



Tabernacle Tidings

August 2020

Baptist Tabernacle

63 Division Street

Wilkes-Barre, PA 18706

570 823-3083

Website: www.wbtabernacle.com

Greetings to friends and members of Baptist Tabernacle:

This is the 2nd issue of Tabernacle Tidings.

We are Back!

It's great to be able to worship in our church again! We resumed Sunday services on July 12th while following CDC recommendations and maintaining safe social distancing. There is something special about gathering together with our church family, sharing prayerful concerns, reading the scriptures and listening to the inspirational hymns and pastoral messages. Hopefully more people will decide to join us!

Pastor Val reminded us that just like God guided Noah and his family through the "divine reset" after the flood, he has a plan that will get us through the pandemic.

Those of us who have physically attended Sunday services are in agreement that it is worth the effort and everyone feels comfortable with the precautions that we have taken to ensure safety for all.

If you decide not to attend in person, here are the web addresses for church services you can live stream.

First Baptist Church of Lansdale (Lansdale, PA) - with former youth pastor Chris Hamilton

<https://www.fbcl.com/live-streaming/>

National United Methodist Church (Washington, DC)

<http://nationalchurch.org/live-stream>

Shavertown United Methodist Church (Shavertown, PA)

<https://www.shavertownumc.com/online-worship/>

Listening to our favorite hymns as part of the worship service has been particularly meaningful. We find ourselves humming the songs as we leave the church on Sunday morning. These 2 special songs were enjoyed over the past 2 weeks.

They Will Know We are Christian's by our Love

We are one in the Spirit, we are one in the Lord
We are one in the Spirit, we are one in the Lord
And we pray that our unity will one day be restored
And they'll know we are Christians by our love, by our love
Yeah they'll know we are Christians by our love

We will work with each other, we will work side by side
We will work with each other, we will work side by side
And we'll guard each man's dignity and save each man's pride
And they'll know we are Christians by our love, by our love
Yeah, they'll know we are Christians by our love.

Source: [LyricFind](#)

Songwriters: Peter Scholtes

They'll Know We Are Christians by Our Love lyrics © Music Services, Inc

Pass It On

It only takes a spark to get a fire going,
And soon all those around can warm up in its glowing;
That's how it is with God's Love,
Once you've experienced it,
You spread the love to everyone
You want to pass it on.

What a wondrous time is spring,
When all the trees are budding
The birds begin to sing, the flowers start their blooming;
That's how it is with God's love,
Once you've experienced it.
You want to sing, it's fresh like spring,
You want to pass it on.

I wish for you my friend
This happiness that I've found;
You can depend on God
It matters not where you're bound,
I'll shout it from the mountain top - PRAISE GOD!
I want the world to know
The Lord of love has come to me
I want to pass it on.

I'll shout it from the mountain top - PRAISE GOD!
I want the world to know
The Lord of love has come to me
I want to pass it on.

<https://lyricstranslate.com/en/kurt-kaiser-pass-it-lyrics.html>

Hymns by Choice

Barbara Nanstiel

It's been a while since we've been able to have a "Hymns by Choice" Sunday, so we're going to try doing this digitally. This week and next week (or any week, really!), feel free to write down a hymn you'd like to see projected and put your paper in the offering plate.

If we can find a recording of your favorite, we'll include it in an upcoming service. We're going to start with a favorite of Barbara's - "And Can It Be".

Covid 19 Update:

Linda Shandorf

Staying Healthy During the Pandemic: Improving your Immunity

We understand that people with chronic health problems tend to have decreased immunity, are at increased risk for contracting viruses including the Coronavirus and should follow the precautions outlined by the Centers for Disease Control and Prevention. People with underlying conditions should follow basic recommendations to reduce risk for exposure and make efforts to stay healthy during the pandemic.

Follow your treatment plan for your medical condition

Have at least a 30-day supply of prescription and non-prescription medications

Do not delay getting emergency care for your underlying medical condition because of COVID-19

Call your healthcare provider if you have any concerns about your medical condition or if you feel sick. If you need emergency help call 911 right away

Being healthy requires eating a healthy diet and staying well hydrated. Remember to eat at regular intervals throughout the day and choose foods from various food groups. Many people are gaining weight due to staying at home more and exercising less. Remember, we require less calories when we are less active.

Exercise helps reduce our risk for heart disease and keeps our bones healthy and strong. It is not known exactly if or how exercise increases our immunity to certain illnesses, but there are several theories related to exercise.

Physical activity may help flush bacteria out of the lungs and airways. This may reduce your chance of getting a cold, flu or other illness.

Exercise causes changes in antibodies and white blood cells (WBC). WBCs are the body's immune system cells that fight disease. These antibodies or WBCs circulate more rapidly, so they could detect illnesses earlier than they might have before. However, no one knows whether these changes help prevent infections.

