



The New Testament Journal

A Quarterly Spiritual Newsletter

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By Sister Barbara Bolton

(Editor)

Greetings from New Testament Tabernacle we are pleased to announce the launch of The New Testament Journal. I am excited to provide our church members and the Bloomfield community a journal that inspires and informs. I am truly blessed that God has motivated me to craft a newsletter that positively impacts the lives around me. Because our lives are constantly challenged by life changes it only seems suitable to have a spiritual resource that will give light and offer solutions to everyday issues. Our goal is to uplift and encourage the people in our community.

The Prayer Bible states "For I am not ashamed of the Good News about Christ. It is the power of God at work, saving everyone who believes Jews first and also Gentiles." This good news tells us how God makes us right in his sight. This is accomplished from start to finish by faith. As the scriptures say, "it is through faith that a righteous person has life." Roman 1:14-17. We are not ashamed and we look forward to sharing our experiences with you.

For those who have not had the chance to attend a service at New Testament Tabernacle, we can assure it is an experience that you will never forget. Our ultimate goal is to win souls for the Lord. As we enter 2013, let's look to the future with optimism. The theme of moving forward not only resonate with our re-elected president Barack Obama but it rings true with our church family that we have to move forward and evolve as a people and as a community.

New Testament Tabernacle relocated from Hartford to Bloomfield in 1999 due to the expansion of Trinity College under the leadership of Pastor Winifred Nunes. For over 24 years she has been preaching the gospel from the pulpit to the airwaves. Her television ministry "Exploring the Bible" and the "Good News Hour" has become well known in the surrounding towns.

Our church family invites your family to experience the joy and peace that comes with serving a God that is able to comfort during the times of struggles and provide hope. You will find that our deep faith plays a role in every aspect of our lives. It is through the different ministries created in our church that allows for us to grow and develop spiritually in the Lord. These ministries include our Sunday School Ministry, Missionary Auxiliary, Hospitality Auxiliary, Young People's Ministry, Men's Ministry, and we have recently added Vacation Bible School Ministry to our Sunday school.

Within our newsletter you will find various sections that range from *pastor's corner, health, finance, and teens*. We will also keep you abreast with our upcoming events and soon to come, sections on *lifestyle and poetry*. *Look for it in the next issue in April!* From our family to yours have a **Happy and prosperous New Year!** *Feel free to send in your questions, comments and suggestions.*

Pastor's Corner

(Pastor Winifred Nunes)

Pastor Winifred Nunes has always been a lover of the Lord and His work. In 1988 she answered to the call to the Pastorate and by the direction of the Lord, along with the support of her family, New Testament Tabernacle was founded. Her television ministry “Exploring the Bible” was well known in the city of Hartford and surrounding towns for a number of years also “The Good News Hour” has become well known in Bloomfield, Manchester and other surrounding towns. She has been recognized in “Who’s Who of American Women Publications” for outstanding achievement and contribution to the betterment of society. Described as a woman on the move Pastor Nunes is often quoted as saying, “Having therefore obtained help of God, I continue unto this day.” (Acts 26:22) Over the years, her motto has been II Timothy 2:15 “Study and be eager and do your utmost to present yourself to God approved (tested by trial,) a workman who has no cause to be ashamed, correctly analyzing and accurately dividing rightly handling and skillfully teaching-the Word of Truth.”(The Amplified Bible)

A Healthy YOU

(Sister Patricia Strong)

Diabetes is called the lifestyle disease for good reason. Your risk of getting the blood sugar disorder is reduced dramatically if you follow a healthy diet, exercise and control your blood pressure, weight and cholesterol. What else can you do? **1. Eat breakfast every day** - It doesn't matter if it's Pop-Tarts or last night's pizza: Eating something — anything — within two or three hours of rising, every day. **2. Increase your ZZ's - Sleeping** less than six hours a night is associated with a 60 percent higher rate of diabetes, results from the Boston Area Community Health Pre-Diabetes Study show. **3. Swap out bologna for broccoli** - **Those** who ate the most fruits and vegetables each week (typically six servings a day) had a 21 percent lower risk of developing diabetes. What should you eat? Eating lots of fruits, vegetables and legumes — has been shown to reduce diabetes risk. **4. Throw away your cigarettes** - **Lighting** up raises your likelihood of developing diabetes by 40 percent. Quit it's much healthier for YOU! **5. Get moving** - Regular aerobic exercise helps prevent diabetes in multiple ways: It keeps you trim, helps control your cholesterol and blood pressure, and regulates insulin production. Walking is the easiest way to get started – walk with a friend!

