



1329 Willow Street, Norristown, PA 19401 ♦ 610.275.8163



### Special Interest Articles:

- God gave the gifts of genius, creativity and vigor to all of His children
- There must be a faith element to all of our goals.
- “The Lord has truly blessed me with such a showing of trust from others.”

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## From the Pastor's Desk

The origins of Black History Month can be traced to the historian Carter G. Woodson; who in 1926 established the second week of February as "Negro History Week". This week was chosen because it marked the birthdays of both Abraham Lincoln and Frederick Douglass. Over time, the holiday created such enthusiasm among teachers, students and people of all races and nationalities that Negro History Week was transformed into Black History Month.

It is during this month, that we remember some of the heroes of the African-American heritage. We remember: Crispus Attucks, Arthur

Ashe, Benjamin Banneker, George Washington Carver, Frederick Douglass, Charles Drew, Medgar Evers, Ella Fitzgerald, Langston Hughes, Martin Luther King Jr., Malcolm X, Booker T. Washington, Whitney Young and many more living and dead.

All this is good, but I want to encourage us to remember the contributions of the African-American people in our community and our families who blazed new trails, pioneered new paths of opportunity for us; and endured disproportionate inequality so that the next

generation may experience equal opportunity. I am referring to the people we know who went to war, went to college, went to work in places blacks had never worked and proved that God gave the gifts of genius, creativity and vigor to all of His children.

So, let us give thanks for the notable greats who are mentioned this time every year; but also, let us remember the unsung heroes who have inspired us to reach the next level. Their achievements may not be noted in history books—but they must never die in our hearts. They are our history too.

PASTOR JOHN H. WEST III

### WELCOME TO OUR MEMBERS OF 2012

- Xavier J. Chandler
- Alvin Sr. Clark Sr.
- JoAnne Clark
- Maurice M. Howard
- Constance 'Connie' Howell
- Renee' B. Jackson
- Rodney Jones
- Carl S. Lake Sr.
- Tammy A. Lites
- Robert H. Massie
- Andre J. Newsome
- Victoria D. Perry
- Kevin D. Thomas Sr.
- Rochelle White

## SILOAM'S 2013 Theme: FAITH, BUILDING GOD'S KINGDOM

### Siloam's first Baptism of 2013



Sister Radsheda Manning was Baptized on Sunday, January 27, 2013 at a 5:00 pm service with her sons looking on and a gathering of her family of over 30 people plus over 20 Siloam members in attendance. It was a joyous and Spirit filled occasion.

**For by grace are ye saved through faith; and that not of yourselves: it is the gift of God (Ephesians 2:8)**

## The Health Care Ministry Shares What it Takes to Get Started...FAITH (Building God's Kingdom)

(From First Place 4 Health)



I love and hate starting over. I hate it because it seems to be just another reminder that I was not successful the last time, or something happened in my life that caused me to once again get off track. I love starting over because His mercies are new every morning.

Starting over is at least a start! I have worked so hard all year to get to my weight goal. I was almost there in September when I hit a plateau, and then in October I started gaining

weight! I finally had blood tests and once again my thyroid had stopped working, even with medication. My metabolism had slowed down to a crawl and no amount of exercise or cutting calories was helping the situation. This was at least encouraging because I knew that once my thyroid was functioning, my metabolism would hopefully return to normal and I would lose the six pounds I gained. Okay, so I had to resolve in my mind that this was just a small detour on my

wellness journey and I, along with the Lord's help, have what it takes to get where I need to be.

Set a S.M.A.R.T. goal!

I want to share with you what it takes to get started or if necessary, to get started again! Set a S.M.A.R.T. goal. This goal-setting strategy has been around a long time, but it is proven to help us be successful.

(Continued next issue.)

***"Siloam's deceased who have served as "stepping stones" in Siloam's growth."***

*"...FAITH is the substance of things hoped for; the evidence of things not seen." (Hebrews 11:1)*

*"Faith comes by hearing and hearing by the Word of God." (Romans 10:17)*

*"without faith it is impossible to please God." (Hebrews 11:6)*

## What it Takes to Get Started...FAITH (Building God's Kingdom)

(Continued)

- **Specific- How is the goal specific?** Be as specific as possible. Just saying "I will get healthier this year" will not cut it. Consider setting the goal of losing two pounds a week by cutting portions sizes. The more specific the goal the better chance of meeting the goal.
- **Measurable** - How will my goal be measured? Setting a time limit is extremely helpful. Setting a goal to grow closer to the Lord this year is excellent, but how will that growth be measured? Committing to having a quiet time at least

five mornings a week is a measureable goal and one that will be successful.

