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# THE OLIVE BRANCH

A PUBLICATION OF OLIVE BRANCH MISSIONARY BAPTIST CHURCH

Volume 10, Issue 1

October 2007

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



## *The Pastor's Corner!*

Praise God for all of our readers!!!

*I wish to say to each of you, thank you individually for your strong devotion of prayers and support. We as the Olive Branch family have come a might, mighty long way in fellowship, friendship and partnership within our community.*

*We as a church family have received blessings upon us all from on high. "To God be the glory". I wish to leave you with the*

### **"GOSPEL"**

**The Gospel is the good news of God's love in  
providing a Saviour -  
Romans 5:8.**

Proclaims that Christ died *for our sins* -

1 Corinthians 15:3

That He rose for our *justification*

Romans 4:25

That His grace can *save* -

Titus 2:11

That His Blood can *cleanse* -

1 John 1:7

That His power can *keep* -

1 Peter 1:4

That His Spirit can *qualify* -

Acts 1:8

That His joy can *gladden* -

John 15:11

That His peace can *quieten* -

John 14:27

That He Himself can *satisfy* -

Phil 3:7-9

I want to say thank you to all of the friends and family of Olive Branch. Thank you Lord, for your servants that you have lent to me.

Thank you!!!!!!

## Subject: 100%

From a strictly Mathematical Viewpoint:

What Equals 100%? What does it mean to give MORE than 100%?

Ever wonder about those people who say they are giving more than 100%?

We have all been in situations where someone wants you to give over 100%.

How about achieving 101%? What equals 100% in life?

Here's a little mathematical formula that might help you answer these Questions:

If:

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

Is represented as:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21  
22 23 24 25 26.

Then:

H-A-R-D-W-O-R-K

$8+1+18+4+23+15+18+11 = 98\%$

and

K-N-O-W-L-E-D-G-E

$11+14+15+23+12+5+4+7+5 = 96\%$

But,

A-T-T-I-T-U-D-E

$1+20+20+9+20+21+4+5 = 100\%$

AND, look how far the love of God will take you

L-O-V-E O-F G-O-D

$12+15+22+5+15+6+7+15+4 = 101\%$

Therefore, one can conclude with mathematical certainty that:

While Hard work and Knowledge will get you close, and Attitude will get you there, it's the Love of God that will put you over the top!

## THE OLIVE BRANCH

A publication of the  
Olive Branch Missionary Baptist Church's  
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*Unless otherwise indicated, all Scriptures are taken from the King James Version*



Hear ye! Hear ye!  
Keyon will be coming  
home soon!!

Praying to seeing  
Sis Broadnax in the service  
again.

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

Sis. McDonald



### ***Self-forgiveness***

We all know that Adam and Eve made a bad mistake in the Garden of Eden. But was their primary mistake eating from the fruit? No. A look at the verses (Genesis 3:8-13) reveals something much deeper: "After eating, Adam and Eve hid themselves from God among the trees of the Garden. God called to Adam and said: "Where are you?" "I heard Your voice in the Garden, and I was afraid because I was naked, so I hid." God asked: "Who told you that you are naked? Did you eat from the tree which I commanded you not to eat?" Adam replied: "The woman that you gave to be with me -- she gave me to eat from the tree." So God said to the woman, "What is this that you have done?" The woman said, "The serpent deceived me, and I ate." God obviously knows what Adam has done, yet He does not attack with an accusation. Rather, God strikes up a conversation, asking in a gentle, non-threatening way: "Where are you?" He gives Adam a chance to admit his mistake, and express regret. Instead Adam hides and blames it all on Eve. Eve passes responsibility off to the snake. Everyone claims they did nothing wrong! That was their worst mistake.

God knows we're not perfect -- He's the one who created us this way! But He does expect us to take responsibility for our actions and admit when we've done wrong. Because without doing so, there is no hope to correct it in the future. This lesson can be applied to raising children. Imagine walking into the kitchen to find your child up on the counter and reaching his hand into the cookie jar. Don't accuse, don't attack, and don't back him into a corner. The deed of snatching cookies is already done; the only question that remains is how he will deal with the mistake. Try a casual, "Hey, what's goin' on with the cookies?" This gives him a chance to state the truth without feeling threatened

You can't spend your whole life kicking yourself for something you wish you'd done differently. I know that much. Forgiveness comes with time. You can't change the fact that you made choices or decisions that were not in everyone's best interest. Forgiving yourself is not an easy thing to do, it comes with time and most importantly, the help of God. Because only in Him can you find true forgiveness and *ultimately*; a peace of mind, happiness and a joy that no one in this world can take away. I have finally learned to forgive myself for all the things I should have done, but didn't; all the things I didn't do right and for all the wrong that was done "to me" by others. Yes, I forgive myself. It wasn't easy to do; but it has taught me and helped me to grow in the process. Once I forgave myself, I found it much easier to forgive others.

