



THE CANAAN MESSENGER

ISSUE #6 | AUGUST 2025

From the Pastor's Desk

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Rev. Dr. Derick Brennan
SENIOR PASTOR

George R. Waters
CHAIRMAN,
DEACON MINISTRY

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CHAIRMAN,
TRUSTEE MINISTRY

From the Pastor's Desk

A Sabbath Lifestyle: Seeing, Ceasing and Celebrating

We have no other Gods and we refrain from killing, lying, stealing, and committing adultery. However, one of the commandments so frequently violated by believers is honoring the Sabbath. *"Observe the Sabbath day, to keep it holy. Work six days and do everything you need to do. But the seventh day is a Sabbath to GOD, your God. Don't do any work—not you, nor your son, nor your daughter, nor your servant, nor your maid, nor your animals, not even the foreign guest visiting in your town. For in six days GOD made Heaven, Earth, and sea, and everything in them; he rested on the seventh day. Therefore, GOD blessed the Sabbath day; he set it apart as a holy day."*

Exodus 20:8-11, The Message.

CREAC MINISTRY

Servant Leader: Ruth Glover Butler
Assistant Leader: Mary Butler

The Canaan Recreation Education Advisory Committee (CREAC) is a leading-edge ministry that addresses the needs of individuals and families for recreational activities, serving as a tool for developing the invaluable life skills of hard work, dedication, and high standards. CREAC is a ministry that supports God's vision of "Moving from Membership to Discipleship" Matthew 16:4. The vision is to provide pathways for individuals to establish their relationship with Jesus Christ.

God created the precept of Sabbath long before the term "Balance" became part of modern vernacular, (Gen. 2:1-3). The Hebrew word for Sabbath is "Shabbat", meaning to rest, cease or desist. Intervarsity, a publisher of discipleship materials has created a Sabbath Reflection Guide. "We invite you to experience a three-fold movement of Sabbath-keeping-ceasing, seeing, and celebrating-and thereby to enter into a stronger trust, a deeper awareness, and a more joyful way of being," write authors Sarah McDonald and Jay Sivits. The pamphlet provides valuable suggestions and principles that will aid believers in daily living.

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CREAC's extended services are family-oriented, serving all co-ed ages. As an organizational ministry, we coordinate events such as Virtual Trivia Game Night, Virtual Bingo Game, Family Movie Night, the 5th Annual Stovall Taylor Book Scholarship, the 3rd Annual Lillie Mae Grant Scholarship, and the GEM's Annual Family Reunion Picnic.

CREAC Ministry's monthly Zoom meetings are on the first Wednesday of each month, 6:00 to 7:00 PM, on Zoom 1.

CANAAN BAPTIST CHURCH

THE 'GEM OF GERMANTOWN'...AND BEYOND

Summer is the perfect time to reflect on the Biblical Principle of Sabbath: Seeing, Ceasing and Celebrating. Sabbath is not just a weekday, but a mindset that integrates responsibilities and opportunities in a healthy God-honoring way. God rests on the 7th day, but the world continues, and when we rest, careers, education and families will continue. The busyness idol, a squatter on our heart thrones, traps us in a vicious cycle of tyrannical urgency - 8 days per week, 25 hours per day. The work of God should never trump the God of the work. Consciously and unconsciously, we stretch ourselves beyond what is reasonable in the pursuit of an unattainable mirage. Consequently, we exhaust ourselves mentally, emotionally, physically and spiritually with very little to show.

Seeing, ceasing and celebrating brings many inherent benefits:

- Sabbath redirects our focus from ourselves to Jesus and His purposes.
- Sabbath enables us to nurture our primary ministry, relationships with family and friends.
- Sabbath renews us physically, mentally and emotionally.
- Sabbath gives space to the Spirit to refine and reveal His vision for our lives, ministries, businesses, careers, families and communities.
- Sabbath aids us in evaluating and enjoying the return on our investments of time, energy and other resources.
- Sabbath brings us face to face with life issues we can opt to avoid through "busyness".
- Sabbath helps us avoid abusing and exploiting the gift of work.

