



# The Second Miler

Second Baptist Church, 6626 Costner Drive, Falls Church, VA 22042

“Home of the Sweet Sweet Spirit”

January 2023 Issue

## Pastor's Corner



### A New Beginning for A New Year

Contributed by Dennis Lee

As we enter this New Year, many of us are thinking and making resolutions about those things we know we have to do, like losing weight, exercising, eating healthier, and taking our vitamins. We also begin to list out what we need to do spiritually, like reading the Bible and praying every day, using our gifts and talents in God's service, to be more loving, Christ-like, and obedient to God's word.

The only problem is that while we resolve to do these things, our resolve soon fades because we really don't have the power to keep them. And it doesn't have to do with our will power, but rather because circumstances beyond our control happened which puts all our plans on the back burner, if not in the trash.

And so, as we enter into 2023, what we need is a new beginning, which starts with a new heart and new spirit. This promise is given to us by the Lord through the prophet Ezekiel. "I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them." (Ezekiel 36: 26-27 NKJV)

What the Lord is talking about is giving us a heart transplant, but not a physical transplant, but rather a spiritual one. The heart is more than a bodily organ that pumps life-giving blood to the rest of the body. The heart is symbolic of all that it means to be human.

There are over 5,000 heart transplants done every year, and we are the first generation to understand how a new heart can replace an old one. Having witnessed the actual, physical transplant of a human heart, we are the first generation who can get the feel of the kind of heart transplant God desires to do, and we can understand the notion of how a new heart might change us radically and alter us forever.

Having such a new heart will give us a strange and wondrous feeling that somebody else is inside us, and how grateful we are to the one who has given it to us so that we may live. As believers we can also be grateful, because beating inside of us is God's own heart.

Often times when we think of the heart, we think of it in terms of love, romance, and compassion. And while this may be, in the Bible the heart is the seat of wisdom; it's where all of our decisions are made. Solomon said that as a person thinks in their heart, that is who they really are (Proverbs 23:7a).

But that isn't really a good thing, because it's from our hearts that most of our problems develop. The prophet Jeremiah makes this observation. "The heart is deceitful above all things, and desperately wicked." (Jeremiah 17:9 NKJV)

Jesus talks about how important the condition of our hearts is. He said, "The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks." (Luke 6:45 NIV)

And while this is the main reason why we need a new heart, we also need a new heart because our hearts have become hardened by life's trials.

Today, especially during this holiday season, and with the pandemic in full swing, our hearts have become hardened. But God can give us a heart transplant, where He'll remove our stony heart and give us a heart of flesh, that is, a heart that is open to all God has.

Therefore, let's ask God to do some cardiovascular surgery to get our hearts pumping once again with that life giving and life saving blood of Jesus Christ.

But beyond a new heart, God also wants to put a new spirit inside of us.

Rev. Samuel D. Barnhart, Sr.  
Pastor Emeritus

Happy New Year  
2023



### Bible Verse

O Israel, put your hope in the Lord, for with the Lord is unfailing love and with Him is full redemption.

—Psalm 130:7

### Thought

What do we have here that is unfailing and inexhaustible? Nothing except God's unfailing love. Even when we disappoint, hurt, offend, or rebel against him, he still loves us. While we were sinners he sent Jesus to redeem us from sin and death. Why trust anything or anyone else with our future? Let's lean on God's unfailing love!

### Prayer

Abba Father, loving God, I place my hopes, dreams, and future in your hands. I trust that you are at work for my eternal good. I believe that you alone offer freedom from all that enslaves me. Thank you for your forgiveness of my sins and your promise of life forever with you. But most of all, dear Father, thank you for your unfailing love. In Jesus' name I pray. Amen.

### SPECIAL PRAYER LIST

Deaconess Mildred Bailey	Deaconess Gloria Angel
Sis. Claudia Furr	Rev. Samuel Barnhart
Sis. Charlotte Allen	Sis. Tynisha Kittles
Rev. William Ward	Sis. Leea Lynch
Bro. John Taylor	Sis. Gloria Costner
Sis. Monica Battle	Trustee Ray Burns
Sis. April Dixon	Bro. George Owens, Jr.
Sis. Wynona Thomas	Sis. Judy Clements
Sis. Judy Marshall	Sis. Trois Stuart
Sis. Mary White	Sis. Lisa Chamberlain
Sis. Rose Chavis	Sis. Carolyn Walker
Sis. Linda Hargrove	Sis. Alice Faye Williams
Sis. Josephine Beckham	Sis. Virginia Taylor
Sis. Lucille Stallings	Sis. Trinette Williams
Rev. Marvin Hargrove	Bro. John White
Sis. Jean Alexander	Rev. Clyde Nelson
Dea. Virgie Simmons-Jones	Sis. Frederica Weaver
Trustee JoAnn Brooks	Sis. Clara Welch
Sis. Terenda Thomas	Sis. Jewel Hill
Sis. Ursala Ward	Trustee Ronnie Inge
Sis. Kimberly Reid	



### BIRTHDAY WISHES – JANUARY

We take a moment and we pray  
For you, on this your birthday.  
May God be with you in all you do  
We are so thankful for YOU!

