

# Olney Street Baptist Church

## *The Bridge*

*Connecting Church, Home and the Community*

**Youth Ministry**

Volume 1, Issue 5  
February 2014

### **Church Beyond the Walls & Youth Missions**



#### *In their own words....*

On December 14, 2013, the Youth Mission team showed up at Feed 1000 Rhode Islanders. They had the privilege to serve over 1000 Rhode Islanders of all different walks of life. The people were so thankful to see young people contributing to their community. Through this experience, the youth learned that you shouldn't feel bad for the people who are less fortunate than we are, but to just be thankful for all the blessings that God has given us.

*Tiara Thornton*

Even though the Youth Ministry does a lot of things every month, one special thing we do once every three months is Church Beyond the Walls. Just recently Youth Ministry spent three hard-working days during vacation making chicken noodle soup and homemade bread. When it finally came to the day where we could serve the food everyone was excited. We made enough soup for people to get seconds and thirds!

*Lauren Thornton*

It was the 23rd of December where the Youth Mission team adopted a family. This family has had a very hard past and has been through a lot. We made the decision to adopt them and help them in their new apartment. We, as the Youth Mission team, went shopping and bought them a lot of household goods and other necessities. We also bought them a lot of toys for the little girl and boy.

The kids received toys and clothes, while the mother received household goods. They came to us at Olney Street Baptist Church on December 23, 2013 to receive all we had gathered for them. When Kiana Becton handed the little girl a toy her eyes lit up like a Christmas tree and she asked "Mine?" Also, when Tre Thornton handed the little boy a toy his eyes lit up as well. We helped them pack their belongings into the car and we fellowshiped with them. As a member of the OSBC Youth Mission team I know we all felt the love of God from giving to others.

*Kiana Becton*

## **Youth Ministry News, cont'd**

Congratulations OSBC Youth Mission Team for another successful mission project. The Youth Mission team served others during the past holiday season starting with Feed 1000, then providing toys, clothes, household items to a mom and her two young children, and finally serving homemade chicken noodle soup and homemade bread providing 200 servings. One hundred and five gift cards were distributed and greatly appreciated. People could not believe the soup and were able to take some with them. It is truly a mission and we need to come out and see what Church Beyond the Walls is all about. We thank Brother Paul for driving the van for us. It would be nice to have our Deacons, Pastor, and others come out and take part. Our next time serving with the Epiphany Church and Church Beyond the Walls will be March 29th.

Sister Nadine Rucker

### ***Youth Mission Statement***

***To promote spiritual growth, to connect with God, to sense a feeling of belonging, to have a fun time honoring God, to have a voice, and to continue to combine church with the community.***

## **Shared Blessings**

### ***Local Army National Guard soldier receives Purple Heart***

**(FOX25 / MyFoxBoston) John Monahan, Reporter**

Specialist Carl Alves, a soldier from the Massachusetts Army National Guard (*grandson of Sister Ann McGloshen*), received a Purple Heart award Sunday, January 12, 2014, for a combat wound he received while in Afghanistan. Specialist Alves received thunderous applause from his fellow soldiers during a ceremony Sunday afternoon at the Whitinsville Armory. The award, instituted by George Washington, is a combat decoration given to members of the armed forces who have been wounded or killed "by an instrument of war in the hands of the enemy."

While he was on a combat mission in May, 2011, Alves, a Providence, R.I. native, was wounded by a roadside bomb when it was set off under the truck he was traveling with. He was returning from a three-day mission when the bomb exploded. No one was killed, but he suffered a traumatic brain injury and was hospitalized.

He was serving with the 1st Battalion, 181st Infantry Regiment, in the Massachusetts National Guard. According to the National Guard, that unit provided security for a reconstruction team in Ghazni Province, Afghanistan.

"I was in the hospital for two weeks with a TBI brain injury, and I have a nice remembrance scar on my forehead," Alves said.

Now he has a nice medal in addition to that scar that will also serve as a reminder.

One by one members of his company came up to congratulate and thank Alves. His proud mother was on hand as well.

## ***In Recognition of Black History Month***

### **50th Anniversary of the 1964 Civil Rights Act**

The Association for the Study of African American Life and History has selected *Civil Rights in America* to mark the 50th anniversary of the 1964 Civil Rights Act.

