



STAY TRUE NEWS

monthly newsletter



Message from Pastor D...

Don't take a vacation from church

Finally, summer weather is here and I for one am so thankful. I don't know about you, but I NEED the sun. I could sit outside all day when the sun is bright, and the temperature is high. I am one who there is not such thing as too hot. I have lived in Texas and Panama, and I loved the extreme temperatures. I know that many people could not wait until all the reminders of winter are gone. Trees are blooming, grass is growing, and grills are glowing.

As we enjoy the weather and this season that God has given us, let us not become lax in our attendance in worship. Some surveys have shown that on average churches lose about 20% of worshippers in the summer. I would imagine that in a cold climate area it may be much higher as people want to enjoy the outdoors for the limited time that we have warm weather. I encourage each of you to not be a part of the 20%.

When you think about taking significant time away from the congregation think about these things:

#1 God never takes a vacation from us. He is always there even in the summer 😊.

Matt 28:20 Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen. [KJV]

#2 Nourishment for the soul. Just as your body continues to be nourished even in the summer, so should your soul.

Matt 4:4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. [KJV]

#3 The worship of God should be a priority in our lives, no matter what season we are in.

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

#4 We need each other. The power of "presence" is a ministry.

Heb 10:25 And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near. [NLT]

#5 4. Consistency in Spiritual Growth: Consistency is key to spiritual growth. By maintaining our commitment to church attendance and participation throughout the summer, we establish a rhythm of faith that keeps us through all seasons of life.

2 Tim 4:2 Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all longsuffering and doctrine. [KJV]

Together let us worship him ALL summer. Let us show God our appreciation for every season. Don't forget to check in when you attend worship so that we know you are doing your part in the family by being present. May God grant us a safe, enjoyable summer.

Five Self-Care Tips to Maintain Mental Health During the Summer

From [Discoverymood.com](https://www.discoverymood.com)



The warmth, relaxation and flexibility that the summer months bring can be exciting for vacations and sunshine, but for some, summer months can have the potential to trigger feelings of being overwhelmed and losing control. Expectations of being carefree can put a lot of pressure on those who are struggling with depression or anxiety. Below are self-care tips and tricks that can be used to maintain your mental health during the summer months.

1. Take care of your mental health this summer by getting outside.

Exposure to natural sunlight increases levels of vitamin D and serotonin, which are known to boost your mood. Taking a moment to step outdoors, smell the roses, feel the sand under your toes or watch a sunset can provide a sense of calming and well being. Pick up a new outdoor hobby where you can spend 30 minutes in the sunshine. Whether it is gardening, hiking or paddle boarding, spending time outdoors is an essential element of self-care.

2. Take time to unwind by using your vacation time.

Many of us use paid vacation time to accomplish tasks around the house that we neglect during our busy workweeks. Instead of cleaning out the closet, organizing the garage and attending long-overdue appointments, use your vacation to enjoy yourself. Such activities can include reading a book at home or traveling to a new place for the day. Your vacation time should be spent unwinding and enjoying time away from your to-do lists.

3. Re-focus your energy by planning a getaway.

Getting out of town and experiencing a change in scenery is a great way to unwind and re-focus your energy on the present. Whether it is an overnight getaway or a multi-week international trip, escaping the business from the daily grind can help clear your mind and boost your mood. This can help you immensely on your return home back to your everyday routine.

4. Maintain a healthy sleep schedule for mental health.

Just because school is out for summer and your kids can stay up late and sleep in does not mean they should. If you are a parent, try to maintain a healthy and steady sleep schedule for yourself and your kids, regardless of work and school schedules. It is recommended that we obtain 8-10 uninterrupted hours of sleep, as sleep hygiene is an essential component of our mental health.

5. Stay physically active.

Whether it is going to the gym, signing up for a yoga class or taking a walk outside, physical activity is known to boost your mood. During the summer months, it is easy to stay on the couch and binge-watch the latest television series, but an idle activity can promote negative consequences on our physical and mental health. Try to maintain 20-30 minutes of cardiovascular exercise each day. You may be surprised how good you feel.

