



# THE BEREAN BROADCASTER

Spring 2020

Volume 4, Issue 2

## GOD'S SALVATION

**"...He saved us, not because of righteous things we had done, but because of His mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit..."**

*Titus 3:5 NIV*

## GOD'S PROMISE

*A poem by Mandi Wilding*

God has not promised  
Skies always blue,  
Flower-strewn pathways  
All our lives through;  
God has not promised  
Sun without rain  
Joy without sorrow,  
Peace without pain.

But God has promised  
Strength for the day,  
Rest for the labor,  
Light for the way,  
Grace for the trials,  
Help from above,  
Unfailing sympathy,  
Undying love!

### INSIDE THE ISSUE:

*Heart Health Tips* 2  
What Women Need to Know

*Service is Cancelled* 3  
Church Beyond the Four Walls

*Remember the Time* 4  
Our History Re-visited

## COMBATTING HEART DISEASE IN WOMEN

All women face the threat of heart disease. Knowing the symptoms and risks unique to women—that are different from men—is beneficial.

The typical symptoms of a heart attack are heaviness in the chest and pain radiating down the left arm. Some other symptoms that differ from men to women are: neck or jaw pain, indigestion, nausea or vomiting and shortness of breath.

Living a healthy lifestyle can help reduce the risk of heart disease. This includes regular exercise, eating a healthy diet, managing stress, and taking your medication(s) as prescribed.

Add these exercise tips to your daily routine. Take the stairs instead of an elevator. Walk to do local errands. For fun, march in place while watching television!

Eat a healthy diet by drinking plenty of water, choosing whole grains, a variety of fruits and vegetables, low-fat or fat-free dairy products, and lean meats. Avoid saturated or trans fats, added sugars, and high amounts of salt.

It's one day at a time; one step at a time.

***Blessings From The Berean Nurses' Ministry  
Nurse Moszestia***



## DON'T WASTE CORONA

Before COVID-19 went from epidemic to pandemic status, a hashtag (#) was trending on the internet aptly named, #donotwastecorona. The shutdown and 'stay-at-home' orders that we have been given allows us the time to reflect and do things that we were unable to do with our previously 'busy' schedules.

We are bombarded with frightening news reports on television and social media with the growing number of cases state, country, and world-wide, making it easy to sink into a state of despair, anxiety, and depression. However, as Christians—believers and followers of Christ—we are called to continue our work in the building of God's Kingdom, in spite of life's storms and challenges. Unlike the way the world handles troubles, we must continue to push through—not allowing fear, temptation, and unbelief to overcome us.

COVID-19 is a wake up call. God is using this weapon of the enemy to set some things right in the world, especially the church. #donotwastecorona is a reminder to use this time of uncertainty to get closer to God. Now is the time to build an even stronger relationship with Him without the church building as a crutch or vector. Reading the Bible and developing a strong prayer life must become the major part of our 'new normal'. Now more than ever, we must immerse ourselves in God's word so that we are always equipped for life's battle.

This time can be used for good. Dwell in the Spirit and stay praying!

# JESUS HAS LEFT THE BUILDING

Volume 4, Issue 2

## But not the church.....

In recent weeks, the world has experienced a deadly disease that has ravished nations, leaving in its wake, death and destruction. This virus, COVID-19, is an invisible enemy. In an effort to contain the spread of this virus, officials ordered the shut down of many of our "social" gathering sites, including schools, gymnasiums, and churches.

The shutdown of our churches have hit many in our community pretty hard, as attending church services had become a habitual part of our lives. We are faced with a new challenge of being church without the building.

**CHANGE  
OF PLAN!**

As Christians, we are called to live a life representative of the one Jesus lived while here on earth. Jesus was tempted, endured pain and suffering, and betrayal. Jesus also evangelized—spreading the Good News throughout the streets

of the Middle East some 2,000 years ago.

Foreign to many, is the challenge of connecting to God through worship and praise without the nudging of a Sunday service. Much of Jesus' evangelism took place outside of the four walls of the church. His greatest teaching of faith took place out on the sea. He ministered on a mountain and healed the blind by a community pool.

We have gotten pretty accustomed to having church inside a building. But we are the church—not the building—me, you, we. The building has been our crutch. It has kept us from going out to where the people are and bringing them to Jesus, which is one of our primary responsibilities as Christ's followers.

As unsettling as this time in the world is, let us use it for good. As we physically distance ourselves from one another, we should be getting closer to God. Through prayer and meditation, worship and praise, fasting and daily reading of the Bible, we can grow closer to God and allow Him to dwell in us the way He intends. Jesus left the building—He was never to be confined to the four walls.

**"We are faced  
with a new  
challenge of being  
church without  
the building."**



# Berean Baptist Church

Dr. Arlee Griffin Jr., Senior Pastor  
Rev. Trevor Hyde, Jr., Pastor

**Address:**

1635-49 Dr. Hylton L. James Blvd, Brooklyn, NY 11213

**Phone:** 718-774-0466

**Website:** [www.bereanbaptist.org](http://www.bereanbaptist.org)

## A PRAYER FOR HOPE

Dear Lord,

Magnificent, marvelous, and majestic God—thank you for blessing us with another day of life. Thank you for being our Provider, our Comforter, and our Guiding Light during this difficult time in history. This virus that has negatively impacted nations across the world and caused many deaths, has brought us to a standstill. In our humanity, we cannot comprehend what this is, dear Lord, but you told us in your word that You know the plans you have for us—plans to prosper us and not to harm us, plans to give us hope and a future. Dear Lord, you have kept every promise you made in the past, present, and future. Give us the strength to hold onto your words and promises. We trust you God. We do not know the why, but you are in control. Your Word tells us that you gave us the spirit of power, love, and a sound mind. Thank you for providing us with the tools to defeat the enemy's attempts to cause us fear and anxiety. Lord, please cover your people. Cover our healthcare workers. Cover our seniors and children. Cover the most vulnerable in our society. Lord, we know you will do it—it is already written. We know that we will have troubles and weapons will be formed against us, but you said that these troubles will not last and these weapons will not prosper. Joy will come in the morning. We take solace in knowing that you already defeated the world. Thank you for loving us and never leaving us. You will bring us through this storm if we keep our eyes on you. We pray all these things in your Son Jesus' name, Amen!

## NEVER FORGET

### APRIL 1992.

On April 29, 1992, the Los Angeles Riots began in response to the acquittal of four white police officers involved in the brutal beating of African American man, Rodney King. The riots resulted in at least 50 deaths, thousands of citizens injured, and an estimated \$1,000,000,000 in property damage.



“But it is not enough for me to stand before you tonight and condemn riots. It would be morally irresponsible for me to do that without, at the same time, condemning the contingent, intolerable conditions that exist in our society. These conditions are the things that cause individuals to feel that they have no other alternative than to engage in violent rebellions to get attention.

**And I must say tonight that a riot is the language of the unheard.** ~Dr. King~

Editor, Liz Duplessy