



Pastor K. D. &
Leading Lady E. R. Shivers

Monthly Newsletter of Solomon's Temple Church

www.solomonstemplechurch.net

August 2018

How Positive Emotions Can Change Your Life

by: Holly Lebowitz

What do upliftings feelings contribute to our general well-being? A whole lot. I tend to shy away from describing emotions in “black or white,” “good or bad” language. Living an authentic emotional life means that all our feelings are important parts of our whole selves—and walking a positive path means keeping all our emotions in healthy proportion to one another.

But when I have a tough day, I often feel hyper-aware of the “negative” emotions that seem to be swirling through my bloodstream. Anger, fear, sadness, frustration—even though these are parts of me, they are uncomfortable.

Challenging as they may be, I know those feelings serve a purpose—through the fight-or-flight reaction, for example, human beings have been able to survive and evolve.

What about the [“positive” emotions](#), though? Other than feeling good, what purpose do joy, excitement or amusement serve in our daily lives?

The University of North Carolina at Chapel Hill psychology professor Barbara Fredrickson, who specializes in positive psychology, has a theory she calls “broaden and build” to answer this question. Her research suggests that positive emotions don’t just make a given day feel better, they are integral parts of healthy emotional life.

Positive emotions broaden our outlook on the world, first and foremost. The [more joy](#) and contentment we experience on a regular basis, the freer we are to notice the positive aspects of our lives and seize opportunities to increase our happiness.

Church Events

Aug. 4th

Sons of Solomon sing at
Sandy Mt. Baptist Church

Aug. 8th

Choir and Ushers serve at
Shiloh Baptist Church

Aug. 11th

Bikers for Christ

Aug. 12th

Temple Nation

Aug. 12th

Pastor Shivers preach at
Diamond Grove Baptist Church

Aug. 13th – 15th

Pastor Shivers preach at
Macedonia AME Church

Aug. 14th

Choir & Ushers serve at
New Branch Baptist Church

Aug. 17th

Women's Ministry Girls
and Games Outing

Aug. 29th

Choir and Ushers serve at
Rising Star Baptist Church

They also build new skills, which serve us when those more challenging emotions come calling. Fredrickson's research found, for example, that people who were shown films that inspired feelings of amusement and happiness were more creative and inventive in a problem-solving challenge they were given.

In her [2009 book, *Positivity*](#), Fredrickson coined the term "upward spiral" to describe the impact positive emotions have on our overall well-being. Like their downward cousins, upward spirals propel our moods in a particular direction.

The lesson is this: The more positive emotions you can access in your daily life, the more your body and mind will grow accustomed to this upward spiral.

What can you do today to broaden and build your mood?



A Chance to Serve Jesus

by: Julia Attaway

Be on the lookout for any opportunity, no matter how small, to extend a kindness.

I was walking up Broadway near Lincoln Center, preoccupied with a personal problem, when the woman came up to me. "Can you give me," she began, and my weary heart sank at the thought of yet another panhandler, "Directions?" she finished. Ashamed, I looked her in the eye. She was a wreck. There was goo all over her face, and she wanted to know how to get to the New York Eye and Ear Hospital. She had the right cross street, but was on the wrong side of the island. "Is it more than five blocks?" she asked, gently. "Oh yes, much more than that. You have to go all the way across Central Park and then keep going," I replied. "There's a park near here?" she asked, disoriented. "Do you have bus fare?" I asked. "No," she sighed, "But we'll get there. We'll get there." I looked across the complicated intersection to where the B66 stopped, and momentarily considered walking her there and using my Metrocard to get her on it. But in the time it took me to weigh the possibility she began to shuffle off, and I returned to my route and my worries. A block later I stopped in my tracks and thought, indignant, "Why didn't I do that? Why didn't I extend that [10-minute kindness](#) to help her?" There was no good answer, no good reason at all. I turned to see if she was still around, but she was gone. And so was my unexpected opportunity to [serve Jesus](#).

