

*More* Than Enough

March 2014

Monthly Newsletter of Solomon's Temple  
[www.solomons-templechurch.org](http://www.solomons-templechurch.org)



Pastor K. D. Shivers &  
Minister E. R. Shivers

## Lent: A Time for Drawing Closer to Jesus

By: Sharon Hinck

*"Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that confess his name. And do not forget to do good and to share with others, for with such sacrifices God is pleased."*  
Hebrews 13:15–16 (NIV)

I've always loved the season of Lent. Evening worship services, time to reflect on our brokenness and need for the Savior, quiet minor-key hymns that provide an appropriate balance to perky praise choruses—all make the weeks before Easter a time for drawing closer to Jesus.

When our children were growing, we'd often choose something to give up for Lent as a family—a small sacrifice to remind us of Jesus' amazing sacrifice for us. The kids were quick to volunteer to forego homework or broccoli. But instead in various years we gave up television, or candy, or soda. Our small struggle to set aside an indulgence reminded us of all Jesus gave up to come to earth and die in our place. And the end of the "fast" added an extra element to our Easter celebration.

This year, as Ash Wednesday neared, I hadn't given much thought to giving something up. To be honest, I've had to give up several things in recent years not of my choice. Maybe I felt there was too much austerity in my daily life already, and it wasn't fair to deny some small comfort to myself.

But on Ash Wednesday, my friend Patti mentioned she was giving up criticizing others for Lent. I was inspired by her example of changing a habit of speech. I'd recently read the book of Numbers, and was convicted by how similar I was to the Israelites when they grumbled. So this Lenten season, I'm trying to replace my habit of grumbling with a sacrifice of praise. On my own, it would be a more impossible goal than giving up chocolate. But as Hebrews says, we learn to offer praise "through Jesus." I'm asking Him to plant His contentment and gratitude in my heart.

***Faith step: Prayerfully consider giving up something for Lent.***

## Why you are already more than enough

By: Janet Stone

Enough!

You heard me...it's enough.

Imagine for just one moment: you are enough. You have enough. The love you give is enough. The love you receive is enough. Your hair is enough (even if you don't have any). The shoes you have are enough. Your loved ones are enough. What's in your pocket is enough. Your status is enough, your flexibility is enough, where you've come from is enough and where you're going is enough...you have and you are enough.

Our days blast us with endless messages that we need more and should be more: more fun, more sexy, more successful, more flexible, more ecological, more meditative, more...it's a never-ending river in our own psyche of all that we don't have or are not. In my early years practicing yoga, this ticker tape of "not enough" would heave itself right onto my mat and the same experience of deficiency would be present. Over time, I have searched

*continued on page 7*

# MARCH KINGDOM SCHEDULE

## Scripture and Welcome

03/02 Sis. Wendy Green (Mark 10:32-34)  
Sis. Barbara Jones (welcome)

03/09 Arieana Parker (Mark 15:29-32)  
Jayla Nichols (welcome)

03/16 Sis. Melissa Turner (Matthew 27:33-37)  
Sis. Ebony Clarke (welcome)

03/23 Sis. Tammy Rawls (John 20:16-18)  
Sis. Danielle Seaborne (welcome)

03/30 Sis. Frances Robertson (Luke 23:26-31)  
Sis. Damelle Jefferson (welcome)



## Servant Leader Schedule

03/02 Sis. Evelyn Moton  
03/09 Sis. Shirley Haskins  
03/16 Sis. Lucy Watkins  
03/23 Sis. Jackie Ruffin  
03/30 Sis. Wendy Green

## Worship Leader Schedule

03/02 Elder Karen Lee  
03/09 Shania Little  
03/16 Minister Bertram Blackwell  
03/23 Elder Sarah Hatton  
03/30 Elder Wayne Hatton

## March Door Opener

Bro. James Green, Sr.

