

A Month of Renewal

Article by Denise Prater

March is a month of renewals, and as such, offers us the official heralding of spring, Church Revivals, and a national initiative called, Black Marriage Day (BMD) which was celebrated on March 17, 2013 this year (it is normally the fourth Sunday of March except when Easter falls at the end of March).



Black Marriage Day is a national initiative started in 2002 to create a cultural shift in the way marriage is viewed and celebrated in the Black community. BMD started with 30 supporters at its initial debut. It has grown to hundreds of supporters around the country. Black Marriage Day was founded by Nisa Islam Muhammad. It is headquartered in the nation's capital, Washington, DC:" about Black Marriage Day; online; <http://blackmarriageday.com>

March is filled with lots of activities. We bask in the warmth of the sun beginning its annual migration towards summer; and we see spring flower blossoms with its fragrant floral burst of color and beauty only God could create. Church Revivals beckons us to a renewal of faith and the reawakening of our spirit. Spring is our reminder that God is always here reviving and renewing.

In the same way that spring ushers in revival and renewal, BMD is a day for couples to celebrate marriage by renewing their vows, planning second honeymoons, and listening to seasoned couples share stories with young married and engaged couples while offering advice on achieving longevity in their relationships.

BMD is a wonderful event, because it is a day that honors marriage. But what happens to our marriages the rest of the week, month, and year? How do we make every day marriage day, and what happens when marriage gets hard and we want to quit?



Marriage is a covenant with God and in this covenant we promise to stay together "till death do us part;" meaning marriage is for life. We make every day marriage day, by keeping God first in our marriage and in our everyday life. God provides us with all of the tools that we need to keep our covenant with Him. We must read the word daily; begin with

Ephesians 5:22-31, which reminds us that wives' should submit to their husband as unto the Lord; and husbands' should love their wives as Christ loved the church. In other words, every day we should love and respect each other in all things. Reading the word keeps us grounded in the plans that God has for our marriage. Make every day marriage day, using this technique is a great way to maintain a happy healthy relationship.

However, things happen in life and we may find ourselves in situations that threaten to derail that happiness. There are temptations everywhere we look; newspapers, magazines and television bombard us with conflicting messages that may threaten our unions and cause our faith in God's ability to save our marriage to waiver. The adversary may remind us of our past fears and transgressions; whispering to us that we will never move past them. When life throws a curve ball, we should, again, look to



the word for the answers on how to resolve those conflicts. Read Ephesians 4:22-32; where we are asked to step out of our old self and move toward a spiritual renewal and a new self; next read 2 Corinthians 13:5, which ask us to examine ourselves looking for Christ within; finally read Colossians 3:15 and let the peace of Christ rule in your heart and be thankful.

Remember that the derailment of your relationship wasn't easy or quick; consequently, putting your relationship back on track won't be easy either. Allow God to take control, and quiet the voices of doubt. God can and will remove the conflicts and put your relationship back on track. He casts the hurt, pain and anger into the sea of forgetfulness and will revive your marriage!

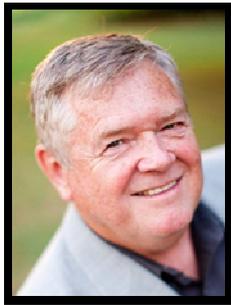
BMD is a day designed to honor marriage. We must honor our marriages every day! The covenant that we enter when we marry is a promise for life. If we look to God for the answers and stay committed to His word, just like spring brings about a revival on the earth; God's word provides the foundation for our marriages to flourish!





Buying a Hou\$e in 2013

Article by John Jacobus



Home prices have taken quite a hit. The average value of a home in Ohio fell 35% from its high in 2006. Most areas have experienced a modest recovery since bottoming out in 2008. Some areas continue to struggle because of a lot of foreclosures in the area. Still, 2013 may be the best time in 30 years to buy a house.

