



### *Pastor's Message*

#### No Quitters Here

**2 Corinthians 4:16:** *For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.*

In the marathon of life, there comes a point where exhaustion threatens to overwhelm us. Our limbs ache, our breath labors, and every step feels like an impossible feat. The temptation to surrender looms large, but those who have prepared themselves find a wellspring of resilience within.

Just as runners push through the wall, we too can overcome our personal barriers through steadfast spiritual training. Every setback, every obstacle, need not mark the end but rather the genesis of triumph if we are fortified with the right preparation.

In 2 Corinthians, Paul speaks intimately of his trials and tribulations, laying bare his struggles and his unwavering commitment to his faith. He reminds us that, like him, we may face adversity from all sides, yet we are not defeated.

We must resist the urge to falter, to succumb to the pressures around us. Whether faced with financial woes, health challenges, or fractured relationships, we must not be like those who faint at the first sign of trouble. We cannot afford to be "situational fainters," collapsing under the weight of our circumstances.

Moreover, we must guard against spiritual dehydration, by nourishing our souls with the Word, fellowship, and service. Lying too long in spiritual dormancy can lead to a faintness of spirit that clouds our judgment and weakens our resolve.

Paul teaches us that our outward appearances, our earthly concerns, are transient. We spend too much energy chasing after fleeting beauty or temporal comforts when true transformation occurs within. Like the metamorphosis of a butterfly, we shed old

attitudes and behaviors, emerging stronger and more radiant.

Most importantly, we find renewal in our inner selves each day. Despite the trials that assail us, we draw strength from the divine presence within us. Just as Paul found solace in Christ amid his tribulations, so too can we find comfort and fortitude in our relationship with the divine.

The journey of faith is marked by tests and trials, but it is these very challenges that forge us into stronger, more resilient beings. We look back on our lives and see the progress we have made, the obstacles we have overcome, and the growth we have experienced.

So, when the road ahead seems daunting and the weight of the world threatens to crush us, we must remember: that quitting is not an option. We draw upon the power within us, the power of choice, to persevere, to love, to forgive, and to thrive.

In the face of adversity, in the depths of despair, we declare with unwavering resolve: "We will not quit."

Be blessed,  
Pastor P. J. Johnson



#### Wednesday Night Bible Study – 7 PM

ZOOM Meeting ID: 826 0194 1303  
Passcode: 13800

Call in number: 1-301-715 8592 US (Washington DC)  
or +1 929 205 6099 US (New York)

#### Sunday School – 9:45 AM

In Person or via Conference Call  
Conference Call Phone Number: 267-807-9605 \*  
Access code: 731 353 453#



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## Sisters Network of Central Virginia



On Sunday, January 28, members of the *Sisters Network Central VA, Inc.* visited FBCM during morning worship service. They shared information about their organization and breast cancer awareness.

Sisters Network ® Inc. is the first national African American breast cancer survivorship organization. Founded in 1994, Sisters Network ® Inc. has become a nationally recognized organization within the medical community and a critical resource for African American women fighting breast cancer. The *Sisters Network Central Virginia, Inc. Chapter* was formed in January 2005. The local chapter provides breast cancer survivors, in underserved communities, a supportive environment to express their fears, concerns, and experiences. This organization coordinates community forums and offers seminars to educate the underserved communities in Central Virginia about breast cancer, the risk factors, and preventive measures.

## Celebrating 178 Years of Praising GOD

On the first Sunday in February, First Baptist Church of Midlothian celebrated its 178th Anniversary during our morning worship service. The theme for this anniversary service was “The Goodness of God” and the scripture for the day was Psalm 9: 1-2.



Rev. Dr. Shajuan House, First Lady of Tabernacle Baptist Church in Chesterfield, VA, served as guest preacher. She is a graduate of the Virginia Union University’s Samuel Dewitt Proctor School of Theology, University of Richmond’s School of Law, and Virginia Commonwealth University’s School of Social Work. In addition, she has practiced law for over twenty years and serves as a substitute judge.

Rev. Dr. House preached a mighty thought-provoking message entitled “The Same God” based on the scripture Joshua 1:5-7. If you missed this outstanding spirit-filled service, you can check it out on Facebook.

