

EBC NEWS



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We Have A New Look

We Have A New Look! A lot of things have changed at EBC and so has its newsletter. Why a church newsletter? To gather information in one place, to serve as an outreach ministry, to bring information to the sick and shut-in members, to give you a chance to express your love for God and your church! The EBC newsletter provides all ministries of the church an opportunity to highlight events, as well as individuals. Some may offer a favorite quote, a story or topic of interest, or a testimony. It is your newsletter and *you* are the newsletter! If you feel you have something to offer to the newsletter please submit your information to ebcnewsletter@yahoo.com. Entry cutoff is the 20th of each month. Some of our editors may contact your ministry directly but if they don't you can make your request known via email. If you are interested in becoming a member of the Newsletter Team, please also convey your

EBC's Music Ministry

By Diana Ellington Reid

Have you noticed? We have a new look. Praise God for what He has done. Wow! Look at what can be accomplished when we come together in unity, with one thought and one purpose—to give God the glory! The EBC Praise Team's membership was recently challenged by changing work schedules, family conflicts, illnesses, you name it, we faced it. But God always provides a "ram in the bush". We welcome our newest members to the team; Lucious Hale, Jonathan Parries, Leroy Thompson and Alan Weeks as drummer. Singing

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wish via email. A limited supply of the newsletter, in hard copy, will be provided monthly. Others may choose to read and retrieve their copy from our website at elizabethbaptistchurch.net. We look forward to your entries and the fabulous way that God will bless each of us in this year.



was not unfamiliar to them as they each are members of EBC's Choir. Hats off to our Minister of Music for pulling it all together. As you can see, we have a diverse group and there is still a spot for you! The Praise Team's main goal is to engage you in song, (*words are usually on the screen*), setting the tone for our worship experience. Rehearsals are Saturdays, at 12 noon, in the sanctuary. Please join us. Feel free to speak with any of the Praise Team members with your questions or concerns.

Please see *My Story* on page 4



The Word on the Pew Is....News and Updates from the Youth Ministry!

By Daphne Chandler

Who are Elizabeth Baptist Church Youth?

So that we know who our future leaders, ministers, and teachers are, all youth need to register simply by giving their name and age to Sister Cowans or Sister Faye Golden; we cannot support you like we should if we don't know who you are! Our goal for 2010 is to triple Youth Department and Sunday school attendance, for pre-service fellowship is their foundation for greater understanding of The Word.

Supporting Education-

Any child or parent who needs tutoring should inform Sister Cowans or Sister Faye Golden. Assistance is available in all subject areas.

Where Are We Going?

Elizabeth youth are venturing into godly fun and

service! There are 3 important trips being planned, including fishing, praise in the park, and City Mission volunteer trips which are intended to take place once a month. Further details for these trips are upcoming, however if you are interested in any or all of these opportunities for safe fun and service contact the youth ministry leaders.

What Are We Doing?

The Youth Ministry is continuing their recycling and Pennies for Blessings efforts. Youth are collecting such materials as eye glasses and frames to donate to The Sight Center, cans, and cell phones. Please bring forth your recyclables, with your cans rinsed and crushed, and the youth will take care of the rest. All money donated for Pennies for Blessings will be transformed into outreach resources, such as clothes, toys, toiletries, etc. that community services such as the VA can use.

HEALTH NEWS

Sleep Habits Linked to Obesity: How Important Is That 8 Hours a Night?

Everybody has trouble sleeping now and then. An occasional night with only a few hours of ZZZZs is probably not going to hurt anyone, but most people function better on seven or eight hours of sleep per night. And that sleep does more than just make you feel rested. In fact, the lack of sleep effects hormone levels, the appearance of skin and hair, depression, and even our heart health and cholesterol levels.

While many studies have found obesity and other health problems in those who do not get enough sleep, the flip side is that those who get too much sleep actually suffer from the same conditions. A new government study, one of the largest ever done on the effects of sleep, shows a link between irregular sleep and big bellies. (Irregular sleep was rated as less than six hours or more than nine a night.) Light sleepers also had higher

smoking rates, less exercise and more alcohol use.

The recently released study, done by the National Center for Health Statistics, was conducted with door-to-door surveys of 87,000 U.S. adults from 2004 to 2006. This research confirms findings from previous studies that have found obesity and other health problems in those who don't get proper shuteye according to Dr. Ron Kramer, a Colorado physician and a spokesman for the American Academy of Sleep Medicine. Smoking and alcohol use had higher percentages for the lightest and heaviest sleepers. Obesity results were higher in the same categories, but not as dramatic. Thirty-three percent of those who sleep less than six hours were obese, and 26 percent of those who slept nine or more hours per night were obese. Those who

About 17 percent of American children from 2 to 19 are considered overweight. Almost 61 percent of U.S. adults aged 20 to 74 years are overweight or obese.



