

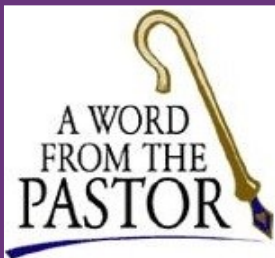
Springfield Chronicles



Yesha'Yahu (Isaiah) 43:19

2020 Spring Edition





Reverend Dr. Kevin Sturdivant



Isaiah 43:18 & 19 is a very interesting passage of scripture. There the Bible says, “¹⁸ Remember ye not the former things, neither consider the things of old. ¹⁹ Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert.” (KJV)

Here the prophet Isaiah says something that seems out of place to the religious history of Israel. Verse 18 tells Israel, who has a rich and storied history with God, to forget “the former things, neither consider the things of old.” This may not seem like a big deal, but the truth is everything God had done in and through Israel was rooted in the history of their relationship. In fact, in many places the Bible encourages people to remember what the Lord had done. But here the prophet seems to be saying something completely different than that.

Why would God tell His people to forget the former things? After all the Lord had done for them, God through the prophet tells them to forget the former things. It is because Israel had made an idol of the former things. Israel was so enamored with the former things God had done that Israel had forgotten that God wasn’t just God of yesterday. He, in fact, is God of yesterday, today and forever more! This scripture cautioned the Israelites not to just see God through the lens of their past. God needed to get His people to see that He was more than just what He had done. God wanted them to see that He is the same God who could continue to do new and exciting things in their lives.

He is the same God who can do exciting and wonderful things in our lives too. Spring is a season of renewal. Spring is a season of new beginnings. Spring is a season where rebirth is in the air. Grass grows. Flowers bloom. Trees bud. Spring reminds us that all things can become new. Because Spring reminds us that all things can become new, what a wonderful time spring is to renew our relationship with God. That’s really what the prophet is calling for in the text. He is calling the people of God to be alert enough to know, not just what God had done, but also what God is doing.

Let’s embrace the start of a new season and make a fresh start with God. What a great time to renew, restore and revive our relationship with God, remembering that God has the power to make all things new. Second Corinthians 5:17 reminds us “there if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.” The power and blood of Jesus Christ can make things new in our lives.

How do you view God? Have you limited God to the old triumphs and testimonies that He has performed in your life in the past? Or do you have enough faith to allow God to perform a new thing that springs forth?

Thank you Zacchaeus, Kristofer and Joshua for the reminder!



m a k e r o o m



New Members Are Joining

December 2019

Trevon Davis
Zacchaeus Evans
Ethan McCoy
Brian Rhodes
Brandon Rhodes
Sara Rivera
Chauncey Samuels

January 2020

Karina Adams
Monica Adams
Rev. Clevester Hawkins
K'nai Streeter
David Watley
Dorothy Watley

February 2020

Kimberly Cooper
Rededication
Tiffany Alexander
Renee Jeffers
Jenifer Johnson

Welcome

“GOD Will Do A New Thing”

By Johnny Ray Moore

poet & children's author

GOD will do a new thing,
If we just keep the faith.
He favors those who are sincere,
With such Amazing Grace.
It's crucial that we stand our ground,
And work for all that's just.
There's much unrest throughout the world,
Let's look to GOD; we must!
He will SPRING FORTH in times of need,
With mercy that's renewed.
He's in control, in these last days,
With GOD, we cannot lose.
And furthermore, He's always near,
His blessings supersede.
So, be at peace in knowing that,
GOD WILL fulfill our needs.

**“Behold I am
about to do a
new thing”**

Isaiah 43:19



“Woman of Power”

By Sister Betty Smith

I agree with Jehovah God, as He knew I would.
Everything He created is exceedingly ‘Good’
Genesis creation story backs me up all the way
He created me from Adam’s rib for the woman I’ve become today
He gave me an occupation that calls for many hats in this life
A woman of virtue, a mother, nurse, a necessary wife
A grandmother and great, being led by Jesus’ example, a basic requirement you see.
He wakes me in the morning with His work laid out before me
Starting first with lips of praise and on my knees giving Him glory
I’m ready to tell the world of God’s awesome story.
Requesting a fresh filling of His powerful Holy Spirit anew
I feel my help coming on, so I shout out a loud, “Hallelu”
JAH is my strong tower, my focal point, my stay
I’ve learned by now to depend only on His way.
Refreshing the body with a streams of mercy shower,
Dress up with Ephesians 6 requirements, smelling like that Rose of Sharon flower
Feeding my body with the Word of holiness, He surrounds me in His glorious ring
Consult my list of to do’s, dispelling anything abominable, His sanctification is all I bring.
I’m ready to take on my assigned duties, going into my part of this world.
Spreading the love and salvation of Jesus, that Treasure, that priceless Pearl.
I step into the Sunshine of love He abundantly provides,
Disregarding any clouds of doubt, all of my needs He supplies.
I’ve got Jesus as my Savior, He’s everything I need on this earth
I’m surely going to give Him the glory and give it for all it’s worth.
I’m glad He chose me, put a new heart of compassion for others
My message to all I see in this life to show the world we’re sisters and brothers.
For Jesus sake....let’s stay awake. His return is imminent, the skies are poised to break
We’re be ushered into that promised glory...what a beginning of beginnings that will make!!!

