



GRACE
TABERNACLE
BAPTIST CHURCH

*Community
Connection*

Reset with Morning Prayer



PASTOR WAYNE DAWSON

A morning prayer is a wonderful way to focus your time and attention on seeking God's plan for the day ahead. Whether you need encouragement, peace, strength, or rest, God can meet you in a very real and present way when you come before Him with a humble heart. Seek God's presence each morning before your energy and attention are pulled by all the tasks you have ahead. A prayer-filled morning is the best defense against a chaotic world filled with distractions and demands.

As believers, we are filled with the Holy Spirit's power and can call upon our Heavenly Father to guide us throughout the day. Praying in the morning to be indwelt by the Holy Spirit can help us stay grounded and centered. Let's take a moment every morning to invite God to fill us with wisdom, strength, and peace, so we can approach each day with His discernment and grace.

"Dear Heavenly Father, as we rise to meet this new day, please fill us with Your Holy Spirit. Let us spread love, joy, peace, goodness, and faithfulness wherever we go. Let us desire to become more like You

and to worship You in all we do. Help us desire these things so much more than the sin that awaits and entices us. We pray for Your guidance, let Your will and promises always be a meditation of our hearts. In Jesus' Name, Amen."

Half of the year is behind us, making July the ultimate "check-in" month, offering the perfect opportunity to reflect and to reset with morning prayer.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about such things" (Philippians 4:6-8).

Blessings,

Pastor Wayne

THE HEALTH CORNER

Alzheimer's Disease

Contributor: Eleanor J. Ellis

What Is Alzheimer's Disease?

Alzheimer's disease is the most common cause of dementia. It is a progressive brain disorder caused by the buildup of abnormal proteins in the brain, leading to the death of brain cells and the gradual shrinkage of the brain. Approximately 6.9 million Americans aged 65 and older are living with Alzheimer's disease. Although older age is the strongest known risk factor, Alzheimer's is not a normal part of aging.

Symptoms

Memory loss is usually the first sign of Alzheimer's disease. Individuals may have difficulty remembering recent events or conversations, thinking clearly, or solving everyday problems. As the disease progresses, memory loss worsens, affecting a person's ability to perform daily activities, manage finances, recognize familiar places, and make sound decisions. Family members or close friends often notice these changes before the individual does.

Risk Factors

Researchers believe Alzheimer's disease results from a combination of genetic, lifestyle, and environmental factors. Risk is higher for people with a parent or sibling who has the disease. Untreated hearing or vision loss has also been linked to an increased risk of cognitive decline.

Prevention

Although Alzheimer's disease cannot be prevented, healthy lifestyle choices may help reduce the risk. These include:

- Exercising regularly.
- Eating a healthy, balanced diet rich in fruits and vegetables.
- Managing high blood pressure, cholesterol, and diabetes.
- Avoiding smoking and limiting alcohol.
- Staying mentally, physically, and socially active.

Treatment and Outlook

There is currently no cure for Alzheimer's disease, but medications and supportive care may help manage symptoms and improve quality of life. In the later stages, complications such as dehydration, poor nutrition, and infections can become life-threatening. Early diagnosis and treatment can help individuals and families better prepare for the future.



Happy Birthday

To our members celebrating birthdays in the month of July

Mercedes Williams
Stephaney Sappleton
Jennifer King
Dea. Tanis Strong
Jaquan James

William Washington
Hyacinth Bulgin
Greta Reid
Pauline Goldsby
Michele Manning

Wynette Shannon
Tyler Allen
Dea. Frederick Bickerstaff
Jean Gayle
Tyshana Valentine

Newton Campbell Jr.
Mersadia Allen
Jaunita Gowdy
Tajah Simon



Spotlight: Shellice Forrester, CPA

A True Believer in Love, Family, and Faith

Contributor: Eleanor J. Ellis



Sister Shellice Forrester was born and raised in St. Catherine, Jamaica. After losing her mother at the age of five, she was lovingly raised by devoted family members who provided her with guidance, support, and care. She has one sister, who also attends Grace Tabernacle Baptist Church, and seven brothers, one of whom is deceased.

From an early age, Shellice learned values that continue to guide her life today: kindness, hard work, independence, determination, and, above all, a deep love for family. She is grateful to God for placing caring family members in her life during critical times. Their protection, guidance, and unwavering love helped her navigate difficult circumstances and shaped the woman she has become. Today, she pays that love forward by supporting and encouraging other family members. Truly, she is blessed to be a blessing.

Shellice graduated from high school in Jamaica before immigrating to the United States in 1993. She went on to earn a Bachelor of Arts degree in Accounting from Cleveland State University and later obtained her Certified Public Accountant (CPA)

license. She is currently employed by the federal government and also works part-time with H&R Block during tax season. Shellice and her husband, Sean, reside in South Euclid, Ohio. She treasures spending quality time with family and friends, especially her aunt in Cleveland and her uncle in Jamaica, both of whom hold a special place in her heart. Whether sharing meals, celebrating special occasions, or simply enjoying meaningful conversations, Shellice values the relationships and memories that enrich her life.

At Grace Tabernacle Baptist Church, Shellice faithfully serves in several ministries. She currently serves as Church Treasurer and is a member of the Fiscal Management Team. She is also a Youth Church Teacher and is passionate about teaching, mentoring, and encouraging young people. She enjoys building positive relationships with children and helping them grow in their faith and personal development.