Grow spiritually

June Bible Readings with a focus on prayer

30-Day Prayer Bible Reading Plan



June 1: Matthew 6:5-15 (The Lord's Prayer)
June 2: Philippians 4:6-7
June 3: 1 Thessalonians 5:16-18
June 4: James 5:13-18
June 5: Luke 18:1-8 (Parable of the Persistent Widow)
June 6: Ephesians 6:18
June 7: Romans 12:12
June 8: 1 John 5:14-15
June 9: Jeremiah 33:3
June 10: Matthew 7:7-11
June 11: Psalm 145:18-19
June 12: Colossians 4:2
June 13: 1 Timothy 2:1-4
June 14: Mark 11:22-24
June 15: John 15:7

June 16: Psalm 66:16-20
June 17: Hebrews 4:14-16
June 18: Luke 11:5-13 (Parable of the Friend at Midnight)
June 19: Daniel 9:3-19
June 20: Matthew 26:36-46 (Jesus Prays in Gethsemane)
June 21: Acts 4:23-31
June 22: 1 Kings 8:22-53 (Solomon's Prayer of Dedication)
June 23: Psalm 5:1-3
June 24: Jonah 2:1-9
June 25: Luke 18:9-14 (Parable of the Pharisee and Tax Collector)
June 26: James 1:5-8
June 27: 1 John 3:21-22
June 28: Psalm 141:1-2
June 29: Ephesians 3:14-21
June 30: Matthew 21:21-22



TRUE BETHEL BAPTIST CHURCH

TOAST TO DAD

DOORS OPEN
6:30 PM

JUNE 14, 2024

\$60

7PM-10PM

A CLASSY AFFAIR COME ENJOY DINNER & DANCING MUSIC BY DJ SLIM

THE FOUNDRY SUITES 1738 ELMWOOD AVENUE
HOSTED BY: TRUE BETHEL SECURITY TEAM"



Scan here to purchase tickets or see a member
of TBBC Security!



CALENDAR



BISHOP JOSEPH W. WALKER, III
PRESIDING BISHOP

BISHOP WILLIAM H. MURPHY, JR.
GENERAL OF INTERCESSORY PRAYER

BISHOP DAVID COOPER
WORD OF IMPARTATION

FULL GOSPEL BAPTIST CHURCH FELLOWSHIP INTERNATIONAL

JUNE PRAYER TARGET

Pray that we will understand how to submit our fellowship, church, business, and careers to Yashua!

Genesis 21:18-19; Isaiah 27:6; 1 Peter 5:6 NASB

TUESDAY JUNE 4
6AM CST • 7AM EST

Meeting ID: 882 7559 4956
Password: **PRAYER**


"Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time."
1 Peter 5:6 NASB

BEACON COMMUNITIES AND TRUE COMMUNITY DEVELOPMENT CORPORATION INVITES YOU TO A COMMUNITY MEETING



REGARDING THE PROPOSED DEVELOPMENT OF 300 ADAMS STREET

THURSDAY, JUNE 6, 2024
WILLIAM-EMSLIE FAMILY YMCA
585 WILLIAM STREET
5:30PM-7PM



CONGRATULATIONS TO THE CLASS OF 2024

CALLING ALL GRADUATES! TBBC WANTS TO CELEBRATE YOU!

GRADUATION SUNDAY IS JUNE 23RD!

SEND YOUR NAME, SCHOOL AND GRADE ALONG WITH A PICTURE TO TBBC@TRUEBETHEL.COM NO LATER THAN JUNE 18, 2024

TRUE BETHEL BAPTIST CHURCH


SUMMER OFFICE HOURS:

MONDAY- CLOSED
TUESDAY- 9AM-4PM
WEDNESDAY- 9AM-4PM
THURSDAY- 9AM-4PM
FRIDAY- 9AM-4PM

Effective Monday, June 10th - Monday, September 9th

ENJOY THE SUMMER

THE PATRICIA J. RICE SCHOLARSHIP 2024-2025



One award of \$1000.00 will be presented
Deadline: Saturday, June 15, 2024

SEE A TBBC NURSE OR STOP BY THE TBBC CORE DESK FOR MORE INFORMATION



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CALENDAR

JULY 20TH
12-5PM

WE ARE A FAMILY

BRING YOUR OWN CHAIRS AND TENTS
SPEND AN AFTERNOON WITH FAMILY AND FRIENDS
DJ, GAMES, FOOD

TRUE BETHEL FAMILY DAY PICNIC
COMO PARK SHELTERS: 17 A & B, 18

TRUE BETHEL TASTE OF FAITH FOOD PANTRY PRESENTS

A TRIP TO
SIGHT & SOUND DANIEL
LIVE ON STAGE

WEDNESDAY AUGUST 21ST

\$350 INCLUDING A \$100 DEPOSIT THE COST INCLUDES: BUS, HOTEL, PLAY TICKET, DINNER AND BREAKFAST

LANCASTER, PA

TRUE BETHEL BAPTIST CHURCH

GHANA TRIP

2024

STOP BY THE CORE DESK FOR YOUR INFORMATION PACKET

TRUE BETHEL BAPTIST CHURCH

WE'VE MADE IT TO **30** YEARS TOGETHER

Scan here for tickets

ANNIVERSARY
Celebration
PASTOR D

SUNDAY OCTOBER 27TH

BANQUET TIME AT 5PM
(ELEGANT BANQUET ATTIRE)



