



**NOVEMBER THEME: THIS IS HOME - THE STORY OF GOD'S CREATION**

**November Fighter Verse — Psalm 90:2**

Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God.

**OUR WORSHIP**

**IN-PERSON  
LIVESTREAM, FACEBOOK & YOUTUBE @  
11:00AM  
Www.centralbaptistnyc.org  
Adult Sunday School 9:45AM via Zoom  
Dial in phone number: 646-558-8656**



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**November Birthdays**

Cameron Davis	11/5	Destiny Jean-Michel	11/20
Leroy Chisholm	11/7	M. Esther Romero	11/23
Guerline Marcelin	11/9	Maya Newkirk	11/24
BJ McDonald	11/10	Sharae Moultrie	11/24
Jackson Gee	11/13	Savannah Eaddy	11/27
Lisa Copeland	11/14	Dorothy Lambiris	11/30
Tianna Newkirk	11/18		



**Opportunities to Give and Serve**



You are invited to CBC's **Food Giveaway** Nov. 20, 2021 11AM—2PM Free Turkeys too! *While the supply lasts*



Central Baptist Church and Advent Lutheran Church join in a **TOY DRIVE** for boys and girls ages Newborn to 18 years of age. They will be collecting toys until **December 1st**. Drop locations and times at both locations are:



Central Baptist  
166 W. 92nd St.  
(212) 724-4004

Advent Lutheran  
2504 Bdway @ 93rd St.  
(212) 665-2504

Tuesdays, Wednesdays, & Thursdays — 11am—5pm  
Saturdays & Sundays — 10am—4pm  
At Both Locations

**MINISTRY HIGHLIGHT  
Health Ministry**

*By Paulette Forbes-Igharo with Coral Aubert*

**HEALTH MINISTRY**

**MEMBERS:** Coral Aubert, Kim Casteline, Sarah Clark, Debra James, Jenai Jackson, Christine Lewis, Rhonda Marshall Leneau, Kathrine Smith, Sonya Tonge, Elizabeth Wright.

**Mission/Purpose of Ministry**

The Health Ministry, with God's help, provides the information and recommendations needed to maintain overall good health, which includes heightened awareness of Central Baptist Church congregation and the community. Our scripture is 1 Corinthians 6:19-20 "God's Temple: Our Bodies".

**The Health Ministry's Programs** focus on trusting Jesus Christ to strengthen us spiritually, physically and mentally, as we respect and honor His Temple: Our Bodies. As His believers, we continue to love our Lord with all our hearts and minds.

**Based on God's Word, our scripture is First Corinthians 6:19-20 "God's Temple: Our Bodies".** The Health Ministry looks forward to providing the information and to providing recommendations needed to maintain overall good health, which includes heightened awareness of Central Baptist Church's congregation and community. The Health Ministry emphasizes personal responsibility, in that we accept the challenges, disciplines and commitments involved with health.

**The Health Ministry emphasizes spiritual commitment to Jesus Christ.** We have found that those who volunteer and join the ministry have a mindset towards God's Word regarding health and wellness. We utilize the biblical truth that we need to grow spiritually and emotionally.

**What are our Ministry's Efforts?** We focus on trusting Jesus Christ to strengthen us spiritually, physically and mentally, as we respect and honor His Temple. As His believers, we continue to love our Lord with all our hearts and minds as we approach each project.

**How are we organized?** Thank God, Central Baptist Church (CBC) has a huge pool of talents and skills, within its congregation. The Health Ministry is structured accordingly. Whatever area of health we are highlighting, we are blessed to have someone in our congregation with gifts/skills in that area. We have had many successful Forums, Workshops & Seminars.

**What Time & How Often Does Ministry Meet?** We meet based on the needs of each event. i.e. Forum, Seminar or Workshop. We have no set meeting times or places within CBC. Many meetings are set according to skills needed for what is being planned.

**What Do Members Expect?** Members should stand ready to display their specific talent/skill or gift. Many willingly volunteer to contribute, help or learn something new whenever they can, all towards the Ministry's goal/success. The Health Ministry tries hard to coordinate our events with current health issue. i.e.