## Communion Bowls

Sis. Lucy Watkins  
Sis. Jackie Ruffin



## March Teacher's Schedule

### ADULT TEACHERS

03-04 "NO CID" | Ash Wednesday (3/5/14)

03-11 Bro. James Green, Sr. (3-16) | "Peter's Report" | Psalm 110:1-4; Acts 2:22-27, 29-32

03-18 Sis. Sylvia Gundy (3-23) | "Worthy is the Lamb" | Revelation 5:5-13

03-25 Elder Wayne Hatton (3-30) | "Triumphant and Victorious" | Zechariah 9:9, 10; Matthew 21:1-11

### YOUTH TEACHER

Bro. Ernest Ruffin

Explanation of the lesson can be found on [our website. solomons-templechurch.org](http://ourwebsite.solomons-templechurch.org)

Additional Study Help: [www.studylight.org](http://www.studylight.org) [www.biblestudytools.com](http://www.biblestudytools.com)



**Reminder:**  
**CID**  
**session**  
**every**  
**Tuesday**  
**night at**  
**6:30pm**

## New To Solomon's Temple?



First of all, **WELCOME!** We are so pleased that you have come to visit our church. Whether you are just inquiring about our church, a new visitor, or simply want to see if Solomon's Temple is the right fit for you and your family, we are grateful to have you among us. We hope you will find your spiritual home here. Here at Solomon's Temple, we offer many exciting ministries to assist in your daily walk.

Solomon's Temple holds New Disciple Orientation sessions that can provide information about our church, what we offer and what to expect from your church family. If you have any questions, please contact Brother James Green, Sr. or Sister Turekia White.

## Points to Ponder

A relationship  
with God is  
the best  
relationship  
you can have.

And we know that  
in all things  
**GOD** works  
for the good of those who  
**LOVE** him,  
who have been called  
according to  
his  
purpose.

**IF YOU  
LOOK FOR ME  
WHOLEHEARTEDLY,  
YOU WILL FIND ME.**

JEREMIAH 29:13

The *Will of God*  
will never  
take you where the  
*Grace of God* will not  
protect you.



**Get Ready!!!!**

# Lent

**March 5<sup>th</sup> – April 16<sup>th</sup>**



## March Birthdays

If your birthday is missing from the list or incorrect, let the office know.

### HAPPY BIRTHDAY

Ariana Parker  
Ebony Clarke  
Barbara Jones  
Wendy Green  
Danielle Seaborne  
Melissa Turner

Sun., 03/09  
Fri., 03/14  
Tues., 03/18  
Thurs., 03/20  
Wed., 03/26  
Fri., 03/28



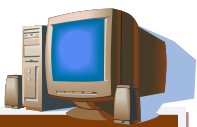
## Newsletter Submissions

Do you know someone who is doing great things in the community, school, or church? Nominate them to be the Outstanding Disciple of the Month. This person can be a youth or an adult.

Don't forget to recognize those celebrating an anniversary, graduation (from high school, college, or any other), or special occasion.

We also want to know about those who have made the honor roll. Let's not forget baby announcements, bible humor, or recipes.

If you have a story or idea that you would like to incorporate into the newsletter, forward the story to [stsecretary1@gmail.com](mailto:stsecretary1@gmail.com) or leave the idea on the secretary's desk.



**NOW AVAILABLE!** Do you wish you had your newsletter on your computer, your Smart Phone, your iPad? Send your request to [stsecretary1@gmail.com](mailto:stsecretary1@gmail.com). Place in the subject line "Newsletter". Your copy of the newsletter will be sent electronically to the provided email address on the last Saturday before the first Sunday of each month and can be viewed via your computer, iPad and/or iPhone. This feature is **FREE** and **ONLY** available to Disciples of Solomon's Temple.



The new email addresses for Pastor Shivers, Minister Shivers and the Church Administrator are listed below:

- Pastor Shivers  
[kdserver2@yahoo.com](mailto:kdserver2@yahoo.com)
- Minister Shivers  
[esbornagain@gmail.com](mailto:esbornagain@gmail.com)
- Church Administrator  
[stsecretary1@gmail.com](mailto:stsecretary1@gmail.com)



Thank You.

