

Spilman Memorial Baptist Church
601 Madison Avenue
Kinston, NC 28501

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Organization
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FEBRUARY 2024
TIE NEWSLETTER

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THE TIE



Spilman Memorial Baptist Church

Our Mission is to ...

Worship God, Serve Him, and Serve Others

FEBRUARY 2024

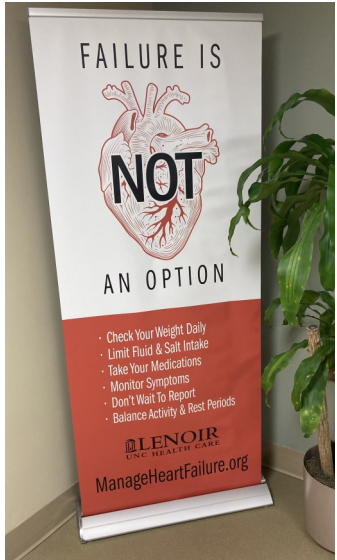
CHURCH STAFF

Dr. H. Powell Dew, Jr., Senior Pastor
Carol Stevens, Administrative Assistant
Melony Rasbury-Cobb, Pianist/Organist
Michael and Vance Aldridge, Custodians
Michelle Sutton, Finance Assistant
Jerry Crisp, Security

The Salt of the Earth

Last month I went to see my cardiologist in Greenville. They had run several tests on my heart to see if there were any issues. Aside from a little plaque buildup, my heart was fine. The doctor looked me in the eye and said I needed to go on a low sodium diet to help my kidneys and heart. She said I needed to stay under 2000 mg of sodium daily. That was the first time a doctor gave me a specific target number. I had seen the banner in the hallway at UNC Lenoir hospital that said “check your weight daily, limit fluid and salt intake, take your medicines, and balance activity and rest.” Now that I know to improve my overall health, I have a specific sodium target to maintain.

Now the fun part begin. My daily morning breakfast was a Bojangles’s ham biscuit which has 1570 mg of sodium. Zaxbys’ grilled cobb salad has 1820 mg of sodium. One King’s Hawaiian roll has 75 mg of sodium. A Big Mac from McDonalds has 970 mg of sodium. If you add a small French fry, you add 130 mg of sodium. When my doctor told me you have to cook at home, do not eat out at any restaurant, and stop eating processed foods – she wasn’t kidding! The right amount of salt is good – too much or too little is not healthy.



DR. H. POWELL DEW, JR.

Finding the right balance between good food, low sodium, and enough calories, is HARD. But isn’t that true about the other areas of our life? Finding the good around us, not absorbing too much of the evil inundating us every day, and finding peace and joy in the journey is difficult at times!

There are 38 references in the Bible to salt. The Bible speaks of the Salt Sea (the Dead Sea). The Valley of Salt is mentioned several times. Lot’s wife turned into a pillar of salt when she looked back towards Sodom. When offerings are presented to the Lord, it should also include salt. A covenant was sealed between the Lord and David with salt. A man once used salt was to ruin an enemies field. The prophet Elisha used salt to heal the waters of Jericho. In the New Testament, Jesus reminded His followers they were to be the “salt of the earth.” (Matt 5:13) Paul told the Colossians: “Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one.” (4:6)

(Continued on next page)

SUNDAY SCHOOL

Join Us at 9:15 am each Sunday Morning

FEBRUARY THEME: SEEKING JESUS

FEBRUARY 4TH
JESUS THE HIDDEN HEALER
MARK 1:21-39

FEBRUARY 11TH
JESUS THE IMAGE OF GOD
MARK 9:2-9
2 CORINTHIANS 4:3-6

FEBRUARY 18TH
JESUS THE RIGHTEOUS SUFFERER
1 PETER 3:8-9, 13-22

FEBRUARY 25TH
JESUS THE FAITHFUL JUSTIFIER
ROMANS 4:13-25



May this Valentine's
Day Be Filled With
the Greatest Love Of
All.....**Jesus**

Happy Valentine's Day

B A F L O W E R S E
Z D R K H U G Q E V
Y U I X M M Q T V A
Q D E P O C A B S L
R W N X U L V M E E
O E D A O C L R S N
H P S C C K O D O T
K A O P F B V E R I
N H A I Q G E P E N
C T R A E H J F A E



LOVE
CHOCOLATE
CANDY
VALENTINE
FRIENDS
CUPID
HUG
FLOWERS
HEART
ROSES

FROM:



The Salt of the Earth —Continued

The right amount of salt in life is good. Salt brings out the flavor in food. I personally love salt on watermelon, cantaloupe, and tomatoes! Our speech needs to be seasoned just right as we communicate with others – truth and love mixed with compassion and empathy. If we have too much salt on our food, it can become harmful to our health. If we speak harshly with others, we can harm our relationships with others and our witness in our community.

This is my prayer today: “Lord, thank you for the salt of the earth that preserves, seasons, and helps my body function properly. Like all things in life, help me find the right balance between those things that are needful and those things that are harmful when taken to excess. Help me add the right amount of seasoning in my speech, but not too much to where it might ruin my relationships and witness. Help guide me to be the “salt of the earth” today. Amen.”

