

NOVEMBER 2023

RAFTING CREEK BAPTIST CHURCH NEWSLETTER

GROWING AS A CHURCH WITH A REDEMPTIVE PURPOSE



*Come, let us sing for joy
to the Lord; let us shout aloud to
the Rock of our salvation. Let us
come before him with thanksgiving and extol
him with music and song. For the Lord is the
great God, the great King above all gods. In his
hand are the depths of the earth, and the mountain peaks
belong to him. The sea is his, for He made it, and his
hands formed the dry.--Psalm 95:1-5*



November

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SCRIPTURAL IMPACT

PRAYER OF THE MONTH

Thank you, Lord

Eternal GOD, we live in a world where so many behave as though they have nothing to be thankful for, not even for “this gift of life.” Horrific acts are being committed not because people are deeply disturbed, but because people are not deeply disturbed by the horrific acts they commit. Nonetheless, we come before You, oh GOD, because Your “mercy is everlasting, and Your truth endures to all generations” (Psalm 100:5). For that, we say, “Thank You!”

We especially pray for those who find it difficult to celebrate this Thanksgiving season. Many are burdened with anxiety or sorrow. They are buckling beneath their heavy load because they do not know that You, O LORD, are a “heavy load carrier.” Guide them through the doors of their difficulty to a better day. Turn their infirmities into ladders and help them climb out of their unresolved cycles of fear, anxiety, and crushing grief. For those thrown into dark corners because of life and living, help them to not wring their hands

in self-pity or clench them into fists. Rather, whisper to them to put their hands together in prayer and pray, believing that they are being held in the hollow of Your hands. For those being battered, beaten, and buffeted the life’s stormy sea, enable them to sail out of their storms into more peaceful waters. Thank You, dear GOD, for not treating us as we deserve to be treated, rather Your “steadfast love” fills our lives with the newness and goodness of Your faithfulness.

Continued on next page.



SCRIPTURAL IMPACT

PRAYER OF THE MONTH

Thank You, Lord

Continued

With all the disorienting and bewildering things that tend to perplex and puzzle us, oh GOD, we dare not forget any of Your blessings. Help us to celebrate Thanksgiving by dedicating or rededicating ourselves to You, and by finding the beauty of Your holiness and the holiness of Your beauty in lives that the world breaks and throws away. Thank You for coming to us when we need You the most.

In the Name of GOD, who gave us a Son, that we may know the Way, the Truth, and the Life, through Jesus Christ, our LORD. Amen

Melvin Mack



Thankful

SCRIPTURAL IMPACT

SCRIPTURAL PRESENTATION *Prayer*

Scriptures:

Luke 11

Matthew 6:9-13

Psalms 145:8

Presenter & Date:

Sis. Myra C. Wright

10.12.2023

Take-Away Points

Prayer will change things.

Prayer heals.

**Nothing is more important in
life than prayer.**

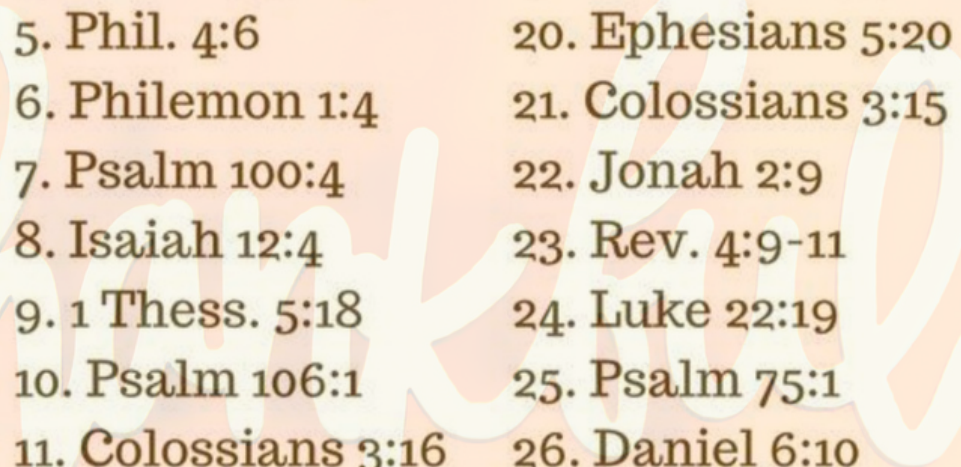
**Find a quiet place to pray and
focus your mind on God.**


**Prayer is when we talk with
God.**

**If you want your sins forgiven, you must forgive others
for their sins and trespasses.**

The presentation is located in the Rafting Creek Baptist Church Official
Facebook Group. Search for "Prayer."