**WHEN WE SERVE OTHERS,
WE SERVE JESUS!**

Giving Thanks When Things Don't Go Your Way by: Julia Attaway

Gratitude can be found in less than ideal circumstances

Thank you, Lord, for people who get me riled up; encountering them challenges me to respond in love. Thank you, Lord, for the awful days; they compel me to turn to You and drive me to my knees. Thank you, Lord, for suffering; it gives me the opportunity to imitate Christ. Thank you, Lord, for my mistakes; they teach me humility. Thank you, Lord, for inconveniences; they remind me that most of my life is good. Thank you, Lord, for when others get annoyed at me; that helps me see my faults, so I can confess them. Thank you, Lord, when things don't go the way I want; disappointment reminds me that I can love and serve You in all circumstances. And thank you, Lord, for all that is good that I do not notice, all the blessings I do not see, all the counsel I ignore and all the mercy You pour out on me daily. Teach me and guide me so I know and serve and praise You better each day of my life.

Be Thankful – 1 Thessalonians 5:18 KJV
In everything give thanks: for this is the will of God in Christ Jesus concerning you.

10 Ways To Forgive Yourself & Let Go Of The Past by: [Megan Hale](#)

1. Become clear on your morals and values as they are right now.
2. Realize that the past is the past.
3. Create a "re-do."
4. Realize you did the best you could at the time.
5. Start acting in accordance with your morals and values.
6. Identify your biggest regrets.
7. Tackle the big ones.
8. Turn the page.
9. Cut yourself some slack.
10. Move toward self-love.

You are more than your past mistakes, and I promise you, you are so worth it!!

You may not end up where you thought you'd be, but you always end up where you're meant to be." – Unknown

August Kingdom Schedule

NEW

August Scriptures

8/5 Matthew 28:18-20
8/12 1 John 3:4-5
8/19 Psalm 32:1-2
8/26 Philippians 3:13-14

Welcome Schedule

8/5 Sis. Shirley Haskins
8/12 Kameron Robertson
8/19 Sis. Wanda Clarke
8/26 Sis. Frances Wells-Robertson

Door Opener

Bro. James Green Sr.

Worship Leaders Schedule

8/5 Elder Wayne Hatton
8/12 Sis. Turekia White
8/19 Min. Bertram Blackwell
8/26 Elder Sarah Hatton

Servant Leaders Schedule

8/5 Sis. Lucy Watkins
8/12 Sis. Turekia White
8/19 Sis. Phyllis Duck
8/26 Sis. Sylvia Gundy

Communion Bowls

Sis. Phyllis Duck
Sis. Wendy Johnson



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 Elder Sarah Hatton, Elder Wayne Hatton, or Bro. James Green Sr.**

**CHRISTIAN
EDUCATION**



August CID Lessons - There will be NO CID Sessions for the Month of August

August 7th Giving Justly | 2 Corinthians 8:7-15
August 14th Loving and Just Behavior | Romans 12:9-21
August 21st Practicing Justice | Colossians 3:5-17
August 28th God Creates Heavens and Earth | Genesis 1:1-13



Explanation of the lesson can be found on our website. solomonstemplechurch.net

**Teach me knowledge and good judgment, for I trust your commands
Psalm 119:66**

Newsletter Submissions

Do you know someone who is doing great things in the community, school, or church? Nominate them to be the Solomonite 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 ssecretary1@gmail.com or leave the idea on the secretary's desk.



