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# THE OLIVE BRANCH

A PUBLICATION OF OLIVE BRANCH MISSIONARY BAPTIST CHURCH

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*"...write the vision, and make it plain on tablets, that he may run that reads it." Habakkuk 2:2 NKJV*



satisfied by My actions regardless of your response." No, the Lord asked, "Were there not ten cleansed? But the nine - where are they? Was no one found who turned back to give glory to God, except this foreigner." Jesus rewarded the one who was grateful. The reward was threefold: **FELLOWSHIP WITH CHRIST!** the man had a personal encounter with the Lord; **SPIRITUAL INSIGHT** - he learned that it was his faith in Jesus that healed him, "not going and showing themselves to the priest," as the others had thought; and he received **A NEW DIRECTION IN LIFE** - Jesus told him to "go your way," obviously never to be the same again.

## *The Pastor's Corner!*

Enter His gates with thanksgiving. The whole Christian life is one big "thank you," the living expression of our gratitude to God for His goodness. But we take Him for granted and what we take for granted we never take seriously.

Thanksgiving is expressing gratitude to someone for something they have done. Our prayer lives must be enveloped in a spirit of gratitude. Our gratitude must not be restricted by time, for we should thank God for what He *has* done, *is* doing and *will* do.

There are many positive side effects of a grateful heart. God notices whether or not we are grateful - and it matters to Him! Consider the story of Jesus healing the ten lepers (Luke 17). The unique message of this story is that...Jesus appreciates a grateful heart. Ten leprosy men cried out to Jesus and He healed them all. But the record of gratitude was a pathetic one out of ten. Of the ten lepers healed, only one returned to give thanks. Perhaps they were used to having people help them; they thought others were obligated to care for them. But one man, when he saw that he was healed, turned back and began to glorify God with a loud voice. And notice the Lord's response - He didn't say, "Save your breath, my friend; I do what I do because I'm God. I don't need your thanks. My actions are prescribed by omnipotent stoicism and my heart is totally

A SPECIAL "HAPPY BIRTHDAY" TO PASTOR MCDONALD ON THE 6<sup>TH</sup>.





**24 Things to Always Remember ...  
and One Thing to Never Forget**

Your presence is a present to the world.  
You're unique and one of a kind.  
Your life can be what you want it to be.  
Take the days just one at a time.

Count your blessings, not your troubles.  
You'll make it through whatever comes along.  
Within you are so many answers.  
Understand, have courage, be strong.

Don't put limits on yourself.  
So many dreams are waiting to be realized.  
Decisions are too important to leave to chance  
Reach for your peak, your goal, your prize.

Nothing wastes more energy than worrying.  
The longer one carries a problem, the heavier it gets.  
Don't take things too seriously.  
Live a life of serenity, not a life of regrets.

Remember that a little love goes a long way.  
Remember that a lot...goes forever.  
Remember that friendship is a wise investment.  
Life's treasures are people.....together.

Realize that it's never too late.  
Do ordinary things in an extraordinary way.  
Have health and hope and happiness.  
Take the time to wish upon a star.

And don't forget.....  
For even a day.....how special you are.

Submitted by Sis. Julia Pulley

**THE OLIVE BRANCH**

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*Unless otherwise indicated, all Scriptures are taken  
from the King James Version*

**Gratitude** is not just an  
emotion, it is an expression.  
**Grateful** thoughts do not count  
until they are expressed. Lord  
we thank thee for our  
fellowship, our Roanoke  
Association, our blessed  
communities, our radio stations,  
our schools and universities.  
Thank you for our Seniors.

**Oh what a wonderful season of THANKSGIVING!!  
PASTOR MAC**

## ***Heart-2-Heart***

Sis. McDonald



### ***Forgiving yourself and God***

Last month I talked about forgiving yourself. Just as it is crucial to forgive others, it is also necessary to forgive yourself. Besides forgiving others and yourself, you must also check to see if you need to *forgive* God. If you've been mad at Him, say so. "God, I've been mad at You ever since my baby died." "God, I've been mad at You since I was hurt." "God, I'm mad at you for not getting that job I prayed for." "God, I feel that you love my sister more than You love me." Be honest! God's ego won't be crushed. Release the hurt and let yourself cry. Tears are freeing and healing. Tell the Lord that you confess your hurt, your anger, and your hardness of heart toward Him. Tell Him you no longer hold these things against Him.

Forgiveness is an ongoing process. The reason why is because when you've dealt with the past, constant infractions still occur in the present. Everyone has experienced some form of wounding, manipulation or hurt by someone. Every time it happens, it leaves a scar on your soul if you don't confess it and turn it over to God.