"The history of civil rights in the United States is largely the story of free people of color and then African Americans to define and enumerate what rights pertain to citizens in civil society. It has been the history of enlisting political parties to recognize the need for our governments, state and federal, to codify and protect those rights. Through the years, people of African descent have formed organizations and movements to promote equal rights. The Colored Convention Movement, the Afro-American League, the Niagara Movement, the National Council of Negro Women, and the Southern Christian Leadership Conference carried the banner of equality when allies were few. In the modern era, integrated organizations such as the National Association for the Advancement of Colored People, the National Urban League, and the Congress of Racial Equality fought for and protected equal rights. The names of America's greatest advocates of social justice—Frederick Douglass, W. E. B. Du Bois, Martin Luther King, Jr., and Fanny Lou Hamer — are associated with the struggle for civil rights."

~ 99th Annual ASALH Convention

Thabiso Mohare, a young South African spoken word artist who performs under the name Afurakan, wrote the following poem about Mandela....

#### *An Ordinary Man*

In the end he died an ordinary man  
Only rich in wrinkles from where the spirit had been  
It would be the saddest days  
And we watched the world weep  
For a giant bigger than myths  
A life owned by many  
Now free as the gods

Some cried as though tomorrow was lost  
Some celebrated, questioned freedom and its cost  
Some seized the chance to stand on his shoulders  
While others cursed his grave and scorned wisdom of the elders

Stadiums were littered  
And those in the know spoke their fill  
Mourners paid tribute  
Monarch to President made the bill  
But still  
Where do we begin  
In telling our children where these old bones have been  
And that we as next of kin  
Have inherited his struggle  
And he forever lives through our skin

And on his last day  
When the earth reclaims what's hers  
We will surrender his body but reignite his spirit  
We will write all we know and let history read it to our children  
And remind both scholar and critic  
That there once was a prisoner of freedom  
Who gave the world back its heart  
But in the end  
He died an ordinary man.

### ***Remembering Nelson Mandela***



*"No one is born hating another person because of the color of his skin, or his background or his religion. People learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."*

**Nelson Mandela**

*"Education is the most powerful weapon which you can use to change the world."*

**Nelson Mandela**

## **Christian Education Ministry**

By Sister Lodie Lambricht, Chair



### **Sunday School**

Sunday School continues to function well in meeting its mission to educate all members of our church family. We have dedicated teachers who, week after week, come prepared to teach the lessons and promote spiritual growth among members of our church family. We extend our continuing appreciation to them for working collaboratively with each other to improve and increase the spiritual growth of all who participate.

The highlight of the final quarter of the year was, of course, the Christmas program on December 22 which was combined with the Morning Service. The theme of the program was "Come See the Infant Jesus" and we were delighted that all age groups participated in the program. Our thanks to Sisters Nadine Rucker and Luisa Sanchez for their time and effort in preparing all for their participation in the program.

Deacon David Simmons and Sister Mary Henley, with much help from our youth and adult members, continue to provide nutritious and mouthwatering breakfasts.

Supt. Ann McGloshen extends a heartfelt thanks to Asst. Supt Sister Agnes who carried the torch during her absence in November and December. Our thanks and appreciation to Deacon Charles Nobles for stepping up when one of teachers could not be present on any given Sunday. We also welcome Sisters Barbara Cole and Kimberly Allmond to our Sunday School team and we are delighted that Sister Tamara Thornton has rejoined us.

Although not part of Christian Education, per se, we would be remiss if we did not commend Sister Carolyn Addison and Sister Barbara Cole for the terrific job they are doing with Children's Call.

### **Why Christian Education?**

**Deuteronomy 6:4-6** - "Hear, O Israel: the Lord our God the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road when you lie down and when you get out. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates".

### **Matthew 5:1-43, Matthew 6:1-34, Matthew 7:1-1-29, and Matthew 28: 18-20**

Our Father and Savior gave us the quintessential model, rationale and foundation for teaching and educating all members of our church family. We are each and every one, a Christian educator in everything that we say and do. Think about all that you do on any given day. Consider and be aware of the opportunities you have to teach those you come in contact with. It is important to have a sound scriptural foundation but you don't always have to cite scripture in order to teach and educate others. We are all disciples guided by Matthew 28:18-20.

Think about it!

# CHURCH ETIQUETTE

Submitted by Sister Ann McGloshen

In this article I'd like to share an e-mail message that I received some time ago, but one which I believe will help us to become better acquainted with how to honor our Heavenly Father as we serve in His church.

For those of us who have a personal computer it is not uncommon for it to be flooded, almost daily, with messages...some interesting, some not so interesting and others that I call "**Keepers.**" The message I share with you today is one of my "**Keepers.**" I believe it is relevant to us as Christians and members of the Household of Faith. (Let me know what you think once you have read the article.)

## Protocol

*"Let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind."* James 1:6

If you were invited to a meeting at the White House with the President of the United States, regardless of your opinion of him or her, you would probably go. Upon entering the White House, a protocol officer would meet you and outline the proper procedures for meeting the President. Suffice it to say, it would be unacceptable to let loose with a burst of undignified familiarity or negative criticism as you shook hands.