## The Anniversary Celebration in Photos



Presiding: Mr. Recardo Kendrick



Rev. Justin D. House, Rev. Dr. Shajuan House, First Lady Lisa Johnson, Pastor Pernell Johnson



Pastor Johnson offers celebratory comments and reflections

## More Anniversary Photos



Rev. Justin and Rev. Dr. Shajuan House's son introduces his mother



Historian Audrey Ross presents highlights of the rich history of First Baptist



Ms. Shirley Smith welcomes visitors

*"A people without the knowledge of their past history, origin, and culture is like a tree without roots."  
Marcus Garvey*

## Commemorating Black History Month

The 2024 Black History Month theme, "**African Americans and the Arts,**" examined "the varied history and life of African American arts and artisans."

During the month of February, the History Committee presented valuable and interesting facts related to our church and African American artists during our morning worship service. The following presentations were given by FBCM members:



- ◆ First Baptist Church of Midlothian History presented by Historian Audrey M. Ross
- ◆ Poet and Activist Amanda S. C. Gorman presented by Veronica Etheridge
- ◆ Artists with Works displayed in Richmond, VA presented by Rosemary Morton
- ◆ Black Musicians of the 20<sup>th</sup> and 21<sup>st</sup> Century presented by Leon Coleman
- ◆ Spirituals Sung by Slaves illustrated by Musician Evelyn Johnson



*"History has shown us that courage can be contagious, and hope can take on a life of its own."  
Michelle Obama, Former First Lady of the United States*



*"In order to see where we are going we not only must remember where we have been, but we must understand where we have been."  
Ella Baker, Community Organizer and Political Activist*

## Observing Women's History Month

The Women's Ministry of FBCM celebrated Women's History Month during the month of March. The National theme of Women's History Month for 2024 was "**Women Who Advocate for Equity, Diversity and Inclusion.**" This theme recognizes women throughout the country who understand that, for a positive future, we need to eliminate bias and discrimination entirely from our lives and institutions. This year, each Sunday in March, African American women who made major contributions to the areas of equity, diversity and inclusion were highlighted. The following individuals presented women who have made an impact on society: Deaconess Kim Allen (Rep. Maxine Waters), Lynell Johnson (Dr. Janice Underwood), and Cheryl Edlow (Frances Ellen Watkins Harper).

**"Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."**

*Philippians 4:8*



**Mrs. Cheryl Edlow presenting Frances Ellen Watkins Harper**



**Frances Ellen Watkins Harper**  
Abolitionist, suffragist, poet, temperance activist, teacher, public speaker, and writer. Beginning in 1845, she was one of the first African American women to be published in the United States.



**Dr. Janice Underwood** who currently serves as Virginia's first-ever Director of Diversity, Equity, and Inclusion and previously led the state's Health Equity Task Force.



**Congresswoman Maxine Waters** represents the 43rd Congressional District of California is an outspoken advocate for women, children, people of color, the poor, veterans, and seniors.

**“Renewal of Strength”  
by Frances Ellen Watkins Harper**

The prison-house in which I live  
Is falling to decay,  
But God renews my spirit's strength  
Within these walls of clay.

It may be earth's sweet harmonies  
Are duller to my ear,  
But music from my Father's house  
Begins to float more near.

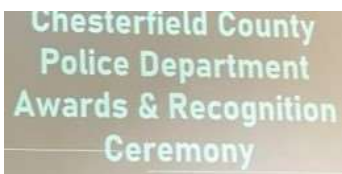
For me a dimness slowly creeps  
Around earth's fairest light,  
But heaven grows clearer to my view,  
And fairer to my sight.

Then let the pillars of my home  
Crumble and fall away;  
Lo, God's dear love within my soul  
Renews it day by day.

**Good News: Honors and Recognitions**



Congratulations on the Christening of baby Andy Russell Robinson! The baby dedication ceremony was performed by Pastor Pernell J. Johnson on Sunday, February 18 at FBCM. Baby Andy was presented by his loving parents Byron and Casey Robinson, and he is the grandson of Deacon Anderson and Cheryl Edlow. Family, friends and FBCM members witnessed this blessed event and wished Baby Andy a life filled with love and happiness.



Deacon Anderson Edlow and Deacon Frank Davenport were honored by the Chesterfield County Police Community Engagement Program for their active participation and dedication. They have both been volunteering with this important community program for many years.



## Book Club



The FBCM Book Club continues to be active and recently came together to worship at First Baptist. The club meets bi-monthly on the 2<sup>nd</sup> Saturday at various restaurants throughout the area.



**“Books were my pass to personal freedom.”  
Oprah Winfrey**

**“Once you learn to read, you will be forever free.”  
Frederick Douglas**

**“My alma mater was books, a good library.....I  
could spend the rest of my life reading, just satisfying  
my curiosity.”  
Malcolm X**



## Local History and Did You Know Quiz

As we approach late spring and summer this quiz of fun facts may inspire you as you consider vacation travel close to home. Take a day trip, tour local sites, or go fishing!

