** Baptist Tabernacle **

**Tabernacle Tidings**

**Baptist Tabernacle**

**63 Division Street**

**Wilkes-Barre, PA 18706**

**570 823-3083**

Website: [www.wbtabernacle.com](about:blank)

**January 2021**

Message from Pastor Valerie: 

**2021 A NEW BEGINNING**

Out with the old and in with the new is one of the attitudes that everybody has when New Year Day arrives. We make promises to GOD, ourselves and to others along with New Year’s resolutions that most of us don’t keep. Like reading through the Holy Bible, Praying More, Eating Better, Exercising More, Saving More, etc. We all know that 2020 was a rough year on so many levels and it has taken its toll on all of us. Whether, it is mental, physical, spiritual, emotional or financial, we can all agree that we need a fresh start. I know I do! So, I will be fasting throughout the weekdays in the month of January. From January 4th to January 8th I will be eating vegetables only, from January 11th to January 15th I will be drinking liquids only until 3:00 PM (3 Days Of Your Choice), from January 18th to January 22nd I will be eating one meal a day (3 Days Of Your Choice) and finally from January 25th to January 29th I will repeating one of the three previous fasts at my discretion. I will also be having prayer on Wednesday mornings at 7AM (15 Minutes At The Most). The Baptist Tabernacle Family along any other person who wants to draw closer to the LORD is welcome to join me during this time of fasting and prayer. Let’s start this year off right!

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**If anyone needs pastoral support, please feel free to call or email Pastor Valerie**

**Phone: 570 877-2975**

**Email:** [**pastorWBTabernacle@outlook.com**](about:blank)

**Happy New Year to all!** Linda Shandorf

Well, we made it through 2020 and look forward to a brand new year. What will the new year 2021 bring? They say, “Life is what you make it”… Hopefully we will soon be able to get back to the things we have missed due to the covid-19 restrictions.

2020 has forced us to spend more time at home with limited interaction with friends and the community. We have learned to do things differently. Perhaps you have been spending more time reading, developing craft or cooking skills. Many have tended to gain weight over the past year due to limited exercise and increased snacking (I know I have).

I generally don’t do well with New Year’s resolutions, but I like the idea of participating in the January Fast that Pastor Val outlines in her message. I think that it will be nice to work on self - improvement with the support of others. The weekly fasting requirements seem reasonable and flexible. Let’s focus on improving our physical and spiritual health for 2021.

**Thoughts on the Safety of Intermittent Fasting:**

Reference: Intermittent Fasting: What is it and how does it work?

Johns Hopkins neuroscientist Mark Mattson, Ph.D. has studied intermittent fasting for 25 years, he describes that “Intermittent fasting contrasts with the normal eating pattern for most Americans, who eat throughout their waking hours”. “If someone is eating three meals a day, plus snacks, and they’re not exercising, then every time they eat, they’re running on those calories and not burning their fat stores.”

One of Mattson’s studies published in the New England Journal of Medicine revealed data about a range of health benefits associated with the practice. These include a longer life, a leaner body and a sharper mind.

Many diets focus on what to eat, but intermittent fasting is all about when you eat.

With intermittent fasting, you only eat during a specific time. Fasting for a certain number of hours each day or eating just one meal a couple days a week, can help your body burn fat. And scientific evidence points to some health benefits, as well.

Intermittent fasting works by prolonging the period when your body has burned through the calories consumed during your last meal and begins burning fat.

During the times when you’re not eating, water and zero-calorie beverages such as black coffee and tea are permitted.

During your eating periods, “eating normally” does not mean going crazy. You’re not likely to lose weight or get healthier if you pack your feeding times with high-calorie junk food, super-sized fried items and treats.

It is important to be mindful and take pleasure in eating good, nutritious food.

**\*\*\* Fasting is not recommended for anyone with Diabetes. Please check with your physician or dietitian before changing your normal eating habits.**

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**Giving Thanks Can Make You Happier** submitted by Barbara Nanstiel

I think we can all agree that 2020 was, to quote Queen Elizabeth, an “annus horribilis” (“horrible year”). We are looking forward to 2021 eventually bringing us back to a life that is more normal, one with more everyday comforts and blessings.

