

How to Submit Stories

Please submit all stories to the drop box in the foyer.

Interested in Writing

We need you! If you would like to join our staff of writers please submit your name and area of interest to

pegedavie@yahoo.com



Issue ONE

in this issue >>>

What Cha Doing?	Page 2
Health	Page 3a
The Tie That Binds	Page 3b
Heritage Foundation	Page 4a
How to Submit an Article.	Page 4



A Monthly Update for First Baptist Church North Tulsa

NORTH TULSA HERITAGE FOUNDATION

presents

2011 RECIPIENTS

Sharon Gallagher

Rev. Dr. Ray Owens

Representative Jabar Shumate

Community Service Award

Tulsa Project Woman

Entrepreneurial Award

Ralph's Men's Wear

IMAGE BUILDER AWARDS

Honoring some of our community's influential and prestigious individuals.

- SAVE THE DATE -

Thursday, February 24, 2011

6:30 PM

FOR MORE INFORMATION, or to be placed on the mailing list, contact:
North Tulsa Heritage Foundation
Mabel B. Little Heritage House Museum
322 North Greenwood Avenue, Tulsa, 74120
(918) 596-1006

First Baptist News Chronicle

What Are You Looking For In A Church?

So what are you looking for in a church? You might not have thought about that question lately. But take a moment now to ask yourself, what does the ideal church look like? "The ideal church is a place with....."

For some the ideal church is a place with beautiful music that glorifies God. Maybe the music is not as important to you as the preaching. You want a church where the people are at the same place in life as you are. Then again, maybe the most important thing for you about church is whether or not there are opportunities to get involved. I expect that some are looking for a church where they can feel the Spirit. Or maybe you're just looking for a church that feels a certain way. A lot of things can be good or

Really, I just want you to start thinking about what you value most in a church. As you contemplate this question consider the following fact.

The church *is* a people, not a place. It's not a building. It's not a preaching point. It's not a spiritual service provider. It's a people, the new covenant, blood-bought people of God. That's why Paul said, "Christ loved the church and gave himself up for her" (Eph. 5:25).

He didn't give himself up for a place, but for people.

The church is a body, united to him who is the head. It's a family, joined together by adoption through Christ. What are you looking for in a church?

By Anthony L. Scott
Senior Pastor FBCNT

Black History Month is observed every February in the United States. Learn about the history of Black History Month through reading biographies of famous African Americans!

Fact #1 Nathaniel Alexander was the first to patent the folding chair. His invention was designed to be used in schools, churches and at large social gatherings.

Fact #2 Political scientist and diplomat, Dr. Ralph Johnson Bunche, received the 1950 Nobel Peace Prize for his mediation efforts in Palestine during the 1940s. He was the first African-American to receive the honor.

Black History Month

"Freedom is never given, it is won."
- A. Philip Randolph



A little bit of FBNT History.....
The Founders organized Macedonia Baptist Church in 1899 which later became First Baptist Church North Tulsa in 1907.

Contact us at 918-582-5129

www.fbent.org



1414 N. Greenwood Ave
Tulsa, OK 74106

Teaching Minds, Changing Hearts Touching the World

First Baptist Church North Tulsa

February is **American Heart Month**

Heart disease is still the No. 1 killer of women age 20 and over, killing approximately one woman every minute. More women die of cardiovascular disease than the next four causes of death combined, including all forms of cancer. In fact, while 1 in 30 American women die of breast cancer, about 1 in 3 die of cardiovascular disease. Yet, only 1 in 5 women believe that heart disease is her greatest health threat.



The heart is the powerhouse of the body! It is too vital of an organ to ignore. The heart beats an average of 80 times a minute and works day and night endlessly supplying oxygen and nutrients to the body and taking away toxic end products that can poison the body.

Things we can do to keep our powerhouse going for many years to come include: maintaining normal blood pressure, losing weight, reducing the fat and cholesterol in our diet, quitting smoking, drinking only in moderation, and exercising at least 20 minutes three times weekly. Please see your doctor regularly.

“Dear Lord, Strengthen me to take care of my heart in a way that honors you. Amen”

The Health column contributor is Ms. Sheryl Marina – Health Ministry Leader at FBNT.



THE TIE THAT BINDS

BY MARIE WILLIAMS

As I reflect upon the 2 years of Saturday morning prayer time with my family, I am continuously amazed and thankful for God’s goodness and mercy. Over time, my faith has transitioned from thinking on what God *may do* to what God *has done* and *continues to do*.

My father was the cornerstone of our family and after his death, we recognized that we needed a bond to sustain our family’s spirit of love and unity. When the 13 Jones siblings connected via telephone conference call to discuss ways to keep our family united, we recalled how as children our mother would wake us bright and early every Sunday morning for family prayer. **Family Prayer...the tie that binds!**

Bind is what we did! Every Saturday morning an average of 35 Jones family members from across 7 states come together in prayer, rejoice in victories, and support each other during times of challenges. On one occasion, we had as many as 90 family members on the line!

There is an immeasurable joy in connecting with family weekly. The family also comes together for what we call “special occasion prayer time” – Thanksgiving, Christmas, New Year’s Day, and yes...we even united for the New Orleans Saints Super Bowl conference call! We understand that our weekly time spent in prayer does not preclude us



from life’s storms, but it definitely helps us to endure. Our parent’s legacy lives on forever through the tie that binds the 13 of us together...**Family Prayer!**

Psalm 133:1 says, *“Behold, how good and how pleasant it is for brethren to dwell together in unity.”*

What is the tie that binds your family?

