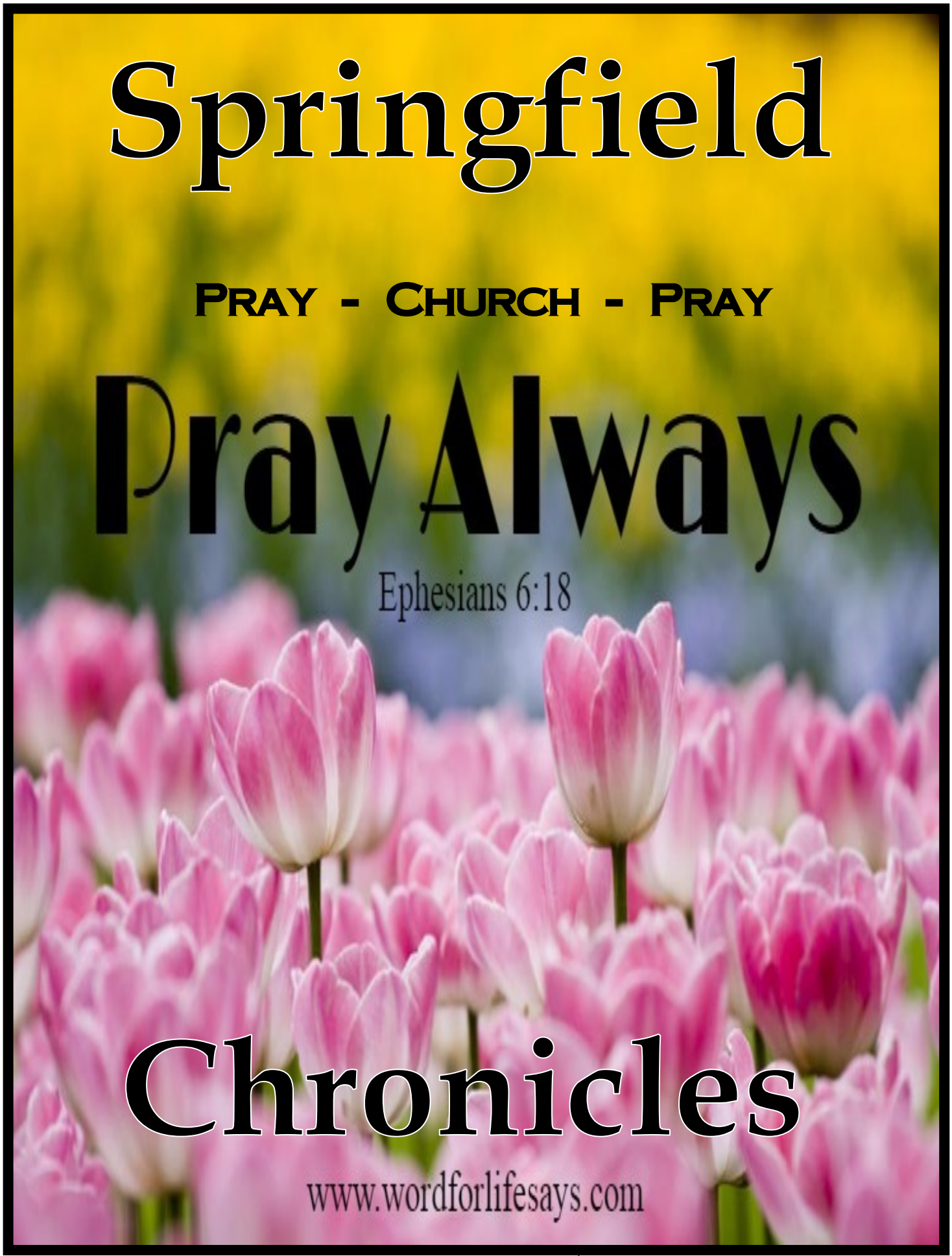
Springfield

PRAY - CHURCH - PRAY

Pray Always

Ephesians 6:18



Chronicles

www.wordforlifesays.com

2021 Spring Edition

A WORD FROM THE PASTOR

Reverend Dr. Kevin Sturdivant



Prayer is an extremely important discipline for all Christians. It is often neglected, but prayer is a blessing and a benefit to all who engage in it. Prayer is the opportunity to communicate with the God of the universe. It's the chance to "have a little talk with Jesus and tell Him all about our troubles." Prayer is urgently important in all seasons, but it is especially important in this season. As you know by now, the Lord has impressed upon my heart to call us into a season of intensified prayer. There are many opportunities to join in prayer. You can join in this effort by joining the early Wednesday prayer call at 6:30am on our prayer line. You can join the effort by attending virtual prayer meeting Wednesday evenings at 7pm. You can join the effort by engaging in our Sunday morning services for my preaching series "God's Way to Pray" as we walk through the model prayer in Matthew 6. You can even make plans to participate in the upcoming prayer seminar hosted by the Prayer Ministry on April 10th. These are practical ways for us to do what Paul challenges the believers at the church in Ephesus to do. In Ephesians 6:18, Paul says, "And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people." His admonition is for the church to pray. I admonish you likewise – PRAY CHURCH PRAY.



Pray, Church, PRAY!

By Johnny Ray Moore

poet & children's author

Pray in the morning; pray at night,

Pray when everything seems right.

Pray for sunshine; pray for rain,

Pray that we will all maintain.

Pray for family; pray for friends,

Pray Good Times will never end.

Almighty GOD does hear our prayer,

We must hold on; let's not despair.

Let's keep the FAITH and welcome change,

Let's pray for STRENGTH, in JESUS' Name!

Let's pray that GOD will see us through,

As we do as He wants us to.

Let's pray that hatred WILL NOT stand,

Let's pray for HEALING of The Land.

And, if we PRAY and NEVER cease,

Almighty GOD will give us PEACE.



