



**EMMANUEL
BAPTIST CHURCH**

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Informer Newsletter

Our Responsibility for Peace and Justice to Reign

As Christians, we have a sacred responsibility to ensure that peace and justice prevail in a world that often seems focused on everything but. God has given us the grace to reflect on the past, respond to the present, and prepare faithfully for the future. Through every challenge and every trial, God has never failed, abandoned, or forsaken us. Even in our darkest moments, He has remained with us—guiding, comforting, and strengthening us as individuals and as a community.

Throughout history, God has shown mercy and compassion for the poor, the oppressed, and the forgotten. He continues to lead us into new seasons, even when we don't fully understand His plan. Still, we trust Him, for we have seen the mighty hands of the GREAT I AM at work in our lives.

Life's trials have tested and refined us, shaping our understanding of who we are and whose we are. We cannot live in isolation from the struggles and injustices around us. As believers, we are called to be active participants in shaping a better society—for our children, our communities, and generations yet to come.

Each of us is made in the image of God. Therefore, we are commanded to show love, compassion, and respect to every person. God is love, and He demonstrated that love through the ultimate sacrifice—His Son, Jesus Christ. Because of that great love, we can stand firm in faith even when situations seem impossible. Our God specializes in making the impossible possible.

Today, we are called to stand up and fight for justice—not because it is easy, but because it is right. We live in a time when forces of division and injustice threaten our freedoms and the well-being of the vulnerable. Our fight for justice demands more than words; it requires **action**—spirit-led, courageous action.

God calls His people to stand for what is right, even when it is unpopular or difficult. Let us, therefore, be steadfast in faith, strong in unity, and bold in love, as we work together for peace and justice to reign on earth as it is in Heaven.

—Kathy Marshall, President



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Your Special Edition Informer Newsletter

Growing and Praising at EBC

Go Get It

Our *Informer* articles are meant to uplift, enlighten, and empower us as we navigate daily life, especially during challenging times. Each Sunday, we come to church carrying the weight of the week, knowing that God has a word waiting for us through our pastor—one that strengthens our hearts and renews our spirits. On the fourth Sunday in July, Reverend Herbert Miller II. delivered just such a message in his sermon titled “**Go Get It!**”, drawn from **Joshua, Chapter 1.**



The message centered on a pivotal moment in the life of the Israelite people. After a forty-year journey through the wilderness, following their deliverance from slavery in Egypt, they stood on the threshold of the Promised Land. With Moses now gone, God appoints Joshua to lead His people forward. God assures Joshua: “*As I was with Moses, so I will be with you.*”

Despite this divine promise, many of the Israelites were overcome by fear. They saw the inhabitants of Canaan as giants, too powerful to defeat. Instead of trusting God, they allowed doubt and fear to cloud their faith. Reverend Miller reminded us that we must not make the same mistake. When God gives us a promise, we must believe it, no matter how intimidating the path ahead may seem.

God told Joshua and the Israelites that “*every place where you set your foot will be yours.*” But to receive this promise, they had to take action. They couldn't sit and wait; they had to step out in faith, literally walking the land to claim what had been promised to them. The same principle applies to us today.

Reverend Miller taught us that blessings often come **after** we move. Faith requires action. If we want to see change in our homes, neighborhoods, schools, and personal lives, we must get up and pursue it. Prosperity, success, healing, happiness, education, new opportunities, restored families, and spiritual victory are all within reach **if** we trust God and move forward in faith.

So walk towards your purpose. Reclaim what the enemy has tried to steal. Speak over your circumstances and declare victory. Reverend Miller called us to physically walk through our homes, down our streets, and across our campuses, claiming them in the name of Jesus.

God has already made the promise. Now it's time to respond in faith and obedience.

It's time to **GO GET IT!**

Summarized by Angelene Hampton



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Seasonal Affective Disorder

Do you always feel down when the days get shorter and the weather turns colder? You might have *Seasonal Affective Disorder, or SAD*. Many people go through short periods of time where they feel sad or not like their usual selves. Sometimes, these mood changes begin and end when the seasons change. People may start to feel "down" when the days get shorter in the fall and winter (also called "winter blues") and begin to feel better in the spring, with longer daylight hours. Winter-pattern SAD should not be confused with "holiday blues"—feelings of sadness or anxiety brought on by stresses at certain times of the year. The depression associated with SAD is related to changes in daylight hours, not the calendar, so stresses associated with the holidays or predictable seasonal changes in work or school schedules, family visits, and so forth are not the same as SAD. About 5% of Americans suffer from SAD.