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May Mobile Check-Ins



Danetta Y. McKinnon	Stacey Cummings	Classie Hoskin	Claity Massey	Lavone Rodolph	Janice Wiley
Dymond Aaron	Buwayna Daniels	Catanya Houston	Gerald McCorkle	Valerie Rose	Lisa Wiley
Yolanda Alexander	Charles Davis	Derek Houston	Latanya McCorkle	Teaya Royster	Terry Wiley
Ruth Alford	Chrysler Davis	Lavonda Houston	Helen McDonald	Jasmine Russell	Nancy Wilhite
Carmaleta Allen	Daniel Davis	Carol Hudson	Mattie McDuffie	Jessica Saddler	Charles Williams
Subrienna Allison	Katrina Delaney	Deborah Hudson-Swain	Jeleen McMillan	Malik Samuel	Claudette Williams
Yvonne Alls	Jackie Diggs	Kenneth Hulett	Samantha McNab	Tonkeea Satchell	Kevin Williams
Stacie Andrew	Anita Dixon-Sawyer	Kimberly L Hulett	Candice Mgbemena	Andretti Sawyer	Ollie Williams
Jessica Anthony	Aqueel Douglas	Carmen Jackson	Brenda Middlebrooks	Frances Sawyer	Tabitha Williams
Beverly Artis	Ayden Douglas	Chantay Jackson	Rasheeda Milton	Claudette Scott	Harriet Wilson
Catrina Baldon	James Douglas	Tyrone Jackson	Cynthia Mingo	Kimberlyn Scott	Pat Wilson
Ellie Baldon	Kisha Douglas	Blake James	Tracy Mingo	Jadazesha sharp	Regina Wilson
Billie Banks	Noah Douglas	Valerie James	Marian Mitchell	Jema Simmons	David Wimbley
Sandria Banks	Toni Dubois	Taschel Jemison	Marty Moore	Joan Simmons	Karolyn Wimbley
Kimberly Barnes	Fannie Ealy	Josh-Lynne Jenifer	Rita Morton	Carla Smith	Eldred Woodard
Lynette Barney	Shamika Ealy	Ikea Jenkins	Sybil Morton	Mary Smith	Jennifer Woodard
Thriesta Becerril	Jennifer Earle-Jones	Jimmie Jennings	Jermaine Moss Jr	Maxine Smith	Rita Woodard
Trina Belk-Floyd	Velinda Ellis	Vivian L. Jennings	Patricia Muck	Sarah Smith	James Woodruff
Glynn Bell	Elizabeth Evans	Ena Johnson	Nichelle Neal	Selena Smith	Christal Workman
Nicole Bell	Charles A. Everhart Sr.	Melinda Johnson	Camille Nelson	Carmen Solomon	Karen Worthy
Cynthia Benjamin-Camper	Pamela Favors	Robert Johnson	Mario Nevins	Kiara Spearman	Evelyn Wright
Elizabeth Benson	Davene Fayson	Rodney Johnson	Nicole Newman	Ronda Spearman	Arlene Wyatt
Mercedes Bivins	Valorie Feaster	Ann Jones	Mildred Newuiett	Jacqueline Stepney	Carlotta Wyatt
Cynthia Bliss	Deshell Fields	Ashlee Jones	Charles O'Neil	Lorenzo Stevens	Charlene Zakowski
Yvonne Bottoms	Gloria Flamer	Christine R. Jones-Mobley	Valerie O'Neil	Gary Stitt	
Nicole Branch	Duane Fleming	Dorothy Jones	Keyonta Ortiz	Shirley Stitt	
Jaelynn Brown	Debbie Flood	Ervin Jones	Terrance Owens	Michelle Swaggard	
Jaleah Brown	Phillip Ford	Herbert Jones	Dante Palmer	Albert Swain	
Joseph Brown	Raeshanda Frazier	Joyce Jones	Alicia Palmer	Dora Swain	
Nicole Brown	Viola Fulgham	Marsha Jones	Antoinette Palmer	Mary Swain	
Penny Brown	Tonya Gaines	Anthony Jordan	Armani Pannell	Sam Swain	
