

# Temple News

*Monthly Newsletter of Solomon's Temple Church*

*www.solomonstemplechurch.net*

September 2021



## **Managing ‘What If I Get COVID?’ Anxiety** by *Holly Lebowitz Rossi*

How families can keep worry in its place during the pandemic. My family has a couple of favorite anxiety management sayings that come from my son’s picture bookshelf. One is to watch out for “the What-If monster,” and the other is, “Don’t feed the worry bug.” Both are front and center as we try to keep worry in its place during the pandemic.

Worry is a universal human condition—but during the pandemic, as work, school and social routines continue to be disrupted, it’s normal to feel concerned. It’s even expected to feel yourself ratcheting up from worry and into anxiety, particularly if case numbers in your community are moving in the wrong direction, or you know someone who has been ill or died from the virus. Managing our anxiety is part of navigating this difficult time with grace, strength and authentic positivity. Within families, the fears might manifest differently across different generations. But from kids to grandparents, everyone has two questions on their mind: “Will I be ok?” and “Will you be ok?”

### **Use Your Worry for Good**

The irony of worry is that it’s an uncomfortable feeling that can actually be very good for us. If we didn’t worry, after all, we wouldn’t feel motivated to protect ourselves from the very real dangers of the coronavirus. We might take ill-advised risks like gathering with groups indoors or leaving our masks at home. We might even hold back from reporting symptoms or getting tested—all in the name of “keeping calm.”

A healthier path is to acknowledge that the worry comes from a set of true facts about Covid-19. Follow public health guidance to participate in the solution to the pandemic crisis. Use the language of “using our worry for good” with your family to focus on the empowerment that comes with doing the right things to protect yourself and others.

### **Watch Out for “What If”**

Oh, that “What-If monster” is a sneaky one! It’s so tempting to worry in the form of “what if” questions. “What if I get sick?” “What if you get really sick?” The list of hypotheticals is long. One helpful technique is to call attention to “what-iffing” when you hear it from your family members (or yourself), and gently, even jokingly, urge yourself away from asking questions you can’t answer.

Another approach is to lean into the “what if,” taking a moment to make a plan for if a member of the family has to quarantine, thinking through where you would get tests and laying in food and medical supplies (think chicken soup and pain relievers). Strategize and prepare until you can answer a “what if” question with, “We have a plan for that.”

### **Don’t Let the “Worry Bug” Grow Too Big**

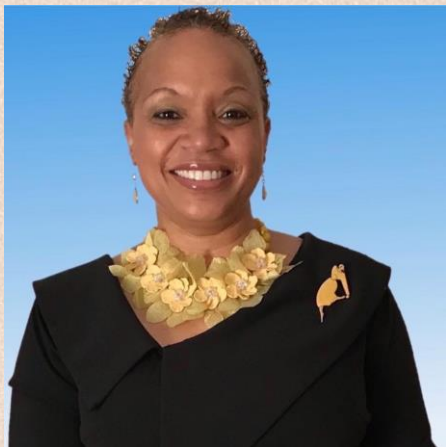
We all know that to everything there is a season, right? And it’s true that there’s a time to fret and a time to let go of worry. If you notice anxiety growing and feeding on an increasingly large amount of your and your family’s energy, take steps to dial the big feelings down.

First, turn to the practical, reassuring ideas we’ve discussed—have a plan, follow good public health advice. If you’re still overly anxious, try setting a time in your calendar for worry—and not inviting your anxiety to the table when it’s not “worry time.”

Finally, don’t hesitate to reach out to a friend, family member, clergy person or counselor for support.

Just because it’s normal to worry doesn’t mean that anxiety has to define your family’s life during this challenging time. Don’t forget that worried questions go both ways. You might ask, “What if...we learn to get through hard things together with love and commitment?” Now that’s a way a family can pull through this together.

