

FIND BALANCE WITH AUTUMN MEDITATION

https://holisticfaithlifestyle.com/autumn-meditation/

Autumn has a strong pull for many of us. We are quicker to acknowledge and appreciate the changes in nature, which leads us to be particularly mindful. Autumn sets a beautiful example and calls us to find balance in finishing a season of busyness and finding rest before we start with new growth once again.

We see this pattern of balance with the leaves, the animals gathering food for hibernation, and on the first day of the season, the Autumn Equinox. Equinox is a Latin term for "equal night" which references the balance of an almost equal 12 hour day and 12 hour night that we experience at the start of both autumn and spring.

Spiritually, we may choose to observe autumn as a time to restore the balance in our lives. Self-care and



boundaries, including the attitude of Sabbath rest, are all strengthening spiritual disciplines that will set us up for a peaceful and joy-filled holiday season.

ACKNOWLEDGE ABUNDANCE & GROW IN GRATITUDE WITH AUTUMN MEDITATION

Though mining our closets for donation prospects or volunteering doesn't appear to be overtly spiritual, generous activities help us participate in the abundance of the season. Part of harvesting is also preparing the soil for new growth. When we view ourselves as harvesting our blessings and generously outpouring them to

others, we prepare ourselves for spiritual growth. This conditioning sets us up for continued giving and receiving in the coming months.

The Letting Go meditation exercise below can help with loosening a grip on items we no longer need, as well as activities or attitudes that are no longer serving us. In this way, autumn meditation can assist you in showing generosity to others or yourself. Maybe even both!

Autumn is a season of change. Creatures big and small prepare for hibernation, leading to new life and the renewal of spring. Part of the magic of autumn is seeing how the leaves light themselves up with color just before they fall and nurture the earth. As the leaves decay, the soil is activated for new growth in the spring.

Reflecting on this process, what might you need to shed as a way to prepare the soil of your life for new growth? Are you carrying a burden in the form of a habit, relationship, behavior, or specific fear? Maybe a go-to reaction that isn't serving you well? Perhaps your burden is an excessive amount of cluttered things preventing you from true appreciation.

As you prepare to meditate consider what it is that binds you and prevents growth.

Let me be clear, the Anointed One has set us free—not partially, but completely and wonderfully free! We must always cherish this truth and stubbornly refuse to go back into the bondage of our past. ~ Galatians 5:1 (TPT)

If you successfully let go of these items, behaviors, attitudes, and priorities, what would be the result? This answer, the result you're looking to manifest, is your personal and powerful "why".

You may want to spend some time in prayer or invite the Holy Spirit in as you journal contemplatively. Or take a walk in nature and ask Christ to reveal himself to you there.

After getting acquainted with these figurative leaves to shed and the new growth you want to encourage, settle in with this Letting Go Meditation Exercise.

LETTING GO MEDITATION EXERCISE FOR AUTUMN

- Sit comfortably with a straight back.
- Breathe naturally and feel your mind and body relax.
- Inhale a one or two word phrase representative of that what you wish to manifest. If you're unsure, "freedom to grow" or "a nourished spirit" may work.
- Exhale a one or two-word phrase representative of what you wish to let go and be unburdened of. If you're unsure, "anything in Christ's way" or self-imposed burdens" may work.
- Repeat this process as many times as it feels comfortable, perhaps 10.
- Don't rush! Sit quietly for a few more minutes and relish the freedom of letting go in Christ. Recognize that letting go is something God wants for you and supports in you.
- If you get distracted, repeat the focused inhale and exhale portion a few more times.
- When you're ready, gently open the eyes and take one more big, cleansing breath.
- Build upon this intention of letting go through journaling, sticky notes in prominent places, and scheduling reminders to pop up on your phone. You've got this! If you feel tempted to pick up what you've been working hard to let go of, remember you have a partner in Christ.

The time is upon us as we watch the change of seasons taking place, but also we





Rev. Dr. J. Henry Buck, Jr. Senior Pastor

see that God is continuing to do marvelous and merciful things in our lives. We certainly take this time to just reflect and remember the things that God has covered and kept us from, or even those things that He has kept from us. As the saying goes "My soul looks back and wonder how I got over". When was the last time we paused from the business and the busyness of life encounters to just look at what the Lord has done? Take this time to do so and you will not be disappointed.