I AM
BLACK
HISTORY

While the face

you can still see all of the beautiful

our rich heritage



es are a blur

colors and shades that represent

and our culture!

I AM
BLACK
HISTORY



From Slavery to the White House

A SBC Drama Ministry

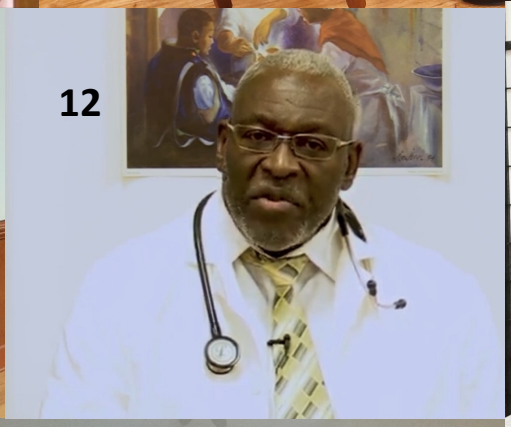
"Original" Production











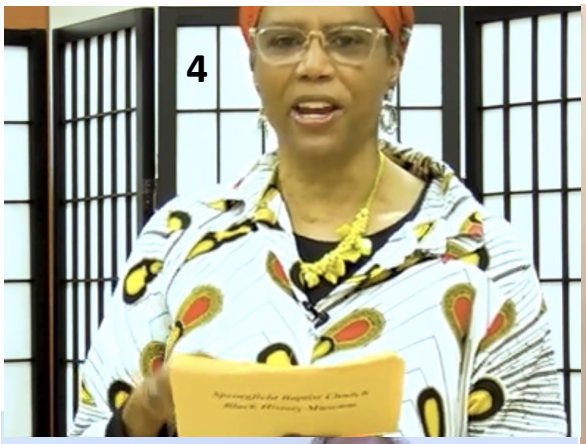


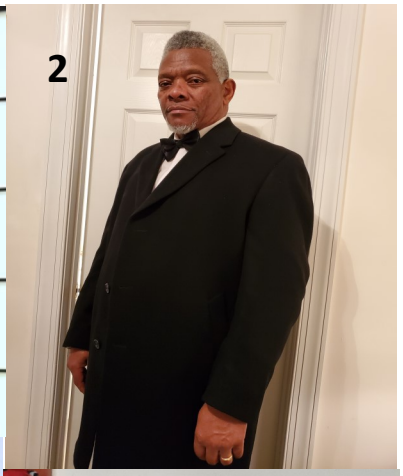




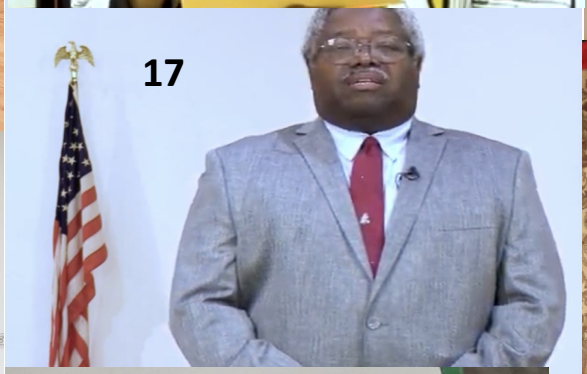
























A SBC Drama Ministry

"Original" Production

From Slavery to the White House

SBC Black History Museum Challenge

How well do you know your fellow sisters and brothers here at SBC?

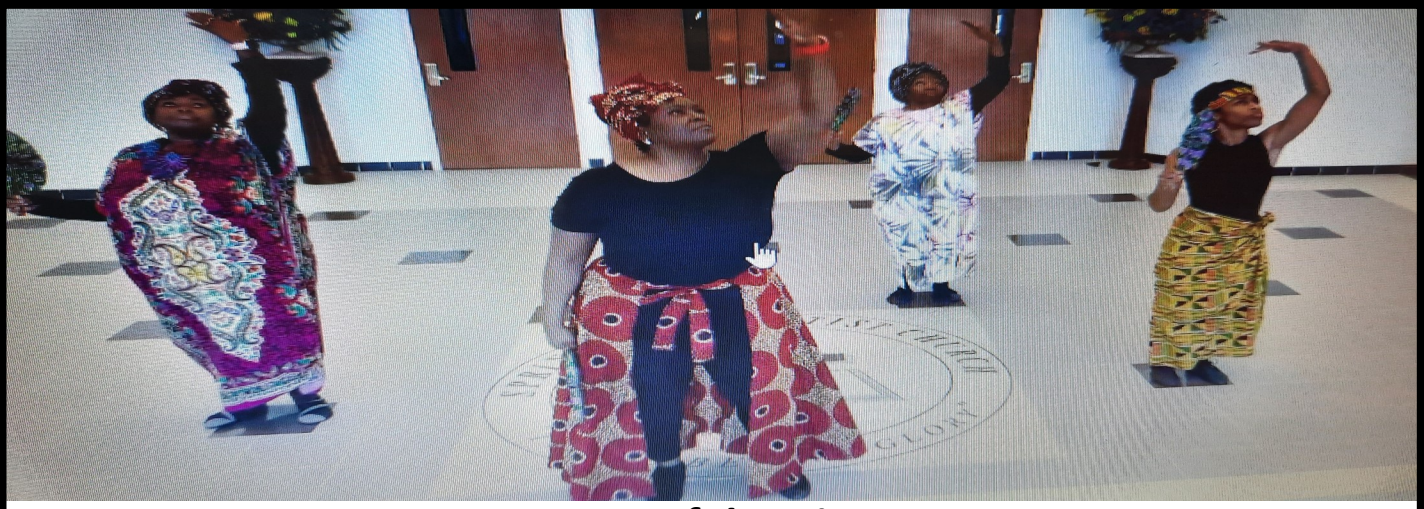
Match the historical black history person with the actor/actress that portrayed them in the production "From Slavery to the White House"