We have a good "perfect storm", low home prices and low interest rates at the same time! Interest rates are literally at their lowest in 40+ years. A 30 year fixed rate loan is just 3.5%! Let's see how that affects a payment. A \$100,000 house can be purchased on an FHA 30 year fixed rate for a principle and interest payment of \$ 432.07. Now add monthly FHA insurance (\$92.48), estimated monthly homeowners insurance (\$60), estimated real estate taxes (\$200), the total monthly payment is \$784.55. That is less than the house would probably rent for. The \$100,000 house will require a down payment of \$3500.00. Closing costs are approximately \$3000, but the seller will often cover most if not all of those for you. FHA has a 1.75% front load mortgage insurance premium which can be rolled into the loan. Multiply the above by 1.5 times for a house of \$150,000, 2 times for a \$200,000 house and you'll have a rough idea for the house you may want.

This "imaginary" house we used as an example would rent for more than the payment. This is a window that will be closing soon. The excessive government deficit will eventually lead to inflation, which in turn will cause interest rates to rise. An interest rate increase of just 1% on our "imaginary" house will increase the payment \$55.05 per month. If interest goes to the 40 year average of 7.5%, the payment will increase by \$238.48 on our \$100,000 house.

The last big real estate crisis was in 1979. In January interest rates were 7%. By December rates had increased to 19%. What caused the increase? Government borrowing. The government needed to borrow so much money to make payments on the debt, that it drove mortgage rates to nearly 20%. Home buyers had to compete with



the government for loans. I certainly hope that never happens again, but everyone is saying that interest rates will be going up. Some say we'll see 1/2% to 1% increase by fall. Others think we won't see much increase until spring or fall of next year. No one thinks interest rates will stay the same or go lower.

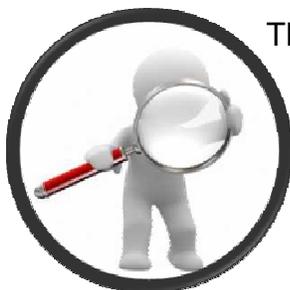


If you can qualify for a home loan now... don't wait. Interest rates can't get much lower and home values have started to rebound. This is a perfect time to buy!

There are also some special loan programs for first time buyers. Some of these programs have grants for part or all of the down payment, others will lower the interest rate, still other programs give additional tax breaks. You need to engage a good Realtor who knows the real estate market and knows how to guide you through the buying process. A good mortgage consultant is also a must. Only a few lenders handle ALL the special programs. Make sure you do your homework and know what programs are available. If your lender doesn't handle these programs, find a lender who does. A good Realtor will help you with this.

John Jacobus holds a BS degree in Christian Education from the Cincinnati Christian University (formerly Cincinnati Bible Seminary) and has been in the real estate business for 40 years in central Ohio. He is an ordained minister and has served in various churches as deacon, elder, teacher and preacher. Presently, he is broker and owner of RE/MAX Impact in Westerville, Ohio.

Trinity Baptist Website



The Trinity Baptist Church Website Ministry is proud to announce the UPCOMING revamped and improved website that will provide a more friendly functionality and enhanced overall experience for all our members. Specifically, one of the most significant enhancements is a listing and contact information for all of our ministries. We will notify everyone when the change has been completed. Look for more information in a future church bulletin.

WEBSITE MINISTRY MEMBERS:

Barbara King, Denia (DJ) Jefferson, Barbara (BB) Dunlap and Diane Ford.



My body, psyche and emotions were fatigued from the tension of being on this precipice of expectation. It was miserable; like being pregnant and never giving birth. There came a point when I was ready to throw in the towel. "I'm getting too old for this. Let someone else do this."



Then God... To spare you the details, I got a God perspective again and was lead to take a closer look at Ephesians 6:13b "and having done all, to stand." The Holy Spirit pressed me to look up the word *stand*. And there it was in the Theological Dictionary of the New Testament. The Greek word for stand was *stasis*.

In that moment of quiet study God's Holy Spirit whispered, "Be still. Vision is in stasis."

I was stunned. Vision had not died. Though things had not gone as I may have planned or expected, I was relieved to know that I had not failed and I had not missed God.

So many of us are feeling hope deferred. Many may even be feeling the miserable pressure of birthing pains. Yet, just stand. Vision is just in stasis.

Why is Life Insurance Important?

Life insurance policies are important because they provide many options for debt repayment, income replacement and estate planning for your family. Without a life insurance policy, your death could spell financial disaster for your heirs and could hurt their financial future.