Diabetes, heart disease, cancer etc.

**The Previous Health Ministry Forums, Workshops, Seminars, Projects**

- Mental Health Seminar
- Faith Based Mental Workshop
- Maximized Life: Tools for Healthier Living
- Heart Disease Event
- Alzheimer's
- Celebrate Recovery Program
- Daniel's Diet
- Hypertension Monitoring Station
- Diabetes
- Health Training Classes - Large group of participants trained on the nutrients and significance of several vegetables/fruits/meats.

**How Does One Join?**

Believe in Jesus Christ and a will to serve. Contact any of the members listed above.

**Covid19/Coronavirus**

This period in our lives is not only perilous physically but mentally. We are witnessing and experiencing occurrences that classify as physical/mental. These times are proving to be chaotic, illogical, immature, & many times making no sense. The world is moving forward as if GOD is NOT in charge. GOD IS IN CHARGE. He's the ONLY ONE that can FIX IT!

Satan seeks to kill and destroy. We see hate, toxic behavior unleashed among GOD's children.

We must LISTEN UP! With challenges coming at us so quickly, we see the effects on our health. Many of us cannot cope with the quick changes. We are undergoing a mental pandemic. We need GOD desperately! The challenge before Christians is profound. Christians must pause and pray, reflect and remember that our GOD is awesome. He is Omnipotent. Trust the Lord Forever. He loves His children and "neither height nor depth, nor anything else in all creation will be able to separate us from the love of GOD that is Christ Jesus our Lord" (Romans 8:39).





### Psalm 137:1-4

By the rivers of Babylon we  
sat and wept when we  
remembered Zion.  
There on the poplars  
we hung our harps,  
for there our captors asked us  
for songs,  
our tormentors

demanded songs of joy;  
they said, "Sing us one of the songs of Zion!"  
How can we sing the songs of the LORD?  
while in a foreign land?

**A**s a people singing is in our DNA, music is in our soul. When we are happy, we sing songs of joy and praise. When we are in love, rhythm and blues reflect the affections of our heart. When we are contemplative, we can compose a song without words and let the sound of instruments narrate our thoughts. And perhaps most impressive we have even learned to sing under the most oppressive and unfortunate circumstances of life.

When our ancestors were shackled, aboard ships bound for a life of forced servitude, you could hear singing emerging from the depths of slave vessels. So much so that according to a white shipmate who made four voyages to Africa between 1760 and 1770. "They frequently sing, the men and women answering one another, but what is the subject of their songs [I] cannot say."

When we were picking cotton in the plantations of the south, in some of this nation's most brutal conditions we continued to sing. Music was a way for slaves to express their feelings whether it was sorrow, joy, inspiration or hope. And often these Songs were passed down from generation to generation throughout slavery. We sang freedom's song as we escaped along the underground railroad. When we fought for our freedom during the civil war, around the campfires at night and even while we were marching to battle, there was a song on our lips. During the civil rights movement we still managed to

lift every voice and we continued to sing, while being attacked, beaten, and imprisoned because deep in our hearts we continued to believe that we would overcome someday.

Singing, even in the most deleterious of conditions, is such a core part of our identity that we even invented a genre of music to express our sadness, we call it the blues. Dr. Martin Luther King said about singing of the blues, that "The blues tell the story of life's difficulties and, if you think for a moment, you realize that they take the hardest realities of life and put them into music, only to come out with some new hope or sense of triumph. This is triumphant music."

God has put a song in our hearts that we can sing regardless of what was is going on around us. Which is why Psalms 137 is so shocking to our system. It comes from the legacy of a group of people like us, who chronicled every movement in their history through song. But at one of the lowest points in their history they found themselves unable to sing; the desire to sing had been ripped from their hearts, so that even their praise was compromised.

