

JUNE 2023

RAFTING CREEK BAPTIST CHURCH NEWSLETTER

GROWING AS A CHURCH WITH A REDEMPITIVE PURPOSE



happy
Father's
Day



JUNE CONTENT

01

SPIRITUAL IMPACT

A Prayer

1

Spiritual Gifts

2

02

HEALTH AND WELLNESS IMPACT

Men's Health Month

4

CDC Data About Men's Health

5

World Sickle Cell Day

6

03

MINISTRY IMPACT

Adult Sunday School Lessons

7

Summer Sunday School Institute

8

Scriptural Presentation

9

04

CONNECTIONAL IMPACT

Father's Day Poem

10

Fathers' Impact on Child Development

11

Presentation at the Rafting Creek Community Center

12

Happy Birthday!

13

Juneteenth

14

Spending on Food During the Pandemic

16

SPIRITUAL

A PRAYER The Source of Rest for the Soul

Father, I come before You with all reverence and humbleness, I do so because of Your undying Sovereignty for all mankind, for You love the world so much the You gave Your only begotten Son as a sacrificial lamb so that we all can live an eternal life with You when this walk through this valley of the shadow of death ends, for this is not our home, Your Son Jesus have paved the way for the salvation of mankind, if only we believe, Matthew 11:28-30 states: "Come to me, all you who are weary and burdened, and I will give You rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Father, during this month of observance as Men's month I pray for unity in You for all mankind.

Father, lift us up when we fall down, lead us when we are lost and can't find our way, strengthen us during the times of indecision and fear, walk with us when the pathway of life gets dim, rocky and rough.

Thank you, Lord, for being Our Shelter in a time of storm, Our Bridge over troubled water, Our Battle Axe, and Our Shield and Buckler.

For it is in the name of Your Son Jesus that I submit this prayer. Amen.

Deacon Wallace Dinkins

SPIRITUAL

SPIRITUAL GIFTS

Different Types of Service

1 Corinthians 12:4-11 NIV

There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone it is the same God at work. Now to each one the manifestation of the Spirit is given for the common good. To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit, to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues. All these are the work of one and the same Spirit, and he distributes them to each one, just as he determines.

1 Peter 4:10 KJV

As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God.

SPIRITUAL

SPIRITUAL GIFTS From "Musing From the Soul"

B "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control" Galatians 5:22-23 (NET).

The author of Galatians 5:22-23 lists nine identifying attributes of the Holy Spirit that are bestowed upon believers with the intent of living a life that is in communion with God and humankind. We are not to think the Fruit is only for self, but it is for witness and service. The Fruit is produced by the Spirit, not by the Christian. The first attribute is Love. "...let us love one another, for love comes from God and knows God" I John 4:7. God-like love is unconditional and it is a choice, not a feeling. It intentionally expresses itself in loving ways and always seeks the welfare of others. It does not reciprocate or expect anything in return. Love often chooses to put others before ourselves.

*Shalom,
Marie*

HEALTH

**A HEALTHY YOU! MIND. BODY. SOUL.
It's Always Time to Be Proactive**



HEALTH

A HEALTHY YOU! MIND. BODY. SOUL.

Data From the Centers for Disease Control and Prevention



- 13.2** Percentage of men aged 18 and over in fair or poor health (2021)
- 30.9** Percentage of men aged 18 and over who had five or more drinks in 1 day at least once in the past year
- 28.3** Percentage of men aged 18 and over who met the 2018 federal physical activity guidelines for aerobic and muscle-strengthening activity
- 13.1** Percent of men aged 18 and over who currently smoke cigarettes (2021)
- 40.5** Percentage of men aged 20 and over with obesity (2015-2018)
- 51.9** Percentage of men aged 20 and over with hypertension (measured high blood pressure and/or taking antihypertensive medication) (2015-2018)

Source:

<https://www.cdc.gov/nchs/fastats/mens-health.htm>

HEALTH

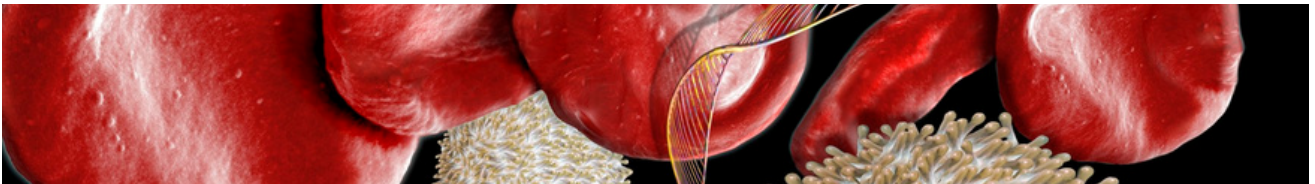
A HEALTHY YOU! MIND. BODY. SOUL.

