



WHITE ROCK BAPTIST CHURCH

Monthly Newsletter

INSIDE THIS ISSUE:

UPCOMING EVENT TO BE HOSTED BY
TITUS WOMEN'S MINISTRY



DR. REGINALD VAN STEPHENS
PASTOR

WHITE ROCK BAPTIST CHURCH'S
SECOND LONGEST SERVING PASTOR



From the Newsletter Editor

Greetings, My Brothers and Sisters in Christ:

For the last eight years, I have served as editor of the White Rock Baptist Church Newsletter. Serving in this capacity has truly been a labor of love. But, now it is time to pass the torch to a new generation of White Rock members. Therefore, I am pleased to announce that Sister Kelly Traynham will assume the role of White Rock's Newsletter Editor, effective October 1, 2023.

Kelly, the daughter of Sister Cynthia Traynham and the granddaughter of Deaconess Mary Thomas, graduated from the University of North Carolina at Chapel Hill, in 2020, with a Bachelor of Arts degree in Communication and Media Studies. She is also a longtime member of White Rock and, prior to leaving for college, was very active in the Teen Ministry.

Kelly is also an excellent writer. She will definitely bring a new and fresh perspective to the newsletter. We welcome Kelly as a member of the Media Support Ministry Cluster's Communication and Information Ministry and as the new Newsletter Editor.

The Media Support Ministry Cluster also welcomes Sister Mina Forte. She will serve as Lead Graphic Designer in the Media Production Ministry. Forte is also an excellent addition to the Media Support Ministry Cluster and will offer a different perspective as she uses her talents to enhance MOMs and printed documents.

This edition includes some inspiring and informative articles. For example, Dr. Brenda Allen writes about the importance of wisdom as we try to live as God's people. On the other hand, Sister Meredythe Holmes discusses grief and the ministry at White Rock that helps us cope with grief. And, Dr. Tina Hester and Sister Jessie Streeter re-introduce us to the Titus Women's Ministry. Please make sure that you read each of these articles.

Moreover, I encourage you to submit articles to be published in the newsletter. All articles are due by the 15th of each month. For example, articles for the October newsletter will be due on September 15. You must also submit a photo to be included with your article. The article should be in Word and the photo should be in jpeg format. The editor also has the right to edit all articles. Additionally, you will receive Ms. Traynham's contact information within the next week. All future articles will need to be sent to her.

Finally, immense thanks to all of you who, over the years, wrote wonderful and inspiring articles, without which there would not have been a monthly newsletter. You made it so much easier for me to serve in this capacity. Again, thank you and may God continue to bless you.

Continued blessings to all of you!

Yours-in-Christ,

Deaconess Joyce Blackwell, Ph.D.
White Rock Baptist Church Newsletter Editor



IN THIS ISSUE



7

September Birthdays

7

- White Rock Baptist Church and Duke OLLI Collaborate to Offer a Vivo Exercise Class

2

Editor's Note

Deaconess Joyce Blackwell, Ph.D.
White Rock Baptist Church
Newsletter Editor

4

Wisdom For Our Journey

Dr. Brenda F. Allen
Sunday School

5

Experiencing Grief

Meredythe Holmes, Chair, White Rock Baptist Church Health Ministry

6

Women of White Rock and the Community: Titus Women's Ministry Needs to Hear from You!

Dr. Tina Hester, Co-Chair Titus Women's Ministry
Ms. Jessie L. Streeter, Co-Chair, Titus Women's Ministry

6

What's Rocking at White Rock? . . . The Titus Women's Ministry!

Dr. Tina Hester and Ms. Jessie L. Streeter

Are you among God's special people? Do you obey God? Well, God's special people in the book of Ezra did not obey God. So, God punished them. Our Life Application Sunday school (LASS) class learned that God allowed the King of Babylon and his army to defeat God's special people. So, most of them were ordered to live in Babylon, a long way from their country, Judah. Then, God allowed the Persian army to defeat the Babylonian army many years later. The book of Ezra tells about the King of Persia allowing the Jews to return to their own land. Some of the Jews by choice returned to Judah, but not all of them.