# Happy Leading Lady Day & Happy Birthday Co-Pastor Edith Shivers



Sunday, September 12, 2021  
Monday, September 13, 2021



## I Said a Prayer for You Today

I said a prayer for you today  
And know God must have heard –  
I felt the answer in my heart  
Although he spoke no word,  
I didn't ask for wealth or fame,  
I knew you wouldn't mind,  
I asked Him to send treasures  
Of a far more lasting kind.  
I asked that He'd be near you  
At the start of each new day,  
To grant you health and blessings  
And friends to share the way.  
I asked for happiness for you  
In all things great and small,  
But it was for His loving care  
I prayed the most of all  
*We Love You Co-Pastor*  
*Solomon's Temple Church*



## Celebrate our Co-Pastor this Month!!

Make Co-Pastor Shivers' birthday a special one she will always remember. Solomon's Temple let's shower her with love this month. "Love is not what you say but what you do."

For all the kindness that you show, and the love you freely give; For all the thoughtful deeds you sow, and for the life you live; It is time to tell you, how others are so blessed; Not just for all the things you do; but because you are the best!  
(Wordpress.com)  
Happy Leading Lady Day & Happy Birthday Co-Pastor Shivers

God bless you and we love you.  
*Solomon's Temple Church Family*  
"And now these three remain: faith, hope and love. But the greatest of these is love." (1 Corinthians 13:13)

## When God Sends You in an Unexpected Direction by Julia Attaway

What happens in life isn't always tidy or predictable. Here are some ideas for finding peace in the midst of confusion. I walked along the sidewalk that borders the west side of Central Park this morning marveling at its geometry: hexagonal paving stones underneath my feet were bordered by parquet-like brickwork, with a tidy stone wall running alongside. Just past the wall lay the park itself, where delicate branches of leafless trees laced the blue sky, and an erratic chatter of house sparrows emerged from sprawling yews. The contrast between the straight-lined, orderly, man-made sidewalk and the intricate, swirling exuberance of nature just beyond its border set me to thinking about the differences between God's creation and man's. The world holds innumerable examples of circles made by God: the moon, belly buttons, grapes, drops of water and the center of flowers. Triangles are readily evident, too. There are kitty cat noses and ears, conifers, mountain peaks, agave leaves and river deltas. But what about that most-common shape in the man-made world, the rectangle? I searched my brain for natural counterparts, and though I thought and thought I came up with only two: teeth and salt crystals. That surprised me. Do we prefer rectangles simply because it's easier to plan and build with blocks and straight lines? Or does it have something to do with how humans tend to assume life is supposed to be linear? I don't know. There is a saying that God writes straight with crooked lines. As I look at the beauty of a tree in winter, with its boughs and branches and twigs reaching skyward in a seemingly jumbled but obviously planned pattern, I can grasp something of what that means. God's plan isn't always tidy and predictable in the way that I want it to be. There are twists and turns in my life that I can't foresee or predict. That doesn't mean branching off in unexpected directions is bad or wrong. All it means is that in each new place I find myself, I need to continue growing, reaching upward, living for and with the Lord.