1. Harriet Tubman
2. Frederick Douglas
3. Ida B. Wells
4. Curator
5. Ruby Bridges
6. The Honorable John Robert Lewis
7. Fannie Lou Hammer
8. Sidney Poitier
9. Maya Angelou
10. Chadwick Boseman
11. Madam C.J. Walker
12. Charles Drew
13. Garett Morgan
14. Gabby Douglas
15. Tiger Woods
16. Kobe Bean Bryant
17. Thurgood Marshall
18. Barack Obama
19. Amanda Gorman
20. Kamala D. Harris

a. Dennis Dawson
b. Veronica Scott
c. Jackie Moore
d. Lori'Onna Singletary
e. Judy Wiggins
f. Walter Richardson
g. Saundra McCullough-Cobey
h. Ebony Houston
i. Chauncey Samuels
j. Kendred Newkirk
k. Roszena Lowe
l. Fred Howell
m. Rev. Nolan Davis
n. Moretta Smith
o. James Downing
p. Donald Moses
q. Jyrita Moore
r. Cassandra Gibson
s. Deacon William Dawes
t. Deacon Ben Newkirk

The answers will be in the 2nd Quarter Springfield Chronicles Graduate Edition.

The SBC Drama Ministry would like to thank :Pastor Sturdivant for his vision and the opportunity, Mrs. Rebecca Hall Judge for naming the production, Vanessa Adams set designer, Impactful Praise Ministry and each of the SBC Drama Ministry members for their input and participation. And the behind the scenes crew: Maurice Givens, Donald Bynum.



Impactful Praise

opens and closes the SBC Drama Production

”From Slavery to the Whitehouse”

Choreographer: Ashleyh Korgar





Words from Glory

By: Sister Betty Smith

Yes, you know where I am going, you already know what I am talking about,
The Holy Bible from the Ancient of Days, our Creator, Words that make you shout,
Starts a feeling of well being and peace, that encourages us to keep that faith Jesus began,
When He arose triumphantly out of that grave so that we would be able to Stand!
Stand against the advance of our enemy Satan, with a renewed spirit and mind,
Words of glory in Ephesians six, shows us the available weapons to find,
Receiving strength from the power of God, with Words of glory and power Divine.
Obediently we put on the helmet that covers the thoughts of the mind.
That armor sufficiently supplied, the radiance from God's Light will remain.
We pass on the Olympian torch our forefathers were faithful to sustain.
Swinging the Words of Glory, that two-edged sword He gave, obeying the Plan God has lain.
Praying with Words of Glory and receiving every need, boldly with singleness of heart as we advance.
Rejoice! The enemies of God are defeated when they realize they do not have a chance.
Against God's triumphant army with Jesus as our Captain and King.
Read, study, and apply the Words of Glory, with love and joy, praising Him as we sing.
Thank you, Lord, for all you have provided, pure truth from the Precious One…
Because 'God so loved the World; He gave His only begotten Son.'
The WORD Himself, made flesh and walked among us on His created earth.
Words of Glory, from Our God, we humbly bow and recognize Your worth.
"Glory to God in the highest and peace, goodwill on earth."
Let us with joy in our hearts, this song that expresses the Words of Glory.
And continues to bless and remind us of that holy and anointed wondrous story.
"Oh, how He loves you and me, He gave His life, what more could He give….
Oh, how He loves me, Oh, how He loves you, Oh, how He loves you and me."



Crown Jewels



Sister Mable Jefferson

I have been a member at Springfield Baptist Church since November 2008. Under the leadership of Rev. Sanders' teachings in the Spiritual Gifts Class, I was taught one should consider joining and working in a ministry so I first joined the Bereavement Ministry and later moved on and joined our Compassionate Ministry. As being a member of the Willing Workers Ministry at my former church, Solid Rock Baptist in New Jersey, it has been joyous to be able to continue to serve in this capacity again.

Among my favorite sayings is: "Lord, if it is your will, please reveal it to me" and that comforts me for at times, as a senior, I forget and misplace things often. It is my interpretation of the scripture: "Wait on the Lord: be of good courage, and he shall strengthen thine heart; wait, I say, on the Lord." [KJV] Psalms 27:14

I am retired from the Newark Public School System in Newark, N.J. as a secretary after 37 years and now enjoying spending time with my son, daughter-in-law and grandson, Caleb, as we watch him grow and excel.

I love the Lord; I also love and appreciate our pastor, Dr. Rev. Kevin D. Sturdivant and my Springfield Family. I enjoy attending Worship Services, Bible Study and Sunday School Classes. I am truly blessed to have been, by the grace of God, lead to Springfield.



Springfield Trailblazer



Ian Weakly is a retired Olympic hurdler from Jamaica. Some prominent highlights of his 15-year career include two Olympic Games, three Commonwealth Games, and two World Championships.