What Causes SAD:

While scientists are not sure precisely what causes SAD, certain factors seem likely to play a role.

- Circadian rhythms - The decrease in sunshine in the winter months is thought to disrupt the body's 24-hour internal clock, causing feelings of depression.
- Decrease: serotonin - Levels of serotonin, a "feel good" chemical in the brain responsible for mood, can drop in response to decreased natural light during the winter months.
- **Increased melatonin** - A hormone the body makes in response to darkness. Melatonin can increase with longer nights, causing lethargy, drowsiness and altered sleep patterns that affect mood.
- Decreased vitamin D - Natural sunlight is a primary source of vitamin D, a vital nutrient essential to overall mental and physical health.

SAD shares many of the symptoms of "regular" depression, such as:

<ul style="list-style-type: none"> • Feelings of persistent sadness • Loss of interest in activities once enjoyed • Loss of appetite • Insomnia or changes in sleep patterns • Low energy 	<ul style="list-style-type: none"> • Feeling hopeless, worthless, guilty • Withdrawal from social connections • Difficulty concentrating • Thoughts of death or suicide
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In addition to your treatment plan for seasonal affective disorder (SAD):

- **Make your environment sunnier and brighter.** Open blinds, trim tree branches that block sunlight or add skylights to your home. Sit closer to bright windows while at home or in the office.
- **Get outside.** Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help — especially if you spend some time outside within two hours of getting up in the morning.
- **Exercise regularly.** Exercise and other types of physical activity help relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood.
- **Normalize sleep patterns.** Schedule reliable times to wake up and go to bed each day. Especially for fall-winter-onset SAD, reduce or eliminate napping and oversleeping.

Submitted by Carolyn Speller



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Your Special Edition Informer Newsletter

Growing and Praising at EBC

EMPAYCT Continues to Grow and Inspire in 2025

At Emmanuel Baptist Church, the next generation is not just preparing for the future—they're actively shaping it. Through E.M.P.A.Y.C.T. (Emmanuel Ministering and Preparing Active Young Christians Today), our youth are discovering their voices, growing in faith, and learning what it means to serve God boldly in their everyday lives.

Launched in 2024 under the leadership of Rev. Alvin Hughes, EMPAYCT has quickly become a vibrant ministry that transforms the 4th Sunday worship service into an interactive, youth-led experience. Supported by Emmanuel's ministerial staff, Danyetta Jackson, the Young Adult Missionaries, and the Culinary Ministry, this service empowers school-age children and teens to take active roles in worship—from prayer and scripture reading to music and service leadership.

During the September 2025 service, Rev. Lakeisha Hill guided youth volunteers through the Call to Worship and opening prayer, reminding everyone that faith grows stronger when shared. Announcements included an exciting opportunity for youth to join a 2026 mission trip sponsored by the Rowan Baptist Association, and an upcoming youth-only Wednesday night Bible study, where even the youngest disciples will take turns leading.

Rev. Hughes' message, "*Words Matter*," centered on God's faithfulness as a promise keeper who never lies. He challenged the youth to live as examples of Christ through three key responsibilities:

1. Bring love to a sin-sick world.
2. Be the light in the darkness.
3. Offer hope to the hopeless.

He encouraged them to use words that build others up—because kind words, he reminded them, reflect the very character of God. Following worship, the youth gathered in age-based groups for deeper discussion and fellowship over a delicious pasta and salad meal.

As the youth met, Rev. Hughes reflected on EMPAYCT's first year of milestones and memorable guests, including:

- The North Forsyth Marching Band
- South Fork Cheerleaders
- Emmanuel Baptist Steppers
- Ward Elementary African Drummers
- Spoken Word artist Antonio Ratley
- Career Day and Science Demonstrations
- Tailgate Sunday

Attendance has grown steadily, with 30–50 youth participating each month. Beyond the walls of Emmanuel, our youth are also making an impact through the Rowan Baptist Association, where Rev. Hughes serves as Youth Director. This year alone, Emmanuel youth joined over 50 others for a one-day event at Parkland High School and participated in the Association's 159th Annual Session, where more than 40 youth completed a service project at Mt. Zion and seven scholarships were awarded.