30 SCRIPTURES OF THANKFULNESS

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1. Psalm 107:1
 2. 1 Chron. 29:13
 3. Daniel 2:23
 4. Psalm 95:2-3
 5. Phil. 4:6
 6. Philemon 1:4
 7. Psalm 100:4
 8. Isaiah 12:4
 9. 1 Thess. 5:18
 10. Psalm 106:1
 11. Colossians 3:16
 12. Hebrews 12:28
 13. Psalm 118-1-8
 14. Psalm 69:30
 15. Psalm 105:1
 16. Colossians 4:2
 17. Psalm 28:7
 18. Revelation 7:12
 19. Jeremiah 33:11
 20. Ephesians 5:20
 21. Colossians 3:15
 22. Jonah 2:9
 23. Rev. 4:9-11
 24. Luke 22:19
 25. Psalm 75:1
 26. Daniel 6:10
 27. Psalm 136:1-3
 28. 2 Cor. 1:11
 29. Psalm 30:12
 30. Rev. 11:17



SpirituallyHungry.com



MINISTRY IMPACT

CHRIST FREES. LAW ENSLAVES

Adult Sunday School Lessons

Unit 2: Faith Triumphs, Law Fails



November 5	Freedom from Expectations	<i>Acts 15:1-11</i>
November 12	Freedom in Love	<i>Rom 13:8-10</i> <i>1 Cor 13:8-13</i>
November 19	Freedom from the World	<i>Col 2:16-23</i>
November 26	Freedom to Edify	<i>1 Cor 10:23</i> <i>1 Cor 1:1</i>

Galatians 5:1

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”

HEALTH IMPACT

NATIONAL FAMILY CAREGIVERS MONTH

11.5% of the U.S. Population Are Caring for Loved Ones (2023 data, AARP)

38 MILLION
PEOPLE ARE
FAMILY
CAREGIVERS

November is
**NATIONAL FAMILY
CAREGIVERS MONTH**



ASSIST
Family
Caregivers

National Family Caregivers Month
Administration for Community Living


November is National Family Caregivers Month in the United States. This observance calls attention to the hard work of more than millions of family caregivers. During National Family Caregivers Month, the intent is to raise awareness of the societal value provided by caregivers and to ask for greater support.



HEALTH IMPACT

FAMILY CAREGIVERS NEED SUPPORT

Fewer Than 5 Percent of Caregivers Indulge in Regular Self-Care (2023 data, AARP).

- 
- Help them with errands, chores, and other tasks.
 - Negotiate times to check in on them.
 - Make sure they are managing their own health care needs.
 - Provide emotional and social support.
 - Help them create and manage a care plan for the person they care for.
 - Encourage them to seek mental health services if necessary.

<https://www.cdc.gov/aging/publications/features/supporting-caregivers.htm>



HEALTH IMPACT

CAREGIVING AND RESPITE CARE

You are a caregiver if you are caring for someone who needs help. Taking short breaks can be the key to maintaining your own health. To be an effective caregiver, you must take care of yourself.

Caregiving can be hard on you despite the great sense of reward you may feel. To continue being a good caregiver, you need to take care of yourself. One way you can do that is to make sure you have consistent breaks from your caregiving responsibilities. This is called respite. Short breaks can be a key part of maintaining your own health.

Respite care allows the caregiver some time off from her/his caregiving responsibilities.

Respite care can take the form of different types of services in the home, adult day care, or even short-term nursing home care so caregivers can have a break or even go on vacation.

Research shows that even a few hours of respite a week can improve a caregiver's well-being. Respite care may be provided by family, friends, a nonprofit group, or a government agency. Some of these services may be free or low-cost.

WHAT IS RESPITE CARE?