***HAPPY BIRTHDAY or HAPPY ANNIVERSARY TO ALL THOSE AT  
OLIVE BRANCH CELEBRATING AN OCTOBER 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 WORD FROM THE EDITOR

Last month I shared an article on “Forgiveness” that I received from a friend of mine. God truly works in mysterious ways, for a couple of weeks ago, a friend of mine, Minister Edward Weeden of Philadelphia Church of Christ’s Disciple #2 e-mailed me the Daily Devotion for the day and it was on forgiveness. I believe it is God’s will that I supply yet another powerful article on forgiveness.

*As we all read this article, let us be forgiving to someone who has “wronged” us.  
Be Blessed, Ann*

**A Chip on the Shoulder Weighs a Ton By: John Mason**

Forgiveness is essential for good human relationships. You cannot give a hug with your arms folded. Forgiveness of others also assures us of God's forgiveness of our own faults and failures. In Matthew 6:14-15 (NIV) Jesus said, "For if you forgive men when they sin against you, your heavenly Father will also forgive you.

But if you do not forgive men their sins, your Father will not forgive your sins.”

The weight of unforgiveness greatly drags a person down. It is a tremendous load to carry in the race that we Christians are called to run.

When faced with the decision to forgive and forget, never make the excuse, "But no one knows what that person did to me!" That may be true, but the question is: *do you know what unforgiveness will do to you?*

## **What Really Matters is What Happens in Us Not to Us**

Unforgiveness leads to great bitterness, which is a deadly misuse of the creative flow from above. Great amounts of mental energy and brainpower are used up in pondering over a negative situation and plotting how to "get even." This kind of thinking is totally unproductive.

People who make a habit of burning bridges will discover it is they who have been left isolated and alone. They will deal with neutrals and enemies the rest of their lives.

That's why we should *build* bridges, not burn them. Vengeance is a poor traveling companion. Every Christian is called to a ministry of reconciliation. (2 Cor. 5:18). Getting even always causes imbalance and unhappiness in a life.



Bob Mason states in closing that as he has worked with churches throughout America, in every stagnating situation he has found areas of unforgiveness. And conversely, he has found that, generally speaking, churches that are growing don't talk about past problems.

Never underestimate the power of forgiveness to loose and free you to accomplish your goals and fulfill your calling. It is the one power you have over a person who slanders or criticizes you. The farther you walk in forgiveness, the greater the distance you put between yourself and the negative situation. Forgiveness gives you a spring in your spiritual walk and a second wind in the race of life.

*Sis Cole is “Honored”*



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*Sis. Sims Receives Promotion*

Chancellor Gilchrist is pleased to announce that the UNC Board of Governors approved the establishment of a Vice Chancellor for Human Resources for Elizabeth City State University.

On Monday, President Bowles approved the appointment of Mrs. Jean Moore Sims to the position of Vice Chancellor for Human Resources, effective September 7, 2007.

Congratulations to Sis. Sims on her new appointment!!!!

# 'NEWS AROUND AND ABOUT OLIVE BRANCH'

By His Stripes we are healed!!!!!! Continue to pray for and visit our sick and shut in members. A Special prayer is extended for Sis. Wyommie Gallop who continues to recover expediently. It was a blessing to see her at one of the Revival services. Sis Mary Whidbee underwent surgery @ Sentara Virginia Beach General Hospital and is recuperating at home. Please continue to keep Sis. Sarah Felton lifted in prayer that God will continue to strengthen her body.

We were blessed with a wonderful spirit filled revival here at OB. The revival was held September 17<sup>th</sup>-21<sup>st</sup>. On Monday night, we were graced by the Olive Branch Deacon ministry, as they shared with us on the topic of the Fruit of the Spirit. Rev. Joseph Cook of Aiken, South Carolina was the revivalist for the remainder of the week.

Rev. Kim Brown, Senior Pastor of Mt. Lebanon Missionary Baptist Church Chesapeake will be our guest on Tuesday, October 9<sup>th</sup> at 7:00 pm for an "Hour of Praise" service. The Pastor's Aide Ministry is sponsoring this program.

Congratulations to the Women of OB for completing one year of "Power Praise Exercise" here on Monday nights. The power praise participants are ready to take their exercise to a "new" level. If curious or interested, please join them on Mondays from 6-7 pm. Bring a towel, water bottle and hand weights not less than 5 pounds. **KEEP UP THE GOOD WORK LADIES!**

The Women's Fellowship is asking for any donations for the nursing home holiday bags.

Welcome! Welcome! Welcome! We are blessed in the Lord as we welcome Sis. Avis Riddick, and Sisters Sharon & Mykalia Evans into the Olive Branch family.

Don 't forget the "Power Praise Worship Hour" here every Sunday morning from 8-9 am. There is a word from the Lord for each of us, as our Pastor or one of the associate ministers speaks to the soul, and the Olive Branch Praise Team blesses through music and songs. Tell somebody, bring somebody. Come out and be blessed abundantly!!!

