

FEBRUARY 2022

RAFTING CREEK BAPTIST CHURCH NEWSLETTER

Growing as a Church with a Redemptive Purpose

803-432-5411 • www.raftingcreekbaptistchurch.org • email: prcommittee@raftingcreekbaptistchurch.org



BLACK HISTORY MONTH

FROM SLAVERY TO THE WHITE HOUSE

BLACK HISTORY



2022

RAFTING CREEK BAPTIST CHURCH

TRUSTEE MINISTRY HISTORY

The Trustee Ministry of Rafting Creek Baptist Church was started under the Reverend J. S. Hall who pastored the church. Their trustees' duties were to care for the upkeep and finances of the church.

Some of the first members were the following:

- John Benjamin, who served as chairman;
- W.B. Sanders, Vice Chairman;
- John Sanders; and
- Herbert L. Dinkins.

Others later joined. Robert James served as chairman. The following served as officers: Manning Diggs, secretary; Hampton Gardner Sr., assistant secretary; Harrison Major, treasurer.

Other members were the following: Clarence Lawrence, James Peay, J. P. Wright, Hampton Wright Sr., Charles Dais, William Sanders, Kaiser Chatmon, Roosevelt Osborne Sr., Marshall Osborne, and Edgar Sanders Sr.

The ministry grew in a number of ways:

- **1983** – Rev. D. E. Franklin (with the approval of the church) added women to the Board of Trustees: Stella Dinkins and Margaret W. Davis.
- **1983** – Clarence Lawrence served as chair in 1983. Members were George Osborne, vice chair; Harrison Major, treasurer; Johnnie Dinkins; Paul Dinkins; Joseph Jasper; Thomas Jasper; Bennie Hunter; Jimmy Nichelson; Edgar Sanders Sr.; and Bobby Spann Sr.
- **1983** – The Trustee Board conducted a Historical project and instituted a memorial honor roll plaque.
- **1984** – Margaret W. Davis became chair following the passing of Clarence Lawrence. Other members were Paul Dinkins, Virginia Brown, Stella Dinkins, and Edgar Sanders Sr., treasurer.
- **1987** – Teddie Osborne, Robert Williams Jr., Robert Johnson, and Joseph Spann were added to the Board of Trustees.

TRUSTEE MINISTRY HISTORY

CONTINUED

- **1991** – Charlie Gardner joined and became vice chair; Lloyd Daniels, Christine Lawson, and Marie Kirkland joined. Christine Lawson became secretary.
- **1993** – The Board of Trustees published the first *Rafting Creek Baptist Church Membership Directory*. A second directory followed in 1998.
- 1997 – Trustees had the lettering redone on church windows.
- **2000** – The Trustee Ministry published a history of organizations.
- Ora M. Spann, Linnie Singleton, Dianne W. Herrington, Jennett Towles-Mickens, Hampton Gardner Jr., Bland Wade, and Wallace C. Sanders joined.
- **2015** – Margaret W. Davis stepped down; Lloyd Daniels became chair. Dianne W. Herrington became vice chair/secretary; Trustee Emeritus was bestowed upon Margaret W. Davis.
- Robert Dinkins, Jimmie Brooks, Edgar Sanders Jr., Ernestine Nixon, and Eula L. Osborne became trustees.
- Willie Sanders, Robert L. Dinkins, Teddy Collier, John Earl Perry, and James Collier became members of the Trustee Ministry.
- **2018** – Lloyd Daniels resigned and received an award for outstanding and dedicated service. Robert L. Dinkins became chair; Willie Sanders became vice chair.
- **2018** – Joseph Spann Sr. was the recipient of the distinguished service award.
- **2020** – Members were Robert L. Dinkins, chair; Willie Sanders, vice chair; Dianne W. Herrington, Secretary; James Collier; Teddy Collier; Lloyd Daniels; Hampton Gardner Jr.; Christine Lawson; Jennett Towles-Mickens; Ernestine Nixon; Eula L. Osborne; John Earl Perry; Edgar Sanders Jr.; Wallace C. Sanders; Linnie Singleton; and Joseph Spann Sr.

