

## Reason I Run Cont...

I received neither. I asked God to heal my heart. God did.

I spent 3 months in out-patient cardiac rehabilitation where I gradually began to walk a mile each day. After one year, my cardiologist told me I had no clinical symptoms of heart failure, but he ordered more tests. A stress test revealed no blockage, no disease, and no evidence of damage. My "shouting moment" came at my two-year check-up when my cardiologist showed me the initial images of my heart scan next to the images from one-year-later.

They looked like the Doppler weather radar for a hurricane next to a plain, old, rainy day. My doctor tried his best to convince me that I really had been a sick woman, even though I have no symptoms now. I reminded him of what I told him the day I met him, "I expect a miracle. I'm waiting for God to heal me."

He healed me so that others might be healed through my testimony.

Saturday, February 19, 2011, I finished my first 5K in the Sweetheart Run.



## Wedding Bells Cont...

*How was marriage counseling with Pastor?*

Tiffany: Everything went well, the counseling was actually short because our faith was strong.

BJ: We learned the real significance behind marriage.

*What is the best advice you two have received so far?*

Tiffany: Communication, don't ever stop talking to one another.

BJ: Don't stop dating each other!

*What is the worst?*

Tiffany: When he gets on your nerves, call me, I will get him for you.

**Tiffany and Rev. BJ will be married here at First Baptist Church North Tulsa, Saturday, March 12<sup>th</sup> at 5:00 p.m.**



First Baptist Church North Tulsa  
1414 N. Greenwood Ave, Tulsa, OK 74106

**Teaching Minds, Changing Hearts Touching the World**

Contact us at **918-582-5129**

*If you have a story please share it! All stories are due by the 4<sup>th</sup> Sunday of every month. You can submit your stories, ideas, and questions for the newsletter via the newsletter drop box in the foyer!*



## A New Direction Cont...

*What are some new things you and the department are doing to help the youth?*

I am working on listening to the youth and seeing what they want to do. They often feel they aren't heard.

If they ask a question and get a no, we help them understand the reason why. .

If the youth have other things going on outside of church, we encourage the youth to let us know what they have going on so we can be there to support them. We are there for them inside and outside of church.

*Upcoming Events for the Youth Department! Find out what Mrs. Morris and the youth have planned for this year:*

*Taste of Italy* - we are going to have spaghetti and lasagna theme along with a fashion show.

*Ignite the Spirit within* -we are going to invite different churches to come and fellowship with other youth. Whatever ignites the spirit within them we want them to share it with us.

*Jeopardy* - we are going to quiz the ministries of the church and see who knows the bible better.

*Education seminars* - I have people scheduled to come in and speak to our older students who are looking for jobs and going on to college.

*Gas Raffle* - there will be three \$75 dollar gas cards given away.

## In this Issue >>>

First Baptist Celebrates the Home going of Rev. Jordan

A New Direction

I Hear Wedding Bells

The Reason I Run

Central High School Partners with First Baptist

First Things First: Let's Answer the Call



A Monthly Update for First Baptist Church North Tulsa

# First Baptist News Chronicle



FIRST BAPTIST CELEBRATES THE HOME GOING OF PASTOR EMERITUS, REV. LEROY K. JORDAN.



On Saturday, February 26<sup>th</sup> the Pastor Emeritus for First Baptist Church North Tulsa passed away. Rev. LeRoy K. Jordan served as Pastor for 32 years (1962-1994) with immeasurable love and service that extended far beyond the pulpit.

On Sunday, Pastor Anthony Scott announced he would honor the late Rev. Jordan in two ways: neither he nor any of the ministers will be sitting in the pulpit (where Jordan's ministerial robe will hang) for 30 days; his second announcement was his replacing of the morning sermon with a special message honoring Jordan's many accomplishments and legacy.

The memorial service will be at Antioch Baptist Church, (540 Cameron M. Alexander Blvd NW, Atlanta, GA 30318) on Saturday, March 5<sup>th</sup> at 11:00 a.m. Antioch's Pastor, Dr. Cameron Alexander will preside.

The body is resting at the Murray Brothers Funeral Home (1199 Utoy Springs Rd SW, Atlanta, GA 30331).

## A New Direction

*Alnetta Morris - new youth director*

Alnetta Morris' passion for leading the youth department is nothing short of a miracle. Mrs. Morris was recommended by Pastor because of her skills with youth and her willingness to serve her church.

"Once I was done with grad school I knew I wanted to be more involved with the church", says Morris. "I had been praying to get involved, and so when pastor asked me I knew God had answered my prayer."