Psalm 137 is a psalm of the exile. When the people of Israel found themselves taken from their homes the land of promise and deported to a foreign country; and with the loss of their homeland, so too went their hope. And the songs particularly the songs of praise that had characterized their life in Israel became difficult to sing. The people of Israel during the exile were too sad to sing. And we too can fall victim to our circumstances so that just like the people of Psalm 137, we can become too sad to sing. But that is only if we allow the music that comes from our mouth to be attached to the circumstances of life.

When the song that God has placed on your heart is dependent on the circumstances of life, then there will be things in life that can potentially steal your song. That is why the song that God has placed on our hearts and the music in our mouths should not depend on our circumstances, but on the character of God who always gives us a song to sing.



**SOMETHING TO PONDER:** Are you willing to trust God enough to hold on to hope and the song in your heart regardless of the circumstances?

**Bible Study, Prayer Meetings  
& Announcements**

**WOMEN'S MINISTRY DISCIPLESHIP  
GROUPS**

**Reading the Bible Through in a Year  
Started November 1.**  
**It's not too late to join a group.**

CBC Women's Discipleship invites you to join a discipleship group as we delve into the Bible to go through it (and IT through us) throughout the year. Groups available are:

- 4th Mondays, 7:00-8:00 pm, Zoom
- Wednesdays, 1:30-3:00 pm, In-person at Central and Zoom
- 1st and 3rd Fridays, 6:30-8:00 pm, Zoom
- 2nd and 4th Sundays, 1:00-2:30 pm, In-person and Zoom

Dial in phone number: **646-558-8656**

**WEDNESDAY NIGHT BIBLE STUDY**  
**Join Zoom by Phone: 646-558-8656**  
**YouTube**

**Prayer Meetings by Phone**  
**Conference Call**  
**Connection**  
**(712) 770-4711**  
**Access Code: 667293#**

**Sick and Shut-In:**  
Monday & Thursday  
6-6:30 AM

**Men's Ministry**  
Tuesday and Thursday  
6:45-7:30 AM

**Mid-Week Prayer:**  
**Wednesday**  
12:00-1:00 PM  
**Join Zoom Prayer Meetings**  
**by Phone: 646-558-8656.**

**WOMEN'S MINISTRY**  
**"POWER HOUR" MEETING**  
**Sunday, November 21 @ 12:30PM**  
Dial in phone number: **646-558-8656**  
*"Prayer is our most powerful weapon!"*

**EVENING PRAYER,**  
Evening Prayer will meet  
**Friday, November 26 @ 7:00PM**  
Dial into the Zoom Meeting with your phone  
number: **646-558-8656**

**All Senior Ministry Activities are cancelled until  
further notice.**



**MISSIONS**

**Pray For Our Missionaries**

**Our missionaries who serve with  
Missions Door:**

Francklin and Nerlie Alexis, Haiti  
Felix and Amnerys Abreu, Dominican Republic  
Edwin and Liz Colon, Brooklyn, NY  
Herode and Edline Guillomettre, Haiti  
Duane and Miriam Mansveld, Montreal, Canada  
Luis and Azucena Matute, Panama & Costa Rica  
Vincent and Maryam Morgan, Brooklyn, NY,  
and the Middle East  
Ray and Valerie Ramos, Brooklyn, NY  
Marvin and Denise Robinson, Rochester, NY

**Our missionaries who serve with  
World Venture:**

Barry and Peggy Owen, Asia

**Our missionaries who serve with United World  
Mission:**

Matt and Nicole Paschall, Hungary

**Our missionary who serves with  
Urban Life Source Connection:**

Dale Belli, New York City

**Our missionaries who serve with COMINAD  
(Cooperative Mission Network of the African  
Dispersion)**

Brian and Ruth Johnson,  
Europe, Africa, and the Caribbean

Central Baptist Church  
166 West 92nd Street  
New York, NY 10025  
(212) 724-4004  
Office Hours:  
Monday — Thursday  
10:00AM — 6:00PM

**Newsletter Staff**  
Pastor Robert Casteline  
Sharrata Hunt  
Paulette Igharo

Special Thanks to Tanya Green