

**Spilman Memorial Baptist Church**  
**601 Madison Avenue**  
**Kinston, NC 28501**

**AUGUST 2021**  
**TIE NEWSLETTER**

Non-Profit  
Organization  
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Kinston, NC  
Permit #221

# THE TIE



*Connecting you with the body of Christ at  
Spilman Memorial Baptist Church*

**AUGUST 2021**

**CHURCH STAFF**

Dr. H. Powell Dew, Jr., Senior Pastor  
Michell Sutton Eguez, Administrative Assistant  
Michael Cowan, Director of Music and Organist  
Michell Eguez and Sarah Reese, Pianists  
Michael and Vance Aldridge, Custodians  
Michelle Sutton, Finance Assistant  
Jerry Crisp, Security

## Pastors are People Too!

Every two weeks, a group of Pastors from the Neuse Baptist Association meet for fellowship, discussion, and encouragement. We usually have a topic which our discussion centers upon, eat lunch, and share our prayer requests. This past week, I had the opportunity to lead the discussion on a topic I thought would be helpful.

Sharon and I had the opportunity to take a full seven-day vacation two weeks ago. It has been a long time since we took this much time away from the many responsibilities we have. I was able to attend church with my mother in Greenville on the Sunday I was not preaching. It felt good to worship the Lord and not feel the pressure and stress of saying just the right thing in just the right way. That afternoon, I could feel all the stress of vacation travel, work and family responsibilities fade away. I decided the topic I wanted to discuss with my fellow Pastors on Tuesday was “Self-Care.”

I was able to find a suggested list covering eight areas of self-care. (See the list on the back) This was the list that I shared with my fellow Pastors. We began to share the areas we each needed to focus on with more intentionality. Some of the hot-button topics included:

Learning to set boundaries within their ministry so they don’t burn out.  
Take time to read several different books covering different topics.  
Turn off social media and computers and not allow them to take over their life.  
Take time to declutter their home. One has begun systematically giving unwanted items to charity.  
Several confessed they rarely take their vacation time.  
Many Pastors said they need to spend more time in prayer, and in the study of God’s word – not just in preparation for the next sermon. They desired to grow in their walk with the Lord. One person acknowledged they need to be more intentional in taking everything back to the Lord in prayer.  
One minister said he had started a part time job so it would allow him a doorway back into the community outside his church circles.

As I reflected upon our meeting, the thought came to me, “Pastors are People too!” They have the same stresses that everyone else has. So many people in church place their Pastor on a pedestal and have such high expectations of perfection that it is overwhelming to live in the fish bowl. The stress of living under the microscope can become oppressive. I am thankful that the Personnel Committee insisted I take some vacation time.

(see next page)



**DR. H. POWELL DEW, JR.**

**SELF-CARE  
CHECKLIST  
ACTIVITY IDEAS**

***Physical Self-Care***

- ☐ Exercise for 30 mins
- ☐ Drink a gallon of water
- ☐ Sleep for 8 hours
- ☐ Meal prep
- ☐ Keep a food journal

***Psychological Self-Care***

- ☐ Read a book
- ☐ Keep a journal
- ☐ Practice mindfulness
- ☐ Do a digital detox
- ☐ Declutter your home
- ☐ Pick up a new hobby

***Emotional Self-Care***

- ☐ Gratitude journal
- ☐ Couple’s retreat
- ☐ Set boundaries
- ☐ Volunteer
- ☐ Write up a bucket list
- ☐ Personal development

***Social Self-Care***

- ☐ Call a friend
- ☐ Start a happy hour
- ☐ Join a local club
- ☐ Write a letter
- ☐ Invite a neighbor over
- ☐ Become a mentor

***Professional Self-Care***

- ☐ Find a career mentor
- ☐ Start networking
- ☐ Take all vacation days
- ☐ Keep healthy snacks
- ☐ Use a standing desk
- ☐ Negotiate contracts

