



Brookland Baptist

Sisterhood Connection

VOLUME 8, ISSUE 41

FEBRUARY/MARCH 2019

INSIDE THIS ISSUE:

- Books for Burton-Pack** 2
- Sisters' Health Corner** 2
- Sisterhood Directory** 2
- Sisterhood Retreat** 3
- Sisterhood Book Club** 3
- Upcoming Events** 4



Robin H. Jackson
Sisterhood President

Greeting From Our President

My Dear Sisters,

Welcome to the Brookland Baptist Sisterhood! I am excited that the 2019 Membership Drive was successful on both the West and Northeast campuses. You will find that the Sisterhood will inspire you to enjoy connecting with one other in the spirit of sisterly love.

Our mission is to edify, educate, and facilitate the spiritual growth and maturity of women. Our purpose is to provide ongoing opportunities for spiritual and emotional growth, promote family stability and relationships, and support community service among women. We carry out our mission and purpose throughout our program year, from January through December.

Currently, we are gearing up for the Sisterhood 2019 Retreat, and hope that you will plan to join us as we take time to promote a healthy body, mind and spirit. The Sisterhood is truly committed to helping all sisters reach their full potential and live life purposefully. My challenge for us this year is to believe that we were chosen for such a time as this to seek the lost, comfort the hurting, and love endlessly. I look forward to leading as an example.

Be Blessed my Sisters,

Robin H. Jackson

The Brookland Baptist Sisterhood Connection is a bi-monthly outreach publication sponsored by the Sisterhood ministry for the members and friends of Brookland Baptist Church. The deadline to submit ideas and suggestions for the next issue is Friday, March 22, 2019 via email at sisterhood@brooklandbaptist.org.

A Heart for Women Project

BROOKLAND BAPTIST SISTERHOOD MINISTRY
SPECIAL PROJECTS COMMITTEE
Is partnering with
'A Heart for Women Project'



WHO: Sisterhood members are partnering with the ladies of Belmont Baptist Church (Columbia, SC), who will make dresses and hygienic supplies for the women of Zimbabwe.

WHAT: Ladies are asked to donate old towels, washcloths, pillowcases, and sheets to be sewn for this project.

WHEN: Donated items will be collected monthly at each Sisterhood Ministry meeting.

Brookland Baptist Sisterhood: "Where Sisters Embrace Sisters"

Books for Burton-Pack

Reading is fundamental, and we encourage your support of the Community Service committee's book drive for Burton-Pack Elementary School. Burton-Pack serves over 500 students, from preschool to 5th grade, in Richland School District One. Books for all ages are welcome, but we have a great need of books for students in the 4th to 6th grades. Our goal is to provide books to all students at Burton-Pack. Donations will be accepted at Sisterhood monthly meetings. For more information, please contact our chairperson, Bessie Glenn.



Sisters' Health Corner



Dr. Tasha Boone

It's February and what comes to mind immediately is that this is the month of love. The beautiful heart symbols that are displayed around the city remind us of the ones we love. Even though love is vitally important, it is also very important to take care of our physical heart that God has blessed us with to keep our blood flowing in our bodies. Heart disease is still the number one killer of American women and recent studies reveal that more women than men die of heart disease. Women often have atypical symptoms and they can be subtle therefore women can be misdiagnosed or underdiagnosed. It is, therefore, important for us to do what we can to prevent heart disease. The American Heart Association put a list together of 7 simple steps to a healthy heart, and I want to share those with you now.

