



MOUNT HOREB-BAPTIST CHURCH

"The Church that is Worshipping and Praising God on Purpose"

THE UPDATE

News and Events

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REVEREND DR. H.B. SAMPSON III, PASTOR

Vol. 33 No. 4

*Thou will keep him in perfect peace, whose mind is stayed on thee:
because he trusteth in thee. Isaiah 26:3*

Jul/Aug 2011

Pastor Sampson Congratulations on Your 1st Anniversary



Well Done
GOOD AND FAITHFUL SERVANT

~FROM THE CHURCH CLERK~

TO OUR NEW MEMBERS: The Mount Horeb Baptist Church Family is always happy to welcome new family members into the Body of Christ. Blessed are they who come into the House of the Lord. We are happy to welcome by Baptism: Sisters Kierra Butler, Nia Harley, Demasion Thompson, Evelyn Thompson, Christine Lewis and Brothers Artis Butler, Dennis Mace, Daniel Saxon, Alvin Stevenson and Robert Stevenson; by Christian Experience: Sisters Sheila Whitaker-Gilbert, Beverly Pleasants, Jocelynn Saxon and Brothers Calvin Cumberlander and W. Brad Ashe; Restored: Sisters Fannie Garrett, Nikki Ashe and Brother Michael Pleasants. May the power of God preserve you. May His wisdom instruct you and may He direct your way.

TO OUR SICK AND SHUT-IN: Your Church Family's thoughts and prayers are always with you. Even in your darkest hour the Lord will bless you with His power. We hope and pray that the telephone calls, visits, prayers and cards enlighten your day and lead to a speedy recovery.

TO OUR VISITORS: The Pastor, along with the ministerial staff, officers and the Mount Horeb Baptist Church Family, welcomes all who come to worship with us. Feel free to return as often as you like. You are always welcome in the House of the Lord.

Sister Florence Myers, Church Clerk

JULY SUNDAY SCHOOL SUBJECTS

July 3rd - "God Responds to Disobedience"

Lesson Scripture - Joshua 7:1, 10-12, 22-26

July 10th - "Listen to God's Judges"

Lesson Scripture - Judges 2:11-19

July 17th - "Use God's Strength"

Lesson Scripture - Judges 3:15-25, 29, 30

July 24th - "Let God Rule"

Lesson Scripture - Judges 7:2-4, 13-15; 8:22-26a

July 31st - "Return to God's Ways"

Lesson Scripture - Judges 10:10-18; 11:4-6, 32, 33

AUGUST SUNDAY SCHOOL SUBJECTS

August 7th - "Walk in God's Path"

Lesson Scripture - Judges 13:1-8, 24, 25

August 14th - "Making a Choice"

Lesson Scripture - Ruth 1:8-18

August 21st - "Empowering the Needy"

Lesson Scripture - Ruth 2:8-18

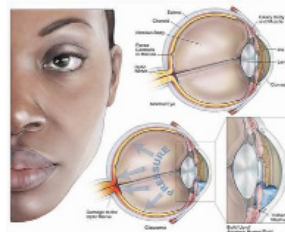
August 28th - "Caring for One Another"

Lesson Scripture - Ruth 4:1-10

Join Us for Sunday School...All Are Welcome!

Deacon James Paschall, Superintendent

GLAUCOMA ~ A CLOSER LOOK



Glaucoma is a leading cause of blindness in the United States, especially for older people. But loss of sight from glaucoma can often be prevented with early treatment.

Glaucoma is a disease of the optic nerve--the part of the eye that carries the images we see to the brain. The optic nerve is made up of many nerve fibers, like an electric cable containing numerous wires. When damage to the optic nerve fibers occurs, blind spots develop. These blind spots usually go undetected until the optic nerve is significantly damaged. If the entire nerve is destroyed, blindness results.

People at any age with symptoms of or risk factors for glaucoma, such as those with diabetes, a family history of glaucoma, or those of African decent, should see an ophthalmologist for an exam. Your ophthalmologist will let you know how often to return for follow-up exams. Adults 20 to 64 years of age with no signs of or risk factors for glaucoma should get an eye disease screening at age 40. Adults 65 years or older should have an eye exam every one to two years as recommended by your ophthalmologist.

Regular medical eye exams can help prevent unnecessary vision loss. Your ophthalmologist considers many kinds of information to determine your risk for developing the disease. Early detection and treatment by your ophthalmologist (Eye M.D.) are the keys to preventing optic nerve damage and blindness from glaucoma.

Submitted by Dr. William Morris

PICNIC
 Mt Horeb's
 Church-wide Picnic

Date: Saturday, July 9th, 2011

Time: 12:00 noon till 5:00 pm
 Cosca Regional Park,
 Clinton, Maryland

Good fellowship,
 delicious food
 and lots of fun!

