |
| Curtain rod support | William S. Grant | August 4, 1896 |
| Door knob | O. Dorsey | December 10, 1878 |
| Door stop | O. Dorsey | December 10, 1878 |
| Dust pan | Lawrence P. Ray | August 3, 1897 |
| Egg beater | Willie Johnson | February 5, 1884 |
| Electric lamp bulb | Lewis Latimer | March 21, 1882 |
| Elevator | Alexander Miles | October 11, 1867 |
| Eye protector | P. Johnson | November 2, 1880 |
| Fire escape ladder | J. W. Winters | May 7, 1878 |
| Fire extinguisher | T. Marshall | October 26, 1872 |
| Folding bed | L. C. Bailey | July 18, 1899 |
| Folding chair | Brody & Surgwar | June 11, 1889 |
| Fountain pen | W. B. Purvis | January 7, 1890 |
| Furniture caster | O. A. Fisher | 1878 |
| Gas mask | Garrett Morgan | October 13, 1914 |
| Golf tee | T. Grant | December 12, 1899 |
| Guitar | Robert F. Flemming, Jr. | March 3, 1886 |
| Hair brush | Lydia O. Newman | November 15, 18-- |
| Hand stamp | Walter B. Purvis | February 27 1883 |

BLACK HISTORY

Inventors and Inventions

(continued)

| | | |
|----------------------|--------------------------|-------------------|
| Horse shoe | J. Ricks | March 30, 1885 |
| Ice cream scooper | A. L. Cralle | February 2, 1897 |
| Improv. Sugar making | Norbet Rillieux | December 10, 1846 |
| Insect-destroyer gun | A. C. Richard | February 28, 1899 |
| Ironing board | Sarah Boone | December 30, 1887 |
| Key chain | F. J. Loudin | January 9, 1894 |
| Lantern | Michael C. Harvey | August 19, 1884 |
| Lawn mower | L. A. Burr | May 19, 1889 |
| Lawn sprinkler | J. W. Smith | May 4, 1897 |
| Lemon squeezer | J. Thomas White | December 8, 1893 |
| Lock | W. A. Martin | July 23, 18-- |
| Lubricating cup | Elijah Mccooy | November 15, 1895 |
| Lunch pail | James Robinson | 1887 |
| Mail box | Paul L. Downing | October 27, 1891 |
| Mop | Thomas W. Stewart | June 11, 1893 |
| Motor | Frederick M. Jones | June 27, 1939 |
| Peanut butter | George Washington Carver | 1896 |
| Pencil sharpener | J. L. Love | November 23, 1897 |
| Phone transmitter | Granville T. Woods | December 2, 1884 |
| Potato Chips | George Crum | 1853 |
| Record player arm | Joseph Hunger Dickenson | January 8, 1819 |
| Refrigerator | J. Standard | June 14, 1891 |
| Riding saddles | W. D. Davis | October 6, 1895 |
| Rolling pin | John W. Reed | 1864 |
| Shampoo headrest | C. O. Bailiff | October 11, 1898 |
| Spark plug | Edmond Berger | February 2, 1839 |
| Stove | T. A. Carrington | July 25, 1876 |
| Straightening comb | Madam C. J. Walker | Approx 1905 |
| Street sweeper | Charles B. Brooks | March 17, 1890 |
| Thermostat control | Frederick M. Jones | February 23, 1960 |
| Traffic light | Garrett Morgan | November 20, 1923 |
| Tricycle | M. A. Cherry | May 6, 1886 |
| Typewriter | Burridge & Marshman | April 7, 1885 |

Andraé Edward Crouch

(July 1, 1942 – January 8, 2015)

...Singer, Songwriter, Musician, Producer and Pastor...



...was an American gospel singer, songwriter, arranger, record producer and pastor. Referred to as "the father of modern gospel music" by contemporary Christian and gospel music professionals, Crouch was known for his compositions "The Blood Will Never Lose Its Power", "My Tribute (To God Be the Glory)" and "Soon and Very Soon". In secular music, he was known for his collaborative work during the 1980s with Stevie Wonder,

