

Selah

SUMMER

2010

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IPOD's Coolness [Factor]

By Bishop Brian C. Greene

In 2004, Steve Jobs (CEO, chairman, and co-founder of Apple Inc.) was walking along Madison Avenue in New York City when he noticed something strange and gratifying. Hip white earphones. They were looping and snaking out of people's ears, dangling down across their chests, peeking out of pockets and purses and backpacks. They were everywhere. "It was, like, on every block, there was someone with white headphones, and I thought, 'Oh, my God, it's starting to happen,'" Jobs was quoted as saying. Point is: You could term the popularity of the iPod a fad. Some might even call it a revolution. (*buy-ology* by

Martin Lindstrom, page 53)

There is no doubt that Apple Inc's MP3 devices called



iPods have revolutionized the manner in which people purchase and listen to their music. But what Lindstrom was referring to in his book was how this device has so implanted itself into our culture and our subcon-

scious that it has been identified with being cool.

And this is my desire for Pentecostal Tabernacle. I want to make IPOD a part of the culture and sub-conscience of Pentecostal Tabernacle. No, I am not talking about the device invented by Apple through which many people listen to their music. I am talking about the acronym that defines how Pentecostal Tabernacle will grow as a healthy church.

What does IPOD mean?

(Continued on page 3)

Heaven on Planet Earth

By Christopher Hope

The H.O.P.E. (Heaven on Planet Earth) Center is dedicated to advancing God's agenda in the greater Cambridge area and throughout the nations (Matt. 24:14). Acting as the outreach department of Pentecostal Tabernacle, the Center is responsible for organizing several events throughout the year. These events include, but are not limited to, the Summer outreach campaign titled "Reach Out Now!" which includes a series of outdoor Kingdom Gospel Concerts, events



focused on feeding the homeless, and PT's Sundaes on Wednesdays event.

Once a month, the Center also hosts "Hip Hope Nation Ministries," which promotes the Gospel using Hip Hop outreach in the Area 4 community. This outdoor event includes feeding and clothing the homeless, preaching a Bible-based Word, and performances from Christian B-Boys and/or other musicians. Also, every fall, the

(Continued on page 2)

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SUNDAY SERVICE

(SUMMER HOURS):

11:00AM—1PM



Heaven On Planet Earth *(continued from page 1)*

Center organizes the Cambridge Cares About AIDS toiletry drive with other Cambridge churches to provide vital toiletries to HIV+ homeless persons.

The H.O.P.E. Center looks forward to serving Area 4 and working under Pentecostal Tabernacle to help restore broken lives. If you are interested in helping with any of the Center's activities, please contact Christopher Hope at chope@ptspice.org for more information.



Men's Health Study

by Peter Keller

I interviewed Sister Oneeka Williams, the Caritas St. Elizabeth Hospital urologist who worked in conjunction with the Cambridge Health Alliance to organize the Men's Health Initiative and the Men's Health Forum. I asked her about key men's issues. Here are my questions and her answers.

How often should I see my physician?

That depends on your age. Men in the 20-39 age range should have a thorough physical examination and review of their health status every 3 years. But blood pressure checks and rectal examinations should be done yearly. After age 40, a thorough examination should be done annually. It is important to establish a relationship with a primary care physician so that health examination visits become a part of a comfortable routine.

What should a check-up consist of?

A check-up consists of a complete health history and physical examination, which includes assessing neurological, cardiovascular, respiratory, gastrointestinal, and renal and genitourinary functions. Any concerns related to daily stress and emotional issues should be discussed. Blood tests, urinalysis, and screening for various conditions (e.g., cholesterol, diabetes, kidney and thyroid dysfunction) are also performed.

What health issues should I as a man be concerned about?

Certainly, if there is a family history of heart disease, diabetes, renal failure, hypertension, or various cancers such as colon or prostate cancer, then these would be diseases for which an individual would be at potentially higher risk. Also, as one ages, health concerns increase. In general, one should be concerned about cardiovascular diseases,

(Continued on page 3)

Men's Health Study *(continued from page 2)*

hypertension, diabetes, obesity, and prostate diseases.

How can I best advocate for good care for myself?