Rev. Dr. H.B. Sampson, III
 PASTOR

PASTOR'S HEART TO HEART "SAY AH"

"O taste and see that the LORD is good" (Psalm 34:8)



The other day, my wife and children took me out to dinner. The food was superb and the joy of being with my family was, in a word, surreal. The children ate all the food they wanted to eat and drank all of the soda their little bodies could hold. Of course, I delighted in watching them eat and enjoy themselves, while they did so. I believe we all would agree that the joy of being able to provide for your children and watching them eat is priceless and beyond measure. Most of us wouldn't trade it for anything in the world.

After we finished the appetizer and our entrees, the children asked that famous question, "Daddy, can we have dessert?" After my wife and I examined their plates, we made a push for a few more bits of food by telling them, "yes, but only if you eat the rest of your vegetables." Once their veggies were eaten, the order was placed and the waitress returned with a chocolate truffle cake for the children, which they were all supposed to share. My wife and I settled for a slice of turtle cheesecake to split between the two of us.

All of the children sat at the end of the table leaning over this chocolate truffle cake as if it were the Holy Grail. I watched as the chocolate cake on their forks, that didn't make it to their mouths, began to accumulate on their little faces. Oh, I don't remember the last time that I delighted so much in such a beautiful mess that they were making. After they had eaten all that they wanted, as is generally our family dining routine, they needed to go to the restroom, which Sister Sam and I usually take in turns.

It was while Sister Sam was taking her turn with our two youngest children that I had the chance to have some quality time with my eldest child, Angelique. She came and sat across the table from me as I took a bit of the turtle cheesecake. I offered her a bit, but in classic Angelique reply she told me with a smile on her face, "I don't like cheesecake." It was then that I tried to persuade her by telling her how good it was.

As we had this father daughter exchange, I realized that this was something we tend to do all the time when it comes to trying something that she'd never tried before. At any rate, she finally relented with a smile on her face that would melt the coldest heart and decided to try just one bit! I moved to put the fork of cheesecake into her mouth and she slowly parted her lips for a taste. Closing her mouth after I'd removed my fork, she began to chew.

I waited for some reaction, looking at her every gesture, but she remained reserved as only Angelique can. She chewed so slowly and remained so reserved, I couldn't take it anymore and finally asked her, "Well, how was it?!" She looked at me, smiled broadly and said, "It was good!" Finally, the affirmation that I was looking and hoping to receive from my Angelique! I then told her jokingly, "See, you do this all the time; you say you don't like something without ever trying it. I beg you to try it, and then once you do, it's good just like I told you it would be and you enjoy every bit!"

Right then, she laughed so hard that it was intoxicating. At this moment, it didn't matter where we were or who else was around us, we were enjoying this precious moment of laughter between a father and his Angelique. Oh, how we laughed and laughed and laughed! My prayer and challenge for Angelique is that she doesn't convince herself that she doesn't like something and miss out on the wonderful things in life all because she is fearful to try something that she has never tried before.

I share this very personal and private moment with you because there are many who are like my beautiful, precious, Angelique. They are quick to say what they don't like, don't want, and don't want to do, missing out on many wonderful blessings and new experiences from God, all because they are fearful to try something that they have never tried before. Remember beloved, if you do what you have always done, the way you have always done it, you will get what you have always gotten. So, why not break with the old ways of doing things simply because this is the way that they have always been done. Don't miss out of the truly wonderful blessings and new experiences that God has on the table. "O taste and see that the LORD is good." Come on, give it a try; SAY AH."

Going Forward on Purpose
Pastor H.B. Sampson III, D.Min.

REVEREND DR. H.B. SAMPSON, III - FIRST PASTORAL YEAR AT MOUNT HOREB



Fulfilling his first year as Pastor of Mount Horeb Baptist Church, Reverend Dr. H.B. Sampson, III ensures that Mount Horeb is "Going Forward in Its Worshipping and Praising on Purpose for the Glory of God"--in keeping with our 2011 theme--while successfully instituting and implementing several noteworthy initiatives and programs.

