



## TRUE HOLINESS DELIVERANCE TABERNACLE

*“The Center of Hope”*

*www.thdt.org*

Volume 1, Issue 3

Ron Nathan, Pastor

February, 2020

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### February Events

Pastor's Birthday	1
Family Night	5
Bishop Buie (Stream)	12
Dinner & Movie	14
YLU	15
Percussion Workshop	15
Black History Program <i>(wear African attire)</i>	23

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### Mission Statement

*THDT promotes the saving of souls, development of the community spiritually; aiding the poor and needy, widows and orphans; for the deliverance of spirit, soul, and body.*

We are a **Christian** non-denominational church and membership is open to all nationalities and races.

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## What a Year!

**WOW! What a year this has been for THDT!** We truly appreciate your continuous support as our congregation has gone through numerous changes over the last twelve months. Namely, our beloved Overseer, Dr. Carrie Buie Bryant, has taken on a new role in preparing to lead God's people into the next level of Kingdom living. And I have submitted myself to God's will in taking on the role as your new Senior Pastor. It has been an honor and privilege to serve you in this capacity over the past year. It is my sincerest prayer that God continues to keep, sustain and grow you in your respective place in this ministry.

And as God continues to grow each and every one of you, the THDT Leadership Team and I are also making great strides to grow in ministry and service. Over the course of the past few months, you may have noticed we have made enhancements, physical improvements and repairs to the church edifice. Some of these changes require improvements in our internal business and operational processes. For example, we have a new website, new online giving solution and a (soon to be released) new church app for those who want to be more connected and engaged in church activities and events. If you have embraced the new ways of giving online, we have enhanced methods for you to further view and manage your online giving and giving statement. For those of you who are not technically savvy or prefer not to donate online, your normal methods of giving are still supported.

All of these changes are intended to improve your overall experience as a member here at THDT. Some changes will not take place overnight, but rest assured the changes taking place are all geared towards us being able to operate in **Kingdom Excellence**. Ecclesiastes 9:10 NIV states, *“Whatever your hand finds to do, do it with all your might”*. This is at the core of our heart as we serve you day in and day out. Thank you for your patience and support throughout this transition! You can look forward to receiving additional communications as these changes are rolled out to the congregation.

## HEALTH & WELLNESS

### Question: Why is it important to get annual wellness exams and health screenings?

Routine wellness exams include things like blood pressure checks, temperature and heart rate assessments, body mass index (BMI) calculation, and blood/lab work orders. Although we may feel healthy, there can sometimes be underlying issues and processes that go unnoticed and therefore undiagnosed. When caught early, many conditions are manageable and treatable even **without** medication. For example, someone who is iron deficient may not show any signs and symptoms of this. But based on a complete blood count (CBC) being done in lab work, iron deficiency anemia can be caught early, and simple dietary changes can be made to bring the iron count up before medications are implemented.

Three of the most prevalent diagnosis made in the African American community are hypertension (high blood pressure), diabetes (high blood

sugar), and hypercholesterolemia (high cholesterol). These comorbidities can become lethal, especially when undertreated. They can lead to strokes, heart attacks, loss of various body parts and their function, and decrease in overall quality of life. By going to the annual wellness exams, which most health insurance companies cover, these conditions can be assessed for early, prevented, and treated **without** medications. But if medications are implemented, lifestyle changes can help to eliminate them. Although being obese and overweight can be risk factors for these conditions, no one is exempt and even the smallest/thinnest people can be pre-disposed.

In addition, health screenings like pap smears, mammograms, colonoscopies, and rectal/prostate exams are imperative. They are done

at particular ages to screen for various types of cancers. Many cancers have genetic connections. And in that aspect, it is good to know your family history. On the other hand, some cancers are not genetically linked. So again, when caught early, there is more opportunity for intervention.

As believers, we know that our bodies are temples. Just like we as humans would not want to dwell in an unclean church house, the holy spirit doesn't want to dwell in an unclean temple. We also know that faith without works is dead. So **YES**, we are supposed to have faith in God to be our healer and to keep us healthy. But we also have to put in work to maintain that via the numerous resources he has provided to us.

-Dr. S. Dixon, MD-MS4

### DAILY MENU FOR LIVING

I have favor with God today.

I have favor with my fellow man today.

I am a success.

God is smiling on me.

I am somebody very special to the Lord.

I am not defeated and I have the victory.

I can do all things through Christ who strengthens me.

Nothing is impossible with me for I am a believer and not a doubter.

I'm not moved by what I see.

I'm not moved by what I feel.

I'm only moved by what I believe, and I believe the Word of God.

All of my needs are met through God. I have an abundant supply. I have more than enough.

The Lord is on my side. I will not fear what man can do unto me.

I am a believer of the word of God.

I have perfect health. I refuse to allow sickness to operate in my body.

My body functions perfectly the way God intended it to function.

For this cause, I believe God according to the Word! Hallelujah, Amen!!

### CONGRATULATIONS



Out of 5,000 students in Volusia County, Jalen's Science Project won 1st place within his school. He recently participated in the Tomoka Farms Regional Science Fair at Stetson University.

### HAPPY BIRTHDAY



Happy Birthday Pastor Nathan! We love you!!