The best way to advocate for good care for yourself is to be fully engaged and responsible for your own health. This means engaging in healthy behaviors, establishing a relationship with a primary care doctor with whom you feel comfortable, following through on the testing and recommendations of your physician, and staying educated about your body and your health history.

How do I know if I am having an emergency health issue, and what should I do if I am having one?

There are a few obvious symptoms that should always be considered as issues that should be evaluated and addressed immediately:

- (1) Chest pain,
- (2) Difficulty breathing,
- (3) Visual changes and acute difficulty in moving a body part,
- (4) Excruciating headaches that are a new onset,
- (5) Vomiting blood, and

- (6) Significant and acute abdominal pain.

Any of these symptoms should generate an immediate call to your primary



care physician or a trip to the Urgent Care Center or Emergency Room. When in doubt, especially for chest pain or significant difficulty breathing, 9-1-1 should be called.



What can I do to stay healthy?

This is a fairly simple process, but it requires discipline, so some people find it difficult to do.

- (1) Eat a healthy and balanced diet.
- (2) Exercise for 30-40 minutes a day, 3-5 times a week.
- (3) Do not engage in unhealthy behaviors such as smoking and/or excessive alcohol consumption.
- (4) Get enough rest.
- (5) Find healthy ways to reduce stress.
- (6) See your physician regularly.
- (7) Perform monthly self examinations (e.g., testicular examination).

Who can help me understand the financial aspects of my care?

Online Resources may provide broad and general information on health insurance coverage and other financial aspects of medical care. In addition, most hospitals and medical groups will have a business office that can answer questions on financial matters. Individual insurance companies will also have resources to help navigate through matters of coverage, copayment, eligibilities, and so on.

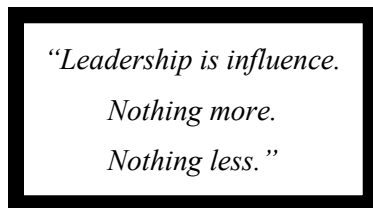
IPOD's Coolness *(continued from page 1)*

Influencers (*Exodus 18:17-25; NIV*)

Pastoral Care (*Jeremiah 23:3-5; NLT*)

Organization (*Acts 6:1-7; NIV*)

Discipleship (*Matthew 28:19; NIV*)



“Influencers,” which may be the most important of these four areas. Dr. John C. Maxwell in his book *Developing the Leader Within You* states that “Leadership is influence. Nothing more. Nothing less.” He also states in the book, “Everything rises and falls on leadership.”

will not grow into a healthy ministry. And if we do not continue to find ways to care for our partners in an *expeditious* manner, organize our service departments to function more *efficiently*, and fulfill the great commission Christ gave us to make disciples more *effectively*, then that will put us in a place where we may *NOT* be so *cool* with God. And He's the only one we should be interested in pleasing.

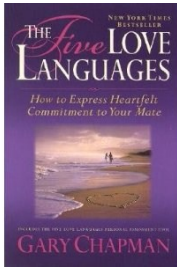
All of these terms are pretty much self explanatory with the exception of

The point is this: If our church does not grow leaders instead of followers, we

Book Reviews

by Oyebola Olabisi

You are what you read! Since reading “Too Busy Not to Pray” as a congregation during the March consecration, we’re getting into the habit of reading



The Five Love Languages: How to Express Heartfelt Commitment to Your Mate by Gary Chapman

regularly. Here are some great books that will add SPICE to your life and relationships. People express and receive love differently. Gary Chapman explains this simple but powerful truth in a way that revives and transforms relationships. Read this to discover your own love language and those of the people you love.

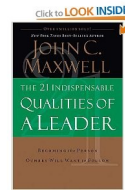
Battlefield of the Mind: Winning the Battle in Your Mind by Joyce Meyer
Our thought patterns can control our

lives. Joyce Meyer teaches how to overcome anxiety, doubt, confusion, anger, depression, and other negative thoughts. She shares many personal examples of how God gave her the victory in these areas in her marriage and ministry.



The 21 Indispensable Qualities of a Leader: Becoming the Person Others Will Want to Follow by John Maxwell

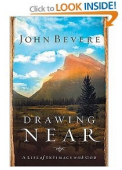
Developing leaders (influencers) is one of PT’s four priorities for 2010. This book describes traits every leader must possess, using numerous anecdotes and biographies. It also outlines specific steps and exercises for



developing these qualities.

