



## MOUNT OLIVE BAPTIST CHURCH

P.O. Box 459, Wicomico Church, VA 22579  
Phone number: (804) 435-3725

Rev. Dr. Tyron D. Williams, Pastor



Physical Address: 6749 Jessie Dupont Memorial Hwy  
Sunday School: 9:00am  
Sunday Morning Worship: 10:00am

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*We are a church Family revealing Christ to the world by affirming and reflecting God's love in our adoration, attitude and actions.*

## Vacation Bible School 2019 was a BLAST!



### WHOOOSH!

### “Take Flight Where God Leads You”

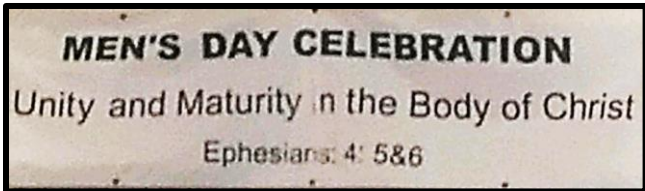
A heartfelt thank you to everyone that helped to make it successful.

Sylvia D. Carter, VBS Director  
2019



## Men's Day 2019

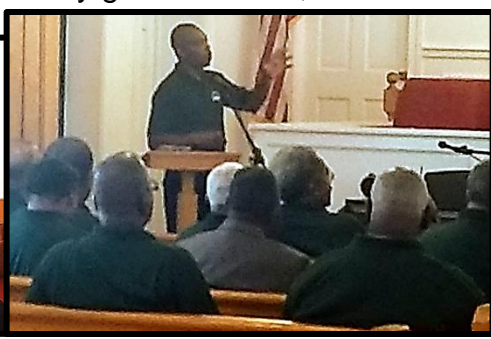
What an exciting and joyful day we had praising the Lord. Reverend Jonathan Walden, Pastor of First Baptist Church, Mathews, Virginia, was our guest. He was joined by his choir and church family. The presence of so many men participating in the program added to our blessing.



Mr. Frank Galloway was presented with a plaque for his dedication to Mount Olive Baptist Church.

Thanks to all who made this day possible, but all the Glory goes to Jesus, our Lord and Savior.

Jimmy Conaway





*Rev. Dr. Tyron D. Williams*

We are entering a season where we have an opportunity to engage in one of the most important and meaningful opportunities available to us as believers and as citizens of the United States of America. In a month or so, we will have an opportunity to participate in the democratic process of casting our vote for our candidate of choice for the positions of U.S. Congress, U.S. Senate, House of Delegates, Sherriff, Board of Supervisors, and etc. We have a responsibility and constitutional right to select, elect, and elevate people of integrity into positions of authority to make decisions that will enhance the lives of all citizens across this nation and our local communities, not just a select few. It is extremely important and essential that we exercise our right to vote in this coming election season and all others that follow.

The current state of apathy that exists in the minds and hearts of many of our national, state, and local leaders makes it apparent that not only do they seem more interested in maintaining their positions of power they are also negligent in addressing the needs of those whom they are charged to represent. In other words, their actions lead me to believe that the Spirit of God is not the force that influences their work, and righteousness seems not to be a character trait that is in abundance.

The scriptures make it profoundly clear as to why we are in the state of turmoil in which we find ourselves. Proverbs 29:2 says - **When the righteous increase, the people rejoice, but when the wicked rule, the people groan.** Over the years too many of us have allowed fear and a lack of responsibility to keep us from going to the polling site and casting our vote. When we do this, we are allowing others to dictate what happens in our nation and our community, and because of this, our voices are silenced. As a result, we have no reason to complain. When the righteous people of this world (“Christian Believers”) allow the wicked to determine their fate by not voting, we are giving them free reign and license to rule over us, which in turn promotes chaos, deceit, mistrust, divisiveness, and uncertainty.

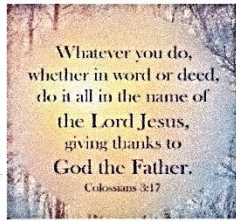
I encourage you not to allow anything or anyone to keep you from fulfilling your civic and Christian responsibility to vote in the coming election. We are God’s righteous voices here on earth, and we are responsible for electing righteous, God-fearing people to represent our interests and to move us closer to the abundant life that Jesus spoke of.

To God Be the Glory,

*Tyron D. Williams, Pastor*



# Christian Education Ministry



Believers are called to bring glory to God. In 1 Corinthians 10:31, the Apostle Paul exhorts, "**So whether you eat or drink or whatever you do, do it all for the glory of God.**" Believers are called to give glory to God by what we

say and do. It does not mean that we are adding to the glory God already has. It means we are revealing the glory of God to the world through our words, lifestyle, and behavior.