Additional highlights of the year included Rites of Passage in June and a joyful Vacation Bible School, both designed to strengthen faith, character, and community among our young believers.

As EMPAYCT continues to grow, so does the light shining from Emmanuel's youth—proof that the church of tomorrow is already making a powerful difference today.



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Health Corner

“Lord do nothing without me” are the inspirational words Deacon Thomas Wall asked in the opening prayer for the Self Care Workshop held on September 20th at Emmanuel Baptist Church. The workshop began with Stress Management presented by Carolyn Burns-Speller chair of the Howard Thurmond Counseling Center offered free of charge to Emmanuel Members. She discussed stress as to how the brain and body respond to any demand. Everyone feels stress from time to time, and it can affect your overall health. Things to remember about stress:

1. Different types of stress related to school, work, family, etc.; Sudden negative changes such as losing a job, divorce, Traumatic events like accidents, natural disaster, assault. Long-term stress can harm your health, affecting response to disease, digestion, sleep, etc. can cause High Blood Pressure, Diabetes, etc.
2. Manage stress by recognizing symptoms like difficulty sleeping, depression, easily anger, etc. Talk with health care provider to get effective treatments to help manage, others for emotional support or professionals. Try relaxing activities such as muscle relaxation, breathing exercises, walking, etc. Set goals and priorities, what must be done now and what can wait.

Reflection is a means of managing stress and Presenter Veronica Smith led an exercise involving a word that reflected how we felt in the moment. She discussed journaling allows us to explore how we feel, to process, and manage triggers. Asking when you feel most at peace and doing things which bring comfort. Recognizing what thoughts have been weighing on you and asking what I can release.

November is Alzheimer's Disease Awareness Month Felecia Bennett-Giles Community Educator for Atrium Health and a member of the Health & Wellness Ministry rounded out the Self-Care workshop discussing this important health condition. Alzheimer's is the most common form of dementia. It causes problems with memory, thinking and behavior. Signs to discuss with your primary doctor: forgetting recently learned information, inability to develop and follow a plan, hard to complete daily tasks, lose track of dates; trouble naming a familiar objects or use the wrong name; lose things and unable to retrace steps to find them again; poor judgment with money, grooming; and can become confused, suspicious, depressed, fearful or anxious. Early detection is important to treatment and an annual cognitive assessment may be performed after the age of 65 years old. Most treatments and medications are not developed involving people of color due to low participation in research studies. Clinical trials are the testing of medications and treatments to determine the effects on participants. To ensure these will be effective in treating us we must be a part of the beginning stages of development. Please consider joining a research study many offer free testing and a stipend for your participation. This is an opportunity to be a part of what can help you and others.

Submitted by Lisa B. Allen, RN, MSN, Chair EBC Health & Wellness Ministry



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Emmanuel Makes History Again

For the 1st time in Emmanuel's 111th history, in 2026 women will chair the Deacon's Ministry and the Trustee Ministry.



Deacon Nadyne Brown has been elected as the new chair of the Deacon's Ministry for 2026. She is no stranger to being the 1st woman in many things including being one of the first women to be ordained here at Emmanuel in 1994. She has been a member of Emmanuel since 1974. She says she never imagined this would happen to a girl from the small town of Hamlet that used to put plastic around her feet and cardboard in her shoes so her feet wouldn't get wet walking to school. With an associate degree from Winston-Salem Business College and a Bachelor of Communication degree from High Point University, she rose from a clerk at R. J. Reynolds to Vice-President of Santa Fe Tobacco Company before retirement. As she reflects on her life, she says "God has always been with me, even when I didn't recognize it was Him. I've been knocked down, discriminated against, broken, beaten, lied on and talked about. But God always brought me through and told me to fight on". My greatest challenge in 2026 will be to stay focused, humble and prayerful. Emmanuel has a great ministry of servant leaders and together we will do all we can to serve the members of this congregation. We ask for your prayers as we take this journey together. Isaiah 40:31

Submitted by the Deacons Board Ministry



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The newly elected 2026 Trustee Chair, Ernestine Griffin has been in a leadership role long enough to be at home with the responsibilities and challenges that come with the job. Ernestine has been in numerous positions at Emmanuel Baptist Church, a spiritual walk that began in 1967, and she is continuing to set milestones by being the first female chair of a major ministry at Emmanuel.