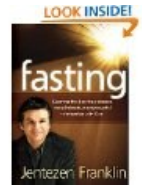
Drawing Near: A Life of Intimacy with God by John Bevere

A great book for anyone who is dissatisfied with Christianity-as-usual, anyone who craves a real and living connection with God.



Fasting: Opening the Door to a Deeper, More Intimate, More Powerful Relationship with God by Jentezen Franklin

This one is Bishop’s recommendation. We are incorporating the practice of ongoing fasting into our church culture (by fasting every Wednesday). This book will help us along the journey. Meditate on a chapter a week and experience the immense power of fasting.



A Teacher’s Reflection

by Elisa Van Voorhis

The offering ended at 9:40 and kids congregated at the back of the sanctuary, eager to join their friends for Sunday school. They tromped across the street and up the stairs of 345 Washington Street where they met up with other kids from the neighborhood. Time was spent singing and celebrating as a large group, before students were divided by age group and sent to their classes.

In their classes, children in first through fourth grade talked and played, and acted and prayed, all to learn about the day’s lesson: God is perfect, so He can do miracles. Near the end of the morning, Miss Tara began, “We’re going to make cards for people who need to know that God can do miracles. Who

do you know who needs to be reminded that God can do miracles?”

“I’m making my card for my uncle because he’s blind,” volunteered one student

“These young people show us the power of simple faith.”

Another added, “My friend in my class is really sad. His family lives in Haiti.”

These young people show us the power

of simple faith. They learned that God can do miracles and they believed it. They model for us the difference that we can make by putting our faith into action.

Remembering Haiti

by *Temí Ogunbodede & Barbara Santos*

On Tuesday, January 12th 2010, at approximately 4:43 PM, the country of Haiti was struck by a magnitude 7.0 earthquake. Haiti, who shares the island of Hispaniola with the Dominican Republic, is one of the poorest countries in the Western Hemisphere. Haiti has had its share of devastation and disaster in the past including: political instability, mudslides, coups, deforestations, kidnappings, hurricanes, poverty, and more. The earthquake was the last thing that this country needed. The death toll was estimated at between 200,000 to 250,000, and thousands were left homeless.

The nations of the world came together in solidarity to help Haiti and millions of dollars were donated to the people of Haiti. We at Pentecostal Tabernacle also joined in the effort. We prayed for all those in our congregation who are of Haitian descent and have been affected in one way or another. We as a congregation also donated \$10,000 to World Vision. For those wondering what World Vision is, it is a "Christian humanitarian charity organization dedicated to working with children, families, and their communities worldwide to reach their full potential by tackling the causes of poverty and injustice." Its

"We prayed for all those in our congregation who are of Haitian descent and have been affected in one way or another."

staff members "serve close to 100 million people in nearly 100 countries around the world. World Vision serves all people, regardless of religion, race, ethnicity, or gender. World Vision has worked in Haiti for 30 years and has more than 800 staff on the ground."

The following is a list of agencies that can help with needs in the Haitian community: legal, immigration, citizenship, representation for cases of asylum, sponsorship, green cards and more.

INTERNATIONAL INSTITUTE OF BOSTON

One Milk Street
Boston, MA 02109
Tel: 617-695-9990
Fax: 617-692-9191
Email: beacon@iiboston.org
Web: www.iiboston.org

Provides counseling for groups, families, and individuals, including survivors of trauma, torture, and domestic or sexual violence. Offers assistance with completing immigration forms, green cards, citizenship, translating official documents, and more.



HOLY BIBLE BAPTIST CHURCH

45 College Avenue
Somerville, MA 02144
Tel: 617-625-8585
Email: info@holybiblebaptistchurch.org

Web: www.holybiblebaptistchurch.org
Receives donations of clothing, money, and food for Haiti.

HARVARD LEGAL AID BUREAU

23 Everett Street, First Floor
Cambridge, MA 02138
Tel: 617-495-4408
Fax: 617-496-2687
Email: hlab@law.harvard.edu
Web: <http://www.harvardlegalaid.org/>
Provides legal assistance for immigration law matters.

