

Oak City News

OAK CITY BAPTIST CHURCH

VOLUME 20 — ISSUE 1

REV. DR. WILLIAM T. NEWKIRK, SR. — PASTOR

MARCH 2023

In Honor of a Very Special Pastor and First Lady on your 35th Church Anniversary

As you mark your anniversary
with this house of God,
Your spiritual journey
seems to fly, not plod.

Thank you for your
kindness, attention and duty,
We are the lucky ones,
sincerely and truly.

Once in a while, there comes
someone very special like you...
who not only serves the church
and its people faithfully,
but who makes of their own life
a living testimony of
Christ's love.

Thank you for your many years
of devoted and caring ministry.
Happy 35th Anniversary!



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From The Pastor's Desk

Rev. Dr. William T. Newkirk, Sr.

“A Letter From Jesus”

My Dear Precious Child:

I'm sending you this letter by way of your pastor. I just wanted to let you know how much I love and care about you. I greatly desire to become a meaningful part of your life.

This morning when you awoke, I was already there with you in the light of my beautiful sunshine that filled your room. I was hoping you would say good morning to Me, but you didn't. So, I thought, maybe it's a little too early in the day for you to notice Me.

Again, I tried to get your attention when you stepped out of your door. I kissed your face with a soft gentle breeze. I even sang you a love song through the birds in the trees. You just walked right pass Me.

Later in the day, I watched over you as you were talking with some of your friends. Oh, how I wished you would talk to Me also! I waited and waited for you, and you just went on your merry way.

This afternoon I sent you a shower of rain. I even shouted to you a time or two with thunder trying to get your attention. Then I painted you a lovely rainbow. I just knew you'd see Me then, but you seemed to be unaware of My presence.

This evening, to close your day, I sent you a beautiful sunset. After that, I winked at you a thousand times through My stars hoping you would see Me and wink back. You never did.

Tonight when you went to bed, I spilled moonlight upon your face to let you know that I was there with you. I was hoping you would talk to Me a little while before going to sleep. You never said a word. It hurt Me deeply. However, I continued to watch over you through the night thinking that maybe, just maybe, you would call out My name sometime during the night.

Each and every day, I have revealed Myself to you in many strange and wondrous ways, hoping you would accept Me or acknowledge Me as your Lord and Savior. For I am the only One that can supply you with your every need. My love for you is deeper than the deepest ocean and higher than the highest mountain. I have so much to give to you and to share with you. Please let Me hear from you!

***Your Loving Friend,
JESUS***

Pastor's note: Maybe it's time for us to catch up on our praying!

Pastor Newkirk



Impressions by the First Lady

Catherine White Newkirk

Perhaps you have experienced a season that was devastating and full of continuous pain.

We must remember that **God is the Lover of the soul!**

Someone has said that **He** is the "**Therapist**" that relieves the trauma in **His** time!

God gives sense to the tragic events and relief to the chronic pain!

Corrie Ten Boom puts it all in perspective when she wrote:

"Never be afraid to trust an unknown future to a known God."

I felt strongly led to share the following reading after reflecting upon it several times.

The Holy Alphabet

Although things are not perfect

Because of trial or pain

Continue in thanksgiving

Do not begin to blame

Even when the times are hard

Fierce winds are bound to blow

God is forever able

Hold on to what you know

Imagine life without His love

Joy would cease to be

Keept thanking Him for all the things

Love imparts to thee

Move out of "Camp Complaining"

No weapon that is known

On earth can yield the power

Praise can do alone

Quit looking at the future

Redeem the time at hand

Start every day with worship

To "thank" is a command

Until we see Him coming

Victorious in the sky

We'll run the race with gratitude

Xalting God most high

Yes, there'll be good times and yes some will be bad, but...

Zion waits in glory...where none are ever sad!

Keep preserving in your faith and trust in Jesus Christ!

*I Still Believe,
Lady K*



Oak City Baptist Church New Members (2022)

Told in their own words. Put together by Mildred (Elaine) Hopkins

The Faulcons Marvin and Helen

A Love Story of Their Life and Church Ministries. Marvin and Helen were both born in Littleton, NC. Marvin's parents names were Charlie and Anna Faulcon. Helen was born to Plummer and Lucrecy Johnson. Marvin had nine siblings – five brothers and four sisters. He was the baby of the family. Helen had ten siblings – seven sisters and three brothers. She was the second oldest child in her family.