- 1. Manage Your Blood Pressure.** Hypertension is a major risk factor for heart disease and stroke. Blood pressure within normal range decreases the strain on your heart, arteries and kidneys.
- 2. Control Your Cholesterol.** High cholesterol can increase plaque build-up which can clog arteries. This can lead to heart disease and stroke. It's important to know your numbers of your LDL (bad cholesterol) and HDL (good cholesterol) levels.
- 3. Reduce Blood Sugar and Control Your Diabetes.** High blood sugar levels can damage your heart, kidneys, eyes and nerves. If you are a diabetic, that is a risk factor itself for heart disease and you are also more likely to have the atypical symptoms and which can be missed as heart disease.
- 4. Get Active.** Daily physical activity increases your length and quality of your life.
- 5. Eat Better.** Eating a heart healthy diet, improves your chances of feeling good staying healthy overall. Let's all be honest. Even though you may have missed certain foods during the Daniel's Fast, we felt better overall because we were eating better.
- 6. Lose Weight.** If we shed extra fat and loose unnecessary pounds we reduce the burden on our heart, lungs, blood vessels and our skeleton. It also helps our blood pressure levels.
- 7. Stop Smoking.** If you smoke, it puts you at higher risk of developing cardiovascular disease. More than half of myocardial infarctions in women under 50 are related to smoking. Also, smoke from someone else's cigarettes is also bad for your lungs and heart.

As we all start this second month of the year with the focus on love that flows from us to others, let's learn to take the time to take care of the hearts in our bodies.

Blessings and to your health,
Dr. Tasha Matthews Boone

Sisterhood Directory



The Sisterhood is compiling a women's business directory as part of our commemoration of the Sisterhood's upcoming 10th

anniversary. Don't miss your chance to be included and promote your business! The extended deadline to purchase an ad is April 1, 2019.

Cover Ad with photo and brief bio - \$250
Full Page Ad - \$150
1/2 page Ad - \$100
1/4 Page Ad - \$50
Business Card Size Ad - \$25

Women entrepreneurs and business women are invited to advertise in this Inaugural Sisterhood Business Directory which will be distributed in locations that include Brookland Baptist West and Northeast campuses, New Laurel Street Baptist Church and other strategic locations throughout the Midlands. The target date for publication is June 2019. If interested and for more information, please email brooklandsisterhooddirectory@gmail.com or contact a member of the Programs committee.

Breakfast Served at Monthly Meetings:

A full breakfast is served at each of our monthly meetings. The cost is \$7 per person. Payment can be made at the door (cash and checks only). Our next monthly meeting will be Saturday, February 2, 2019 at the Brookland Banquet and Conference Center from 9 a.m. - 11 a.m.



APRIL 26 - 28, 2019
Brookland Baptist
Sisterhood Retreat

Let's travel close to home and visit the beautiful sunsets of North Myrtle Beach in 2019! Enjoy all that

Myrtle Beach has to offer! (Shopping, great restaurants, great shows, & more!) Tanger Outlets on Highway 17 are less than one mile from our conference held at the oceanfront Hilton property.

Conference Rate:

Saturday's workshop at the Hilton Myrtle Beach Resort, Saturday group lunch at House of Blues, and conference t-shirt!

Note: Transportation is not included to lunch location.

1- REGISTRATION RATE: \$150 per person.

Balance due no later than April 15th!

2- HOTEL RATE: Call 800-876-0010 NOW to reserve!

We have a limited number of rooms available.

Group Name: Sisterhood 2019, **Cut-off Date:** March 15, 2019

Hilton Myrtle Beach Resort located off Hwy 17N

10000 Beach Club Drive, Myrtle Beach, SC 29572

Oceanview Room (Hilton): \$187/night + taxes fees and additional \$17.99 resort fee. Rate includes daily breakfast buffet for 2.

GROUP CODE is BSC!

Payment Options

IN-PERSON: Payments will be accepted at monthly Sisterhood meetings.

ONLINE: Pay online at <https://www.cstourstravel.com> (Click "To Make a Reservation, click here!" then find Sisterhood Retreat 2019 under Client Services.

Or click this link. Retreat Registration

*INCLUDE T-SHIRT SIZE IN NOTES AREA")

MAIL TO: P.O. Box 534 Ballentine, SC 29002

For questions about online payments, please call C&S Tours at 803-780-4460.

Beach, Fun & Worship with Sisters!