BOSTON CATHOLIC CHARITIES – SOMERVILLE BRANCH

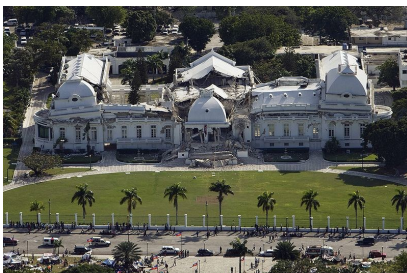
270 Washington Street
Somerville, MA 02143
Tel: (617) 625-1920 (call to register in advance)

Fax: 617-629-2246
Web: <http://www.ccab.org/help-haiti.html>
Provides free legal assistance to Haitian immigrants seeking Temporary Protected Status (TPS).

HAITIAN MULTI-SERVICE CENTER AT THE YAW-KEY CENTER

185 Columbia Rd.
Dorchester, MA 02121
Tel: (617) 506-6600 (call to register in advance)
Fax: 617-282-3483
Web: <http://www.ccab.org/hmsc.html>
Provides free legal assistance to Haitian immigrants seeking Temporary Protected Status (TPS).

Images of the devastation of the earthquake in Haiti in January 2010



Children's Worship Program

by Tara Edelschick

The new Children's Worship Program has been up and running for nearly three months, and we couldn't be more excited by what God is doing. Toddlers walk around telling each other, "God helps me run fast!" Seven year olds explain God's forgiveness of sin to each other. And perhaps most remarkably, teens say that they can't wait for Sunday School each week.

We have more than thirty regular volunteers, and many report that God is invigorating their faith through the work they do with the children. Children are sitting with their parents during service and worshipping God as a family each week. PT is becoming a place where adults AND children are learning to

worship God with their whole lives.

Our Vision Statement reads:

All children who attend the Children's Worship Program will call Jesus Lord of their lives.

They will follow Him, worship Him, and glorify Him all the days of their lives.

All of us who work in the Children's Worship Program feel called to make that vision a reality. And each week, we see evidence that God is faithful in helping us to do so. Read more about how this is happening and how you can help.

How you can help

- Volunteer
- Invite your friends with children. Or offer to bring their children.



What's New in the Nursery?

by Corinne Ray

The Nursery program has undergone many changes. We have two classrooms now, one for 0-2 year olds and another for 3-4 year olds. We have fourteen teachers dedicated to just working with this age group alone! Every week we have an average of fifteen children attending our Nursery program.

Most exciting for the teachers and the children is our new curriculum, Baby Beginnings. The program reminds us that even the

youngest children are ready to learn about God's love. In January, we learned about how God helps us to grow. Many of the children were excited to see how much they've grown. The 3 & 4 year olds even remarked on how

"Every week we have an average of fifteen children attending our Nursery program"

they used to be little like the 0 - 2 year old group but that God helped them get bigger! In February, we learned that God gave us families who love us. We were able to identify the people in our families, from Mommies and Daddies to siblings and pets. We also learned that we are a family at church because we are all God's children. The focus for March was "Jesus Loves Me." We used the story of Zacchaeus to show how much Jesus loves us.

God at Work in Teen Sunday School

by Ginny Pinho

As I recently put on the subject line in an e-mail to Bishop, "God is working in Sunday School!"

On a Monday, as I went about my day, I found that my mind kept returning to our class the day before. We had studied the fruit of God's Spirit, as listed in Gal. 5:22-23, learning that who we are on the inside is what we show (say) on the outside (Luke 6:43-45). As happens ever more frequently, individual stu-

dents began to share their own thoughts, experiences, and struggles that related to the verses we were studying. More than once, my assistant, Laura, was able to add reflections from her teenage years that spoke effectively to their concerns. It was evident that we were watching God at work in the classroom to minister to His growing children!

The glow of those recollections from the day before prompted me to ex-

change e-mails with Laura, in which we both expressed our delight at what God is doing in our class. While He instructs and ministers to the teens, He is also instructing us in His goodness and faithfulness to work with and through us. Praise God!

Our First Performance

by Elisa Van Voorhis

Each quarter, toddlers, children, and teens have an opportunity to share with the congregation what they have been learning each week. February 28th was our first performance and it was a blessing for everyone involved.

