



Newsletter

St. John Baptist Church

Stay Safe & Health!!!

640 Vance Avenue | Memphis, TN 38126 | (901) 525-1092 | Pastor Henry L. Key
stjohnbaptistvance.com



Why is the Ascension of Jesus so Important to Christians?

<https://www.crosswalk.com/blogs/christian-trends/why-is-the-ascension-of-jesus-so-important-to-christians.html>

On Good Friday, there was a crucifixion. On Easter Sunday, resurrection. And forty days later,

Ascension!

For many Christians and churches, Easter is the end of the celebrating. We tend to forget or just skim over the essential part of the story where Jesus ascended back into heaven. We might even hear that today is Ascension Day and think, "why does that matter for me at all?" or wonder what this day even means.

We find the ascension story told in the first chapter of Acts, following the Gospels. *Acts 1:9* tells us "He was taken up before their very eyes, and a

cloud hid him from their sight," and verse 11 adds, "This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven."

In Learning Jesus Christ Through the Heidelberg Catechism, Karl Barth says, "The conquest of death and the exaltation of life was an event in Jesus Christ the Head. His exaltation is history just as his humiliation is history."

Andrew Wilson goes on to add, "We must in any case understand objectively the statement that Jesus Christ was taken up from earth into heaven before the eyes of the disciples." Acts 1 makes this clear to us.

So now that we know the story, we can dive deeper into its importance and relevance for our lives and our faith.

"The ascension is a vital part of the redemption story," Steve Mathewson writes for The Gospel Coalition. "If we simply collapse the ascension into the resurrection, we miss stunning benefits tied directly to Jesus being taken into heaven."

From Page 1 **ASCENSION**

It's not enough to celebrate the Risen Lord on one spring Sunday and then forget about what comes next. The ascension is crucial, and it's life-changing and eternity-changing for us as believers.

Mathewson shares five ways the ascension of Jesus benefits us:

1. **It establishes Jesus as the reigning king over all powers in all ages.** *Ephesians 1:20-21* says God "raised Christ from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come." *Ephesians 2:6-7* brings us into the picture, saying "God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus." Mathewson adds, "It's the Lord's power that makes this possible (*Eph. 6:10*)—a power we can access as believers seated in the heavenly realms with our ascended King."
2. **It gives us access to God's throne for mercy and grace.** In Jesus "we have a great high priest who has passed through the heavens" (*Heb. 4:14*), Mathewson says. "Passed through the heavens" is the ascension language; Jesus passed through the heavens to be seated at the Father's right hand (*Heb. 1:3*). What's the result? We can now "draw near to the throne of grace, that we may receive mercy and find grace to help in time of need" (*Heb. 4:16*).
3. **It provides an Advocate on earth whose presence is limitless.** I can't imagine the confusion and grief of the disciples when they learned that their teacher and friend would be killed. In *John 14:16-17*, we see Jesus comforting them with the promise that the Father will send another advocate, the Spirit of Truth. "How is Jesus's leaving an advantage for his disciples?" The answer is simple, yet pro-

found," Mathewson says. "The incarnate Jesus was limited by space and time. He couldn't be with each one of his followers at once. If he had stayed on earth, he couldn't have been there simultaneously for Peter in Rome and John on the island of Patmos. But the Holy Spirit can. His empowering presence is available to all Jesus's followers everywhere at the same time."

4. **It gives us the spoils of Christ's victory—gifted leaders and spiritual gifts.** "In *Ephesians 4:7-12*, Paul connects the grace we've received with the ascension," Mathewson explains. "This grace refers to spiritual gifts Paul describes elsewhere (see 1 Cor. 12) and to the gifted ministers of the Word (*Eph. 4:11*).
5. **It keeps us longing for his return.** Once you've gotten close to someone and spent significant time in their presence, their absence feels like a massive void. It is the same with Jesus for us as believers, and especially for his first disciples. He isn't here in the flesh with us now, but He one day will be, and our hearts yearn for that day. We know he will set all things right and bring us close to Him for all eternity. "The ascension creates a longing for Jesus's return," says Mathewson. "It reminds us his reign is "already" but "not yet." When Jesus descends in the way he ascended, the bad times will be over for good, the darkness will lift, and everything sad will at last come untrue."