**DR. BRENDA F. ALLEN,
SUNDAY SCHOOL**

The story of some of God's special people returning to Judah, but not all of them, has been a significant part of our Sunday school discussion. It reminds us of some Christians' behavior since the federal COVID-19 PHE declaration ended last May. Specifically, some Christians have returned to in-person community of faith events and activities, and some have not. We, LASS classmates, are benefiting by the hybrid community learning method to the extent that we are saying, "I wouldn't take nothing for my journey now." We are experiencing the benefits of returning to our roots. Our roots include being the church-going type. So, all are encouraged to return to the community of faith in Jesus Christ and serve, while inviting others to join this beloved community. Our return contributes to hope, courage, inspiration, new views, perseverance, and wisdom. Consider: "Do not forsake wisdom, and she will protect you; love her, and she will watch over you" (Proverbs 4:6, NIV).

Wisdom over worry is in Psalm 37. In Scripture, wisdom that helps us live as God's people (Psalm 90:12, Job 28:28) has several meanings like human learning; true religion; godliness; the knowledge and fear of God; and sincere and uniform obedience to God's commands. Ezra means help. Different kinds of help like emotional, financial, humanistic, informational, and practical were needed during Ezra's day and today. Also, then and now wisdom is useful to get the best help. Wisdom has always helped those named "beautiful people" by Elizabeth Kübler-Ross. According to her, "The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen." So, where are you on your "beautiful people" journey in life? Wherever it is, know that we benefit by asking God for wisdom (James 1:5, NIV).



**MRS. MEREDYTHE
HOLMES, CHAIR,
WHITE ROCK BAPTIST
CHURCH HEALTH
MINISTRY**

EXPERIENCING GRIEF

Our lives are full of uncertainties but the one thing we can be sure of is that all of us will experience the death of a loved one at some point. When we are faced with the loss of a family member or close friend, the pain of that loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. The pain of grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. These are normal reactions to loss—and the more significant the loss, the more intense your grief will be. Some people will withdraw into themselves and retreat into depression and others will go on their merry way and pretend there is no noticeable impact on them.

The death of a loved one is often the cause of the most intense type of grief—but any loss can cause grief, including:

- Divorce or the loss of a relationship;
- The loss of a home or financial security;
- The loss of a job;
- The death of a pet; and
- A friend's serious illness.

If we are to remain emotionally healthy, we need to recognize the importance of acknowledging and appropriately dealing with grief. Pastor and psychologist Dr. Kenneth Haugk reminds us that grief is **Normal, Natural, and Necessary**.

Grieving is a highly individual experience; there is no right or wrong way to grieve. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and how significant the loss was to you.

Inevitably, the grieving process takes time. Healing happens gradually; it cannot be forced or hurried—and there is no “normal” timetable for grieving. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever your grief experience, it is important to be patient with yourself and allow the process to naturally unfold. This is the time to turn to your family and friends.

If you need more support, you can reach out to a Stephen Minister. Stephen Ministers provide one-to-one confidential Christian spiritual support and guidance to those experiencing life challenges such as grieving. They are available to listen and pray with those who need help. White Rock Baptist Church has a strong Stephen Ministry program. They listen, care, encourage, pray, and can help you through a tough time.

In addition, White Rock also has a confidential grief support ministry called “Life After Loss.” Small group discussions are led by trained facilitators who guide and encourage participants as they grow through the grief process.

If you would like to meet with a Stephen Minister, go to the White Rock website or send an email to stephenministry@whiterockbaptistchurch.org. Moreover, if you would like to join a Life After Loss group, go to <https://www.whiterockbaptistchurch.org/grief> or contact Reverend Regina Mitchell, Grief Support Leader, at (919) 270-3292.

Women of White Rock and the Community: Titus Women's Ministry Needs to Hear from You!



DR. TINA HESTER
CHAIR, TITUS
WOMEN'S MINISTRY



MS. JESSIE STREETER
CO-CHAIR, TITUS
WOMEN'S MINISTRY

What if you could deepen your relationship with God and build lasting relationships with other incredible women like yourself? There is a team working hard to bring you exactly that; but, we need your help. The Titus Women Ministry exists to build relationships between women of the church and community, while communicating the Word of God in practical ways that will help lead women to discover and live out their God-given purpose. This ministry is a place where fun is had, laughter is heard, lives are changed, hearts are shared, and the love of Christ reigns supreme.

Please use the link, whiterockbaptistchurch.org/tituswomensurvey, to complete the brief three-question survey to assist us in our efforts to plan relevant and value-added offerings. Your input is welcomed and greatly appreciated.

WHAT'S ROCKING AT WHITE ROCK? . . . THE TITUS WOMEN'S MINISTRY!