- In 2001, he made history by placing first in the 400m hurdles at the Jamaican Athletics Championships. He achieved his personal best time of 48.55 seconds at the 2003 Trikala Super Grand Prix in Athens.
- Weakly first discovered his passion for track and field in high school, where he also played football and soccer as a captain and goalkeeper, respectively. He took second place in the 800m at Jamaica's Western Championships in 1992, but his career truly took off later that year when he switched to the 400 meters hurdles. Weakly would go on to win back-to-back titles at the 1992 and 1993 Carifta Games, the Silver Medal at the World 1992 Junior Championship in Korea, and a Bronze Medal at the 1993 Pan American Games in Canada.
- After graduating from George Mason University in 1996 with the NCAA Indoor Team title, Weakly joined Jamaica's national team, for which he won second place in the 4/400 during the 2001 Brisbane Australia Goodwill Games; third place in the 2002 Commonwealth Games of 2002; second place at. the Columbia Central American Games of 2006; and third place in the 4/400 at the Melbourne Commonwealth Games of 2006. Weakly retired in 2008.
- Since then, Weakly has nurtured his long-standing passion for real estate, and is now an experienced real estate manager and investor. Weakly is also an avid gardener, and finds solace and peace in his connection with nature. He continues to stay active by running, hiking, and biking.
- A dedicated volunteer, Weakly enjoys giving back to his town of Clayton, North Carolina and to rural communities in his home country of Jamaica through his membership with the Rotary Club, an international organization that brings together professional leaders to provide humanitarian services. In 2019, he spearheaded a project to provide a school in Dumfries, Jamaica with hundreds of gallons of sanitary water. This ensured a safe and sustainable learning environment and allowed the school to remain in session.
- When Weakly is not helping out in his community, he can often be found attending church, traveling and experiencing new cultures, as well as spending time with his wife and daughter.





Thank you again Economic and Empowerment Ministry for the movie, "BOSS—The Black Experience In Business" and for challenging us to search within the body of Springfield Baptist Church for the trailblazers among us.

Believer Entering Training



Kristofer Sturdivant

How old are you? *I am 13 years old.*

What activities, clubs, or organizations are you a participant of? *I am a part of the 7th grade band.*

What advice would you give to other youth in middle school? *Keep trying because a lot of times it's not as hard as it seems.*

What's your favorite thing about being a follower of Christ? *My favorite thing about being a Christian is the people—they are so understanding and helpful.*

What's your favorite bible verse? *My favorite bible verse is Psalm 100—it is one I grew up on.*

How does your faith affect your lifestyle? *Faith affects my lifestyle because I love Gospel music and my dad is the pastor.*

What is the name of your parent/guardian? *Reverend Dr. Kevin and First Lady Tiffany Sturdivant*

Please Be Patient With Me—Albertina Walter with Rev. James Cleveland

Better—Jonathan McReynolds

In Spite of Me—Tasha Cobbs Leonard (feat. Ciara)

King of Glory Michael W. Smith (feat. CeCe Winans)

I Got It—Pastor Mile Jr.

He'll Make It Alright—Charles Jenkins & Fellowship Chicago

Yahweh—Jokia

Dwell—Fred Hammond and RFC

My Help—Bam Crawford

Wanna Be Where You Are—Tasha Cobbs Leonard

I Find No Fault in Him Rev. James Cleveland

Good Good Father—Todd Galberth

What Shall I Do—Tranaine Hawkins

Speak to My Heart—Donnie McClurkin



Patient Education on Breathing Exercises to Manage Cough Related to COVID-19

Diaphragmatic Breathing (Belly Breathing)

Deep breathing restores lung function by using the diaphragm. Breathing through the nose strengthens the diaphragm and encourages the nervous system to relax and restore itself.

When recovering from a respiratory illness like COVID-19, it's important not to rush recovery. This deep breathing exercise is broken up into phases to take into account individual ability. Start with Phase 1 and only increase repetitions or move to the next phase when you can complete the exercise without feeling too out of breath.

Phase 1: Deep Breathing While On Your Back

Lie on your back and bend your knees so that the bottom of your feet are resting on the bed. Place your hands on top of your stomach or wrap them around the sides of your stomach.

Close your lips and place your tongue on the roof of your mouth.

Breathe in through the nose and pull air down into your stomach where your hands are. Try to spread your fingers apart with your breath.

Slowly exhale your breath through the nose. Repeat deep breaths for one minute.

Phase 2: Deep Breathing While on Your Stomach

Lie on your stomach and rest your head on your hands to allow room to breathe. Close your lips and place your tongue on the roof of your mouth.

Breathe in through your nose and pull air down into your stomach. Try to focus on your stomach pushing into the mattress as you breathe.

Slowly exhale your breath through your nose. Repeat deep breaths for one minute.

Phase 3: Deep Breathing While Sitting

Sit upright on the edge of a bed or in a sturdy chair. Place your hands around the sides of your stomach.

Close your lips and place your tongue on the roof of your mouth.

Breathe in through your nose and pull air down into your stomach where your hands are. Try to spread your fingers apart with your breath.

Slowly exhale your breath through your nose. Repeat deep breaths for one minute.

Phase 4: Deep Breathing While Standing

Stand upright and place your hands around the sides of your stomach.

Close your lips and place your tongue on the roof of your mouth.

Breathe in through your nose and pull air down into your stomach where your hands are. Try to spread your fingers apart with your breath.

Slowly exhale your breath* through your nose.

Repeat deep breaths for one minute.

*You may practice humming exhalation here if desired.

Yawn to a Smile

This exercise incorporates motion with deep breathing, which helps increase coordination and build strength in the arms and shoulders. It also opens up the muscles in your chest to give the diaphragm space to expand.

Sit upright on the edge of your bed or in a sturdy chair.

Reach arms overhead and create a big stretching yawn.

Bring your arms down and finish by smiling for three seconds.

Repeat for one minute.

Humming

Humming while exhaling helps increase nitric oxide production in the body. Nitric oxide helps with neutral plasticity (building and repair of the nervous system) and it dilates blood vessels, enabling more oxygen to be delivered throughout the body. Humming is also calming and soothing, it reduces stress and it can help the patient remain in restoration mode.

Sit upright on the edge of your bed or in a sturdy chair.

Place your hands around the sides of your stomach.

With your lips closed and your tongue on the roof of your mouth, breathe in through your nose and pull air down into your stomach where your hands are. Try to spread your fingers apart with your breath.

Once your lungs are full, keep your lips closed and exhale while humming, making the "hmmmmmm" sound. Notice how your hands lower back down.

Again, inhale through your nose, then exhale through your nose while humming.

Repeat for one minute.