The month of October is a very high month of celebratory events. We have the Church Anniversary, New Members celebration that is taking place. I sure hope that you are prepared for a fabulous fellowship that the Associate Ministers have planned. Since they

are in-charge of the programmatic fashion, you are going to see and witness a spirit filled fellowship. We have so much to be thankful for with 131 years of existence.

We are certainly for the new members that have been added to the fellowship as the Lord has seen fit. We once again welcome you with the LOVE and JOY of Jesus.

Grace, we take this time to wish all who are celebrating birthdays, anniversaries and any other notable moments in your personal lives, the best of it all.

Think about this. We are within a 90 period where we are going to see a new year coming in. But us not leave out of the old year, and not lift up what the Lord is doing in this place.

Please continue to keep the entire congregation lifted in prayer, but also be intentional about sending calls of praise as God continues to do only as He can and will.

Pas Vobiscum

Pastor Buck.

Background Information about Grace Baptist Church of Germantown

A prayer meeting on Keyser Estate was the beginning of what is known today as Grace Baptist Church of Germantown. From the Grace Mission, born in a small meeting room on that Estate, to Vernon Hall on the Southeast corner of Germantown Avenue and Price Street, the congregation grew to become Grace Baptist Church of Germantown, in 1892. Four years after its beginning, the church purchased its first site at 34 East Sharpnack Street, thus beginning Grace's legacy of building to praise and worship God and to serve His people.

The pastors of the early years had very short tenures: Reverend T. P. Wilson (1892-1894), Reverend John Reed (1894-1902), Reverend Wingfield (1902-1904), Reverend R. L. Robinson (1904-1910), Reverend R. L. Lewis (1910-1912) and Reverend Haskins (1912-1915).

In 1915, Reverend Dr. P.H. Hughes became pastor and the congregation continued to grow to the point where it became necessary to build a new edifice rather than remodel and expand the existing structure, as had been done in 1902 and 1910. In 1923, under the leadership of Dr. Hughes the present Sharpnack Street site was completed.

Reverend Hughes retired in 1938, and Reverend Dr. Jeremiah A. Wright, Sr. was installed as the 8th pastor on May 1, 1938. Reverend James B. Murray served as Assistant to the Pastor under Dr. Wright. Under Dr. Wright's leadership, the mortgage on the Sharpnack Street site was paid off, and the present site on Johnson Street was erected. The present site includes space for the rebuilding of the Jeremiah A. Wright, Sr. Christian Community Center as well as the Ida L. Goode Educational Building.

During Pastor Wright's tenure, the congregation grew phenomenally from less than 100 people in 1938 to over 1000 by the time of Dr. Wright's retirement in 1980. He had served the church for 42 years.

After an 18 month search, the church called the Reverend Dr. G.Daniel Jones as the 9th pastor. Dr. Jones continued the expansion of the physical plant through renovations which added the balcony, new office space, an elevator, and lift in the education building, new parking space, and more recently the home at 6422 Emlen Street, which became the home of our first Assistant Pastor, Reverend Merle D. McJunkin before he was called to his own pastorate. Pastor Jones and Reverend McJunkin worked together to expand the ministries of Grace and to encourage the congregation to look to the future, including the building of a new community center for which a Capital Campaign Fund was begun and continues to grow.

Dr. Jones retired in 2013, having served Grace for more than 33 years.

The search for a new Pastor lasted for more than 3 long years. During that time, Reverend Dr. Quintin L. Robertson acted as Interim Pastor. Finally, on December 11, 2016, the church voted to call the Reverend Dr. James H. Buck, Jr. as our 10th Pastor. Dr. Buck began his tenure in January 2017, and has shown himself to be an innovative, anointed leader. To God Be the Glory for the things He has done and will do to build His Kingdom, through the relationship of Grace Church and Pastor Buck.

Grace Baptist Church of Germantown is an American Baptist Church, and is an active member church affiliate with Philadelphia Baptist Association, Lott Carey Baptist Foreign Mission Convention Inc., Keystone Baptist Association, and the Pennsylvania State Baptist Convention.

