

EBCAA Newsletter

The President Speaks

Happy New Year!

Greetings to all those whom I have not seen since the beginning of this New Year.

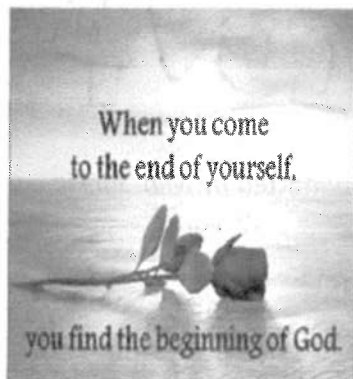
As the year 2017 began, we find that it brought an end to the year 2016. We must realize that every end is a new beginning.

Thus, we as Christians must understand that with the dawning of each new day, we are given the opportunity for a new beginning. If a change need to be made your life, don't be afraid of it. Always remember that change is leading you to a new beginning. Maria Robinson stated the "nobody can go back and start a new beginning but anyone can start today and make a new ending."

In Mark 3:14, Jesus "called and ordained twelve that they should be with him...." Each one of these twelve disciple lives was changed forever. Have you accepted your call and your life changed? We should recognize that each New Year brings us new opportunities to get to know our Heavenly Father, to accept His Son Jesus as our Lord and Savior, and to experience the comfort and joy of His precious Holy Spirit. Getting to know Him allows us as Christians to walk in faith and grow by His grace.

So as we embark upon 2017, let us declare a new beginning in our life and in so declaring, let us not leave Jesus behind. 2 Corinthians 5:17 tells

us that "therefore if any man be in Christ, he is a new creature: old things are passed away; behold all things are become anew."



Thank You

Thank you for your continuous prayers and support.

Dr. Excell & Dr. Dorothy Payne

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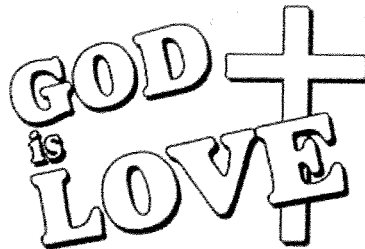
If anyone wishes to contribute or submit an article to the EBCAA Newsletter, please feel free to do so. We accept Church announcements, birthdays, wedding anniversaries and the like.

This effort and the Newsletter cannot be a success without participation from all of you. Contact anyone of the individuals listed above for your submission. Thank you!

We Must Be Overcomers
"Secrets of Overcoming"

1. Resist the devil and draw nigh to God
2. Be on guard and watch your soul
3. Pray
4. Plead the blood of Jesus over you and keep the Word of your testimony
5. Give Christ your will, your whole self
6. Do all you know the Lord wants you to do
7. Overcome evil with good
8. Show love to all
9. Forgive wrongs

10. Sing, rejoice, count your blessings
11. Think on good things and keep your mind on Christ
12. Trust in the Lord with all your heart



Submitted by Min. Jackie Williams

Words of Wisdom

LOVE ALWAYS
Put others before yourself
SHOW KINDNESS
Be nice to everyone
Say "Please" & "Thanks"
Count your blessings
INVEST IN PEOPLE
Wait your turn
HAVE PATIENCE
Be encouraging
LISTEN
Always say "I love you"
Forgive and Forget
LIVE A LIFE OF LOVE

Our Sick and Shut-In

Keep Them in Your Prayers

Let us continue to pray for our sick and shut-in. And while we are praying, let us consider a brief visit, a phone call, a basket of fruit, a simple card. If this can be done, I am sure it would be appreciated.

Consider one another, for today it is their time, tomorrow, it may be yours or mine.



The Health Page

Take Control of Your Health and Reduce Your Cancer Risk

There are choices you can make that can help reduce your risk of getting cancer. Many of the things you can do to help prevent cancer help to fight heart disease, stroke, and diabetes, too. The changes you can make may be easier than you think.

1. *Stay away from tobacco*

There is no safe form of tobacco. If you smoke or chew tobacco, stop! Encourage the people around you to quit. Smoking increases cancer risk for smokers and everyone near them.