So, it should come as no surprise that God's Word makes it clear that there is a protocol for entering the presence of God. Hebrews 11:6 outlines one aspect of appropriate interaction: *"He who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him."*

God wants us to be fully devoted to Him, and He takes it personally when our hearts and minds are filled with criticism, unbelief and doubt.

James tells us that when we ask God for wisdom, the key to His response is whether or not we are asking "in faith" (1:6). God is pleased when we approach Him with unwavering faith.

Therefore, leave your doubt at the door and follow the protocol: *"Approach God with a heart of faith, and He will be pleased to provide all the wisdom you need."*—Joe Stowell

*"If we stand in the openings of the present moment, with all the length and breadth of our faculties unselfishly adjusted to what it reveals, we are in the best condition to receive what God is always ready to communicate."* -T.C. Upham

## Deacons and Deaconess Day

This year Olney Street Baptist Church will celebrate its Deacon and Deaconess Day on Sunday, March 16 at 4:00 pm. Chairperson for the event is Deacon David Simmons, with Deaconess Idela Wilson serving as Co-Chair. The guest speaker will be Reverend Carl Balark, Pastor, Ebenezer Baptist Church of Providence. More information will follow.

### **Sodium: How to tame your salt habit**

By Mayo Clinic Staff

If you're like many people, you're getting far more sodium than is recommended, and that could lead to health problems.

You probably aren't even aware of just how much sodium is in your diet. Consider that a single teaspoon of table salt, which is a combination of sodium and chloride, has 2,325 milligrams (mg) of sodium. And it's not just table salt you have to worry about. Many processed and prepared foods contain sodium.

See how sodium sneaks into your diet and ways you can shake the habit.

#### **Sodium: Essential in small amounts**

Your body needs some sodium to function properly because it:

- Helps maintain the right balance of fluids in your body
- Helps transmit nerve impulses
- Influences the contraction and relaxation of muscles

#### **Sodium: How much do you need?**

The Dietary Guidelines for Americans recommend limiting sodium to less than 2,300 mg a day — or 1,500 mg if you're age 51 or older, or if you are black, or if you have high blood pressure, diabetes or chronic kidney disease.

Keep in mind that these are upper limits, and less is usually best, especially if you're sensitive to the effects of sodium. If you aren't sure how much sodium your diet should include, talk to your doctor or dietitian.

#### **Sodium: What are the major dietary sources?**

The average American gets about 3,400 mg of sodium a day — much more than recommended. Here are the main sources of sodium in a typical diet:

- **Processed and prepared foods.** The vast majority of sodium in the typical American diet comes from foods that are processed and prepared. These foods are typically high in salt and additives that contain sodium. Processed foods include bread, prepared dinners like pasta, meat and egg dishes, pizza, cold cuts and bacon, cheese, and fast foods.
- **Natural sources.** Some foods naturally contain sodium. These include all vegetables and dairy products, meat, and shellfish. While they don't have an abundance of sodium, eating these foods does add to your overall body sodium content. For example, 1 cup (237 milliliters) of low-fat milk has about 100 mg of sodium.
- **In the kitchen and at the table.** Many recipes call for salt, and many people also salt their food at the table. Condiments also may contain sodium. One tablespoon (15 milliliters) of soy sauce has about 1,000 mg of sodium.

Virtually all Americans can benefit from reducing the sodium in their diet. Here are more ways you can cut back on sodium:

- **Eat more fresh foods.** Most fresh fruits and vegetables are naturally low in sodium. Also, fresh meat is lower in sodium than are luncheon meat, bacon, hot dogs, sausage and ham.
- **Opt for low-sodium products.** If you do buy processed foods, choose those that are labeled "low sodium." Better yet, buy plain whole-grain rice and pasta instead of ones that have added seasonings.
- **Remove salt from recipes whenever possible.** You can leave out the salt in many recipes, including casseroles, soups, stews and other main dishes that you cook. Look for cookbooks that focus on lowering risks of high blood pressure and heart disease.
- **Use herbs, spices and other flavorings to season foods.**

## ***SPEAKING OF BLACK HISTORY... EQUALITY***

Early in the morning of August 28, 1963, hours before the March on Washington for Jobs and Freedom was to begin; Courtland Cox, a top official from the Student Nonviolent Coordinating Committee, walked to the still-deserted National Mall with the chief organizer of the march, Bayard Rustin. In the quiet, as mist rose from the Reflecting Pool, Cox turned to Rustin.

“Do you think anybody’s coming?”

