

February 2017

Vol. 18 Issue 2



The mission of the Church of Jesus Christ is to lead unbelievers and to equip believers to an everlasting commitment to Jesus Christ. This mission will be accomplished through Biblical foundational preaching and teachings, promoting charity and Christian Fellowship to its members and community through love and unity.

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RIDGEVILLE CHRONICLE



BUILDING ON THE WORD

"Help for Heavy Hearts" by Pastor Amos L. Durham

How is it possible to say I have a relationship with a man who lived and died 2000 years ago? It is possible because Jesus Christ didn't stay dead. He arose from the dead and is still alive today.

The Christ who was raised from the dead is not only a man. He is also the Son of God, an eternal and powerful Person who is fully equal in every way to God the Father. Therefore, as God, He knows everything about me, and is present with me every day.

Jesus Christ invites all of us to allow Him to be the true Lord, the central hub, of our life. I have found from my own personal experience that life works so much better when I allow Him that role. No matter what may be weighing on your heart today, no matter what heaviness you are carrying, you will find real strength and encouragement if you allow Jesus Christ to be your soul's best friend.

If you want to overcome the obstacles that you've been struggling with in your own life, it all begins with a willingness on your part to get to know God in a personal way.

In **Matthew 11:27**, Jesus says to us -- **"All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him."** In this verse, Jesus, the Son of God, speaks of His unique intimacy with God the Father, pointing out that the only way to know the Father is by having a relationship with His Son.

Jesus teaches the same thing in **John 14:6-7** when He states -- **"I am the way and the truth and the life. No one comes to the Father except through me. If you really knew me, you would know my Father as well."** Jesus Christ tells us that the only way any of us can ever have a true relationship with God the Father is by having a relationship with Him; for the only way to know the Father is by knowing the Son.

If anyone refuses to have a relationship with the Son of God, he is at the same time cutting off any possibility of ever having a relationship with God the Father. This is why if you want to be on good terms with God the Father, you must be on good terms with His Son. Jesus continually invites us to come to Him. In **Matthew 11:28-30**, He says to us all -- **"Come to me, all you who are weary and burdened, and I will give you rest."**

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"Help for Heavy Hearts"

Continued from page 1

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. For my yoke is easy and my burden is light.

Do you feel weary and burdened? Are you in need of rest? Do you feel like your life is messed up, or maybe a little ragged on the edges? I don't have all the answers for you, but I can help put you in touch with Someone who does- His name is Jesus Christ. To you He says, "**Come to me, and I will give you rest for your soul.**"

Reprinted from August 2015

February Birthdays

1 Caleb Foster
2 Tamara Clark
7 ZyKeria Posey
11 Michael McIntyre
13 Trenton Brannon
19 Zanyiah Pitts

1 Janete Smith
2 Brenda Landrum
8 Louvenia J. Irvin
12 Sakeenah Fowler
15 Shirley Pitts
24 Danielle Embry

1 Kristen Jackson
6 Cierra Briggs
9 Brittney Spencer
12 Della Frye
19 John Briggs
24 Robyn Spencer

Newsletter Staff

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Please direct any suggestions, corrections and/or articles for consideration to Sis. Janice Durham or emailed to: jfdurham@greenville.k12.sc.us. If you would like to receive the electronic version of the newsletter, please email/give your email address to Janice Durham.

Remember in Prayer List

Name	Address	Phone
Joanne Briggs	875 Midnight Rd. Inman, SC 29349	864.384.2777
Zetha Cannon	815 Redstone Dr. Inman, SC 29349	
Roberta Clark	302 Cates Dr. Inman, SC 29349	864.592.3027
Venora Copeland	Magnolia Manor 63 Blackstock Rd, Inman, SC 29349	864.472.9055
Lois Davis	White Oak Manor 295 E. Pearl St. Spartanburg, SC 29305	864.573.9107
James Embry	317 Pineridge Dr. Spartanburg, SC	864.578.0984
Cecil Foster	5271 Hwy 11 Inman, SC 29349	864.592.1070
Clyde Foster Sr.	Wesley Court 916 Wesley Ct. Boiling Springs, SC 29316	864.578.2229
Jimmy Holbert	9565 New Cut Rd. Campobello, SC 29322	864.205.3142
Airlean Jackson	121 Waters Rd. Inman, SC 29349	864.472.6769
Mary Osby	630 Foster Grove Rd. Chesnee, SC 29323	864.599.5457
John Pitts	132 Carson Circle Chesnee, SC 29323	864.599.1176
Rachel Smith	19 Pine St. Inman, SC 29349	864.279.3530
Tabitha Wallace	405 Slate Dr. Boiling Springs, SC 29316	864.490.1756
William Wilkins Sr.	Camp Care 59 Blackstock Rd, Inman, SC 29349	

ENCOURAGE THEM THROUGH YOUR PRAYERS, CARDS, CALLS & VISITS

When it is desired for the names to be removed from our prayer list, please contact Sis. Janice Durham.