TRUSTEE MINISTRY HISTORY

CONTINUED

- **2020-2021 – The Trustee Ministry continued to fulfill its mission and purpose:**

- A Building Improvement Fund Raiser yielded \$48,000 for improvement of the building and grounds.
- On the grounds, trees were removed, shrubbery added or enhanced, and a gate was installed at the new cemetery.
- Inside the building, cameras and monitors were installed to enhance the worship experience, new flooring was installed in the hallways and bathrooms, and an air purification system was installed due to the COVID-19 pandemic.
- The building was sanitized to ensure the safety of the congregation.
- During the COVID- 19 pandemic, Rafting Creek Baptist Church was blessed to have the technology to broadcast Sunday morning devotions and the *First Christmas Special* to members and non-members via --
 - the *Official Rafting Creek Baptist Church Facebook Group* (<https://www.facebook.com/groups/811331176018714/>),
 - the *website* (www.raftingcreekbaptistchurch.com), and
 - *YouTube* ([Rafting Creek Baptist Church - YouTube](#)).



Rafting Creek Baptist Church

Congratulations

Deacon John Singleton



**Chairman
Deacon Ministry**

Deacon Johnnie Dinkins



**Vice Chairman
Deacon Ministry**

January 22, 2022

YOUR HELP IS NEEDED

A comprehensive, written history of Rafting Creek Baptist Church is "in the works."

This first-of-its-kind comprehensive history of Rafting Creek Baptist Church will be developed. We need your help to do so! We need you to share a copy of any documents you have: programs, anniversary books, Sunday bulletins, or others (e.g., meeting minutes, photographs). Any records you have will be helpful. We can't do it without you!

See the letter in the "Church Announcements" section of the website [Church Announcements | RCBC \(raftingcreekbaptistchurch.org\)](http://raftingcreekbaptistchurch.org)

- Anniversary Programs
- Ministry Programs
- Observance Programs
- Wateree Association Programs
- VBS Programs
- Church School/Institute Programs

Additional details will follow about how you can contribute a copy of your programs, etc. Questions? Send an email to the Public Relations Committee.

prcommittee@raftingcreekbaptistchurch.org



FEBRUARY IS AMERICAN HEART MONTH

10 TIPS FOR A HEALTHY HEART

1. Stop smoking

Quitting smoking is the best thing that can be done for the heart and for overall health. Smoking is the most preventable cause of premature death in the United States, and smokers have a higher risk of developing many chronic disorders, including atherosclerosis, or the buildup of fatty substances in the arteries. When combined with other heart disease risk factors, smoking increases the risks associated with those factors. Quitting is never easy, but there are lots of helpful resources for those looking to start.

2. Know your numbers

Maintaining a healthy weight, blood pressure, and total cholesterol play a significant role in maintaining a healthy heart. While there are standard guidelines for blood pressure and cholesterol, ideal weight goals are individual to each person. A physician can help determine an appropriate goal weight based on additional factors such as age and height.



10 TIPS FOR A HEALTHY HEART

CONTINUED

3. Screen for diabetes

Untreated diabetes can lead to heart disease, among many other complications. Diabetes can be easily detected through a simple blood test and managed a variety of ways under the care of a physician.

4. Get active

Heart pumping physical activity not only helps to prevent cardiovascular disease but can also improve overall mental and physical health. The American Heart Association recommends five 30 minute moderate exercise sessions each week. While this may seem daunting, it is important to note that these sessions can be broken up into two or three 10 or 15-minute segments throughout the day. Walking, jogging, biking, and swimming are all great forms of exercise. It is important to remember that something is always better than nothing. Opting to take the stairs and parking farther back in the parking lot are great ways to squeeze in some activity when the time is short.