June 19, 2023

2023

WORLD

SICKLE CELL DAY



MINISTRY

ADULT SUNDAY SCHOOL LESSONS

The Righteous Reign of God

June-August 2023

Church-Home Theme: God's Unfailing Love

- | | |
|----------------|------------------------|
| June 04 | God Reigns |
| June 12 | God's Kingdom of Peace |
| June 18 | God's Servant-King |
| June 25 | Renewed in God's Love |
| July 02 | Peace to the Nation |

*Join us for Sunday School
at 9AM in the sanctuary.*



MINISTRY



June-August

SUMMER SUNDAY SCHOOL INSTITUTE

Each Sunday morning, June through August, at
Rafting Creek Baptist Church.

MINISTRY

SCRIPTURAL PRESENTATION

"Live Well and Live Right"

Proverbs 1:1-7

Presenter: Deacon Wallace Dinkins

MAJOR TAKE-AWAYS



To live well and to live right starts with God (James 1:16-18). Every good and perfect gift comes from God. We are to be the fresh fruit of what God has created.



To live well and to live right means we understand what life means (Philippians 4:17). We are to live a worthy life; everyone has been given grace.



To live well and to live right means knowing where life is going (Proverbs 1:8-19). We are not to forsake our mother's teachings and our father's instruction. We are to follow the narrow path of God.



To live well and to live right means not thumbing our noses to the wisdom found in Proverbs (1:24-32). "For the turning away of the simple will slay them, And the complacency of fools will destroy them;" (vs. 32).



To live well and to live right means listening to and trusting God. We are to lean on His everlasting word (Proverbs 1:33).

To listen to the scriptural presentation, go to our [Facebook Group page](#). Search "live well and right."

CONNECTIONAL

happy
Father's
Day

HAPPY FIRST FATHER'S DAY

On this special day, we celebrate you, a new dad with a heart so true. A father's love so pure and strong, you've shown us all where we belong. You've embraced fatherhood, with open arms. With love and care, you'll protect protect them from harm.

Your heart is full, your soul is bright, as you embark on this journey with all your might.

You will teach them to talk and will always be there when they need a hand to hold.

You'll laugh with them and cry with them too, and love them unconditionally no matter what they do.

So on this Father's Day, we want you to know your love and dedication will continue to grow. You're an amazing dad with a heart of gold , and we're all grateful to have you in our world to hold.

CONNECTIONAL

FATHERS' IMPACT ON CHILD DEVELOPMENT



Facts About Father Engagement

Fathers and infants can be equally attached as mothers are to infants.

Father involvement is related to positive child health outcomes in infants.

Father involvement using authoritative parenting (loving and with clear boundaries and expectations) leads to better emotional, academic, social, and behavioral outcomes for children.

Children who feel a closeness to their father are twice as likely as those who do not enter college or find stable employment after high school, . . .

High levels of father involvement are correlated with higher levels of sociability, confidence, and self-control in children.

Father engagement reduces psychological problems and rates of depression in young women.

Father absence hinders development from early infancy through childhood and into adulthood. The psychological harm of father absence experienced during childhood persists throughout the life course.

The quality of the father-child relationship matters more than the specific amount of hours spent together.

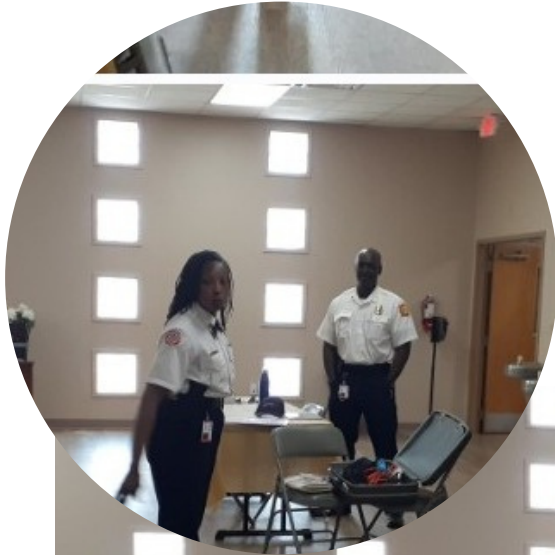
Children with actively involved fathers are 43% more likely to earn A's in school and 33% less likely to repeat a grade than those without engaged dads.

Father engagement reduces the frequency of behavioral problems in boys while also decreasing delinquency and economic disadvantage in low-income families.