Crown Jewels

Sister Mary S. Yarborough was born in New Rochelle, New York and raised in rural Wake County, North Carolina. She graduated in 1960 with honors from DuBois High School, Wake Forest, North Carolina. By the grace of God, she was able to attend North Carolina Central University, Durham, North Carolina, where in 1965 she received a B. S Degree in Business Education. Upon graduation, she shares that she could not wait to get in the classroom to teach typewriting. During her 33 year tenure, she was nominated "Teacher of the Year" at Garner Senior High School, Garner, North Carolina.

Being guided by two lovely grandparents, Sister Yarborough accepted God at age 12, while attending Macedonia Baptist Church in rural northern Wake County. Mary enjoyed attending church, but didn't enjoy having to walk 5 miles each way on Sundays, which lasted for about 3 years. "Learning to love the Lord" was easy for her because she had to call on God many, many times to help her get to and from church. Before going to church, her grandparents would have the children gather around the fireplace while her grandmother read scriptures from the Bible. The children would then recite these biblical verses, and her grandfather would pray for them. She shares that her grandfather wanted them all to learn the first two Commandments from God and to keep them close in their hearts - (1) "Love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind." and (2) Thou shalt love thy neighbor as thyself." It has been a joy for Mary to carry these commandments because they have helped her to be a good wife, mother, housekeeper, teacher, leader in her extended families, a caring and loving church member and a community leader for more than 40 years.

Shortly after graduating from college, she married Lenoris Yarborough, a loving, hardworking and devoted man. She moved her membership to Elevation Baptist Church, Raleigh, North Carolina to be with her husband. They soon had 2 lovely children, Debbie and Lenoris, Jr., (LJ). Mary has been blessed with a precious and beautiful granddaughter "Erica" who is the love of her life.

After leaving Elevation Baptist Church, she joined her neighborhood church, Springfield Baptist Church, under the leadership of the Late Rev. Daniel Sanders. Mary knew she would find spiritual friendship, loving and caring people because she knew parents and students who worshiped at Springfield. She believes that her new pastor, Rev. Dr. Kevin Sturdivant is a jewel and he brings the "Bible." She loves to attend Sunday School, Bible Study and to hear her pastor preach. She believes that it is difficult to know how to live as God wants if you don't study the guide; the bible that HE has left for you to follow.

Since retiring, Mary compassionately spends time with others. She loves canning, freezing, preserving, making jams and jellies, different kinds of relishes, fresh spicy sweet pickles and good-old fresh country soup. She says she continued this tradition which was taught at home and learned to share neighbors. When Sister Joyce Hargrove approached her about starting a Food Ministry in 2017, she could not say no. Sister Hargrove had worked tirelessly to share with others during her illness. Both are praying that they can do greater things for Springfield this year. One of her favorite scriptures keeps them guided in their compassion; Colossians 3:17, "And whatsoever ye do in word and deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him." She likes to explore arts and crafts and tells you that you should never stop learning and to do things that can help keep your mind out of the devil's workshop. "There is great joy in you knowing that you made something that someone else likes and they get joy from what you have done." "There is joy and peace in learning and sharing!" Mary wants to continue to get to meet more people from our Springfield family. She no longer remembers names well, but doesn't forget faces. "Keep smiling!" and "May God continue to Bless you all!"





Gwendolyn Armstrong Wade is affectionately known by her family and friends as one of the most kind and humble women of faith you will ever meet! Born and raised in New York City, New York, she recently vacated her position as Associate Director for Alumni Affairs at her alma mater, Hofstra University, Long Island, New York, where she studied Sociology. For more than 21 years, Gwen was committed to the University's mission to provide a quality education to its students in an environment that encourages, nurtures, and supports learning through the free and open exchange of ideas for the betterment of humankind.