Her qualifications exceed all expectations of you average volunteer.

Her passion to work with youth is fed by her personal life. Working in the public school system for 12 years she realized there was more that needed to be done, and she decided to make a difference.

Alnetta is the co-founder of the Solid Foundation Preparatory Academy (SFPA) established in 2004. SFPA is a faith-based organization endeavoring to incorporate faith and learning. "It is an alternative for parents who want prayer in the school system" says Morris. SFPA is its 7<sup>th</sup> year and growing.

Utilizing her experience she has already begun to take the youth department in a new direction.

**Read on to find about the new changes for the youth department:**

*What are your plans for the youth?*

I am not only trying to reach the youth, but let them know who Jesus is; I really want them to have a relationship with Christ, and for them to not just come to church to come, but to expect something when they hear the word or a song.

Making sure they bring their bibles to church; teaching them Church etiquette, things we take for granted and assume they already know; we are also encouraging them to come to Sunday school and stressing the importance of them being there.

Overall we want the youth to develop a relationship with Christ.

*What activities do you have planned?*

We are going to do community service projects; we want Tulsa to see the positive things the First Baptist youth are doing.

Every quarter we are going to do a fellowship, we will let them choose where they want to go and have fun. Just because we have a relationship with Christ doesn't mean you can't have fun.

**SEE "A NEW DIRECTION CONT..."**



## The Reason I Run

### A Night to Remember...

I could not believe the strangers who told me I had congestive heart failure. My blood oxygen was .85, fluid had built up in my lungs, and my enlarged heart was pumping at 25%. I was young, healthy, and clutching my 5-day-old daughter.

### Two weeks prior...

I had huffed, puffed, and waddled my oversized 8-month pregnant body into a routine prenatal visit. That particular afternoon, my blood pressure was elevated, but I had never had high blood pressure before. My doctor sent me immediately to the Labor & Delivery area of the hospital. I panicked, "My husband isn't with me. My baby isn't supposed to be here until next month." After spending the evening in L&D, I was sent home on strict bed rest.

The next day I was admitted into the hospital because my blood pressure had spiked. Initially the plan was to stabilize my blood pressure and slow my labor until closer to the due date. Eventually, my doctor determined that delivering the baby would relieve the stress on my body. Sunday, August 31, 2011, Sydni entered our life, but my body still found no relief.

The next few days were tiring, as one might expect after hours and days of labor, complications, and a caesarian section. I returned home 4 days after Sydni was born. My first night was restless, and the following day I felt like *something just wasn't right*. I was uncomfortable; my breathing was labored; resting seemed to make it worse. Finally, I told Mica (my husband), "I don't know what's wrong with me. I want to go to the hospital. I have the baby. You get Eric. I'll be in the car."

### A Night to Remember

When I arrived in the ER of St. John Owasso, I was wheeled to the triage suite.

The room was buzzing with activities as the medical staff struggled to diagnose my condition. Within the hour, I felt like I was trapped inside a bad episode of Grey's Anatomy. After several tests and procedures, an angel stepped into my room in the form of a doctor. She told me she believed I had a rare condition called peripartum-cardiomyopathy (PPCM). She had survived it three years prior. (I would later learn that most women are diagnosed by medical examiners.)

Connected to 12 EKG patches, a pulse-ox, a BP cuff, oxygen, and an I.V., I was transported to The St. John Heart Institute in Tulsa, OK. My hospital room was a circus attraction; doctors and their students came from miles around to see this rare case of PPCM in Tulsa, OK. PPCM afflicts fewer than 1-tenth of 1% of all pregnant women in the United States (less than 1,000 women each year). Half of them die. Of the survivors, half of them never recover. My cardiologist suggested that I would be a candidate for either a heart transplant or a defibrillator device.

SEE "REASON I RUN CONT..."

## Tulsa Central Welcomes New Partner-in-Education



Dear First Baptist,

Welcome to the Tulsa Central Fine and Performing Arts high school family. We have a rich tradition of Academics, Fine Arts and Athletic excellence.

It is a natural fit for Oklahoma's oldest African American church, steeped in history to partner with our school. Together we can provide our community a wealth of educational and cultural experiences.

As Principal, I will encourage students to become a part of our mission through logging community service hours, assisting with the media ministry and/or performing at your events.

Pastor Scott and I have started the bridge building process of allowing this partnership to flourish. After much collaboration and an exciting tour of Tulsa Central, we shared some common

Ideas that we felt were a priority i.e. mentoring program for male students, test monitoring for April's EOI exams, fine arts students' performances and assistance with the senior ministry quilting.

