

# SHILOH

## SHILOH



WE ARE  
SHILOH

### SHILOH MISSIONARY BAPTIST CHURCH

Reverend Undra Parker, Pastor  
855 East 20th Avenue  
Anchorage, AK 99501  
907.276.6673

01.09.2022



COMMITTED  
To

WORSHIP!

# Worship

**THE LORD YOUR GOD, AND SERVE HIM  
ONLY.** *Matthew 4:10*

**SHILOH MISSIONARY BAPTIST CHURCH  
WORSHIP CELEBRATION  
JANUARY 09, 2022 | 11:00 AM**

**INSTRUMENTAL PRELUDE | VICTOR NICHOLS & SMBC BAND**

**WELCOME AND SCRIPTURE | REVEREND MILDRED PARKER**  
*Psalms 95:1-11*

**PRAISE CELEBRATION | THE VOICES OF SHILOH MEN'S CHOIR**  
*Glad I've Got Jesus | You Deserve It*

**SERMON | PASTOR UNDRA PARKER**  
**WE COMMIT TO WORSHIP | MATTHEW 4:10**

**INVITATION TO NEW LIFE | PASTOR UNDRA PARKER**

**MINISTRY FOCUS | REVEREND MILDRED PARKER**

**TITHES & OFFERINGS**

**CLOSING PRAYER | PASTOR UNDRA PARKER**





# WE ARE SHILOH

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## WE ARE SHILOH101 COMMITTED!

In our New Members Class: SHILOH 101 we ask every member new to Shiloh to join us in making and learning to live out five Commitments that are essential for us to be the church that God calls us to be. These are the **BASICS** of who Shiloh is. Sometimes we get busy, caught up and distracted by so many things in our lives, even church work, and we forget or move away from these basics. We share with new members and encourage them, to be faithful to our commitments, when we have become lax and apathetic ourselves. **WELL SHILOH 101 IS COMING TO THE 11:00 AM WORSHIP IN JANUARY!** Pastor Parker is beginning 2022 with a sermon series that will take us all back to **SHILOH 101: DISCOVERING OUR CHURCH!** This is going to be a great time for new and long-standing members! Get ready! GET READY! . . .  
TO RENEW AND EMBRACE EVERY SHILOH MEMBERSHIP COMMITMENT!

### JANUARY SERMON SERIES

1 <sup>st</sup> Sunday Commitment:	We Commit To Communion	January 02
2 <sup>nd</sup> Sunday Commitment:	We Commit To Worship	January 09
3 <sup>rd</sup> Sunday Commitment:	We Commit To Grow	January 16
4 <sup>th</sup> Sunday Commitment:	We Commit To Serve	January 23
5 <sup>th</sup> Sunday Commitment:	We Commit To Give	January 30

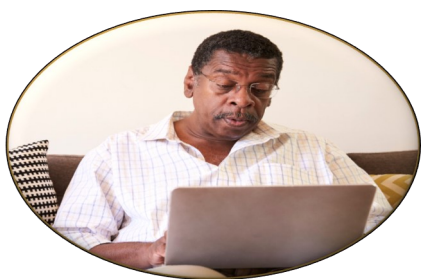
Why is this so important to us? When we live out our Commitments we become more and more like Christ—who gave everything, who served without expectations, who reflected God's grace to all—**AND** we can do the same—when we are **COMMITTED!** Invite family and friends to join you!



# WEDNESDAY BIBLE STUDY & PRAYER

January 12, 2022

## WEDNESDAY MORNING SENIOR BIBLE STUDY & PRAYER



**11:00 AM On ZOOM**

Meeting ID: 851 712 225  
Passcode: 888893

**Winter Bible Study**  
*Explore The Bible*  
*The Book of Ezekiel & Daniel*

Contact: Deaconess Bea  
Freeman, Director  
Senior Ministry  
907.276.6634

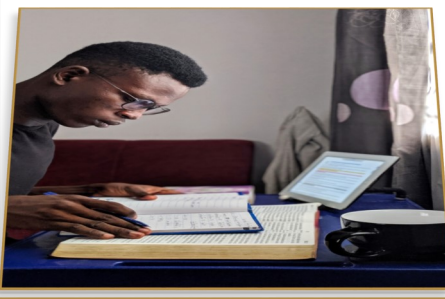
## *Make The Connection!*

### WEDNESDAY NIGHT ADULT BIBLE STUDY

**6:30 PM: Prayer**

**7:00 PM**  
**Winter Bible Study**  
*Explore The Bible*  
*The Book of Ezekiel & Daniel*

Contact: Reverend Gwuana  
Thomas, Associate Pastor for  
Discipleship  
907.276.6609