Bible Wordsearch

WORDSEARCH 257

MATT.12:1-12

K	N	O	W	N	H	U	N	G	R	Y	L	O	G	N
A	N	S	W	E	R	D	H	E	A	L	N	S	A	
P	I	N	O	S	A	E	R	C	C	G	I	H	R	E
I	A	O	D	E	K	S	A	C	R	K	R	D	D	M
C	R	I	E	C	O	L	U	E	O	I	D	I	P	L
K	G	N	S	D	P	S	A	O	V	E	I	S	R	U
T	D	A	I	S	E	T	L	E	N	M	V	C	I	F
E	E	P	R	Q	E	S	L	M	S	U	A	I	E	W
B	R	M	E	R	L	E	E	H	H	D	D	P	S	A
R	E	O	P	L	D	D	S	C	T	O	A	L	T	L
E	T	C	A	L	N	R	P	I	R	A	U	E	S	J
A	N	F	I	O	E	C	O	E	R	A	B	S	H	E
D	E	Y	C	R	E	M	K	L	E	A	T	B	E	S
L	S	A	C	R	I	F	I	C	E	H	H	E	A	U
G	O	D	T	N	E	C	O	N	N	I	S	P	Y	S

Jesus the Healer 6

ASKED	ACCUSE
BREAD	ANSWERED
DAVID	CONDEMNED
DESIRE	DESECRATE
FALLS	DISCIPLES
GOD	ENTERED
GRAIN	GREATER
HEADS	HUNGRY
HEAL	INNOCENT
HOUSE	KNOWN
JESUS	LAWFUL
LORD	LOOKING
MEAN	PHARISEES
MERCY	PRIESTS
PICK	REASON
SHEEP	SABBATH
PLACE	SACRIFICE
TEMPLE	SHRIVELED
	COMPANIONS

After you find all the hidden words the left over letters spell out a

Bible verse reading from the top left to the bottom right

Medical News: High blood pressure and kidney disease facts

High blood pressure and kidney disease facts medically edited by: Charles Patrick Davis, MD, PhD

- High blood pressure can damage kidneys and result in chronic kidney disease
- High blood pressure is the excessive force of blood placed against blood vessel walls.
- High blood pressure damages the vessels that, in turn, can't provide the waste and fluid exchanges in organs, especially the kidneys. Most individuals have no obvious signs or symptoms of high blood pressure: blood pressure is measured with a blood pressure cuff reading the diastolic (highest pressure at heartbeat) and systolic (lowest pressure as heart fills with blood).
- Most normal diastolic and systolic pressures are 120/80, respectively, while 149/90 is considered by most to be high blood pressure (all pressures are in mm Hg units).
- Early kidney disease also has no outward signs or symptoms, however, measures of GFR (glomerular filtration rate), creatinine (waste product) and protein in urine aid in the diagnosis of kidney damage.
- Keeping blood pressure below 130/80 helps prevent kidney damage.
- Lifestyle changes and medications can reduce and control high blood pressure.
- Risk factors for kidney failure due to high blood pressure include people with diabetes, African-American race, obesity, high alcohol intake and a poor diet and sedentary lifestyle.
- Ongoing clinical trials may improve ways to reduce kidney disease related to high blood pressure.

For more High Blood Pressure and Kidney Facts-visit www.medicinenet.com

February 2017

February 18 11:00am Pastor's Aides meeting

February 18 4:00pm Senior Ushers meeting

February 22 7:00pm Mid-week Bible study – “Be Patient” - The study of the book of Job

February 26 10:00am RBC Annual Black History Program – The Honorable Calvin Gallman of the University of South Carolina Law Enforcement Division will be the keynote speaker. Lunch will be served in the FLC.

Worship Services

9:15 a.m. Sunday School/ Dea. M. Spencer

10:00 a.m. Worship/Children's Church

7:00 p.m. Mid-week service/Rev. S. Johnson

Worship Assignments

February 5 Deacons' Ministry
Holy Communion
Sanctuary Choir
Senior Ushers
Children's Church

February 12 Sanctuary Choir
Junior Ushers
Children's Church

February 19 Praise Team
Senior Ushers

February 26 All Male Choir
Junior Ushers
Children's Church