GRACE TABERNACLE BAPTIST CHURCH

Community Connection

Endurance To Keep Going



PASTOR WAYNE DAWSON

The endurance to keep going. If you have ever been at a track meet, you have probably heard spectators shout, "Keep going!" to motivate the athletes. That's also great advice for anyone who feels emotionally, mentally, or spiritually exhausted from running the marathon of life. As we turn the page to November, I encourage you to "keep going!"

We all hit walls. There are moments in work, moments in church, moments in family, and even moments in our quiet struggles where our fuel runs low, the road looks long, and stopping feels like the easiest choice.

In biblical terms, the endurance to keep going on life's journey does not come from human willpower alone, but from drawing on God's divine strength, the Holy Spirit that guides and sustains us through daily renewal. To keep going relies on trusting that God will continually provide grace and mercy.

The Apostle Paul knew about hitting walls. He faced shipwrecks, beatings, rejection and exhaustion. Yet he writes to a young church with a simple, urgent command: "Do not grow weary." The endurance to keep going!

In 2 Corinthians 4:8-9, Paul says, "We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed."

Struck down does not mean wiped out, and knocked down does not mean defeated.

You don't have to figure out the next ten years today; when the horizon is too far to see, stop looking at it, and look at the next ten minutes. *Keep showing up, keep praying, keep loving, keep trying, keep going.* The Apostle Paul anchors our endurance in a promise, "For at the proper time we will reap a harvest if we do not give up".

Paul does not pretend that the Christian life or the human journey is easy, because he knows weariness is real. When you feel like quitting, you are standing right where every faithful runner in history has stood. The question isn't whether you will feel tired, it is what you do when the tiredness sets in.

"But those who wait in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." Isaiah 40:31.

I pray the month of November bring peace to your heart, strength to your journey, and quiet moments to be thankful for the people and things that matter most, and the endurance to keep going!

Love, Pastor Wayne

THE HEALTH CORNER

How Stress Affects the Body

Contributor: Eleanor J. Ellis

Mental health encompasses emotional, psychological, and social well-being and shapes how we think, feel, and act. Stress is a natural response to perceived threats or challenges that helps the body react and adapt. Holidays can heighten emotional strain, especially for families coping with bereavement, financial hardship, separation, or difficulty providing gifts and clothing for their children. These pressures can contribute to stress, anxiety, and depression, which often occur together.

Stress is a common part of life and, in moderation, can help us respond to challenges. However, severe or ongoing stress can harm both physical and mental health. A mental health crisis occurs when someone reaches a breaking point and needs immediate support. Warning signs may include intense anxiety, panic attacks, suicidal thoughts, mania, or psychosis. Over time, chronic stress can also contribute to stress-related illnesses.

Cardiovascular System: Chronic stress can elevate heart rate and blood pressure, increasing the risk of heart disease, heart attacks, and stroke.

Digestive System: Stress can interfere with normal digestive processes. This can lead to symptoms such as stomachaches, irritable bowel syndrome (IBS), and acid reflux.

Immune System: Chronic stress can weaken the immune system, making the body more vulnerable to infections and illnesses. It may also contribute to the development of autoimmune conditions.

Respiratory System: Stress, whether acute or chronic, can exacerbate Chronic Obstructive Pulmonary Disease (COPD). When stressed, the body activates the fight-or-flight response and releases hormones like cortisol and adrenaline. This can increase airway inflammation, bronchoconstriction, and muscle tension, particularly in the neck and chest, which restricts breathing and worsens shortness of breath.

Managing Stress for Better Health:

1. Regular exercise and physical activity help to lower stress.
2. Relaxation techniques such as meditation, yoga and deep breathing.
3. Maintaining a balanced diet and getting enough sleep can calm the mind and body.
4. Seeking help with family and friends or mental professionals can help.