Having worked under the late Rev. S.W. Mack, Sr., Ernestine watched and I learned from Mrs. Betty Mack who graciously mentored her. Ernestine served as Mrs. Mack's assistant in the administrative office of EBC, getting to know the inner workings of the church as well as the different ministries and their roles.

Continuing to absorb the knowledge of the church while working under Rev. Dr. John Mendez, Ernestine served faithfully in many other capacities, including Sunday School, Young Adult Missionary, Bereavement, Church Secretary, Baptismal Committee, Youth and Vacation Bible School Teacher, Trustee Board and the Women of Praise Liturgical Dance Ministry, to name a few. Ernestine will bring the same strength and exemplary faith to the position of Trustee Chair, and 2026 will be an exciting, progressive and successful year that will serve all members of Emmanuel and our God!

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Forsyth Jail & Prison Ministries



The Samaritan Ministries

We often ride by the Samaritan Ministries and see the many residents of the facility but do you ever ponder upon what their stories are. How did they get to where they are? Could it quickly be you in an instance? A mistaken identity, wrong place at the wrong time, circumstances you never saw coming, a missed or late paycheck.... Etc. Whatever the reasons that happened that placed people in prison at one time or another, when they are released and blessed with the opportunity to start fresh it's a brand new day to live again without looking back. A big helper in this step is The Samaritan Ministries. They are granted the opportunity to receive temporary shelter, caring support, food, job training, prayer and so much more from the many volunteers who often come through the doors of 414 E. Northwest Blvd. Just like Jesus gives us the opportunity each day to start over, so does The Samaritan Ministries.

The Emmanuel Baptist Church outreach, Jail and Prison Ministry attended one of the prison worship services in July. We are honored to have been able to go inside the Forsyth prison system to share the compassion of our savior Jesus Christ. We invite anyone that would love to be a part of this great ministry where our pastor Reverend Dr. Herbert Miller, II. saw that there is a need to be able to minister to those that are still incarcerated within the FJP system! How we can encourage and give hope to those who feel abandoned by society, where we impart the word of God for all those in need of hope and second chances.

This ministry is led by the Holy Spirit, the EBC J&P ministry: Rev. David W. Saunders, Theresa Varner, Harvey Varner, Lloyd Gravely, Audrey Gravely, Charles Morris, Constance Carlton, Emory Jones, Inez Blake, Willie Malone, Chatavia White, Melanie Clement, Jon Hagler, Sonya Parham, Robette Davis, Kermetha Richardson, Joyce Vaughan, Rev. Bea Morrison, Tierra Matthews, Rev. Annie Dalton, and Rev. Jan Brown.

EBC J&P outreach committee



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If you have a minute, follow me as I lead you on a picturesque word journey of a typical Sunday at Emmanuel Baptist Church. The EBC Family gleefully celebrates each 52 Sundays of the year. As a “church in the heart of the community and the community in the heart of the church”, now is a good time for an accentuation of a typical Sunday in observation of what EBC brings to the church family, friends, visitors and the community. As you enter the church property, there is a large parking lot inviting you to park wherever you may choose. After you park, take advantage of the transportation waiting to take you to the front of the church where you will find a smiling doorman and greeters waiting to greet you.

Now that you are in the Vestibule, ushers are eagerly waiting to escort you to your seating area. Yes, at EBC there are no poor seating areas. From the floor level throughout the balcony, all seating areas are good for sight, sound and comfort. Once the worship service is called to order {Possibly by a young person standing on a stool}. You may find that the elements of the worship service may have you standing as much as you are seated. Whatever your view, you will be enthralled by the massive, towering backdrop of the pulpit and choir stand, with an excellent look into the baptismal pool area. You will not overlook the white marble stairs with brass rails surrounding the pulpit.