August

Schedule of Events



DATE	TIME	EVENT
8/2/18	6:00pm/7:00pm	Praise Team rehearsal/Mass Choir rehearsal
8/3/18	10:30am	Youth Ministry outing to The UniverSoul Circus, Military Circle Mall, Norfolk, VA
8/4/18	5:00pm	Sons of Solomon sing at Sandy Mt. Baptist Church, Fundraiser service
8/8/18	7:00pm	Mass Choir and Ushers serve at Shiloh Baptist Church, 9000 Fire Tower Rd., Windsor, VA 23487 for Revival service
8/9/18	7:00pm	Sons of Solomon rehearsal
8/11/18	10:15am	Bikers for Christ – Registration at 9:15am / \$10.00 registration donation
8/12/18	During service	Temple Nation
8/12/18	1:00pm	Pastor Shivers preach at Diamond Grove Baptist Church, 6890 Crittenden Rd., Suffolk, VA 23432 for Annual Homecoming/Family and Friends Day Service. Feeding at 12:00pm. Choir and ushers are asked to serve.
8/13-/15/18	7:00pm nightly	Pastor Shivers preach at Macedonia AME Church for Revival service. Choir and ushers are asked to serve on Wednesday night, August 15 th .
8/14/18	7:00pm	Mass Choir and Ushers serve at New Branch Baptist Church, 8140 Proctors Bridge Rd., Ivor, VA 23866 for Revival service
8/16/18	6:30pm	Youth Choir rehearsal
8/17/18	6:00pm-9:00pm	Women's Ministry Girls and Games outing at Elder Karen Lee's home – address is 4718 Thornwood St., Portsmouth, VA 23703
8/18/18	10:00am	Young Adult Praise Team rehearsal
8/18/18	10:00am	Pastor & Church Anniversary committee will meet at the chapel
8/19/18	After service	Ushers Ministry will meet in Parlor A
8/21/18	TBA	Singles Ministry Movie & Lunch outing. Lunch at Golden Corral is \$8.69.
8/23/18	6:00pm/7:00pm	Praise Team rehearsal/Joyful Voices rehearsal
8/29/18	7:00pm	Mass Choir and Ushers to serve at Rising Star Baptist Church, 19180 Battery Park Rd., Smithfield, VA 23430 for Revival service
8/30/18	6:00pm/7:00pm	Praise Team rehearsal/Mass Choir rehearsal

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.



Care Team for the Month

Sis. Lisa Thompson

Sis. Vernessa Black

Bro. James Green Sr.



Disciples scheduled to give the **Welcome** in September

September 2nd

September 9th

September 16th

September 23rd

September 30th

Sis. Wendy Green

Seniah Cypress

Sis. Angela Batten

Bro. Stanley Robinson

Bro. Donald Wells

attention

Verse of the Month

Proverbs 4:23

Keep thy heart with all diligence; for out of it are the issues of life.



AUGUST 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5. Jala Johnson Davion Archer	6.	7. No CID/Bible Study Happy Anniversary Vincen & Barbara Jones	8. 7:00pm Mass Choir and ushers serve at Shiloh Baptist Mary Cornick	9. 7:00pm Sons of Solomon rehearsal	10.	11. 10:13am Bikers for Christ Tanni Drew Carl Duck Kayla Battle
12. Temple Nation Pastor Shivers preach at Diamond Grove Donald Wells	13. 7:00pm Pastor Shivers preach at Macedonia AME Shakina Boone	14. 7:00pm Pastor Shivers preach at Macedonia 7:00pm Mass Choir and ushers serve at New Branch Baptist Courtland Shivers Dorian Epps II	15. 7:00pm Pastor Shivers preach at Macedonia AME Choir & ushers serve Lenore Williams	16. 6:30pm Youth Choir rehearsal Stacy Turner	17. 6:00pm-9:00pm Women Ministry Girls and Games outing Shemille Davis	18. 10:00am Young Adult Praise Team rehearsal 10:00am Pastor & Church Anniversary committee meet Sheila Brown
19. After service Ushers Ministry will meet	20. Shagan B. Gatewood	21. No CID/Bible Study TBA: Singles Ministry movie & lunch outing	22. Theodore Gundy	23. 6:00pm Praise Team 7:00pm Joyful Voices Aiyanna Chapman Jasmine Parker	24.	25.
26. Lekesha Moton	27.	28. No CID/Bible Study Bertram Blackwell	29. 7:00pm Mass Choir & ushers serve at Rising Star Baptist Alma Gayton	30. 6:00pm Praise Team 7:00pm Mass Choir Happy Anniversary Bert & Toni Blackwell Barry & Elaine Nichols Deborah Williams	31. Happy Anniversary Willie & Stacy Turner	