Since July 2010, Pastor Sampson's ministerial/spiritual accomplishments at Mount Horeb have included the following:

- * Marked growth in the Church membership, with 92 members restored, baptized, or received by letter and by Christian experience;
- * Focused on "praise and worship" during services, with soul-stirring and interactive sermons proclaiming the Gospel to the young, middle-aged, and older adults; and singing (Pastor Sampson often participates with the Male Chorus as well as sings with his melodious voice from the pulpit);
- * Fervently visited the sick and shut-in members of the Church each week;
- * Availed himself to meet with members at their convenience;
- * Introduced liturgical/praise dance in the sanctuary during some Sunday worship services;
- * Focused on the youth, such as involving them in singing God's praises, encouraging the liturgical/praise dance group, and encouraging the drama group activity;
- * Formed the "Prayer Warriors," an intercessory prayer group;
- * Introduced formal evening services during the holiday season, i.e. weekly Lenten, Good Friday, Thanksgiving Eve, Christmas Eve and New Years Eve;
- * Encouraged the "Greatest Winner" Physical Fitness Program to address the physical and spiritual health of this membership - Pastor Sampson leads by example by utilizing the exercise programs and facilities at the Church;



- * Developed a five-year vision for the Church, with the following annual emphases: Corporate and Individual Worship and Praise [2011]; Evangelism (In/Out Reach) [2012]; Discipleship and Christian Education [2013]; Edification [2014]; and Stewardship/Giving [2015]. Pastor Sampson developed material to promote his vision in the form of banners and training;
- * Baptized on Women's Day and Thanksgiving Eve services;
- * Lead a Church-Wide Leadership Conference; and
- * Garnered interest in a Wednesday Evenings Church-Wide Bible Study Class.

Also, under his pastorship, the following administrative accomplishments occurred:

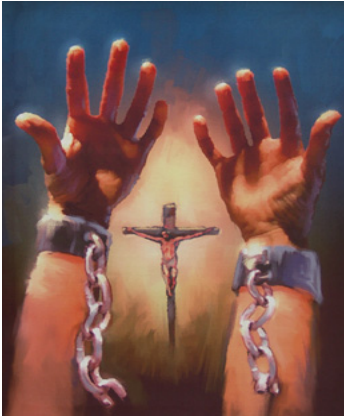
- * Implemented a new financial, accounting, and payroll platform for the Church which integrates membership, contribution, visitation, inventory, and ministerial data into one streamlined system;
- * Updated the Mount Horeb Web site home page with renewed approach to praise and worship;
- * Renovated the Pastor's study, finance office, ministers' office, and Pastor Emeritus Cooper's study; and
- * Focused on updating the sound/audio-visual equipment of the Church, with the initiation of a fund drive in support of this upgrade.

Last, but not least, Pastor Sampson has also brought beloved "treasures" to the Church in the form of a wonderful First Lady, Beverly "Sister Sam" Sampson and their three children, Terri "Angelique," H.B. IV, and Tiffany "Nicole."

Indeed, under the leadership of Pastor Sampson, Mount Horeb has experienced marked progression and looks forward to even greater things, working together as the "Pastor and People."

----- Reported by Sister Lisa J. Hawkins
Be kindly affectioned one to another with brotherly love; in honour preferring one another.
Romans 12:10

ABCOTS 41TH ANNUAL SESSION
Area III
Atlanta Georgia



JESUS THE LIBERATOR

The American Baptist Churches of the South (ABCOTS), Area III held its 41th Annual Session on March 30 - April 2, 2011 at The Atlanta Marriot Marquis Hotel in Atlanta Georgia. Three delegates (Pastor Sampson, Sisters G. Elaine Brown and Dorothy A. Hunter) represented Mount Horeb Baptist Church, an Area I participant. This annual session was hosted by Area III churches: Dr. Charles N. Hawk, Moderator; Dr. Walter L. Parrish, II Executive Minister and Mrs. Alice Grant, Regional President. Well over 300 participants attended. Our Church is in excellent financial standings with ABCOTS. We provide support for several ABCOTS programs, i.e. Love Gifts, America For Christ, American Baptist Women of The South, World Mission Offering, White Cross, United Mission Basics and ABC Mission Programs.

The theme of this 41st Annual Session invited us to be especially jubilant - "Celebrating God's Glory, God's Power, and God's Way". ABCOTS proclaims that God is in the world establishing the divine kingdom over the entire creation, liberating persons and nations from every form of bondage and reconciling all things in CHRIST. In articulating the bylaws for ABCOTS, we adhere to the philosophy that: mission determines purpose, purpose determines program; program determines structure and structure determines staffing. There were four seminars given. The topics were: 1) Christian Education from a Teaching Perspective; 2) Great Hymns of the Church; 3) History Matters; and 4) The Mentoring Heart of Christian Women.

I was most impressed with a tour we took of the American Baptist Historical Society which is located at Mercer University in Atlanta. It is the archive and historical interpreter of a major religious denomination, made up of thousand of churches and more than a million people. As the oldest Baptist historical organization (founded in 1853), it has the largest and most diverse collections of Baptist materials, records of modern missionary movement, resource documents, such wide-ranging topics as African American church associations, women's work and social gospel movement. The society publishes the oldest Baptist journal "The American Baptist Quarterly", interpreting for modern readers the lives and issues of the past that shape who we are today.

