

### Our Mission

*Beth Shalom is a House of Peace.  
We worship the Lord,  
Reach out to Sinners,  
Teach Believers,  
Care for the Needy, and  
Encourage Each Other in the Lord.*

### **CHURCH CALENDAR & ANNOUNCEMENTS**

Church School - Sunday 9:30am  
Worship Service - Sunday 11:00am  
Prayer & Bible Study – Wednesday 7:30pm

### **EVENTS FOR THE DECEMBER 2018**

**Saturday, 15th** — *Shredder Day.*  
*Starting at: 10:00am — Ending at:  
1:00pm. Donation: \$10 – 3 Boxes*

**Sunday, 16th** — *The Congregation is  
ask to donate Socks and Undergarment  
for Men, Women and Children during  
the month of December.*

**Monday, 17th** — *2<sup>nd</sup> Quarterly  
Conference, 7:30pm — Ministry Team  
Meeting following Quarterly  
Conference*

**Sunday, 23rd** — *Mortgage Sunday,  
Offering: \$100 — Church School  
Christmas Program, 1:00pm*

**Tuesday, 25th** — *Christmas Day,  
Offering \$20*

**Monday, 31<sup>st</sup>** — *Watch Night  
Celebration, Mrs. Gaskin and the  
YAMS will plan the Event starting at  
6:00pm — New Year's Eve, Offering:  
\$20*

### **Peace Benediction in E<sup>b</sup>**

Please don't worry about anything;  
But pray and ask God for everything you  
need. Always giving thanks and He'll give  
you peace for your heart and mind.

And the peace of God  
which surpasses all your understanding  
will keep your heart and mind  
in Christ Jesus the Lord.  
*(Adapted from Philippians 4:6,7  
Music by Darrell J. Gaskin)*

### **Contact Us**

Phone: (301) 877-8097  
Web: [www. Bethshalomamezion.org](http://www.Bethshalomamezion.org)  
Facebook.com/bethshalomamezion

**BETH SHALOM AME ZION  
CHURCH  
DJG@BSAMEZ © 12.9.2018**



**Beth Shalom AME Zion  
Church**  
8100 Malcolm Road  
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Share your plans with the Lord and you will  
succeed. Proverb 16:3 (CEV)

## **The 4 Attributes of God's Christmas Gift *Peace – the 2<sup>nd</sup> Attribute***

### **Beth Shalom AME Zion Church**

Rev. Dr. Darrell J. Gaskin, *Pastor*  
Rev. Dr. Evalina Huggins,  
*Presiding Elder*  
Rt. Rev. W. Darin Moore,  
*Presiding Bishop*  
Mrs. Devieta C. Moore,  
*Missionary Supervisor*

*A Compassionate Ministry*

## Peace – the 2<sup>nd</sup> Attribute of God's Christmas Gift

1. Are you suffering from Holiday Stress?
2. What is stress? When is it bad?
3. Chronic/Traumatic Stress is a major contributor to poor health. It is linked to high blood pressure, diabetes, health disease and stroke. Stress compromises our immune system.
4. Health professionals offer a few remedies for stress: exercise, relax, set priorities, and stay connected.
5. God's Christmas gift gives us a way to manage stress. Peace (Isaiah 9:6-7a)
6. This birth announcement was given to those who were in distress to encourage them. (Isaiah 9:1-2)
7. We receive this peace by meditating on his presence and his word (Isaiah 26:3), by praying regularly (Phil 4:6,7), and by taking on his yoke. (Matthew 11:28-29)



### OUR BIBLICAL TEXT FOR TODAY

*For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the greatness of his government and peace there will be no end. Isaiah 9:6-7a*

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*Open God's Gift of Peace.*

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*Nevertheless, there will be no more gloom for those who were in distress. In the past he humbled the land of Zebulun and the land of Naphtali, but in the future, he will honor Galilee of the nations, by the Way of the Sea, beyond the Jordan — The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned. Isaiah 9:1,2*

*<sup>3</sup>You will keep in perfect peace those whose minds are steadfast, because they trust in you. <sup>4</sup>Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal. Isaiah 26:3-4*

*<sup>28</sup>"Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup>Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Matthew 11:28-29*

*Our Prayer is that  
You Receive God's Peace  
through*

**P – Powerful Preaching  
E – Excellent Teaching  
A – Awesome Praise and  
Worship  
C – Creative Ministry  
E – Engage, Exciting and  
Effervescent Fellowship.**

God's Christmas gift to us has four attributes. The second attribute is Peace. Chronic stress and anxiety can ruin an otherwise pleasant day. It also can ruin our health by causing chronic diseases like high blood pressure and diabetes. God announce the birth of Jesus Christ as a sign to give us Peace. He has the wisdom, the power and position to care for us. He is Prince of Peace. Because Christ is our savior, we are better able to manage stress that negatively impacts our lives. We can have God's peace if we 1) keep our minds stayed on Jesus, 2) regularly pray about the things that concern us and 3) cast our worries and cares on Christ and take on his yoke and receive the rest for our souls. If we make life about his agenda (i.e. his yoke) instead of our own agenda, life will become less stressful because we know he is helping us achieve his goals for us.

### WHAT SHOULD I DO WITH THIS MESSAGE

1. Do the things health professionals recommend to manage stress: exercise, relax, set priorities and stay connected.
2. Read the Bible and pray daily.
3. Trade your agenda for God's agenda.