



TRUE LIGHT

Baptist Church

JUNE 2009



A MESSAGE FROM THE PASTOR

THE FOUNDATION OF A HAPPY HOME

"Blessed is every one who fears the Lord, Who walks in His ways." (Psalm 128:1)



Everyone needs a model, a standard to shoot for, and a means to judge his or her progress or lack of progress. So where do we find a model, a picture, of what the family, particularly the Christian family, should look like? Only in the Word of God can we find what the family should look like, what roles husbands, wives, mothers, and fathers should play. Only in the Word of God do we find the proper place of children in the home and proper methods of raising them. We spend a lot of time and money reading and buying books on how to have a happy home, how to love your wife or your husband, and how to find a mate. The best book always has been and always will be the Bible.

In its simplest form, the foundation of a happy home is for father, mother, and children to reverence God as their Creator, Lord, and God, and to be committed to living a life consistent with the Word of God. Psalm 128 is a picture of a God-fearing family. It paints a picture of God's family when they operate God's way.

"Blessed is every one who fears the Lord, who walks in His ways" (vs. 1). In every generation, people have found it necessary to consider afresh the meaning of life. The results have been varied, and the end is not yet in sight. Many have maintained that the chief end of humanity is to find happiness, but there has been much difference of opinion as to what happiness is, and how and where it is to be found. There are those who confuse happiness with pleasure and think it may be found by the immediate satisfaction of our physical needs. Others equate happiness with blessedness.

In the Hebrew, blessings equate to internal happiness. If you want internal happiness, you must start with your relationship with God. The reason there are so many unhappy marriages is that there are many unhappy people in homes.

The psalmist touches the matter at its deepest point. His concern is not with the definition, but with the cause of happiness. What he says is not original. It is the consistent teaching of the Old Testament, especially of the wisdom writers. *"Blessed is every one who fears the Lord, who walks in his ways!"*

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This generic statement is true for men, women, and children. Fear of the Lord is simply to take God seriously. How blessed is everyone who takes God seriously, who is not just playing church, not just at church, not just going through the motions, but is a real part of the church and a true lover of God. Fear is to look up in a reverential awe and respect of God. It is to be aware of the justice and judgment of God. It is to walk in all of God's ways, to do what God says do, the way he says he wants it done. Yes, to fear God is to take God seriously.

"When you eat the labor of your hands, you shall be happy, and it shall be well with you" (vs. 2). Fear of God gives you the ability to relax because *"it will be well with you."* First Peter 5:6 says, *"Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time."* Hell cannot stop what God has planned for you when you walk in the fear of the Lord. You need not worry about folks when God has exalted you. When God has put you somewhere, the pressure is off. Instead of killing yourself trying to get to the top you need to work hard to get to know God, and he will lift you up. Do not sell your family out to succeed.

The first part of verse 3 gives us a picture of the home where each member is in tune with God. **"Your wife shall be like a fruitful vine in the very heart of your house."** Men your wife will only be a fruitful vine if you take God seriously. When we think about vines, we think about grapes, and when we think about grapes, we think about wine. Grapes are used to make wine. Wine intoxicates you and makes you feel happy, relaxed, and good. If your wife is not a fruitful vine the assumption is that, she is a thorn bush. Proverbs 2:9 says, *"Better to dwell in a corner of a housetop, than in a house shared with a contentious woman."*

So what is the problem? The problem is bad atmosphere. Bad atmosphere breeds



thorns not fruit. Bad atmosphere produces bad vines. Good atmosphere produces good vines. One of the problems in our homes is the atmosphere. Men we sometimes bring winter home with us and expect a summer woman to be there. A winter attitude will not yield a summer woman.

We ought to approach our wives at home, as we do other persons with whom we endeavor seeking reward; is that not what we do on our jobs? We go to serve the boss to do our job in return for our paychecks, for the benefits of being employed. We will work ourselves to death if we think there is some additional benefit in it, some bit of a raise or promotion. I submit to you that we need to work harder at home because the benefits are great when your wife is a fruitful vine. **Our wives must be number one in our lives.** We must not allow our relationships to become dull and boring.