The ABCOTS 2011 Annual Oratorical Finals were held on Saturday, April 2, 2011. There were six contestants from grades 6 thru 12. Each student presented a topic pre-selected by ABCOTS staff. The winner received \$1,000 and a trip to Puerto Rico. The 41st Annual Sessions concluded Saturday, April 2, 2011 with an Award's Luncheon consisting of National ABHS Award, The Occasion and Mission Giving Awards, and The Oratorical Contest Presentation Award.

For greater details about ABCOTS 41th session, please contact Sister Dorothy A. Hunter.

Philippians 4:13 I can do all things through Christ who strengthens me.

Submitted by Sister Dorothy A. Hunter

TRUE REST

Rest is not quitting
 The busy career;
 Rest is the fitting
 Of self to one's sphere.

'Tis loving and serving,
 The highest and best;
 'Tis onward, unswerving,
 And this is true rest

GOETHE



FROM ETERNITY

Thou, mortal Time, every man can tell
 Art nothing else but the mobility
 Of sun and moon changing in every degree.
 When they shall leave their course,
 thou shalt be brought,
 For all thy pride and boasting,
 into nought.

- Sir Thomas More (1478-1535)

It is not essential to understand, but it is necessary to trust God.

**EDITORIAL
SUMMER TIME EXERCISE AND DIET**



Summer is here and cover-ups -- coats-- are in the closet. As a result of winter time behavior, summer may make some of us feel self-conscious about our bodies. Now is the time to act to reverse the consequences of this past winter's behavior. Warm pleasant days and more day light makes it easier to enjoy fun workouts. Do not fret if you do not own a treadmill or belong to a local gym. Instead, run up and down a set of stairs, focusing on your quads, gluteus, and calves. Don't own a bike? Rent one. Engage in some friendly competition with friends, siblings or even a parent to see who can complete the greatest number of crunches. Even when shopping or hanging out at the one of the malls, particularly Pentagon City, walking around that massive structure is a workout in itself.

There are several lovely beaches only hours away from the DC metropolitan area. A trip to the beach is an ideal place for fun exercises which include walking or jogging on the beach. The sand not only is resistant which makes workouts harder, but also acts as a foot smoother. Do not forget to take advantage of the massive body of water in front of you -- in other words swim. If you yearn for a challenge, try learning how to use a surfboard or boogie board. Also, treading in the water to see who can kick the longest is great fun as well as challenging. Another great activity, which helps tone your arms and strengthen your core, is kayaking or canoeing. Check out one of the area boathouses along the Potomac River, where you can rent kayaks.

But do not forget about FOOD! Half of a healthy lifestyle includes healthy eating decisions, which can be compromised during the summer. We love all those back yard cook-outs, with barbecue spare ribs, potato salad, hamburger and hot dogs, and the deserts -- especially the ice cream which we believe cools our insides momentarily.

Moms do not like to cook during the summer months. They say it's too hot!! So we frequent fast food restaurants more than usual. To lessen our trips to the "Golden Arches" why not try a delicious fruit smoothie which can suppress any craving for unhealthy but popular foods. The healthiest smoothies do not contain milk products but include soy or almond milk. Opt for fresh fruit instead of frozen fruit, and go for an array of colors of fruit. Try eating lots of fruit and vegetable salads. Veggie kabobs are the greatest. They are tasty and filling. Remember to stay hydrated. Drink plenty of water. Have fun, be thankful to God for the season and enjoy your Summer.

Sister Yvonne John, Editor
And all thy children shall be taught of the Lord; and great shall be the peace of thy children.
Isaiah 54:13



Pastor Sampson and the Mount Horeb Church Family ~ When you are 103 years old, you don't get around much anymore. However, I was so glad to get to Church on Women's Day and on the Golden Age Celebration. I enjoyed both of them very much. I say thank you for inviting me. I thank you very, very much for the gifts I received. I shall never forget those two days. May God

bless all of you. And may He grant you peace, courage, happiness, good health and love in the days ahead of you. Please remember me in your prayers. With love,

Sister Melzetta F. Williams

Everything I need to know about life, I learned from Noah's Ark... Don't miss the boat; Remember that we are all in the same boat; Plan ahead. It wasn't raining when Noah built the Ark; Don't listen to critics. Just get on with the job that needs to be done; When you are stressed, float a while; and *No matter the storm, when you are with God, there's always a rainbow waiting.*



When we do what we can, God will do what we can't. -----
Order Of Service

Sunday

7:30 a.m. and 10:30 a.m.Worship Services
 Fourth SundayHoly Communion
 9:00 a.m.Sunday School

Tuesday

7:30 p.m.Prayer Service

Wednesday

10:30 a.m.Bible Study
 12 NOONPrayer Service
 7:00 p.m.Bible Study

Saturday

12 NOONYouth & Adult
 Bible Study

~~UPDATE STAFF~~

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