COVID-19 Rehabilitation Resources

References:

https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-recovery-breathing-exercises#:~:text=of

Disclaimer: This is not medical advice. This is simply a handout that an SBC member received from her doctor after she tested positive for Covid– 19 and she wanted to share with the readers.



Are You Shopping with DMp?

Diversity Marketplace: creating our own shopping community and network rather than waiting for others to provide for the black community

Diversity Marketplace (DMp) is an extension of the SBC Economic Empowerment Ministry.

The **mission** of **DMp** is to provide unity; promote collaboration and to assist in the effort to keep the dollar within the black community longer. There are no boundaries for the black community. Where ever you live, from NYC to California, from across the waters and over the mountain tops, you are a part of **DMp's** community.

Diversity Marketplace wants to expose people; especially blacks, to the wealth of talent, gifts and resources we have among us. The ministry extension was birthed after the showing of the documentary "BOSS" in February 2019. The energy and pride of our people was kindled as we revisited and learned our rich black history together.

If you missed the DMp Black Love event on February 6, 2021, you missed a treat. We shopped, tested our knowledge of Black History fact and enjoyed clips and facts from the movie, *Boss, The Black Experience in Business*. A condensed clip of the event is available on the church website under the Economic Empowerment Ministry.

DMp is looking forward to sharing time with you again on May 22, 2021. Mark your calendars and tell others. If you have a business that you would like to showcase, send an email to eem@springfieldbaptistchurch.com and we will contact you about future opportunities.

Submitted by the DMp Team:

Kandaree Dawkins Clarence Dyson Sherrod Gresham Sheila Hall Vicky Jenkins

Reginald McClain Monica Neal Monique Neal Nicole Neal Joe Robinson Yashika Robinson

Anthony Jenkins, Deacon Liaison

DMp ECONOMIC EMPOWERMENT MINISTRY

YOUNG FLY & BRANDED

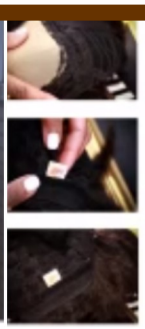
Saturday, May 22nd
6:00pm-8:00pm

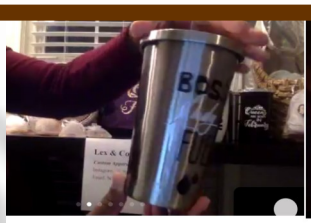
DIVERSITY MARKET PLACE

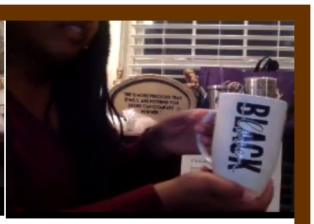
A Zoom Event
Zoom link available soon

Train up a child in the way he should go: and when he is old, he will not depart from it. Proverbs 22:6

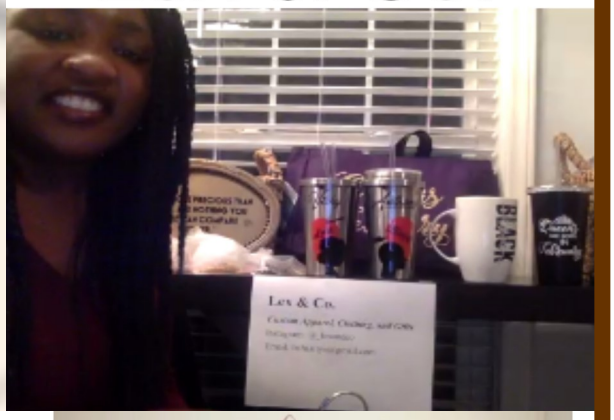




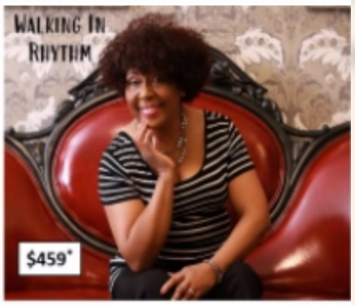




Lex & Co.