We look forward to this wonderful opportunity.

Please contact Mrs. Denise Davis (Church Member) or call 833-8400 for more information on how you can get involved.

In His Service,

Dr. Oliver Wallace, Principal

Tulsa Central Fine and Performing Arts High School

## Parenting: Old School Vs New School

Denise Davis

As an aging baby boomer, I realize that parents of my generation are seen as antiquated and not familiar with new innovative parenting styles - I am ok with that.

I count it a privilege and joy to be in the field of education and am familiar with many of the parents of my former and current students. The notion of "it takes a village" is still in play and something that all parents still have in common. It is totally ok to not know everything about raising kids.

For all parents that purport to have it all together and can prescribe how things are going to turn out with their kids - Good Luck!!!

I can give countless examples of families that have used the same parenting skills on the children in their household and each child has had a different outcome.

One child can be a straight "A" student, never give parents a moment of trouble; the second child comes along and purposefully chooses a different path just to avoid being compared to their sibling. They avoid the comparison at all costs, even if it is to their personal detriment. Parents feel that they have done something wrong, but it is a simple fact that most children want separate and unique identities.

Another example is the "middle child" syndrome. They are not the oldest - shouldering responsibility, or the youngest - the "darling" of the family. They struggle to find their role in the family.

It takes much prayer for and with your children, much reasoning with them, much consulting with other parents, family members and professionals to get through the difficult years.

I enjoy hearing success stories of parents who have hung in there and seen a positive change for the better. I also enjoy helping parents work through difficult situations.

The purpose of this new section is to offer sound Christian parenting ideas, tips, and researched based information on how to address issues as a parent.

Please submit questions, or topics to [denisedavis@sbcglobal.net](mailto:denisedavis@sbcglobal.net) or you can submit them via the drop box in the foyer.



## First Things First:

### Let's answer the *Call!*

As we work on being better stewards we should recognize that God is calling us to be accountable not only with our time, but with our finances.

God blessed us with our First Baptist church home that has endured through several generations.

Show your thanks by being accountable to Him for its condition and take responsibility for the renovations.

**First things first - answer the call!**  
**Leviticus 27: 30**

Renovation Committee

## I Hear Wedding Bells!!

Peige Davis

**Tiffany and Rev. BJ share their story of love and details about their upcoming wedding.**



I had the pleasure of interviewing the two love birds and here is what they had to say:

**How are the wedding plans coming along?**

Tiffany: The planning is coming, we just have the little things left!

**Tiffany, do you have your dress picked out?**

Tiffany: I definitely do.

BJ: I peeked at the dress... just kidding.

**Of course you are getting married at the church, but what makes it significant for the two of you?**

BJ: For me it's like my second home, which makes it even greater. I was raised there and a lot of the people who have helped raised me are there still. It helps to be born and raised there and then be surrounded by the people who have loved me since I was a kid.

Tiffany: For me it is significant because it's so important to him. It just equalizes things for me. It's also in the same neighborhood I grew up in. I went to school right across the street (referring to Carver Middle School), and my grandmother stayed right around the corner.

**How did you two come to fall in love?**

Tiffany: We met in 7<sup>th</sup> grade at Carver. The love part came years and years down the road in our friendship. We became close 9<sup>th</sup> grade year at Booker T. I found out that he was friends with a mutual friend...

*(They both proceeded to tell me who flirted with whom first in class. The only conclusion that could be drawn was neither one was paying attention to the teacher at the time).*

Tiffany: We went to the Bahamas in 2006, and we ended up coupling up. We went as 5 friends and two of our friends were already coupled.

BJ: "She couldn't get enough of me. I couldn't get her to stop following me, so I let her stay around."

Tiffany: Peige, switch she with he and that is what actually happened.

SEE "WEDDING BELLS CONT..."

## COMMUNITY NEWS: REGINALD KING

### WOMAN UP: HIV/AIDS Seminar

For girls ages 12-19

Friday, March 11 9 a.m.-3 p.m.  
Rudisill Regional Library  
1520 N. Hartford • 918.549.7645

Skilled facilitators and specialist Anita Washington of Emory University will lead candid discussions, video showings and other presentations regarding HIV/AIDS. Free HIV screening will be available. Parental permission slips are required for participation.

Sponsored by the Tulsa Library Trust and the African-American Resource Center.

Free and Open to the Public

If you are hearing-impaired and need a qualified interpreter, please call the library 48 hours in advance of the program.

TulsaLibrary.org

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