2018 Theme: The Year of Elevation – 1st Peter 5:6

So be content with who you are, and don't put on airs. God's strong hand is on you; he'll promote you at the right time. (MSG)

August Birthdays

Happy Birthday

Derica White
Sarah Hatton
Hilja Diggs
Kori Smith
Jala Johnson
Davion Archer
Mary Cornick
Tami Drew
Kayla Battle
Carl Duck
Donald Wells
Shakina Boone
Courtland Shivers
Dorian Epps II
Lenore Williams
Stacy Turner
Shenille Gray
Sheila Brown
Shagan B. Gatewood
Theodore Gundy
Aiyanna Chapman
Jasmine Parker
Lekesha Moton
Bertram Blackwell
Alma Gayton
Deborah Williams



August 1st
August 4th
August 4th
August 4th
August 5th
August 5th
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August 11th
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August 23rd
August 23rd
August 26th
August 28th
August 29th
August 30th

Congratulations to the Playmakers Basketball Team. The Playmakers won 4 out of 4 games in the AAU Girls Basketball Tournament at Oxon Hill High School in Maryland on July 28th and July 29th. Solomon's Temple very own Jayla Gray and Nikia Robertson are two of the team players. Again, way to go Playmakers.



Prayer List



Sis. Vernell Brown
Sis. Mary Diggs
Sis. Lonnie Batten
Sis. Connie Payne
Sis. Vernell Wrenn
Sis. Ruby Clarke
Sis. Mary Cornick
Sis. Florence Turner
Sis. Sonjia Moore
Sis. Tami Drew
Bro. James Green Sr.
Sis. Wendy Green
Sis. Tamara Brown
Bro. Corey Brown
Sis. Marion Smith
Sis. Frances Wells-Robertson
Sis. Dorothy Robinson
Bro. Stanley Robinson
Bro. Grayland Robinson
Elder Karen Lee
Sis. Stacy Turner
Sis. Sarah Gatewood & Family
Bereaved Families



If there are any names that need to be added to the list, let the church administrator know. Thank You.



August Anniversaries

Happy Anniversary



Vincent & Barbara Jones - August 7th
Bertram & Toni Blackwell - August 30th
Barry & Elaine Nichols - August 30th
Willie & Stacy Turner - August 31st

GIRLS NIGHT OUT!

Women's Ministry Girls and Games Outing
Friday, August 17th | 6:00pm to 9:00pm
4718 Thornwood Street, Portsmouth, VA 23703
(Home of Elder Karen Lee)

CONGRATULATIONS

Congratulations to Destiny Shivers
Destiny completed her summer classes at Thomas Nelson Community College with a 4.0.

Amore

SAVE THE DATE
SATURDAY SEPTEMBER 8, 2018

THIS NOTICE SERVES AS YOUR
PERSONAL INVITATION TO
"THE GOLDEN 50TH BIRTHDAY"
CELEBRATION OF
LADY EDITH ROBINSON SHIVERS

50

IT'S AN ITALIAN "festa di compleanno" *Birthday Party!*

THEME: *Show Her Some "Amore" or Love*

PLACE: SURRY RECREATION CENTER, SURRY VIRGINIA

TIME: 5:00pm – 8:00pm

CELEBRATION COLORS: Ivory/Gold/Black (*Optional*)

Please **RSVP** (Text or Call) by **September 1, 2018** to

T. White (757) 771-4740, K. Lee (757) 615-0133 or P. Duck (757) 284-9764
Ci vediamo lì - See you there!



BIKERS FOR CHRIST!

Saturday, August 11, 2018

Registration will start at 9:15 a.m. / Kick stands up at 10:15 a.m.