Okay, so you think you don't have to forgive anyone of anything. Remember that forgiveness also has to do with being critical of others. We must also realize that people are the way they are usually because of how life has shaped them. We have to remember that God is the only one who knows the complete story, and we never have the right to judge.

Without forgiveness we cannot release the past. Don't let unforgiveness keep you from the healing, the joy and the restoration that God has for you.

Do not remember the former things, nor consider the things of old. Behold, I will do a new thing; now it shall spring forth; shall you not know it? Isaiah 43:18-19

Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. Ephesians 4:31-32

*Lord, please help me to let go of the past so that I can move into all You have for me. I know that only You can make all things new. Renew my mind and soul so that I no longer allow past experiences to darken my life today. Show me who I need to forgive, and help me forgive them COMPLETELY! Heal me Oh Lord!! Of all the painful memories in my life so that I can become all that You have created me to be. AMEN!*

## ***HAPPY BIRTHDAY or HAPPY ANNIVERSARY TO ALL THOSE AT OLIVE BRANCH CELEBRATING A NOVEMBER BIRTHDAY OR ANNIVERSARY***

***- GOD BLESS & MANY MORE!!***



**Be blessed in the Lord!!!!**

Be blessed in the Lord for the things He has done. He has given to us another year of life and another year of unity. Give unto Him and He will continue to pour out blessings beyond our many dreams and imagination.

***The best is yet to come!!!!***

Give us your dates of birth and anniversary celebration so that we might extend to you personal best wishes.

# "A NOTE FROM THE EDITOR"

November is the month for "Giving Thanks". I am especially grateful and thankful for November 11<sup>th</sup> is my birthday and November 13<sup>th</sup> is my wedding anniversary. Birthdays are always a "biggie" with me for I am always showered with gifts and lots of love. I am also thankful for longevity, for my grandmother is alive and we celebrated her 96<sup>th</sup> birthday in October. I pray that during this month of "Thanksgiving" we all can reflect back on great things over years and give thanks to our heavenly father for all he has blessed us with.

"HAPPY THANKSGIVING"  
ANN



"NANNIE'S 96<sup>TH</sup> BIRTHDAY CELEBRATION"

## ‘OB MISSIONARIES ON THE MOVE’





***SUBMITTED BY MISSIONARY JERELINE LYNN***

# 'NEWS AROUND AND ABOUT OLIVE BRANCH'

By His Stripes we are healed!!!!!! Continue to pray for and visit our sick and shut in members. Let us continue to keep Sis. Wyommie Gallop in prayer as she continues to recover. The KEM choir truly misses her presence!!!! It is good to have Sis Mary Whidbee back in fellowship. Please keep Bro. Gregory in your prayers that God will heal and strengthen his body. Keep uplifting Sis Sarah Felton's name in prayer that her health continues to improve. Pray for the many family members among us that have troubling medical conditions, that their faith will help make them whole.

For the month of November the Women's Fellowship is asking for any monetary donations for the nursing home holiday bags. It is our desire to prepare no less than 100 bags this year. Please help us help others!!!!!!

Attention all Youth and Parents!!! If you've noticed there has been no "Youth News" in the newsletter for several months. The Newsletter Staff cannot print "Youth News" without your help. Please give any articles of achievements to members of the newsletter staff or e-mail to addresses provided in the newsletter. We are interested and want to hear about your accomplishments.

Come out and help us praise the Lord in the Power Praise Worship hour on Sunday mornings from 8-9 am.

We have plenty of room, so come out and join us in the Power Praise Exercise session each Monday from 6-7 pm. Be a witness in fitness!!!! We are asking for special healing prayers for our instructor Divina.

Don't forget those members we have not seen in service lately. Give them a call of encouragement and let them know you hope to see them in the near future.

**"HAVE A SAFE AND BLESSED THANKSGIVING"**



**THE OLIVE BRANCH** provides its readers with relevant and current information pertinent to the Christian walk and lifestyle. **THE OLIVE BRANCH** staff will make every effort to provide material which is educational, entertaining, encouraging and inspiring. All of this is done in an effort to assist **OLIVE BRANCH** readers in developing a more intimate relationship with Jesus Christ.



## HEALTH AND FITNESS

You know by now that trying to change your lifestyle all at once leaves you back where you started. But how about one simple switch? Try experiencing the power of a single health change. It would be like taking a shortcut without the cheating. Here are a few small but potent steps that will prove effective to those who try them.