She has worked in both public and non-profit sectors. Prior to Hofstra, Gwen worked for more than 10 years as Corporate Controller for a prestigious Long Island, New York caterer. While at Hofstra, she worked alongside several alumni executive boards and members raising funds for programs and scholarships, enabling the university to help with recruitment and retention, especially for the offspring of veterans and students of diverse, underrepresented populations. In 2008, Gwen worked on the final Presidential Debate of then Senator Barack Obama and the late Senator John McCain. Not only was this historical for America and the University, but for her as well! Believing in the power of prayer,

Gwen prayed on the debate stage while touching the seats that the candidates would later sit in. She assisted with the 2012 Presidential Debate which hosted sitting President Barack Obama and Governor Mitt Romney and the 2016 debate with Hillary Clinton and Donald Trump. She also worked on Hofstra's 11th Presidential Conference of William Jefferson Clinton, the 50th Anniversary of New Opportunities at Hofstra Program (NOAH) with guest honoree and speaker, Reverend Dr. Bernice King, and acquiring the historical production of *Black Angels Over Tuskegee*. *Gwen managed to find time to volunteer with several local and county agencies, including the Town of Babylon, the Suffolk County Police Department and various University student ethnic groups, clubs and programs, where volunteer leadership was often absent.*

Gwen is committed to her continued growth spiritually and will serve the people of God as He positions her to do so. Giving her life to Christ in 1987, she was baptized by the late, Reverend Dr. Jerry Mosby at Fellowship Covenant Church, Bronx, New York. However, it was two years later after being rushed in emergency surgery that she gave her soul to Christ. She became a faithful and active member of Fellowship serving on multiple ministries including the Deacon Board (co-chairperson with her husband), Mother's Board (chairperson), Events Team, Church's Executive Board (vice-chairperson), as well as several ad-hoc committees including, the Fellowship Covenant Church street naming dedication (chairperson), elected pastor's installation and first banquet (co-chairperson) and most recently as president for Supporting Our Seniors ministry. Gwen was also appointed to the Evangelical Covenant Church Board of Trustees; East Coast Conference. As one can see, she is truly passionate in her quest to serve, nurture and inspire.

Faith is one of Gwen's favorite words – In Matthew 17:20, Faith of a mustard seed represents the ability to have paramount faith, knowing that nothing is impossible with God. While taking nothing for granted, Gwen gives thanks for everything and makes no apologies for openly praising God! John 8:36 (NLT) "So if the Son sets you free, you are truly free." She knows that God has smiled on her, blessed her and set her free. As a reminder of God's blessings, she often listens to and encourages others to meditate on the words of Norman Hutchins' "God's Got a Blessing...with your name on it!" W-H-A-T-E-V-E-R it is, take it to God in prayer, have faith knowing that it is possible, be free, wait for your blessing and give God the praise!

Gwen is married to her first and only love, Thurman for 38 years. They have two adult sons who live in New York, Andrew, an educator and Jason, a chef. Upon her husband's retirement in 2019, they returned to his roots, migrating to North Carolina. After much prayer and visiting several churches, God placed them at Springfield Baptist Church under the leadership of Reverend Dr. Kevin D. Sturdivant. Gwen enjoys attending bible study and Sunday school. She is a member of the Vacation Bible School planning committee, the Couples ministry, looks forward to working with the Newsletter ministry and to pursuing an advanced degree in Pastoral Counseling – Marriage and Family. Gwen enjoys spending time with her husband, sons, family and friends, the beach, cooking, cruising, decorating, gardening, reading and walking.



Believer Entering Training



Xenia Weakly

Where do you go to school?

Clayton High School

How old are you?

17 years old

What advice would you give to other youth in high school?

Don't be afraid to explore your options. You might discover a path or an opportunity you wouldn't have otherwise.

What activities, clubs, or organizations are you a participant of?

I am vice president of the Interact Club which is a volunteer organization. I am also a member of the Springfield Baptist Church youth choir and Newsletter Ministry. I work at Johnston Charter Academy's after school program. Additionally, creative writing is an enormous passion of mine.

What's your favorite thing about being a follower of Christ?

Being able to put my faith in something that I know won't fail me. It is so much easier following the path that the Lord has provided for me than having to rely on my own limited understanding.

What's your favorite bible verse?

"And the peace of God, which passeth all understanding, shall guard your hearts and your thoughts in Christ Jesus." Phillipians 4:7

This verse let's me know that God is with me as I move throughout my life. It gives me peace and comfort during troubling times.

How does your faith affect your lifestyle?

The Bible says that Christians are to be the light of the world and the salt of the Earth. I want people to be able to see God through my actions and hear him in my words. When making a decision I often think will this bring me closer or further away from God's presence and the will that he has for my life.

What are the names of your guardians?