Elton John and Quincy Jones as well as conducting choirs that sang on the Michael Jackson hit "Man in the Mirror" and Madonna's "Like a Prayer". Crouch was noted for his talent of incorporating contemporary secular music styles into the gospel music he grew up with. His efforts in this area were what helped in paving the way for early American contemporary Christian music during the 1960s and 1970s. Crouch's original music arrangements were heard in the films *The Color Purple* and Disney's *The Lion King*, as well as the NBC television series *Amen*. Awards received by him include seven Grammy Awards, being inducted into the Gospel Music Hall of Fame in 1998, and receiving a star on the Hollywood Walk of Fame in 2004. Crouch's first group musical effort was formed in 1960 as the Church of God in Christ Singers. The group included future recording artist and session musician Billy Preston on keyboards and was the first to record the Crouch's song "The Blood Will Never Lose Its Power". The song's popularity grew following the initial 1969 recording, becoming a standard in churches and hymnals worldwide. While attending Valley Junior College in the San Fernando Valley to become a teacher, he formed gospel music group "The Disciples" in 1965 with fellow musicians Perry Morgan, Reuben Fernandez, and Bili Thedford. The group became a frequent attraction at "Monday Night Sing" concerts in southern California put on by Audrey Mieir, a Christian minister and music composer who frequently sponsored new Christian music groups. Following Mieir's introduction of Crouch to Manna Music Publishing's founders Tim and Hal Spencer, Manna published Crouch's song "The Blood Will Never Lose Its Power", written when he was 15 years old. Crouch's most popular songs from this period include "The Blood Will Never Lose Its Power", "Through It All", "Bless His Holy Name", "Soon and Very Soon", "Jesus is the Answer", and "My Tribute".



His affiliation with Light Records was instrumental in bringing Walter and Tramaine Hawkins, Jessy Dixon and The Winans to the label, from where they all enjoyed successful gospel music careers. In 1996, Crouch and his music were honored on the Grammy Award-winning CD, *Tribute: The Songs of Andraé Crouch*, released by Warner Bros. Records. The album featured a wide range of artists performing Crouch's classic songs and featured the Brooklyn Tabernacle Choir, Take 6, Twila Paris, and Michael W. Smith.

Crouch and his sister Sandra had a friendship and music relationship with Michael Jackson. In 1987, the Andraé Crouch Choir sang background vocals along with Siedah Garrett, Glen Ballard, and The Winans on Jackson's hit single "Man in the Mirror" from the *Bad* album. The Andraé Crouch Singers were also featured on the songs "Keep the Faith" and "Will You Be There" from Jackson's 1991 *Dangerous* album.



On Jackson's *HIStory: Past, Present and Future, Book I* project in 1995, the Andraé Crouch Choir is heard on "Earth Song." Crouch's composition, "Soon and Very Soon" was performed by the Andraé Crouch Choir at the public memorial service for Jackson held at the Staples Center in Los Angeles on July 7, 2009.

Between 1993 and 1994 Crouch suffered the loss of his father, mother, and older brother. After his father's death, Crouch and his sister took over the shared duty of senior pastor at the church his parents founded, Christ Memorial Church of God in Christ in Pacoima, California.

Crouch was hospitalized in early December 2014 for pneumonia and congestive heart failure. As a result, his December tour was postponed. He was hospitalized again on January 3, 2015 in Los Angeles, as the result of a heart attack. Crouch died five days later at Northridge Hospital Medical Center on January 8, 2015, at the age of 72. On the same day, his sister, Sandra, released the following statement: "Today my twin brother, womb-mate and best friend went home to be with the Lord. Please keep me, my family and our church family in your prayers. I tried to keep him here but God loved him best."

Following Crouch's death, Christian recording artist Michael W. Smith told *Billboard* Magazine, "...I'll never forget hearing Andraé for the first time. It was like someone had opened a whole new world of possibilities for me musically. I don't think there is anyone who inspired me more, growing up, than Andraé Crouch. The depth of his influence on Christian music is incalculable. We all owe him so much and I'll forever be grateful for the times we got to work together."



Health & Wellness

Eat PRODUCE at every meal

There are numerous benefits to making produce a main attraction at mealtime. Fruits and veggies also help displace foods that pack more calories per bite, a plus if you're trying to lose weight.

How to do it: A good rule of thumb is to include a serving of fruit in each

breakfast and snack, and two servings of veggies in every lunch and dinner. One serving is 1 cup fresh, about the size of a tennis ball. Whip fruit into a smoothie, add it to oatmeal or yogurt, or just bite right in.

Make WATER your beverage of choice

According to a study in the American Journal of Clinical Nutrition, people who get much of their daily fluid intake from plain water tend to have healthier diets overall, including more fiber, less sugar, and fewer high-calorie foods. One study found that people who drank about 7 cups of water a day, ate nearly 200 fewer daily calories compared to those who gulped less than one glass. Another found that when adults drank 2 cups of water right before eating a meal they ate between 75 and 90 fewer calories. And a German study concluded that consuming 16-ounces of water upped calorie burning by 30% within 10 minutes, an effect that was sustained for more than an hour.

How to do it: Reach for 16 ounces (2 cups) of water four times a day. And if you dislike the taste of plain H₂O, spruce it up. Add wedges of lemon or lime, fresh mint leaves, cucumber slices, fresh grated ginger or organic citrus zest, or a bit of mashed juicy fruit, like berries or tangerine wedges.