### **YOUTH AND CHILDREN ON WEDNESDAY NIGHT**

**6:30-7:00 PM**  
**Gathering Time**

**7:00-8:00 PM**  
**Prayer & Bible  
Study**

Contact: Reverend Mildred  
Parker, Executive Minister  
907.276.6634

# SHILOH ON THE GROW!

# MLK Jr.

## Dr. Martin Luther King Jr. Day

***REMEMBER! CELEBRATE! ACT!***

**A DAY ON, NOT A DAY OFF**

**JANUARY 17, 2022**

*Life's most persistent and urgent question is, 'WHAT  
ARE YOU DOING FOR OTHER?'*

Dr. Martin Luther King, Jr.

**SHILOH MISSIONARY BAPTIST CHURCH**

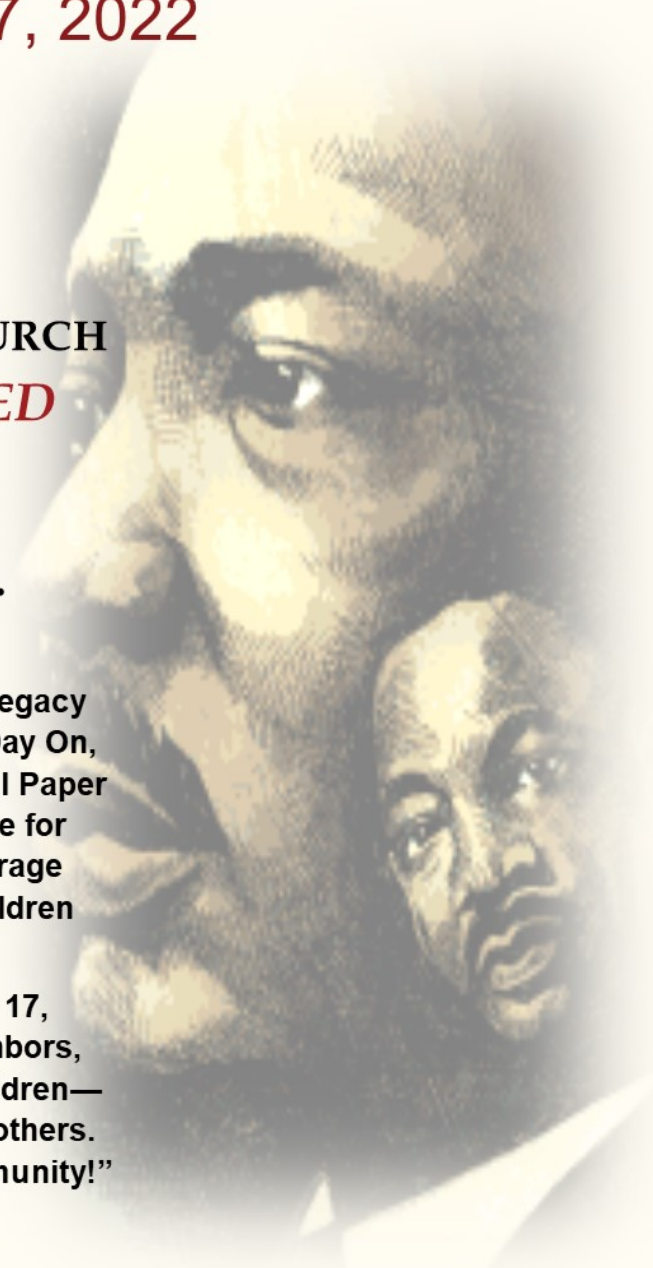
***STRIVING FOR THE BELOVED  
COMMUNITY***