Women, notice in this verse that the wife is in the house. She is not out with the girls. She is not so involved in her career that she has little or no time for her home, or husband. Titus 2:4,5 challenges women to be keepers of the home, *"That they admonish the young women to love their husbands, to love their children, to be discreet, chaste, homemakers,*



good, obedient to their own husbands, that the word of God may not be blasphemed." These verses do not mean that a woman cannot work outside the home. They do mean that your work cannot supersede or take precedent over your family. **Your family and particularly your husband have to have first priority in your life.**

The second part of **verse 3** tells us **"Your children like olive plants all around your table."** Olive plants are not yet trees they are plants. Fathers and mothers—we are the trees. If you want your kids to grow up and be contributing trees, you have to minister to them while they are young plants.

In our day and time, many are asking their children to raise themselves. We have given the job of parenting to television, neighborhood children, and to schools. God did not intend for it to be that way.

Deuteronomy 6:6, 7 declares, "And these words which I command you today shall be in your heart. " You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up."

Our children have the potential of growing up to be glorious trees, if they grow up in the right atmosphere.

Men, they need to see fatherhood modeled in you so when they get to that point in their lives they will know how to do it. Women, they need to see motherhood modeled in the home. They need to have a viable model of what a good marriage looks like. They are young olive branches around you, the olive tree, watching, looking, wanting to learn from you.



"Behold, thus shall the man be blessed who fears the Lord" (vs. 4). If you fear the Lord, you will be blessed not necessarily with things, stuff, and junk. You will know happiness when you and your family are together. You cannot buy happiness. You can find it only in fearing God and walking in all his ways.

This passage tells us that a man that fears the Lord (a man who walks with God) will find his wife becoming like a fruitful grapevine in his house. In a favorable climate, grapevines need no coaxing to grow. Given the right environment, they will grow and produce grapes from which wine (a drink symbolizing celebration and happiness in biblical times) is made. It is the same in the home. The husband is responsible for creating a climate in which his wife can flourish. When that happens, he can naturally expect a joyful response. The husband can anticipate joy from his labor.

The thing that ought to be obvious in all this is that it will take some sacrifice. Sacrifice is what being a Christian is all about. Christ sacrificed himself for us. If Christ responded to us in the way we respond to Him, we would have died long ago. Fortunately, Christ works with us in every way possible in order to mold us into His likeness.

True Light Baptist Church CHILDREN'S DAY June 14, 2009

The True Light "Call 2 Truth" Puppet Team will be presenting a message in puppetry titled:

"The Waiting Room", based on Psalms

27:14 that says, "Wait on the Lord and be of good courage and He will

strengthen your heart." Waiting is a

difficult task for both kids and adults,

and yet, God sometimes requires that we exercise patience before we are blessed.

Come and see how Katrina (the main

character in this years skit) teaches us

lessons about the benefits of being

patient in stressful times. The skit will

be presented in the main sanctuary at

True Light on Children's Day, June 14th ,

at the 8:00 a.m. and 11:00 a.m. services.

Reverend Vincent W. Lewis
Associate Pastor of Christian Education



Anthony Johnson "A.J."

Deliverance Choir Director

For the last 10 months I have spoken to a number of youth. This month I am doing something a little different. I decided to speak to Anthony Johnson, A. J. because he is seen every Sunday playing the organ/piano for the different choirs, but many don't realize his impact on the youth. A. J. is the coordinator for Deliverance and spends countless hours working with them on Monday evenings. I invite you to get to know Anthony Johnson, a.k.a. "A. J." .

How long have you been at TLBC? I have been at True Light for about one year and a couple of months.

How did you come to TLBC? I was pursuing a music degree in Atlanta prior to coming to True Light. I grew up in Denver, so coming back to Denver was no problem after getting hired.

How did you get into Music Ministry? I started in the Music Ministry at my home church when I was 14 years old. I did not know how to play an instrument. I just had a desire to learn. The Music Ministry left the church and I have been playing every since.

