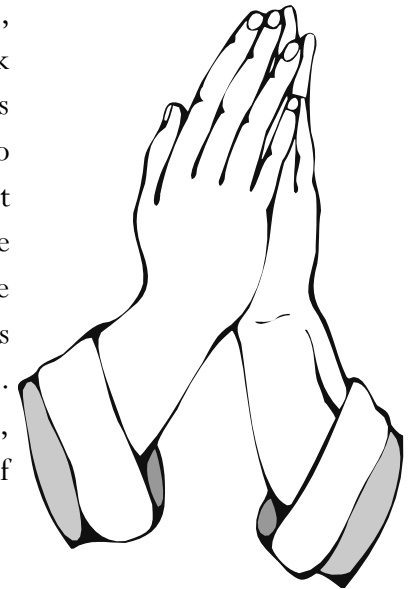


## REV. DR. ROBERT L. GROVE



Members, we are still very much in the negotiation phase of our efforts to acquire property to the left and right of Faber Road. I remind and encourage you to **“Stay the Course.”** Don’t stop praying because the answer is closer than you might think. Also, I want to take a moment to thank Almighty God for the many hardworking, dedicated, and committed Christians that He has assigned to Joshua. God bless you! Along that line, our CAPPs ministry is spearheading the formulation and publication of a Member’s Handbook & Church By-Laws, which will be completed and distributed in the very near future. And, each household will receive at least one copy. Members, it blesses my heart to see the saints of God at work in His vineyard. Furthermore, as I write this article, our women are preparing to journey to Myrtle Beach for their annual retreat. We pray that this will be the best one ever. Finally, if you are not currently attending prayer service and Bible Study, please start. You can come out on Tuesdays at 6:30 – 8:30pm. Or, on Wednesdays at 12 noon. Your presence will be greatly appreciated. Finally, let us love one another as our Father loves each of us.

Members, we are still very much in the negotiation phase of our efforts to acquire property to the left and right of Faber Road. I remind and encourage you to **“Stay the Course.”** Don’t stop praying because the answer is closer than you might think. Also, I



VOLUME XXII, ISSUE 3

MARCH 2014

### JOSHUA’S MISSION STATEMENT

Joshua Baptist Church is a Christian Church under the direct leadership of the Lord Jesus Christ. We are also a Missionary Baptist Church committed to the salvation of the lost, conversion of the unregenerate, and the spiritual growth of the saved. We seek

to follow Christ as He leads us, cultivate a bond of Christian love, one with another; and to truly and tangibly care for those in need. As Christians, we covet a consistent holy and liberated lifestyle that testifies to our being a born again believer in Jesus Christ, as we

strive to fulfill our purpose of *Reaching People For Christ*. Remember, GOD First, we walk by faith and not by sight.  
**-Adopted** September 24, 1998  
**Amended** July 30, 2005  
**Amended** May 9, 2012

*Joshua Baptist Church ~ 2482 Faber Road ~ North Charleston, SC 29405*  
 Church: (843) 225-8050 ~ Pastor: (843) 572-1025 ~ E-Mail: [josebapt@knology.net](mailto:josebapt@knology.net)

# inspiration

## The Lighthouse Of Hope

The Lighthouse of Hope  
Sits on a quiet and peaceful slope;  
It shines out into the current  
And warns you of the impending torrent.

It will help you on your heavenly trek,  
And prevent you from becoming lost and shipwreck.  
It shines out into your darkest night;  
It's your everlasting illuminating light.

The Lord is there in our spiritual boat;  
He guides us and leads us and keeps us afloat.

His light shines out into the black;  
It fights off and stops every attack.

He is our strength when all else fails;  
His love and power always prevails.

When it looks like all hope is gone,  
God's hope and mercy will always live on!



# inspiration

## Just Close Your Eyes

Just close your Eyes and open your heart,  
And feel your worries and cares depart.  
Just yield yourself to the Father above,  
And let him hold you secure in his love.

For life on earth grows more involved,  
With endless problems that can't be solved,  
But God only ask us to do our best,  
Then he will take over and finish the rest...

So when you are tired, discouraged and blue,  
There is always one door that is open to you,  
And that is the door to The House of Prayer,  
And you'll find God waiting to meet you there.