# Solomon's Temple Tribe List

Asher Tribe	Benjamin Tribe	Joseph Tribe	Levi Tribe
Shirley Haskins – Tribe Leader	James Green – Tribe Leader	Donald Watkins – Tribe Leader	Phyllis Duck - Tribe Leader
Wendy Johnson – Tribe Leader	Wendy Green – Tribe Leader	Lucy Watkins – Tribe Leader	Turekia White – Tribe Leader
Angela Batten	Jha'Siah Brown	Bertram Blackwell	Vernessa Black
Joe Batten	Dana Cary	James Britt	Jai'Aja Brock
Lonnie Batten	Latoya Diggs	Jennifer Britt	Jai'Ciana Brock
Aalani Brown	Jordan Elliott	Mercedi Brown	Sheila Brown
Corey Brown	James "Mike Mike" Green	Alice Day	Craig Clarke
Denise Brown	Kenya Hargrove	Hilja Diggs-Cypress	Ebony Clarke
Desiree Brown	Lena Holmes	Mary Diggs	Ruby Clarke
Tamara Brown	Ray Holmes	Cynthia Edwards	Terren Clarke
Vernell Brown	Darnelle Jefferson	Ella Ford	Wanda Clarke
Kimesia Burrell	Mor'Netra Johnson	Joyce Greene	Seniah Cypress
Shenille Davis	Mor'Relle Johnson	Kathy Greene	Antonio Dixon
Melachi Goodman	Linda Jordan	Carl Henderson	Brandon Drew
Anthony Gray	Karen Lee	Travis "TJ" Holloway	Tami Drew
Imani Gray-Davis	Brandon Newsome	Barbara Jones	Carl Duck
Jayla Gray	LaQueisha Newsome	Junious Little	Regina Green
Marcus Gundy	Connie Payne	Barry Nichols	Sarah Hatton
Sylvia Gundy	Patricia Payne	Elaine Nichols	Wayne Hatton
Theodore Gundy	Jay'Vion Pierce	Jayla Nichols	Kianna Hill
Arieana Parker	Terry Rawls	Jessica Smith	Nasheena Roberts
Hope Parker	Ernest Ruffin	Kori Smith	Kevin Shepherd Jr.
Raven Parker	Jackie Ruffin	Kristiana Smith	Co-Pastor Edith Shivers
Shakilra Parker	Alonzo Taylor Jr.	Marcus Smith	Kinston Shivers
Nikia Robertson	Jerrica Taylor	Castachia Turner	Pastor K. D. Shivers
Dorothy Robinson	Joydan Taylor	Charles Turner	Alexis Smith
Grayland Robinson	Charlotte Wellons	Christian Turner	Beretta Smith
Stanley Robinson	Brittany Williams	Florence Turner	Jowanda Smith-Hawkins
Courtland Shivers	Bryce Williams	Mattie Turner	Marion Smith
Deloris Shivers	Deborah Williams	Melvin Turner	Faye Thompson
Destiny Shivers		Stacy Turner	Lisa Thompson
Latisha Shivers		Willie "Cat" Turner	Frances Wells-Robertson
Margaret Shivers-Thomas		Willie Turner	Robert White
Khadedra Vaughan		De'Ahzha Williams-Drewry	Brent Wrenn
Cynthia Watson-Jordan			Crystal Wrenn-Combs
Tanisha White			
Micheal Wiggins			
Phyllis Wiggins			
Lenore Williams			

"Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you." (2 Corinthians 13:11)

# Solomon's Temple 2021 Officers List

## LEVITES

Co-Pastor Edith Shivers – CP  
Elder Sarah Hatton – ACP  
Elder Karen Lee  
Elder Margaret Shivers-Thomas  
Elder Wayne Hatton  
Min. Bertram Blackwell  
Min. Cynthia Edwards  
Min. Ernest Ruffin  
MIT Sylvia Gundy  
MIT Kinston Shivers

## SERVANT LEADERS

Donald Watkins – CP  
Wendy Johnson – ACP  
Lucy Watkins – ACP  
Phyllis Duck  
Wendy Green  
James Green Sr.  
Turekia White  
Shirley Haskins  
Kathy Greene

## ARMOUR-BEARER

Terry Rawls – CP  
Elder Karen Lee – ACP  
Phyllis Duck

## SECURITY

Terry Rawls – Advisor  
Sheila Brown – CP  
Willie “Cat” Turner – ACP  
Alice Day – ACP

## FINANCE SECRETARY

Tanisha White  
Elder Karen Lee – Asst.  
Tamara Brown – Asst.  
Jackie Ruffin – Asst.

## FINANCE MINISTRY

Jessica Smith  
Hope Parker  
Joyce Greene  
Mattie Turner  
Trustees

## TREASURER

Ray Holmes – CP  
Theodore Gundy – ACP

## CHURCH ADMINISTRATOR

Elder Margaret S. Thomas  
Cynthia Watson – Asst.

