

THE NEWS
of
East Washington Heights Baptist Church

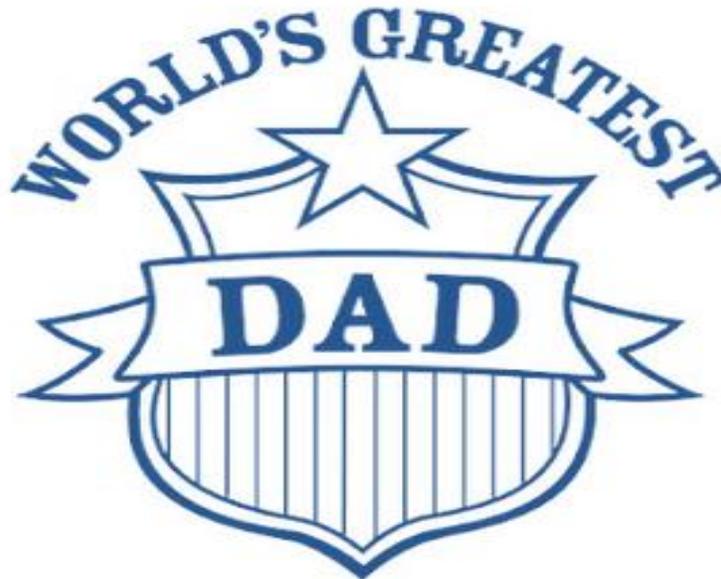
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Reverend Kip B. Banks Sr. Pastor

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HAPPY FATHERS' DAY

Every man who desires to become a true father has to look continually to the Lord, that he might learn from him how to relate to his own children. __Sunday Adelaja

The Pastor's Message

“Healing Your Past”

“Don't keep going over old history...I am about to do something brand-new”

Isaiah 43:18

As we enter into June and start the summer season, we must learn to “Heal Our Past.” Indeed, best selling psychological educator Dr. Harold Bloomfield has said: “Unresolved emotional pain wreaks havoc on your immune system, cardiac function, hormone levels, and other physical functions. We must make peace with our past because our life may literally depend on it!” Challenging words! Here are 4 suggestions for dealing with *your* past:

(1) ***Reframe it.*** Ask yourself, “How did it make me stronger? What do I know now that I didn't know then? Be a learner, not a loser.

(2) ***Break the shackles of shame.*** Shame isn't feeling bad over what you've done, it's feeling ashamed of who you *are*. It's lethal! When God created you in His image He said, “I like it! It's very good.” (See Gen 1:31). Start agreeing with Him!

(3) ***Arrest the acid drip of regret.*** Stop punishing yourself with the “if only's.” David said, “Happy is the person whose sins are forgiven...whom the Lord does not consider guilty” (Ps 32:1-2). Forgive yourself, God has! When He looks at you through the finished work of Calvary, you look better to *Him* than you do to yourself!

(4) ***Move from grief to gain.*** Healing takes time, so expect some anger, fear, and sadness. Don't disown them – they're part of the healing process. But don't adopt them either; know when it's time to move on. You can't walk backwards into the future, and the future God has for you contains more happiness than *any* past you can remember!

Peace and Blessings,
Pastor Kip Banks

Pride goeth before a fall

Homiletics (Jan.-Mar./96) told of a turtle who wanted to spend the winter in Florida, but he knew he could never walk that far. He convinced a couple of geese to help him, each taking one end of a piece of rope, while he clamped his vise-like jaws in the center.

The flight went fine until someone on the ground looked up in admiration and asked, “Who in the world thought of that?”

Unable to resist the chance to take credit, the turtle opened his mouth to shout, “I did ...” Leadership, Vol. 17, no. 2

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Running blind

Years ago, I worked at a summer Bible camp with my cousin Erik. As an evening staff meeting concluded, a sprinkle suddenly became a downpour. Counselors sprinted off toward cabins, while Erik and I, who didn't supervise youngsters, debated whether to wait out the storm.

We opted to run for it, but being visually impaired, I soon realized the sheets of rain, added to the dark, hindered my view. "I can't see!" I yelled through the wind to Erik. Immediately, he grabbed my hand, pulling me along. "It's okay!" he shouted back. "I can!"

The sensation of running blindly yet feeling so secure became a metaphor for me about what I can handle and accomplish through faith. When I let God grab my hand and guide me, even when I'm running through dark, stormy times, I experience peace. For though I cannot see what lies ahead, I know God can.

_Heidi Mann

So good

At the communion rail, a man held out his hand to receive the bread. His curious toddler by his side loudly asked, "Is it good, Daddy?" He smiled and nodded yes.

Indeed, communion is a good gift from Jesus, who wants us to remember his sacrifice for us. The next time you receive communion, remember to "taste and see that the LORD is *good!*" (Psalm 34:8, emphasis added).

Family web

Genealogy research turns up some intriguing relations; for example, Barack Obama and Sarah Palin are 10th cousins, and Britney Spears and Prince Albert of Monaco are 17th half-cousins. In the Bible, Jesus is linked to Rahab and Ruth, members of nations that were enemies of Israel.