Ian Weakly and Lisa Weakly



Congratulations



Cynthia Jones
Community and Business
Development Director

Congratulations are in order for Springfield Member, Cynthia Jones. She was selected to serve as Community and Business Development Director for the City of Rocky Mount. This is what Jones had to say about her new position and opportunity:

"God has blessed me to have been selected to serve as the Community and Business Director for the City of Rocky Mount!!! I give God the glory and honor for this position where I can represent Him as I am serving His children."



You did it! Congratulations



Erin Sweeney completed her Master's Degree in Occupational Therapy In December 2019!

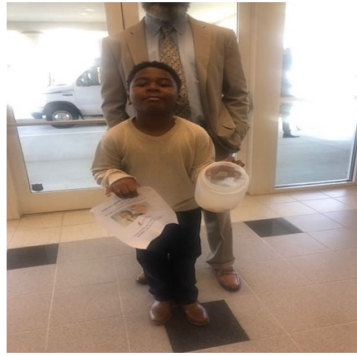
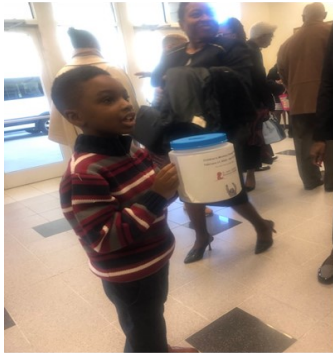
We are so proud of her!
Congratulations to our daughter!

Sebastian and Sharon
Sweeney



SPRINGFIELD CHILDREN'S MINISTRY 2020

Journey with Jesus Through the Bible : The Gospel Project



The year started off with a bang for the children of Springfield.

The children learned how to give back to others in their

Annual Change Drive.

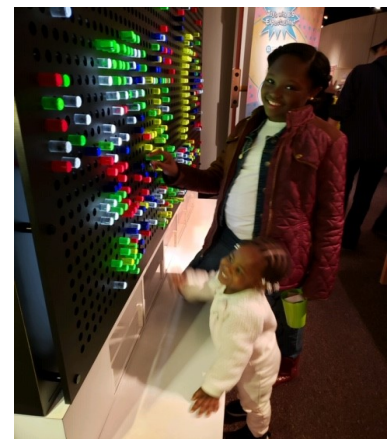
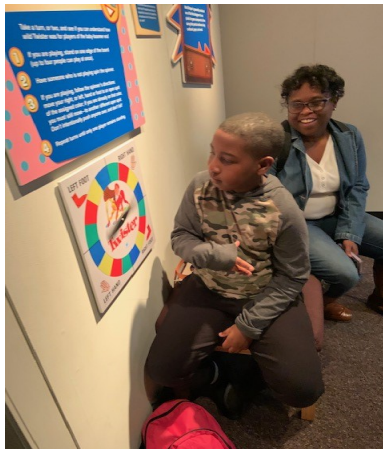
Each Sunday from January 20th – March 29th, after worship service, the children collected money to donate to the

St. Jude's Children's Research Hospital.

Thank you for your support by bringing your children and helping them to continue to spread the Gospel to the world.



19th AFRICAN AMERICAN CULTURAL CELEBRATION Children & Youth Ministries



TAKE A BEAT...BEFORE YOU SPEAK

SPRINGFIELD YOUTH & CHILDREN'S MINISTRY

Join us EVERY Saturday before the 3rd Sunday 11:00am — 1:00pm



Why does each young person in attendance have a tube of toothpaste & a toothpick in front of them? Well, if you have a creative pastor who consulted God to show a visual representation of the importance of being slow to speak then you would understand.

So how long would it take you to squeeze all the toothpaste out of a tube...3 minutes or less ?? Now what about taking a toothpick and putting it all back in the tube? Well, as young Morgan Davis said, "We can't, but Jesus can!" Yes, after the 10 minutes of laughter and then trying yep we all agreed with her! So, you cannot take words back after they have come out. The effects are sometimes lasting.

Each group then separated into their classes and completed activities that supported and reinforced what the Pastor taught. The children's ministry did a game and a straw craft. The youth did a rap session about when they had to be slow to anger.



QUICK TO LISTEN
SLOW TO SPEAK
SLOW TO ANGER
JAMES 1:19



Dear Readers, *The Springfield Chronicles* will be implementing a new segment called *Trailblazers*. What more appropriate way to start off a new segment than to highlight the original newsletter, *Springfield Missionary Baptist Church In Focus*, *SMBC In Focus*. Keep your eyes peeled for more details on how you can submit details on the *Trailblazers* among us, here at *Springfield Baptist Church*. We look forward to this opportunity!