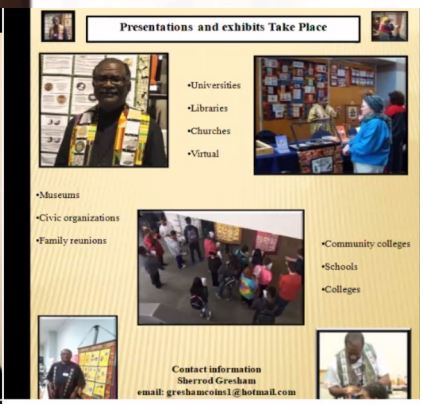


Rhythm Wigs



That's Good Chocolate











Sherrod Coins

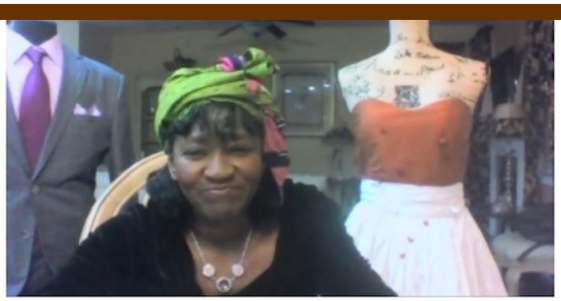


"Joi" in the Kitchen

Black Love

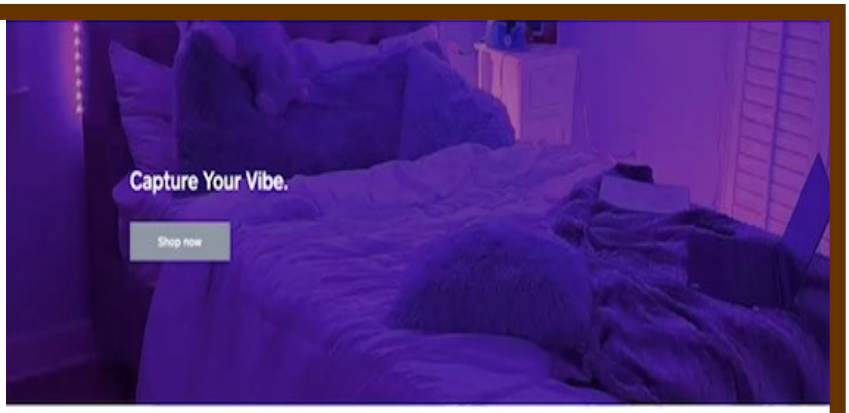
a DMp event

DIVERSITY MARKET PLACE



C&A Alterations





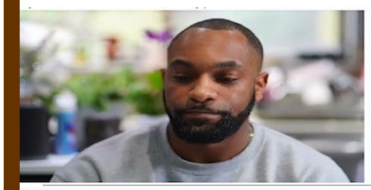


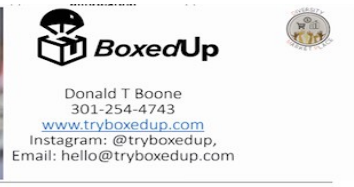


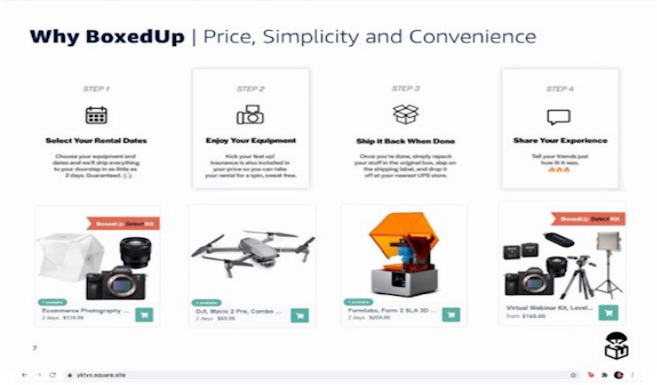


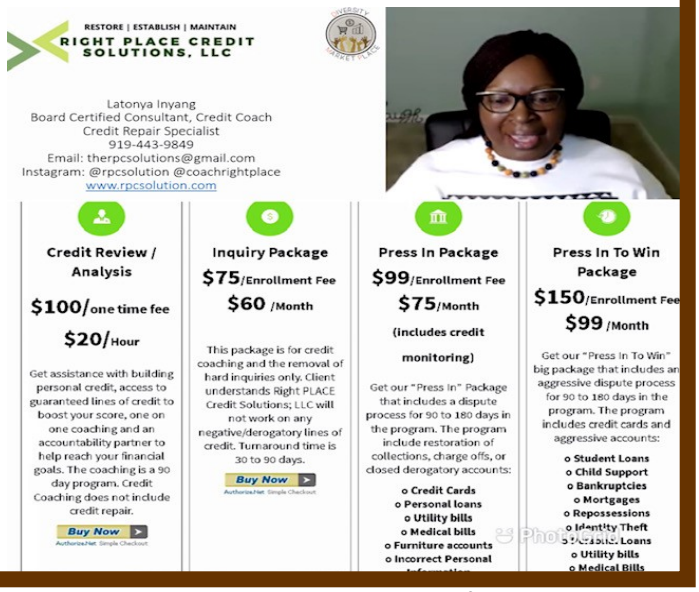
Black Love

a DMp event











The Prayer Ministry is hosting the 16th Annunal Prayer Seminar on April 10, 2021. Please mark your calendar and make plans to join us.

The 16th Annual Prayer Seminar will be held on Saturday, April 10, 2021, beginning at 9am. The theme is "The Battle is not yours; It's the Lord's" based on 2 Chr. 20:15.



Children's Ministry

Children, Let's keep Black history month going and make an effort to keep learning about people and events that you may not have heard of. Here is a link to a series called Black History in 2 minutes....https://blackhistoryintwominutes.com/. Ask your parents to review the different videos with you about Black history and let us know if you learn something that you did not know.

Announcement: Children's Ministry Zoom Meetings

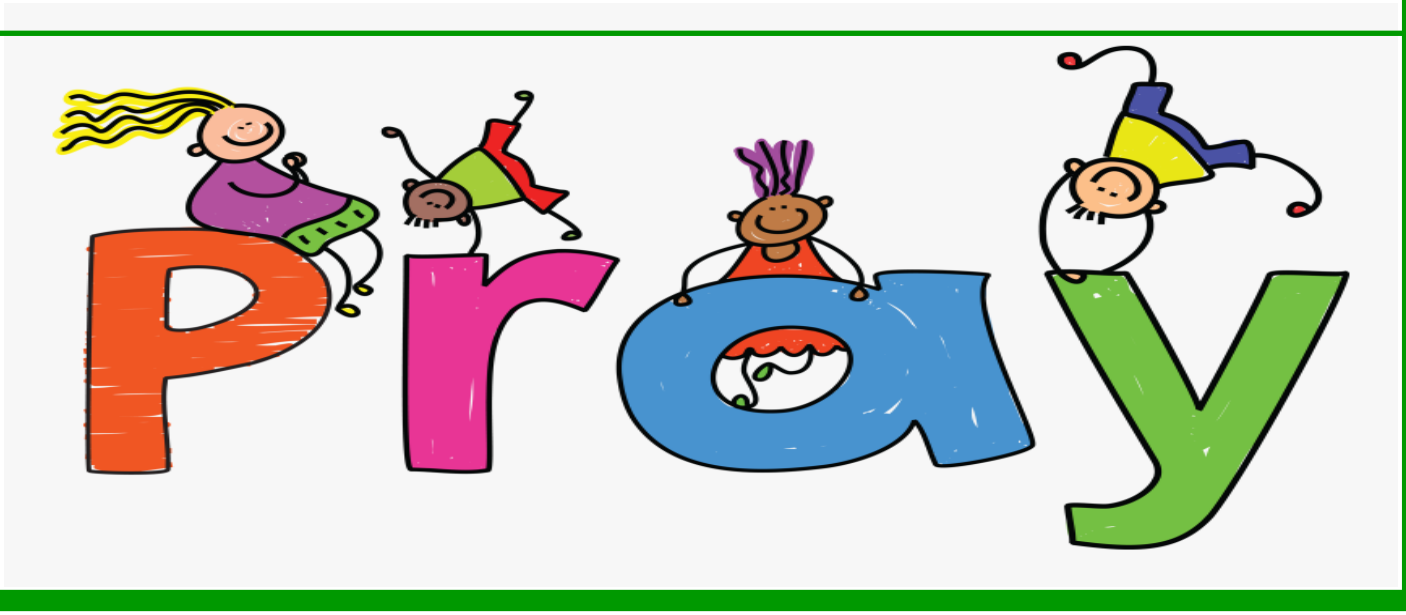
We will start having quarterly zoom meeting with the children! These are the dates…