You might want to consider starting 2021 off by setting up a Gratitude Jar. This is a visual reminder to celebrate all of the blessings in our lives. Essentially, it is a place to record and store everything you’re thankful for. Whether it’s a person, a kind act or a positive detail in your everyday life, write it down on a slip of paper and put it in your container. This can become part of your prayer time (and works well as part of a bedtime routine for those with children) and can also work to make you happier. According to research from Harvard University*,* “**gratitude is strongly and consistently associated with greater happiness**. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity and build strong relationships.”\*

To start your habit of gratitude:  
1. Find a container; it doesn’t have to be a jar, but should be big enough to hold your papers.  
2. Decorate it if you want to personalize and make it your own.  
3. Get small pieces of paper (craft paper or post-it notes).   
4. Put your jar and papers in a highly visible location like your kitchen counter or bathroom vanity.  
 Consider adding to your jar first thing in the morning or before you go to be.

Here are some hints to start you thinking:  
I appreciate (person) because…  
Today was special because…  
Something little that makes me smile…  
Something about today that I’ll always want to remember is…  
This week has been good because…  
My favorite family tradition is…

\*Giving thanks can make you happier. Healthbeat. Nov 2011. [https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier](about:blank)

**We continue to comply with Covid Guidelines for our Sunday services and feel that live streaming the service is the safest option; but understand that not everyone is able to use the internet and would like to attend the service in person. You are welcome to join us for in-person worship while maintaining covid protocols and safe distancing. Our goal is to provide a safe opportunity for as many people as possible to participate in the Sunday worship service.**

**Live Streaming Services:**

**Live streaming can be done on any internet device including smart phones; iPads; tablets; or computers. If you have any questions about how to access live streaming, you can call Ron Shandorf at 610 462-8476.**

**To access the live streaming, you can choose one of two options:**

1. **Go to the church website:** [**wbtabernacle.com**](about:blank) **and click on the link for live streaming. You can choose the service you would like to view.**
2. **Go to Youtube and search for “Baptist Tabernacle Church-WB”. You can select the service you would like to view.**

**Church Business:**

**Individual Board Meetings: Board of Deacons; Board of Education; and Board of Trustees will meet on Thursday, January 14th at 5:30 PM at the church immediately followed by the Official Board Meeting: on Thursday, January 14th at 6:00 PM at the church.**

**Updates from the Official Board meeting on December 10th:**

It was decided to send Christmas floral arrangements to our shut -ins.

Pastor Val is willing to take communion to any member who is not able to attend worship at the church.

Trustees are looking into a new alarm system for the church.

It was decided that due to increased covid concerns, the advent and Christmas services would be live streamed. Ron Shandorf will coordinate.

**The new Board Members for 2021 are as follows:**

**Deacons: Trustees: Board of Education:**

Sandra Bonavina Don Ostrander Barbara Nanstiel Linda Shandorf

Sharon Myers Janet Murray Charles Gordon Judy Tudgay

Bettie Sims Bea Fell Ron Shandorf Charlotte Blaine

* If anyone is willing to assist with the maintenance of church activities for 2021, there are positions still available on all church boards and your help would be greatly appreciated.

**Missions:**

**The Mission offering for January will be the America for Christ Offering.**

**The theme for this year’s offering is “For the Purpose of Equipping Saints”. It is based on Ephesians 4:11 – 13: “So Christ himself gave the apostles, the prophets the evangelists, the pastors and teachers, to equip his people for works of service”.**

**Please remember our members who are sick or shut-in by sending greeting cards.**

Note: Mrs. Ebert is still residing at Hampton House.

Arline Ebert Beatrice Murray

Hampton House Nursing Home Timber Ridge

Unit C Bed 12 Rm. #105

1548 San Souci Parkway 1555 East End Blvd

Hanover Township, PA 18706 Wilkes-Barre, PA 18711

**Birthdays and Anniversaries:**

**January**

**4 Dorothy Melton**

**19 Hope Ostrander**

**24 Sandy Bonavina**

**28 Joseph Bonavina III**

**29 Ian Finnegan**

**Newsletter Communication:** If you have email, please let me know so we can curtail our postage cost. ([Linda@shandorf.com](about:blank) ; phone: 484 767-2566}.