For more information: https://www.apa.org.>topics>stress

SAVE THE DATE

11/6: Men's Fellowship (7:00 p.m)
11/12: Young Women's Dialogue (6:30 p.m)
11/14: Marriage Ministry (9:30 a.m.)
11/15: New Member Orientation (In-Person)
11/16: New Member Orientation (Virtual)
11/20: Women's Fellowship (6:30 p.m.)
11/21: Thanksgiving Basket Giveaway
11/22: Harvest Celebration (11:00 a.m)
11/29: Christian Ed

Happy Birthday

To our members celebrating birthdays in the month of November:

Timothy D. Clark
Daphne White
Kayla Burns
Hubert Brown
Rosita Hope Cabeza
Malgareata Dailey
Barbara Moore
Don Hodell Chilcote
LaJeune Tomlinson
Raphael Veira
Amir Wilson
Aalijah Jenkins
Brandon Harper
Ndidi Edeh-Larberg
Faith Ann Reid
Delores C. Taylor
Jean-Paul Walker
Meredith Santiago

Recap: Women of Faith, Women of Purpose: A Blessed Weekend!

Contributor: Lady Laverne Dawson

Grace Tabernacle Baptist Church's Women of Grace celebrated Women's Weekend under the theme, **"Women of Faith, Women of Purpose: Discovering God's Purpose and Living It Out Boldly!"**

Saturday featured helpful sessions on estate planning with Attorney Shannon Green-Day and financial planning with Emily Heyman, along with fellowship and fun. Sunday's worship included an inspiring message from Ametta Lorene Reeves of Lee Memorial AME, uplifting music from the Women's Choir and Grace Band, and a beautiful praise dance by the Gracious Praise Dance Team.

Congratulations to Reverend Camille Brown, this year's WOG Award recipient! Special thanks to Sis. Linda Williams, Sis. Jolly Campbell, and everyone who helped make this weekend a success. What a wonderful celebration of faith, purpose, sisterhood, and service!



Spotlight: Brother Steven Hayes

Contributor: Eleanor J. Ellis



Raised in Cleveland, Ohio, Brother Steven Hayes grew up in a loving home with his parents and five siblings—three sisters and two brothers. He credits his mother as the greatest influence in his life. Coming to know Jesus at an early age gave him a firm foundation and instilled the devotion to family that continues to guide him today.

Brother Steven graduated from John F. Kennedy High School in 1975 and attended Cuyahoga Community College, where he majored in Communication. After several years as a sales manager, he became an independent contractor and established a courier delivery service, which he has operated for 35 years.

Reflecting on one of his greatest challenges, Brother Steven recalled becoming a husband and father as a teenager. Supporting a family and navigating adulthood at such a young age was difficult. Through God's guidance, he learned humility, how to relate to others, and the importance of raising his children with faith and love.

Brother Steven and Deacon Michelle Hayes have been married for 16 years and share a blended family of three adult children—two sons and a daughter—and three granddaughters. He is grateful to God for his sense of purpose, health, strength, and wonderful wife. Among his fondest memories are trips to Jamaica and Hawaii, two of the most beautiful places he has visited.

After moving from Oberlin to Richmond Heights, Steven and Michelle began searching for a church home. Following the pandemic, Michelle noticed Grace Tabernacle Community Outreach and recognized Pastor Wayne Dawson. They decided to attend a service. Brother Steven knew he was "home" the moment he entered Grace Tabernacle Baptist Church and heard Pastor Dawson's powerful message. Inspired by the church's spirit of prayer and commitment to being "blessed to be a blessing," they became members in 2023.

Since joining Grace Tabernacle, Brother Steven and Deacon Michelle have blessed the church while growing closer to the Lord. Brother Steven serves in several ministries, including Men of Grace, the Marriage Ministry, the Food Bank Ministry, and the Missions Ministry. He also chairs the Usher Board.

Brother Steven reminds everyone that the paths we choose reflect our beliefs. He offers these words of encouragement: "Remain strong in the Lord, even when life feels unbearable, and circumstances are difficult to understand."

Favorite Scripture:

"Trust in the Lord with all your heart, and do not lean on your understanding. In all your ways submit to him, and he will make your path straight." —Proverbs 3:5–6

Thank you, Brother Steven, for sharing your story and being our November Spotlight!

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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