June 19, 2021 10:00am – 11:00am
September 18, 2021 10:00am – 11:00am
December 4, 2021 10:00am – 11:00am

Participant Login:
Join Zoom Meeting
https://zoom.us/j/94035275087?pwd=bGdMQmRJUmhGcU1aK1dwNEtvVzl2QT09

Meeting ID: **940 3527 5087**
Password: **566119**

We can't wait to see your smiling faces!!!



IN THE SPOTLIGHT

We are proud of our daughter, ***Stephanie Bryant,*** for this recent accomplishment at work. She was recognized in the OSHR Spotlight for the Worker's Compensation Division.



Congratulations

Millennials Making It Happen

Springfield's own,

Tony Mack,

is ready for Game Day, as a starter for the N.C. A&T Aggies baseball team.



Great job!

Source: ncatathletics

PRAY, PRAY, PRAY IT'S PRAYING TIME!

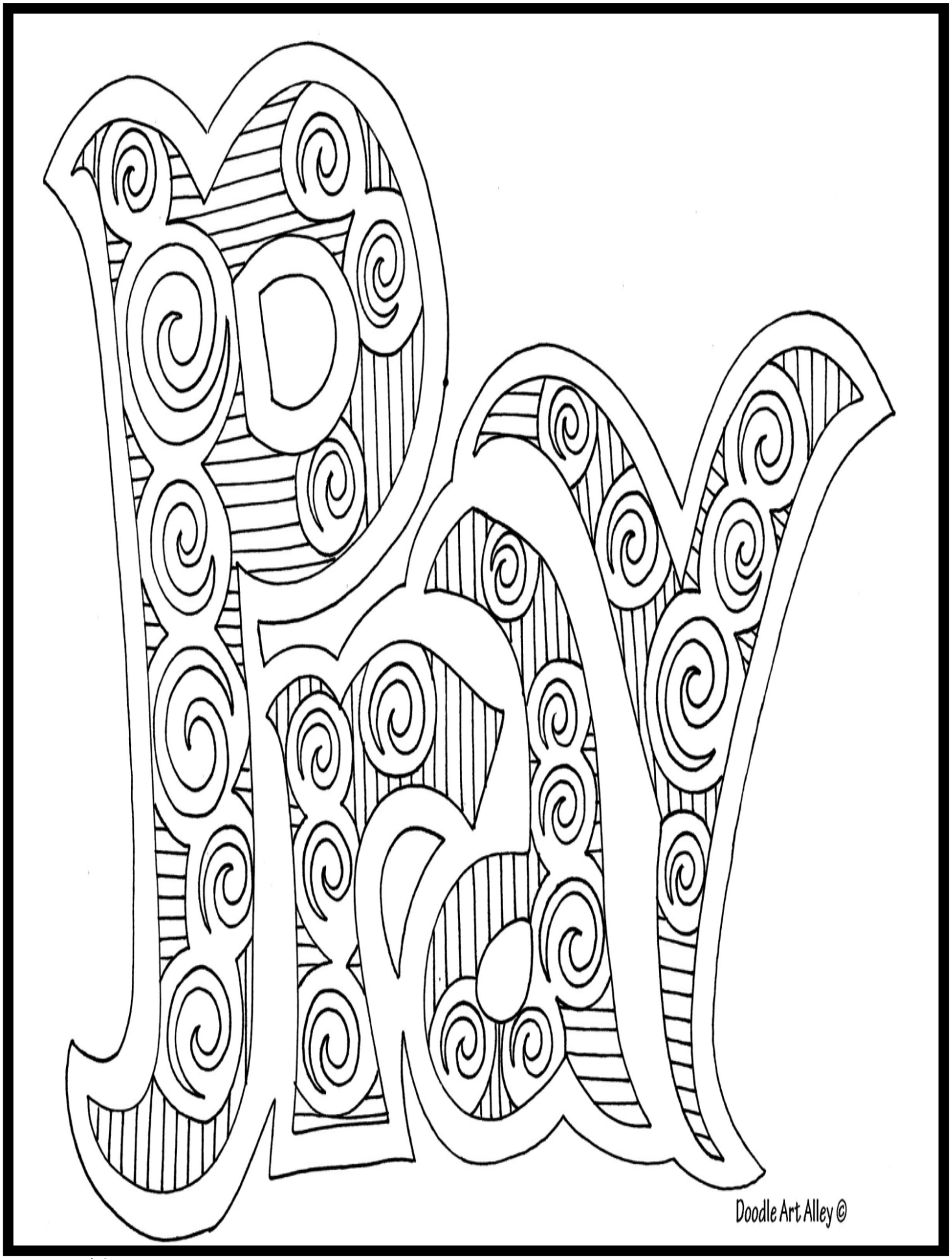


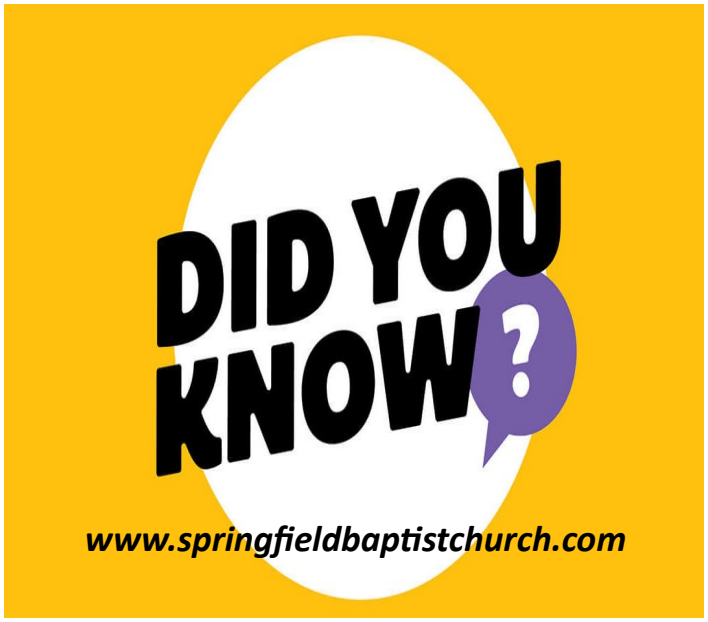
Ephesians 6:18
And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.



P	R	A	Y	E	R	P	Y	R	P	P	R	A	Y	E	R	Y	P	Y	R	P
