

**THE NEWS**  
of  
**East Washington Heights Baptist Church**

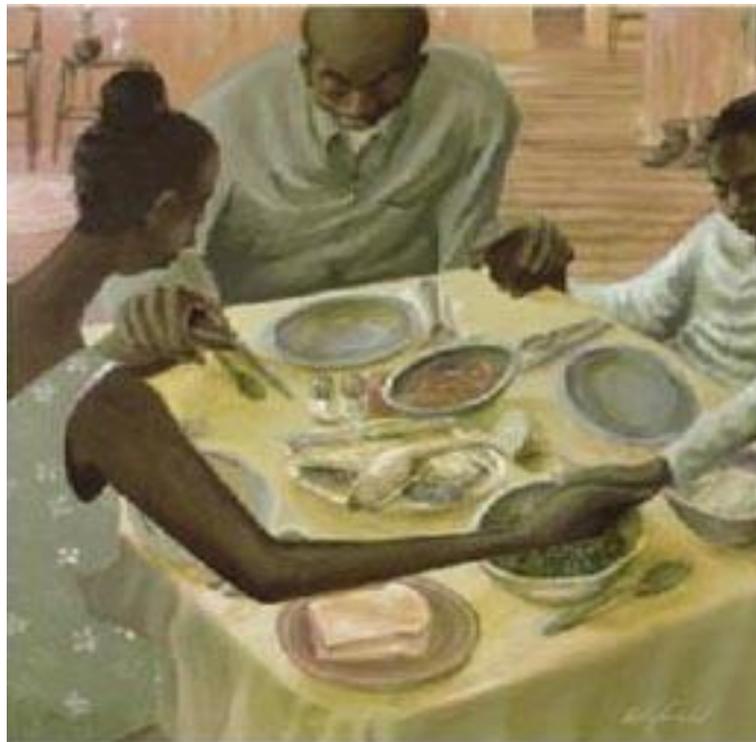
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**The Family That Prays Together Stays Together.**



*“Unless the Lord builds the house, the builders labor in vain.”*  
(Psalm 127:1, NIV)

## *The Pastor's Message*

### **The Family That Prays Together Stays Together**

Our families did and always will play key roles in our physical, emotional, and spiritual lives. Over the next couple of months as a church family we will emphasize the importance of family both in the physical and in the spiritual sense. We have families to whom we belong by birth and families such as our church family to which we are related via the Holy Spirit. The sermons will emphasize the role that prayer plays in the well-being of our families. Over the course of the next couple of months we will examine several family stories in the ministry of Jesus and highlight the Family Prayer Principles in each.

The anchor for the preaching series is the story of Mary and Joseph losing their son Jesus as he stayed behind in the temple and his parents knew it not. This story is found in Luke 2:41-52. In this story we learn the following principles about our families and prayer:

- Our Families Are Being Torn Apart
- Prayer is a Critical Family Tradition that We Must Cultivate
- The Family that Prays TOGETHER stays Together
- The Church is Key in Keeping the Family Together
- We Must Cultivate Our Own personal relationship with Jesus
- When we Obey God and Abide in Him in prayer we will grow in wisdom and in stature.

As family members we must make prayer a top priority. It has been said by Christian author John Franklin, "*The Greatest Workings of God come by corporate prayer and we will not see the power of God in sufficient measure to transform the world around us until we pray together.*"

Please plan to be present during our fall preaching series and to invite your family members to be present as well. Also over the course of the month, we'll use the following song as a devotional song.

### **Don't Forget the Family Prayer**

**Chorus:** Don't forget the family prayer  
Jesus wants to meet you there  
When you gather in the evening  
Don't forget the family prayer.

1. Prayer will sail across the country  
Faster than a train can run.  
Prayer will sail across the ocean  
Prayer can stop your wandering round.
2. At evening when you feel downhearted  
Everything's gone wrong all day.  
Call the family together  
Ask them all to kneel and pray.

3. Prayer will keep your home together  
Bring your wand'ring child back home  
Prayer will make you love your  
neighbor  
Don't forget the family prayer.
4. When you gather around the fireside  
With the family all close by  
Thank the Lord for all your blessings  
As you pray to Him on high.

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Following are the themes for each Sunday

### Sunday, September 6

Sermon: *"How to Succeed in Marriage and in Life"*

Scripture: John 2:1-12

### Sunday, September 13, 2015 "Men's Day"

Sermon: *"A Few Good Men"*

Scripture: Judges 7:1-7, 16-22

### Sunday, September 20, 2015

Children and Youth Emphasis

### Sunday, September 27, 2015

Sermon: *"A Father Prays for His Daughter"*

Scripture: Mark 5:21-43

### Sunday, October 5, 2015

Sermon: *"A Father Intercedes for His Son"*

Scripture: Mark 9:2-29

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## **Church Secretary**

We are pleased to welcome Ms. Joyce A. Milton to the East Washington Heights Baptist Church staff as Church Secretary. Ms. Milton has over 20 years of experience working as a church secretary. She is retired from the Securities and Exchange Commission and is a member of the New Commandment Baptist Church in Bowie, MD. She is a native Washingtonian and a graduate of H.D. Woodson High School. She also attended Wilberforce University in Ohio. We also bid farewell to Sis. Evelyn Wilson who has served faithfully as our church secretary for 17 years and we thank her and our former secretary Sis. Edith Mabry for helping to bring Ms. Milton on board.