The brief rise in body temperature during and right after exercise may prevent bacteria from growing. This temperature rise may help the body fight infection better. (This is similar to what happens when you have a fever).

Exercise slows down the release of stress hormones. Some stress increases the chance of illness. Lower stress hormones may protect against illness.

Studies have shown that people who follow a moderately energetic lifestyle, benefit most from starting (and sticking to) an exercise program. A moderate program can consist of:

Bicycling a few times a week

Taking a daily walk for 20 -30 minutes

Going to the gym every other day

Playing golf regularly

Exercise makes you feel healthier and more energetic. It can help you feel better about yourself. You will feel better and healthier for it.

There is no strong evidence to prove that taking immune supplements along with exercising lowers the chance of illness or infections, but here are a few supplements that have been studied regarding improving immunity. Always check with your healthcare provider before starting any supplements.

Vitamin C

Elderberry (Sambucus nigra)

Echinacea

Garlic

(adapted from: <https://medlineplus.gov/ency/article/007165.htm>)

Barbara shared a few of her favorite inspirational scriptures to help us through these troubling times. If you would like to share a meaningful scripture or poem for a future newsletter please let Linda know.

- When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. **Isaiah 43:2 (New International Version)**
- I keep my eyes always on the LORD. With him at my right hand, I will not be shaken. **Psalms 16:8 (New International Version)**
- You're my place of quiet retreat. I wait for your word to renew me. **Psalms 119:114 (The Message)**
- Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes^[a] with sighs too deep for words. **Romans 8:26 (New Revised Standard Version)**
- I have come into the world as a light, so that no one who believes in me should stay in darkness. **John 12:46 (New International Version)**

Church Business:

Communication:

Newsletter:

It was suggested that we send a newsletter to keep in touch with everyone and share information. This is the 2nd issue of Tabernacle Tidings. The newsletter will be sent via email when possible, and if necessary, mailed via post. The newsletter will also be added to our Facebook page and the Baptist Tabernacle website. If you have email, please let me know so we can curtail our postage cost. (Linda@shandorf.com ; phone: 484 767-2566)

FaceBook:

Don't forget to check out the Baptist Tabernacle Facebook page for social media posts? Thanks to Donna Ostrander for updating posts! Search for Baptist Tabernacle Wilkes-Barre and join the group!

Baptist Tabernacle Website: www.wbtavernacle.com

Ron Shandorf is the website administrator...if you haven't checked it out you might be surprised! There is a lot of good information here. If anyone has anything they would like to add to the website, please let Ron know – email: IT.WBTabernacle@Gmail.com

Stewardship:

Church Maintenance requires continued financial support to pay the ongoing bills. Thank you to all the members who have faithfully mailed their tithes and offerings to the church during our time apart. We encourage anyone who wishes to continue their financial support to mail a check to Baptist Tabernacle at the address noted above if you are unable to attend.

Missions: The Current Special Mission Offering: **One Great Hour of Sharing**
(to be collected through July/ August)

The 2020 resource guide for the *One Great Hour of Sharing Offering* included this message:

Hurricanes and natural disasters bring out some of the best in people. Folks of every race, of every religion or no religion, of every class, step forth to help those who are hurting: whose lives are in shambles; who may wonder if anyone cares about them in the midst of so much suffering. They need not wonder, for folks with trucks and boats have helped carry people to safety, have helped get desperately sick people to hospitals, have tried to make sure that families stay together and have a safe place to recover. Know this: we too are those people. We may not drive a truck or pilot a boat, but we too can help our neighbors in dire need. We are ready to help when our presence is needed. In the meantime, we can pray; and we can give. Every dollar given to *One Great Hour of Sharing* for disaster relief will go to work through our partners for emergency disaster relief as well as long term recovery efforts.

The One Great Hour of Sharing offering has been called upon to assist with the effects of Covid 19 in the United States and Puerto Rico.



Food Bank

August: Ready-to-go meals in a can, like beef stew or chili with meat (August)

Monetary donations are always appreciated.

Donations can be dropped off at the church or taken directly to St. Vincent de Paul Kitchen 39 E. Jackson St. in Wilkes-Barre.

Thank you.

Special Remembrances: Arline Ebert recently suffered a fall and after a brief hospital stay, she is now at Wesley Village for rehabilitation. Here is her address so that we can send cards.

United Methodist Homes Wesley Village
Partridge – Tippet Nursing Facility
209 Roberts Road
Pittston, PA 18640

August: (Birthdays and Anniversaries)

1	Jane Tudgay	19	Cindy Saltz
7	Isabelle Cannavale	20	Charlotte Blaine
9	Jody Finnegan	24	Bob and Elaine Singer (Anniv.)
10	Earl Kohl	24	Donna Ostrander
18	April Marcincavage	26	Merissa Sims
19	Bob Singer	31	Don Ostrander