Under the direction of our Pastor, Reverend Dr. Reginald Van Stephens, and the Director of Discipleship Development, Reverend Dr. Irene Perry, the Titus Women's Ministry is poised to meet its mission of assisting women of all ages in deepening their relationships with Jesus Christ while building relationships of support with other women in the church and community. The Titus Program Planning Team, comprised of Dr. Tina S. Hester, Chair, Sister Jessie Streeter, Co-Chair, Sisters Alisa Allen, Raychelle Baptist, Jackie Vann Jones, Nakia McCleary-Mack, Linda Vann-Smith, Susan Vann, and Drs. Linda Hubbard Curtis and Carla Oldham, is excited to announce the ministry's kick off session, *Launch and Bloom*.

Women (18 years and up), please mark your calendars for Saturday, September 23, from 10 a.m. to 12 p.m., to attend the *Launch and Bloom* event in the White Rock Baptist Church Fellowship Hall. Please use the following link to register:

<https://www.eventbrite.com/e/launch-bloom-tickets-708622959347?aff=oddtcreator>.

For an experience of a lifetime, please come prepared to have fun, laugh, make new friends, share the love of Christ, and receive a powerful blessing!

September

BIRTHDAYS



Kayla Merriweather, 2

Patricia E. Moore, 2

Michael Burnette, 3

Dwight Midgett, Sr., 3

Venel King, 4

Dr. Reginald Stephens, 5

Lauriston Solomon, 6

Chanasti Womack, 7

Stephanie Myles, 8

Leontyne Madison, 11

Teri Canada, 12

Aja Daniels, 12

Timothy Coles, 13

Edward Clemons, Jr., 14

Desmond Jackson, 15

Lula H. Melton, 15

Nicholas Hale, 16

Sabrina Miles, 17

Michael Curry, 18

Velma M. Forte, 18

Martha Lester-Harris, 18

Carolyn Jenkins, 19

Kimberly Jenkins, 19

Donald Lowrance, 19

Marvin Vann, 19

Nakia McCleary Mack, 20

Robert J. Harris, 21

JoAnna Brodie, 22

Vivian Crump, 22

Maurice Scott, 22

Cassandra Sims, 22

Cheryl Lucas, 23

Valerie Womack, 23

Tavor Royster, 24

James Carney, 25

Lori Flowers, 25

Lillie Edwards, 26

Faye Calhoun, 27

Deborah Craig Ray, 27

Jennifer Gore, 27

Wilbert Morris, 27

Barnetta McGhee White, 27

Carolyn Hatchett, 29

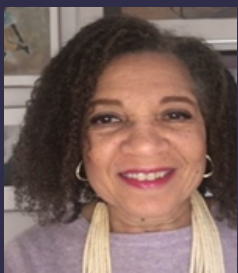
Jeffrey Johnson, 29

Rebecca Redd Jolly, 29

Rev. Willie Lee Hairston, 30

Tiffany Richberg Holloway, 30

White Rock Baptist Church and Duke OLLI Collaborate to Offer a Vivo Exercise Class



MEREDYTHE HOLMES

White Rock Baptist Church and the Osher Lifelong Learning Institute (OLLI) at Duke University will offer the first of a series of courses. The first course is a fitness class called VIVO. Led by a personal trainer, this course focuses on building participants' strength, balance and mobility.

The maximum number of participants for the VIVO class is 15. Immense thanks to the 15 people from White Rock who registered for the class.



JOYCE BLACKWELL

The VIVO class will be held on Mondays, beginning September 18, 2023, from 11 AM to 11:45 AM, in the White Rock Baptist Church Fellowship Hall. It is an eight-week non-credit course.

For additional information about this course, please contact either Mrs. Meredythe Holmes, Chair, WRBC Health Ministry, or Deaconess Joyce Blackwell, WRBC-Duke OLLI Liaison.



**“COMMITTED TO
LOVING CHRIST AND
EACH OTHER!”**

White Rock Baptist Church

Dr. Reginald Van Stephens, Pastor
3400 Fayetteville St. Durham, NC 277
Phone: 919-688-8136, Fax: 919-688-9152
E-mail: wrbc@whiterockbaptistchurch.org
Website: www.whiterockbaptistchurch.org

Newsletter Editor and Design—Deaconess Joyce Blackwell, Ph.D.

Schedule of Services

Sunday School Sunday, 8:30 a.m.
New Disciple Orientation/Bible Study. Sunday, 8:30 a.m.
Worship Service Sunday, 9:30 a.m.
Mid-Week Prayer Wednesday @ 12 Noon & 6:00 p.m.
Bible Study Wednesday @ 7:00 p.m.
The Lord’s Supper (1st Sunday during 9:30 a.m. Worship Service)