

Spilman Memorial Baptist Church
601 Madison Avenue
Kinston, NC 28501

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Kinston, NC
Permit #221

THE TIE

Spilman Memorial Baptist Church

Our Mission is to ...

Worship God, Serve Him, and Serve Others

OCTOBER 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



**OCTOBER 2024
TIE NEWSLETTER**

«AddressBlock»



Discovering the Treasures Buried in Grief and Loss—Mark #4

Over the past few months, we have been examining Peter Scazzero's book, *Emotionally Healthy Discipleship*. In the book, Peter describes seven marks or characteristics of a person that is emotionally healthy. Peter is calling us to move from "Shallow Christianity" to "Deep Transformation." This month's topic focuses on Mark #4, "Discovering the Treasures Buried in Grief and Loss."

When I first read this topic, I said to myself, "How can grief and loss be associated with discipleship?" I have always thought of discipleship closely associated with Jesus' teaching, "If anyone wishes to come after me, let him deny himself, take up his cross, and follow Me." (Matt. 16:24) Yet as I began to grapple with this topic of grief and loss, I can see how our emotional response to "All Our Losses, All Our Grievs," impacts every area of our life – including discipleship.

Grief and Loss are often associated with the death of someone we love or loss of something that is precious to us. The most obvious grief is the death of a person we know and love. Their absence causes tremendous disorientation and disruption in life. Yet there are other losses that can cause a similar reaction: loss of a job, loss of a friendship, a career change, natural disasters, violence, theft, terrorism, financial losses due to the economy, inflation, bad investments, or poor decisions. Our griefs and losses can take on a life of their own and send us into a hopeless spiral if we are not mindful of how these changes impact us and how we can appropriately respond to them.

Our first response may cause us to feel as if we are losing control of our life. This loss of control may cause us to deny the reality of what has happened. It may prompt fear of the uncertainty of our future. Anger may be present in the midst of our grief and loss. We may even feel the pain of failure, self-loathing and blame.

We can also see this grief or loss as simply an interruption in our life. We may simply "stuff" our pain, sorrow, grief, and loss, and move forward too quickly so our life can "return to normal." Moving too quickly through our grief may leave some of it buried deep within us without coming to terms with the reality of the changes. This is true for people, businesses, families, and churches. Each must examine the reality they are facing and make careful, thoughtful decision as to how to proceed.

Peter has identified three phases we need to be mindful of as we process our grief and loss in a Godly manner.

Phase One: Pay Attention to Pain

You may have grown up hearing "real men don't cry." Others may have caused you to not really give attention to the pain you may be feeling when grief and loss comes into your life. The Bible gives us numerous examples of

(Continued on next page)



DR. H. POWELL DEW, JR.

Legacy Awards

September 15, 2024



Last month we marked the fourth of several Legacy Awards being presented to individuals and couples that have served an average of 36 years as members of Spilman. It is my desire to take a few moments to acknowledge their contribution to Spilman Memorial Baptist Church. As your Pastor, I would like to say, "Thank you for a life well lived. **We Love and Appreciate You!**"

Dr. H. Powell Dew, Jr.

In Honor of: Jimmy and Brenda Barlow
Jerry and Beth Crisp
Dolores Kelly
Shirlene Koonce

Wednesday Bible Study

We began a new Bible Study Series covering the Book of Revelation. Please plan to attend this special study. "Blessed is he who reads and those who hear the words of this prophecy, and keep those things which are written in it: for the time is near.." (Revelation 1:3)



Join us Wed. October 9th at 5:00 p.m. for a **Fellowship Meal**, followed by Bible Study. Nana's Catering will have spaghetti, salad, garlic bread, and banana pudding. The cost is \$12.00/person.

Please call the church office by noon on Monday, October. 7th, to reserve your meal.

Grief and Loss—Mark #4 (continued)

people that lamented, were grieved, and poured out their heart with loud groans and tears. Ecclesiastes 3:1, 4 reminds us there is “a time to mourn.”

From Genesis to Revelation, we are invited to integrate seasons of grief and sadness as a central part of our spiritual life. You can turn to the Book of Psalms and see “a psalm for every sigh.” Over half of the Psalms are laments – pouring out our broken heart to God.

We need to recapture our emotional feelings. When our pain or grief goes unexpressed or unfelt, it gets buried alive. Eventually these feelings will claw their way back into our lives and manifest themselves in symptoms like depression, anxiety, emptiness, and loneliness.

Phase Two: Wait in the Confusing In-Between

Loss and grief force us to stop, to wait, to change our plans. The Bible gives us numerous examples of people that waited in that confusing in-between. Noah waited for the waters to recede. Abraham and Sarah waited 25 years for a son. Joseph waited over 20 years to be restored to his family. Moses waited 40 years in the wilderness.

St. John of the Cross describe this time as “The Dark Night of the Soul.” Yet most of our spiritual growth will happened in the midst of our painful, mysterious, and confusing experiences – the in-between times – in which we have little control. God uses all things, for our benefit, for His glory, and for the good of others. I have come to understand, God does not waste our pain.

Phase Three: Allow the Old to Birth the New

There are rich treasures that may be found as we lament God’s way during our grief and loss. Peter identifies these five treasures as this: 1) God offers us a revelation of Himself. 2) God makes us softer and more compassionate. 3) God gives us a greater revelation of ourselves. 4) God makes us more of our true self in Christ. 5) God makes us more truly alive to our astonishing world.