And The House of Prayer is no further away,  
than the quiet spot where you kneel and pray.  
For the heart is a temple when God is there  
As we place ourselves in his loving care.

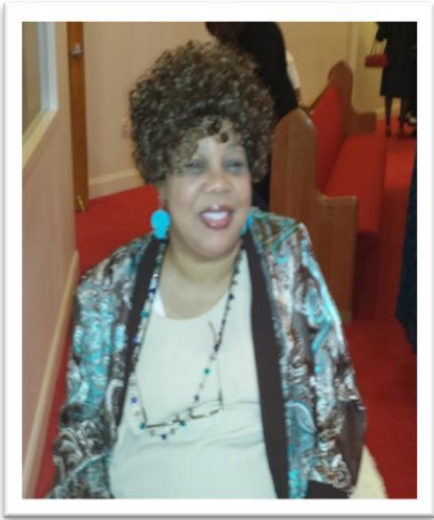
And he hears every prayer and answers each one  
When we Pray in His name - Thy will be done.  
The burdens that seemed too heavy to bear  
Are lifted away on the wings of a prayer.

*Come unto me, all ye that labour and  
are heavy laden, and I will give you  
rest." Matthew 11:28*

*Casting all your care upon him; for he  
careth for you." 1 Peter 5:7*



## “They Call Her Yummi”



**Yumanniee (Yummi) McKeemer Jones** was born in Berryville, Virginia and raised in Washington, DC and Long Island, NY. She graduated from Calvin Coolidge High School and Wake Technical College.

When she was working with H.L.T. Enterprise in New Jersey, a traveling Magazine and Book Company, nobody could pronounce or remember her name, so her boss nicknamed her “Yummi” which stuck with her.

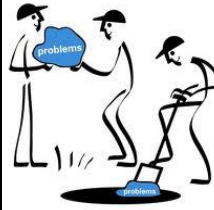
Yummi is the oldest of six children. She has four sisters and one brother. She also has one daughter, Sherrita, who lives in Washington State and is in the Navy. The happy grandmother to be is expecting her first grandchild in April 2014. By the way, it is a girl!

She has been a part of White Oak Manor since August 2000. She had a massive stroke which left her paralyzed from her neck down and unable to eat or talk.

After several months of extensive therapy, God put her on the right road. She was able to walk and get in and out of cars on her own. Since recovery, Yummi has become very active in the White Oak community by becoming Resident Council president. She implemented groups such as *“The Young and the Restless, The Bold and Beautiful and bible studies.”* She has even volunteered to deliver mail and fold laundry. Her favorite thing is connecting with other residents and bringing good cheer to all!

Yummi’s favorite color is purple and her favorite food is steak. Her hobbies are writing poetry, listening to music, creative art and reading. One of her poems is included on this page with many more to come. She is a new member at Joshua Baptist Church and has already joined the church Journal staff and busy working. We are extremely happy that Yummi has joined us.

Her main goal is to do things that are necessary to make others and herself feel better. Her advice to all is **“Keep your head to the sky.”** Please pray that God continues to bless her!



## Problems

By Sis. Yummi Jones

What is really the problem with me?  
It is no money in my pockets?  
No, of course not, for my God promised  
to supply my every need.

Is it that my fridge and cabinets aren’t  
quite full?  
No, God always puts a meal on my table  
when it’s time to eat.

Is it that I’m lacking the latest fashions in  
my closet?  
No, the Israelites traveled the wilderness  
40 years with the same clothes.

Is it that age has caused my beauty  
to fade?  
Never, for I am wondrously made  
in God’s image.

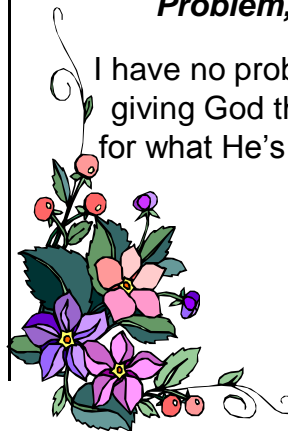
Is it because my companion is gone  
and I feel alone?  
No, for God said, “He’d never leave  
nor forsake me.”

Are my children not acting the way  
I want them?  
Remember, they are a great blessing from  
God, and He has it all in control.

When I reminisce over all of what God has  
done for me, I realize...