## EDUCATION MINISTRY

Min. Cynthia Edwards – CP  
Elder Wayne Hatton – ACP

## BEREAVEMENT MINISTRY

Co-Pastor Edith Shivers – Advisor  
Min. Bertram Blackwell – CP  
Donald Watkins – ACP

## NEW DISCIPLES MINISTRY

Elder Sarah Hatton – CP  
Elder Wayne Hatton – ACP  
Phyllis Duck – ACP

## TRUSTEE MINISTRY

Ray Holmes – CP  
Lena Holmes – ACP  
Theodore Gundy  
Linda Jordan  
Marcus Smith  
Barry Nichols  
Cynthia Watson  
Willie “Cat” Turner  
Florence Turner

Desiree Brown

Willie Turner Sr. – Emeritus

## PRAISE DANCE MINISTRY

Arieana Parker (CP – Adults/Youth)  
Shenille Davis – ACP (Adults)

## MEN'S MINISTRY

Elder Wayne Hatton – Advisor  
James Green Sr. – CP  
Min. Ernest Ruffin – ACP

Terry Rawls – ACP

## WOMEN'S MINISTRY

Co-Pastor Edith Shivers – Advisor

## YOUTH MINISTRY

Wendy Green – CP  
James Green Sr. – ACP  
Tamara Brown – ACP  
Cynthia Watson – ACP

## SEASONED SAINTS

Pastor & Co-Pastor Shivers-Advisors  
Elder Karen Lee – CP  
Linda Jordan – ACP

## HOSPITALITY MINISTRY

Shirley Haskins – CP  
Joe Batten – ACP

## BRIDGE MINISTRY

Pastor Shivers – Advisor  
Kinston Shivers – CP  
Kevin Shepherd Jr. – ACP

## HEALTHCARE MINISTRY

Wendy Johnson – CP  
Mor'Netra Johnson – ACP  
Faye Thompson – ACP

## OUTREACH MINISTRY

Kathy Greene – CP  
Turekia White – ACP  
Shenille Davis – ACP  
Tami Drew – ACP  
Joyce Greene – ACP

## MEDIA MINISTRY

Stanley Robinson – CP  
Jessica Smith – ACP  
Kevin Shepherd Jr. – ACP  
Kenya Hargrove – ACP

## GREETER MINISTRY

Co-Pastor Edith Shivers - Advisor  
Linda Jordan – CP  
Min. Cynthia Edwards – ACP  
Elder Wayne Hatton – ACP

## MUSIC MINISTRY

Min. Bertram Blackwell Min. of Music  
Kinston Shivers – Asst.  
Jessica Smith – Directress  
Elder Wayne Hatton – CP (men)

## INTERCESSORY PRAYER MINISTRY

Pastor & Co-Pastor Shivers–Advisors  
Elder Margaret S. Thomas – CP  
Min. Cynthia Edwards – ACP

## USHER MINISTRY

Ella Ford – CP  
Alice Day – ACP  
Barbara Jones – ACP

## YOUTH USHERS

Hope Parker – CP  
Mattie Turner – ACP  
Arieana Parker – ACP

## BUILDING COMMITTEE

Pastor Shivers  
Min. Bertram Blackwell – CP  
Co-Pastor Edith Shivers  
Elder Wayne Hatton

Ray Holmes

Lena Holmes

Barry Nichols

Donald Watkins

Lucy Watkins

Trustees

## SOLOMON'S COUNCIL

Pastor Shivers  
Elder Margaret Shivers-Thomas – Admin.  
Tanisha White – Finance  
Theodore Gundy – Treasurer  
Co-Pastor Edith Shivers – Levite  
Donald Watkins – Servant Leader  
Ray Holmes - Trustee  
Min. Bertram Blackwell – Layperson  
Turekia White – Layperson  
Kathy Greene – Layperson

## FEBRUARY – Valentine Celebration

Men & Women in charge

## MARCH 28<sup>th</sup> – APR. 1<sup>st</sup> – Holy Week Revival

Levites in charge

## MAY – Women's Day

Women in charge

## MAY – Ministry Day

(All Ministries Celebration)