How has God blessed you in the music ministry? God has opened so many doors for me. I am at the point of having to turn things down. I am blessed that I am able to make a living doing what I love.

What do you enjoy most about Ministry and working with the youth? My roots began in Ministry. I enjoy giving back to God a portion of what He has given to me. I really enjoy working with the youth. I see myself in each young person. I enjoy being a role model and having an impact. I was really able to gain their respect because I give them respect. I don't expect anything from the youth that I don't give them.

What do you enjoy most about TLBC? I enjoy the progression of the church. The church has great leadership. I enjoy the organization and efficiency of the church.

Importance of having a Godly foundation in your life: Having a Godly foundation keeps me grounded. It helps me to keep things in perspective and not get caught up in myself.

Goals/Aspirations: One day I would like to be a Minister of Music. I also want to finish my music degree. I feel like God has called me to take my music to a national level. One day I want to record and produce music.

Favorite Artist: J. Moss, Kirk Franklin, Byron Cage to name a few



Ashley S. Golson

True Light is in the business of developing our youth and bringing them to the Lord. Youth church is held every Sunday at 10:45 am in Room 101 A & B. Don't allow your youth to miss out on the blessings God has in store for them!



HAPPY FATHER'S DAY!

SUNDAY
JUNE 21, 2009

VACATION BIBLE SCHOOL

"Son Rock VBS Camp"

Monday, June 15th
Through
Friday, June 19th



Come and explore
who you are in
Christ



GRADUATION CELEBRATION!

Check Your Weekly Church Bulletin For
Date And Time

2009 MEN'S RETREAT FRIDAY, JUNE 19—SUNDAY, JUNE 21



COME OUT OF THE CAVE... MAN

1 KINGS 19

ANGELS OF HEALTH AND HEALING

African Americans & Alzheimer's Disease

Alzheimer's (AHLZ-high-merz) is a disease that results in the loss of brain cells. It is the most common form of dementia, which is a group of brain disorders that cause confusion and problems with memory, thinking and reasoning.

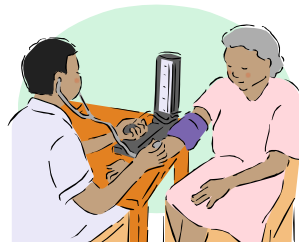
Alzheimer's is not a part of normal aging. There is no cure, and there is no single test to diagnose it. Alzheimer's gets worse over time. However, there are treatments and medications available to help ease symptoms. If you or a loved one is having major memory problems, see a doctor to find the cause.

- African-Americans may have a higher risk for diabetes,* a disease with a strong connection to Alzheimer's, vascular dementia and stroke.
- High blood pressure (HPB) is more common among African-Americans*. HBP is a risk factor for stroke—which can lead to a greater risk for developing Alzheimer's.
- Having high cholesterol increases the risk for stroke, and may increase the risk for Alzheimer's.
- African-Americans may have a higher rate of vascular (stroke-related) dementia.*
- The number of African-Americans entering the age of Alzheimer risk (age 65 or older) is expected to more than double to 6.9 million by 2030.

Increasing age is the greatest known risk factor for Alzheimer's Disease. Millions of baby boomers, the first now turning 60 – are nearing the age of greatest risk.

Conditions that damage your heart and blood vessels can interfere with the brain's vital supply lines. Many risk factors for heart disease and stroke also threaten brain health:

- High blood pressure
- Being overweight
- High cholesterol
- Lack of exercise
- Diabetes (high blood sugar)



How to be a healthy caregiver - staying strong

If you are caring for a loved one with Alzheimer's or another dementia, the best thing you can do is empower yourself. Learn everything you can about the disease and where to get help and support.

Understand that a person with Alzheimer's will have clear and lucid moments. They will also behave in unpredictable ways. They are not acting this way on purpose, so try not to take it personally or get upset.

If you feel overwhelmed, take care of yourself. Get connected with your local Alzheimer's Association for information, support and referrals to community services.