Marie Jones Williams is the seventh of fourteen siblings of the late Mr. Mose and Mrs. Beatrice Jones



What Cha’ Been Up To?

By Mary Jo Copeland Grissom

This column will be dedicated to those members who have been out of our midst, but remain in our hearts and minds ... though we may not know what they’ve been doing since we last saw them. Recently, I had the opportunity to visit with two such people – ReNee Hornbeak and her Mother, Marie Works. What ReNee’ has been up to is ...



“GIVING CARE”

ReNee’ Hornbeak is a caregiver, and that’s been the main thrust of her life since about 2003. A caregiver, simply put, is “somebody who looks after somebody.” However, the reality of what caregivers do is far from simple. For ReNee’ it means being a constant companion, protector, provider, and cheerleader for her mother, Marie Works, who has been afflicted with Alzheimer’s for the past several years. The disease has gotten progressively worse, but ReNee’s love, care, and determination to provide the best for her Mother has continued to grow stronger.

You’ll sense the warm camaraderie and care when you walk into the family home. And it never fails that a visitor’s smile and hello to Marie will elicit a big smile from her ... no words spoken ... as she returns the greeting almost bubbling over with what appears to be recognition of a dear friend.

“Mama reacts to smiles ... she doesn’t remember anyone, but she loves to see a smile,” says ReNee. Alzheimer is a brain disease that causes problems with memory, thinking, and behavior and gets worse over time.

ReNee lovingly took on the challenge of “caregiver” to both of her parents when she recognized that neither one of them could be home alone. “Daddy (who passed away in 2007) had cancer and Alzheimer’s; Mama had had several heart attacks and was in the early stages of Alzheimer’s. It never occurred to me *not* to do this for my parents. I’m unpaid, and have no regrets.”

For many years, her father, William Works Sr., was a Deacon, usher, Fellowship Choir member, and faithful Sunday School member at FBCNT. Her Mother was active, too, serving as a Deaconess, usher, Fellowship Choir member, circle member, Sunday School member, and one of the adult sponsors for the Youth Fellowship. Now Marie’s health won’t allow the joys of going to church.

ReNee and her Mother continue to live in the family home. A nurse and an aide each come to the home twice a week. ReNee laughs when asked what brings them joy, and says it’s the little things – a bowl of JELLO, dolls, and stuffed animals bring smiles to Marie’s face. For ReNee, leisurely trips to the grocery store or the occasional lunch with a friend bring her joy. Marie, who loves to be fully dressed every day, likes to be right there with ReNee, whether ReNee is washing dishes or folding laundry. “She’s like my shadow,” ReNee laughs.

ReNee’ says it is important to her that people understand the life-changing stages a person with Alzheimer’s can experience. For example, life changes at night. “It’s called sundowning and it’s a symptom that occurs in people with Alzheimer’s,” ReNee explains. “At about 6 p.m., Mama will do things that she wouldn’t normally do during the day; and things she might normally be able to do during the day, she just can’t do in the evening.”

For others who may be caregivers, ReNee’ has some tips. “You must take care of yourself, and this is not easy to do because you may have limited help or no help at all! Make and keep your doctor appointments.

“It really helps if you and the person you’re caring for have the same primary care physician, too. This makes it easier for the doctor to get to know the family; and try and have your appointments together.

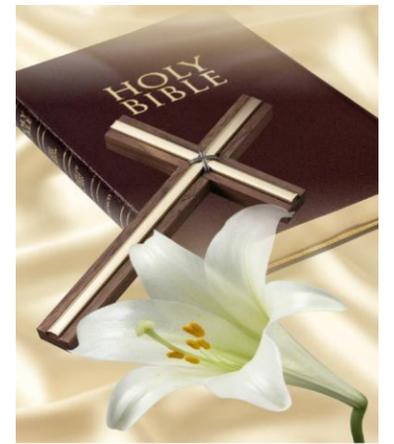
“Laughter is really important, for both of you! I make sure Mama laughs during the day and before she goes to sleep at night. I also make sure that she hears a prayer before she goes to sleep.”

Finding those special things that her Mother enjoys is really important to ReNee. “When I play gospel music I’ve found that Mama still remembers some songs and will mouth the words!

ReNee also keeps a journal, and following is an entry she agreed to share.

To sleep, per chance to dream --William Shakespeare

I wonder if Mama dreams.
She can’t recall today ...
Does she revisit her childhood – her youth – in a dream?
Those long summer days in Kentucky under her Grandmother’s apron ...
Can she conjure up the sights and smells of her Grandfather’s store?
Big barrels of pickles and long ropes of sausages, crates of crackers and bread ...
Fruits and vegetables and always big jars of two-for-one penny candy ...
I wonder if she can recall the train ride to and from boarding school ...
First boyfriend ... first kiss ... first heartbreak ...
If she dreams.
In dreamland does she see herself at her most beautiful?
Long hair flowing, lips and nails bright red ...
Steppin’ out to work daily in 4” heels, waist cinched in by a girdle ...
If she dreams ...



Since the submission of this article, it is with great sadness that we must report that Sis. Marie Works passed away on Wednesday, February 2.

All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort.
2 Corinthians 1:3