**Let's continue to reach out to those members we have not seen in service lately. Give them a call of encouragement and tell them you hope to see them in the near future.**

**Are we our brothers' keepers? YES!!!!**

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

## WORKOUT EXPRESS A BLASTING WALK

Get a firm backside and sculpted legs of a sprinter without running a single step. By Dimity McDowell - Shape Magazine, July edition

### YOUR MISSION

When you want to boost your workout intensity, you usually have two choices: Go faster or increase the resistance. During this routine you'll do a little of both. Walking uphill zeroes in on your backside, hamstrings, and calves; and as the incline steadily rises (there's no up and down during this workout), your heart has to work harder to get the oxygen-carrying blood to those large lower-body muscle groups, says C. Noelle Brownson, owner of Fitness Station in Denver, who created this routine. Every time you push the incline button remember this: You're getting more fit, which means those hills will start to feel easier. When you reach the end of your climb, give yourself a high five and hold down the decline button - you've earned it.

### HOW IT WORKS

After a warm-up, alternate between speed and power intervals, all done on a hill. To accelerate your pace during the speed walks, take short, fast strides, not long ones. For the power walks, take longer steps, focusing on rolling your foot from heel to toe. If the speed or incline is too high or too low, use the suggested rate of perceived exertion (RPE) guidelines to find the right intensity. Just increase the incline at regular intervals. Finish your workout with a must-do move.

### Your Workout Plan

What to do	Time(minutes)	speed(mph)	incline(%)	RPE(1-10)
warm up	0-3	3.5	1	3
speed walk	3-7	4.0	3	5
power walk	7-11	3.5	5	6
speed walk	11-15	4.0	7	7
power walk	15-19	3.3	8	8
speed walk	19-23	3.8	9	8-9
power walk	23-27	3.0	10	9-10
cool down	27-30	3.5	0	3

Work out intensity: Medium to High

Machine needed treadmill (or do the routine outdoors on a long, steep path)

Total time: 30 minutes

Calories burned 260 (this is based on a 145 pound woman)

# Member of the Month



MEMBER OF THE MONTH

**Deacon Holley** is a native of Elizabeth City, North Carolina. He is married to Deloris Holley and has 5 children (Danielle, Rakel, Marcus, Jason, and Tasha) and 5 grandchildren. Deacon Holley is a life long member of Olive Branch. He serves as a Deacon and he is also active in the youth ministry and the K.E.M Community Voices. He is known at Olive Branch for his helpful and friendly nature. He is retired from the U.S. Army. In his free time he enjoys baseball, football, and basketball.

One of his favorite bible verses for inspiration is Psalms 24 :

*The earth is the LORD's, and the fullness thereof; the world, and they that dwell therein.*

*For he hath founded it upon the seas, and established it upon the floods.*

*Who shall ascend into the hill of the LORD? or who shall stand in his holy place?*

*He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully.*

*He shall receive the blessing from the LORD, and righteousness from the God of his salvation.*

*This is the generation of them that seek him, that seek thy face, O Jacob. Selah.*

*Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in.*

*Who is this King of glory? The LORD strong and mighty, the LORD mighty in battle.*

*Lift up your heads, O ye gates; even lift them up, ye everlasting doors; and the King of glory shall come in.*

*Who is this King of glory? The LORD of hosts, he is the King of glory.*

*OLIVE BRANCH DEACON MINISTRY*  
*'Fruit of the Spirit' September 17, 2007*



Dea. Raymond Rivers - 'Long Suffering'



Dea. John Mackey - "Joy"



Dea. Charles Felton - "Love"



Brother Cornell McBride - "Forgiveness:"



Dea. John Holley - "Long Suffering"



Dea. Bruce Boyd - "Meekness"



Dea. Norman Dorsey - "Worship Leader"

## *PASTOR MCDONALD and DEACON MINISTRY*



## HAPPY AUTUMN

Being a human being is like being a pumpkin. God lifts you up, takes you in, and washes all the dirt off of you. He opens you up, touches you deep inside and scoops out all the yucky stuff-- including the seeds of doubt, hate, greed, etc. Then He carves you a new smiling face and puts His light inside you to shine for all the world to see. This is for all the pumpkins in my patch.  
Happy Fall!

*Submitted by: Elonda Demery*

# SUNDAY SCHOOL LESSONS MONTH YEAR

## MONTH DAY OCTOBER 7

TITLE - ESAU AND JACOB AS RIVALS

Devotional Reading: 1 Corinthians 1:26-31

Background Scripture: Genesis 25:19-34

## MONTH DAY – OCTOBER 14

TITLE - JACOB'S DREAM AT BETHEL

Devotional Reading: Psalm 105:1-11

Background Scripture: Genesis 27:41-28:22

## MONTH DAY – OCTOBER 21

TITLE – JACOB AND RACHEL

Devotional Reading: Psalm 91

Background Scripture: Genesis 29

## MONTH DAY – OCTOBER 28

TITLE – ESAU AND JACOB RECONCILED

Devotional Reading: Psalm 133

Background Scripture: Genesis 33

## 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

### Study

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)