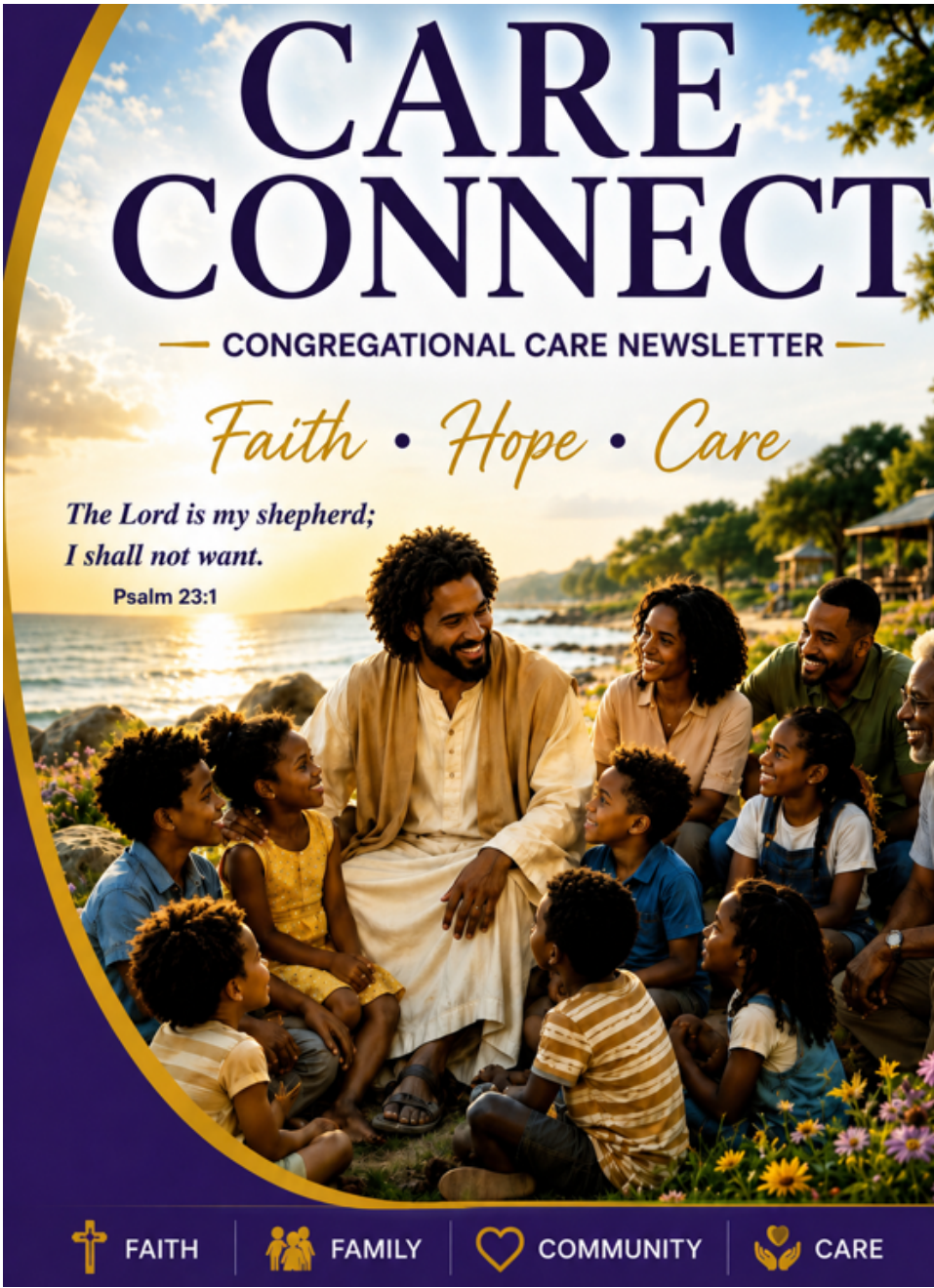




GROWING IN FAITH, HOPE, AND CARE

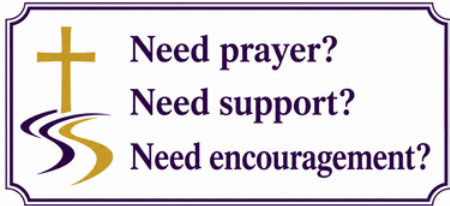
INSIDE THIS ISSUE

-  TESTIMONIALS
-  MENTAL HEALTH
-  CAREGIVER ENCOURAGEMENT
-  SUMMER WELLNESS TIPS
-  SUMMER MEALS FOR CHILDREN AND FAMILY
-  PRAYER CORNER
-  CONGREGATIONAL CARE RESOURCES
-  UPCOMING EVENTS AND OPPORTUNITIES

A Message from Congregational Care - Dr. Wanda Richardson

As we move into the summer season, we are reminded that God is present in every season of life. For some, summer brings opportunities for rest, celebration, and time with family and friends. For others, it may bring challenges, caregiving responsibilities, grief, or concerns that are not always visible to others. Wherever this season finds you, know that God remains faithful, His presence remains constant, and His grace remains sufficient. Take time to rest, reconnect, and be renewed. Congregational Care is here to walk with you, pray with you, and stand beside you.