### **Problem, What Problem?**

I have no problems except my NOT  
giving God the praise and thanks  
for what He’s already done for ME!

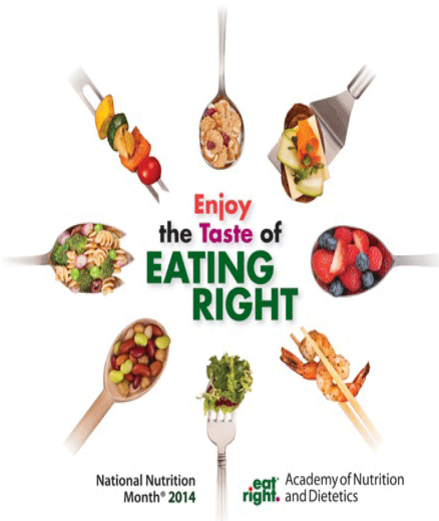


Now therefore,  
our God, we  
thank thee, and  
praise thy glorious  
name.  
1 Chronicles 29:13



# MARCH

## National Nutrition Month



**eat right.** Academy of Nutrition and Dietetics

While taste drives most food choices, eating nutrient-rich foods that provide the most nutrition per calorie is one of the best ways to “Enjoy the Taste of Eating Right,” according to the Academy of Nutrition and Dietetics. The focus of National Nutrition Month 2014 will be on how to combine taste and nutrition to create healthy meals that follow the Dietary Guidelines recommendations.

As part of this public education campaign, the National Nutrition Month’s website <http://bit.ly/1dDBH2M> includes a variety of helpful tips, games, promotional tools and nutrition education resources, all designed to spread the message of good nutrition based on the “Enjoy the Taste of Eating Right” theme.



*“Do you not know that you are the temple of God  
and that the Spirit of God dwells in you?”*

**I CORINTHIANS 3:16 (NKJV)**

**Let’s keep our temple strong and healthy!**

**Joshua Baptist Church Fitness Ministry**

**COME JOIN US!**

The Fitness Ministry meets every Saturday at 9 A.M.

~ ALL FITNESS LEVELS ARE WELCOME. ~

**PLEASE SEE SIS. ANGIE GREENE, BRO. CHARLES PINCKNEY, OR DEACONESS SHELLY BROWN FOR MORE INFORMATION.**

**STRENGTH FOR THE JOURNEY**



**FAITH**



**& FITNESS**



# How You Can Shake That Salt Habit

By Dr. Sanjay Gupta

Submitted by THE BROTHERHOOD

Watching what you eat is challenging, especially when dining out. It's not just a matter of counting calories - one of the biggest dietary problems facing Americans is sodium. According to the FDA, a staggering 90% of people in the USA eat too much sodium, most from processed and restaurant foods.

A diet high in sodium can raise your blood pressure, increasing the risk for heart attack and stroke. It's so important to know how much sodium is too much, and what you can do about it when you're eating out or at home.

***The Dietary Guidelines for Americans recommend no more than 2,300 mgs of sodium per day - the equivalent of a teaspoon of salt - and that number drops to 1,500 mgs for at-risk people who are 51 and older, African-American, or have hypertension, diabetes, or kidney disease. The reality is that Americans consume more than 3,400 mgs of sodium daily.***

Researchers at the Harvard School of Public Health estimate that 1 out of 10 deaths in the United States is linked to eating too much salt. According to a study from the University of California San Francisco, Harvard Medical School, and Simon Fraser University, reducing sodium consumption over 10 years could save as many as half a million lives. According to the Pew Research Center, 8 out of 10 Americans eat at a fast food restaurant at least once a week, with 50 million people served daily.

A Northwestern study tracked sodium content in 7 menu items at popular chains such as Burger King, KFC, and McDonald's over several years. Many of those restaurants, along with food manufacturers such as Campbell's and General Mills, have made voluntary commitments to reduce sodium in meals. Researchers found that sodium levels increased an average of 2.6%.

Chains like McDonald's offer a nutritional analysis of menu items on their websites, as well as tips for reducing sodium intake ("Order sandwiches without cheese" and "Ask for French fries without added salt," for instance). "There aren't many menu descriptions that use words to clue you in to how much salt a food item contains," said Cohen.