\$10.00 Registration Donation

We will have a bag lunch after the ride – hotdog, chips and drink.
For more information, please contact Min. Ernest Ruffin 757.849.9789
Bro. Barry Nichols 757.729.8848 or Bro. Corey Brown 757.239.1509

Sponsored by the Men's Ministry of Solomon's Temple

Solomon's Temple | 12749 Courthouse Highway | Smithfield, VA 23430 | 757-357-9500
Rev. Dr. K. D. Shivers, Pastor



Youth Ministry Picture Fundraiser

Sunday, September 9, 2018



Grandparents Day is September 9th. Your grandchild would love to take a keepsake picture with you. Let's dress alike, wear matching colors, get dressed up in our best or you decide grandma or granddad since it's your day! Line up after church and get your picture taken immediately after service for a low price of \$10. All pictures will be taken by a professional and include a border. All pictures will be ready for pickup the following Sunday. Tell your other family members if they are grandparents, they can join in too. Early Bird times available from 8am-8:45am only. Must sign up!

A Temple Nation Fundraiser





Solomon's Temple Disciples Individual Pictures for Our Yearbook **AUGUST PHOTO DAY SCHEDULE**

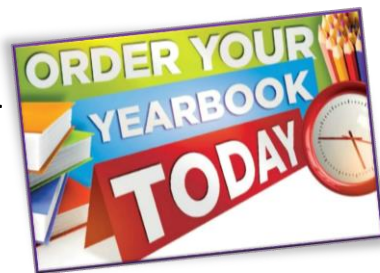


Sun., Aug. 5 th	Sun., Aug. 12 th	Sun., Aug. 19 th	Sun., Aug. 26 th
LaQueshia Newsome	Letitia Seaborn	Charles Turner	Turekia White
Brandon Newsome	Kevin Shepherd Jr.	Florence Turner	Davaren White
Elaine Nichols	Pastor K. D. Shivers	Taleigha Turner	Lavores White
Barry Nichols	LL Edith Shivers	Castachia Turner	Derica White
Jayla Nichols	Kinston Shivers	Christian Turner	Robert White
Marquis Palmer	Courtland Shivers	Mattie Turner	Tanisha White
Shakilra Parker	Latisha Shivers	Melissa Turner	Micheal Wiggins
Arieana Parker	Deloris Shivers	Quenten Turner	Phyllis Wiggins
Cedric Parker	Destiny Shivers	Stacy Turner	Nathan Williams
Hope Parker	Margaret S. Thomas	Willie Turner Jr.	Brittany Williams
Jasmine Parker	Marion Smith	Willie Turner Sr.	De'Ahzha Williams
Raven Parker	Beretta Smith	Melvin Turner Sr.	Bryce Williams
Connie Payne	Kori Smith	Khadedra Vaughan	Deborah Williams
Patricia Payne	Kristiana Smith	Willie B. Warren	Kayla Williams
Jay'Vion Pierce	Jessica Smith	Lucy Watkins	Lenore Williams
Terry Rawls	Marcus Smith	Donald Watkins	Christian Wilson
Tierra Rawls	Jowanda S. Hawkins	Cynthia Watson	Brent Wrenn
Nasheena Roberts	Shaquita Taylor	Charlotte Wellons	Crystal Wrenn
Kameron Robertson	Alonzo Taylor Jr.	Zhamir Wells	Vernell Wrenn
Nikia Robertson	Joydan Taylor	Donald Wells	
Stanley Robinson	Jerrica Taylor	Shermyiah Wells	
Dorothy Robinson	Kaden Taylor	Zhaetwan Wells	
Grayland Robinson	Kyrah Taylor	Frances W. Robertson	
Valerie Robinson-Ford	Faye Thompson		
Jackie Ruffin	Lisa Thompson		
Ernest Ruffin			

If your name is not on the list to have your picture taken, please see Bro. Donald Watkins or Sis. Lucy Watkins.

Here are a few reasons to buy a Solomon's Temple Yearbook:

1. So you won't miss out on all the fun and excitement when the yearbooks arrive.
2. Because our church is the greatest and you want to keep those wonderful memories.
3. To remember what our disciples used to look like years from now.
4. So one day you can look back at yourself and say "I remember when....."
5. To share with your family and future children or grandchildren.