***To fight weight creep. Although the battle of the bulge does intensify after 40, it's still a winnable war. All it takes is a good plan of attack.***

**Downsize your dishes.** Replace your oversize dinner plates with smaller salad plates and you'll cut 1/3 of the calories in each meal. **(Don't go back for 2nds and 3rds)!!!** Instead of pouring juice in a 20-ounce glass, use an eight-ounce cup so you drink the right amount.

**Recalibrate your calories.** As we mature, our metabolism slows down. Also, as a woman's hormones decline, there is also a redistribution of existing body fat. To help fix this try vitamin I: INTENSITY!!!! If you already walk, add some hills and some speed. Crank up the resistance on the bike or the elliptical trainer. Don't be afraid to sweat!!

***To get more daily exercise. Real life often gets in the way of working out regularly. These tips can help make moving your body so automatic, you won't even have to think about it.***

**Keep your core busy.** Sit and stand tall. A physical therapist once said that sitting and standing straight along with sucking in the gut bears the same results as doing sit-ups. Holding in your middle takes strength –try it!!!!

**Pick the right cardio.** Women in their 40's have 10 pounds less muscle mass than they had in their twenties. And by their fifties, they're down 15 pounds in muscle mass. In terms of metabolism, that's like going from an eight-cylinder car to a four-cylinder car. Spend 20 minutes twice a week doing some form of strength training. Carrying groceries in from the car, stacking wood for the fireplace or raking leaves are some examples. Adding this with walking will help add build muscle.

***To adjust your attitude toward aging. You can't fight gravity, but a fresh mind-set can help you compensate.***

**Meditate daily.** In the beginning try a few minutes a day, increasing gradually. Meditation is just like physical exercise – when you do it consistently, results come. The process will help clear your mind and focus your energy. Seek a quiet place where you can focus on peace and positivity. You'll be more confident in your decisions, and you will be more open to people you might not have necessarily included in your life and may even let some people go who aren't a positive influence in your life.

*I hope that you find these tips helpful. I have!!!!!!*

*Sis Mac.*

Source: 'MORE'MAGAZINE

# "FROM THE KITCHEN"

## "FROM THE KITCHEN"

I ran across this recipe in the newspaper a few weeks ago and I thought it would be good to make since apples are in season for the fall. I haven't tried it, but maybe someone will try it and give me a report.

Ann



*Fresh Apple Cake*

3 c. flour  
1 ½ tsp. baking soda  
1 tsp. salt  
3 large apples, peeled and cut into small pieces (see notes)  
1 c. chopped pecan (see notes)  
1 ½ c. salad oil  
2 eggs, beaten  
2 tsp. vanilla extract  
2 c. sugar  
powdered sugar

Preheat oven to 326° F. Mix flour, baking soda and salt; set aside.

Combine remaining ingredients and mix with dry ingredients. Pour into a greased and floured tube pan or bundt pan. Bake 1 ½ hrs. Cool in pan. Sprinkle top with powdered sugar.

Notes: Use Granny Smith apples. If desired, replace one of the apples with a cup of raisins soaked in rum (don't worry about the alcohol, remember it's for flavor and the alcohol really disappears in baking) or one cup of dried cranberries (not Craisins). If you're mixing this by hand, mix the apples and pecans in with the flour before adding the wet ingredients.

Source: Cora Collins of Norfolk. Originally printed in "The Norfolk Cookbook" and credited to Florence A. Heut



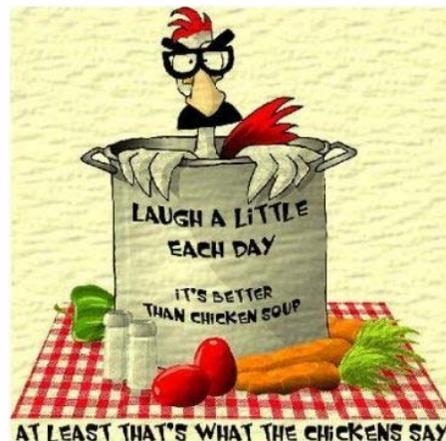
## "KNOW YOUR HYMNS"

Dentist Hymn – I'll Wear a Crown  
Weatherman's Hymn – Showers of Blessings  
Contractor's Hymn – I'm Building a Building