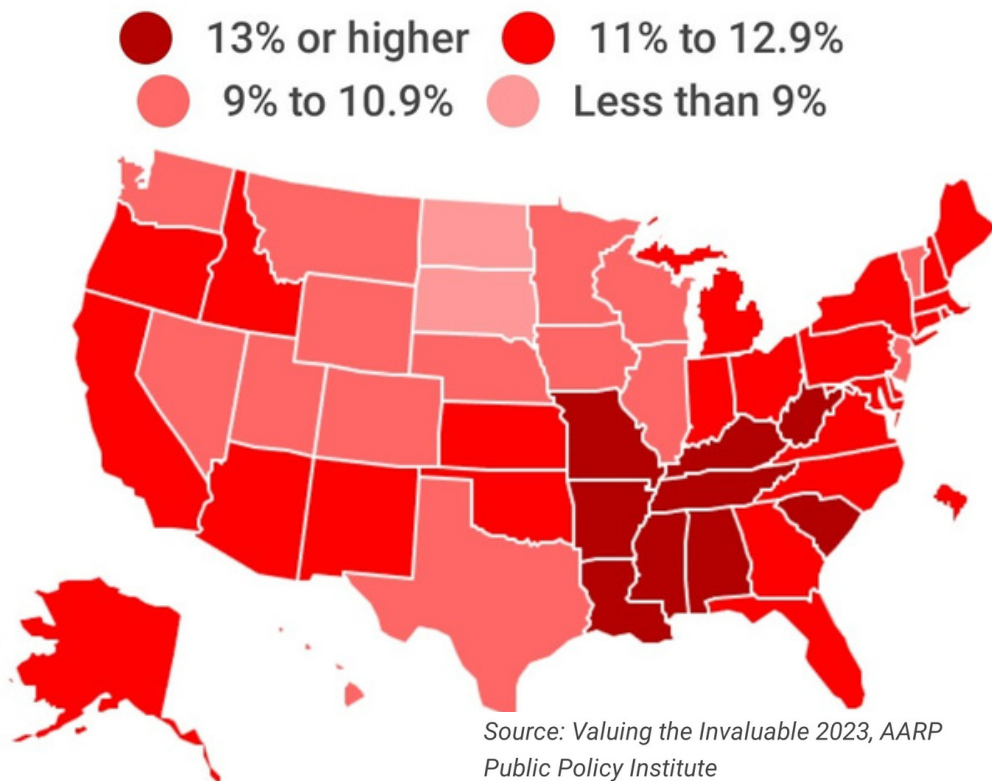
Taking short breaks can be the key to maintaining your own health. Respite care provides short-term relief for primary caregivers. It can be arranged for just an afternoon or for several days or weeks.

[cdc.gov/aging/publications/features](https://www.cdc.gov/aging/publications/features); nia.nih.gov/health/what-respite-care

HEALTH IMPACT

UNPAID CAREGIVING AMONG THE STATES

SC has one of the higher percentages of residents who are unpaid family caregivers.



- **South Carolina**
Number of caregivers: 710,000
Residents who are family caregivers: 13.7%
Hours of care: 670 million
Economic value: \$9.3 billion

Happy Birthday

Pauline Cooke

Lloyd Daniels

Marcus Haynesworth

John E. Perry

Kathy Sanders

Kaylie "Peaches" Shird

COMMUNITY SPOTLIGHT

It's Line-Dancing Time at the Community Center



Attendees, including some members of Rafting Creek Baptist Church, enjoy line dancing at the Rafting Creek Community Center, October 11, 2023. The instructor was Ms. Lisa Ivy.

Some Benefits of Line Dancing for Seniors:

- **Improves coordination and balance**
- **Increases cardiovascular health**
- **Improves brain memory**
- **Effective treatment for Alzheimer's, dementia, and depression**
- **Improves strength and muscle function**
- **Increases flexibility**
- **Improves stability and reduces injuries**
- **Decreases chances of developing heart disease**
- **Provides a social environment, which is great for mental wellness**

CONNECTIONAL IMPACT

CONVENTION SPOTLIGHT

Church Members Attended the Convention of the Wateree Baptist Association Lower Division



Top: Sis. Annette Dinkins and Sis. Myra C. Wright (seated)
Bottom: Dea. Johnnie Dinkins and Dea. William Sanders (left in front row)



NOVEMBER 11, 2023

VETERANS DAY



HONORING ALL WHO SERVED

RAFTING CREEK BAPTIST CHURCH

Growing As A Church With A Redemptive Purpose

Web: www.raftingcreekbaptistchurch.org **Email:** prcommittee@raftingcreekbaptistchurch.org **Phone:** 803-432-5411
Facebook: www.facebook.com/raftingcreekbaptistchurch/

Public Relations Committee

Wallace Dinkins	President	Hattie Wade	Health & Wellness (Newsletter)
Alvenia Drakeford Dinkins	Chief Publisher	Emma Dinkins-Jackson	Health & Wellness (Facebook)
Myra C. Wright	Secretary	Bonnett Nash	Researcher/Chaplain
Nancy Dinkins	Web Updater		

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