Our Annual Health and Wellness Day was very successful. Thank you and **Kudos to Minister Carolyn Blackson and** her dynamic support team. Not only













From the keyboard of the editor

RELEASE THE ART!

Recently one of my meditations talked about art. Someone asked an author what he thought of as he imagined a work of art yet to be started. The writer responded "a blank canvas." The person who posed the question pointed out

another way to look at the situation. He said "The art already exists; it's up to

the artist to unveil it."

As I watched my 18 month old grandnephew play with my grandson's blocks last weekend, I thought about how God has made each of His children so uniquely individual using the same building blocks. Amari, whom I refer to as my "tornado" because he loves running wild wherever he is, sat with Johnny's blocks and with the help of his older sister, began constructing a solid fort-like structure. Johnny, who is most of the time, a reflective "engineer" (though he isn't necessarily a quiet one) uses the blocks to build things that his fire engine or recycling truck can knock down or pick up.

Later, as I was on an errand, I saw a gorgeous Maple tree with fallen and falling leaves. As I walked through them, something became apparent. The leaves were all a beautiful crimson color, but the color patterns were all different. Some had deeper color near the stem; others had the color on one side or the other; some still had a little green mixed in with the crimson. Yet they were all from the same tree.

Just as He gives the leaves on the tree individual properties, our Creator has given each of us special properties and talents which make us beautiful and unique. Ephesians 2:10 reminds us, "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do." As we begin a new season in our church life with our 131st church anniversary coming up, can I ask "What does your canvas look like"? Is it blank with good art/work waiting for you to reveal it?

Grace Baptist Church of Germantown has a lot of "paint" that you can use. Growing up I was always told "Many hands make heavy work light." Can you make a commitment to help with at least one event or ministry this church year? The need is here; the talent is here; the reward is here now, with much more to come!

This is really an unusual weather year. Can you believe 84 degrees in October? What will this El Nino winter bring? The American Geoscience Institute says "The dry winter conditions that characterize Ohio and the Midwest extend eastward, with drier-than-normal conditions common in western New York and Pennsylvania. As storms often move up the coast during El Niño winters, the Eastern Seaboard generally experiences above-normal precipitation." If the wet fall that we have experienced is any indication, I need new snow boots! We will wait and

see!

The Beacon will start advertising our upcoming holiday activities next month so get ready to mark your calendars and PARTICIPATE! It takes a lot to prepare for church events and when people don't participate, it is disheartening. The Bible says for us to ENCOURAGE one another. Don't YOU be a DISCOURAGER. SUPPORT your church activities!

Happy Anniversary, Grace! God bless us with at least 131 more years.

Love and Peace,

Sandi



GRACE BAPTIST CHURCH OF GERMANTOWN

25 W. JOHNSON STREET, PHILADELPHIA, PA 19144

Presents

It's Time We Talk "First Friday"

FRIDAY, OCTOBER 6, 2023

James B. Murray Fellowship Hall from 7:00 PM to 9:00 PM

Topic: Racism and Microaggressions

Moderator: Rev. Dr. Anthony L. D. Scott Senior Pastor of Reformation Lutheran Church

Meet and mix with Black Professionals in the Philadelphia Vicinity every First Friday of the for culturally responsive discussions in the Black Community. We will serve food and drin

To Register: Text your name and number of guests who will attend to (910)273-4583. This is an 'Invitation Only' Event. Contact Rev. Dr. Dianne Faust for additional informat

Telephone No. 215-438-3215 *** Fax No. 215-438-3210 *** Community Center No. 215-848-270 Conference Prayer Line No. 727-731-8137 *** Website: www.gracebaptistgtn.org *** Facebook: Grace Bapti-

Rev Dr J Henry Ruck

DO YOU NEED A BIRTH CERTIFICATE?