01 – Chris Carter  
04 – Jay Ingram  
07 – Dea. Larry Eskridge  
09 – Dea. Bobby Brady  
10 – Deaconess Darlena Biggers  
13 – Deacon Sylvester Haley  
13 – Brittney Inge Lyles  
14 – RaShaun Seide  
16 – Kiyree Queen  
19 – Deacon Samuel Biggers  
22 – Sonya Bibbs  
27 – Jolita Marshall  
31 – Deacon Hampton Buster  
31 – Trustee Daniel Turner



**Rev. Samuel D. Barnhart and Family**  
Loss of sister, Taqua Towanda Wilson

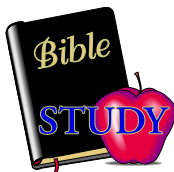
**Ms. Mary Murray, Mrs. Trois Stuart  
and Family**  
Loss of niece and 1<sup>st</sup> Cousin,  
Cherryl Gasden Jones



It's not complete without you.  
Please join us every Sunday morning at  
9:30 a.m.

You are never too old or  
too young to learn of the goodness of  
Jesus!

**Wednesday Noon Prayer Service**  
12:00 p.m.



**Wednesday Evening Bible Study  
and Prayer Service**  
7:00 p.m.

Please join us for another  
opportunity to grow in grace  
and knowledge of Jesus Christ.

**PLEASE JOIN OUR CONFERENCE CALLS**

**Call in number: (410) 886-7188**

**PIN: 42071**

**SECOND BAPTIST CHURCH**  
Building Fundraising Project  
**DONOR RECOGNITION TREE**



Gold Leaf	\$1,500
Large Rock	\$3,000
Silver Leaf	\$1,000
Medium Rock	\$2,500
Bronze Leaf	\$ 500
Small Rock	\$2,000

- Don't miss this lifetime opportunity to have your name / family name / auxiliary name permanently engraved in the history of Second Baptist Church

If you are pledging to our building fund when your contribution reaches \$500.00, you will have the option of choosing a Bronze Leaf or continue contributing until you reach the level you desire. However, your contribution of \$500.00 will automatically guarantee you a Bronze Leaf to be placed on the tree.

**FOOD BANK OPERATING HOURS**  
**SUSPENDED UNTIL FURTHER NOTICE**

Tuesdays & Thursdays 11:00 a.m. –  
12:00 p.m.

Typical Items: Bread & Bakery  
None of God's children shall go  
hungry; come partake!



**FEED THE  
HUNGRY**

**CLYDE LEE HUNTER SBC EDUCATION FUND COMMITTEE**

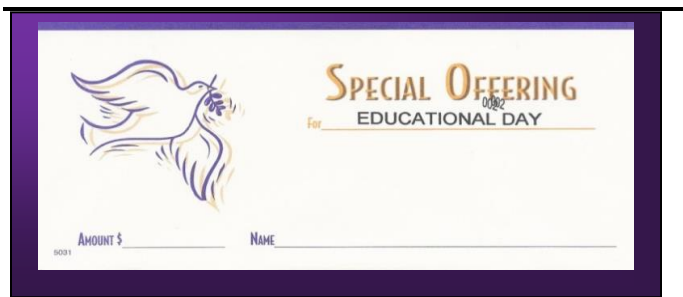
This committee seeks to provide financial assistance to young Second Baptist Church congregants heading for college or a university. It has not been set up as a scholarship program. It is funded through personal donations and the occasional fundraiser. We thank God for each donation and the ability to help our church family as they pursue higher education. For an application, please see any one of the members:

- |                     |                       |
|---------------------|-----------------------|
| President           | Lita F. Stallings     |
| Vice-President      | Devera Barnhart       |
| Financial Secretary | Bernice Dawson        |
| Member              | Susan Norwood         |
| Member              | T. Earleen Washington |



If you would like a CD or DVD of any of the programs, please see First Lady Devera Barnhart, Trustee JoAnn Brooks or Sister Lita Stallings