***Environmental Self-Care***

- ☐ Become a minimalist
- ☐ Dispose your junk food
- ☐ Donate to charity
- ☐ Clean up every night
- ☐ Declutter your home
- ☐ Take care of any home repairs

***Spiritual Self-Care***

- ☐ Spend time in prayer
- ☐ Read Scripture daily
- ☐ Hike in nature
- ☐ Take time to reflect

***Financial Self-Care***

- ☐ Budget
- ☐ Start a side gig
- ☐ Invest in retirement
- ☐ Pay off debt
- ☐ Read a finance book
- ☐ Invest more

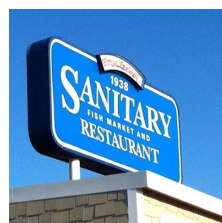
## DEACONS AND TRUSTEES

During the month of August, we will begin our Deacon and Trustee election process.

Nomination ballots were distributed Aug. 1<sup>st</sup> and need to be returned to the church by Aug. 15<sup>th</sup> by mail or in person.

Because of COVID, we will mail out the Election ballots on Aug. 22<sup>nd</sup> and those ballots need to be returned by Sept. 5<sup>th</sup>. This is the same process we used last year.

Please prayerfully consider those you will nominate. If you are asked to serve, don't let your first answer be "No." Spilman needs you to be a part of the Deaconate and Trustees to help set the course and direction of this church in years to come. These two groups will comprise our Long-Range Planning committee this year.



### Road Trip—Morehead City, NC

On August 19<sup>th</sup> we are headed to the Sanitary Fish Market and Restaurant in Morehead City NC.

There is a sign up sheet in the church office for those wishing to go. Because the bus will only hold 15 people, you need to sign up early. The bus will be leaving at 9:30 am. If you prefer to drive, please let the office know so reservations can be made for the whole group.

We may even stop at the Maritime Museum in Beaufort and stop for some ice cream along the way.

### Pastors are People too! (cont.)

Maybe you have several areas in your life that need some more attention. Some areas you may be doing very well in, while others may need a kick start. Self-care should not feel like a burden or a chore. Self-care is not about perfection; it is a process by which we take care of our life. Find the activities that you love the most and stick to them. Some people may think self-care is selfish. It is not! If you are not taking care of yourself, how can you care for your family and friends?

As I attempt to take care of you as your Pastor, thank you for taking care of me and my family!

**"Bear one another's burdens, and so fulfill the law of Christ."**  
Galatians 6:2



### Deacon of the Month

#### Jerry Crisp

Jerry grew up in the Hudson/Lenoir area of

Western NC. He is a proud fan and graduate of NCSU. Jerry and Beth have been married for 43 years. They are the very proud parents of a daughter, son and son-in-law. They are equally proud grandparents of 2 granddaughters.

Jerry is the chairman of the deaconate and one of several individuals that keep the sound booth running on Sunday mornings. Jerry can also be spotted in the evenings checking the church to see that all lights are off, thermostats are properly set, and all doors are locked.



### Down East Wood Ducks

We have had several good outings at the Kinston

Wood Ducks games. We were able to go on June 25<sup>th</sup> and July 30<sup>th</sup>. Our next group outing will be on August 27<sup>th</sup> at 7:00 p.m. We do not have a sign up sheet for this. Just show up and enjoy the game!

**HAPPY BIRTHDAY**  
everyone born in the month  
**AUGUST**

2 SARAH G. REESE	16 ROSA ANN CHANEY
3 VANCE ALDRIDGE	22 BROOKS BENNETT
3 PAULINE HUGHES	26 FRAN ALLISON
4 LISA CROMER	28 SHAG CARLYLE
8 JOYCE WETHERINGTON	28 JAY KOONCE
9 KRISTIN BURKS	30 MARIE SPEARS
14 TOM SHAVER	