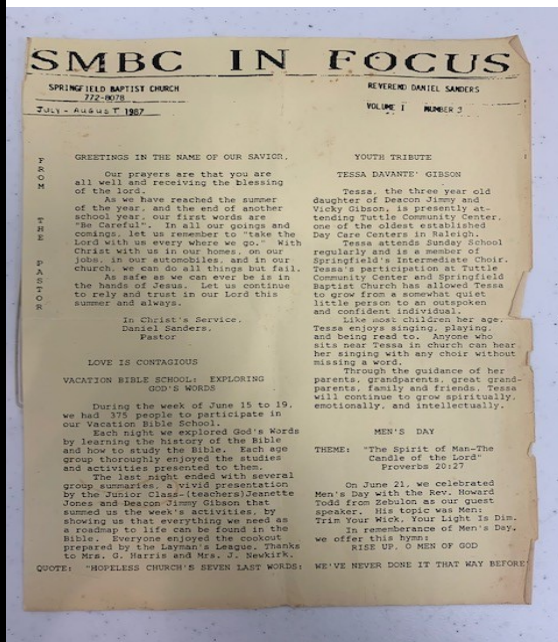
Approximately 34 years ago, under effective oversight and leadership of the late Reverend Daniel Sanders, the Springfield Baptist "Church News", a synopsis of the weekly sermons of Reverend Daniel Sanders was submitted to *The Carolinian* newspaper. Submitters of the "Church News" were Sister Glenda Murray and Sister Linda McClain.

In 1986, again inspired by our illustrious pastor, Reverend Sanders, editor Sister Murray and co-editor Sister McClain, created the idea of a quarterly newsletter entitled ***Springfield Missionary Baptist Church In Focus***, with the masthead emerging as ***SMBC In Focus***.

SMBC In Focus, under the umbrella of the Young Adult Missionary Ministry directed by Reverend Otis Byrd, was designed to foster a sense of community among Springfield Baptist Church members and to keep members in touch with the Pastor's personal words and greetings. It also provided an awareness of events and information relative to our spiritual, mental and social growth.



Pictured from left to right - Sis. Glenda Murray and Sis. Linda McClain



Volume 1 Number 1 of ***SMBC In Focus*** was distributed in February 1987. Along with the editor and co-editor, contributing reporters included : Chaneta Johnson, Vickie Gibson, Yvonne Johnson, Greta Gill, Caroline Holloway, Derevana Leach and Deacon Jimmy Gibson.

The initial issues of ***SMBC In Focus*** was typed on manual typewriters. (Remember no fancy computers during these dark ages) All submissions to the newspaper were typed separately and submitted to the editor and co-editor. Each article would then be cut with scissors to be pasted on a standard 8x10 paper to form and fit as individual columns. Each sheet had to be copied again on a final 8x10. Excess lines were removed with "white-out" in order for the final draft to be copied to perfection. This process, (looking back, Boy O Boy ! what a tedious task); however, was for the Love of God, our pastor, Reverend Daniel Sanders and Springfield Baptist Church.

Thank you ladies and staff for this 1st edition and to all of the members of the *Newsletter Ministry* down through the years—there would be no us if not for the forerunners.



LARRY BUTLER



A Springfield Trailblazer



Larry Butler ventured into the unknown, paving the way for many to follow in his 35-years career as a Parole Officer. To start, he was the first black Program Supervisor at North Carolina's Stokes County Prison Unit. Not only black, but the youngest State Parole Officer hired in North Carolina. Larry was also the first black Parole Officer in North Carolina's New Hanover County, the first black Director of MAPP (Mutual Agreement Parole Program) for North Carolina's Parole Commission and the first black Director of IMPACT (Intensive Motivational Program for Alternative Correctional Treatment) for North Carolina's Parole Commission.

Thank you Economic and Empowerment Ministry for the movie, "BOSS—The Black Experience In Business" and for challenging us too.