1. Petersburg's \_\_\_\_\_, is the oldest free black community in the nation, and is listed on the National Historic Register of Historic Places.
2. America's first woman-run bank, St. Luke Penny Savings Bank was established in Richmond by \_\_\_\_\_ in 1903.
3. Both wars fought on American soil, the American Revolution, and the Civil War, ended in Virginia. The Civil War ended at \_\_\_\_\_ and the American Revolution ended in \_\_\_\_\_.
4. Tennis great \_\_\_\_\_ was born in Richmond and became the first black man to win both the U.S. Open and Wimbledon tennis championships and the first Black man to be ranked as the number one tennis player in the world.
5. Virginia is home to the world's largest naval base, \_\_\_\_\_.
6. Virginia is home to the \_\_\_\_\_ Corps Base Quantico, the principal training facility for the U.S. \_\_\_\_\_ Corps.
7. Virginia is known for its production of \_\_\_\_\_ and is the largest \_\_\_\_\_-producing state in the U.S.
8. Virginia's official state mammal is the American \_\_\_\_\_.
9. Virginia is known as the \_\_\_\_\_ capital of the U.S./world because of the high concentration of technology workers.
10. Virginia's official fish is the \_\_\_\_\_.

# ANNOUNCEMENTS

## The FBCM Golf Tournament Returns for 2024



After a four-year break, The Master's/Major Charles A. Ransom Memorial Golf Tournament will take place on Friday, July 12 at Lake Chesdin Golf Club. You can support this event by becoming a patron by donating five dollars or more, or to sponsor a "hole" by contributing \$300 (Bronze), \$500 (Silver) or \$1,000 (Gold). The Golf Committee is also inviting members of Greek Organizations to give a \$25 donation. All funds collected will go to the FBCM Capital Campaign.

The 2024 Golf Committee members are: Trustee Don Rainey, Chairperson, Deacon Willie Ransom, Sonny Draper, Gwen Byrd, Jennifer Jones, Tony Otey, and Delores Taylor.

## Women's Praise Dance Ministry



The FBCM Women's Ministry is launching a **Women's Praise Dance Ministry** and all women 19 years old and older are encouraged to be a part of this exciting new venture. The two rehearsal dates in June are set for Saturday, June 8 at 1:00 p.m. and Saturday, June 15 at 9:00 a.m. They will be taught by Sister Leah Mason, a veteran praise dancer and dance teacher. Please consider participating in this ministry for a blessed and beautiful time of fellowship, praise, and worship! Not to mention, it will be great exercise!

## Women's Day 2024

Get ready for our Women's Day of worship and praise on **Sunday June 30, 2024, at the 11:00 am worship hour**. The guest preacher for the service will be **Evangelist Dr. Angela Curtis** founder of ARC International Ministries.



The service will be followed by a **"High Tea" reception**. All women are asked to wear a hat. We want to bring back women in hats in the spirit of solidarity. Invite someone and bring a friend or neighbor!

## Senior's Ministry

All FBCM seniors are asked to come fellowship with the Senior's Ministry on the first Tuesday of each month in the church fellowship hall. The next meeting will take place on June 4, and following a summer break, meetings will resume in September. The ministry provides seniors with a fantastic opportunity for fellowship, entertainment and valuable information that will have a positive impact on their lives. Trips are also planned during the year. All seniors are welcome to participate and bring a friend. A light lunch is provided monthly.



**Faith is taking the first step even when you don't see the whole staircase.**

Martin Luther King, Jr.

## ANNOUNCEMENTS CONTINUED

### Church Position Opening



The salaried position of **Church Treasurer** is currently available at FBCM. Please consider using your talents and abilities to fill this position. If you are interested or would like additional information, contact the Pastor or church secretary. Position training and onboarding will be provided.

### New Shoes for Back-To-School Ministry

Once again, First Baptist Church of Midlothian, along with other churches and synagogues in the Richmond, Chesterfield, and Henrico areas, will be participating in the New Shoes for Back-to-School Ministry. The shoe collection will begin Sunday, July 7, and will end Sunday, August 25. Mrs. Cheryl Edlow, Mrs. Kelli Poindexter, Ms. Gwen Byrd and Ms. Linda Porter Coles will coordinate the collection and distribution of the new shoes for area school-age children.



