



GRACE
TABERNACLE
BAPTIST CHURCH

*Community
Connection*

This June: Pray More, Worry Less



PASTOR WAYNE DAWSON

How do you Christian meditate? Well, if you know how to worry, then you already know how to meditate. Worry is when you take a negative thought and think on it over and over and over. On the other hand, when you take a passage of Scripture and think on it over and over and over, that's Christian meditation.

When you choose to dwell on a worry, it will always get bigger in your mind. So, if you want to change the way you think and renew your mind, then you've got to stop dwelling on your worries and meditate on God's Word instead.

If your only contact with the Bible is when you hear it at church, you will have a weak grip on God's Word, and it can easily be pulled from your mind. But if you hear God's Word and read it every day, you will start to get a better grip. If you hear, read, and study it, you will have a solid grip on the Word of God.

Daily Bible reading grounds your faith, offering consistent guidance, emotional peace, and spiritual growth. It shifts your mindset away from worry, protects you from temptation, and equips you to navigate

life's challenges with wisdom.

Start small; you do not need to read chapters at a time. Commit to just one chapter or two a day to build consistency. Choose a version that is easy to understand, such as the English Standard Version (ESV) or the New International Version (NIV), and begin tuning in to Sunday School and Bible Study.

Spending time in Scripture is like spending time with a friend; it helps you learn God's character, heart, and His will for your life.

As we enter a brand-new month, let's make God a priority by getting to know Him more and more through reading, studying, and meditating on His Word.

"May my meditation be pleasing to Him, for I rejoice in the Lord". (Psalm 104:34)

Love,

Pastor Wayne

THE HEALTH CORNER

June is Scleroderma Awareness Month

Contributor: Eleanor J. Ellis

Scleroderma, also known as systemic sclerosis, is a rare autoimmune disease that causes the body's immune system to attack healthy tissue. This process triggers an overproduction of collagen, leading to the hardening and tightening of the skin. In some cases, the disease can also affect blood vessels, internal organs, and the digestive tract.

Scleroderma most commonly affects adults between the ages of 30 and 50 and occurs more frequently in women than men. African Americans are also more likely to experience an earlier onset and more severe forms of the disease.

Common symptoms include:

Skin changes: Thickened, tight, or shiny skin, often affecting the fingers, hands, feet, and face. Swelling, itching, and changes in skin color may occur in the early stages.

Circulatory problems: Many individuals experience Raynaud's phenomenon, which causes the fingers and toes to become numb, painful, or change color when exposed to cold temperatures or stress.

Respiratory and cardiovascular complications: Scleroderma can affect the lungs and blood vessels, sometimes leading to pulmonary hypertension. Symptoms may include shortness of breath, fatigue, and swelling in the legs and feet.

Digestive issues: The disease may affect the digestive system, causing acid reflux, difficulty swallowing, bloating, and other gastrointestinal symptoms.

The exact cause of scleroderma remains unknown. Researchers believe it may result from a combination of genetic factors and environmental triggers, including exposure to certain chemicals, infections, or other immune system changes.

While there is currently no cure for scleroderma, treatments can help manage symptoms, slow disease progression, and improve quality of life. Treatment plans vary depending on the organs affected and the severity of symptoms.

Awareness and early diagnosis are important. If you experience symptoms associated with scleroderma, speak with your healthcare provider. Early intervention can help reduce complications and improve long-term outcomes.

Source: Mayo Clinic



Happy Birthday

To our members celebrating birthdays in the month of June

Nnene Edeh

Eleanor Ellis

Yvonne Patton

Min. Maria Daniels

Tyisha Blade

Diana Eldemire Veira

Elijah Spearmon

Rev. Leslie Rogers

Dominique Allen

Joan Clarke

Jeanette Sanders

Yolanda Harris

Nkechi Edeh

Alledia Minnifield

Madge Stewart

Louis Bulgin

Lisa Buford

Yvonne Brown

Cathy Lane

Larry Gunn Jr.

Wynette Shannon

Hyacinth Knight

Justin Creary

Amelia Burress



Spotlight: Lisa Buford

Woman of Great Faith

Contributor: Eleanor J. Ellis



Lisa Buford was born and raised in Cleveland, Ohio, alongside her brother, by two loving and devoted parents. While many individuals have influenced her life over the years, Lisa credits her mother as her greatest influence during her younger years, helping her navigate many of life's challenges.

Lisa graduated from Collinwood High School in 1977 and attended Cleveland State University. She also pursued additional coursework at Lakeland Community College and Cuyahoga Community College, as well as computer training at a local business school.