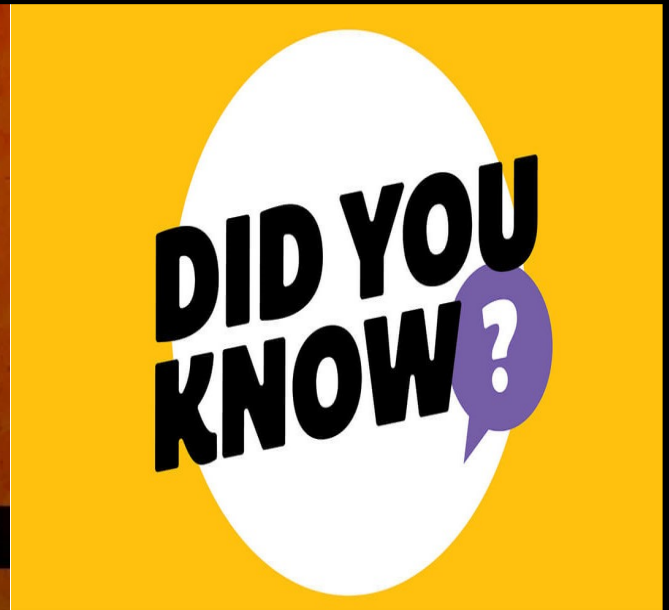
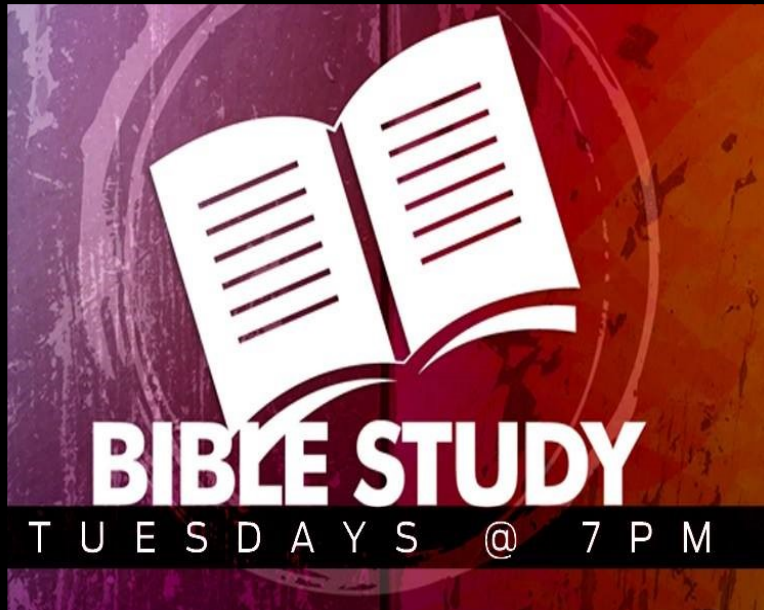
Look AT THE NEW THING I AM GOING TO DO.
**IT IS ALREADY
HAPPENING.**
Don't you see it? 
I WILL MAKE A ROAD
IN THE DESERT.

 I WILL MAKE 
RIVERS IN THE *dry land.*

ISAIAH
43:19

WE ARE NOW ONE. The Bereavement and the Compassionate Ministry have been combined. **As servants of God we will as one ministry continue to comfort, console and encourage others as needed. We praise God for the joy of working together for Springfield and the community. There is now more support and team efforts available to each Springfield family. Our trust and faith in God in this new walk will aid us to do His will His way.**

Note: The Annual Senior Fellowship will still continue to be an annual event .



Roadside Clean-Up dates

Mark your calendars and plan to do your part to clean up! Watch for updates on the Springfield Spotlight.

Tentative Roadside Clean-Up Dates

July 18, 2020

October 17, 2020

January 16, 2021



In The Know

WHY THE 2020 CENSUS MATTERS

Older Americans have been more likely than other age groups to return their U.S. census forms and make sure they were counted. As the 2020 census happens next March-experts say there will be challenges in getting older people to participate. Many older Americans are not comfortable with an online response and prefer to fill out a

paper census form. The stakes are high. In 2016, for example, more than 300 federally funded programs relied on census data to distributed more than \$675 billions to states and localities. This includes funds for schools, roads and hospitals and also programs that older Americans like Medicare Part B.

How will the new census process work? Between March 12 and 20, the majority of households will receive a postcard invitation to respond online to the 2020 census. Those who don't answer will then receive the traditional paper form in the mail. If a household does not respond, the bureau will send a census taker to knock on that door to collect the household data.

What happens if I missed?

Simple: You won't be represented in the census for the next decade (10 years). If many in your area go uncounted, then federal money-or representation-that would rightly go to your communities or state will be distributed to another county or community.

What if I live in a rural community with a low population? Does it matter if I participate?

In 2016 alone, more than \$30 billion was distributed. These funds went toward things like home loans, business loans and waste disposal. These funds only come to your community if you and your neighbors are counted. This is especially true in areas with low population.

Is it about money?

No, the number of seats in the US House of representatives, and the electoral college votes that each state gets, are determined by census numbers. So, the political balance of power in America changes after each census. Census data will be used over the coming decade to decide where to place **parks, roads, and hospital. It will determine funding for community projects that benefit people of all ages and color, including mass transit, which help many people remain in their homes longer.**

Do you ever wonder why there are limited parks, bike routes and other recreational places in low income areas, people must fill out the census form in 2020? Your community needs your help. It's your duty to fill out the census form and make sure everyone in your home does the same. Pass the word, spread the good news, help your community. **It's your tax dollars.**

LOOKING TO MAKE A FEW EXTRA BUCKS? HELP WITH THE 2020 CENSUS COUNT

An application can be completed online at the Census bureau website in about 30 minutes. The website also includes wages, position, which is based on location. To get started, go to 2020census.gov/en/jobs.