Dana Cary – CP

Wanda Clarke – ACP

Wendy Johnson – ACP

## JUNE – Youth Day

Youth in charge

## JUNE – Men's Day

Men in charge

## JULY – Family & Friends Day

Levi Tribe in charge

## SEPTEMBER – Leading Lady Day

Women in charge

## OCTOBER – Pastor & Church

### Anniversary

Elder Karen Lee – CP

Levites in charge

## NOVEMBER – Fall Harvest Revival

Lena Holmes – CP

Desiree Brown – ACP

Vernessa Black – ACP

## DECEMBER – Christmas Celebration

Youth & Bridge in charge

## DECEMBER – New Year's Eve service

Assembly of Servants in charge

“Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, <sup>2</sup> then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. <sup>3</sup> Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, <sup>4</sup> not looking to your own interests but each of you to the interests of the others.” (Philippians 2:1-4, NIV)



Our Newest Servant Leader  
-Servant Leader Sis. Kathy Greene-



# September Kingdom Schedule <sup>7</sup>

## September Scriptures

9/5 Psalm 27:1-4  
9/12 Psalm 119:73-74  
9/19 Colossians 4:2-6  
9/26 Psalm 139:11-14

## Welcome Schedule

9/5 Sis. Wendy Johnson  
9/12 Kianna Hill  
9/19 Sis. Barbara Jones  
9/26 Sis. Dorothy Robinson

## Door Opener

MIT Kinston Shivers

## Worship Leaders Schedule

9/5 Bro. James Green Sr.  
9/12 Elder Margaret S. Thomas  
9/19 MIT Kinston Shivers  
9/26 Elder Wayne Hatton

## Servant Leaders Schedule

9/5 Sis. Turekia White  
9/12 Bro. James Green Sr.  
9/19 Sis. Shirley Haskins  
9/26 Sis. Wendy Green

## Communion Bowls

Sis. Shirley Haskins  
Sis. Wendy Green



## 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 with 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 New Disciple Orientation sessions 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 Sis. Phyllis Duck.**

## CID Lessons for the month of September

Teachers for the month: Co-Pastor Edith Shivers, Min. Cynthia Edwards, Sis. Lucy Watkins, Sis. Shirley Haskins and Sis. Kathy Greene



9/7 No CID/Bible Study  
Praise in Dance | 2 Samuel 6:1-5, 24-29  
Praise by Expecting and Following | Mark 10:46-52

9/14 Pastor K. D. Shivers | Bible Study

9/21 Min. Cynthia Edwards | Praise for Salvation | Acts 2:32-33, 37-47  
Sis. Kathy Greene | Praise God with Joy | Psalm 100

9/28 No CID/Bible Study



"The beautiful thing about learning is that no one can take it away from you." ~ B. B. King

## Newsletter Submissions

Do you know someone who is doing great things in the community, school, or church? Nominate him or her 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), promotions or special occasions. We also want to know about students 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 the church administrator at [stsecretary1@gmail.com](mailto:stsecretary1@gmail.com).

# September Schedule of Events <sup>8</sup>

Date	Time	Event
9/1/21	6:00am	Intercessory Prayer
9/2/21	6:00pm	Praise Team rehearsal
9/6/21	All Day	Labor Day
9/7/21		No CID/Bible Study
9/7/21		Back to School
9/8/21	6:00am	Intercessory Prayer
9/9/21	6:00pm	Mass Choir rehearsal
9/12/21	9:00am	Leading Lady Day
9/12/21	All Day	Happy Grandparent's Day
9/14/21	6:30pm	Bible Study on Zoom
9/15/21	6:00am	Intercessory Prayer
9/16/21	6:00pm	Youth Choir rehearsal
9/19/21	9:00am	Pastor Shivers preach at First Baptist Church Jefferson Park
9/21/21	6:00pm	CID session on Zoom
9/22/21	6:00am	Intercessory Prayer
9/22/21	6:30pm	Levite Ministry Zoom meeting
9/22/21	7:30pm	Assembly of Servants Zoom meeting
9/23/21	6:00pm	Sons of Solomon rehearsal
9/28/21	7:00pm	Pastor Shivers preach at New Bethany for Fall Revival service; praise team asked to serve
9/29/21	6:00am	Intercessory Prayer
9/30/21	6:00pm	Praise Team rehearsal