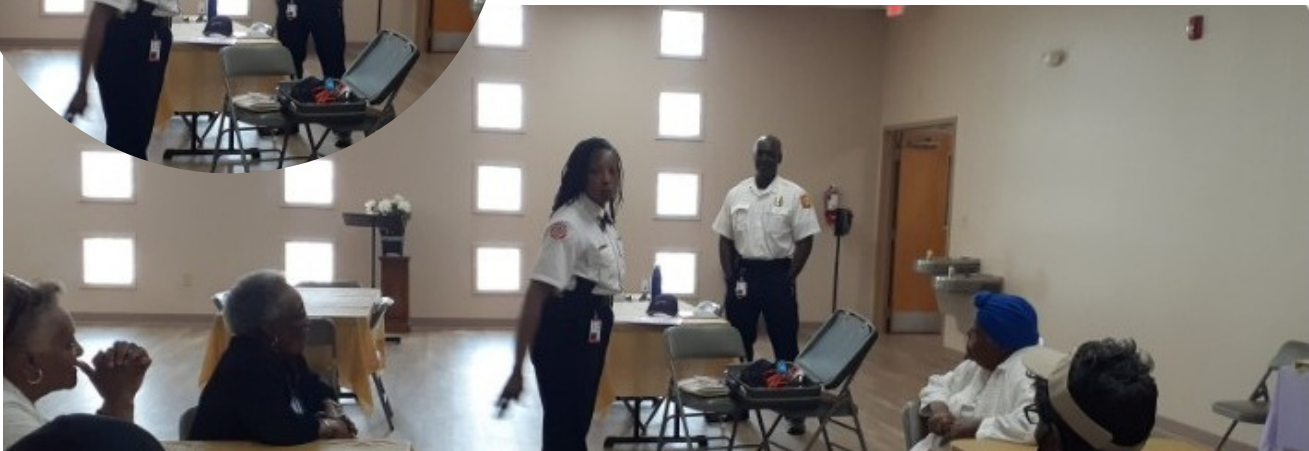
Source: <https://www.all4kids.org/news/blog/a-fathers-impact-on-child-development/>

CONNECTIONAL

RAFTING CREEK COMMUNITY CENTER "Fall Prevention & Safety for the Elderly"



Lt. Selena Smith and Capt. Terrance Dupree shared important information about fall prevention and safety for the elderly population. They presented the information on May 17, 2023.



- **More than one out of four Americans age 65+ falls each year.**
- **The majority (60%) of falls happen in the home, 30% in a public setting, and 10% in a health care center.**

Source: [ncoa.org](https://www.ncoa.org)

CONNECTIONAL

Happy Birthday!

Jennett Towles-Mickens

Deshawn Adger

Reynard Jefferson

Alta Sanders

Tiroval Weems

JuWayne Sanders

Derrick Wright

Curtis Sanders

CONNECTIONAL



In 2021, Juneteenth became recognized as a federal holiday in the United States. For some Americans, it's a new holiday to learn more about. But for many Black families and communities across the nation, it's a well-known time to celebrate liberation, culture and joy.

In 1863, President Abraham Lincoln issued the Emancipation Proclamation, which declared a formal end to slavery in the United States. . . . Nearly two and a half years later, on June 19th, 1865, the enslaved African Americans of Galveston, Texas, got the news by way of the Union army troops that freedom had come at last. The next year, the people of Galveston commemorated that day as Juneteenth, a celebration of freedom. Since then, it's been observed in communities and states as a holiday, but officially recognized as a federal holiday in 2021.

Why is the holiday called Juneteenth? The name blends the month and the day this news reached the people of Galveston: “June” plus “nineteenth” is Juneteenth. It's also often called Emancipation Day or Freedom Day.

If your child is learning about American history, [this short video from PBS Kids](#) helps kids explore the history of Juneteenth and how its celebrated by families today.

CONNECTIONAL

TRADITIONAL COLOR OF JUNETEENTH FOODS



Red foods are the most prominent feature on the Juneteenth menu. The historical importance of red food traces back to the times of enslavement. Because many of the more common foods of the day were white, green, or brown, there was an excitement that came with the rarity of eating red-colored treats. In the 19th century, this made certain vibrant delicacies worth celebrating. And in the later half of the 1800s, following the Civil War, Black Americans would even occasionally use an expensive South American dye called cochineal, which was used to color foods red.

"I think that's why red is so potent, because you had people in Texas who were born in Africa," Twitty says. Africans brought their homeland traditions with them, which manifested itself through food and generations of Juneteenth celebrations. Red is a color that evokes cultural memory of the bloodshed by our enslaved ancestors through the transatlantic slave trade," says Miller. According to Miller, Red Kool-Aid is widely recognized as the official Soul Food drink and is a nod to two ancestral red drinks that come across the Atlantic during the slave trade. Think: red beverages like strawberry sodas and hibiscus tea, or red velvet cake and red beans and rice. Others, like watermelon, also had the convenience factor of being in peak season during the month of June.