2. *Get to and stay at a healthy weight*

Aim to be as lean as possible without being underweight. If you are overweight or obese, losing even a few pounds will improve our health and is a good place to start. The best way to do this is to combine a healthy diet with plenty of physical activity.

3. *Get moving*

Physical activity can lower the risk of several types of cancer by helping you get to and stay at a healthy weight. Physical activity also affects the level of some hormones that contribute to cancer formation.

- Adults: Get at least 150 minutes of moderate or 75 minutes of vigorous activity each week, or an equivalent combination. Spreading this activity throughout the week is better than trying to do it all in 1 or 2 days.
- Children and teens: Get at least 1 hour of moderate or vigorous activity each day, with vigorous activity at least 3 days each week.
- Anything is better than nothing! Doing any intentional physical activity above your normal activities can have many health benefits.

4. *Have fun, and be fit*

You can be active by walking briskly, swimming, gardening, doing housework, and even dancing! The more you do, the better. Your daily amount of activity doesn't need to be continuous, but is most valuable if done at least 20 minutes at a time. If you have children, be active with them. Here are some examples of moderate and vigorous activities:

	Moderate-intensity activities	Vigorous-intensity activities
Exercise and Leisure	Walking, dancing, leisurely bicycling, ice and roller skating, horseback riding, canoeing, yoga	Jogging or running, fast bicycling, circuit weight training, aerobic dancing, martial arts, jumping rope, swimming
Sports	Volleyball, golf, softball, baseball, badminton, double tennis, downhill skiing	Soccer, field or ice hockey, lacrosse, singles tennis, racquetball, basketball, cross-country skiing
At home	Moving the lawn, general yard and garden maintenance	Digging, carrying and hauling, masonry, carpentry

At work	Walking and lifting as part of the job (custodial work, farming, auto or machine repair)	Heavy manual labor (forestry, construction, firefighting)
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5. *Eat a variety of healthy foods, with more from plant sources*

Choose foods and beverages in amounts that help you get to and stay at a healthy weight.

- Read those food labels! Be more aware of portion size and calories consumed. “Low-fat” or “non-fat” does not always mean “low calorie” – some of these foods have lots of calories from added sugar.
- Don’t supersize your plate and yourself! Eat smaller portions of high-calorie foods. Eat vegetables, whole fruit, and other low-calorie foods instead of high-calorie foods such as French fries, potato and other chips, ice cream, doughnuts, and other sweets.
- Limit the number of sugar-sweetened beverages you drink, such as soft drinks, sports drinks, and fruit drinks.
- When you eat away from home, choose foods low in calories, fat, and sugar, and avoid eating large portions.

Limit the amount of processed meat and red meat you eat

- Eat less processed meats such as bacon, sausage, luncheon meats and hot dogs.
- Choose fish, poultry, or beans instead of red meat (beef, pork, and lamb).
- If you eat red meat, select lean cuts and eat smaller portions.
- Prepare meat, poultry, and fish by baking, broiling, or poaching rather than by frying or charbroiling.

Eat 2 ½ cups or more of vegetables and fruits each day

- Include vegetables and fruits at every meal, and eat them for snacks
- Eat a variety of vegetables and fruits each day
- Choose whole fruits and vegetables and 100% juice if you drink vegetable or fruit juice
- Limit use of creamy sauces, dressings, and dips with fruits and vegetables

Choose whole grains rather than refined grain products

- Choose whole-grain foods – such as whole-grain breads, pasta, and cereals (such as barley and oats) – and brown rice over white rice and breads, cereals, and pasta made with refined grains.
- Limit how much you eat of refined carbohydrate foods, such as pastries, candy, sweetened breakfast cereals, and other high-sugar foods.

6. *If you drink alcohol, limit how much you drink*

Drinking alcohol can increase your cancer risk. Alcohol increases your risk of developing several types of cancer (including breast, mouth, throat, larynx, esophagus, liver, colon, and rectum cancer) and several other health problems.