On this Ascension Day, may we reflect on how the crucifixion, the resurrection, and the ascension of our Savior Jesus Christ changed the whole course of our lives and changed our world forever. May we celebrate that our Lord is reigning from heaven as the one true King, and may we rejoice that we have the Holy Spirit as our ever-present advocate. May we eagerly await His return and fervently share the Gospel until He does.



Self-Care Habits to Protect Your Mental Health

Easy-to-implement hacks that you can get started with right now! Because you can't pour from an empty cup.

<https://fitonapp.com/wellness/how-to-protect-your-mental-health/>

According to recent 2023 data from **Mental Health America**, 21% of Americans (more than 50 million adults) suffer from mental health issues. This includes daily stress and anxiety, burnout, and chronic depression. Without a doubt, there's a **mental health crisis** in the United States. Unfortunately, of those living with mental health conditions, nearly half remain untreated (both due to cost and lack of availability). According to **Mental Health America**, for every 350 American adults, there's only one available mental health provider. And when it comes to expenses, 23% of adults who reported experiencing 14 or more mentally unhealthy days per month were not able to see a doctor due to cost. While this is harmful in and of itself, lack of treatment can cause further harm, both mentally and physically — so please, don't stay silent!

With the rise in anxiety and depression, there's no better time to bring awareness to this important topic. No matter how significant or (seemingly) small your problem or condition may be, know that there are ways to seek support — emotionally, and financially. This may include things as simple as setting healthy boundaries and communicating your feelings, or more supportive

things such as speaking with a professional and asking for help.

However, the topic of mental health isn't a black-or-white subject. As individuals, we're all affected by mental health differently — and there's no one best way to navigate your emotions. So, to help you manage stress and support your health in a way that works for you, we're sharing simple mental health hacks that you can implement now. And as you may know, mental health conditions can feel isolating, so share this list with your friends, loved ones, and anyone else in need. Let's bring this topic to the forefront and utilize the power of community.

Talk it Out With A Professional

First and foremost, having a regular appointment with your therapist is one of the best things you can do for your mental health — *even if everything seems well and good in your life*. Shown to improve symptoms of depression and anxiety, promote positive self-esteem, support healthy relationships, and heal past traumas, therapy can have a profound impact on your mental and physical health. And let's face it, wouldn't it be nice to get unbiased advice and support from a professional?

From virtual and online therapy options to

Ascension

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

carriedtoheaven	liftedhishands	risenchrist	forgiveness
blessedthem	repentance	scriptures	worshipped
disciples	witnesses	Jerusalem	Ascension
mountain	lookedup	bethany	jesus
Cloud	Sky		

CELEBRATE HIM!

Ascension DAY

APR 2024

1 2 3 4 5 6
7 8 9 10 11 12 13
14 15 16 17 18 19 20
21 22 23 24 25 26 27
28 29 30

JUN 2024

1
2 3 4 5 6 7 8
9 10 11 12 13 14 15
16 17 18 19 20 21 22
23 24 25 26 27 28 29
30

May 2024

S S M T T W T F S

			1	2	3	4
			Prayer Mtg/ Bible Study	Sunday School Evening Svc		Deacons' Mtg Official Board Mtg
5	Sunday Services	6	7	8	9	10
				Bro. Clyde Venson	Ascension Day	
12	Sunday Services <i>Happy Mothers Day</i>	13	14	15	16	17
				Prayer Mtg/ Bible Study	Sunday School Evening Svc	Sis. LaRessa R. Gray Bro. Kerry Petty
19	Sunday Services	20	21	22	23	24
			Bro. Richard Robinson	Sis. Thelma Warr	Den. Oisie B. Lewis, Jr.	LAST DAY OF SCHOOL
26	Sunday Services	27	28	29	30	31
		Den. George Tubbs	Prayer Mtg/ Bible Study		Sunday School Evening Svc	