I have discovered all of life involves various degrees of grief and loss. How we respond to these events that come our way either keep us stuck or give us pathways to move forward in a Godly manner.

At the conclusion of every funeral that I lead, I will say to the family and congregation this benediction: “*The Lord has given, and the Lord has taken away. Blessed be the name of the Lord.*” This reminds us that God has given us so much in this life that we should respond with gratitude. Even in the midst of death, and our loved one is no longer among the living, if they are in Christ, they are eternally with the Lord. God is the beginning and the end. May we with one voice be able to say – no matter our circumstances, “**Blessed be the name of the Lord.**”



Jennifer Bennett	4
Frances Keel	8
Carol Larkins	11
Berry Ann Pittman	11
Leslie Jones	14
Dolores Kelly	16
Tiwana Grant	17
Jimmie Overton	17
Kay Blizzard	20
Mike Hartford	21
Kim Harper	25
Margaret Moore	29



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



Deacon of the Month Doug Blizzard October 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-six years ago, Doug married his high school sweetheart, Kay Allen. They have one daughter, Sarah Beth who lives in Vermont.

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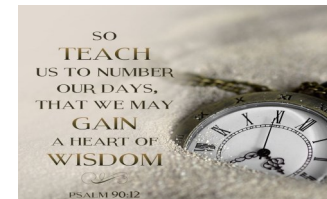
OCT 2 (WED)	MEN’S FELLOWSHIP BREAKFAST SS CLASS AT SPRING ARBOR WEDNESDAY BIBLE STUDY	8:00 AM CANCELED CANCELED
OCT 6 (SUN)	DEACONS MEETING SUNDAY SCHOOL WORSHIP SERVICE—LORD’S SUPPER THE SINS OF A SELF-MADE MAN 1 Samuel 9:1-3, 15-21	8:00 AM 9:15 AM 10:30 AM
OCT 8 (TUE)	CHURCH LEADERSHIP MEETING	4:00 PM
OCT 9 (WED)	MEN’S FELLOWSHIP BREAKFAST MONTHLY PRAYER GATHERING SS CLASS AT SPRING ARBOR FELLOWSHIP MEAL—NANA’S WEDNESDAY BIBLE STUDY	8:00 AM 11:00 AM 2:30 PM 5:00 PM 6:00 PM
OCT 13 (SUN)	SUNDAY SCHOOL WORSHIP SERVICE ESCAPE FROM FEAR Revelation 1:17-18	9:15 AM 10:30 AM
OCT 14 (MON)	LONG RANGE PLANNING MEETING	11:00 AM
OCT 16 (WED)	MEN’S FELLOWSHIP BREAKFAST BACKPACK BUDDIES PACKING SS CLASS AT SPRING ARBOR WEDNESDAY BIBLE STUDY	8:00 AM 10:00 AM 2:30 PM 4:00 PM
OCT 20 (SUN)	SUNDAY SCHOOL WORSHIP SERVICE SPEAKING THE LANGUAGE OF LOVE Ephesians 5:21-33	9:15 AM 10:30 AM
OCT 23 (WED)	MEN’S FELLOWSHIP BREAKFAST SS CLASS AT SPRING ARBOR WEDNESDAY BIBLE STUDY	8:00 AM 2:30 PM 4:00 PM
OCT 27 (SUN)	SUNDAY SCHOOL WORSHIP SERVICE GIMEE, GIMEE, GIMEE Luke 12:13-21	9:15 AM 10:30 AM
OCT 30 (WED)	MEN’S FELLOWSHIP BREAKFAST SS CLASS AT SPRING ARBOR WEDNESDAY BIBLE STUDY	8:00 AM 2:30 PM 4:00 PM

VOLUNTEERS NEEDED

To assist in packing the backpacks for the “Backpack Buddies” program at First Presbyterian Church 2101 N. Herritage Street Wednesday, October 16th at 10:00 AM



BACKPACK BUDDIES
WEEKEND MEALS FOR STUDENTS



OCTOBER 2024 BIBLE READING PLAN

- 1 Micah 5-7; Nahum 1-2
- 2 Nahum 3; Habakkuk 1-3; Zephaniah 1-2
- 3 Zephaniah 3; Haggai 1-2; Zechariah 1
- 4 Zechariah 2-8
- 5 Zechariah 9-13
- 6 Catch Up
- 7 Zechariah 14; Malachi 1-4
- 8 Matthew 1-5
- 9 Matthew 6-8
- 10 Matthew 9-11
- 11 Matthew 12-13
- 12 Matthew 14-17
- 13 Catch Up
- 14 Matthew 18-20
- 15 Matthew 21-23
- 16 Matthew 24-25
- 17 Matthew 26-27
- 18 Matthew 28; Mark 1-2
- 19 Mark 3-5
- 20 Catch Up
- 21 Mark 6-8
- 22 Mark 9-10
- 23 Mark 11-13
- 24 Mark 14-15
- 25 Mark 16; Luke 1
- 26 Luke 2-4
- 27 Catch Up
- 28 Luke 5-6
- 29 Luke 7-8
- 30 Luke 9-10
- 31 Luke 11-12