7. *Protect your skin*

About 90% of the skin cancers diagnosed each year could be prevented with proper sun protection. Follow these steps to reduce your risk:

- Try to avoid the direct sun between 10 a.m. and 4 p.m. Instead seek the shade

- When you are in the sun, cover up with protective clothing
- Use sunscreen with an SPF of 30 or higher, even on hazy or overcast days
- Cover your head with a wide-brimmed hat that shaded your face, ears, and neck. If you choose a baseball cap, remember to protect your ears and neck with sunscreen.
- Wear sunglasses with 99% to 100% UV absorption to protect your eyes and the surrounding skin
- Know your skin. Be aware of *all* moles and spots on your skin, and report any changes to your doctor right away.

8. *Know yourself and your risks*

Your parents and ancestors help determine some of who you are. Your tobacco use, eating and exercise habits, and lifestyle also help define your health and your risk for some diseases, such as cancer. You may be at increased risk for cancer because of the choices you make and because of your family history. *Know yourself and your family history, and talk about these things with your doctor or nurse.*

9. *Get regular check-ups*

Many cancers can start to grow and spread without causing any symptoms. Regular screening tests can find some cancers in early stages – when they are small, have not spread, and are easier to treat. Ask your doctor or nurse about the American Cancer Society’s guidelines for early detection of cancer. *Be aware of any changes in your body, do regular self-exams, and visit your doctor regularly for cancer screenings.*

What You Can Do

- Stay away from tobacco
- Get to and stay at a healthy weight
 - Get moving
 - Eat healthy
- Limit how much alcohol you drink
 - Protect your skin
- Know yourself and your risks
 - Get regular check-ups
- Talk to a doctor about cancer screening tests

The Power of Words

*My tongue can cause death or life
Bitterness, anger and often pain
Can cut through like a sharp knife
O cause me to stop.. pray ... refrain.*

*Your words held comfort and healing
They even calmed the stormy sea
May I never be so unfeeling
Or use words that cause hurt and misery.*

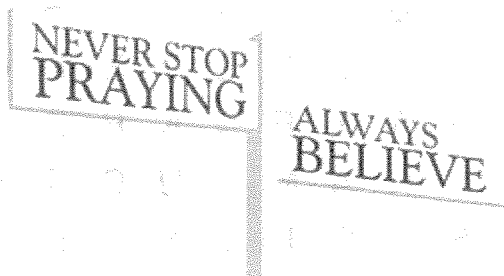
*O tame my tongue, grant discipline
When words of anger suddenly spurt -
Forgive, when I commit a verbal sin
May my words help - instead of hurt.*

*Too late I learn to say 'I'm sorry'
Harsh words fall like blackened rain
O use my words for Your sweet glory
Let not my expressions be in vain.*

*Thank You for the art of expression
Keep me sensitive to those I meet
May my tongue learn the blessed lesson
Of speaking life - not death and defeat.*