Social Media Learning Community: How To Reach Generation Z

Every 3rd Monday @ 6pm Next meeting: Mon, Oct. 16th

INTERESTED? CONTACT OUR SOCIAL MEDIA CONSULTANT, SHAYLA MCJUNKIN AT SMCJUNKIN@PHILADELPHIABAPTIST.ORG



In-Person Free **Birth Certificate Clinics** at 10 am*

October 7, 2023

future dates November 4, 2023 December 9, 2023 January 13, 2024

*Clinics are first come, first serve for the first 40 participants. Identification NOT required.

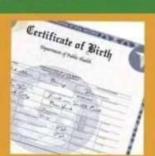


Face to Face 123 East Price Street Philadelphia, PA 19144 www.facetofacegermanown.org

John.Winicov@facetofacegermant Call the Legal Clinic (215) 403-4431



Clinic supported by VILLANOVA Charles Widger School of Law



Reasons you need a **Birth Certificate**

- **Housing Access**
- **Job Opportunities**
- School Enrollment
- Access to other esseential documents like SS card, ID, etc.

This clinic is for those with no income or low income based on federal poverty guidelines.

Health and Wellness Ministry's "Did You Know?" October 2023



October is Breast Cancer Awareness Month

Did you know....

- * Breast Cancer is the most common cancer among women in the United States
- * In 2023 it is estimated that 30% of the new female cancer diagnoses will be breast cancer
- *The incidence rate of breast cancer in the United States is approximately 1in 8 or 13% of the female population

Now that you know please make it a habit to get a yearly mammogram during the month of October or during your birthday month.

October is ADHD Awareness Month

Did you know...

- *ADHD stands for Attention Deficit Hyperactivity Disorder
- *This brain disorder affects both children and adults
- *There are 3 types of symptoms and 3 types of ADHD Inattention: easily distracted, poor concentration and organizational skills Impulsivity: interrupting, taking risks, Hyperactivity: never seeming to slow down, constantly talking and fidgeting, difficulty staying on task

Now that you know please contact your primary doctor if you or someone you know has these symptoms to discuss getting tested.



Did you know...

*That symptoms vary significantly such as: feeling sad, losing interest or pleasure in the activities a person used to enjoy, losing or gaining too much weight, getting too much or too little sleep, thinking about death or suicide *About 1 in 6 adults in the United States will experience depression at some point in their lifetime

*The United States has a high rate of depression compared to the rest of the world the world

Now that you know please contact 988 if you or someone you know is depressed or is exhibiting the symptoms listed above.

Minister Carolyn M. Blackson

Healthcare Tip
Take a walk with a friend and
enjoy Nature's beauty!



Please Save Saturday, October 14, 2023 from 10:00 AM to1:00 PM, for the Uganda Mission Project Drive-Up and Drop off Day at Grace Baptist Church of Germantown, 25 West Johnson Street, Philadelphia, PA 19144. For more information, please contact Deacon Sandie Jordan-Gordon at 215-438-0347.









Do you have new cotton print pillowcases or flat sheets, summer cotton fabrics. African Print fabric or toiletries such as soap, men and women's deodorant, toothpaste, or tooth brushes, shaving cream and razors that you would like to donate to the mission project? We will be here at Grace Baptist Church of Germantown in the parking lot to receive your donations on Saturday, October 14, 2023 from 10:00 AM to 1:00 PM. We'll save you the trouble of dragging your donations downstairs to the social hall. sewing circle has already begun to work on this year's contribution to this worthy mission project. We can use your support! Our brothers and sisters in Uganda can use whatever we can send them, and God will bless our efforts!



GRACE BAPTIST CHURCH OF GERMANTOWN

REV. JAMES BUCK JR., SENIOR PASTOR WOMEN'S RETREAT MINISTRY

WIN THE DAY: UNLEASH THE POWER OF 24 HOURS

One-Day Retreat Ephesians 5: 15-17



- **OCTOBER 28, 2023**
- @ 9:00AM 5:00PM
- American Baptist Home
 Mission Societies
 1075 First Avenue
 King of Prussia, PA 19406

Early Bird Rate: \$55 (by 9/30) Regular Rate: \$65 (by 10/14)

Includes Continental Breakfast, Lunch, and Workshop Materials.

Contact Trus. Karla Chester-Kerr for registration: 215-680-0815

we are excited to restore our annual fellowship this year!