Cost:	Single CD	-	\$3.50
	Double CD	-	\$6.00
	DVD	-	\$10.00



**GOT ENVELOPE?**

**PLEASE DON'T FORGET TO USE YOUR SPECIAL OFFERING ENVELOPE TO SUPPORT THE EDUCATION FUND!!!!!!!!!!**

**NEW ADDITIONS:**

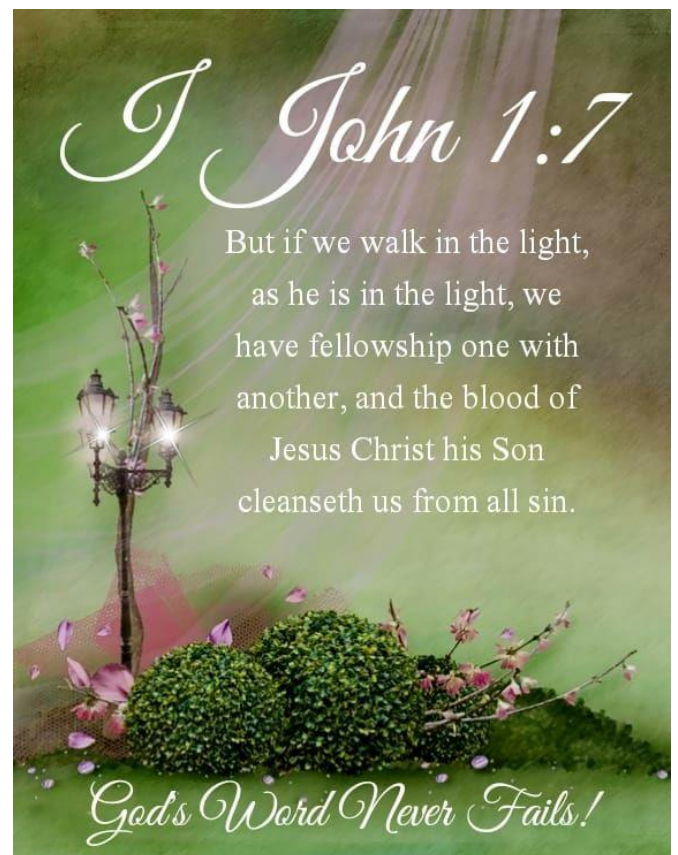
- 12/11/2022 **That Joy**  
Rev. Kevin D. Thompson, Sr.
- 12/18/2022 **Jesus, The Solid Rock**  
Rev. Greg Loewer
- 12/31/2022 **What's On Your Mind?**  
Rev. Kevin D. Thomson, Sr.
- 01/01/2023 **Pressing Toward The Mark**  
Rev. Kevin D. Thompson, Sr.



**As we continue in our virtual worship environment, stay tuned for some new innovative ways to worship the Lord in song.**

**“Prepare to be amazed!”**

*Please contact Minister of Music,  
Rev. Kevin D. Thompson, Sr. with any questions!*



*God's Word Never Fails!*



# HOME BIBLE STUDY

## Jesus' Birth

1.) How did the shepherds who visited Baby Jesus know where to find Him?

- They were told in a dream.
- An angel of the Lord told them.
- They read it in the ancient scrolls.
- A messenger from the east informed them.

2.) How did the Magi (wise men) who visited Baby Jesus know where to find Him?

- They followed a star in the east.
- An angel of the Lord told them.
- They were told in a dream.
- They followed a cloud before them.

3.) Which was not a gift the wise men brought to Jesus?

- Myrrh
- Frankincense
- Silver
- Gold

4.) To escape from the king, the angel of the Lord told Jesus' family to leave and go where?

- Syria
- Egypt
- Bethlehem
- Palestine

5.) Where was Jesus raised after they returned?

- Bethlehem
- Egypt
- Syria
- Nazareth

## Signs From Above

“For the Lord gives wisdom and from His mouth comes Knowledge and understanding.” ---Proverbs 2:6



## *Wishes For A New Year*

Brush away old heartaches.  
Learn from our mistakes.  
Another year is finally over.  
A new dawn awakes.

Let the old year out.  
Welcome the new one in.  
Bury the bad things of the past  
As a new year now begins.

Make your New Year wishes  
As simple as you can.  
Pray for peace and love,  
Not for wealth or fame.

Pray for health and happiness.  
Pray for your fellow man.  
Pray for all the ones you love.  
Pray for those who've lost their way.

As the midnight hour chimes,  
We leave the old and embrace the new.  
I wish the things you wish for yourself,  
And may God's love stay with you.