10 TIPS FOR A HEALTHY HEART

CONTINUED

5. Build some muscle

Strength training compliments cardiovascular exercise by toning muscles and burning fat. In addition, proper strength training can improve daily functional movements, decreasing the chance of injury. The American Heart Association recommends getting in two days of moderate to high-intensity strength training each week.

6. Eat Smart

A healthy diet full of heart-smart foods is essential to a healthy heart and lifestyle. Salmon, nuts, berries, and oats are just a few of the heart “superfoods” that may help reduce the risk of atherosclerosis. Dark chocolate is also on the list and is a great way to satisfy a sweet tooth (in moderation).

7. Limit nutrient-poor foods

To reap the full benefits of a heart-healthy diet, it's important to limit intake of nutrient-poor foods. Added sugars, saturated fat and excessive sodium can all negatively impact heart health, as well as overall physical health. These foods, when eaten in excess, can cause weight gain, raise blood pressure and clog arteries, which are all risk factors for heart disease.



10 TIPS FOR A HEALTHY HEART

CONTINUED

8. Stress less

Stress increases cortisol, which leads to weight gain, a key risk factor for heart disease. In addition, stress can lead to other unhealthy habits, making it harder to stick to a heart-healthy program. Stress can also decrease overall happiness and increase the risk for anxiety and depression. Many of the items on this list can also help with reducing stress, in addition to practicing positive self-talk and incorporating mindfulness meditation breaks throughout the day.

10. Smile

A happy heart is a healthy heart. Making time for enjoyable activities and hobbies helps relieve stress and improves the overall mood, providing a great foundation for a heart-healthy lifestyle.

9. Sleep more

Sleeping restores the body, helps decrease stress and increases overall happiness. To reap the full benefits, clocking seven hours each night is key. A calming bedtime routine and going to bed and waking at the same time each day are all great ways to establish healthy sleep patterns. Getting ample sunshine and physical activity throughout the day also aid in improving sleep quality.

Source: February is American Heart Month: 10 Tips for a Healthy Heart - BiolQ



SCRIPTURES FOR FEBRUARY

Week One: Fear Not

February 1

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." ~ Isaiah 41:10

February 2

"For God gave us a spirit not of fear but of power and love and self-control." ~ 2 Timothy 1:7

February 3

"There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love." ~ 1 John 4:18

February 4

"I sought the Lord, and he answered me and delivered me from all my fears." ~ Psalm 34:4

February 5

"The fear of man lays a snare, but whoever trusts in the Lord is safe." ~ Proverbs 29:25

February 6

"When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?" ~ Psalm 56:3-4

February 7

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." ~ Philippians 4:6



SCRIPTURES FOR FEBRUARY

Week Two: Be Strong and Courageous

February 8

"Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you." ~ Deuteronomy 31:6

February 9

"Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil." ~ Ephesians 6:10-11

February 10

"Be watchful, stand firm in the faith, act like men, be strong." ~ 1 Corinthians 16:13

February 11

"Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!" ~ Psalm 27:14

February 12

"The wicked flee when no one pursues, but the righteous are bold as a lion." ~ Proverbs 28:1

February 13

"I can do all things through him who strengthens me." ~ Philippians 4:13

February 14

"I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." ~ John 16:33



SCRIPTURES FOR FEBRUARY

Week Three: Heart of Strength and Love

February 15

"Create in me a clean heart, O God, and renew a right spirit within me." ~ Psalm 51:10

February 16

"And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh." ~ Ezekiel 36:26

February 17

"Keep your heart with all vigilance, for from it flow the springs of life." ~ Proverbs 4:23

February 18

"Blessed are the pure in heart, for they shall see God." ~ Matthew 5:8

February 19

"I the Lord search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds." ~ Jeremiah 17:10

February 20

"For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." ~ Hebrews 4:12

February 21

"Every way of a man is right in his own eyes, but the Lord weighs the heart." ~ Proverbs 21:2



