

MARCH 2022

RAFTING CREEK BAPTIST CHURCH NEWSLETTER

Growing as a Church with a Redemptive Purpose

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



You go before me

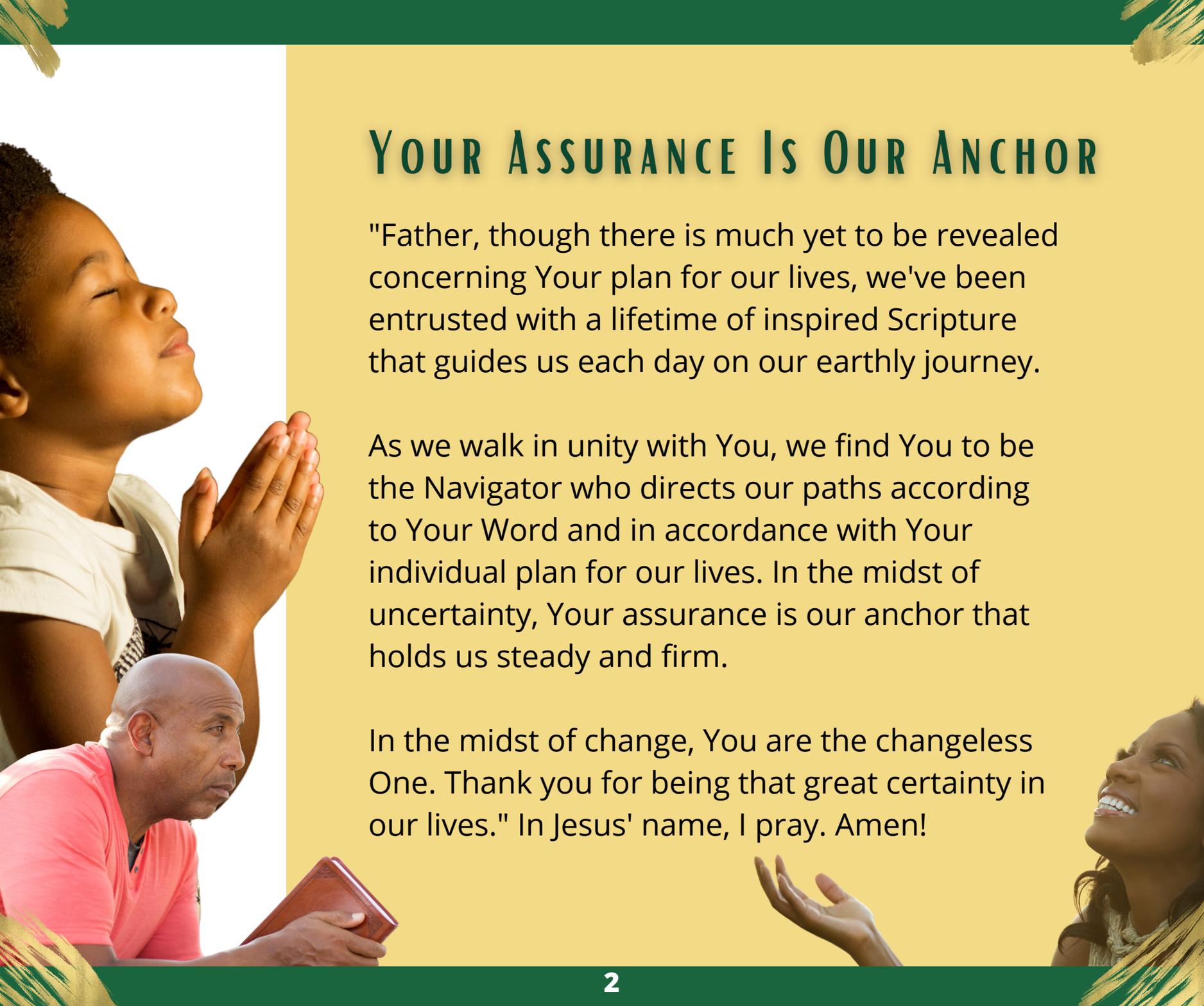
**AND
FOLLOW ME.**

You place your hand of

BLESSING

on my head.

Psalm 139:2-5 NLT



YOUR ASSURANCE IS OUR ANCHOR

"Father, though there is much yet to be revealed concerning Your plan for our lives, we've been entrusted with a lifetime of inspired Scripture that guides us each day on our earthly journey.