Make Real Food Easy

Healthy foods should be the easy snacking options around the house. We grab for chips or cookies because chips and cookies are there. If fruit is sitting in a bowl on the counter, we would grab for that instead.



Real foods should also be the easy meal options around the house. This takes planning. We often stop at the drive-thru for a quick dinner instead of going to the grocery store to pick up food to prepare. Make your trips to the grocery store last for the week. Plan out the meals you will eat every night so that the quick fast food stop is not even a temptation.



~ COOKING THE HEALTHY WAY ~

Recipe submitted by: Chris Cox

FRESH CHILI

INGREDIENTS

Paprika (to taste)
6 tomatoes (preferably vine)
8oz Kidney Beans
1lb ground beef (85 lean/15 fat) or 1lb ground chicken
½ yellow onion
2 clove garlic (or powder)
1 green pepper
Chili Powder (2-4 tbsp) to taste
1 ½ tbsp sea salt
1 tbsp red pepper flakes
Cayenne pepper (optional)
½ tbsp ground cumin

INSTRUCTIONS

- Dice and stew tomatoes on low-med heat in saucepan or high heat in a crock pot
- In a separate pan, sauté diced onion, green pepper and garlic then add ground beef
 - (cook til brown).
- Be sure to LIGHTLY season meat and veggies.
- Add cooked meat and veggies once tomatoes are softened and stewing.
- Be sure to mash tomatoes while cooking.
- Add the chili powder, red pepper flakes, cayenne, cumin and sea salt
- Turn slow cooker to low heat or in stove top, pan to simmer and let cook for 30 minutes
- When done, add cheese and/or sour cream if desired

MANGOHICK BAPTIST CHURCH

2015 CALENDAR



Dr. Elijah L. Campbell, Pastor

571-217-2620

ecampbell98@hotmail.com

147 Mangohick Church Road

PO Box 468

Hanover, VA 23069

Telephone: 804-994-5390

Vanessa Spurlock, Church Secretary

Melissa Hunt, Assistant Church Secretary

Email: mangohickbaptistchurch147@gmail.com

Website: www.mangohickbc.org

~ THE LENTEN SEASON of SUNDAYS ~

Beginning Wednesday, February 18, 2015

Lent is a period of fasting, moderation, and self-denial traditionally observed by Catholics and some Protestant denominations. It begins with Ash Wednesday and ends with Easter Sunday. The length of the **Lenten** fast was established in the 4th century as 46 days (40 days, not counting Sundays).

There are several holy days within the season of Lent:

- **Ash Wednesday** is the first day of Lent for Roman Catholics and most mainline Reformed and Protestant traditions.
- Clean Monday (or "Ash Monday") is the first day of Lent in Eastern Catholic and Orthodox Churches.
- By Pontifical decree, there is no Ash Wednesday in the Ambrosian Rite, and Lent begins liturgically on what the Roman Rite regards as first Sunday in Lent. Traditionally, the fast began on the first Monday of Lent as also reflected in the Mozarabic rite.
- The Sundays in Lent carry Latin names in German Lutheranism, derived from the beginning of the Sunday's introit. The first is called *Invocabit*, the second *Reminiscere*, the third *Oculi*, the fourth *Laetare*, the fifth *Judica*. The sixth Sunday is Palm Sunday.
- The fourth Sunday in Lent, which marks the halfway point between Ash Wednesday and Easter, is referred to as *Laetare* Sunday by Roman Catholics, Anglicans, and many other Christians because of the traditional Entrance Antiphon of the Mass. Due to the more "joyful" character of the day (since *laetare* in Latin means "rejoice"), the priest (as well as deacon and subdeacon) has the option of wearing vestments of a rose colour (pink) instead of violet.
- The fourth Lenten Sunday, Mothering Sunday, which has become known as Mother's Day in the United Kingdom and an occasion for honouring mothers of children, has its origin in a sixteenth-century celebration of the Mother Church.
- The fifth Sunday in Lent, also known as Passion Sunday (however, that term is also applied to Palm Sunday) marks the beginning of Passiontide.
- The sixth Sunday in Lent, commonly called Palm Sunday, marks the beginning of Holy Week, the final week of Lent immediately preceding Easter.
- Wednesday of Holy Week, Holy Wednesday (also sometimes known as Spy Wednesday) commemorates the day on which Judas spied on Jesus in the garden of Gethsemane before betraying him.
- **Thursday is known as Maundy Thursday**, or Holy Thursday, and is a day Christians commemorate the Last Supper shared by Christ with his disciples.
- The next day is **Good Friday**, on which Christians remember Jesus' crucifixion and burial.