MEMORIAL DAY

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

- | | | | | |
|----------|----------|----------|----------|----------|
| MILITARY | MEMORIAL | CEREMONY | CEMETERY | MONUMENT |
| MARINES | SOLDIER | FLOWERS | COUNTRY | TRIBUTE |
| FREEDOM | MONDAY | MEMORY | DEFEND | TROOPS |
| PARADE | BATTLE | HEROS | VOLOR | PEACE |
| KOREA | HONOR | GUARD | GRAVE | WWII |
| IRAG | BASE | NAVY | FLAG | AIR |

From Page 3 **HEALTH**

Cognitive Behavioral Therapy and Family Therapy, there are numerous ways to seek support. Whether you're meeting face-to-face, on an app, in a group, or alongside a spouse, there's something for everyone. And remember: what works for you may not be the same as your Mom, sister, partner, or friend! So, try not to compare — this is a highly personal and individualized journey!

Get to Sleep!

We *know* sleep is important for our overall health. It helps repair our body, provides us with the energy to power through our day, and even boosts our immune system. But did you know sleep has a **profound effect on mental health**, too? Think about it — when you skimp on sleep, chances are you're irritable, forgetful, and moody the next day. There's clear **evidence** that insufficient sleep (both acute and chronic) **negatively impacts mood** and increases the risk for mental health disorders.

The good news is that a healthy sleep regime lowers the risk of mental health disorders such as anxiety and depression while improving cognitive function, memory, and creativity.

Try winding down the day with these stress-relieving health hacks:

- Power down your electronics well before your bedtime (aim for two hours, if possible!). Aside from reducing your exposure to **blue light**, getting off social media can help reduce stress and quiet your mind
- Try to stay consistent with your bedtime — your body likes a routine, and this can help promote a more restful night's sleep
- Before you climb into bed, clear any clutter from your space — especially your bedroom. A cluttered space leads to a cluttered mind. Eliminate unnecessary stress and distractions!

Move Your Body in a Way That Feels Good

Maybe that's a stress-busting HIIT sesh, a long walk with your dog, or after-work yoga flow with your friend or co-worker. The goal here is to find what movement makes you feel best, and repeat, repeat, repeat! The more consistent you are with your movement, the better you'll feel — even if it's a mere 10 minutes per day!

And don't be afraid to try something new. If you used to feel amazing after a high-intensity workout but no longer feel that post-workout endorphin rush, that's ok! Use that as a sign to try something new. Maybe this is a sign that your body's calling for something more restorative.

Here are some stress-relieving exercises to try, no matter what kind of movement you're craving:

- Want something grounding and restorative? Roll out your mat for Insight Yoga class.
- Need to release some pent-up emotions? Try Strong Box cardio kickboxing.
- Holding on to stress and tension? Relax your muscles in Gentle Spinal Stretch.
- Craving a stress-busting sweat sesh? Sweat it out in Low Impact Quick HIIT class.

For more *Self-Care Habits* and this article in its entirety, please visit <https://fitonapp.com/wellness/how-to-protect-your-mental-health/>.



Mothers of the Bible

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

- | | | | | |
|-----------|-----------|---------|---------|---------|
| BATHSHEBA | ELISABETH | ABIGAIL | BERNICE | CLAUDIA |
| REBEKAH | ZERUIAH | DORCAS | ESTHER | EUNICE |
| HANNAH | MARTHA | RACHEL | ZIBIAH | DINAH |
| GOMER | HAGAR | NAOMI | SARAH | TAMAR |
| ANNA | LEAH | LOIS | MARY | RUTH |



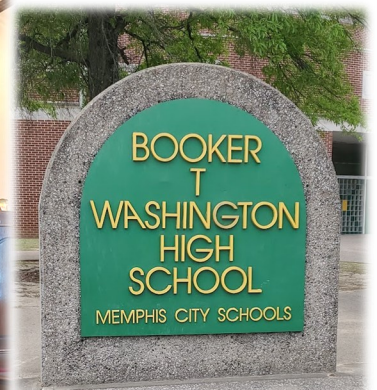
Member Spotlight

Well Done!!!