As we walk in unity with You, we find You to be the Navigator who directs our paths according to Your Word and in accordance with Your individual plan for our lives. In the midst of uncertainty, Your assurance is our anchor that holds us steady and firm.

In the midst of change, You are the changeless One. Thank you for being that great certainty in our lives." In Jesus' name, I pray. Amen!

Lenten Season, 2022

MARCH 2- APRIL 16

Lent is the 40-day period (excluding Sundays) preceding Easter that focuses on remembering the death and resurrection of Jesus. The purpose of the Lenten season is to set aside time for reflection on Jesus Christ—to consider his suffering, sacrifice, life, death, burial, and resurrection. It begins on Ash Wednesday. During Lent, many Christians observe a period of fasting, repentance, moderation, self-denial, and spiritual discipline.





MINISTRY SPOTLIGHT

Male Choir

MISSION

We, the members of the Rafting Creek Baptist Church Male Choir, strive to spread the word of God through songs of praises.

PURPOSE

Through songs of praises, we hope that what we do will draw men and women, the young and the old, believers and nonbelievers to God, allowing them to have a life-changing experience or a closer walk with Christ Jesus.

OFFICERS

President	Johnnie Dinkins
Vice president	Jimmy Brooks
Treasurer	Hampton Gardner Jr
Secretary	Teddy Collier

IN MEMORY OF

RAFTING CREEK BAPTIST CHURCH MEMBERS WHO TRANSITIONED JANUARY 2021- DECEMBER 2021

*Willie Bellamy
Eric Bradford
Elizabeth Clea
Charles Dais
Daniel Grant*

*Marie L. Miller Major
McKayla McCray
James Mickens
Theodore Portee
Samuella Dinkins Riley*

*Dempsie Sanders
Sallie M. Dinkins Sanders
Gladys Dinkins Williams
Victoria Dennis Young*

*Life is but a stopping place
Life is but a stopping place,
a pause in what's to be,
a resting place along the
road to sweet eternity.
We all have different journeys,
different paths along the way,
we all were meant to learn some
things, but never meant to stay.*

*Our destination is a place
far greater than we know,
for some, the journey's quicker,
for some the journey's slow.
And when the journey finally ends,
we'll claim a great reward,
and find an everlasting peace,
together with the Lord.*

CONGRATULATIONS



PASTOR-ELECT
THE REVEREND JOHN F. KENNEDY

JOHN'S TABERNACLE APOSTOLIC HOLINESS CHURCH

Lake City, South Carolina



*Happy
Birthday*

Alex Young
Annie Holliday
Myra C. Wright
Cassandra Mack
Stacey Mickens
Hattie Wade
Kelton Young
Albert E. Dennis
Jimmy Brooks

5 TIPS

"If you've found that munching sugary snacks just makes you crave more of them, you're not alone. Eating lots of simple carbohydrates -- without the backup of proteins or fats -- can quickly satisfy hunger and give your body a short-term energy boost. But they almost as quickly leave you famished again and wanting more. How can you stop sugar cravings once and for all?"

CURTAILING SUGAR CRAVINGS

- 1 GIVE IN A LITTLE.** Eat a bit of what you're craving, maybe a small cookie or a fun-size candy bar. Enjoying a little of what you love can help you steer clear of feeling denied. Try to stick to a 150-calorie threshold, Neville says.
- 2 COMBINE FOODS.** Combine the craving food with a healthful one. You'll soothe your craving and get healthy nutrients from those good-for-you foods.
- 3 GRAB SOME GUM.** If you want to avoid giving in to a sugar craving completely, try chewing a stick of gum.
- 4 REACH FOR FRUIT.** Keep fruit handy for when sugar cravings hit. You'll get fiber and nutrients along with some sweetness. And stock up on foods like nuts, seeds, and dried fruits. Have them handy so you reach for them instead of reaching for something sugary.
- 5 EAT REGULARLY.** Waiting too long between meals may set you up to choose sugary, fatty foods that cut your hunger. Eating every 3 to 5 hours can help keep blood sugar stable and help you "avoid irrational eating behavior." Also, you may need to rethink your drinks. They can be a major source of sugar, whether it's a soda, a latte, or juice. Try sparkling water or plain water instead.

For other tips, see [Newsletters \(webmdhealth.com\)](https://www.webmdhealth.com/newsletters).

GROWING AS A CHURCH

WITH A REDEEMPTIVE PURPOSE

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

Public Relations Committee

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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