The Tailor's Hymn – Holy, Holy, Holy  
The Plumber's Hymn – There's a Leak in this Old Building  
The Golfer's Hymn – There's a Green Hill Far Away  
The Politician's Hymn – Standing on the Promises  
Optometrist's Hymn – Open My Eyes That I Might See  
The IRS Agent's Hymn – I Surrender All  
The Policeman's Hymn – Jesus is My Rock, My Sword and Shield  
The Gossip's Hymn – Pass It On  
The Single Women's Hymn – Amen A Men Amen  
The Electrician's Hymn – This Little Light of Mine  
The Florist Hymn – There's a Lily in the Valley  
The Shopper's Hymn – Sweet Bye and Bye  
The Realtor's Hymn – I've Got a New Home, Over in Zion  
The Message Therapists Hymn – He Touched Me  
The Doctor's Hymn – Come On In My Room – Jesus is All My Prescriptions  
And for those who speed on the highway here are a few more hymns:

45 mph – God Will Take Care of You  
65 mph – Nearer My God to Thee  
85 mph – This World Is Not My Home  
95 mph – Lord, I'm Coming Home  
100 mph – Precious Lord

Give me a sense of humor, Lord,  
Give me the grace to see a joke and to get some humor out of Life.



## Deacon Boyd Receives a Promotion



**Deacon Bruce Boyd has been promoted to Director of Housing/Residence Life**

**At**

**Elizabeth City State University**

***Congratulations and blessings to you, Deacon Boyd!!!!!!***

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*The Editor apologizes to Dea. Charlie Felton for choosing the wrong picture in last month's newsletter for "Fruits of the Spirit" presented in September. Dea. Felton please charge the mistake to my head and not my heart. Here is the picture that should have appeared.*

*The Editor*



## TAKE THE TIME TO FELLOWSHIP! WORSHIP! STUDY!

### SUNDAY SCHOOL LESSONS NOVEMBER 2007

#### MONTH DAY NOVEMBER 4

TITLE - JOSEPH IS MISTREATED

Devotional Reading: Psalm 70

Background Scripture: Genesis 37

#### MONTH DAY – NOVEMBER 11

TITLE - JOSEPH IS EXALTED

Devotional Reading: Psalm 105:16-22

Background Scripture: Genesis 41:25-45

#### MONTH DAY – NOVEMBER 18

TITLE – GOD PRESERVES HIS PEOPLE

Devotional Reading: Psalm 85

Background Scripture: Genesis 43:1-45:15

#### MONTH DAY – NOVEMBER 25

TITLE – JACOB BLESSES HIS FAMILY

Devotional Reading: Psalm 145:1-13

Background Scripture: Genesis 48:8-21

St  
d

Bible Study is a wonderful time to listen, learn and discuss our Lord's teachings and direction for our lives. Please join us in our discussion and learn about our Christian faith!

If you have questions or need clarity on God's Word, we invite you to attend our **School of the Word Bible Study** every **Thursday** evening at **7:00 PM!** Come prepared. Bring your Bible, Bring your pen, bring your paper, and bring **YOUR FRIEND!**

### WEEK AT A GLANCE

#### SUNDAY

8:00 AM	Early Morning Worship
9:30 AM	Sunday School
10:45 AM	Praise & Worship
11:00 AM	Morning Service
11:00 AM	Children's Church
1:00 PM	Guardian Care Visitation (3 <sup>rd</sup> Sunday)

#### MONDAY

6:00 PM	Praise Exercise
6:00 PM	Sunday School Ministry (3 <sup>rd</sup> Monday)

#### TUESDAY

6:30 PM	KEM Community Voices
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#### WEDNESDAY

6:00 PM	Cub Scouts
6:00 PM	Trustee (3 <sup>rd</sup> Wednesday)
6:00 PM	Youth Ministry (4 <sup>th</sup> Wednesday)
6:30 PM	Praise Team (before 1 <sup>st</sup> & 3 <sup>rd</sup> Sunday)
7:30 PM	Mass Choir (before 2 <sup>nd</sup> Sunday)
7:00 PM	Mass Choir (before 4 <sup>th</sup> Sunday)

#### THURSDAY

2:00 – 6:00 PM	Pastor's Office Hours
5:30 PM	Missionary Ministry (3 <sup>rd</sup> Thursday)
6:00 PM	Senior Usher Ministry (4 <sup>th</sup> Thursday)
7:00 PM	School of the Word Bible Study

#### SATURDAY

10:00 AM	Usher/Hostess Ministry (before 2 <sup>nd</sup> Sunday)
11:00 AM	Praise Dancers
11:30 AM	Youth Ministry (before 3 <sup>rd</sup> Sunday)
1:00 PM	Deaconess (before 1 <sup>st</sup> Sunday)
1:00 PM	Women's Fellowship (3 <sup>rd</sup> Saturday)