Lisa and her husband, Wesley, have been married for 40 years. Together they have two daughters and two grandsons. One of their most cherished memories was a family cruise celebrating their retirement in 2025.

Lisa, with a deep desire to grow in her faith and knowledge of God, earned a Certificate in Theological Biblical Studies. In 1998, she began working for the

Catholic Diocese of Cleveland as an Administrative Assistant. During her 27 years of service, Lisa became a devoted employee who genuinely enjoyed meeting and working with families. She was grateful for every opportunity to share the Gospel, and what began as a job became her ministry. She often reflects on Colossians 3:23: "Whatever you do, do it heartily, as to the Lord and not unto men."

Lisa was also actively involved in feeding the homeless through the Divine Outreach Ministry. Her missionary work helped raise awareness of the ministry's efforts, and she was featured in one of their Annual Appeal advertisements.

Throughout her life, Lisa has emphasized the importance of remaining active and connected with a community of peers. She believes that involvement and fellowship can greatly enhance one's quality of life and overall health. In 2025, she retired after 14 years of service as an Administrative Assistant at Our Lady of the Lake.

Following the COVID-19 pandemic, Lisa began searching online for a church home that aligned with her spiritual needs. She was drawn to Grace Tabernacle Baptist Church because of its food drive initiatives and youth programs and joined the church on the first Sunday of 2023. Lisa recalls feeling as though Pastor Dawson's messages were speaking directly to her heart. She also remembers being part of the first group baptized after the pandemic. Lisa is deeply grateful to serve under the leadership of Pastor and Lady Dawson, whom she describes as truly God-fearing and beautiful people. In her free time, Lisa enjoys sitting by the lakefront, reading, bike riding, hiking, taking nature walks, exploring Ohio "one tank at a time," and spending quality time with family and friends.

Today, Lisa serves as a member of the Grace Missions Ministry and is always willing to assist other ministries whenever needed. Her message to everyone is simple and powerful: "JESUS IS REAL." One of Lisa's favorite scriptures is Romans 8:28: "And we know that all things work together for good to them that love God, to them who are called according to His purpose."

Thank you, Lisa Buford, for being our June Spotlight. Your faith, service, and dedication continue to be an inspiration to the Grace Tabernacle Baptist Church family.

SAVE THE DATE

6/11: YWD Summer Book Club (6:30 p.m.)
6/13: Food Bank (10:30 a.m.)
6/14: Men's Day (11:00 a.m.)

6/20: Governing Council (9:30 a.m.)
6/20: Christian Ed Seminar (12:00 p.m.)
6/21: New Member Orientation (In-Person)

6/22: New Member Orientation (Virtual)
6/25: YWD Summer Book Club (6:30 p.m.)
6/27: Family Fun Day

Ushers Appreciation Recap

Ushers play a vital role in the life and ministry of the church. Often referred to as doorkeepers and gatekeepers, Pastor Dawson recently described them as our "carekeepers"—a fitting title for those who serve with such dedication and compassion.

Ushers are typically among the first to arrive and the last to leave. They are often the first friendly faces to greet worshippers as they enter the sanctuary. Whether guiding individuals to their seats, providing a fan on a warm day, or offering assistance when needed, ushers help create a welcoming and comfortable environment for all. Throughout worship, ushers remain attentive to the needs of the congregation, helping to ensure that every parishioner is safe, comfortable, and cared for.

Ushers carry the important responsibility of maintaining order through a spirit of hospitality, service, and care for the most vulnerable among us. Their ministry is marked by humility, gentleness, and a servant's heart. At Grace Tabernacle Baptist Church, we are deeply grateful for the unwavering commitment and faithful service of our ushers. Their dedication helps make our church a place where everyone feels welcome, valued, and loved.

Usher Board

- Bro. Stephen Hayes- Chair
- Sis. Pauline Goldsby- Vice-Chair
- Lady Laverne Dawson- Liaison
- Sis. Renee Bickerstaff- Secretary
- Sis. Gloria Thornton- Walker- Treasurer

Ushers

- Sis. Greta Reid- Chaplin
- Sis. Marie Campbell
- Sis. Verona Anderson
- Sis. Amelia Burress
- Sis. Arlene Bunnaman
- Sis. Jeanette Sanders
- Bro. Reggie Calhoun
- Bro. Anthony Creary

Jr. Ushers

- La'Ryia Gunn
- Mekayla Jenkins
- Karter Delossantos
- Jevon Jones
- Josiah Spearmon
- Rashanea Redman
- Madison Pink



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.
214.997.0090 (ID: 1136389)

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