We grew up working hard on the farm. Both of us had parents who loved their children, but never expressed their love to us. However, they did show us that we were loved by never sparing the “rod” when we misbehaved or disobeyed them. We were poor but God always blessed us with plenty of food to eat. We never wore stylish clothes, but we were always clean.

Our parents made sure that we went to church and Sunday School every Sunday. When our parents said they were going to church, we knew not to say we did not want to go. Why? Because they said so! We both joined church at an early age.

Marvin and Helen graduated from the same high school. Marvin graduated in 1960. Helen graduated in 1961. Shortly after high school, we started dating. We dated for four years before we were married. On January 11, 1965, we tied the knot and married.

We moved to Washington DC to live. We had three beautiful children – one daughter and two sons. We have nine grandchildren. God began to open doors for us. For instance, Marvin got a job with IBM. Okay, what a blessing!

We joined Emmanuel Baptist Church. This church was led by a Pastor who believed in teaching. Marvin served as Director of Vacation Bible School, Deacon, Director of Baptist Training Union (BTU), Director of Christian Education and served as a Sunday School Teacher. Helen served as a Deaconess.

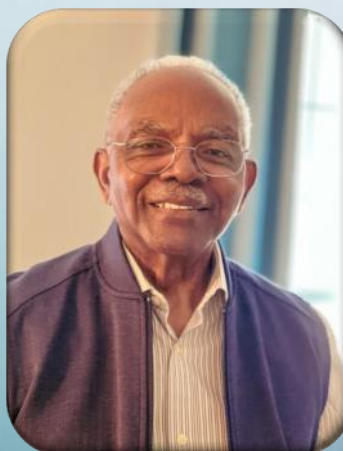
In January 1985, we relocated to Raleigh, NC. We joined Wake Chapel Baptist Church. There, Marvin and Helen served in similar roles at their previous church. Marvin served as a Deacon and I as a Deaconess. Marvin taught Adult Bible Class, was

the Superintendent of Sunday School and he was the Adult Sunday School teacher.

In 1997, we joined Friendship Chapel Baptist Church. There Marvin served as a Deacon and I as a Deaconess. Marvin was a Sunday School Teacher and Leader of the Nursing Home Ministry. Helen became the Leader of the Thanksgiving and Christmas baskets for the needy families.

Late 2021, Helen and I started looking for a new church home. We were looking for a church with a good pastor that preached from the word of God and a congregation that lived out His word through service in the church and the community. We visited Oak City Baptist Church and enjoyed each worship experience. Helen and I watched as members displayed warm and kind gestures to everyone, even strangers. It felt like home from our very first service. You were humble and appeared to be joyful in your worship. Most importantly we felt that Oak City sought to build relationships with others who were seeking a relationship with God too. We loved the hymns the choir sang, and the messages Rev. Newkirk preached. Rev. Newkirk always preached messages directly from the word of God. He provided messages we could meditate on. We also love that he takes the pulpit serious, never joking or playing around during service. The Oak City family showed us so much love from our first visit and continues to show us love to this day. We are so thankful that the Holy Spirit led us to join this church. It makes our heart glad to be a part of a church that loves and embraces everyone. We are more than happy to be here and look forward to meeting and participating on various committees of Oak City Baptist Church.

Thank You Lord.
Marvin and Helen Faulcon



Oak City Baptist Church New Members (2022)

Elaine Hopkins

Mrs. Mildred Elaine Hopkins joined Oak City Baptist Church February 20, 2022.

Why did I join Oak City Baptist Church... I was indeed ready to return to church and to the normalcy of Christian fellowship. Learning about Oak City Baptist Church strict protocol to prevent the spread of Covid 19 was an inviting incentive to be a part of this body of Christ. The efforts of different ministries upon arrival, the visual reminders in the church bulletin and the emphasis from the pulpit all served as important messages to keep safe. That was important to me.

I began listening to the services via live streaming and later visiting regularly. The warmth and friendliness of the Oak City Baptist Church family presented a sweet spirit for anyone searching for a church home. Most importantly were Pastor Newkirk's sermons which were, and continues to be, strictly Bible-based serving as great lessons to live by. I am convinced that the spirit of the Lord directed me to this church to follow Pastor Newkirk's teachings as he follows Christ. I am happy to be at this church and I have already begun working with some ministries.