## Solomon's Temple Bereavement Ministry

The purpose of the Bereavement Ministry is to provide comfort and support to disciples of Solomon's Temple during time of loss of a loved one, and to show love to our disciples and assure them that they are not alone during this difficult time in their lives. We have "Spiritual Support Care Teams" available to assist you.

### September Spiritual Support Care Team

Sis. Lucy Watkins and Co-Pastor Edith Shivers

He gives us **comfort** in all our troubles. Then we can **comfort** other people who have the same troubles.

We give the same kind of **comfort God** gives us." **2 Corinthians 1:4**

## 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.

### September Care Team

Sis. Shenille Davis, Sis. Dorothy Robinson and Sis. Joyce Greene

## Verse of the Month

"For I will satisfy the weary soul, and every languishing soul I will replenish." Jeremiah 31:25 (ESV)



# September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1.</b> 6:00am Intercessory Prayer Happy Anniversary Willie & Florence Turner	<b>2.</b> 6:00pm Praise Team rehearsal Hope Parker	<b>3.</b>	<b>4.</b>
<b>5.</b> Nikia Robertson Sarah Gatewood	<b>6.</b> <b>Labor Day</b> Phyllis Wiggins	<b>7.</b> No CID/Bible Study Back to School	<b>8.</b> 6:00am Intercessory Prayer	<b>9.</b> 6:00pm Mass Choir rehearsal Melachi Goodman	<b>10.</b> Ruby Clarke Shirley Haskins	<b>11.</b>
<b>12.</b> Leading Lady Day Grandparents' Day Honoring S. T. Seniors	<b>13.</b> Co-Pastor Edith Shivers	<b>14.</b> 6:30pm Bible Study	<b>15.</b> 6:00am Intercessory Prayer Willie Turner Sr.	<b>16.</b> 6:00pm Youth Choir rehearsal Happy Anniversary Wayne & Sarah Hatton	<b>17.</b>	<b>18.</b> Nathan Williams Katrina Suiter
<b>19.</b> 9:00am Pastor Shivers preach at First Baptist Church Jefferson Park Ray Holmes Alonzo Taylor Jr.	<b>20.</b> Karen Lee	<b>21.</b> 6:30pm CID session	<b>22.</b> 6:00am Intercessory Prayer 6:30pm Levites meeting 7:30pm AOS meeting	<b>23.</b> 6:00pm Sons of Solomon rehearsal Marcus Gundy	<b>24.</b> Bryce Williams	<b>25.</b>
<b>26.</b>	<b>27.</b> Margaret S. Thomas	<b>28.</b> 7:00pm Pastor Shivers preach at New Bethany Church	<b>29.</b> 6:00am Intercessory Prayer	<b>30.</b> 6:00pm Praise Team rehearsal		

“Education is the most powerful weapon which you can use to change the world.” ~ Nelson Mandela

## September Birthdays – Happy Birthday

Hope Parker	Sept. 2 <sup>nd</sup>
Nikia Robertson	Sept. 5 <sup>th</sup>
Sarah Gatewood	Sept. 5 <sup>th</sup>
Phyllis Wiggins	Sept. 6 <sup>th</sup>
Melachi Goodman	Sept. 9 <sup>th</sup>
Ruby Clarke	Sept. 10 <sup>th</sup>
Shirley Haskins	Sept. 10 <sup>th</sup>
Co-Pastor Edith Shivers	Sept. 13 <sup>th</sup>
Willie Turner Sr.	Sept. 15 <sup>th</sup>
Nathan Williams	Sept. 18 <sup>th</sup>
Katrina Suiter	Sept. 18 <sup>th</sup>
Ray Holmes	Sept. 19 <sup>th</sup>
Alonzo Taylor Jr.	Sept. 19 <sup>th</sup>
Karen Lee	Sept. 20 <sup>th</sup>
Marcus Gundy	Sept. 23 <sup>rd</sup>
Bryce Williams	Sept. 24 <sup>th</sup>
Margaret Shivers-Thomas	Sept. 27 <sup>th</sup>