The youngest members of our Sunday school sang us a song about how God helps them grow. (Actually, they tended to stare at the congregation with glazed looks of fear while their teachers sang. But it was beautiful anyway!) Ezra then led the entire church in a rousing rendition of "This is My Commandment," a song that reminds us about God's commandment to love one another. This was followed by a rap about John the Baptist, written by Ka-

"...[the children] tended to stare at the congregation with glazed looks of fear while their teachers sang. But it was beautiful anyway!"

mari (see below). Finally, the teen classes shared Scripture, song, poetry and personal reflections.

The students gave us a glimpse of what happens each week, and we look forward to their continued participation in Sunday morning services. Their next performance was on May 23, and Jonathan played the drums. Hope you didn't miss it!

Kamari's Song

Call: My name is John but I'm not the way.

Response: His name is John but he's not the way.

Call: I came here cuz I had to say.

Response: He came here cuz he had to

say.

Call: Je-ee-sus

Response : Je-ee-sus

Call: He's the way.

Response : He's the way.

Call: Je-ee-sus

Response: Je-ee-sus

Call: That's what I had to say.

Response: That's what he had to say.



Tips for Parents to Help Your Children Worship

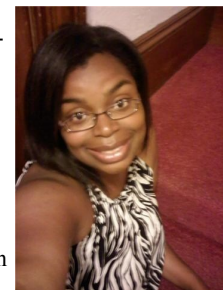
- Sunday morning starts Saturday night. Lay out clothes, offering envelopes, and gather together all you will need.
- Make Sunday morning different! Set the alarm early enough to allow for a relaxed pace. Have a simple, special Sunday breakfast.
- Allow time to get settled. Take children to the bathroom before the service begins.
- Pick up a children's worship bulletin as you enter the sanctuary.
- It's often helpful to sit as a family toward the front of the sanctuary. Children who can see will feel more a part of the service.
- Worship WITH rather than BE-SIDE children. Help those who can't yet read by singing the words of the chorus into their ears so they can sing along. Have them squeeze your hand whenever they hear a repeated word like God or Hallelujah.
- Allow children to participate in the offering by sharing their allowance and bringing it forward with your family's offering.
- Whisper instructions, questions and comments. "Now is the time when we tell God how great He is." "What do you think will happen next in the story?"
- When young children need a break, step out of the sanctuary. Rejoin when they are ready to participate again.
- Be firm and consistent. Apply the same discipline for worship infractions that you apply at other times.
- If possible, attend the 8:30 service. It's shorter and geared more toward families with small children.
- On the way home, ask what they did, enjoyed, and wondered about during the service.

Profile of Corinne

Name: Corinne Ray

Position: Director of Nursery

Corinne is one of the youngest Ministry leaders at Pentecostal Tabernacle. She grew up in Medford, MA, and has attended Pentecostal Tabernacle her whole life. From an early age she knew she wanted to work with children. She will be graduating this year from Lesley University with her Bachelor's in Early Childhood Education & Child Studies. She has been working as the Director of Nursery for two years. She loves ministering to children and watching the love and knowledge of God blossom in them.



Kids Corner

by LaKeisha Garcia

How many words can you make from **PENTECOSTAL TABERNACLE?**

*if you need more space, you can use a blank piece of paper

Color this bear using your color(s)



Word Search

Find the words below in the grid of letters. Remember that the words may be spelled vertically, diagonally or horizontally. Also, the words may be spelled backwards.

m p q y p b s g e e o k s c s
 k e l b i b n u p g g b d b d
 p a k s c i v x s l g s n f t
 c e h y g f s m l e b z e p p
 g o n n r t k c e v j b i s u
 p z i t t e i i k q o t r d y
 s s p g e p s o c r s a f m q
 z u f p g c f r m z c b s f z
 n f n j w f o d u t h e s u o
 l h s d e g a s p n o r q z t
 d f g r a e h u t p o n g g s
 l t i r x y w z u a l a k b o
 t n s r e h c a e t l c p k r
 g p r a y i n g d m s l i y a
 m c m a w a v e l q g e f l m

- bible
- bishop
- friends
- jesus
- nursery
- offering
- pentecostal
- praying
- school
- singing
- sunday
- tabernacle
- teachers