One of the best ways you can prepare your children this year as they go back to school is through prayer. And praying Scripture over them is one of the most powerful ways to pray. Here are five back to school prayers you can pray for your kids and grandkids:

*** Prayers for Peace (Isaiah 26:3; Philippians 4:6-7; Romans 5:1)**

Lord, I pray that my kids (grandkids) will experience the peace of God this year that exceeds all understanding. I pray they will not worry about things they cannot control, but that You will guard their hearts and minds and keep them trusting in You. I pray they will not only enjoy the peace of God, but peace with God. I pray they will develop a spirit of gratitude and thanksgiving as they look to You daily for their needs. I pray that You will give them the capacity for joy that bubbles up from Your peace.

*** Prayers for Protection (2 Thessalonians 3:3; Psalm 46:1; John 17:15; Psalm 91)**

Lord, I pray Your emotional, physical, and spiritual protection over my kids (grandkids). Keep evil far from them, and help them to trust You as their refuge and strength. I pray You will guard their minds from harmful instruction, and grant them discernment to recognize truth. I pray You will make them strong and courageous in the presence of danger, recognizing that You have overcome and will set right all injustice and wrong one day. Help them to find rest in Your shadow, as they live in the spiritual shelter You provide for them. Let them know that the only safe place is in Jesus, and that their home on earth is only temporary.

*** Prayers for Purity (Psalm 51:10; Mathew 5:8; 1 Timothy 1:5; 1 Corinthians 10:13; Psalm 19:14)**

Lord, I pray that You will create in my kids (grandkids) a clean heart and that You would constantly renew a right spirit within them, keeping their thoughts and actions pure and motivated by love. Guard them from temptation, and let them know You are always faithful to give them a way out and help to endure. May the words of their mouths and the meditations of their hearts always please you and edify others.

*** Prayers for Passion (Psalm 42:1; Matthew 22:37-39; John 13:34-35)**

Lord, I pray that my kids (grandkids) will develop a passion for the things of God. I pray they will hunger and thirst for You and Your Word and will love You with all of their heart, soul, and mind. Give them compassionate and generous hearts to love others as much as You love them. I pray they will always work and study with excellence, but that You will help them desire a servant spirit of greatness, rather than a worldly lust for success. I pray they will fall in love with Jesus over and over again.

*** Prayers for Perspective (Galatians 2:20; Matthew 28:18-20; Philippians 1:21; Colossians 3:1-2; Ephesians 3:17-20)**

Lord, I pray that my kids (grandkids) will develop an eternal perspective and purpose, not an earthly one. Help them to see life—and every challenge—through Your eyes, eager and unafraid to share with others the good news of Jesus wherever they go. I pray that they will set their minds on things above, not just what’s going on here, and that they will be rooted and grounded in Your love. I pray they will come to understand the extent of Your own love for them—that it surpasses all the head knowledge they will acquire in school. I pray they will be filled up with You from morning ’til night.

UPCOMING EVENTS

SEPTEMBER

Sept. 3rd Labor Day
 Sept. 9th Leading Lady Day
 Sept. 9th Youth Picture Fundraiser
 Sept. 18th Pastor Shivers preach at New Bethany
 Sept. 22nd Matriarch & Patriarch service
 Sept. 29th Youth Conference
 Sept. 30th Family & Friends Fitness Sunday

NOVEMBER

Nov. 11th Veterans Day
 Nov. 11th Temple Nation
 Nov. 14th Pastor Shivers preach at First Baptist
 Nov. 15th Thanksgiving Dinner Outreach
 Nov. 18th – 20th Fall Harvest Revival
 Nov. 22nd Thanksgiving Day

OCTOBER

Oct. 6th Thrift Store Fashion Show
 Oct. 14th Temple Nation
 Oct. 21st Church Anniversary service
 Oct. 21st Pastor Anniversary service

DECEMBER

Dec. 2nd 2019 Agendas Due
 Dec. 2nd First Sunday of Advent
 Dec. 9th Temple Nation
 Dec. 24th Christmas Eve
 Dec. 25th Christmas Day
 Dec. 30th Family & Friends Fitness Sunday
 Dec. 31st New Year’s Eve