Treka Elizabeth Spraggins

Just a little about me.

I was born in Pittsburgh, Pennsylvania. I have a younger brother named David. We grew up in the Bronx, New York. As a child and young adult, I was very attached to my "nana." She lived in Manhattan (a borough of New York), and my brother and I stayed with her on weekends.

Later, I moved to New Jersey and finished my undergraduate degree. Later on, I completed my master's degree and then my doctoral degree. Between school and life, I relocated "south" to North Carolina. I have two children and six grandchildren: a dog and a cat. I've traveled just a bit and visited China.

My career includes being a social worker and a school counselor. Now, I teach adult learners from all over the world online at a university. I am at Oak City Baptist Church because of my best friend. I needed to have the covering and teaching of God by a good shepherd, pastor, and church family whose lives start with prayer, doing God's will as part of their everyday lives. Because I am a member of the family of Oak City; the best in my life is yet to come!

Treka Elizabeth Spraggins



March is Self-Injury Awareness Month

How to Deal with Self Harm

<https://www.crisistextline.org/topics/self-harm/>
Health and Wellness Ministry

We all need healthy ways to cope with the hard stuff.

What is Self-Harm?

For some people, when depression and anxiety lead to a tornado of emotions, they turn to self-harm looking for a release. Self-harm and self-injury are any forms of hurting oneself on purpose. Usually, when people self-harm, they do not do so as a suicide attempt. Rather, they self-harm as a way to release painful emotions.



Types of Self-Harm

Self-harm can manifest differently for everyone. And, the ways people may self-harm extend far beyond the usual references to cutting in media. Simply, self-harm is anything and everything someone can do to purposely hurt their body.

- ◆ Here are some of the most common types of self-injury:
- ◆ Cutting
- ◆ Scratching
- ◆ Burning
- ◆ Carving words or symbols into the skin
- ◆ Hitting or punching oneself (including banging one's head or other body parts against another surface)
- ◆ Piercing the skin with sharp objects such as hairpins
- ◆ Pulling out hair
- ◆ Picking at existing wounds

Symptoms of Self-Harm

Stigma creates shame and embarrassment, making it hard for people who self-harm to get help. So, look out for yourself and for your pals. If you suspect that someone in your life is self-harming, here are some warning signs to keep top of mind:

- ◆ Scars
- ◆ Fresh cuts, burns, scratches, or bruises



- ◆ Rubbing an area excessively to create a burn
- ◆ Having sharp objects on hand
- ◆ Wearing long sleeves or long pants, even in hot weather
- ◆ Difficulties with interpersonal relationships
- ◆ Persistent questions about personal identity
- ◆ Behavioral and emotional instability, impulsiveness, or unpredictability
- ◆ Saying that they feel helpless, hopeless, or worthless

How to Deal With Self-Harm

Emotions can be really painful sometimes. It's totally normal to need ways to cope with and process the hard things in your life.

Here are some ways to push through, process, and cope with your emotions.

- ◆ Text to cool down. If you're dealing with painful emotions, text to connect with a real human and strategize healthy coping mechanisms to manage your emotions.
- ◆ Get creative. Studies show that diving into making art can help people process emotions. So, next time you're feeling like self-harming, grab your sharpie and doodle your worries away. A bonus: you can totally suck at it and still reap the same rewards.
- ◆ Find your zen. Keeping yourself safe from self-harming is all about finding healthy alternatives to work through the hard stuff. Researchers found taking time to re-center through meditation to be a powerful way to find your cool and calm.
- ◆ Talk to a pro. Self-harm is serious. And, while the intention behind self-harm usually is not death, it can still be dangerous—both physically and emotionally. Talking to someone who can help you find alternatives is incredibly important. Also, consider telling someone you know who can help you connect with a professional.

How to Deal with Self Harm

<https://www.crisistextline.org/topics/self-harm/>
Health and Wellness Ministry



Why Do People Self-Harm?

Let's start with this: everyone needs a way to cope with their emotions. People who self-harm have turned to hurting themselves as their coping mechanism to manage their emotions.

So, people might self-harm to:

- ◆ Process their negative feelings
- ◆ Distract themselves from their negative feelings
- ◆ Feel something physical, particularly if they are feeling numb
- ◆ Develop a sense of control over their lives
- ◆ Punish themselves for things they think they've done wrong
- ◆ Express emotions that they are otherwise embarrassed to show

Effects of Self-Harm

Self-harm can be seriously dangerous—physically, emotionally, socially, all of it.