- **Income Replacement:** If you are a working spouse, chances are your family relies on your income to pay bills. A life insurance policy can help to replace that income when you're gone.
- **Debt Payoff:** When you die, your family will still owe the debt you have. A life insurance policy can help them payoff that debt.
- **Funeral Expenses:** Funerals are expensive. Life insurance policies give your family a means of paying for your funeral that won't affect their budget
- **College Tuition:** Left alone, your spouse may no longer be able to fund your children's college savings plans. A life insurance policy can provide funds to pay for their schooling.
- **Estate Taxes:** If you have a large estate to pass on to your heirs, then there will be estate taxes to pay. A life insurance policy can provide the funds necessary and prevent the liquidation of your assets.

Ancestral Blessings:

The Art of Antoinette Savage

Article by Antoinette Savage



I call my work “Ancestral Blessings” inspirations from God...Designed by the Ancestors. My art represents the lives of the people who came before us, held us, carried us and fought for us. I strongly believe that we, as African Americans, truly stand on the shoulders of our Ancestors. My art spiritually connects me to them, which allows me to acknowledge their contributions; many of whom who devoted and sacrificed their lives for opportunities and benefits that they would never get to see, let alone experience...I acknowledge, “I AM” because of them. Without the sacrifices and influence of those before me, there would not be an Antoinette Savage.

My purpose for creating my dolls is three-fold. First, because I feel that God has called me to do this. Second, it is my hope that the viewer will feel a sense of connection, to the stories, color, fabric, and especially the spirit of the dolls and third, as an Artist it gives me an opportunity to make a connection with people through conversations regarding my art.

The dolls are named as I work with them. They seem to reveal to me who and what they wish to be known as, and usually it is a reference to their persona. The dolls are the memory keepers of the people that I have loved, known, met, or even disliked along my life’s journey. Each doll is created in a tall, spindly shape, with wire arms and legs that bend and loop with unnatural grace, tightly wrapped in bright Kool-Aid colors of African fabric. They remind you of the prayin’ Granmama, Big Pa, the no-nonsense tuff as nails School Teacher, the Deacon Uncle who was the neighborhood fix-it man, Mrs. Smith the noisy woman who lived directly across the street and told everything on everybody, Aunt Ollie Mae Frazier and her Friday night fish fries, and Cousin Alice’s mouth-watering red velvet cake. I remember these people. They molded who I am today.

No matter what my personal accomplishments may be, they only exist because of the praying women and men who came before me, so that I may live my life to its fullest. I am my ancestors’



legacy of hope, perseverance, triumph, and the desire to provide better for the generations to come. I am my Ancestors answered prayers...I am the Best of Them." I bring to life my creations by sharing their stories.



My work has been exhibited in solo exhibitions and several group exhibitions over the last years. I am affiliated with "Creative Women of Color" and the Founder/Instructor of Ohio Department of Public Safety Arts Program for "Take our Daughters and Sons to Work Day."

Current Exhibit

"Antoinette Savage: Speakin' Truth Thru the Ancestors" continues through April 27 in William H. Thomas Gallery, 1270 Bryden Rd. Hours: 1 to 7 p.m. Saturdays and by appointment. Call 614.252.7525 or www.galleryinthehood.com

Upcoming Exhibits:

July 7, 2013 through October 26, 2013 at New Salem Missionary Baptist Church, 2956 Cleveland Ave., 614.267.2536

Born in Columbus, Ohio, Antoinette Savage is a self-taught doll maker, sculpture and wearable art artist...and a storyteller. Antoinette is currently working on a one-woman performance art tour featuring 16 life size pieces of her artwork scheduled for February 2015. "Speakin' Truth Thru the Ancestors," a coffee table book featuring the artwork of Antoinette Savage, 2015.