*Congratulations to Meko Brock, for his working on the team who painted the mural at Booker T. Washington High School. He assisted with the wording surrounding Lucie's Campbell's picture. Meko is in great company with several BTW graduates at **St. John - Emma Jean Ballard, Leola Bond, Mary Ann Corpal-Clay, Ruby Jean L. Johnson, Barbara Parks, Cleveland Rankin, Jr, Betty Buggs Smith and Clyde Venson.***



Pastor Key presenting Meko a t-shirt congratulating him for his work on the mural.

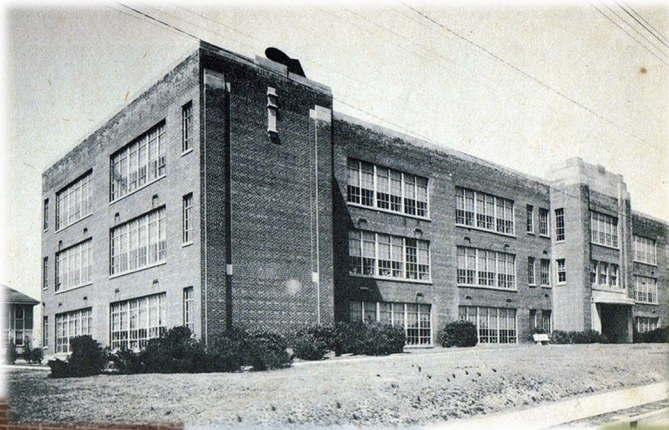




Melrose High School

The current Melrose High School building at 843 Dallas St. was built in 1938, closed in 1981 and was added to the National Register of Historic Places in 2001. As the building long sat dormant, the City of Memphis at one point had put aside money to demolish it but pulled back after pushback from Orange Mound residents. On

Friday, April 26, 2024, a state-of-the-art library held its grand opening. Alumni of the old historical Melrose High School came out to celebrate the birth of the Orange Mound Public Library, a project 40 years in the making. There is a Genealogy Center and in a few years, according to officials and organizers, there will be affordable housing for seniors on the second and third floors.



A Mother's Day Prayer

Dear Lord,

*Please watch over
and support all mothers
on earth and in heaven . . .*

*and help them to know how much
they are loved and appreciated
on Mother's Day and every day.*

RightQuotes4all.Com

Dear Lord,
lift the hearts of those
for whom this holiday is not just diversion,
but painful memory and continued deprivation.
Bless those whose dear ones have died.
We remember with compassion and
heartfelt thanks, those who
have died serving their country.
Amen.

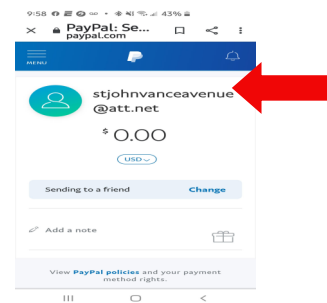
Happy Memorial Day



WARNING:

PAYPAL FEES!!!!

As of July 28, 2022, PayPal updated the rate for the "Send/Receive Money for Goods and Services" to 2.99% (with no fixed fee) within the US. This pricing change will result in fee increases for some transactions.



The Newsletter is published by the Newsletter staff of *St. John Baptist Church*, 640 Vance Avenue, Memphis, TN 38126, (901) 525-1097. Pastor Henry L Key; Bro. George Tubbs, Chairman of Deacon Board; Sis. Alisa Y. Petty, Chairman of Trustee Board; the Sunday School Department; Bro. Thomas Trass; Sis. Virginia Tubbs; Dr. Gloria Pryor-Lewis; Sis. Rosetta Peterson; Sis. Yvette Cobbs, Photographer; Bro. Peter McNeal; Sis. Aleasa R. Rankin, Editor and staff.