The Women's Ministry

is hosting its annual retreat at the beautiful Beulah Beach Camp Resort in Vermillion, OH. on Friday, October 15 thru Sunday, October 17. The cost is \$ 190.00 per person, which includes transportation, lodging, food and materials. Plan to join us as dynamic speakers expound on the Word of God and we experience the wonders of God on nature walks and just plain good fellowship. Place a deposit to secure your spot. Please see Carolyn Pollard, Theresa Gibson, Alicia Mahone, Diana Reid or Kim Robinson for details.

**Cost will decrease as the number of registrants increases.*



The Men's Ministry

Is going to its Annual Men's Conference in Grand Rapids, MI. The men will be staying at the beautiful Calvin College. Conference dates are Friday, May 28 to Sunday, May 30. As usual, men are expected to return for morning worship at Elizabeth. Cost is \$100.00 per person. The church van will be used to provide some transportation and car pools are set up for the rest. Deacon Pinkard is appealing to all men of the church and their family and friends to come. Men from other parts of Ohio, Michigan, Illinois and Indiana will be there. At the conference "lasting relationships are formed and we are spiritually fed". "It's like a spiritual revival," says Deacon Pinkard. And he adds, "It's such a pleasure to see our pastor sit back, relax and get fed by the Word.

Please make your reservation to be a part of this great annual event.

Vow of Faith

GIVE! Is the word straight out of Deacon Pinkard's mouth. We are currently at \$30,000 and we have targeted \$90,000 as a goal to begin our moving process. We are asking each member to give \$12.50 a week. It will take the effort of each of us to reach



What Are You Doing on Sunday Mornings At 9:00?

Well guess what Elizabeth's doing... Sunday school! And we've got classes for everyone. Pastor has asked each member to take the *Seven Core Classes* on God, Jesus, Holy Spirit, The Bible, Stewardship, Ministry, The Core classes are held every Sunday in the choir stand. We also have two adult classes, taught from the Standard Lesson Series, held in the sanctuary each week. Additionally, on First Sunday we have a *relationship class*; on second Sunday, the women meet downstairs for *Sister to Sister*; on third Sunday we have our *Glory Girls Bookclub* and our *Boys to Men* class. There is a class for everyone. Maybe you have ideas about what you want to see added to our Sunday school list. Fill out a Sunday school survey. Ask an usher for a form. We invite you to bring your family and become a part of our educational process as together we find new and exciting ways to learn and discuss Gods' Word.

My Story Submitted By Blondean Pinkard



Minority Men's Health Fair

Thursday, April 29, 5:30-8:30p.m.

The health fair includes FREE health screenings and information on topics including prostate cancer, strokes, smoking, nutrition, exercise and wellness, organ donation sports health, reproductive health, pain management and colorectal cancer.

Glickman Tower/Sydell and Arnold Miller Family Pavilion, Cleveland Clinic Main Campus. Free parking will be available in Parking # 1. Enter through the main entrance of the Miller Family Pavilion.

Save time! Register online at clevelandclinic.org/mmhc. Print your confirmation page and bring it with you to the fair.

You may also register at the event.

EBC Nite Out

The saga continues! **Inspired Arts Ministry** presents "Out of Order Too". The new hit Gospel stage play coming off the hugely successful "Out of Order--Restoring the Family". Come see how Uncle Pete gets his groove back! Who's the boss in Keisha and Tez's house? Trouble in paradise with Bishop and Precious! Mama has more secrets! Krystal says I do or don't! Trey is wrapped around his daughters finger! And can everybody's 'Baby Daddy', Russell, ever get it right!? This production promises to have you laughing, crying, and shouting!!! **7pm. Saturday, May 1, 2010** at The Shore Cultural Centre, 291 E. 222 ST, Euclid, OH 44123. \$10.00 per person. Please express your interest in dinner and theater. See Diana Reid.

***"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."* Romans 12:2 NIV**

I thank God for leading me and my family to Elizabeth. I would also like to thank my aunt, Lillian Powers for planting the seed. A few years ago, no-one could have told me that I would be actively involved in a church. Some of my family members would ask me to attend their church and I would tell them I would visit but didn't show up because I knew I was doing things that were not acceptable in God's eyes. I would tell myself that I would start attending church regularly when I changed some of the things I was doing wrong. That was really naive thinking! As I have learned, we cannot change things within our own strength. Transformation is only possible through the redemption of Jesus Christ's blood, which He shed for forgiveness of our sins. "HALLELUJAH." So, as we attend Sunday service, Bible studies and other meetings, we gradually convert from our former lives of sin into our new Christian personality. God calls each of us in his own timing not ours. He already has our life planned out. He calls some of us at an early age and some older. When I accepted Christ into my life, I was really distracted by certain people and contemplated leaving the church. Of course, that was Satan because his mission is to keep us in the world. But the Holy Spirit revealed to me that I was not at Elizabeth to get distracted from people; I was there to serve and praise God. I have seen such a tremendous change in how the members interact with one another in the 5 years I have been at Elizabeth. Of course, there are issues as with any other church. I love my church family and here is where I belong and here is where I will stay unless God chooses for me to be elsewhere.