(AARP Health Newsletter, December 3, 2012)



Health Awareness Calendar



JANURAY: Cervical Cancer Screening Month (NCCC)

FEBRUARY: Heart Health Month (AHA)

National Children’s Dental Health Month (ADA)

MARCH: National Kidney Month (NKF) and American Red Cross Month (ARC)



In 2013, there will be some changes in the tax laws. With these changes, it's time to prepare your-self to file sooner than later. Please note that it is wise to consult with a professional tax preparer in order to get the greatest benefits from deductions and credits that you may qualify for. **Here are tips for tax time:** If you need help preparing your taxes, the IRS has a program called VITAE (Volunteer Income Tax Assistance) please call 1-800-906-9887 for more information and to find a site near you. Additionally, you can seek help from AARP via their Tax Aide program that assists individuals 60 and older; to find a site near you call toll-free 1-888-227-7669. *Listen to advice and accept instruction, and in the end you will be wise. Proverbs 19:20*
Remember: The filing deadline for tax year 2012 is Monday, April 15, 2013

I, Teen

(Brother Isaiah Terry)



We are living in a time when being politically correct is popular. A time when no one wants to say the name JESUS, but everyone wants to say the name GOD. Our youth, in these days are using "SOCIAL MEDIA" to tell everyone about the news, about the so called "buzz around town, as they used to say," but I must enlighten you on how to use the "SOCIAL MEDIA" in the correct and Christian way.

Instead of #startlovenotwar, let's do #churchtweets.

On twitter we do everything from teasing to politics, to just plain telling our, "PERSONAL ISSUES." When we log on we strike up a conversation about church; we say we go to church, and mention the type of church you attend. How many times a week you go and what time you go. Then afterward, you give up on the conversation and continue to waste time. If we really are the Saints of GOD, (some folks call us CHURCH FOLKS) then we shouldn't be in the situation we're in, because we are doing the work of GOD.

Dear youth, listen to me, if you are going to use these social media sites then use it with purpose, and be the Saint of GOD you claim to be.

In my summation, let's use #churchtweets on twitter let's do that for a month or two and find the change in yourself and your friends #churchtweets. Follow me on Twitter @ https://twitter.com/terry_isaiah and tweet me using #churchtweets.

New Testament Tabernacle, House of Prayer for All People in Bloomfield is here waiting in love to serve the needs of the whole family and community through worship, witness, Bible Study, and fellowship. We extend a warm invitation to you and your family to join us in our worship services as we have noted below.

Order of Service

Sunday

Sunday school.....9:45 am

Morning Worship...11:30 am

Evening Worship.....6:00 pm

Weekly

Tuesday.....Bible Study

Wednesday.....Noon Day Prayer

Thursday....."Happy" Hour (Prayer)

Doctrinal Statement

We believe....that the Bible is the inspired Word of God, written by holy men of old as they were moved by the Holy Ghost. That God is infinite in power; holy in nature, attributes and purpose. We believe in the death, burial, and resurrection of Jesus Christ, and that He ascended on high and has sent His spirit, the Holy Ghost, which was poured out in Jerusalem over 2000 year ago, and is the same spirit that fills hearts today. We believe in baptism in water by immersion in the name of Jesus Christ (Acts 2:38) for the remission of sins, and the infilling of the Holy Ghost with the evidence of speaking in tongues (Acts 2:4). We further believe in living a holy, sanctified life; in divine healing, foot-washing and communion; as we await the glorious return of our Lord and Saviour Jesus Christ (Rapture) to catch away **His Church** to live with Him throughout eternity.

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Winifred O. Nunes, Pastor

Send your thoughts, suggestions and comments to: ntnewsletter@gmail.com

UPCOMING EVENTS

Revival: Bishop Clifton Jones

March 24, 26-29

Plan NOW to attend!