Searches for family connections quickly reveal not only roots but also a web. Only a few generations up in the branches of each family tree are so many people that trees intersect. Scientists speculate that most people living today are related through a recent common ancestor. So there's a "web-like tapestry" rather than a "tree that fans out exponentially," according to writer Carl Zimmer.

Realizing we're all connected should affect how we treat others. After all, we're related to people with diverse backgrounds and opinions. In terms of genealogy, as well as living as Jesus' disciples, we belong to one another.

Happy Birthday to all who were born in June!

Happy Anniversary to all who were married in June!

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"Reflecting His Love"

My prayer to God is that you see
his presence when you look at me.
His steadfast love has set me free,
and his reflection I can be
when God is shining bright in me.

__MaryAnn Sundby

God's plan

God has a plan for every life in Christ Jesus. What a wondrous truth ... and yet how reasonable. Shall the architect draw the plans for his stately palace? Shall the artist sketch the outlines of his masterpiece? Shall the shipbuilder lay down the lines for his colossal ship? And yet shall God have no plan for the soul which he brings into being and puts "in Christ Jesus"? Surely he has.

Yea, for every cloud that floats across the summer sky, for every blade of grass that points its tiny spear heavenward, God has a purpose and a plan. How much more then, for you who are his own in Christ Jesus, does God have a perfect life plan. __James McConkey

Unshakable faith

No one wishes for crises, but Christians who've endured them often speak of the faith benefits that result. Here are two examples:

Author and Bible teacher Nancy Guthrie, who lost two babies to a rare genetic disorder, writes: "Trusting God when the miracle does not come, when the urgent prayer gets no answer, when there is only darkness ... this is the kind of faith that cannot be shaken because it is the result of having been shaken" (*Holding On to Hope*, Tyndale).

Christian musician Danny Gokey, whose first wife died from congenital heart disease, writes: "Sometimes we don't discover our purpose until the darkest moments strip us of everything and all we are left with is brokenness and heartache. It is in these moments, ironically, when hope becomes our strength and carries us" (*Hope in Front of Me*, NavPress).

The gift of yourself

If you could only sense how important you are to the lives of those you meet; how important you can be to the people you may never even dream of. There is something of yourself that you leave at every meeting with another person.

__Fred Rogers

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What is prayer?

A self-help guru once said, “If prayer is you talking to God, then intuition is God talking to you.” Yes and no.

Although we often think of prayer as us talking while God listens, listening to *him* is crucial. We can start with reading or hearing Scripture and then responding (aloud or in our hearts) with questions, concerns, joys, confessions, gratitude and praise.

Certainly, God also communicates with us in other ways. Through Christian friends we hear guidance, assurance, love, even admonition. Then, too, we hear God speaking in our heart. We may call this our conscience, a hunch or, indeed, intuition. So we might tweak the line above: “Prayer is both you talking to God *and* your intuition by which God talks to you.” Amen!

Reach out and touch

During Jesus’ earthly ministry, he “healed many [people], so that all who had diseases pressed around him to touch him” (Mark 3:10, ESV). Touching Jesus was enough to make people whole.

J.R. Miller (1840-1912) reminded Christians that it’s necessary to keep reaching for Jesus: “It is not enough to be in the crowd that gathers about [Jesus]. ... It is not enough to be in the congregation that worships. One sitting or bowing next to us may receive a great blessing while we receive none at all. It is because he reaches out his hand of faith and touches Christ, while we, as close to Christ as he is, do not put out our hand to touch him, and therefore receive no blessing.”

Lively or lifeless?

When Eugene Peterson was a seminary student, he met Willi Ossa, a German-born artist who worked as a church janitor by night. Ossa thought all Christians were hypocrites because the ones he knew in his homeland had supported Nazis.

In *Run With the Horses* (IVP Books), Peterson writes that Ossa warned him not to become a pastor because “the church squeezed the spirit and morality” out of people. When Ossa painted Peterson’s portrait, the flat eyes and gaunt face served as a “prophetic warning” about what might happen to him.

Peterson kept the portrait, often comparing it to what he saw in the mirror. The painting, he says, “shows me what I become if I drift from or deny a personal faith in a merciful God.”

Love's many forms

Joy is love exalted; peace is love in repose; long-suffering is love enduring; gentleness is love in society; goodness is love in action; faith is love on the battlefield; meekness is love in school; and temperance is love in training. **_Moody**

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Blessings bestowed

When author Gary Smalley asked 100 people to share how they knew they'd received their fathers' blessing, they offered these memories of fatherly love:

- My father put his arm around me at church and let me lay my head on his shoulder.
 - When my father faced a transfer at work, he purposely took another job so I could finish my senior year in high school.
 - When I wrecked my parents' car, my father's first reaction was to hug me and let me cry instead of yelling at me.
 - My father went with me to the store when I had to return a purchase I regretted.
 - My father let me practice pitching to him for a long time after work.
 - My father cried during my wedding because he was going to miss me being at home.
-

Bible Quiz

Of the 66 books in the Protestant Bible, 39 have people's names as titles. Some names indicate the person credited as author — for example, Matthew; others name the book's main character — such as Ruth. How many books are written to the person named in the title?