Get Your Comfy Pillow, Your Ipod and Your Good Book!

We're going to Tuskegee! If you missed the trip two years ago, you don't want to miss out this time. The entire church is invited to go to The Springhill Baptist Church for our bi-annual fellowship. We'll be leaving Friday, June 11 and returning on Sunday, June 13. The cost is \$ 125.00. *Rooms are a separate fee.* Please see Rubye Jones for more information and to sign up for this down home trip of fellowship, food and fun!

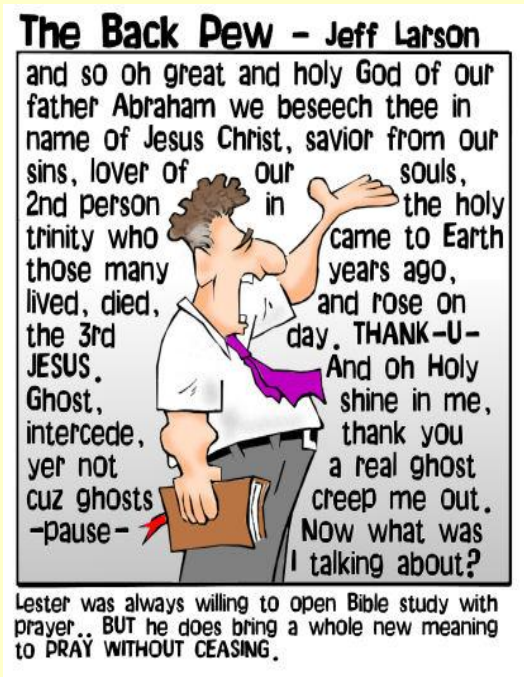


Learning to laugh by Rick Warren



Did you know that people who laugh live longer? It's true. Proverbs 14:30 says, "A relaxed attitude lengthens a man's life." (LB)
 Humor is an amazing thing. It's a tension dissolver. It's an antidote to anxiety. It's just like a tranquilizer, but without any troublesome side-effects. And it's free! Learn to laugh. *A relaxed attitude lengthens a man's life.*
Proverbs 14:30 (LB)

Submitted by Kim Mills



Soon Elizabeth will have its very own Business Directory.

If you haven't already done so, take a moment to fill out a business form to let us know about your business. We will compile the information we receive to create a handy booklet of the entrepreneurs in our congregation. Need a plumber? You won't have to look far, just pick up your EBC Business to Business Directory. What a great way to support our own and it will save you the hassle of running around to find what you need. All we need is your name, the business name, type of business, hours of operation, location and contact info. Don't forget to include email and website info. We hope to have something ready in June. Don't miss out! For questions, please see Jim Webb or Joyce Moss.



MINING OUR MISSION
 By Jacqueline Gillon

Elizabeth Baptist Church (EBC) recently submitted an application to the Cleveland Foundation's program "Project Access." Project Access exists to build the capacity or ability of faith-based and community-based organizations to provide programs and services in the community. Project Access is made available to faith- and community-based organizations that:

- Are located in and serve residents of low-income neighborhoods in Cleveland or its inner-ring suburbs
- Have a 501(c)(3) tax exemption or a fiscal agent
- Have been in operation for at least two years with a functioning board of directors
- Have an annual operating budget between \$20,000 and \$500,000
- Have at least two staff members (paid or volunteer)
- Can show evidence of providing services to least one of six targeted populations:
 - at-risk youth
 - elderly in need
 - disabled
 - homeless
 - prisoner re-entry
 - families transitioning from welfare to work

taken from the website of Cleveland Foundation

EBC was not selected to participate in this year's program. The letter our Pastor Gibson received alluded to our application being "too religious".

I am on the staff of an organization that is a partner in Project Access. We had the basic criteria in place, but I believe we could not strongly demonstrate a separate program focus that reflects the mission and beliefs of EBC that is not solely ministries.

I don't view this as a failure but a definite opportunity to craft the type of programming and services that would demonstrate our ability to work outside the walls of the church yet reflect the mission of the church. We must position ourselves for this reality to take place.

HEALTH NEWS from page 2

regularly slept seven or eight hours per night were the thinnest with obesity at 22 percent. For alcohol use, those who slept the least were the biggest drinkers. However, alcohol use for those who slept seven to eight hours and those who slept nine hours or more was similar.