SCRIPTURES FOR FEBRUARY

Week Four: Be Bold in Faith

February 22

"Proclaiming the kingdom of God and teaching about the Lord Jesus Christ with all boldness and without hindrance." ~ Acts 28:31

February 23

"And also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel" ~ Ephesians 6:19

February 24

"All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness" ~ 2 Timothy 3:16

February 25

"And we urge you, brothers, admonish the idle, encourage the fainthearted, help the weak, be patient with them all." ~ 1 Thessalonians 5:14

February 26

"For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek." ~ Romans 1:16



SCRIPTURES FOR FEBRUARY

Week Four: Be Bold in Faith (continued)

February 27

"And when they had prayed, the place in which they were gathered together was shaken, and they were all filled with the Holy Spirit and continued to speak the word of God with boldness." ~ Acts 4:31

February 28

"And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him." ~ 1 John 5:14-15



Happy Birthday to You

CHLOE' MCCAMEY

BETTY J. BLANDING

ERNESTINE O. NIXON

JENNIFER G. WILLIAMS

TIARA SANDERS

BONNETT NASH

PATRICE MCCLOUD

KEJUAN K. JOE

EDGAR SANDERS JR.

PAT NICHELSON



SERVICE AND THE GREAT COMMISSION

Greetings Christian Family

I bring you New Year's (2022) greetings from the Rafting Creek Baptist Church Public Relations Committee, whose purpose is "reaching one person at a time." We do this by serving ministries and individuals by promoting your church-related activities. These activities will ultimately cause non-Christians to want to join the Christian Ministry of God, as well as continue to promote Christianity in a manner that will draw fellow Christians closer to Christ. The task of servitude is challenging to say the least. But through Christ, all things are possible.

We, as baptized Christians, should resolve to do what the Great Commission has asked us to do: Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age" (Matthew 28:18-20).

The Public Relations Committee is here to serve each of you.

May God continue to bless each of you,
Deacon Wallace E. Dinkins, Chairman of the Public Relations Committee

GROWING AS A CHURCH

WITH A REDEMPITIVE PURPOSE

web: www.raftingcreekbaptistchurch.org **email:** prcommittee@raftingcreekbaptistchurch.org **facebook:** www.facebook.com/raftingcreekbaptistchurch/

Public Relations Committee

| | | | |
|----------------------------------|-----------------|------------------------|-------------------------|
| Wallace Dinkins | Chairperson | Hattie Wade | Health & Wellness |
| Alvenia Drakeford Dinkins | Chief Publisher | John Earl Perry | Production/Photographer |
| Myra C. Wright | Secretary | Bonnett Nash | Researcher/Chaplain |
| Nancy Dinkins | Web Updater | | |

Meetings and Rehearsals

Meetings and rehearsals are held via Zoom or Conference Call until further notice.

Deacon Ministry

Thursday, Before 1st Sunday, 6pm

Brotherhood

2nd Saturday, 9am

Children/Youth

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

Inspirational Choir

Thursdays, Weekly, 6am

Male Choir

1st & 3rd Saturdays, 10am

Minister & Deacon Spouses Ministry

3rd Saturday, 12pm

Pastor's Aide Ministry

2nd Saturday, 11am

Senior Missionary Ministry

2nd Saturday, 12pm

Thursday Night Bible Study

Weekly, 7pm

Young Women's Auxiliary

1st Saturday, 10am

Trustees

2nd Wednesday, 6pm

Winter Months, 4th Sunday, After Church

Sumter United Ministries

Sumter United Ministries is a countywide nonprofit that provides relief to struggling families and helps them get back on their feet. Services include home repair, financial assistance, medical care, emergency shelter, and education assistance.

36 Artillery Drive, Sumter, SC 29151

Hours of Operation: Monday-Friday, 9 a.m. to 1 p.m.

<https://sumterunitedministries.org>

info@sumterunitedministries.org

803-775-0757