- A. 2
- B. 4
- C. 13
- D. 21

Answer: B (See 1 Timothy 1:2; 2 Timothy 1:2; Titus 1:4; Philemon 1:1.)

What can I do?

Pastor and hymn writer Phillips Brooks penned these words in the 19th century, but they're just as relevant for Jesus' followers today:

"[People] are questioning now, as they never have questioned before, whether Christianity is indeed the true religion Can [Christianity] meet all these human problems, and relieve all these human miseries and fulfill all these human hopes?"

"It is for us, in whom the Christian church is at this moment partially embodied, to declare that Christianity ... can do for the world [that] which the world needs.

"You ask, 'What can I do?'"

"You can furnish one Christian life — so faithful to every duty, so ready for every service, so determined not to commit every sin — that the Christian church shall be stronger for your living in it; and the problem of the world be answered; and a certain peace come into this poor, perplexed phase of our humanity as it sees that new revelation of what Christianity is."

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Special dates in June 2016

- 1st Wednesday in the Word, *June 1*, 6:30 PM
 - Baptist Women's Luncheon, Thursday, *June 9*, 12:00 Noon (RSVP Required)
 - Children's Day, Sunday, *June 12*, 11:00 AM
 - Flag Day, Tuesday, *June 14*
 - *Graduates Dinner*, Wednesday, *June 15*, 6:30 PM
 - Fathers' Prayer Breakfast, Saturday, *June 18*, 8:00 AM
 - Father's Day, Sunday, *June 19*, 11:00 AM
 - First day of summer, Monday, *June 20*
 - Called Business Meeting, Sunday, *June 26*, 12:45 PM
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East Washington Heights Baptist Church

extends a hardy

CONGRATULATIONS



to our

2016 GRADUATES



A father's helpful advice

When Virginia and José decided to get married, they planned a large wedding in their Phoenix church. That was in June 1972. They are very happily married today, 34 years later. "It's been a blessed marriage," Virginia says. "I'm truly lucky."

José agrees and knows why the marriage is blessed. It's because he follows the advice Virginia's father gave him at the time of their wedding. "Take care of her," the father said, "like Christ took care of the church."

In the New Testament, Christ is described as a Bridegroom with the church being his bride (see John 3:29 and Revelation 21:9). That union has not and cannot be broken. "The gates of hell will not prevail against it [the church]" (Matthew 16:18).

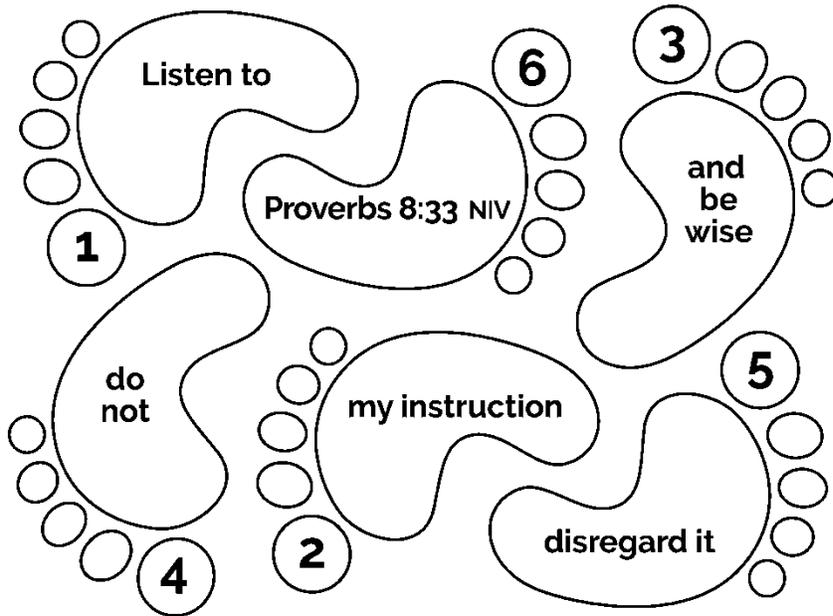
José still takes care of Virginia, and Virginia still takes care of José. Together they take care of their three sons. And Christ continues His care of the church in a blessed, strong and everlasting marriage.



FOLLOW OUR FATHER'S FOOTSTEPS

In the book of Proverbs, a father urges his son to listen to his wisdom, which he received from his heavenly Father.

Directions: Starting at 1, follow the footsteps and write the words in order on the blanks below.



Blank lines for writing the words from the path: " _____ ; _____ " _____ : _____ , _____

Answer: "Listen to my instruction and be wise; do not disregard it." Proverbs 8:33, NIV