- **Action-Oriented** - What action(s) does this goal require? Set my alarm and get up every morning? Go to bed earlier? Cook supper ahead of time so I can have time to exercise in the afternoon? There must be something I do to get moving toward my goal. Dreaming about it is not going to make it happen.
- **Realistic** - Is it a realistic goal based on my history, program or based on my present circumstances? I

know to be ambitious but not ridiculous.

- **Timed** - What is my time frame for achieving this goal? My doctor said that my thyroid should be functioning normally within six weeks. That is a good time for me to focus on exercise and eating well.
- **Trusted** - I know there is only one T in SMART but this one is important enough to add another. Is it a goal that only with God's help I can reach? *There must be a faith element to all of our goals.* There are some things I know I can accomplish in my flesh and in my own strength, but the real victories are the ones I reach in my weakness through His strength and power in me. "Only the weak attempts to accomplish what he knows he can already achieve." - Stella Juarez

## Comfort Care Ministry

**"Comfort, comfort my people," says your God.** (Isaiah 40:1)... The Comfort Care Ministry - Grief Support Group - continues moving forward to provide hope, healing and wholeness to individuals and families of Siloam Baptist Church and the Norristown community who have experienced the loss of a loved one as a result of death. They have also embarked on the

additional task of life's burdens as job loss, care giving, divorce, etc. On November 17<sup>th</sup>, the ministry had a most moving "Service of Remembrance" and a beautiful commemorative booklet of Siloam's deceased who have served as "stepping stones" in Siloam's growth. There was preaching and they followed up with a workshop on "Journeying Through the Losses of Life".

Sis. Evelyn Hampton, Chairperson

**"I can do all things through Christ which strengtheneth me."**  
(Philippians 4:13)

## Anniversary Celebrations... "We've Come this Far By Faith."



Bro. James & Sis. Evelyn Hampton celebrated their 50<sup>th</sup> Wedding Anniversary on December 5<sup>th</sup>-9<sup>th</sup> in Ocho Rios, Jamaica with several friends and their daughters. A good time was had by all. Congratulations!!

Sis. Lynn Johnson's parents, Bro. Thaddeus & Sis. Irene Smith, celebrated their 67<sup>th</sup> Wedding Anniversary on January 26<sup>th</sup>.

Bro. David & Sis. Vickie Hodo celebrated their 38<sup>th</sup> Wedding Anniversary on February 22<sup>nd</sup>.

Deacon Charles & Sis. Miriam James will celebrate their 53<sup>rd</sup> Wedding Anniversary on February 27<sup>th</sup>.

Bro. Henry & Sis. Vera Satterwhite will celebrate their 59<sup>th</sup> Wedding Anniversary on February 27<sup>th</sup>.

May God continue to Bless them richly!

**"He who finds a wife finds a good thing, and obtains favor from the LORD."**  
(Proverbs 18:22)

## The Sunday Church School Christmas Program

was held on Sunday, December 23, 2012, sponsored by our Church School and Children's Church. Adult staff: Sister Diane White, Sister Karen Ellis & Sister Loretta Beach

Photo on the Right: Ramire Lee, Isaiah Milligan Steward, Kayla Clement, Diane White, Sahim Wallace, Rebekah Wilford, Leah Johnson-(Mary), Destinee Thomas, Emmanuel Burns-(Joseph), Kevin Thomas Jr.-(Wiseman), Victor Bell Jr.-(Wiseman), Kaden Robinson-(Wiseman), Rashaun Hays-(Shepherd), Quadee Waites (Shepherd), Ziyayna Shippen-(Star), Matthew Wilford-(Shepherd), Myla Massolena-(Angel), Vanessa Chandler



Sunday Church School Christmas Program

## YOUTH & YOUNG ADULT CORNER...

### Norristown Indoor Track Team traveled to the Hispanic Games held in New York City.

On the girls side, both Rowanna Watson and our own Sis. Alexis Bell qualified for the finals in the 55 with Sis. Alexis finishing 6<sup>th</sup> with a time of 7.48.