Favorite Scripture: "I can do all things through Christ who strengthens me." — Philippians 4:13 (KJV)

Thank you, Sister Shellice, for allowing us to celebrate you as our July Spotlight Member. Your faith, dedication, and servant leadership continue to be a blessing to your church family and community.

Young Women's Dialogue **JOIN US FOR OUR SUMMER BOOK CLUB!** *Grow. Connect. Empower.*

Discover how to embrace your God-given power, step into your purpose, and make the impact God has called you to make!

THURSDAY JUNE 11 **SESSION 1: CONNECTION & IDENTITY**
Explore identity, connections, and the foundation of your God-given power.

THURSDAY JUNE 25 **SESSION 2: PURPOSE & GETTING UNSTUCK**
Break through limiting beliefs and discover how God uniquely sees you.

FRIDAY JULY 9 **SESSION 3: FAITH IN THE BATTLE**
Learn to stand firm, trust God in the battle, and see how He moves on your behalf.

THURSDAY JULY 23 **SESSION 4: TRANSFORMATION & IMPACT**
Grow in courage, transform your life, and use your story to change lives.

WHAT TO EXPECT

- Meaningful discussion
- Real encouragement & support
- Spiritual growth & encouragement
- Practical application for your life

ALL ARE WELCOME!

GRACE TABERNACLE BAPTIST CHURCH
5020 Mayfield Rd
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PASTOR WAYNE DAWSON

QUESTIONS? Email: youngwomensdialogue@gmail.com

Empowered Women. Purposeful Lives. Kingdom Impact.

GRACE TABERNACLE BAPTIST CHURCH

VACATION BIBLE SCHOOL

JULY 13-17, 2026

REGISTRATION: 6:00 P.M.

Grace Tabernacle Baptist Church
Pastor Wayne Dawson
5020 Mayfield Rd
Lyndhurst OH 44124

Save the Date **Young Women's Dialogue** **FRIDAY NIGHT ALIVE TAKEOVER**

HE SAID SHE SAID
Women Are From Venus

A Panel Discussion on Dating & Relationships

DATE: JULY 31, 2026 **TIME:** 6:00 P.M.

GRACE TABERNACLE BAPTIST CHURCH
PASTOR WAYNE DAWSON
5020 MAYFIELD ROAD | LYNDHURST OH 44124

CONTACT: YOUNGWOMENSIALOGUE@gmail.com *Real Women. Real Conversations. Real Growth.*

SAVE THE DATE

7/9: YWD Summer Book Club (6:30 p.m.)

7/11: Food Bank (10:30 a.m.)

7/13-7/17: Vacation Bible School (6:00 p.m.)

7/18: Governing Council (9:30 a.m.)

7/18: Battle of the Praise Teams

7/19: Youth Sunday

7/19: New Member Orientation (In-Person)

7/20: New Member Orientation (Virtual)

7/23: YWD Summer Book Club (6:30 p.m.)

7/24: Women's Fellowship (6:30 p.m.)

7/25: Quarterly Church Meeting

7/29: Come Grow with Us

7/31: He Said, She Said

Empowering Our Community To WIN

Contributor: Eleanor J. Ellis

Recently, I had the privilege of attending the 2026 Women in the NAACP (WIN) Luncheon, an inspiring event that brought together women for fellowship, encouragement, and empowerment. Held at LaMalfa Banquet Center in Mentor, Ohio, the luncheon was beautifully organized and provided a warm, welcoming atmosphere. Ten members of Grace Tabernacle Baptist Church traveled together on the church bus, driven by Gary Constant, and were greeted with gracious hospitality upon our arrival.

The afternoon offered much more than a delicious meal. It was an opportunity to connect with others, engage in meaningful conversations, and celebrate the mission of WIN—to empower women through service, leadership, and community involvement. One of the highlights of the program was the keynote address delivered by our own First Lady, LaVerne Dawson. Her inspiring message, “No One Should Be Alone,” reminded us of the importance of building meaningful relationships, supporting one another, and reaching out to those who may feel isolated. Her words challenged us to live with compassion and to strengthen our communities through genuine connection.

The luncheon also featured several local authors, including Pastor Dawson, who participated in a book-signing event. Guests enjoyed a lively fashion show presented by The Cottage, a boutique in Mentor, showcasing stylish yet comfortable attire. The afternoon was further enriched by a beautiful gospel selection performed by soloist Sonia Sams, whose heartfelt music uplifted and inspired everyone in attendance.

Overall, the WIN Luncheon was a memorable and enriching experience. It combined fellowship, learning, inspiration, and entertainment in a way that encouraged everyone present to grow, serve, and support one another. I left reminded that, as First Lady Dawson so eloquently shared, no one should be alone. When we come together in faith, love, and purpose, we truly empower our communities to WIN.



Worship with Us

Sunday School: 9:30 a.m.
In person and online

Junior Church: 11:00 a.m.
For children and teens 1+

Worship Service: 11:00 a.m.
In person and online

Pray & Study

Wednesdays

Bible Study: 6:30 p.m.

Prayer Meeting: 7:30 p.m.

Thursdays

Communal Prayer: 9:30 a.m.
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