## Prayer List

Pastor K. D. Shivers  
 Co-Pastor E. R. Shivers  
 Sis. Angela Batten  
 Sis. Vernell Brown  
 Sis. Mary Diggs  
 Sis. Lonnie Batten  
 Sis. Connie Payne  
 Sis. Ruby Clarke  
 Sis. Florence Turner  
 Bro. Stanley Robinson  
 Sis. Dorothy Robinson  
 Bro. Charles Turner  
 Sis. Shirley Haskins  
 Sis. Frances Wells-Robertson  
 Bereaved Families



*Prayer is the most important conversation of the day!!*

## September Anniversary - Happy Anniversary September 1<sup>st</sup>



Willie & Florence Turner

## September 16<sup>th</sup>

Wayne & Sarah Hatton



An anniversary is a time to celebrate the joys of today, the memories of yesterday and the hopes of tomorrow.

Labor Day 2021 will occur on Monday, September 6. Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September. Labor Day weekend also symbolizes the end of summer for many Americans.



## Sunday, September 12, 2021 Happy Grandparents Day

Solomon's Temple Youth are asked to invite/bring their grandparents to church with them on Sunday, Sept. 12, 2021 in recognition of Grandparents Day. This will be a great time for the youth to present their grandparents with a gift as an expression of love.

On the first Sunday after Labor Day we celebrate National Grandparents Day. Grandparents and children have a special connection that is proven to both make grandparents live longer, and also make children more emotionally resilient. Grandparents Day is an opportunity to treasure that connection and spend some quality family time together.

## Attention Solomon's Temple Disciples

Just a reminder that you can give financially in support of the ministry in the following ways: Our Church website [www.solomonstemplechurch.net](http://www.solomonstemplechurch.net) accepts **Checks** and **Credit Cards**; Cash App **\$STCHURCH00**; Bring your offering to the chapel: **12749 Courthouse Hwy. Smithfield, VA 23430**. If you would like to be a blessing to Pastor & Co-Pastor Shivers, their cash apps: Pastor Shivers - **\$FUNERALS1**; Co-Pastor Shivers - **\$ESFIRSTLADY**

## Upcoming Events

(Some dates/events are subject to change)

### October 2021

Oct. 10 <sup>th</sup>	Clergy Appreciation Day
Oct. 17 <sup>th</sup>	Pastor & Church Anniversary
Oct. 20 <sup>th</sup>	Pastor Shivers preach at Triumph-In Victory Church
Oct. 23 <sup>rd</sup>	Couples Rap Session

### November 2021

Nov. 2 <sup>nd</sup>	Election Day
Nov. 7 <sup>th</sup>	Daylight Saving Time Ends
Nov. 11 <sup>th</sup>	Veterans Day
Nov. 22 <sup>nd</sup> – 24 <sup>th</sup>	Fall Harvest Revival
Nov. 25 <sup>th</sup>	Thanksgiving Day
Nov. 28 <sup>th</sup>	First Sunday of Advent

### December 2021

Dec. 19 <sup>th</sup>	Christmas Celebration
Dec. 24 <sup>th</sup>	Christmas Eve
Dec. 25 <sup>th</sup>	Christmas Day
Dec. 31 <sup>st</sup>	New Year's Eve/Celebration

## September is: National Atrial Fibrillation Awareness Month

### What is Atrial Fibrillation?

Atrial fibrillation is the most common type of heart arrhythmia (irregular heartbeat) that can interrupt the normal flow of blood. This interruption means the conditions puts you at risk of blood clots and stroke. Between 2.7 and 6.1 million U.S. people Trusted Source have atrial fibrillation (AFib or AF). With AFib, the two upper chambers of your heart (atria) are affected. This disrupts blood flow to the ventricles or the lower chambers, and then throughout the rest of your body. If left untreated, AFib can be deadly. Atrial fibrillation may be temporary, may come and go, or may be permanent. It's also most common in adults over the age of 65 Trusted Source. But with proper medical care, you can live a normal, active life.