Information www.alz.org/living_with_alzheimers_african_americans.asp#heart-brain_connection
Bonne Tootle

Things to Remember in June

- ⇒ Wednesday's from 1:00 p.m. to 2:00 p.m. the Health Ministry has a low impact exercise program. Our instructors are **trained and certified**. Come out and join the men and women who are already benefiting from this program.
- ⇒ Weight Watchers is here at True Light every Thursday evening from 5:00 to 7:00 p.m.
- ⇒ Healthy Lifestyle Changes is here at True Light on first and third Mondays at 6:30 p.m.



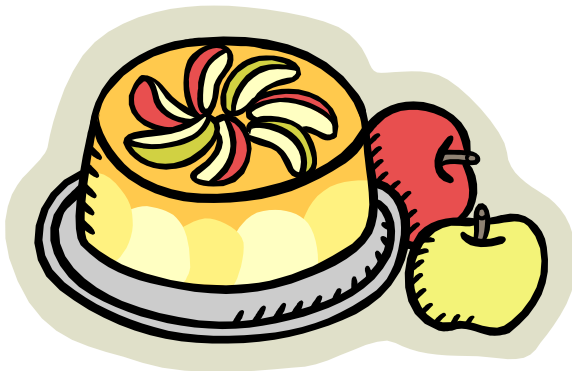
BONNE'S KITCHEN CORNER

APPLE COFFEE CAKE

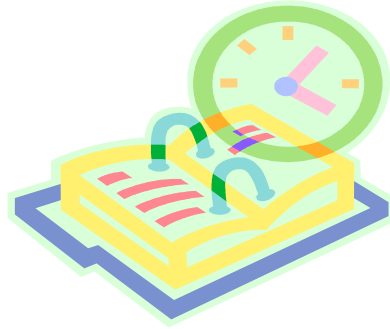
(175 calories; per serving size of a 3 inch x 2 inch piece)

5 cups tart apples, cored, peeled, chopped
 1 cup sugar
 1 cup dark raisins
 2½ cups sifted all-purpose flour
 1 tsp baking soda
 ¼ cup vegetable oil
 ½ cup chopped pecans
 2 tsp ground cinnamon
 2 tsp vanilla
 1 egg, beaten

Preheat oven to 350. Lightly oil a 13x9x2 inch pan. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes. Stir in oil, vanilla, and egg. Sift together flour, baking soda, and cinnamon; stir into apple mixture about 1/3 at a time, just enough to moisten dry ingredients. Turn batter into pan. Bake 35 to 40 minutes. Cool cake slightly before serving.



Church Calendar Highlights



KEEP CONNECTED!

Active members of True Light who are sick, shut-in, elderly, or others who are physically unable to attend church may request a CD or DVD of the Pastor's sermons. Please contact a member of your Family Ministry Team or the office for further details.



June 2009

June 3 (Sun)	AWANA Awards Night
June 6 (Sun)	Graduation Celebration
June 7 (Sat)	Music Ministry Award Service
June 14 (Sun)	Children's Day Puppet Ministry
June 15-19	V acation B ible S chool
June 19-21	Men's Retreat
June 21 (Sun)	F ather's D ay

July 2009

July 3 (Fri)	Office Closed —Independence Day Observance
July 9-11	Droppin' The L Youth Conference
July 11 (Sat)	Ministry Leaders Meeting Bonfils Blood Drive
July 18 (Sat)	Usher Training Seminar EMAM
July 19 (Sun)	Youth Sunday



After Hours Prayer Line

"Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. For where two or three come together in my name, there am I with them."

Matthew 18:19-20 (NIV)

After Hours Prayer Line Phone Number**(303) 375-0754 Ext: 9**

- ◆ Call for prayer and leave a recorded message. Our Intercessory Prayer Team regularly monitors this line.
- ◆ If you leave contact information, a member of the Intercessory Prayer Team will call and pray with you.
- ◆ Your Intercessory Prayer Team wants to pray with you and for you.



True Light Baptist Church
14333 Bolling Drive
P.O. Box 39003
Denver, CO 80239

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