Here are a few examples of sodium content in common menu items: Ham and cheese sandwich at Panera Bread contains nearly 1,900 mgs of sodium; a chicken burrito at Chipotle Mexican Grill has more than 2,000 mgs; and a serving of lasagna at Olive Garden has 2,800 mgs.

It's important to understand how we consume sodium and the effect it has on our bodies. Most people think sodium and salt are the same thing, but they're not. Table salt or sea salt is 40% sodium combined with chloride. A common misperception is that most of the sodium we eat comes out of a shaker, but salt added at the table or while cooking accounts for less than 10% of sodium intake. Sodium is found naturally in most foods, particularly cheese, seafood, and certain legumes. CDC reported that breads and cereals are the source of one third of daily sodium consumption. Sodium is also found in seasonings, preservatives, and even medications. The body needs a certain, albeit small, amount of sodium to maintain overall fluid balance, and help muscles and nerves function properly. The kidneys control how much sodium the body needs to retain or excrete. When there's too much sodium, water retention increases blood volume. The result is "high blood pressure makes the heart work harder and [that] can lead to heart disease, stroke, heart failure, and kidney disease."

**So how do you monitor your sodium intake, especially when eating out?** Sticking to simply prepared items, typically dishes that are grilled or broiled, and salads - but remember that condiments and salad dressing can be high in sodium. "Super-sizing" a food item inevitably increases the amount of sodium, along with fat and calories.

**You can always "take control of what's in your food by cooking more at home." Here are some tips to keep sodium levels low.**

- Use low-salt or salt-free seasonings, or flavor with herbs and spices. Add fresh lemon juice instead of salt to fish and vegetables. Instead of canned, packaged, or processed foods, opt for fresh ingredients.
- Read nutritional information and look for foods that are "low sodium" (containing 140 mgs of sodium or less per serving) or "reduced sodium" (containing at least 25% less sodium than the regular product). "No Salt Added" or "Unsalted" means salt wasn't added during processing, but the product may not be sodium-free.
- Rinse canned vegetables with water to get rid of excess salt.
- Don't add salt to the water when boiling pasta or other grains.
- You can lower your blood pressure by eating foods rich in potassium such as bananas, beans, spinach, potatoes, and yogurt.

***"It is our responsibility to take care of ourselves," said Cohen. "We can do our part to lower sodium intake by ordering the simple, healthy options and by preparing things without salt at home."***

# From The Youth Department



We would like to give a **“Special Thank You”** to **EVERYONE** who took a part in **Our Black History Month Celebration**.



Especially, **“A BIG THANK YOU”** to ALL The parents for being obedient in bringing their children out on the 3<sup>rd</sup> Saturday of February for the Youth Meeting.



We have an average of 13 children, and we want to grow. So we encourage you to continue the work that we have started because “Our children are very special and our future.”  
Again, thank you.



## Grief and Loss Workshop

The WTH U Ministry will be hosting a Grief and Loss Workshop on **Friday, March 14th at 7:00 pm**. If you’ve ever lost a loved one or know someone who has, this workshop is for you!! **ALL MINISTRY LEADERS** are encouraged to attend!!

Professional counselors will be on hand as well as the Grief and Recovery Ministry of Mt. Moriah Missionary Baptist Church to share this very important and sensitive information with us.

*~Refreshments will also be served. ~*

Sis. Carol D. Gadson

**Pamper Day**  
**Saturday, May 3rd**  
**10:00 am - 2:00 pm**

Joshua, it’s that time again! The WTH U Ministry will be hosting our annual Pamper Day on Saturday, May 3rd from 10:00 am - 2:00 pm. This day is set aside to minister to some of the women by pampering them with hairstyles, pedicures, manicures, facials and massages!!! We are asking anyone who loves SERVING to please volunteer as hairstylists, braiders, manicurists and pedicurists. Professional massage therapists will be on hand!!!



Please see any member of the WTH U Ministry if you would like to volunteer. They’ll be the ladies wearing purple pins. Also, if you know of any woman that has not been pampered by us before and feel this is something that she would truly benefit from, please give us their names so that we may formally invite them to attend.