## Think About It ...

With nothing added, Five Guys' hamburger has 700 calories and 20 grams of fat. The bacon cheeseburger has 920 calories and 30 grams of fat. The regular fries have 950 calories and the large fries have 1,310 calories. Now, add the toppings. Do you want a drink with that?

Stouffer's White Meat Chicken Pot Pie has 590 calories, 13 grams of saturated fat and 930 milligrams of sodium per serving. One serving is half a pot pie. Eat the entire pie as most people do and you have eaten 1,180 calories, 26 grams of saturated fat and 1,860 grams of sodium.

The Starbucks 20 oz White Chocolate Mocha with 2% milk and whipped cream has 580 calories, 14 grams of saturated fat and 11 teaspoons of added sugar.

A slice of the Cheesecake Factory's Chocolate Tower Truffle Cake is more than 6 inches tall and weighs 12 oz. (3 quarters of a pound). It has 1900 calories and 62 grams of saturated fat. Share it with two others and it is still over 600 calories for each.

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Who Are You? It's one of the simplest but the most difficult questions for anyone to answer. Most people spend their lifetime trying to figure out who they really are. Some of their efforts are healthy and rewarding, but others can be dangerous and even destructive. As a follower of Jesus you don't have to spend years wondering who you really are! You get to go straight to the source, God, to discover not only who you are but who you were created to be.

You are God's delight. You are God's handiwork. You are wonderfully unique. You reflect God's beautiful design. You help fulfill God's greater purpose. Be yourself! Part of being yourself means knowing yourself. Know your strengths and gifts as well as your weaknesses so that you can be all God created you to be.

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When decisions and all manner of problems are weighing you down ... pray the Serenity Prayer "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference."

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**Start your day with Scripture and prayer.** Join the EWHBC Family for 10 minutes (Monday – Friday) on the Prayer Conference call at 7:00AM. Call (641) 715-3272 Access Code: 732413#. Email your prayer concerns to the church.

**Prayer changes things!**

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*Happy Anniversary to all who were married in September!*

## **Job Description for A Christian**

As a follower of Jesus, you'll share his love and gospel with everyone. Kindness and humility are vital as you speak about your hope in him. To battle evil, you'll receive a complete set of armor. Use it to defend against attacks by a prowling lion or the temptation to place self above others.

Preferred qualifications:

- complete surrender to God
- a desire to follow his commandments
- a servant heart
- courage to face fiery furnaces or shipwrecks

Everyone's welcome, Training, and support are provided. Though you can expect persecution and adversity, the rewards are life-changing and eternal! **\_MaryAnn Sundby**

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## **Blessings or Burdens?**

Interruptions can be viewed as sources of irritation or opportunities for service, as moments lost or experience gained, as time wasted or horizons widened. They can annoy us or enrich us, get under our skin or give us a shot in the arm, monopolize our minutes or spice our schedules. It depends on our attitude toward them.

**\_\_William Arthur Ward**

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## **Special September 2015 Dates**

Labor Day, Monday, September 7

Patriot Day, Friday, September 11

Men's Prayer Breakfast, Saturday, September 12, 8:30AM

Men's Day Worship Service, Sunday, September 13, 11:00AM

National Grandparents Day, Sunday, September 13

Hispanic Heritage Month, September 15 – October 15

First Day of Autumn, Wednesday, September 23

Community-wide Flea Market, Saturday, September 26, 8:00AM – 3:00PM

Church Business Meeting, Sunday, September 27, 12:30PM

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## **Devouring the Word**

While traveling in Scotland, the great evangelist Charles Spurgeon came across a very old, worn Bible at a wayside inn. As he examined the book and held it up toward the light, he noticed a small hole where a worm had eaten from cover to cover.

"Lord, make me a bookworm like that," Spurgeon said. "From Genesis to Revelation, it has gone clear through the Bible."

## **A Matter of First Resort**

When King Jehoshaphat of Judah got word that neighboring peoples were on their way to attack his nation, 2 Chronicles 20:3 (NRSV) tells us he “was afraid [and] set himself to seek the LORD, and proclaimed a fast throughout all Judah.”

The Message paraphrase of the Bible is even more direct: “Shaken, Jehoshaphat prayed. He went to GOD for help and ordered a nationwide fast.” We get the sense that the king prays immediately after hearing the bad news.

Often we pray as a last resort, not a first one. This ancient monarch reminds us to consult God before doing anything else — in times of trouble as well as celebration. God preserved Jehoshaphat and will surely provide and care for us.