Congregational Care Box



Congregational Care is here to walk alongside you.

TESTIMONIALS FROM VOICES WE SERVE

MENTAL HEALTH

Volunteering at Tabernacle Baptist Church's Mental Health Fair was both a rewarding and eye-opening experience. First, I want to acknowledge the visionary leadership of Pastor Charles Goodman and the dedication of Rev. Dr. Richardson, who has helped bring this impactful event to life for the past several years. Although this was my first time attending, I quickly realized what a blessing I had been missing. As an In-School Suspension teacher, I came expecting to learn strategies and interventions that could help me better understand and support the students I serve. I certainly gained valuable insights, but I also received something unexpected—a deeper understanding of myself. Sessions on managing emotions when dealing with difficult people, understanding what we can and cannot control, and recognizing the importance of healthy boundaries challenged me to reflect on my own life experiences and areas where I can continue to grow.

One of the most powerful takeaways was learning that mental health is not just about diagnoses or crisis—it touches all of us in different ways. Discussions about one-sided relationships, self-worth, and domestic violence revealed truths that many people may not recognize. I learned that domestic violence extends beyond physical harm and can include emotional manipulation, isolation, and controlling behaviors. Throughout the day, I found myself not only thinking about my students but also seeing reflections of my own journey. What I thought would be a day of serving others became a day of personal growth and healing. I arrived believing the Mental Health Fair had little to do with me, but I left with practical tools, greater awareness, and a renewed appreciation for the importance of mental wellness. This event truly offered something for everyone and demonstrated how faith, education, and community can come together to transform lives. ~ Sherie Bush

CAREGIVER ENCOURAGEMENT: YOU MATTER TOO

Caregiving is one of the most meaningful expressions of love, but it can also be one of the most demanding. As you care for a spouse, parent, child, family member, or friend, remember that your well-being matters too. Taking time to rest, recharge, and receive support is not selfish, it is essential.

This summer, give yourself permission to pause and be refreshed. God sees every act of service, every sacrifice, and every moment of compassion. Be encouraged knowing that the care you provide reflects the love of Christ, and He will continue to strengthen you for the journey ahead. *“Let us not get tired of doing what is good.”* Galatians 6:9

SUMMER WELLNESS TIPS

Summer is a wonderful time to enjoy longer days, outdoor activities, and time with family and friends. As temperatures rise, remember to stay hydrated, get adequate rest, and make time for physical activity. Even a short daily walk, healthy meals, and regular sleep can have a positive impact on your overall health and well-being. Just as we care for our physical health, it is important to care for our emotional and spiritual health as well. Take time to slow down, connect with loved ones, spend time in prayer, and enjoy moments of rest and reflection. A healthy summer includes caring for your mind, body, and spirit as you embrace the season God has given.

SUMMER MEALS FOR CHILDREN AND FAMILIES

Richmond County Nutrition Services is providing free summer meals for children and teens ages 18 and under at locations throughout Richmond County. This valuable program helps ensure that children continue to have access to nutritious meals while school is out for the summer. For a complete list of meal sites, dates, and serving times, please contact congregationalcare@tbcaugusta.org.

PRAYER

Dear God, Thank You for the blessings of this summer season. We pray for our Pastor, our church family, our children and youth, caregivers, and all those who need Your strength, comfort, and peace. Refresh weary hearts, protect our families, and guide our steps. Help us to walk by faith, love deeply, and trust You in every season. In Jesus' name, Amen.

Do you have a prayer request? Submit your requests by emailing: pray4me@tbcaugusta.org.

IMPACT GPT: CONGREGATIONAL CARE RESOURCES

Support does not end with the Mental Health and Wellness Fair. Through IMPACT GPT, individuals and families can access mental health and wellness information, congregational care resources, and practical tools to support emotional, spiritual, and personal well-being throughout the year. You can find full details and links by visiting the Congregational Care page at www.tbcaugusta.org.

COMING SOON - CARE FALL GROUPS

DIVORCE CARE (Thursdays at 6:30 p.m.)

August 27; September 3, 10, 17, 24; October 1, 8, 15, 22, 29; November 5, 12, 19

CANCER CARE (Tuesdays at 6:30 p.m.)

October 6, 13, 20, 27

SHARING WITH SENIOR SAINTS GROUP (Wednesdays at 5:30 p.m.)

September 23, October 28, November 18, December 16

For information about all small groups go to www.tbcaugusta.org
"Carry each other's burdens, and in this way you will fulfill the law of Christ." Galatians 6:2

Congregational Care

congregationalcare@tbcaugusta.org pray4me@tbcaugusta.org

Tabernacle Baptist Church

1223 Laney Walker Blvd.,

Augusta, GA 30901

706-724-1230

www.tbcaugusta.org

Rev. Dr. Charles E. Goodman, Jr.,

Pastor/Teacher