**SOLOMONITE SPOTLIGHT**



**March's Solomonite Spotlight is Servant Leader Ernest Ruffin**

**Servant Leader Ernest Ruffin** is a charter disciple of Solomon's Temple. He is the husband of Servant Leader Jackie Ruffin. Ernest serves as the Asst. Contact Person for the Men's Ministry, Sunday school teacher and a greeter on the Greeters Ministry. He sings with the Mass Choir and Sons of Solomon. Ernest is a committed, dedicated, and faithful disciple. His meek and humble spirit is a reflection of his knowledge, relationship and love for God and His Word. **Solomon's Temple** would like to congratulate **Ernest** for being this month's "Solomonite Spotlight".  
**WE LOVE YOU!**

**Will YOU be the Next "Solomonite of the Month"?**

**OUTREACH**

Solomon's Temple Outreach Ministry is in Full Effect! Please let us know if anyone is in the hospital, in-outpatient surgeries, and death in the family or any other life changing event (medical or death). We have **"Care Teams"** for each month that is willing and ready to contact you. We love our church family and we believe love is not what it says – it's what it does.

**MARCH CARE TEAM**

- Sis. Vernessa Black
- Sis. Bianca Robinson
- Elder Margaret S. Thomas



Please let the Church Administrator know of any disciples' address, or phone number change!

**Thank You!**

**YOUTH IN ACTION**

Congratulations to **James Green Jr.** who was chosen to go to Richmond with hundreds of other African American young men with the organization **"Caravan to Richmond"**. James had breakfast with the governor and was on the campus of Virginia Union University.



- ✓ Congratulations to **Kameron Robertson** for making Hardy Elementary School A/B Honor Roll. 😊
- ✓ Congratulations to **Taleigha Turner** for making King's Fork Middle School A/B Honor Roll.



*Thy word is a lamp unto my feet, and a light unto my path.  
Psalm 119:105*



# March

## Schedule of events

**IMPORTANT NOTE: ALL INFORMATION TO BE ADDED TO THE TEMPLE NEWS FOR THE MONTH NEED TO BE GIVEN TO THE CHURCH ADMINISTRATOR NO LATER THAN THE 3<sup>RD</sup> TUESDAY OF EACH MONTH.**

DATE	TIME	EVENT
3/1/14	9:00am	Elder Wayne Hatton will preach at Pentecostal Holiness Church; Men's Conf.
3/1/14	11:00am	Usher Ministry Continental Brunch at the chapel
3/2/14	After service	Women's Ministry will meet
3/4/14	10:00am	Meeting for Community Men's Retreat at Main Street Baptist Church
3/5/14	7:00pm	Ash Wednesday service
3/7/14	11:00pm – 12:00am	Late Night Praise – Speaker: Sis. Lucy Watkins
3/8/14	9:00am – 11:00am	Youth Praise Dance practice
3/9/14	Morning service	Youth Pack the Pew Sunday
3/9/14	ALL DAY	Daylight Saving Time Begins
3/11/14	7:15pm	Lenten Service – Messenger: Elder Wayne Hatton
3/12/14	7:00pm	We will fellowship with Olive Branch; Pastor's 13 <sup>th</sup> Anniversary service
3/14/14/	11:00pm – 12:00am	Late Night Praise – Speaker: Sis. Turekia White
3/16/14	2:00pm	We will fellowship with St. Paul UCC, Franklin, VA; Family & Friends Day; Dinner at 1:00pm; Service at 2:00pm
3/18/14	7:15pm	Lenten Service – Messenger: Minister Bertram Blackwell
3/20/14	ALL DAY	Spring begins
3/21/14	11:00pm – 12:00am	Late Night Praise – Speaker: Bro. Michael Green
3/22/14	TBA	Women's Ministry Movie Outing
3/25/14	7:15pm	Lenten Service – Messenger: Elder Sarah Hatton
3/26/14	7:00pm	We will fellowship with Tabernacle Baptist Outreach Center, Suffolk, VA
3/28/14	11:00pm – 12:00am	Late Night Praise – Speaker: Bro. Earl Moton
3/29/14	4:00pm – 6:00pm	Youth Praise Dance practice
3/31/14	6:30pm	Levite Ministry meeting
3/31/14	7:30pm	Assembly of Servants meeting