Sis. Carol D. Gadson



# Congratulations to JBC Two Students of The Month!



**Anthony S. Wright**

Anthony is the son of Gloria Wright. His family and friends know him as "Little Ray." He is 11 years old and in the 5<sup>th</sup> grade. He was recognized for receiving the (S.O.A.R.) Award from Pinehurst Elementary School.

**Self Control Organization Accountability Respect**

He is a member of the JBC Doorkeepers Usher Board. He loves to come to church and praise the Lord. He also enjoys reading and playing PlayStation 3.



Anthony received a "BIG HUG" from Pastor Grove and a "BIG HAND OF APPLAUSE" from the church. Keep up the great work, Anthony!  
*The Joshua Church Family is very PROUD of you.*



**Lawrence Young**

Lawrence is the son of Latoya Smiley. He is 6 years old and in the 1<sup>st</sup> grade at Midland Park Primary School. He received perfect attendance and a Leadership Award from his school.

**big brothers  
★Rock★**

He is a terrific kid. His attitude is great on everything and very easy to get along with. He looks out for his little brother and sister and is a big help to mom.

Lawrence loves coming to church. He sings on the Lord's Angel choir. Lawrence enjoys playing basketball, dancing and singing. He also likes going to Chuck E. Cheese's.



Lawrence received a "BIG HUG" from Pastor Grove and a "BIG HAND OF APPLAUSE" from the congregation. Keep up the great work, Lawrence!

*The Joshua Church Family is very PROUD of you.*



## Doodle 4 Google Competition

K-12 students can doodle for Google

Posted on February 4, 2014 | By Eileen FitzGerald

Once a year, Google invites K-12 students across the U.S. the chance to have their very own Google doodle showcased on [www.google.com](http://www.google.com) through the Doodle 4 Google competition.

They just announced the 2014 Doodle 4 Google competition. Its theme is "If I could invent one thing to make the world a better place..."

**The national winner will have the doodle posted on Google for a day in June, receive a \$30,000 college scholarship and a \$50,000 technology grant for their school. The winner will also become an honorary Google doodler for a day and animate their doodle with the Google team in Mountain View.**

Students can submit doodles until March 20th, and a winner from every state will be announced on April 29th. More information, including all contest rules, please visit: [google.com/doodle4google](http://google.com/doodle4google).

It's time to Doodle 4 Google! How would you make the world a better place? <http://googleblog.blogspot.com/2014/02/its-time-to-doodle-4-google-how-would.html>



- 2 White Oak Manor at 2:00
- 8 Health Advocates Meeting at 10:00
- 8 Praise Ministry Meeting at 10:00
- 14 WHTH-U Meeting at 6:30
- 15 Brotherhood Meeting at 9:00
- 15 Cooper River Youth Department at 11:00
- 16 Pastor Grove at Victory Baptist Church at 4:00-Gospel Choir
- 20 Pastor Grove at Union Baptist Church at 7:30-Jubilee Choir
- 21 YWA Meeting at 6:30
- 24 Seasons Ministry at 6:00
- 29 Marriage Ministry at 10:00
- 30 Pastor Grove at Community Baptist Church at 3:00 W.E. Hugee Male Choir

**BIRTHDAYS**

- 1 Mary Pinckney
- 4 Fred Barnes
- 4 Trudie Dukes
- 5 Catherine Pratt
- 5 Aleita Williams
- 7 Latosia Waiters
- 9 Angie Green
- 9 Cassandra Reaves
- 10 Ramone Hill
- 10 Nikkia Moore
- 14 Nicholas Bryant
- 14 Jeffrey Pratt
- 15 Jordan Dent
- 16 Amarion Drayton
- 18 Laura Clemens
- 18 Rev. Robert L. Grove
- 19 Ariel Ellerson
- 22 Denise Glover
- 26 Amanda Clemens
- 28 Chiquetta Heyward
- 30 Marques Lindsay Jr.