Submitted by Wyoma Moses

Source: <https://www.aarp.org/politics-society/government-elections/info-2019/census-impact-older-americans.html>



Sorry **EVENT**
CANCELLED

**Springfield Baptist Church
Drama Ministry
Presents**

From the
CROSS
To the
GRAVE
To the
SKY

Join Us
April 4, 2020 ~ 4:00 pm
James A. Gibson Fellowship Hall
Doors Open 3:00 pm

**Behold, I will do a new thing,
Now it shall spring forth;
Shall you not know it?
I will even make a road in the wilderness
And rivers in the desert.**

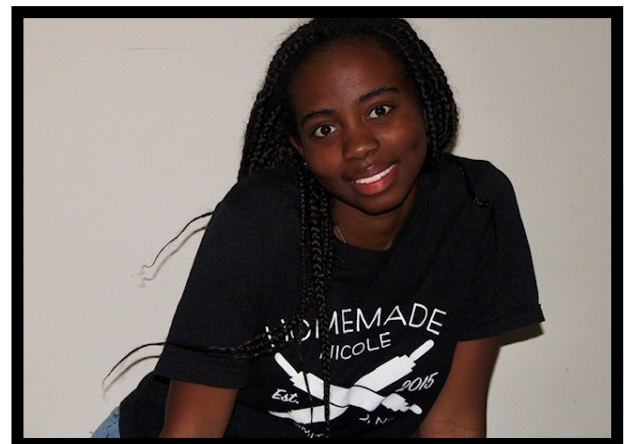
SBC in the Community

Springfield's Lincoln Battle was the guest of honor and speaker at the Shalom Christian Church Youth Sunday Black History Month Celebration. Lincoln was recognized for his accomplishments and success as a Young African American in the sport of tennis. Lincoln continues his quest traveling the country competing on the National stage. His sister, Catherine Battle, introduced him to complete a cherished sibling moment as Lincoln stated in his speech "my sister was a challenging force in my development and success!!! "To God Be The Glory" Humbly Submitted, Chris Battle



Springfield's own, Shelia Hall, was featured, at Garner Senior Center for the month of February. There was a "Meet the Artist" reception, as well, where she was able to talk about her art and her mission as an artist.

Congratulations NICE GOING!
GREAT! Way to Go!
Yea! FELICITATIONS
CHEERS Take A BEST
BOW! WISHES!



Nicole Neal, of Homemade Nicole, will be featured as a young entrepreneur at the 2020 Vision: Motivational Empowerment Conference presented by TC's Sweet Design, LLC on Saturday, June 6, 2020. She is one of their special features who will be on stage speaking.

SBC in the Community

SBC Basketball Awards

Congratulations to Trevon Williams and Isaac Jenkins!

Trevon, who is a Springfield member, was one of two players from our team to be selected for this year's All-Star team. Trevon showed off his all-star moves by scoring 8 points in the all-star game.



Isaac was the recipient of the 2020 David Thompson "Christ like" award for the SBC Basketball Team. What an honor to be selected and what a privilege to be presented this award by David Thompson.



Matthew 5:16 remains us all, "Let your light so shine before men, that they may see your good works and glorify your Father which is in heaven."

Dear Friends, this is a water and sanitation project elementary school to project clean drinking water. We had a very successful morning at Dumfries Primary School on Thursday, December 5, 2019, a small school in lush green countryside of #stjames #Jamaica. We delivered and installed the #watertank and affixed the #rotarysign. Thanks to our partner @rotaaryclubmontegobay @rotaryclubofclayton #globalrun4water and all the rotarian and teacher and staff that came with us and helped with the work. A most satisfactory day for us all, including the school community who will now have ample #waterstorage! #schoolproject #betheinspiration #cleanwater #drinking water





Ten Tips and Facts to a Healthier Heart



- I. Heart attacks have no respect of age.
- II. Men and women do not have ALL the same signs of having a heart attack
- III. Common symptoms are chest pain or discomfort, shortness of breath, nausea, vomiting, back or jaw pain.
- IV. Wait no more than 5 minutes if experiencing symptoms before calling 911
- V. High blood pressure and high blood sugar can raise your risk of heart disease
- VI. Losing excess weight is a first step to better health; along with eating more vegetables & fruits
- VII. Tub margarine is most likely to lower cholesterol, which can lead to heart disease, compared to butter, light butter, stick margarine or fat-free margarine
- VIII. Increase your potassium, omega-3 fats, nuts, steel cut oatmeal, beans and broccoli intake to lower your risk of a heart attack
- IX. Eat a low sodium diet that would drastically reduce frozen prepackaged meals, lunch meals and canned products
- X. Read your labels and limit saturated fats