Slow Cooker Pepper Steak

Recipe courtesy of www.Allrecipes.com



Original recipe serves 6 | *PREP:* 20 min | *COOK:* 4 hrs 10 min | *READY:* 4 hrs 30 min

- | | |
|--|---|
| 2 pounds
beef sirloin,
cut into 2
inch strips
garlic
powder to
taste
3
tablespoons
vegetable
oil | 1 cube beef bouillon
1/4 cup hot water
1 tablespoon cornstarch
1/2 cup chopped onion
2 large green bell peppers, roughly
chopped
1 (14.5 ounce) can stewed
tomatoes, with liquid
3 tablespoons soy sauce
1 teaspoon white sugar
1 teaspoon salt |
|--|---|

1. Sprinkle strips of sirloin with garlic powder to taste. In a large skillet over medium heat, heat the vegetable oil and brown the seasoned beef strips. Transfer to a slow cooker.

2. Mix bouillon cube with hot water until dissolved, then mix in cornstarch until dissolved. Pour into the slow cooker with meat. Stir in onion, green peppers, stewed tomatoes, soy sauce, sugar, and salt.
3. Cover, and cook on High for 3 to 4 hours, or on Low for 6 to 8 hours.
4. Pour over rice or noodles



For Your Health

Information provided by www.seniorhelpers.com/SeniorGems

About Dementia

Dementia is a general term that describes a group of symptoms-such as loss of memory, judgment, language, complex motor skills, and other intellectual function-caused by the permanent damage or death of the brain's nerve cells, or neurons.

One or more of several diseases, including Alzheimer's disease, can cause dementia.

Alzheimer's disease is the most common cause of dementia in persons over the age of 65. It represents about 60 percent of all dementias.



The other most common causes of dementia are vascular dementia, caused by stroke or blockage of blood supply, and dementia with Lewy bodies. Other types include alcohol dementia, caused by sustained use of alcohol; trauma dementia, caused by head injury; and a rare form of dementia, frontotemporal dementia.

The clinical symptoms and the progression of dementia vary, depending on the type of disease causing it, and the location and number of damaged brain cells. Some types progress slowly over years, while others may result in sudden loss of intellectual function.

Each type of dementia is characterized by different pathologic, or structural, changes in the brain, such as an accumulation of abnormal plaques and tangles in individuals with Alzheimer's disease, and abnormal tau protein in individuals with frontotemporal dementia.

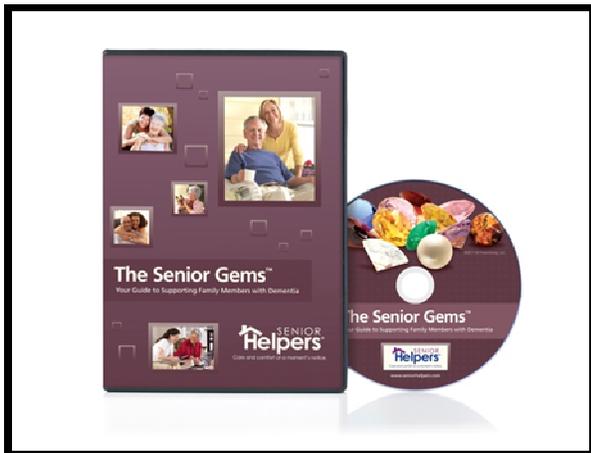
For more information, connect with the Alzheimer's Foundation at 866.AFA.8484.

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Senior Gems®

At Senior Helpers, our professional, trained caregivers take a positive approach to Alzheimer's and dementia care with our unique Senior Gems® program. The Senior Gems® focuses on what is precious and unique about all of our clients and although we understand there are changes taking place, our emphasis is on what clients are still able to do. Our caregivers use techniques designed to:

- Foster supportive communication
- Promote a positive environment
- Provide meaningful activities



We also work closely with dementia expert and registered occupational therapist, Teepa Snow (MS, OR/L, FATE). Her Senior Gems classification system (based on the Allen Cognitive Disability Theory) allows us to understand which stage of dementia the person is experiencing so we can put together the best plan and select the best caregiver for that individual.

Providing support for a loved-one with Alzheimer's or dementia can be very challenging. We have created an

informative DVD that can assist you right now in your efforts to help your family member with this disease. To receive your complimentary DVD, Your Guide to Supporting Family Members with Dementia, go to www.seniorhelpers.com/SeniorGems.

