



## JOY Celebrates 22 years-Pioneer Day 2008

**22 Years a Pioneering Church  
PIONEER DAY 2008  
February 10, 2008**



**Founding Pastor, Dr. Michael P. Williams**

The JOY Family Salutes Its **Exodus Members**, who were with our Founding Pastor on the day the ministry was born, **February 9, 1986:**

- Cheryl Allen, Sherry Bradley,
- Corrine Byrd, Willie Byrd, Janet Stowers Brooks,
- Karess Buckman, Dr. Maude Ferguson, Reggie Ford,
- Angela Ford, Regina Ford, Alfreda Nealy Gamble,
- William Greer, G. Lynn Hynson, Beverly Harver,
- Linda Jordan, Aisha Jordan, Brett Jordan,
- Doris Johnson, Lucien Lake, Jackie McCoy,
- Johnny McCoy, Portia Matthews, Scottie Matthew,
- Catherine Brunson Millard, Quinnelle Logan Reed,
- Donna Sampy, Lance Soders, Gayle Soders,
- James Soders, JaNayle Soders,
- Cynthia Stewart, Robert Stewart III,
- Crystle Stewart, Robert Stewart IV, Donna Williams,
- Lauren Williams, Alvin Watts, Selena Tallie Watts,
- Hannah Wood, James Wood.

The JOY Family Salutes Its **Pioneer Members** who joined JOY Tabernacle in its founding year, 1986:  
Sherel Ames, Larry King, Renae King, Oliver Scott,  
Evelyn Scott, Glenda Taylor,  
Buford Norris, Barika Noris, Debra Noris,  
Caffey Taylor, Alancia Williams

**The Mighty Men of JOY:God’s Men  
Focused on The Rock  
Men’s Weekend 2008**



**T**he Mighty Men of JOY continued a fine tradition of worship, fellowship and praise January 18-20, 2008, commemorating **Men’s Weekend**. Their theme, taken from Psalms 61:2, was **“God’s Men Focused on the Rock”**. Congratulations to Charles Cooper who served at chairperson for the event and will do so for 2009 as well. Special thanks to Associate Pastor Oliver Scott for his anointed leadership of the Men’s Choir as they ushered us into praise and worship. Dr. Samuel S. Gilbert II, pastor of the Mt. Sinai Baptist Church, preached the sermon at Sunday morning worship.



**Dr. Samuel S. Gilbert II  
Pastor, Mount Sinai  
Baptist Church**

# Happy Birthday



## February

Jonathan Taylor	2
Lance Soders	3
Patrick Jackson II	4
Judith Wilson	6
Juene Franklin	6
Lisa Haywood	8
Brenda Anderson	10
Gerika Gamble	11
Sherry Bradley	12
Sharon Jackson	13
Kori Harver	14
Barika Noris	15
Barry Barron, Jr.	16
Alphonso Lloyd	17
Charles Metoyer	18
Phyllis Trotter	19
Louise Alexander	21
Linda Jordan	22
Tommy Brooks	24
Lejoi Thomas	24
Dymond Taylor	24
Shavon Wyatt	25
Kietha Adams	25
Tamicha Thomas	25
Lauren Williams	26
Toi Ames	26
Breanna Norris	27
Corrine Byrd	28

## Kudos & Congratulations to...

**Jamar Brooks**, who competed in the **Houston Regional Math Competition** at **Dulles High**

School won **6<sup>th</sup> place in Calculator Math**, **5<sup>th</sup> place in General Math** and **1<sup>st</sup> place trophy in Mental Math**. Earlier this month, at Elkins High School, Jamar won **5<sup>th</sup> place in Mental Math**, tied for **3<sup>rd</sup> place in Calculator Math**, and **3<sup>rd</sup> place in General Math**. Jamar competed against some 300 high school students. Jamar will now go on to the **state competition** in March. Continue in excellence, Jamar!

**Andrew Malveaux**, who was recruited to play basketball by the **AAU League**. Andrew says he is excited about this opportunity and is looking forward to his basketball career.

We are praying for your strength and skills, Andrew.

**Josh Ballard**, who is rated the **#1 debater** on the **Jack Yates Debate Team**. The Jack Yates Debate team touts a **14-0 record** and is going to **state competition** in Austin, the second week in March! Outstanding!

**Shaquay Martin**, who is leaving us to go on to graduate school in Atlanta, GA. Shaquay will study Urban Planning and Psychology. Your **JOY** family wishes you all the success you so richly deserve. We will miss you. We pray that you will come back to see us often!

## Health & Wellness Ministry

**T**o know your heart is to love your heart. Some risk factors you just can't change, like your age, your race and family history. But you have the power to control other risk factors and to make changes to live a longer, stronger life. For example:

♥**High Blood Pressure**-have your blood pressure checked regularly by a health care professional. If it is too high, your healthcare provider may recommend checking the sodium levels in foods and to limit your salt intake. Regular exercise and losing weight can also help lower blood pressure. If your healthcare provider prescribes medication, its important to take it as directed.

♥**Smoking**-If you are a smoker, you are 2-4 times more likely than a nonsmoker to develop heart disease. Your best plan is to **QUIT NOW**. If going cold turkey is just too hard, try cutting the number of cigarettes you smoke in half. Later, cut that number in half. Keep cutting the number in half until you're down to zero.

♥**High Cholesterol**-The higher your total cholesterol, the greater your risk of coronary disease. That's why it's important to have your cholesterol checked regularly. If it's too high, your healthcare provider may prescribe physical activity and a diet low in saturated fat, trans fat and cholesterol. Or, they may prescribe cholesterol lowering medication.

♥**Physical Activity**-It's a fact: lack of physical activity increases your risk of coronary artery disease. It also increases the likelihood of other risk factors, such as high blood pressure and overweight. What can you do? Find an activity you like and do it for at least 30 minutes most days of the week. Not the outdoors type? Try jogging in place while you watch your favorite TV show or listen to music.

♥**Obesity or Overweight**-If you have excess body fat-especially around your waist-you're more likely to develop heart disease and stroke. Every pound you lose helps reduce your risk. There are about 3500 calories in a pound of fat, so to lose 1-2 pounds a week, you need to cut 500-1000 calories a day through either diet and/or exercise.

## JOY BAPTIST TABERNACLE

### Schedule of Services

- **Sunday**  
9:30 am...Mid-Morning Service  
Praise and Worship, Ministry of the Word
- **First Sunday**  
7:00 pm...Celebration of the Lord's Supper
- **Wednesday 12 noon**—Pastor's Noon Day Bible Study
- **Wednesday 6:30 pm** Intercessory Prayer  
7:30 pm...Mid Week Bible Study  
(Nursery and Children's Services Provided)

**Remember To**  
**Protect Our Assets**  
**Pay Your Mortgage**  
**Pledge**  
**Regularly!**

**A Celebration of JOY!**  
**The Preaching**  
**Ministry of**  
**Dr. Michael P.**  
**Williams**  
**Every Sunday, 1:30 pm**  
**Watch on**  
**Time Warner 17**  
**TV Max 95**  
**Kingwood 98**

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