Source: Nutrition Action March 2008 Heart Disease Quiz

*See, I am doing a new thing!
Now it springs up; do you
not perceive it?
Isaiah 43:19*



www.w2ministries.org

& Wealth

On February 1, 2020 the Economic Empowerment and History ministries teamed up on an event to kick off Black History Month. Approximately 85 people came out to view the movie BOSS: The Black Experience in Business and to learn the history of local black entrepreneurs. The movie covered the spirit of African-American entrepreneurship, from slavery to present day. Sister Veronica Scott spoke and showcased how that same spirit was exhibited in the Raleigh area, as well as within



Springfield. We found out about a SBC pioneer, Sister Gwen Donaldson, who was the first black dental apprentice in North Carolina. There was also an exhibit of the late Deacon Linton Williams' dental lab. The items that made up the lab have been preserved by Deacon Williams' daughter, Greta Gill. The intermission was filled with lively discussion, questions, and dialogue among several generations. Gourmet popcorn and LOTS of door prizes were also included.



There were a variety of churches and organizations in attendance with seventy percent of the participants providing an evaluation. One hundred percent responded YES or ABSOLUTELY to, "Would you recommend this movie event to others?" To God be the Glory! These are a few of the many comments:



"Greatness is in us", "I'm inspired and enlightened", "Eye opening", "Strength in numbers", "Resilience", "Our people need to organize", "Practice your craft and do your best", "Many teachable moments", "Hard work pays off", "We need to support more black owned business."

An immediate result of the event was Pastor Sturdivant giving the church a challenge to use or increase the use of black owned businesses during the month of February. It is the ministries' hope and prayer that this becomes a lifetime challenge.



A media presentation of this event will be posted on the Springfield website in the coming weeks.

I'm about to do something new.

Isaiah 43:19

-God

The **Scholarship Ministry** would like to recognize the following students for their academic achievements for the 1st semester of the 2019-20 school year.

K-12

Jackson Clark	Jaida Dawes	Jessica Dawes	Ethan McCoy	Kelton Montague Jr.
Kennedi Montague	Nicole Neal	Nuno Ribeiro	Gavin Sharpe	Kevin Sharpe
Ryan Tarver	Katrina Taylor	Xenia Weakly	Kendall Williams	Amari Wood

College

Janaisa Avery	Miya Farmer	Jacqueline Perry	Jasmine Stancil
Deven Best	Patrick Fox	Paris Pugh	Angel Tomlinson
Jourdan Carr	Robert C. Gresham III	Alexia Ray	
Kyndall Carr	Maya Johnson	Darrien Reeves	
Jalen Dawes	Gabrielle Miller	Alexis Smith	

Students are encouraged to submit their 2nd semester information as soon as they receive it.

This information can be uploaded at
scholarship@springfieldbaptistchurch.com

2 Way to GO!



Sheydan Lewis was awarded the Peacemaker Award and her counselor said, "Sheydan always has a positive attitude and caring heart".

She was also awarded the 5C's award. This is what her teacher had to say, "she is an excellent communicator and leader when collaborating with others".



thank you

MINISTRY EMPOWERMENT SESSION

“Growing Stronger in Ministries Through Christ” Colossians 3:23-24

The Membership Ministry hosted the first Ministry Empowerment Session of 2020 on Saturday, January 11, 2020. A BIG HEARTFELT THANK YOU to all of the ministries of Springfield Baptist Church. Every ministry did an awesome job displaying and presenting information about the ministry they represent at Springfield. We hope everyone enjoyed this event and we pray God will lead you to a Ministry where we all can continue to Grow Stronger Through Christ!!



“ BUT FORGET ALL THAT—
IT IS NOTHING COMPARED TO WHAT
I AM GOING TO DO. ”
ISAIAH 43:18

SPRINGFIELD BAPTIST CHURCH

4309 Auburn Knightdale Road, Raleigh, NC 27610

Office: 919-772-8078

Reverend Dr. Kevin Sturdivant - Pastor



Surely Goodness **Television Broadcast**

Sunday: 5:00 PM

WARZ-TV — Cable TV 5

Monday: 8:00 PM

Raleigh Television Network
RTN22

Tuesday: 8:00 AM

WLFL — CW22

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