P	R	Y	Y	E	R	A	R	A	E	R	R	Y	P	R	Y	A	R	P	Y	P
A	P	A	Y	P	P	R	E	Y	P	P	Y	A	A	R	Y	E	A	R	R	R
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Y	P	R	A	Y	E	R	P	E	P	R	A	Y	E	R	Y	R	P	P	Y	R
P	R	A	Y	E	R	A	Y	Y	E	A	P	Y	P	P	P	A	A	E	A	E
P	E	P	Y	A	R	R	P	A	P	P	E	A	R	R	R	P	Y	E	P	Y
R	R	A	R	P	Y	P	E	E	Y	R	R	E	A	E	Y	A	P	Y	E	R
Y	E	P	A	Y	P	R	A	Y	E	R	Y	P	E	P	R	A	Y	E	R	P
P	Y	P	R	A	Y	E	R	A	P	R	P	P	P	E	E	A	R	E	P	Y
R	A	R	P	Y	A	E	E	R	Y	A	R	E	A	P	A	R	A	E	R	R
E	R	A	E	P	R	A	Y	A	E	R	A	Y	R	R	R	E	P	R	A	E
P	Y	Y	R	E	E	Y	R	E	Y	A	R	P	E	A	Y	E	Y	P	E	R
A	P	E	A	P	P	E	A	P	E	R	A	R	A	P	P	R	A	Y	E	R
P	P	R	A	Y	E	R	R	Y	P	Y	P	A	Y	R	E	A	R	Y	P	P
E	R	P	R	A	P	R	E	A	A	E	R	Y	A	A	R	Y	E	A	E	R
Y	A	E	P	E	P	R	A	Y	E	R	R	E	Y	P	P	R	A	Y	R	P
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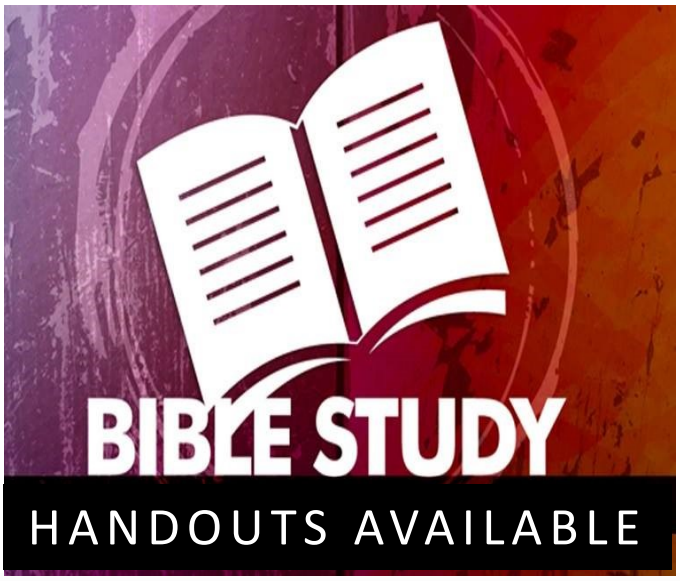

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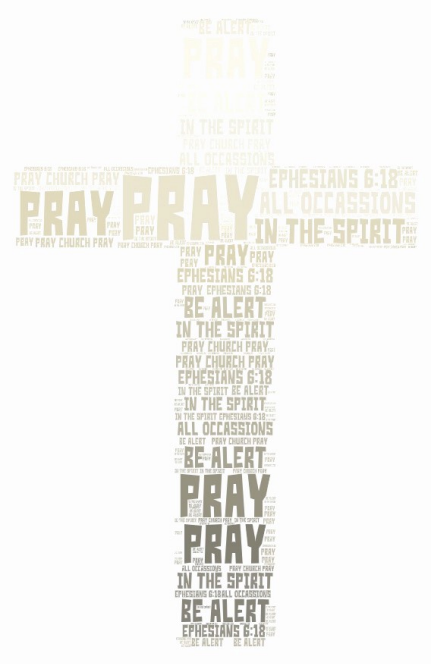
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