**SISTERHOOD
 BOOK CLUB**

You are Invited to Join the Book Club for a Discussion of our Featured Book



In **Becoming**, former First Lady Michelle Obama, writes a memoir about her public as well as her private life. She shares her own personal story in hopes to inspire women around the world. Mrs. Obama said, "I'm hoping that, because of this book, others feel the power of their own voice and their own story. Not in the big moments, but in the little things, the small moments, the bumps, the bruises, the highs and the lows, because those are the things that make us uniquely who we are."

The Book Club will meet February 16th from 10:30 a.m. to 1:00 p.m. at The Grand on Main, 1621 Main Street, Columbia, SC. Attendees must RSVP no later than February 2nd at browncarla96@gmail.com

Becoming The book is available in print at Walmart, Barnes & Noble, BooksA-Million, and Target Stores. Additionally, the book can be purchased online through Amazon in hard copy or audio format.



Brookland Baptist Church

Pastoral Staff

Reverend Dr. Charles B. Jackson, Sr., Senior Pastor
 Reverend James A. Jamison, Assistant Pastor
 Reverend Charles B. Jackson, Jr., Executive Pastor
 Reverend Dr. Chris Leevy Johnson, Northeast Campus Pastor

Sisterhood Executive Committee

Robin H. Jackson, President
 Cynthia Legette Davis, Vice President
 Jean Tate, Secretary
 Carla Brown, Assistant Secretary
 Margaret Moore, Treasurer
 Candace C. Shiver, Resident Attorney
 Marilyn Jamison, Parliamentarian
 Chaplain: Reverend Betty Brown
 Members At Large: Sandra Best, Bessie Glenn, Norma Irvin,
 Sheila Littlejohn Myers, Nena Staley and Rosie Washington

Newsletter Staff

Pamela Felder & Public Relations Committee

Sisters, Do You Want to Make A Difference?



If you answered yes, then we encourage you to become a member of the Brookland Baptist Sisterhood. Our mission is to edify, educate and facilitate the spiritual growth and maturity of women. Our purpose is to provide ongoing opportunities for spiritual and emotional growth, promote family stability and relationships and support community service among women. If you want to make a difference and meet the following criteria: 1) Are a female 18 years or older, 2) Are committed to and agree with the mission and objectives of the Sisterhood and 3) Pay the annual membership fee of \$15, we look forward to embracing you at our next Sisterhood event or meeting. You may join online or at the Sisterhood member meetings throughout the year. For more information, email sisterhood@brooklandbaptist.org, or visit us online at www.brooklandbaptist.org under "ministries."

Upcoming Sisterhood Events

February 2: Members Meeting, BBC Banquet & Conference Center, 9 – 11 a.m.

February 16: Books & More Club, The Grand on Main, 1621 Main Street, Columbia, SC, 10:30 a.m. – 1 p.m.

March 2: Members Meeting, BBC Banquet & Conference Center, 9 – 11 a.m.

April 6: Members Meeting, BBC Banquet & Conference Center, 9 – 11 a.m.

April 6 - 19: Easter Basket Drive for Sistercare



The Sisterhood of Brookland Baptist is able to communicate using various mediums. Once you join the Sisterhood, you will be able to stay abreast of upcoming events via email and Facebook. Access to the Sisterhood page is only available to paid members and features only Brookland Sisterhood-related business.

Put Your Gifts to Work on a Sisterhood Committee

Public Relations/Marketing: Promotes the Sisterhood to members of Brookland Baptist Church and the community.

Chairperson: Cynthia Legette Davis; **Northeast Campus Liaison:** Sandra Best

Programs: Plans and implements all programs and activities for the Sisterhood except those planned and implemented by the Special Projects Committee. **Chairperson:** TBD

Special Projects: Plans events and activities beyond the annual events planned and implemented by the Programs Committee. **Chairperson:** Carla Brown

Community Service: Develops and promotes active participation in community service projects. **Chairperson:** Bessie Glenn

Membership: Manages all membership initiatives. **Chairperson:** Rosie Washington

Hospitality/Volunteer: Coordinates refreshments for meetings and workshops. Recruits and coordinates volunteers for events. **Chairperson:** Sheila Littlejohn Myers

For more information about the Brookland Baptist Sisterhood, email sisterhood@brooklandbaptist.org.