



THE WITNESS

You will be his witness to all people of what you have seen and heard. Acts 22:15

The Official Publication of Sixth Baptist Church

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WHAT'S NEW AT SBC

E.L. FLEMING GOSPEL CHORUS' 50TH ANNIVERSARY!

February 14, 2021 - Join us at 3 pm next Sunday as we celebrate 50 years with the E.L. Fleming Gospel Chorus!

February 17, 2021- Ash Wednesday is the beginning of Lenten Season 2021. Tune in to our Bible Study at 7 pm with your ashes for the **Impartation of Ashes**.

February 21, 2021- African American Heritage Sunday! Email a picture of yourself or your family in African American dress attire to communications@sixthbaptistchurch.org then check it out on our website!

HEALTHY LIVING



4 WAYS TO TAKE CONTROL OF YOUR HEART HEALTH

February is American Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

You're in the driver's seat when it comes to your heart. Work with your health care team to manage conditions such as high blood pressure and high cholesterol. This includes taking any medicines you have been prescribed. Learn more about preventing and managing high blood pressure and high cholesterol. Make heart-healthy eating changes. Eat food low in trans fat, saturated fat, added sugar, and sodium. Try to fill at least half your plate with vegetables and fruits, and aim for low sodium options. Learn more about how to reduce sodium. Stay active. Get moving for at least 150 minutes per week. You can even break up the exercise into 10-minute blocks for a total of 30 minutes in a day.

PROTECTING YOUR MENTAL HEALTH DURING THE PANDEMIC

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

Take breaks from watching, reading, or listening to news stories, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while. Pray. Read the Word of God and/or talk to people on the phone who can encourage you or you them. Eat healthy. Exercise. Get plenty of rest. Take time to unwind. Stay connected to your church family.

VACCINE

*If you desire to sign up to receive a vaccine and need help in signing up **anywhere** call the chairs of the nurse ministry, leave a message, and they will return your call.*

Nurse Arlene Johnson- 467-2518

Nurse Cynthia Hill- 804-426-6228

LENT 2021

Lenten Season begins Wednesday, February 17, 2021. During Lent, many Christians commit to fasting and praying during the 40 day Lenten journey. Also during the 40 days, many may purpose in their heart to abstain from "choice foods" (breads, sweets, meats, carbonated drinks etc). and eat fruits, vegetables and drink water. In the book of Daniel Chapter 1, Nebuchadnezzar picked out the best of the young men of every nation, who would bring their knowledge with them, become counselors, or advisers of the court, or be prepared to fill important offices. He also required them to eat the king's meat and drink the choice wine. Daniel chose not to, but rather only eat vegetables and drink water for 10 days. *The scripture says in Daniel 1:15, at the end of 10 days they (Shadrach, Meschah and Abednego) looked healthier and better nourished than any of the young men who ate the royal food.* When we fast, we are making a declaration of faith that says, I choose to abstain from what pleases me to please God. Fasting and prayer go hand in hand. Fasting without prayer is just a diet. We are not dieting, but rather, are forsaking those things that we'd prefer and replacing it with communing with God. If you are seeking direction from God, healing in your body and desire a refreshing from the Almighty God, and would like to consider a fast during the 40 day Lenten Journey, go to our website for more information.

LAUGH OUT LOUD (L.O.L)

Our fourth grader celebrated his birthday on crutches, so he couldn't carry the cupcakes into school without help. I asked our sixth-grader, Noah, to help his brother carry them in. "I could," he said, "but I'd prefer not to."

Spotting a teaching moment, my husband asked Noah, "What would Jesus do?" Noah answered, "Jesus would heal him so he could carry his own cupcakes."

Anonymous



TO ALL MEMBERS

*If you desire to submit an article or publication that you have seen or personally written that will enhance the mission of the church to be a witness in any area for Christ, please submit an email to **communications@sixthbaptistchurch.org**. Please note that this publication is published monthly. All articles will be used, however, not necessarily within the same month in which it was submitted. All members are welcomed to submit an article.*

Non email members will receive their newsletters in the mail during the week of a publication.



We honor the memory of those who have received their heavenly wings in 2020. We salute them and praise God for their work in God's kingdom at Sixth Baptist Church . Please pray for all who have lost family or friends during this time.

I thank my God in all my remembrance of you... Philippians 1:3

Deacon Glenn Baker
Brother Herbert "Debo" Dabney
Deaconess Ruby Joyner
Trustee Emeritus Wille Jones
Sister Almega Macklin
Sis Patricia Mitchell

Birthdays

JANUARY

Cynthia Barbee-1
Anthony Cary-2
Amami Patterson-3
Oliver Coleman-3
Haywood Pearson-4
Ymina Coward-5
Howard Glenn-6
Nakeina Glenn-6
Robert Jefferson-9
John Lewis-9
Geraldine Meeks-9
Felicia Bracey-10
Donald Owens-10
Doris Thompson-12
George Mayo-13
Signithia Michele Stokes-16
Warren Branch-16
Katrina Owens-17
Kathryn Threatt-17
Tamisha Key-18
Faith Owens-18
Jonathan Shelton-18
Katrina Yates-19

JANUARY

Romaine Fisher-19
Dorothy Fells-20
Frederick Black-20
Deondre Bibbs-23
Henry Jackson-23
Margaret Jeffrey-25
Joyce Harding-26
Leonard Plagg-27
Lena Daniels-27
Lanette Jones-27
Tiffany Marshall-29
Irvin Banks-30
Taliyah Williams-30

FEBRUARY

Julia Martin-2
Maurice Patterson-5
Edward Greenhill-10
Anita Coley-11
Harold Solomon-12
Pamela Bennett-14
Herman West-14
Carlos Cooper-15
George Black-18
Major Flemin-18
Gordon Greenhill-22
Debra Branch-22
Brealyn Thomas-23
Charles Pleasants-25
Pastor Yvonne Jones Bibbs- 27
Hilton Epps-27
Yvette Gilmore-27
Ernestine Bennet-29

SICK AND SHUT IN MEMBERS

Please continue to pray for all sick and shut in everywhere in Jesus name.

Mildred Edmonds
Shirley Duncan
Marie Purrell
Elnora Jefferson

Thelma McCaskill
Sylvia Freeman
Leonard Clegg
Johnnie Robinson

Opehlia Daniels
Barbara Jones
Marylou Brent
Lorraine Faye

Wanda Coleman

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