

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 11:00 am
Prayer & Bible Study - Wednesday
7:30pm

EVENTS FOR MARCH 2019

Saturday, 30th — *Men's Bible Study,
9:00am*

Sunday, 31st — *Web Team Meeting
following the Morning Worship Service*

Friday, 29th— Saturday, 30th — *St.
Lucille's Leadership Academy 2019,
Worship Service on Friday @ 7:00pm
(Dinner @ 5:30pm) Workshops on
Saturday begin @ 9:00am (Continental
Breakfast @ 8:00am); Registration:
\$10 Per Person; Address: 5100 Astor
Place, S.E., Washington, DC 20019*

EVENT FOR APRIL 2019

Sunday, 7th — *Charles H. Strayhorn
Scholarship Fundraiser, "Comedy
With a Side of Praise!" Featuring:
'NotKarltonBanks' Also performing
Guest Choirs. Event location: Suitland
High School, 5200 Silver Hill Road,
Suitland, MD 20747.*

Peace Benediction in E^b

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
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EVENT FOR APRIL 2019 – Cont.

Price of Admission: \$50 - General
Admission; \$30 – Student Cost (with ID)
and \$20 - Children (Under 18) Order
Tickets @ bethshalom.eventbrite.com



Beth Shalom AME Zion
Church
8100 Malcolm Road
Clinton, MD 20735



Share your plans with the Lord and you
will succeed. Proverb 16:3 (CEV)

Healthy Beth Shalom 2020 **Peace – Healing for Our Souls**

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 - Healing for our Souls

1. Are we really too blessed to be stressed? Or are we ignoring stressors in our lives.
2. Stress is a part of life.
 - a. Life's Transitions
 - b. Daily Hassles
 - c. Internal Factors
3. The key is to effectively manage our stress, but we don't have to do it alone. God is with us.
 - a. Jesus knows we have troubles.
 - b. Jesus has given us his peace.
4. Receive the Holy Spirit, our Advocate and Comforter. He gives us the Lord's Peace. *John 14:25-27*
5. If we believe on Him and we can find in Him peace. He's overcome the world. *John 16:29-33*
6. If we pray about it, he will give us peace. *Phil 4:6,7*
7. Remember this is the Lord's peace not the world's. The Lord's plan is shalom (peace) for us. *Jer. 29:11*



OUR BIBLICAL TEXT FOR TODAY

*²⁵ "All this I have spoken while still with you. ²⁶ But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. ²⁷ **Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.***

John 14:25-27, NIV

God has promised us peace.

It will heal our souls.

*²⁹ Then Jesus' disciples said, "Now you are speaking clearly and without figures of speech. ³⁰ Now we can see that you know all things and that you do not even need to have anyone ask you questions. This makes us believe that you came from God." ³¹ "Do you now believe?" Jesus replied. ³² "A time is coming and in fact has come when you will be scattered, each to your own home. You will leave me all alone. Yet I am not alone, for my Father is with me. ³³ **"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."***

John 16:29-33, NIV

*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.**

What did Pastor Gaskin Preach About?

In the world we will have troubles. Troubles produce stress. Stress can ruin our health if we cannot effectively manage stressors. Stress can make us fearful, anxious, irritable, depressed, withdrawn or disinterested. Stress can make us sick (i.e., headache, stomach ache, muscle pain, chest pain, fatigue, problems sleeping). Jesus can fix our problems, but more importantly he gives us peace to handle the stress. His peace comes from receiving the Holy Spirit, from having faith in his word, and from praying about the stressors. His peace is supernatural. It is more powerful than the world's troubles.

WHAT SHOULD I DO WITH THIS MESSAGE

1. Pray to God about the things that stress you out.
2. Find and read the Bible passages that are related to the troubles you are facing.
3. Pray and ask God to fill you with the Holy Spirit, the Comforter.