### Choir Rehearsal Schedule

**Thursday before 1<sup>st</sup> Sunday**

6:00pm – Praise Team  
7:00pm – Mass Choir

**Thursday before 2<sup>nd</sup> Sunday**

7:00pm – Sons of Solomon



**Thursday before 3<sup>rd</sup> Sunday**

6:30pm – Youth Choir

**Thursday before 4<sup>th</sup> Sunday**

6:00pm – Praise Team  
7:00pm – Joyful Voices



# March 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1. 9:00am Elder W. Halton preach at Pentecostal Church; Men's Conf.  11:00am Usher Ministry Continental Branch
2. Women's Ministry meet after morning service	3.	4. NO CID	5. 7:00pm Ash Wed. service  Ash Wednesday	6. 7:00pm Sons of Solomon	7. 11:00pm - 12:00am Late Night Praise	8. 9:00am - 11:00am Youth Praise Dance practice
9. Youth pack the pew Sunday	10.	11. 6:30pm CID 7:15pm Lent service	12. 7:00pm We will fellowship with Olive Branch Baptist Church	13. 6:30pm Youth Choir	14. 11:00pm - 12:00am Late Night Praise  Ebony Clarke	15.
Daylight Saving Time begins  Arieania Parker						
16. 2:00pm We will fellowship with St. Paul UCC, Franklin VA (Family & Friends Day); Dinner at 1:00pm	17. St. Patrick's Day	18. 6:30pm CID 7:15pm Lent service  Barbara Jones	19.	20. 6:00pm Praise Team 7:00pm Joyful Voices  Wendy Green  Spring begins	21. 11:00pm - 12:00am Late Night Praise	22. Women's Ministry movie outing
23.	24.	25. 6:30pm CID 7:15pm Lent service	26. 7:00pm We will fellowship with Tabernack Baptist Outreach Center Suffolk, VA	27. 6:00pm Praise Team 7:00pm Mass Choir	28. 11:00pm - 12:00am Late Night Praise  Melisa Turner	29. 4:00pm - 6:00pm Youth Praise Dance practice
30.	31. 6:30pm Levite meet 7:30pm AOS meet					



## A Time of Fasting

Lent, the 40 days preceding the death, burial, and resurrection of Jesus is a time of fasting. Fasting is a path to peace and happiness. That's right: *fasting*, the practice of abstaining from food or drink for meals, days, and even weeks at a time, is one of the most powerful ways we have of becoming closer to God and finding true joy. Self-denial leads to a greater sense of wholeness. That's why Christians have fasted for thousands of years, and it's why Lent, the 6-week period between Ash Wednesday and Easter, is a time of serious fasting.

However, you don't have to simply fast from food. Many Christians today are creative about fasting, and Lent can be a time of shedding whatever is standing between you and God. It is a time to pray about how God would have you draw closer to him during this important season.

### Joel 2:12-14 (NIV)

Even now," declares the LORD, "return to me with all your heart, with fasting and weeping and mourning." Rend your heart and not your garments. Return to the LORD your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity. Who knows? He may turn and relent and leave behind a blessing—grain offerings and drink offerings for the LORD your God.

### Psalm 31:1 (NKJV)

In You, O LORD, I put my trust;  
Let me never be ashamed;  
Deliver me in Your righteousness.

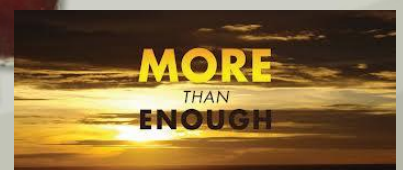
## Why you are already more than enough continued.....

for the map to the mystical land of Enoughness. At times I could find it easefully and at other times I would lose the path and scold myself for not meditating enough or doing enough for my fellow travelers. In those times, I would get out the spiritual stick and beat myself with it.

But at a certain point, after some years on the mat, I made the decision to put down the stick. Or maybe it just fell out of my hand. I committed to the practice of bringing my attention to the fullness of my life and not to the lack. If you take up this practice, you may notice that the places where you previously experienced lack will feel more **abundant**. Oddly, through the practice of feeling enough, everything begins to feel like more.

Bless our God, O peoples; let the sound of his praise be heard, who has kept our soul among the living and has not let our feet slip. For you, O God, have tested us; you have tried us as silver is tried. You brought us into the net; you laid a crushing burden on our backs; you let men ride over our heads; we went through fire and through water; yet you have brought us out to a place of abundance.