Contact Us

If you would like to know more about our Senior Gems® approach, or to speak with a Senior Helpers elder care expert about creating a customized Alzheimer's or dementia care plan for your loved one, please call 800-760-6389 to locate the office nearest you.

"The Alzheimer's Foundation of America (AFA) strongly believes that education about Alzheimer's disease empowers caregivers. AFA has reviewed the Senior Gems training created by Senior Helpers and we encourage all families who are dealing with this heartbreaking disease to utilize this program as a valuable resource in helping to provide compassionate care for loved ones."

- Eric J. Hall, Founding President and CEO



From the Editor

Article by Diane Ford



The Ohio Dr. Martin Luther King, Jr. Holiday Commission is committed to educating children about Dr. King's legacy of brotherhood among all people. Former Ohio MLK Commissioner Mildred Clark founded an oratorical contest in her hometown of Toledo 28 years ago to recognize Dr. King and involve children in that city's annual MLK celebration. In 1998, the first-place winners from Toledo spoke at the annual state Dr. Martin Luther King, Jr. Commemorative Celebration in Columbus. This year marked the thirteenth anniversary of the statewide oratorical contest which the Ohio MLK Commission adopted in 1999 and held the first statewide competition in 2000.

The 2013 statewide oratorical contest is scheduled for April 26, 2013 at the King Arts Complex in Columbus. The theme is "Remaining Awake Through a Great Revolution." The contest has a total of four divisions: primary (grades kindergarten-2); intermediate (grades 3-5); junior (grades 6-8); and senior (grades 9-12).

Each year, regional contests send their first, second and third place presenters to take part in the state competition. This year regional contests included: Cleveland, Columbus, Lima and Marion-Morrow-Knox Tri-County. In order to take part in the statewide contest, participants have to first take part in regional contests. However, those students who do not have a regional contest in their area are welcome to participate as well.

Trinity Baptist's own, Marlin Yarborough, competed in the 2012 statewide competition and won second place in the primary division. Having served as a judge at the contest for several years, I can tell you that Marlin had very stiff competition as all of the youth speakers are exceptional. Their essays are always heartfelt, thought provoking and exhilarating to hear. If you are interested in participating in a regional contest in



your area or for more information on the statewide oratorical contest, please contact Bobbi Bell at the Ohio Department of Administrative Services' Equal Opportunity Division at 614.466.8380. And if you are free on April 26 and looking for some inspirational words to get you through, the competition is free and open to the public. I encourage you to attend. You will certainly not be disappointed!

Esther Conference, 2013



Lady Tiqua Davis
Conference Leader



Reverend Janet Sheppard
Conference Co-Leader

“Casting My Past on Jesus Christ!”

Philippians 3:13

Friday, April 26 – Sunday, April 28, 2013

Friday, April 26 – 6:30 pm Evening Worship

Saturday, April 27 – 9:00 am – 1:45 pm Praise & Worship; Workshops; Casting & Releasing; Lunch

Sunday, April 28 – 8 am Worship & 11:00 am High Worship

*Hosted by Trinity Baptist Church
461 St. Clair Avenue
Columbus, Ohio 43203
Rev. Dr. Victor M. Davis, Senior Pastor*

Church Phone:
614-258-9583
Church Fax:
614-258-5995



Elder Genary Maxwell
Rhema Christian Center
Columbus, Ohio



Reverend Kima Cunningham
Mt. Enon Missionary Baptist Church
Dayton, Ohio



Reverend Janet Sheppard
Trinity Baptist Church
Columbus, Ohio



Reverend A. Kimberly Carson
Trinity Baptist Church
Columbus, Ohio



Pastor Gail Dudley
Church at North Pointe
Columbus, Ohio

Name: _____

Address: _____

City: _____ **ZIP:** _____

Phone#: _____

Email: _____

**Conference Registration: \$35.00 per person
Non-Refundable deposit of \$5.00
reserves your space!!**

*Teen girls' session ages 12-17
Saturday, April 27
9:30 am – 10: 45 am
Sis. LeTresse Jones
New Salem Miss. Bapt. Church
Facilitator*

Registration paid by: ___ Cash ___ Check _____ Check#

Receipt# _____ **—Yes, I will be participating in the movie/discussion on Friday evening after worship.**