### INSTRUCTIONS TO VIEW/DOWNLOAD YOUR THDT GIVING STATEMENT

**Once you have a PushPay account:**

Go to <https://pushpay.com/login>.

1. At the bottom of the page click on "Personal account".
2. Enter your mobile number and click Next.
3. Verify the 6-digit security code sent to your phone via text and click "Sign in".

4. In the left hand column, click on "Giving Statements".

You should be able to click on and view/download your statement from here.

#### Questions? Contact Us

Trouble accessing your giving statement? Call Ayana Nathan (678)478-0011

Questions regarding the actual statement or to get a hard copy? Call Carsandra Crane (386) 804-7120 or

Carolyn Alexander (407) 687-7568



## **SEVEN WAYS TO PUT INTIMACY IN MARRIAGES**

**Start Small:** You and your spouse may have lost most all of your physical connection. It's easier to yell "bye" on your way out the door than go give him/her a kiss. That basic connection, however, is vital to your physical relationship. Take the extra seconds and make sure you kiss every day .

**Work through Exhaustion:** Working adults, whether working at home with the kids or in the work-force are often exhausted. This steals the energy that could be focused on intimacy. Work with your spouse to find time for you to get your intimacy back on track. While it may not seem spontaneous at first, finding times when you both have more energy will help you to get into habits of time frames that work best for both of you.

**Put Your Focus back on Each Other:** Often work and kids cause us to focus our attention on everything but our relationships. We have found that it requires conscious effort to make sure that our primary focus is on each other and our marriage. Once you have reset your focus, it becomes easier for the intimacy to fall back in place.

**Pray Together:** As with all parts of life, praying together about the ways to strengthen your relationship will help you to open yourselves up to God and the guidance that He provides. By praying together, you are making yourselves vulnerable in front of one another and working together to find solutions to this important part of marriage.

**Read the Bible Together:** Reading the Bible together is another way to bring the intimacy back into your marriage. There are many scripture references, like in 1 Corinthians: 7, which talk about the physical union of a married couple and how the roles that we take change once we have spoken our vows. By reading these words together, it will help you and your spouse to remember that not only is your physical connection a benefit of marriage; it is also a part intended by God for us.

**Make Your Bedroom Yours:** If you're like us, the kids are always in and out of your bedroom due to: middle-of-the-night dreams, watching TV, etc. Their toys have been known to collect in your room, making it not truly feel like a place for you. Setting guidelines with your kids so that they know your bedroom is off-limits for their toys and TV watching will help it to become a place for you again... one that can serve as your own personal place for retreat and serenity.

**Plan Weekend Getaways:** When you have kids in the house, finding time for intimacy can be a challenge. Scheduling occasional (but regular) getaways will help you to take a weekend to really focus on one another, your relationship and your connection with each other. Your getaway could be of the more lavish, get on a plane, variety, but it could also mean simply traveling to a nearby hotel or resort. As long as it allows you to focus on each other, it will help you to rejuvenate your relationship.

**While the above suggestions will likely take a lot of work, they are well worth the effort in the end. You have to start somewhere right? Don't let this list of things intimidate you; rather use it as a starting point to set goals together working towards the common goal to bring intimacy back!**

## SICK AND SHUT IN MINISTRY

**James 5:14-15** "Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him."



**The Mission of the Sick and Shut-In Committee** is to share the love of God and the hope of healing based on the Christian faith. The goal is to minister through calls, cards, prayer, gifts of love, and communion to ensure that members continue to feel a personal touch, from their THDT church family, even during seasons of illness or life changes that prevent them from physically worshipping in church services.

**The Sick and Shut-In (SSI) Committee** consists of several ministry teams:

- ◆ **The Prayer Ministry** (to call and pray for the SSI)
- ◆ **Gift Ministry** (to create gift baskets, etc)
- ◆ **Inspiration Ministry**
- ◆ **Visitation Ministry** (includes Communion)

**THE PRAYER MINISTRY:** **You call or visit (optional)** and offer prayer to individuals on our SSI list. It costs nothing; no driving and takes 2-5 minutes. You choose when, how and who. *Also, you pray as you are led.*

**THE GIFT MINISTRY** works with any department that wishes to give gift baskets of fruit, snacks, toiletries, and gifts of any kind in baskets to members of our church for recognition, illness, bereavement or special occasions. The gift basket is the perfect way to mark memorable occasions, sympathy or "just because." Thoughtful gift baskets send the message that our members are in our thoughts and that we care. Our team strives to create affordable baskets filled with contents within our budget.

**THE INSPIRATION MINISTRY** utilizes social media and sends inspirational messages to our members.

**THE VISITATION MINISTRY** represents the symbolic hands and feet of Christ as we share with people who are ill or otherwise unable to attend worship services due to physical limitations. WE ARE IN NEED of volunteers in this area. Sometimes we may need cards, flowers, or gift baskets "delivered".

**COMMUNION MINISTRY:** This team is comprised of ministers, deacons, elders and pastors, who take the Holy Communion to our SSI members. They are an extension of the **VISITATION MINISTRY**.

We have divided into TEAMS so that one person will not have to do "everything." If you desire to serve on the SSI Committee, or would like more information on how the teams work, **please contact First Lady Ingrid Nathan at (407) 221-2050.**