**WINDING CHAIN PRAYER MEETING SCHEDULE  
TEAMS IN CHARGE**

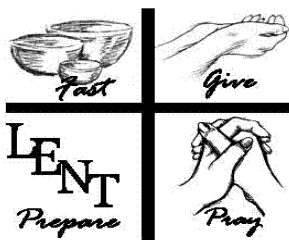


- APRIL-Prosperity, Commitment, Salvation and Healing
- JUNE-Increase in Giving, Health, New Members, and Expansion
- AUGUST -Deliverance, Youth, Wisdom, Knowledge and Understanding
- DECEMBER-Pastor Grove will host



**HAPPY ANNIVERSARY**

- 19 Min. Bautista and Sis. Ami Williams
- 25 Bro. Tony and Sis. Gail Tolbert



**NEW MEMBERS  
CHRISTIAN EXPERIENCE**

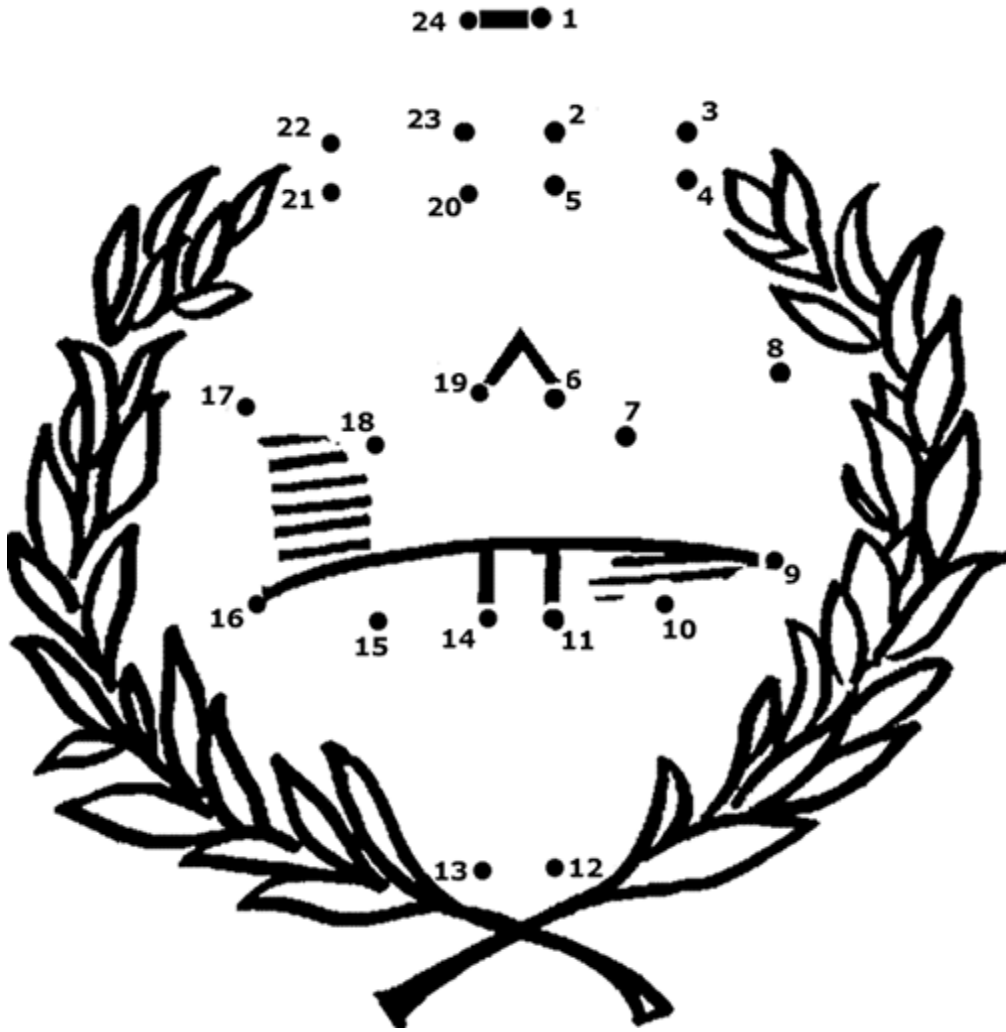
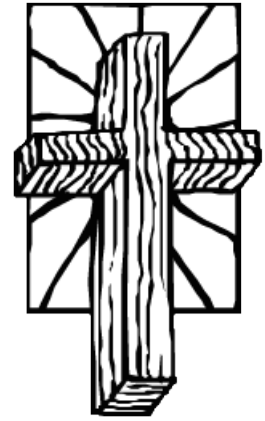
- Christopher Jenkins
- Tyheem Scott

**RESTORATION**

- Cleaster Campbell
- Gayle Sally



# CROWN HIM KING!



"You are a king, then!" said Pilate. Jesus answered, "You are right in saying I am a king. In fact, for this reason I was born, and for this I came into the world, to testify to the truth."