They came. They arrived by bus, train and car. They bicycled from Ohio, hitchhiked from Alabama and walked from Brooklyn. One young man roller skated from Chicago. That day, some 250,000 people joined one another in the hope and belief that change was possible.

Wearing their Sunday best, carrying placards, linking arms and joining voices, they filled the National Mall from the Washington Monument to the long shadows of the Lincoln Memorial. In a peaceful gathering filled with music and hope, they gathered to listen to popular artists of the day sing songs of yearning and courage. Speakers from religious groups, labor unions and major civil rights organizations talked of their belief that the time for change had come, was indeed, overdue.

Dr. Martin Luther King, Jr., galvanized the watching nation with his dream of a day when “this nation would rise up and live out the true meaning of its creed: ‘We hold these truths to be self-evident, that all men are created equal.’ He envisioned a day when “all of God’s children will be able to sing with new meaning: ‘My country ‘tis of thee; sweet land of liberty...’”

The brainchild of labor leader A. Philip Randolph, a seventy-four-year-old veteran of battles against racial discrimination, the March on Washington was intended to be a call for strong civil rights legislation and policies such as a national living wage and a large-scale jobs program for the unemployed. More broadly, in King’s words, the march aimed “to arouse the conscience of the nation.”

It proved to be a milestone in the civil rights movement. Less than a year later, Congress passed and President Lyndon B. Johnson signed into law the Civil Rights Act of 1964, followed by the Voting Rights Act of 1965.

Whether black or white, Jewish, Protestant or Catholic; young or old, rich or poor, for that one day in American history, they were one, united and equal in the dream they shared. Yes, they came.

(The above narrative is printed on the back of the African American collection of postage stamps entitled: EQUALITY and submitted by Ann McGloshen.)

### ***The Art of Living***

*(Author Unknown)*

***There’s a special art to living.  
And you need a frame of mind  
That can overlook the showers,  
Until the sun begins to shine.  
To develop to the fullest  
You have got to understand  
That things don’t always function  
In the way that they are planned.***

***There’s a special art to living,  
And the challenge must be met.  
But the longer that you try it  
Why the better you will get.  
Don’t waste your time in waiting  
For the world to come to you.  
You have to climb the mountain  
To appreciate the view.***



**Traditional Parenting**  
by  
**John Rosemond**

“Because I said so.....”

While working in my secret parenting laboratory, hidden deep beneath the earth’ surface and accessible only by me and a small, select team of associates, I recently made what I believe is a huge and history-making breakthrough that promises to greatly improve parenting the world over.

For years, I have stood almost alone among America’s parenting pundits in defending the legitimacy of “Because I said so,” perhaps the most maligned four words in all of history. I have gone on record as saying that “Because I said so” affirms the authority of the parent, provides an honest answer to a child’s demand to know the reason behind the parent’s decision, and all but eliminates the possibility of a mutually debilitating parent-child argument.

I have pointed out that adults have to accept the BISS principle — when we pay our state and federal taxes, for example and asserted that it is in the best interest of children therefore that adults make them aware of this reality from an early age. Furthermore, there is no evidence that “Because I said so” damaged the mental health of my generation — the last bunch of American kids to be universally exposed to it; there is no good reason to think, therefore, that it will damage the psyches of today’s children (although they do seem a tad more fragile than we were).

No short list of folks have suggested alternatives to BISS, such as “Because I am an adult and you are a child and it is my responsibility to make decisions of this sort on your behalf and you will not understand my actual reason until you are my age, so there’s no point in my sharing it with you, and whether you agree or not,

you have to obey.” Needless to say, the child lost the parent at “responsibility.” Given the choice, I would recommend the simpler, shorter form.

Never would I recommend that BISS be said in other than a kind, yet decisive tone of voice. It should not be screeched at a child, but then neither should anything else. But all of this may be moot, because after years of painstaking and highly secret research, I have discovered an alternative that is even shorter and, therefore, sweeter: “Trust me.”

Think of it. A child asks (demands to know) “Why?” or “Why not?” and the parent in question simply says “Trust me.” That pretty much says it all. Most important, it affirms that the parent knows what is best for the child, whatever the situation. The parent knows (but the child does not) that eating broccoli is better than eating deep fried processed proto-junk, that play should be balanced with household responsibilities, that “my friends all have one!” is not justification for buying a 12-year-old a cell phone, and so on.

Children do not know what is best for them. They only know what they want. And given the choice between what is best and what they want, they can be relied upon to choose the later. Furthermore, when parents make the right choice for a child, there are no words under the sun that will cause the child to agree. The child will agree when he or she is an adult and is the parent of children who are demanding what they want. No sooner.