### **Atrial fibrillation symptoms**

You might not experience any symptoms if you have atrial fibrillation. Those who do experience symptoms may notice: heart palpitations (feeling like your heart is skipping a beat, beating too fast or hard, or fluttering), chest pain, fatigue, shortness of breath, weakness, lightheadedness, dizziness, fainting, confusion, intolerance to exercise. These symptoms can come and go based on the severity of your condition.

### **Atrial fibrillation treatments**

You might not need treatment if you don't have symptoms, if you don't have other heart problems, or if the atrial fibrillation stops on its own. If you do require treatment, your doctor may recommend the following types of medications: beta-blockers to decrease your heart rate, calcium channel blockers to relax arterial muscles and decrease overall heart rate, sodium or potassium channel blockers to control heart rhythm, digitalis glycosides to strengthen your heart contractions, blood thinners to prevent blood clots from forming, Non-vitamin K oral anticoagulants (NOACs) are the preferred blood thinners for AFib. They include rivaroxaban (Xarelto) and apixaban (Eliquis). Generally, the purpose of taking medications for AFib is to normalize your heart rate and promote better heart function overall. These medicines can also prevent possible blood clots in the future, as well as related complications such as heart attack and stroke.

### **Causes of atrial fibrillation**

The heart contains four chambers: two atria and two ventricles. Atrial fibrillation happens when these chambers don't work together as they should because of faulty electrical signaling. Normally, the atria and ventricles contract at the same speed. In atrial fibrillation, the atria and ventricles are out of sync because the atria contract very quickly and irregularly. The cause of atrial fibrillation isn't always known. Conditions that can cause damage to the heart and lead to atrial fibrillation include: high blood pressure, congestive heart failure, coronary artery disease, heart valve disease, hypertrophic cardiomyopathy, in which the heart muscle becomes thick, heart surgery, congenital heart defects, meaning heart defects you're born with an overactive thyroid gland, pericarditis, which is inflammation of the sac-like covering of the heart, taking certain medications, binge drinking, thyroid disease. An overall healthy lifestyle may decrease your risk of AFib. But not all causes are preventable.

### **Risk factors for atrial fibrillation**

While the exact cause of AFib isn't always known, there are some factors that may put you at a higher risk for this condition. Some of these may be prevented, while others are genetic. Talk to your doctor about the following risk factors: increased age (the older you are, the higher your risk), being white, being male, a family history of atrial fibrillation, heart disease, structural heart defects, congenital heart defects, pericarditis, history of heart attacks, history of heart surgery, thyroid conditions, metabolic syndrome, obesity, lung disease, diabetes, drinking alcohol, especially binge drinking, sleep apnea, high-dose steroid therapy.

## CONGRATULATIONS



### Meet our Newest Disciples

James and Jennifer Britt successfully completed New Disciples class on Tuesday, August 17, 2021. Welcome to Solomon's Temple.



Congratulations to Kinston Daron Shivers on the recent approval of his application to practice as a Funeral Director in the Commonwealth of Virginia. Kinston passed the Virginia Laws, Rules & Regulations (LRR) Exam on August 5, 2021. Kinston is the newest Funeral Director at Shivers Funeral Chapel.



### **You Can Do It!**

Giving up is easy. When your dreams seem far away. And life is full of obstacles, you face them every day. But, no matter what the challenge. Some faith will get you through it. So never quite believing, just remember, You Can Do It!