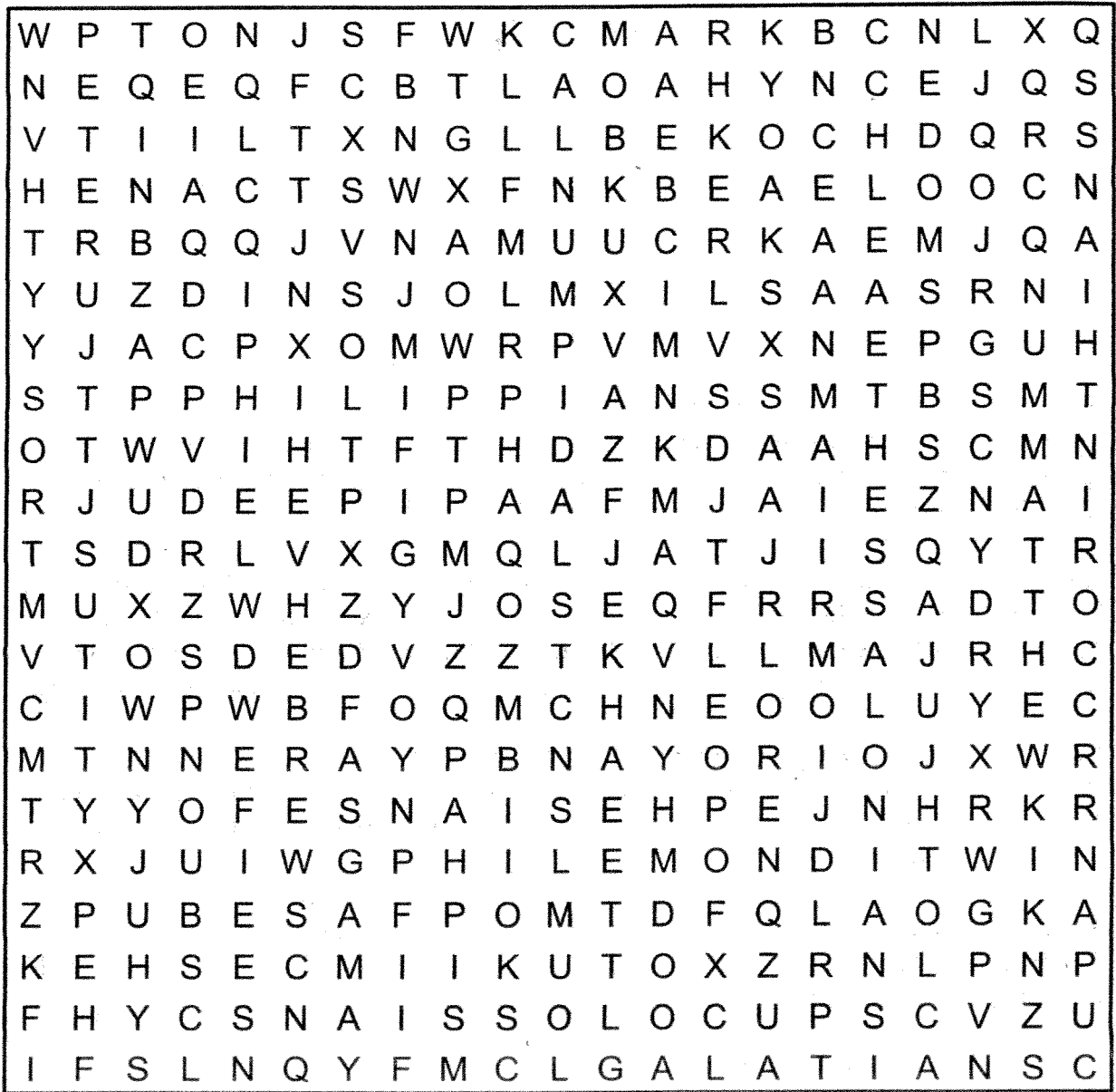
By Hyacinth Santiago

Keys to Effective Prayer



- 1. Have I confessed all the known sins in my life?**
Psalms 66:18 – If I regard iniquity in my heart, the Lord will not hear me.
1 John 1:9 – If we confess our sins, he is faithful and just to forgive us of our sins, and cleanse us from all unrighteousness.
- 2. Have I asked God to fill me completely with His Holy Spirit so that He will direct my prayers?**
Ephesians 5:18 – And be not drunk with new wine, where in excess; but be filled with the Spirit.
Romans 8:26 – Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groaning which cannot be uttered.
- 3. Have I died to my own desires, imaginations and prayer burdens?**
Proverbs 3:5-7 – Trust in the Lord with all thine heart, and lean no unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the Lord, and depart from evil.
- 4. Have I praised God in faith for the prayer time I am about to experience?**
Psalms 100:4 – Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.
- 5. Have I dealt aggressively with the enemy?**
James 4:7 – Submit yourselves therefore to God. Resist the devil, and he will flee from you.
- 6. Am I waiting in silent expectancy for what God will bring to my mind?**
John 10:27 – My sheep hear my voice, and I know them, and they follow me.
- 7. Have I confirmed my prayer with the Word?**
Psalms 119:105 – Thy word is a lamp unto my feet, and a light unto my path.
- 8. Have I praised God for His marvelous work in my life?**
Romans 11:36 – For of him, and through him, and to him, are all things: to whom be glory forever. Amen!