Physical Effects of Self-Harm

- ◆ Permanent scars
- ◆ Uncontrolled bleeding
- ◆ Infection
- ◆ Emotional Effects of Self-Harm
- ◆ Guilt or shame
- ◆ A diminished sense of self, including feeling helpless or worthless
- ◆ Addiction to the behavior

Social Effects of Self-Harm

- ◆ Avoiding friends and loved ones
- ◆ Becoming ostracized from loved ones who may not understand
- ◆ Interpersonal difficulty from lying to others about injuries

Recovering from Self-Harm

A lot of people who self-harm do so because they are dealing with painful emotions. Painful emotions are at the root of self-harm, quite often recovering from self-harm involves addressing emotions.

Breaking away from the cycle of self-harm can feel like a huge climb. It involves breaking a habit that has once brought comfort from pain. But, it is not impossible. Here are some steps to set you up for success:

- Name your reason for hurting yourself and your reason for quitting. Ask yourself: "What do I feel before, during, and after self-injury? Which of those emotions do I actively seek out, and which are harmful?"
- Identify other ways of achieving the same result. For example, if you self-harm for the physical sensation, seek other ways of releasing endorphins, like exercise. For real, try throwing a few punches at a kickboxing class or tapping it back in a spin class with the *perfect* playlist. If you self-harm to express your emotions, practice expressing them in words by writing them down. Grab a pen and your favorite notebook, or start typing away in your notes app.
- Tackle the underlying emotions. Explore the feelings that lead you to want to hurt yourself. If it's guilt, where is that guilt coming from? Maybe try finding a therapist—there are pros trained specifically to help with this.
- Tell someone you trust. Let a friend, family member, or trusted adult know what you're going through and that you need their support. Opening up to people can be easier said than done. Here's a place to start: "I'm having a hard time processing some painful emotions and I could use your support right now."

Getting healthy—both in your brain and in your body—takes hard work.

Oak City Baptist Church Singles Ministry

OCBC Singles Ministry

MISSION STATEMENT

The Mission of Oak City Baptist Church is to preach, teach, and model the Word of God and the love of Jesus to all. The singles Ministry continues this mission as the church seeks to serve single men, women, and single parents.



MINISTRY OBJECTIVE

Create an environment for singles to become inclusive members of Oak City. Provide opportunities for learning how to have a rich and rewarding life in Christ through prayer, faith exercise, and practicing Christian life skills. Encourage active collaboration and working with the Men's, Women's, and Crown Financial Ministries.

MINISTRY GOAL

Develop spirituality and nurture real-life skills by learning to apply the Word of God in everyday living. Provide a learning environment that teaches what the Bible says about the fundamental of life for singles in today's world.

Primary Text: The NKJV Bible
Supplemental Text Resources: Tony Evans

Meeting once a month via Zoom. Listen and watch out for announcements and activities





Celebrating 35 Years at Oak City Baptist Church Looking Back Over the Years





Oak City Baptist Church
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Raleigh, NC 27607
(919) 839-5869

Web Site
www.oakcitybaptist.org/
Watch Live Sermons
oakcitybaptist.org/watch-live-now/

Like us on Facebook
[www.facebook.com/ OakCityBaptistChurchRaleigh](http://www.facebook.com/OakCityBaptistChurchRaleigh)

Due to the Pandemic, please check your emails and listen for announcements for confirmation or changes to traditional programs held during the year 2023.

Welcome New Members

January 15, 2023
Mr. Lance Patterson



January 22, 2023
Ms. Janae Jackson



Communications Committee:

Alice McCoy
Cheryl Lucas Stewart
Whitney Battle
Mildred Hopkins
Xenia Pigford
Glenda D. Sandlin
Sherine Vernon

Editors:
Angela Bailey
Deacon Richard H. Jones

Photographers
Presti Bradley

Inspirational Words of Wisdom

Through wisdom a house is built, And by understanding it is established; By knowledge the rooms are filled With all precious and pleasant riches.

A wise man is strong, Yes, a man of knowledge increases strength; For by wise counsel you will wage your own war, And in a multitude of counselors there is safety.

Wisdom is too lofty for a fool; He does not open his mouth in the gate.

Proverbs 24:3-7 (NKJV)