John 18:37a (NIV)



*Jokes! Jokes! Jokes!*

## The Answer

**A**

new pastor moved into town and went out one Saturday to visit his parishioners. All went well until he came to one house. It was obvious that someone was home, but no one came to the door even after he had knocked several times. Finally, he took out his card and wrote on the back: Revelation 3:20 and stuck it in the door.

The next day, as he was counting the offering he found his card in the collection plate. Below his message was the notation Genesis 3:10.

Revelation 3:20 reads: "Behold I stand at the door and knock. If any man hear my voice, and opens the door, I will come in to him, and will dine with him, and he with me."

Genesis 3:10 reads: "And he said, I heard thy voice in the garden, and I was afraid, because I was naked."

# Joshua Baptist Church



Visit our church website where you will find a listing of sermons that have been given, information about the various ministries of Joshua, a listing of our deacons, submit your prayer requests and much more information!  
[www.joshuabapt.org](http://www.joshuabapt.org)

Rev. Dr. Robert and First Lady Pauline Grove

*"Reaching People For Christ"*  
**GOD First!**

*Rev. Dr. Robert L. Grove, Pastor*  
Email: [robertgrove57@yahoo.com](mailto:robertgrove57@yahoo.com)  
Home Phone: 843.572.1025  
  
*Asst. Pastor: Rev. Melvin Scott*  
Phone: 843.425.7210

*Sis. Karen M. Pratt, Church Clerk*  
Phone: 843.553.9655  
Email: [purpk@bellsouth.net](mailto:purpk@bellsouth.net)



## Weekly Schedule

- Saturday ~ **JBC Fitness Ministry** ~ 9:00 .m.
- Sunday ~ **Sunday School** ~ 9:00 A.M.
- Sunday ~ **New Member's Class** ~ 9:00 A.M.
- Sunday ~ **Worship Service** ~ 10:15 A.M.
- Tuesday ~ **Prayer Service** ~ 6:30 P.M.
- Tuesday ~ **Tutorial Ministry** ~ 6:30 P.M.
- Tuesday ~ **Youth Bible Study** ~ 7:30 P.M.
- Tuesday ~ **Bible Study** ~ 7:30 P.M.
- Wednesday ~ **Noon Day Bible Study** ~ 12:00 P.M.
- Wednesday ~ **Pearls Needlecraft Ministry** ~ 6:30 P.M.
- Wednesday ~ **Pre-G.E.D.** ~ 6:30 P.M.

## Journal Staff

Rev. Dr. Robert L. Grove, Pastor  
Sis. Betty Rouse, Editor  
Sis. Laura Clemens  
Sis. Yumanniee Jones  
Sis. Kelly McKoy  
Sis. Karen Pratt  
Sis. Cheryl Scott  
Sis. Dolores Simmons  
Dec. Eugene Wright, Advisor  
Email: [josbapt@knology.net](mailto:josbapt@knology.net)

## Church Van Service

If you need a ride, please call the church by 7:00pm on Saturday and leave a message on the answering machine (843) 225-8050

## Directions to Joshua Baptist Church

From Charleston City: Merge onto I-26 W - toward US-52/ NORTH CHARLESTON/US-78/ COLUMBIA. Take the SC-642/DORCHESTER ROAD exit. Exit # 215. Turn LEFT onto DORCHESTER RD/SC-642. Keep Straight. Turn LEFT at Faber Rd.

From West Ashley: Merge onto I-526 E toward NORTH CHARLESTON. Take the PARAMOUNT DR exit. Exit # 15 - toward DORCHESTER RD/SC-642. Turn RIGHT onto PARAMOUNT DR. Turn RIGHT onto DORCHESTER RD/ SC-642. Turn RIGHT at Faber Rd.

From N. Charleston: Merge onto I-26 E toward CHARLESTON. Merge onto I-526 W via Exit # 212B—toward SAVANNAH. Take the SC-642/DORCHESTER RD exit toward PARAMOUNT DR. Turn LEFT onto DORCHESTER RD/SC-642. Keep Straight. Turn RIGHT at Faber Rd.