Darren Bryant	Tonjana'e Garner	Elaine Jordan	Amanda Parker	Donald Tabb	
Courtney Buchanan	Tracey Garnett	Gladys Jordan	Ida Parker	Elizabeth Tabor	
Sharon Burgin	Deborah Garrett	Aurelia Keaton	Keith Parker	Gabrielle Tabor	
Sonia Burgin	Jacque Garrett	Bruce Keaton	Brandie Parks	Peggy Tabor	
Mae Bynum	Gina Gibbs	Marlon Keith	Gail Brown	Rachell Tabor	
Janie Callahan	Jameria Gibbs	Nicole Keith	Dana Payne	Willie Tarver	
Yvette Callahan	Michele Gibert	Michelle Kidd	Gloria Peay	Inez Tate	
Janice Cameron	Teesa Gibson	Antoinette King	Jewel Pickens-Everhart	Crystal Taylor	
Hattie Carmichael	Vanessa Gray	Maureen Kirkland	Teresa Pleasant	Denise Thompson Thiam	
Carrie Carmichael-Rayes	Sean Green	Allen Knight	Natasha Polk	Brenda Thomas	
Terrence Carr	David Griggs	Bernice KNIGHT	Ada Pope	Chandra Thomas	
London Carter	Doris Griggs	Beverly Knight	Mary Pope	Deborah Thomas	
Nicole Carter	Elaine Hairston	Patricia Knight	Melissa Pope	Marilyn Thomas	
Beverly Caulfield-Huff	Veronica Hall	Kayla Kyle	Essie Porter	Randolph Thomas	
Cindy Clarke	Casandra Hambright	Keyara Kyle	Barbara Pridgen	Lorena Thurmond	
Marsha Clements	Robert Hambright	Keyonna Kyle	Earl Pridgen	Dawn Trotter	
Success Cleveland	Judy Hamner	Tanesha Kyle	Betty Quarles	Jennifer Truitt	
TuWanner Cleveland	L Hare	Kesha Lanier Foster	Rosemary Quinney	Kirkland Truitt	
Sidney Clinton	Maymel Harrell	Myrlene Lee	Bonnetta Quinniey	Paulette Turner	
Annie Cobbs	Mary L Harris	Simmons Leverette	Tamika Quinniey	Temaka Turner	
Latasha Colbert	Yolanda Harris	Brian k Lewis	Patricia Ann Ragin	Selicia Tyson	
Romello Colbert	Brenda Hart	Paula Lewis	Tracey Reed	Felicia Walker	
Pamela Coleman	Aida Ha-Sidi	Zena Lindsey	Tracy Reed	Mary Walker	
Diane Colkey	Elaine Ha-Sidi	Dwayne Littleton	Waymond Reeves	Bernadette Washington	
Geanette Colston-Morris	Fatima Ha-Sidi	Cynthia Lockwood	John Rembert	Bernitha Washington	
Joyce Conwell	Latasha Hemphill	Theresa Love	Marcia Rembert	Eugenia Washington	
Betty Coston	Cynthia Henderson	Delores Lowe	Toni Ricks	Israel Washington	
Delores Cottman	Sharon Hennegan	Pier Loyd	Toni Ricks	Jeanette Washington	
Melvina Cray-O'Riley	Patrice Hennings	Donald Madding	Toni Ricks	TaVonni Washington	
Candice Crosby	Kenya Hicks	Diane Madlock	Jeanette Riley	Janet Watkins	
Winfred Crosby	Michael Hicks	Stefan Madlock	Desiree Roberts	Kimberly Watkins	
Jimmy Croskery	Sonya Hines	Rozena Mangum	LuCretia Roberts	Jerry Watson	
Earl Cummings	Kimberley Hollis	Bill Martin	Robert Robinson	Andrew West	
	Delores Holloway	Sharon Martin	Sonji Robinson	Blondina Whitaker	
	Dawn Hooser	Tammy Martin-Green			
	Classie Hoskin	Charles E. Massey			



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10AM WORSHIP SERVICE 2ND AND 3RD SUNDAYS (FELLOWSHIP HALL)
PASTOR D