Here at EBC you will find that the program participants range from the noticeably young, to the seasoned adults, and those in between. Here at EBC, you will be asked to take part in some way. As the worship service continues, you are treated to selections by a multiplicity of choirs and yes, they are all good and yes, they will all get you on your feet. From the very young to the very old, it could be a solo, the young adult choir, the real/real young adult choir, the Male Chorus and Oh let us not forget the Spiritual Choir. The Spiritual Choir reaches back and brings us those old church songs that generate more hand clapping, more foot stomping, humming and moaning, a style of music often referred to as “Common Meter”, and yes; they all rock.

YES, you will witness and may become part of the training of the next generation of worshippers at Emmanuel Baptist Church. Now, it is preaching time. Once the pastor is in the pulpit, Reverend Miller will greet you, recognize you, and he will usually speak of something that is relative in the world today. He will read a scripture and then lead us on a journey of a person, place, action or event. You can rest assured that whenever Reverend Miller comes to the podium, he will deliver a message that will move you. Oh yes, he will!!! Now when benediction comes, he will always leave us with words of care.

As you make your way out of the Sanctuary, there may be a culinary treat waiting for you. You may or may not have noticed, as you step outside to the paved way, but you are now a members of a scene reminiscent of a time in which people took time to fellowship. People just standing around taking time to be neighborly and enjoy each other's company. If it has not already happened, perhaps before long, a picture depicting members on the paved way just standing around talking may appear on the front cover of Emmanuel Baptist Church Informer Newsletter.

Submitted by Deacon R. J. Clark Jr.



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It's a Blessing to be a blessing

The Annual Collard Green Giveaway was a tremendous success! There was lots of team work and support from the UBC family. The showed up in great quantity to help bag potatoes contributed by Mr. (Virgil) Hester. After the potatoes were passed out, the church family created teams to disperse both sweet potatoes, white potatoes and the largest bushels of collard greens! 1,500 lbs to be exact! The community pulled up in droves and were met with warm smiles and bushels of generosity. People were truly able to get what they needed. What joy it brought to see the ABUNDANCE. After all items were dispersed, Rev. Dr Miller spoke with the church family and spoke of the value in disciplining through this generous effort. People will remember the love they felt on that day. The start time was 10 am and we were for sure inside of our vehicles to depart at 10:47. Can you imagine the holidays coming up enjoying some delicious collards with those you love?

-Acts 20:35 reminds us of the blessing of giving and we are grateful unto God for being able to do so. Thanks to everyone who contributed and helped on that special day!

Submitted by

Veronica Mignon

The Healing Pen



Website



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Staff Members

Leave the LEAVES.

I was just present for a conversation with The City Of Winston Salem pertaining to best practices as we are amid fall and preparing for Winter. Different people have different perspectives on what is best for lawns when the seasons change. There is clearly a demographic who is adamant about making sure they rake up their leaves as often as possible to prevent further damaging their grass and then there is me, the person who assumed the leaves were beautiful ornaments covering our yards like beautiful fall blankets. Ok, in truth that was far too whimsical of a response. The truth is I don't rake the leaves because I DO NOT care if the leaves are on the ground. There, you busted me. But I did learn about an initiative during the conversation with The City of Winston Salem called "leave the leaves." This initiative encourages city residents to leave the leaves in a pile as this is beneficial for the environment. Some reasons they suggested would include but aren't limited to: Supporting wildlife, enhancing soil health, promoting biodiversity, reducing waste, and of course the obvious improvement of aesthetic appeal. Here is why I am lifting this up to you. As beautiful as leaves are, what we truly marvel over is something that is DEAD. Yes, leaves are dead. But just because they aren't showing up in all their SPRING like glory doesn't mean they are useless. And neither are you. Remember that this fall when you see the leaves. Be reminded of all of the amazing beauty that you bring to this world even when you feel looked over, forgotten, or left alone. You have so many ways that you can add impact even with all that may have happened to you. Just the way you are, making no changes, no performing, simply just BEING. You add value. You matter to this world. Sometimes the holidays are hard for many and at times we forget. LET ME REMIND YOU. Luke 12:7 reminds us that "Indeed, the very hairs of your head are numbered." This tells me that God was intentional in his makings of you and me. Isn't that a beautiful testament to his love for us? You matter. You ALWAYS matter. Please don't forget.

Be encouraged.

Veronica Mignon

The Healing Pen