(215) 438-3215 gracebaptistgtn.org

October marks Black History Month in the UK.

By Adina Campbell

Community affairs correspondent, BBC News

The event began in the US in the 1920s, and was first celebrated in the UK in 1987. It also takes place in Canada, Germany and Ireland.

When is Black History Month and what is it?

In the UK, Black History Month happens every October.

It gives everyone the opportunity to share, celebrate and understand the impact of black heritage and culture.

People from African and Caribbean backgrounds have been a fundamental part of British history for centuries. However, campaigners believe their contribution to society has often been overlooked or distorted.

Greater attention has been paid to the importance of <u>the Windrush generation</u> and the <u>Black Lives Matter</u> <u>movement</u> in recent years, especially since <u>the 2020 death of unarmed African American man George Floyd</u>.

Windrush arrivals made UK a better place - William

How did Black History Month start?

The event was the brainchild of Carter G Woodson, known as the father of black history.

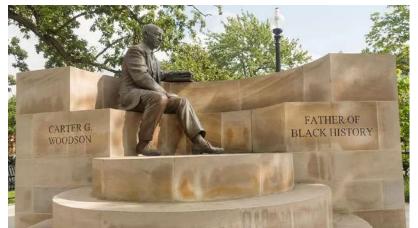
Born in Virginia in 1875 to parents who were former slaves, he had limited access to education and job opportunities. But he was able to study at one of the few high schools for black students after saving money earned

by working as a coal miner.

IMAGE SOURCE.ALAMY

Carter G Woodson launched the first Black History Week in 1926

Woodson went on to gain various qualifications, including a PhD in history from Harvard University, and became a professor at Howard University. Throughout his life, he worked tirelessly to promote black history in schools. In 1926 he launched the first Black History Week, set in February to coincide with the births of former President Abraham Lincoln and Frederick Douglass. Both men played a significant role in helping to end slavery.



The event was expanded in 1970, and since 1976 every US president has officially designated February as Black History Month.

A separate holiday - "Juneteenth", held on 19 June - commemorates the end of slavery in the US.

How did Black History Month start in the UK?

The first Black History Month in the UK took place in 1987, the 150th anniversary of the abolition of slavery in the Caribbean.

It was arranged by <u>Akyaaba Addai-Sebo</u>, <u>who came to the UK from Ghana as a refugee in 1984</u>. Like Woodson before him, he wanted to challenge racism and celebrate the history of black people.

October was chosen partly because it's traditionally a time when African leaders gather to talk about important issues, and partly because it was at the start of the school year.

How is Black History Month celebrated in the UK?

When Black History Month first began, there was a big focus on black American history. Over time the event has prioritised black British history and key black figures from the UK, such as:

- <u>Walter Tull</u>, the first black officer to command white troops in the British Army, and one of English football's first black players
- Malorie Blackman, bestselling author and the first black Children's Laureate
- <u>Shirley J Thompson</u>, leading composer and conductor
- **Lewis Hamilton**, the only black driver in Formula One

OUR KNOWN SICK AND SHUT-INS:

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Rehab at Harston Hall

Deacon Eddie L. Collins, <u>Echelon Care and</u> Rehab Center

Mrs. Pearl Montgomery, Genesis Healthcare

Nursing & Rehab

Deacon Em. William Ballou, Jr., Germantown

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&

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Grace Corbett

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Love

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Yolanda Bailey, **cousin and** Mrs. Marilyn Robinson, **cousin** of Deacon Prince &

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Mrs. Elayne Turner

Mrs. Matilda Simmons, sister of Ms. Alice

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Mr. Landon Whitby

Mrs. Roslyn Stanley (no calls/no visitors)

Mr. Don Jose & Mrs. Dolores Stovall

Mrs. Lisa Williams, wife of Mr. Anthony

Williams

Mrs. Ellen L. Williams

Mrs. Mae F. Williams

Mrs. Dorothy Wilson, mother of Mr. J. R.

Wilson II

The **Family** of Mrs. Mildred Elliott

The Family of Mrs. Nannie Paige

The Family of Trustee Emerita Barbara

October 2023 Calendar A - Anniversary B - Birthday M - Memorial