- I Peter tells us in 4:10-11 - "*As each has received a gift, employ it for one another as good stewards of God's varied grace: whoever speaks (let him speak) as one who utters oracles of God; whoever renders service (let him render it) as one who renders it by the strength which God supplies, in order that in everything God might be glorified through Jesus Christ....*"
- John Piper states that God gets glory not from our heroic exertion but from **our reliance upon his strength**—when we serve as one who serves with the strength which God supplies.
- Jesus shared in Matthew 5:16 - "*Let your light so shine before men that they may see your good works and give glory to your Father in heaven.*"
- In *Keys to Spiritual Growth* John MacArthur, states glorifying God is the end result of the Christian life. Spiritual maturity is simply concentrating and focusing on the person of God until we are caught up in His majesty and His glory.

During the month of August, MOBC Christian Education reflected on **Back to Basics**. Basics are the foundation upon which we can build upon. Reviewing basics regenerates our connection, compassion and centers us for corporate use of our gifts. The means, method and manner may change but **the message must remain God's message of Grace**. We glorify God by worshipping Him, loving our neighbor, sharing the gospel and growing in Christ-likeness.

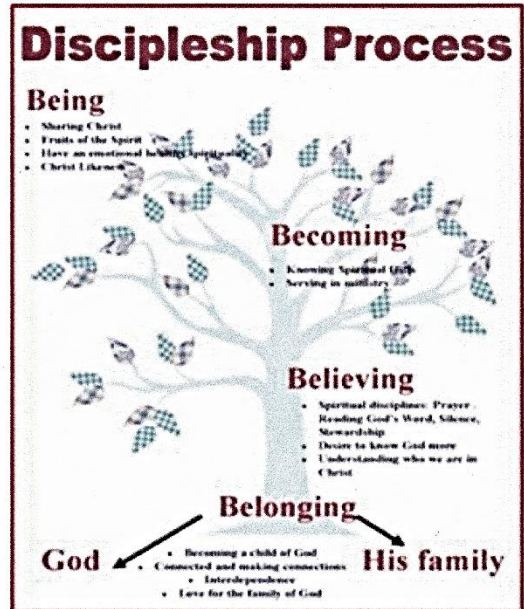
Each of these purposes represents a different dimension in our spiritual lives:

**CELEBRATION**—1 Chronicles 16:28-29 — *Ascribe to the Lord, O clans of the peoples, ascribe to the Lord glory and strength! Ascribe to the Lord the glory due his name; bring an offering and come before him! Worship the Lord in the splendor of holiness. Celebration or worship, is the vertical dimension where we focus on God.*

**COMMUNITY**—Hebrews 10:24-25 — *And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another, and all the more as you see the Day approaching. Community is the horizontal dimension where we focus on other people.*

**COMMUNICATION**—1 Corinthians 15:3-4 — *For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures. Communication (sharing the gospel) is the outward dimension, where we reach out to others with the gospel and,*

**CULTIVATION**—Romans 6:22 — *But now having been freed from sin and enslaved to God, you derive your benefit, resulting in sanctification, and the outcome, eternal life. Cultivation is the inward dimension where we seek to grow to be more like Christ.*



Christian Education Ministry  
Rev. Beatrice Williams











***The Struggle Continues***  
Remember 1619

Article from  
**abc NEWS**

***Family historian in Virginia traces ancestry from Angola, 1st African slaves in US***



© Michael Mccoy/Reuters, FILE

Brenda Tucker, a descendent of one of the first black Americans, William Tucker, whose parents were brought from Angola on the first ship carrying enslaved Africans to Virginia in 1619, pays her respects at a family member's grave.

They danced to the beat of drums and sang time-honored spirituals originating from plantations, where descendants of Africans labored under America's 246 years of slavery.

It was the 400th commemoration ceremony of Africans arrival on U.S. soil at a small cemetery tucked in a residential neighborhood in Hampton, Virginia, which has been under the care of the Tucker family for years.

"Four hundred years ago, our family started building America, can I get an Amen?" said Wanda Tucker at a gathering of mostly Tucker family relatives, friends and local African-American elected officials.

According to the Tucker family history, in 1619 their relatives walked off the White Lion -- one of the first ships bringing slaves from Africa to colonial North America -- at Old Point Comfort, less than 10 miles away from the family cemetery.

The colonist John Rolfe, in 1619, documented the arrival of "20 and odd negroes," captured from the central African nation of Angola, who made the transatlantic journey to America aboard the White Lion.

Two of those Africans aboard that ship -- Antony and Isabella -- gave birth to a son, William Tucker, the first African baby to be baptized in America. The Tucker family believes William Tucker is their ancestor.