### Our own Temple University student, Bro. Xavier Chandler shared a letter with the Education Committee:

Words cannot explain how truly blessed I felt knowing that I have supporters who believe I can reach success. I would love to let you know that this has been a great year for me

which was full of the three E's I described at the banquet. I've seen **Education, Experience, & Expenses** the entire semester I've spent here. The classes I took were very exciting and it was actually a pleasure to go to class. I have changed my major to Criminal Justice in pursuit of becoming a State police officer and later on reaching my dream job of working for the F.B.I. However, this dream of mine could have never been attempted if it wasn't for your very appreciative gift to me. The Lord has truly blessed me with such a showing of trust from others. I again cannot thank you enough for helping me attend Temple University. Sincerely, Xavier Chandler

Keep up the good work and continue to read and study the Word of God for God's Word

equips us for this life. It is the breath of God and it is everything we need to live. Jesus said, the words I speak to you are life (John 6:63).

If you haven't seen it yet, here is the new video for the upcoming History Channel movie "THE BIBLE", it is scenes from the movie with songs "Awesome".  
<http://youtu.be/tkwAn-MtoKs>  
"Mary Did You Know" – Cee Lo Green  
<http://features.beliefnet.com/moviemom/2012/12/preview-of-the-bible-mary.html>  
The Bible Story will air **starting Sunday, March 3<sup>rd</sup>** through Easter on the History Channel at 8:00 pm.

***"The Lord has truly blessed me with such a showing of trust from others."***

**Siloam Baptist Church**

God's House of Hope,  
Healing, and Wholeness.  
(John 9:7)

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**"BY FAITH"  
Building God's Kingdom**

Unless the LORD  
builds the House  
its builders labor in vain.  
(Psalm 127:1)



We're on the Web!

See us at:

[www.siloadmbc.org](http://www.siloadmbc.org)

**IN COMMEMORATION OF  
BLACK HISTORY:**

Arden Theatre Company presents  
the Philadelphia premiere of  
**Clybourne Park**, the response to  
the 1959 classic **A Raisin in the  
Sun**. The story revolves around a  
house and a neighbor- hood over  
five decades, as families move in  
and out—illustrating that  
gentrification can come in all colors.

**Through March 18.** 40 N. 2nd  
Street, (215) 922-1122.

[www.ardentheatre.org](http://www.ardentheatre.org)

**Recipe of the Month – Apple Pecan Cake**

1-1/4 C. Mazola Corn Oil  
2 C. Sugar  
2 Eggs, Beaten  
3 C. Flour  
1 tsp. Baking Soda, Salt &  
Vanilla  
3 C. Apples (diced)  
1 C. Pecans (cut)

Mix oil, sugar & eggs.  
Add flour & other dry  
ingredients. Batter very

thick (like cookie dough)  
Add Apples, Pecans &  
other ingredients.

Bake at 350° for one  
hour 15 minutes in a  
greased tube & floured  
pan. Sprinkle with  
confectioners (10x)  
sugar after removing  
cake from pan.

ENJOY!



**"Can I Get A Witness?" Comedy Night**

Get ready for an evening  
of fun and laughter!  
Siloam Baptist is hosting a  
comedy performance that  
will benefit the "By Faith"  
Building God's Kingdom  
Expansion Campaign. The  
**"Can I Get A Witness?"**  
Comedy Night

will be held on **Saturday May  
4** at the Norristown Cedar  
Club. 6:00 pm. For tickets  
(\$50) contact Sis. Cynthia  
Culbreath (610) 637-6401 &  
Sis. Linda Johnson-LeBlanc  
(267) 421-9891 or on-line @  
[http://canigetawitness-  
efbevent.eventbrite.com/](http://canigetawitness-efbevent.eventbrite.com/)

**Norristown  
Ministerium:**

Community Prayer – every  
Thursday at 8:00 am at  
Faith & Hope Church of the  
Nazarene on Freedley &  
Pine Sts. in Norristown.

**ADVERTISEMENTS**

To offset the cost of color printing the Proclaim Newsletter, we are offering  
advertisements of your business at \$10 per edition or \$25 for the year. Please  
contact Sis. Vickie Hodo, Sis. Stacey Browning, or Sis. Kathy Burns  
for any questions you may have.

All announcements for Newsletter should be 100-150 words. THANK YOU.

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267-312-2643 -Cell

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Yvonne L. Massie  
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You are altogether beautiful, my darling, beautiful in  
every way. --Song of Solomon 4:7 NLT

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on-line**

**PBS WHYY 12, celebrates Black  
History Month with special  
programs:**

In celebration of Black History Month and as part  
of its year-round commitment to diverse programming, PBS has  
announced an on-air lineup commemorating the contributions of African  
Americans in music, dance, television and civil rights, providing an in-  
depth look at key figures and events that shaped black - and American -  
history.