Like me, are you guilty of frequently breaking the commandment of the Sabbath? Then join me in confessing, asking forgiveness, repenting, and seeking the power of God. Utilize the following Sabbath Reflection Guide to adopt a seeing, ceasing and celebrating lifestyle:

Intervarsity Sabbath Reflection Guide

by Sarah McDonald & Jay Sivits

Ceasing

1. In some Jewish families, it is customary to have a Sabbath box to hold items not needed on the Sabbath, such as car keys or wallets. Someone stands at the entrance of the house, holding the box, and as people come in for the start of Sabbath observance, they place in the box whatever items they know shouldn't accompany them into the sacred space.

You might find it helpful to imagine your own "Sabbath box". What preoccupations or fears or undone work do you need to leave behind as you enter the sacred space of this Sabbath? Visualize placing all these things into a box. You might then want to visualize handing this box to Jesus to hold for you while you are on Sabbath retreat.

2. Spend some time meditating on Matthew 11:28-30.

- What heavy burdens are you or have you been carrying?
- What kind(s) of rest do you long for? Ask Jesus to give you such rest during your Sabbath today.

Seeing

1. In Deut. 5:12-15, the stated reason for the command to "Observe the Sabbath day" is that God brought the Israelites out of the bondage of slavery in Egypt, and so the Sabbath is to be a day of freedom for everyone- whatever one's social status. In the gospels, we see Jesus pick up on this theme of freedom, particularly as he performs many healings on the Sabbath.

Read the story of one such healing in Luke 13:10-17. Now reread the story, imagining yourself in the shoes of one of the characters.

- What do you see and hear as the story unfolds?
- What surprises you?
- What emotions do you feel?
- How do you want to respond to Jesus?

2. Take some time now to reflect on your own life.

- What has been going on recently in your journey with God? In your relationships with others? In your work?
- What insights, experiences, or Scriptures have become channels for God's love and grace to you?
- Are there areas in your life that you need to bring to Jesus for his healing touch?

Celebrating

Read Psalm 92, which is titled "A Song for the Sabbath Day," and notice how it calls us into rejoicing.

- What reasons do you have for giving thanks to the Lord?
- How have you been experiencing and witnessing God's steadfast love and faithfulness?

Compose a prayer or psalm to express your thanksgiving and joy to God. Include specific examples of what God has done for you and try to create imagery that captures your feelings. Pray your psalm to God; if you're alone, read (or sing) it aloud.

Is there someone with whom you can share your psalm and so multiply praise to the Lord? Look for ways this afternoon or throughout the conference to join with others in praising God.



FAITH, FUN, AND FAMILY AT THE GEM OF GERMANTOWN



2025 GEM Family Reunion & Block Party

Kudos and heartfelt thanks to Canaan's Recreation & Education Advisory Council (CREAC) for an awesome day of fun and fellowship at the GEM Family Reunion & Block Party! We appreciate the hard work and dedication of each and every one of the organizers and volunteers.

The forecast threatened rain but the Lord saw fit to bless us with sun, clear skies, and an occasional breeze! A wonderful time was had by young and seasoned alike, from the bouncy house for the children, delicious food and great music, to the line dances and exercise demos. Did you miss it? Be sure to hold time on your calendar for next year!



Canaan Welcomes our New Disciples

Congratulations to the four new disciples who were baptized and joined the Canaan Baptist Church family! It was heartwarming to have witnessed the start of their exciting journey as they join in faith and follow Jesus Christ more closely. The church strives to foster a supportive and loving community where everyone can feel at home and deepen their relationship with God. Participation in various ministries and activities is encouraged, including Bible studies, fellowship groups, outreach programs, and worship services. There are many opportunities to connect, learn, and serve, and the gifts and talents they bring to the Gem community are highly anticipated. We, as a church family, look forward to supporting them on their spiritual journey, as well as building a strong and loving relationship in the Lord.