Smoked, sauce-covered barbecued meats are also considered a red food that Twitty calls "the most important" feature on the Juneteenth table. In some places in Texas, Juneteenth was all about having goat. It was about the whole hog in some places, and in other places, it was about beef. And then, in some places, it could be all three."

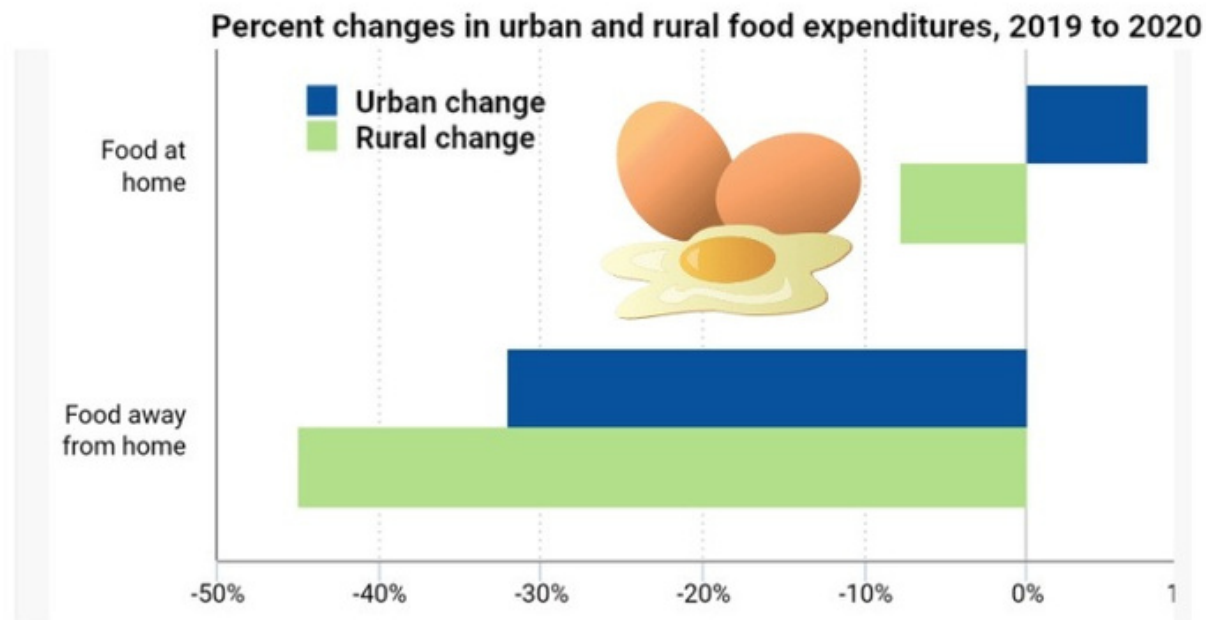
CONNECTIONAL

ALL IN THE FAMILY Household Spending on Food During the Pandemic: Rural and Urban Differences

Rural areas spent less on food both at home and away from home.

The COVID-19 pandemic led to restrictions on dining out, which was accelerated by stay-at-home orders. Spending on food away from home decreased in both urban (-32.0 percent) and rural areas (-44.9 percent).

With these decreases, we might have expected spending on food at home to increase during the COVID-19 pandemic. This was the case for urban areas, where spending on food at home rose 7.5 percent from 2019 to 2020. In rural areas, however, spending on food at home decreased by 7.8 percent.



U.S. Bureau of Labor Statistics. Consumer Expenditure Survey.



RAFTING CREEK BAPTIST CHURCH

Growing As A Church With A Redemptive Purpose

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Public Relations Committee

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Meetings and Rehearsals

Meetings and rehearsals will be held by Zoom or Conference Call until notified otherwise.

Deacon Ministry

Thursday, Before 1st Sunday, 6pm

Brotherhood

2nd Saturday, 9am

Children/Youth

Saturdays, Before 2nd & 4th Sunday, 12pm

Inspirational Choir

1st & 3rd Saturdays, 11am

Male Choir

1st & 3rd Saturdays, 10am

Ministers & Deacons Spouses Ministry

3rd Saturday, 12pm

Pastor's Aide Ministry

2nd Saturday, 11am

Senior Missionary Ministry

2nd Saturday, 12pm

Thursday Night Scriptural Presentations

Weekly, 6pm

Young Women's Auxiliary

1st Saturday, 10am

Trustees

2nd Wednesday, 6pm

Winter Months, 4th Sunday, After Church