John P. Read ©

# Phoebe's Corner

Sponsored by the Deaconess Ministry

## Traditions

Family traditions are strong bonding times. Certain activities, certain places, certain togetherness repeated periodically make for strong family bonding. Christmas and birthday celebrations done a certain way, family dinners with certain customs, and the repetition of family outings. These all bring strong solidarity to family life. It is important to create traditions of spiritual significance as well. These times help us remember all that God has done for us so that we can continue to be faithful to him in the future.

Traditions are important (see Ex. 12:14). God endorses traditions, especially those that have spiritual significance. Traditions promote togetherness and help us remember all that God has done for us. The greatest inheritance you can provide for succeeding generations is a tradition that reminds them frequently of God's blessings and warnings (see Joel 1:3)

When wonderful things happen, pass them on to your children and grandchildren. God had some wonderful things for the Jewish people through Esther, things so wonderful that they must not be forgotten for generations to come. Make it an annual tradition to share past blessings (see Esther 9:28).

There are dangers to look for regarding traditions. Worldly traditions may look charming or interesting but be careful. In accepting the traditions, you may also be accepting ungodly thoughts and practices (see Deut. 18:9 and 2 Kings 17:33).

Religious leaders complained that Jesus' disciples were not keeping one of their traditions. They were so locked in to the tradition that they had lost the spiritual meaning, and therefore criticized Jesus and his followers. When we allow our traditions to take our focus off Christ, we may be in danger of staying away from him (see Matt. 15:2).

**Don't allow traditions to take your focus off Christ (see Rom. 4:11-12) NLT**

## Bible Word Search

Matthew 5:10-12

P	X	P	F	M	M	C	T	E	L	I	V	E	R	O	O
R	M	K	G	Y	A	N	D	S	H	A	L	L	U	F	F
O	O	L	M	S	N	Z	O	E	N	T	R	O	H	B	Q
P	D	F	O	A	N	E	Y	F	J	I	Y	E	L	N	Q
H	S	L	D	K	E	E	X	A	E	E	A	E	U	W	M
E	O	L	G	E	R	M	R	C	T	V	S	G	H	D	E
T	P	A	N	A	T	E	E	U	E	S	I	I	A	T	D
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A	R	A	K	H	C	E	C	D	S	H	D	N	R	Z	A
K	S	S	E	N	S	U	O	E	T	H	G	I	R	V	U
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F	C	H	E	A	V	E	N	F	O	R	T	L	R	G	Y
O	U	P	E	C	I	O	J	E	R	S	E	A	L	N	D
R	T	H	E	I	R	S	R	R	R	X	W	P	E	S	A
W	E	R	O	F	E	B	D	N	A	E	A	H	P	R	L
Q	D	J	Z	I	S	Y	O	U	R	K	W	B	M	P	G

**BLESSED  
ARE THEY  
WHICH are  
PERSECUTED FOR  
RIGHTEOUSNESS'  
SAKE: FOR  
THEIRS is  
the KINGDOM  
OF HEAVEN.  
Blessed ARE YE,  
WHEN  
MEN SHALL  
REVILE  
YOU, AND  
PERSECUTE YOU,  
AND SHALL  
SALL ALL  
MANNER  
OF EVIL  
AGAINST you  
FALSELY, for  
MY SAKE:  
REJOICE,**

**AND BE  
EXCEEDING  
GLAD: for  
GREAT  
IS YOUR  
REWARD in  
HEAVEN: FOR  
SO PERSECUTED  
THEY THE  
PROPHETS  
which WERE  
BEFORE you.**

# Just For Laughs

## A cheerful heart is good medicine...Proverbs 17:22

At a church meeting a very wealthy man rose to tell the rest of those present about his Christian faith.

"I'm a millionaire," he said, "and I attribute it all to the rich blessings of God in my life. I remember that turning point in my faith. I had just earned my first dollar and I went to a church meeting that night. The speaker was a missionary who told about his work. I knew that I only had a dollar bill and had to either give it all to God's work or nothing at all. So at that moment I decided to give my whole dollar to God. I believe that God blessed that decision, and that is why I am a rich man today."

He finished and there was an awed silence at his testimony as he moved toward his seat. As he sat down a little old lady sitting in the same pew leaned over and said to him: "I dare you to do it again."

Following a great sermon on lifestyle evangelism one family thought they had better do something to witness to Jesus. So they invited their neighbours to dinner the following Friday night.

When it came to the meal, the hostess was keen to show their neighbours that they upheld Christian standards in their home.

So she asked little 5 year old Johnny to say grace.

Little Johnny was a bit shy. "I don't know what to say" There was an awkward pause, followed by a reassuring smile from the boy's mother.