Books of the New Testament



Matthew

Mark

Luke

John

Acts

Romans

Corinthians

Galatians

Ephesians

Philippians

Colossians

Thessalonians

Timothy

Titus

Philemon

Hebrews

James

Peter

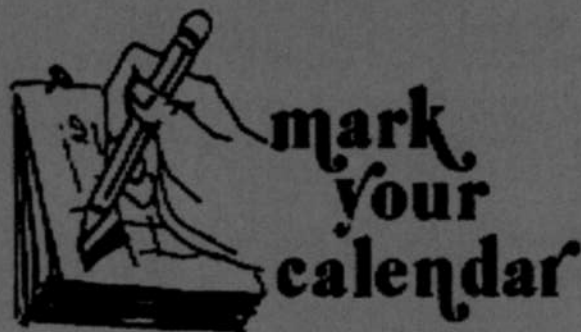
Jude

Revelation

Emmanuel Baptist Church Aid Association

Dr. Excell Payne, General President

Calendar of Events/Dates to Remember



<i>Event/Date/Time</i>	<i>Church</i>	<i>Pastor</i>
<i>Installation Service</i> January 20, 2017 6:00 P.M.	Greater Oak Grove Baptist Church 23595 Plank Road Zachary, Louisiana	Pastor Henry L. Frazier
<i>Board Meeting</i> April 21, 2017 6:00 P.M.	Beech Grove Baptist Church Hwy 68 Jackson, Louisiana	Pastor John Bowman
<i>91st Semi-Annual Session</i> June 18 – 21, 2017	Peter Rock Baptist Church 4567 Avenue G Zachary, Louisiana	Dr. Excell Payne
<i>Board Meeting</i> August 18, 2014 6:00 P.M.	Little Rising Sun Baptist Church 1275 S. 16 th Street Baton Rouge, Louisiana	Elder Marshall Hall
<i>91st Annual Session</i> October 15 -20, 2017	Beech Grove Baptist Church 9455 Elm Grove Garden Dr. Baton Rouge, Louisiana	Elder Marshall Hall

Conference Place of Worship Schedule February 2017 – December 2017

<i>Month</i>	<i>Church</i>	<i>Pastor</i>
<i>February 10th</i>	Mt. Pleasant Baptist Church 1743 Convention Street Baton Rouge, LA 70802	Rev. Charlie Green
<i>March 6th - 10th Revival</i>	Friendship Chapel Baptist Church 2111 North St Baton Rouge, Louisiana 70802	Rev. Charles Allen
<i>April 14th</i>	Little Rock Baptist Church East Ave Slaughter, LA 70777	Rev. Marvin Moore
<i>May 12th</i>	King Solomon Baptist Church 2612 72 nd Ave. Baton Rouge, LA 70807	Rev. Anthony Patterson
<i>June 9th</i>	Greater Hollywood Baptist Church Sligo Road St. Francisville, LA	Dr. John Thompson
<i>July 7th</i>	Pilgrim Rest Baptist Church Barnett Cut Off Road Zachary, LA 70791	Rev. Wesley Brown
<i>August 11th</i>	Mt. Pilgrim Baptist Church 736 North 35 th Street Baton Rouge, LA 70802	Dr. Melvin Rushing
<i>September 8th</i>	Raspberry Baptist Church Baton Rouge Street St. Francisville, LA	Rev. Langoius Payne
<i>October 6th</i>	New Zion Baptist Church 4105 Odell Street Baton Rouge, LA 70802	Rev. David Williams
<i>November 10th</i>	Rose Down Baptist Church 12501 Highway 10 St. Francisville, LA 70775	Rev. Lafayette Veal
<i>December 8th</i>	Greater Oak Grove Baptist Church 23595 Plank Road Zachary, LA 70791	Rev. Henry Frazier
	All Services start at 7:00pm except for "Good Friday Service" which starts at 2:00pm	