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## **Grandparents Are Great!**

“What a bargain grandchildren are,” said comedy writer Gene Perret. “I give them my loose change, and they give me a million dollars’ worth of pleasure.”

When it comes to family heritage, grandparents are worth their weight in gold. They serve as storehouses of history and wisdom, helping children see how they fit into a family’s legacy. Christian grandparents also provide a faith heritage that passes from generation to generation.

The apostle Paul acknowledged this important role of family elders when he wrote to young Timothy: “I am reminded of your sincere faith, a faith that lived first in your grandmother Lois and your mother Eunice and now, I am sure, lives in you” (2 Timothy 1:5, NRSV).

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## **A Prayer for Uncertain Times**

An hour before the 9/11 terrorist attacks, pastor and author Stan Purdum was reading Psalm 66, which includes the words, “We went through fire and through water; yet you have brought us out to a spacious place” (v. 12, NRSV). After watching the destruction, Purdum composed a prayer that remains relevant today, as terrorism and threats often make peace seem more “specious” than “spacious”:

“O God of heaven and earth, who’s bigger than nations and factions, be with us as we live through times of terror, despair, and danger. Be the strength of people who’ve been touched personally by disaster. Come with healing to those who are injured. Be the eternal rest of those who’ve died. Be the energy, compassion, and fortitude of those who must pick through the wreckage. Grant our leaders courage and a double portion of your wisdom. The day of universal brotherhood seems farther off than ever, O God, but help us not despair of trying to accomplish it. Strengthen our faith. In Jesus’ name. Amen”

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*Happy Birthday to all who were born in September!*

## Flagpole Prayers

Each September for the past 25 years, young Christians across America have gathered around school flagpoles to pray. "See You at the Pole (SYATP)," which began at three schools in Burleson, Texas, is now an international event, with about 3 million participants annually.

Students organize prayer gatherings, usually at 7 a.m. local time. Teachers, parents, and youth pastors often join them. The theme Scripture for this year's event, which occurs September 23, is Acts 1:14, "They all met together and were constantly united in prayer ..." (NLT).

Student-led prayer, even at public schools, is free speech protected by the U.S. Constitution. By gathering around their flagpoles, young people take a stand for Christ as they call on his name in prayer.

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## Working For God, Serving Others

No matter your occupation, each day brings opportunities to honor God by helping other people. This applies to everyone from a king to a laborer, as Martin Luther said:

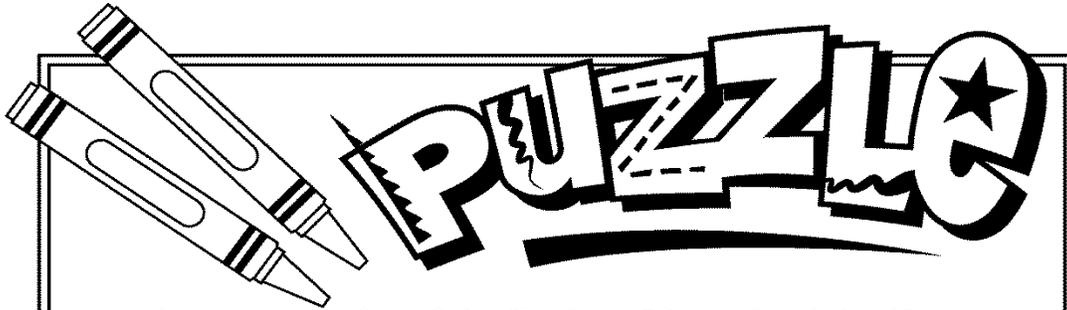
"The king should think: 'Christ has served me and made everything to follow him; therefore, I should also serve my neighbor, protect him and everything that belongs to him. That is why God has given me this office, and I have it that I might serve him.' The same is true for the shoemaker, tailor, custodian, or manager. If he is a Christian tailor, he will say, 'I make these clothes because God has bid me do so, so that I can earn a living, so that I can help and serve my neighbor.' When a Christian does not serve the other, God is not present; that is not Christian living."

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## Leadership Humor



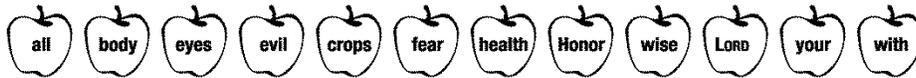
"If you will fill out your temperature preference card and drop it in the offering plate, we will average them, and adjust the thermostat accordingly."



# STAY NOURISHED

Eating nutritious foods such as apples helps keep our bodies healthy. But Proverbs tells us about other important sources of “nourishment.”

*Directions: Use the words in the apples to complete Proverbs 3:7-9, NIV.*



Do not be  in your own  ;  
 the  and shun  .  
This will bring  to your   
and nourishment to  bones.  
 the LORD  your wealth,  
with the firstfruits of  your .

PROVERBS 3:7-9, NIV

Answer: Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones. Honor the LORD with your wealth, with the firstfruits of all your crops.