REVIVAL TIME!

On Thursday, August 21st, at 6:30 PM, the Sheepfold Ministry will host its annual outdoor tent revival.

There will be uplifting music, warm fellowship, and an inspiring word. The guest preacher will be Rev. Dr. Willie Francois III, Senior Pastor of Fountain Baptist Church in Summit, NJ. Pastor Francois is an author, professor, and justice advocate.

Please bring your family, friends, and neighbors. For more information, please see your Sheepfold Leader or deacon.



TRIBE OF SIMEON

Tribe Deacon: Deacon Johnnie Bellamy

Tribe Leader: Sis. Annetta Beamon-Tucker

Tribe Minister: Reverend Tanisha Davis

Tribe Chaplain: Min. Mark Trent

Tribe Meeting: Every 1st Saturday 10am via Zoom (except July, August, September)

The tribe of Simeon is an assigned group of Canaanites united by their love of God, spirit of family, and their desire for spiritual growth.

Our Zoom meetings begin on time, are informative, uplifting, and prayerful, with an array of topics, open discussion, and idea exchanges. Each year, in support of tribe member Gail Hoffman, the Tribe of Simeon donates 80 or more custom-made sundresses for her Uganda Mission Project. In preparation for her team's annual voyage, we also help with the packing, sorting, and contributing monetarily. Simeon has a heart for "the least among us."

This year, volunteers from Simeon participated in Sheepfold Ministry's Black History Month "Foods of the African Diaspora" presentation, Judah's courtyard cleanup, VBS's Family Feud bible game, and have a designated Realm Ambassador. Simeon welcomes any and all opportunities to serve Canaan Baptist Church.

Simeon's annual summer backyard cookout, held this year on July 12th, was an anticipated opportunity to come together for food, fellowship, and fun. In a relaxed, tree-lined backyard atmosphere we laugh, joke, and enjoy our fellow tribe members.

CONTACT US!

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Church Calendar

- 2nd Sunday - **Youth Sunday**
- 3rd Sunday - **Teen Outreach @ McDonalds**
- 4th Sunday - **Holy Communion**
- **Sunday School** - 8:15am every Sunday
- **Pastor's Bible Study** - Tuesdays 6:45pm (Zoom 1)
- **Saturday Morning Bible Study** - Saturdays 8:30am (Zoom 1)
- **Women's Bible Study** - Wednesdays 3:00 pm (Zoom 1)
- **Wednesday Bible Study** - Wednesdays 5:00pm (Zoom 2)
- **Monthly Women's Bible Study** - Last Wednesday of the month 10-11:30am - Classroom #3)
- **Mature Adults Bible Study** - Thursdays 10:30am (Lower Dining Room)
- **Noon Day Prayer** -
 - Tues/Thurs/Fri 12:00pm (In Person - Chapel)
 - Wed. 12:00pm (Virtual - Zoom 1)
 - Structured Prayer - Wks. 1, 2 & 4
 - Open Prayer - Wks. 3 & 5

Weekly Activities

- **Christian Legal Clinic** - 3rd Thursdays (by appt. only)
- **Exercise Class** - Tuesdays @ 11am / Wednesdays & Thursdays @ 7:15pm
- **12 Steps Recovery Program** - Wednesdays @ 7pm

Upcoming Events

- 8/6 6:45pm - **Prayer Ministry Praise & Prayer Event**
- 8/10 10:30am - **Women's Retreat Deposit Collection**, Multi-purpose Rm., Contact: Rev. Tanisha Davis
- 8/11 - 15 - **Lott Carey 128th Annual Session**, Philadelphia Marriott Downtown, 1201 Market St., Philadelphia
- 8/21 6:30pm - **Sheepfold Ministry Tent Revival**