In recent years obesity has been among the most talked about health problems. There are increasing numbers of adults considered overweight, and the number of obese children is also rising. About 17 percent of American children from 2 to 19 are considered overweight. Almost 61 percent of U.S. adults aged 20 to 74 years are overweight or obese. The health issues of 50 million obese people have or will put a strain on public health dollars and health care facilities.

Healthy eating and regular exercise have always been considered to be essential to weight control, but a good night's sleep may be just as important. Besides increased stress, relationship issues, and work problems, lack of sleep can cause additional risks. Australian studies last year showed that in half of car crashes the driver may have been sleepy or suffering from a sleep related disorder.

If you are one of the many people who have trouble sleeping there are doctors who specialize in sleep disorders. They can help determine if there is an underlying health cause, or if the condition is probably an environmental issue. Sleep is important to human physical well being. Don't be afraid to ask your doctor for help.

Taken from WebMD

**Join us for Bible Study
on Wednesday Nights
at 6:00**



Hey new members...don't know who we are yet? Need a church directory? Ask for Carolyn Pollard. She'll be happy to give you one. First come, first served.

Mother's Board Members

Sis. Minnie Ezell, President
Sis. Ruth Neal, Vice-president
Sis. Blondean Pinkard, Secretary
Sis. Michelle Turner, Asst. Secretary
Sis. Leveryl Bostick
Sis. Theresa Gibson
Sis. Ora Gibson
Sis. Denise Lee
Sis. Jean Mills
Sis. Bernice Prunty
Sis. Francine Stallworth
Sis. Pat Taylor



Honorary Members:

Sis. Dorothy Hall
Sis. Hattie Mullins
Sis. Lillian Powers
Sis. Louise Sanders

“Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. Then they can train the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, and to be subject to their husbands, so that no one will malign the word of God.” *Titus 2:3-5*

WHO'S WHO IN ELIZABETH ? by Victoria Taylor

Meet Sis. Carrie Moore. You will usually find Sis. Carrie sitting at the rear of the church, where she is quiet and unassuming. Never imposing, offering a smile and her quick wit. She is the mother to Denise Moore-Walker and the great-grandmother to little Damien and Dayel. She joined our church “a couple of years ago, in November.” She was especially drawn to the choir music, formerly a singer herself, but for now she appreciates listening to others sing and the good preaching and teaching. She enjoys doing her crossword puzzles and you can often see her engaged with one as she waits for her daughter during rehearsals. She says there is nothing *high-faluting* about her. She enjoys church and will extend an invitation for others to join her. She considers herself to be “your average granny.” Get to know her, if you don't already. You'll be glad you did.





EBC Ministries & Leaders

Audio / Visual	Sandra Anderson, Charles Ellington III, Theresa Gibson	
Circle of Prayer Ministry	Terri Hilliard, Thelma Jones	
Deacon's Ministry	David Tyus	Domestic Violence
	Diana Reid, Kim Robinson	
Drama Ministry	Steve Pinkard, André Sneed	
Health Ministry	Theresa Gibson, Carrie Marion	Hospitality
	Georgia Thompson	
Mime Ministry		Michael Lester Missionary
Society	Thelma Jones	
Music Ministry		Dorian Kidd
	<ul style="list-style-type: none"> • EBC Choir • Musicians • Praise Team • Youth Choir 	
New Freedom Ministry	Elder Joe Golden	
New Laborer's Ministry	TaJuanna Simpson	
Praise Dancers	Tenisha Pollard, Cori Wallace	
Prison Ministry	Retha Hemhill	
Senior's Ministry	Cheryl Goode Killings	
Stewardship Ministry	Dora Bolden, Judge Carter	
Sunday School Superintendent	Stephanie Tyus	
Transportation Ministry	Carolyn Lee	
Ushers Ministry	Henry Person	
Women's Ministry	Carolyn Pollard	
Youth Ministry	Barbara Cowans, Faye Golden	

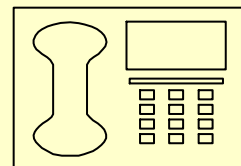
If you want information about any of these ministries, please contact the ministry leader listed. In addition, you can see TaJuanna Simpson for ministry information.

CHURCH MINISTRIES MEETING TIMES

Mondays	6:30	Missionary Society
Wednesdays	6:00	Bible Study
	7:30	Choir rehearsal
Thursdays	7:00	New Freedom Ministry
	7:00	Praise Dance rehearsal
Saturdays (4th)	9:00	Monthly Bible Study
	12:00	Praise Team rehearsal
Sundays (1st)	8:00	Sunday Worship
	8:45	Sunday School
	10:30	Sunday Worship

There is a ministry waiting for you. We need your help in kingdom building. Why not get started today?

Welcome new members of Elizabeth! We are so glad that you are a part of our family. When you need us, we will be there. After all, we're brothers and sisters.



Please remember our sick and shut-ins with your calls

We're on the Web. Visit us at www.elizabethbaptistchurch.net