"Well darling," she said, " just say what Daddy said at breakfast this morning."

Obediently, the boy repeated, "Oh God, we've got those awful people coming to dinner tonight"

Pat and Mike were walking down the street, when they came to the church, Pat says, 'Mike, you wait here, I'm going to run in for confession, it's been a long time'.

Pat enters the confessional and says, ' Father forgive me, I have sinned with a married woman'.

The priest asks, 'was it Mrs Murphy?' 'no, Father', was the reply.

'Was it Mrs O'Boyle'? Again the reply was 'No, Father'.

'Was it Mrs. O'Grady?'" Pat said, "Father, I'll not be telling you the lady's name!"

So the priest told him to say two Hail Mary's for each time he had sinned with the woman.

Back on the street, Mike said, 'Well, how did you do?' Pat said, 'Just fine, I kept me mouth shut and got 3 new prospects!'



# Ladies Cuisine Corner

Visit [Wegmans.com](http://Wegmans.com) for more recipes like these

## Slow-Cooked Beef Chili



### Ingredients

- 1 can (14.5 oz) Wegmans Petite Diced Tomatoes
- 1 can (28 oz) Wegmans Crushed Tomatoes
- 4 cloves garlic, peeled, minced
- 1 white onion, peeled, 1/4-inch dice (about 2 cups)
- 1 green bell pepper, cored, seeded, 1/4-inch dice (about 1 cup)
- 1 jalapeno, cored, seeded, 1/4-inch dice (wear gloves when handling)
- 1 lb Wegmans 80/20 Ground Beef
- 1 can (15.5 oz) Cannellini Beans, rinsed, drained
- 2 cups Wegmans Organic Beef Bone Broth
- 1 container (2.08 oz) Wegmans Organic Chili Seasoning
- 1 Tbsp hot chili powder
- 1 Tbsp Wegmans Organic Ground Cumin
- 1 1/2 tsp salt

### Directions

1. Add tomatoes, garlic, onion, peppers, jalapenos, ground beef, beans, broth,

- chili powders, cumin, and salt to slow-cooker. Stir to combine; cover.
2. Cook on HIGH 4 hours or LOW 8 hours.
- 

### **Homestyle Meatloaf**



#### **Ingredients**

- 1 pkg (1 lb) Wegmans 80/20 Ground Beef
- 2 Wegmans Organic Large Brown Eggs, beaten
- 1/2 cup Diced Onions
- 2 Tbsp Wegmans Basting Oil
- 4 1/2 Tbsp Wegmans Memphis Style BBQ Sauce, divided
- 1/2 tsp salt
- 1 tsp black pepper
- 1 1/4 cups Wegmans White Panko Bread Crumbs

#### **Directions**

1. Preheat oven to 350 degrees. Add beef, eggs, onion, basting oil, 2 1/2 Tbsp BBQ sauce, salt, pepper, and bread crumbs to large bowl. Mix with hands to combine. Form into loaf shape; center on baking sheet.
2. Bake 30 min. Remove from oven; top with remaining 2 Tbsp BBQ sauce. Return to oven; bake, 25-30 min, or until internal temp reaches 160 degrees (check by inserting thermometer halfway into loaf).
3. Optional: Serve with warmed "Mother Sauce". (Optional sauce is not included in dietary keys or nutritional info.)

4. Chef tips: \*Any barbecue sauce or ketchup can be used. \*Meatloaf freezes beautifully. Slice it first and take it along for work lunches. Some people will tell you they make meatloaf just for the leftovers! Warmed with gravy or cold with ketchup, everyone has a favorite.
- 

### **Roasted Yukon Gold Potatoes with Garlic & Rosemary**



#### **Ingredients**

- 1 lb Wegmans Yukon Gold/Butter Potatoes, scrubbed, unpeeled, large dice (about 4 potatoes)
- 3/4 cup Wegmans Organic Extra Virgin Olive Oil
- 2 cloves Wegmans Peeled Garlic, minced (about 1 Tbsp)
- 1 Tbsp chopped Wegmans Organic Rosemary leaves
- 1 tsp salt
- 1/2 tsp fresh ground pepper

#### **Directions**

1. Preheat oven to 500 degrees. Add potatoes, olive oil, garlic, rosemary, salt and pepper to 9x13-inch pan. Stir to combine. Arrange potatoes in single layer.
2. Roast in oven 20 min. Transfer potatoes to plate with slotted spoon. Carefully drain excess oil from roasting pan. Return potatoes to pan; roast about 5 min, until crispy on bottom and edges.