## AUGUST 2021

<b>AUG 1 (SUN)</b>	<b>DEACON MEETING</b> <b>WORSHIP SERVICE</b> <i>Matt. 6:19-34—PUTTING FIRST THINGS FIRST</i> <b>LORD'S SUPPER OBSERVED</b> <b>FIRST HISPANIC CHURCH SERVICE</b>	<b>9:00 AM</b> <b>10:30 AM</b>   <b>4:00 PM</b>
<b>AUG 4 (WED)</b>	<b>"SUNDAY" SCHOOL</b> <b>CHOIR PRACTICE</b>	<b>10:30 AM</b> <b>2:00 PM</b>
<b>AUG 8 (SUN)</b>	<b>WORSHIP SERVICE</b> <i>Matt. 7:1-6—JUDGE NOT!</i>	<b>10:30 AM</b>
<b>AUG 10 (TUE)</b>	<b>LEADERSHIP MEETING</b>	<b>4:00 PM</b>
<b>AUG 11 (WED)</b>	<b>"SUNDAY" SCHOOL</b> <b>AOC Meeting—Spilman Hosting</b> <b>CHOIR PRACTICE</b>	<b>10:00 AM</b> <b>12:00 PM</b> <b>2:00 PM</b>
<b>AUG 15 (SUN)</b>	<b>WORSHIP SERVICE</b> <b>Rev. Faithe Beam—Guest Minister</b>	<b>10:30 AM</b>
<b>AUG 18 (WED)</b>	<b>CHOIR PRACTICE</b>	<b>2:00 PM</b>
<b>AUG 19 (TH)</b>	<b>Road Trip: Morehead City, NC</b> <b>Sanitary Seafood Restaurant</b>	<b>10:00 AM</b>
<b>AUG 22 (SUN)</b>	<b>SUNDAY SCHOOL RESUMES!</b> <b>WORSHIP SERVICE</b> <i>Matt. 7:7-11—Ask, Seek, Knock</i> <b>CHURCH CONFERENCE</b>	<b>9:15 AM</b> <b>10:30 AM</b>  <b>4:00 PM</b>
<b>AUG 25 (WED)</b>	<b>CHOIR PRACTICE</b>	<b>2:00 PM</b>
<b>AUG 27 (FRI)</b>	<b>DOWN EAST WOOD DUCKS</b>	<b>7:00 PM</b>
<b>AUG 29 (SUN)</b>	<b>SUNDAY SCHOOL</b> <b>WORSHIP SERVICE</b> <i>Matt. 7:12—The Golden Rule</i>	<b>9:15 AM</b> <b>10:30 AM</b>

## DEDICATION SERVICE

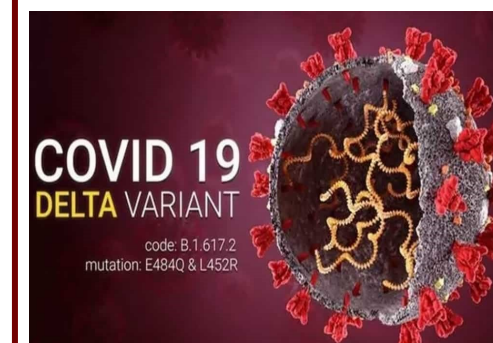
First Hispanic Baptist Church  
404 Rhem Street  
Kinston, NC 28501  
August 1, 2021—4:00 PM  
Meal to follow the service  
Dr. H. Powell Dew, Jr.  
Guest Preacher

## COVID UPDATE

### From Donna Keith

North Carolina has seen almost 66% increase in COVID in unvaccinated people. Lenoir County has seen increases as well. There have been 14 deaths since June 9th in Lenoir County. We still have many cases at the hospital.

Just remember the virus needs a host and if you are unvaccinated it will find you. Please wash your hands and wear mask when appropriate. I believe we will have to wear masks again as the Delta variant spreads more rapidly.



### Sunday School Class Resumes

August 22<sup>nd</sup> at 9:15 a.m.

Gleaners Class, Sharon Dew  
Travis-Daly Class, Larry Williams



PROTECT YOURSELF AND OTHERS