**SPECIFIC  
INFORMATION  
CONCERNING SIZES  
AND TYPES OF SHOES  
WILL BE COMING  
SOON!**

### Providing Children with Food



The Women's Ministry is sponsoring a food drive to support the Chesterfield County Food Bank "Kids Summer Food Program." Food will be collected through the end of June to help prevent child hunger in our community. A suggested shopping list and collection box are located in the church vestibule.



## \* UPDATED 2024 FIRST BAPTIST CHURCH CALENDAR – JUNE - SEPTEMBER\*

JUNE	JULY
<ul style="list-style-type: none"> <li>• 1 – Hybrid BGC Children, Youth and Youth Workers Conference and Empowerment</li> <li>• 2 - Pastor's Anniversary</li> <li>• 11 - Outreach Project with the Chesterfield County Food Bank - 10:00 a.m.</li> <li>• 16 – Father's Day</li> <li>• 19 – Juneteenth (W)</li> <li>• 23-27 – 125rd Annual Session and Congress of Christian Faith Formation (Alexandria)</li> <li>• 30 - Women's Day 2024 - 11:00 a.m.</li> <li>• 30 – Sunday School Union</li> </ul>	<ul style="list-style-type: none"> <li>• 6 – BGC Day at King's Dominion</li> <li>• 7 – New Shoes for Back-to-School Collection Drive Begins</li> <li>• 15-17 - Sunday School Union Institute</li> <li>• 12 - Master's/Major Charles A. Ransom Memorial Golf Tournament - at Lake Chesdin Golf Club - 9:00 a.m.</li> <li>• 21 – Homecoming</li> <li>• 22-26 – Revival</li> </ul>
AUGUST	SEPTEMBER
<ul style="list-style-type: none"> <li>• 1 – 25 – New Shoes for Back-to-School Collection Drive</li> <li>• 5-9 - Vacation Bible School</li> <li>• 25 – New Shoes for Back-to School Collection Drive Ends</li> </ul>	<ul style="list-style-type: none"> <li>• 8 – Grandparent's Day</li> <li>• 15 – Gospel Truth Anniversary</li> <li>• 29 – Sunday School Union</li> </ul> <p style="text-align: center;"><i>Christian Faith Formation Month</i></p>

## May Is National Mental Health Awareness Month

One in 12 Americans struggle with depression, and walking alongside folks with empathy and encouragement is more important than ever. While we may have good intentions, certain phrases can unintentionally invalidate experiences and make people feel misunderstood.

Here are **5 things to avoid saying** to someone with depression, and **5 things you can say instead**.

**1. "Cheer up!"**

*"I'm here for you, and I'm listening"*

Don't suggest that depression is a choice and that a person can simply decide to stop being depressed. Depression is a complex mental health disorder, not a temporary mood that can be easily changed. Instead, provide understanding and validation.

**2. "Others have it worse than you."**

*"Your feelings are valid, and you're not alone"*

Comparing someone's suffering to others' minimizes their experience and can lead to feelings of guilt or shame. Show that you understand their struggle is unique and valid, regardless of how it compares to others' situations.

**3. "You have so much to be thankful for"**

*"I care about you and want to support you in any way I can"*

While gratitude can be helpful, we must be careful not to make someone feel like they are being ungrateful or that their feelings are unjustified. Depression is not a lack of gratitude; it is a mental health condition that can affect anyone, regardless of their life circumstances.

**4. "You're just seeking attention"**

*"You're important to me, and your well-being matters"*

Don't dismiss a genuine struggle or inadvertently make them feel ashamed for reaching out for help. People with depression often hide their symptoms and may find it difficult to open up about their experiences. Lead with love and understanding.

**5. "I know exactly how you feel"**

*"I may not fully understand, but I'm here to learn and support you"*

Even if you have experienced depression yourself, everyone's experience is unique. Claiming to know exactly how someone feels can come across as dismissive. Instead, acknowledge individual struggles and make them feel enveloped by support.

Depression is one of many complex mental health conditions that require understanding, empathy, and support.

<https://www.thriveandcultivate.com/>



It is okay to not be okay...Be Kind to your Mind...  
All emotions are valid...Self-care is not selfish...  
Grow through what you go through...  
Give yourself time...Take time to smell the flowers...  
Mental health is as important as physical health...  
Life is tough but so are you...Make yourself a priority...  
You matter...Breathe...Let it be...One day at a time...

### Quiz Answers

Quiz Answers: 1-Pocahontas Island, 2-Maggie Lena Walker, 3-Appomattox Courthouse, Yorktown, 4-Arthur Ashe, 5-Naval Station Norfolk, 6-Marine, Marine, 7-peanuts, peanut, 8-black bear, 9-Internet, 10-brook trout