The family believes their descendants -- children and grandchildren of America's first slaves -- are buried in the cemetery, which is nestled squarely in between the homes of residents.

"I realized that my ancestors are here and the relevance of the cemetery in the larger narrative of African-American history," Wanda Tucker told ABC News.

The family historian recently returned from Angola and said the family can trace their ancestry to the central African country.

"I just believe the presence of my ancestors is with us, and that also contributes to the sacredness of the space for me," she said.

It was just a few years ago that the family used ground penetrating radar to conduct a scan of the cemetery and discovered more than a hundred unmarked graves of Africans -- more than they initially thought were buried there.

And when one of the grave keepers decided to cut down some shrubs and overgrown parts of the cemetery, they found a skull belonging to an unidentified African female.

We took it to the state archaeologist for examination and that caused us to dig deeper," said Vincent Tucker, president of The William Tucker 1624 Society.

The family believes there could be even more buried in the cemetery that they're unaware of. The cemetery is surrounded by private houses on all but one side. The family also doesn't know if William Tucker is buried in the cemetery.

The nationwide commemoration of the 400th anniversary of Africans arrival has put the Tucker family back in the spotlight. They made the connection to William Tucker through an oral historian who has since passed away and can only date their lineage back to the early 1800s.

"There are those who say that our story is not authentic it's not real and it's not true," said Wanda Tucker. "But I have to argue this: they have not proven otherwise."

And as the Tucker family's place in history was in the spotlight in Hampton, there was a new discovery in Jamestown, Virginia: the home where a female slave known as Angela may have once resided.

Researchers are searching for clues about the life Angela, also known as Angelo, may have led. She's the only documented slave known by name that was carried to the United States aboard another early slave ship, The Treasurer.

"Archaeology is the buried truth and you can't argue with a forensic crime scene, right?" asked David Givens, senior archaeologist at Jamestown Rediscovery. "And I say 400 years ago crime happened and our goal is to elevate that story and talk about how we start as a nation."







**Bereavement Ministry**

The Ministry of Bereavement is a service ministry to persons who have lost a loved one, to assist the family and to ensure that no member will grieve alone.

Sylvia D. Carter, Chairperson



**Healthy Roasted Fall Vegetables**

Prep Time 50 minutes

Cook Time 1 hour

Total Time 1 hour 50 minutes

Servings 8 servings

**Ingredients**

- 1 acorn squash, cleaned and cut into 1/2" cubes
- 2 large parsnips, peeled and cut into 1/2" cubes
- 3 medium large carrots, peeled and cubed
- 3 medium beets, peeled and cubed
- (2 small potatoes, peeled and cubed if desired)
- 2 tbsp olive oil
- 1 tsp coarse salt

**Instructions**

1. Pre-heat oven to 400°F
2. Mix the cubed vegetables with the olive oil and salt in a large bowl
3. Pre-heat two large sheet pans for 4 or 5 minutes in the 400° oven.
4. Remove from the oven and spread 1/2 of the vegetables on each pan, trying to separate each of the pieces.
5. Roast for 60 minutes, tossing a couple times
6. Garnish with fresh thyme or chopped parsley

**Stay Strong, Stay Healthy**

UNIVERSITY OF MISSOURI  
**Extension**  
equal opportunity/ADA institution

**Wide Leg Squat**

**Standing Leg Curl**

**Knee Extension**

**Side Leg Raise**

**Biceps Curl**

**Overhead Press**

**Seated Row**

**Toe Stand**

Stay Strong, Stay Healthy is adapted from The Strong Women Program, A National Fitness Program for Women, John Hancock Center for Physical Activity and Nutrition, Friedman School of Nutrition Science and Policy, © 2008 Tufts University, Boston Massachusetts

Illustrations by J. Bintaer, University of Missouri Extension  
New 07/08; Revised 12/15/00

# Kids' page

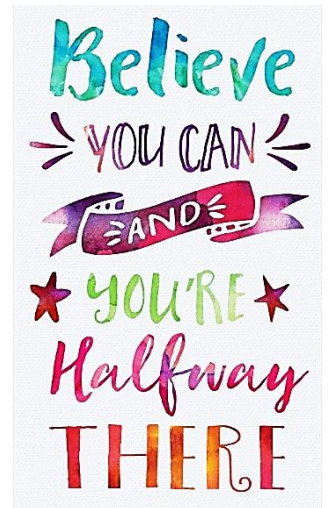
**I CAN DO  
ALL THINGS  
THROUGH  
CHRIST  
WHO STRENGTHENS ME**

Philippians 4:13



## Back to School Word Search

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SCHOOL  
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SCIENCE  
ART  
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COMPUTERS  
PLAYGROUND  
CLASSROOM  
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