Love is patient, Love is kind.
It does not envy, it does not boast,
It is not proud. It is not rude, it is not
self-seeking, it is not easily angered, it keeps
no record of wrongs. Love does not delight
in evil, but rejoices with the truth.
It always protects, always trusts,
always hopes, always perseveres.
Love never fails.
1 Corinthians 13:4-8



Deacon of the Month
Doug Blizzard
February 2024

Doug has been member of Spilman for 50 plus years. This is his third term serving on the diaconate. He has also served as a Spilman trustee twice. Doug has worked with the NC Baptist Men’s Disaster Relief for several years as a communication specialist. This has included trips to Texas and New Jersey. Forty-four years ago, Doug married his high school sweetheart, Kay Allen. They have one daughter, Sarah Beth who lives in Vermont.



LORETTA SKEENS	2-1
EARL KELLY	2-5
BETTY VALENTI	2-11
ISABELLE JONES	2-11
CARSON RICE	2-17
RICHARD MOORE	2-27
MARSHA C. HUDSON	2-28

A Big Thank You

To all the members who came out and attended Mama’s funeral (Mary Ellen Collins), we would like to say “Thank You.” If you were able to give to Operation Blessing or any ministry that blesses the Lord, again, we want to say, “Thank You.” ~ Kim and Michael Martin

Mr. Rogers

Then Your Heart Is Full of Love



If you are unable to worship with us in person on Sunday morning, then pull Spilman up on your computer or phone. You can still be a part of our worship by joining us on Facebook Live.

FEB 4 (SUN)	DEACONS MEETING SUNDAY SCHOOL WORSHIP SERVICE—LORD’S SUPPER THE MESSAGE IN A MEAL Lev. 17:11, Matt. 26:26-30	8:00 AM 9:15 AM 10:30 AM
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FEB 7 (WED)	MEN’S FELLOWSHIP BREAKFAST MONTHLY PRAYER GATHERING SS CLASS AT SPRING ARBOR WEDNESDAY BIBLE STUDY	8:00 AM 11:00 AM 2:30 PM 4:00 PM
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FEB 11 (SUN)	SUNDAY SCHOOL WORSHIP SERVICE BAPTIST WOMEN’S SUNDAY	9:15 AM 10:30 AM
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FEB 12 (MON)	LONG RANGE PLANNING MEETING	11:00 AM
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FEB 14 (WED)	MEN’S FELLOWSHIP BREAKFAST SS CLASS AT SPRING ARBOR FELLOWSHIP MEAL ASH WEDNESDAY SERVICE	8:00 AM 2:30 PM 5:00 PM 6:00 PM
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FEB 18 (SUN)	SUNDAY SCHOOL WORSHIP SERVICE A HORSELESS KING Zech. 9:9-17, Luke 19:28-40 CHURCH CONFERENCE	9:15 AM 10:30 AM 3:00 PM
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FEB 21 (WED)	MEN’S FELLOWSHIP BREAKFAST SS CLASS AT SPRING ARBOR WEDNESDAY BIBLE STUDY	8:00 AM 2:30 PM 4:00 PM
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FEB 25 (SUN)	SUNDAY SCHOOL WORSHIP SERVICE A PLACE FOR ALL NATIONS Isaiah 56:1-8, Luke 19:45-46	9:15 AM 10:30 AM
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FEB 28 (WED)	MEN’S FELLOWSHIP BREAKFAST SS CLASS AT SPRING ARBOR WEDNESDAY BIBLE STUDY	8:00 AM 2:30 PM 4:00 PM
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Join us Wednesday, February 14th at 5:00 p.m. for a Fellowship Meal followed by Ash Wednesday Service. Nana’ Catering will be providing the meal. The menu includes: Lasagna, Salad, bread, and red velvet cake for dessert. \$12.00/person. Call the church office by Monday, February 12th for your meal reservation.



2024 BIBLE
READING
PLAN
FEBRUARY

- ☐ 1 Lev 1-3
- ☐ 2 Lev 4-6
- ☐ 3 Lev 7-9
- ☐ 4 Catch Up Day
- ☐ 5 Lev 10-12
- ☐ 6 Lev 13-14
- ☐ 7 Lev 15-16
- ☐ 8 Lev 17-19
- ☐ 9 Lev 20-22
- ☐ 10 Lev 23-25
- ☐ 11 Catch Up Day
- ☐ 12 Lev 26-27
- ☐ 13 Num 1-2
- ☐ 14 Num 3-4
- ☐ 15 Num 5-7
- ☐ 16 Num 8-9
- ☐ 17 Num 10-13
- ☐ 18 Catch Up Day
- ☐ 19 Num 14-15
- ☐ 20 Num 16-18
- ☐ 21 Num 19-21
- ☐ 22 Num 22-24
- ☐ 23 Num 25-27
- ☐ 24 Num 28-30
- ☐ 25 Catch Up Day
- ☐ 26 Num 31-33
- ☐ 27 Num 34-36
- ☐ 28 Deut. 1-3
- ☐ 29 Deut. 4-5