Psalm 66:8-12 (ESV)



## Upcoming Events!

### APRIL

4 <sup>th</sup> & 11 <sup>th</sup>	Late Night Praise Service
5 <sup>th</sup> & 19 <sup>th</sup>	Youth Praise Dance practice
9 <sup>th</sup>	Men & Women's meeting
12 <sup>th</sup>	Picture Day sponsored by Bridge Ministry
13 <sup>th</sup> -17 <sup>th</sup>	Holy Week Revival
18 <sup>th</sup>	7 Last Statements of Christ
21 <sup>st</sup> -23 <sup>rd</sup>	Pastor Shivers in revival at Pilgrim Baptist Church
25 <sup>th</sup>	Couples Ministry meeting
27 <sup>th</sup>	We will fellowship with Swan's Point Baptist Church

### MAY

2 <sup>nd</sup> & 3 <sup>rd</sup>	Women's Retreat & Conference
4 <sup>th</sup>	Teacher Appreciation Day
10 <sup>th</sup> & 24 <sup>th</sup>	Youth Praise Dance practice
11 <sup>th</sup>	Women's Day & Mother's Day
16 <sup>th</sup> & 17 <sup>th</sup>	Bridge Ministry Conference
18 <sup>th</sup>	Ministry Day
18 <sup>th</sup>	Bridge Ministry Gospel Showcase
19 <sup>th</sup>	Levite & AOS meetings
31 <sup>st</sup>	Initial Sermon for MIT Cynthia Edwards

### JUNE

1 <sup>st</sup>	Min. Shivers preach at Shiloh Baptist Church
6 <sup>th</sup>	Men & Women's Meeting
6 <sup>th</sup> -8 <sup>th</sup>	Youth Conference
7 <sup>th</sup>	Youth Praise Dance practice
8 <sup>th</sup>	Youth Day
15 <sup>th</sup>	Men's Day & Father's Day
21 <sup>st</sup>	Bridge & Youth Ministry trip to King's Dominion
22 <sup>nd</sup>	We will fellowship with Mt. Calvary Outreach
28 <sup>th</sup>	Community Men's Retreat
28 <sup>th</sup>	Youth Praise Dance Ministry Car Wash & Bake Sale
29 <sup>th</sup>	Elder Ordination service for Min. Edith Shivers

### JULY

4 <sup>th</sup>	Independence Day
12 <sup>th</sup>	Youth Praise Dance practice
14 <sup>th</sup>	Pastor Shivers' Birthday
14 <sup>th</sup>	Pastor & Minister Shivers' anniversary
19 <sup>th</sup>	Youth Praise Dance Workshop & Celebration Service
20 <sup>th</sup>	Min. Shivers preach at Olive Branch Baptist Church
20 <sup>th</sup>	Min. Shivers preach at Gilfield Baptist Church
27 <sup>th</sup>	Family & Friends Day
28 <sup>th</sup>	Levite & AOS meetings

### AUGUST

9 <sup>th</sup> & 23 <sup>rd</sup>	Youth Praise Dance practice
23 <sup>rd</sup>	Couples Ministry outing (cookout @ Bro. Terry & Sis. Tammy Rawls' home)



March is National Nutrition Month

## Why is Proper Nutrition Important?

Are nutrition and health related? Is healthy eating important? Of course!

Like a finely-tuned racing car, your body needs the right fuel (food) and regular maintenance (exercise, lifestyle and mental attitude) to achieve its true health potential. Nothing is more important than healthy eating!

Put in the wrong fuel or let it go without regular use and there's no way it can deliver its full power and performance. Without healthy eating, your body's engine will cough, splutter and eventually stall.

### **MAINTAINING A BALANCED DIET BY HEALTHY EATING CAN:**

- Give you vitality and energy for life
- Help you stay at a weight that's right for you
- Boost your immune system
- Improve sports performance
- Delay the effects of aging
- Keep you active and fit into old age
- Help beat tiredness and fatigue
- Protect teeth and keep gums healthy
- Enhance your ability to concentrate and possible alter mood
- Ward off serious illnesses like heart disease, certain cancers, mature-age onset diabetes, and gallbladder disease