In the meantime, all one can do is ask the child to trust. To which someone might say, “But he won’t understand that either.” That’s all right. Faith is a long-term investment.

John Rosemond is a family psychologist that has a weekly columns in *The Valley Breeze, Living Edition*.

Article submitted by Deaconess Cleo Nobles

**Ladies Night Out!**

**Join your sisters at Olney Street Baptist Church for the showing of the stage play, “The Hold Up”, by playwright Helen Baskerville-Dukes. The play will be performed at the Trinity Tabernacle Performing Arts Center, 745 North Broadway, East Providence, RI. The performance is Saturday, February 22 @ 7 pm. Tickets are \$15 if purchased in advance of the performance; \$20 @ the door. Please see Sister Nadine to indicate your interest in attending. You can also visit the website @ [www.ibgproductions.com](http://www.ibgproductions.com) or call (401) 935-9735, for more information.**

## Mark Your Calendar

Deacon & Deaconess Day	Sunday, March 16, 4:00 pm
Church Beyond the Walls @ Burnside Park	Saturday, March 29
American Baptist Women's Ministry, Church & Community Spring Gathering @ OSBC	Saturday, March 29
Easter Program @ OSBC	Sunday, April 20
May Breakfast @ OSBC	TBA
Women's Day Celebration @ OSBC	Sunday, May 18

### Women's Ministries at Olney Street Baptist Church

*"Stepping Out on Faith Together"*

Please join us at our monthly meetings held on the first Saturday of every month (except July & August) at 9 am in Fellowship Hall.  
*All women are welcome!*

### ***Sick and Shut In\****

Let us continue to spread hospitality to our homebound.  
*Romans 12:13 says: "Contributing to the needs of the saints, practicing hospitality."  
Bless someone with a phone call, a prayer or a visit.*

Sister Dora Nelson

Sister Louise Malabrie

***\*See Sunday Church Bulletin for contact information***

Sister Elizabeth Hamilton

Deaconess Hazel Bradley

Sister Doris Simmons

Brother Walter Baptista

Sister Earline Davis

Sister Lillian Shaffer

Sister Helen Butler

Sister Van Johnson

Sister Durlene Nembhard

Sister Helene Hammond

Brother Russell Nicholas

Sister Agnes Ashe



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**Olney Street Baptist Church**

**Rev. Dr. Johnny M. Wilson, Jr., Pastor**

Officers & Ministries — 2014

**Church Officers**

Sister Joyce Hall, Church Clerk  
Sister Lodie Lambright, Chair, Christian Education  
Deacon Charles Nobles, Chair, Deacon Ministry  
Sister Dorothy Henley, Chair, Trustee Ministry  
Sister Charlene Simmons, Treasurer  
Brother Andre Williams, Asst. Treasurer  
Sister Ann McGloshen, Sunday School Superintendent  
Sister Agnes Ashe, Assistant Sunday School Superintendent  
Brother Edward Roberts, III, Church Moderator

**Christian Education Ministry Members**

Sister Tondalay Brown	Sister Luisa Sanchez
Sister Dorothy Cooper-Browne	Sister Lezlee Shaffer
Sister Mary Henley	Deacon David Simmons
Sister Collita Miller	Deaconess Idela Wilson
Sister Nadine Rucker	

**Deacon/Deaconess Ministry**

Deacon James Dixon	Deaconess Hazel Bradley
Deacon Charles Ross	Deaconess Bettye Clanton
Deacon Raymond Scott	Deaconess Vivian Moore
Deacon David Simmons	Deaconess Cleo Nobles
	Deaconess Thelma Ross
	Deaconess Lillie Scott
	Deaconess Idela Wilson
	Deaconess Dorothy Williams

**Trustee Ministry Members**

Sister Naomi Brown	Brother Charles Hall
Brother Paul Dalrymple	Sister Sharon Ottey
Brother Richmond Davis	Sister Cheryl Roberts
Sister Barbara Dodd	Brother Edward Roberts, Jr.
Brother Calvin Guyton	Brother Albert Smith
Sister Carolyn Guyton	Brother Gary Washington

***Olney Street Baptist Church Mission Statement***

**To promote Spiritual Growth, Evangelism and Stewardship through Bible Study,  
Prayer and the Development of Ministries throughout the Body of Christ and the Community.**

***Newsletter Committee Members***

**Sister Ann McGloshen  
Deacon Raymond Scott  
Sister Rosia Whetstone  
Sister Lezlee Shaffer, Coordinator  
Sister Lodie Lambright, Ex-Officio  
Rev. Dr. Johnny M. Wilson, Jr., Ex-Officio**