**HONORING THE LIFE OF  
DR. MARTIN LUTHER KING, JR.  
WITH A DAY OF SERVICE**

Monday, January 17, 2022 Shiloh will honor the legacy of Dr. Martin Luther King, Jr. by serving others - A Day On, Not A Day Off. We are again sponsoring our Annual Paper Products (paper towels & toilet paper) & Coffee Drive for Beans Café, Brother Francis Shelter, and the Anchorage Rescue Mission— shelters for men, women, and children who are homeless.

Bring your items to the gym on Monday, January 17, from 10:00 AM to 2:00 PM. Invite your friends, neighbors, family, and coworkers to join you—include your children—teach them about Dr. King and teach them to serve others. Shiloh let's continue striving for the "Beloved Community!" There is no time for apathy or complacency.

**CONTACT: Reverend Mildred Parker: 907.276.6634**



SHILOH MISSIONARY BAPTIST CHURCH

# FULL THROTTLE

**PHILIPPIANS 3:13-14**

*Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

## SHILOH MISSIONARY BAPTIST CHURCH ANNUAL BUSINESS MEETING

**January 22, 2022 | 9:00 AM**

### FULL THROTTLE 2022

Pastor Parker is encouraging every Shiloh member to attend the Annual Business Meeting on January 22. This is the time when the membership gathers to affirm and approve Shiloh's 2022 Plans for Ministry, 2022 Leadership and the 2022 Income & Expenditure Budget. Pastor Parker will share his annual "State of the Church" report while sharing the God-given vision for Shiloh's forward movement. We are the church together and Pastor Parker needs your support for all the business of Shiloh as we move forward "FULL THROTTLE" in 2022.

### PIZZA FELLOWSHIP FOLLOWING BUSINESS MEETING

The Membership Care Ministry invites you to attend a Pizza Fellowship following the Business Meeting. You will have an opportunity to meet your Parish Leaders [Deacon/Deaconess] as they serve you.

CONTACT: Reverend Mildred Parker, Executive Minister | 907.276.6634  
Email: [mildredparker@shilohmbcalaska.com](mailto:mildredparker@shilohmbcalaska.com)

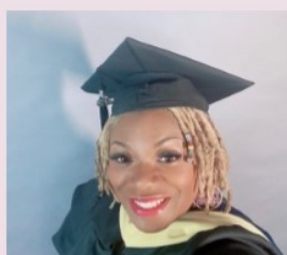
# SHILOH WOMEN WITH A PURPOSE EVENT

January 30, 2022 ~ 4:00 PM ~ Shioh Gym

## PREPARE FOR THE HEALTHY YOU IN 2022

Shiloh Women invite all women to the **SHILOH WOMEN WITH A PURPOSE EVENT: PREPARE FOR THE HEALTHY YOU IN 2022**. Deaconess Celeste Hodge will open with "God In the Forefront." Expert presenters will share on various topics of women's health from nutrition to exercise and everything in between. Reverend Mildred Parker will end the evening with a "Vision Writing Exercise" that will help every woman leave with a plan of action. We will be checking in monthly after the event for the rest of the year and assigning everyone with an accountability partner if they want one. Healthy snacks will be provided. **Contact:** Reverend Desiree Thomas, Minister for Women's Ministry at 907.276.6673

### Event Presenters



LaShanda McGowan, LMSW, M.Ed. completed her Master of Social Work degree at the University of Nevada, Reno. Her Master of Education degree at the University of Nevada, Las Vegas and her Bachelor of Arts in Psychology from the University of Alaska, Anchorage. Ms. McGowan takes pride in being an African American woman born and raised in the land of Dena'ina. She finds humor at the choral-like refrain "There's Black people in Alaska?!!" when sharing with lower-48ers. She enjoys responding that she is black in Alaska and Alaskan Native. Her unique experience has granted her access to individuals of a multitude of races and ethnicities, making cultural humility key to her work. Ms. McGowan has more than 25 years of experience in the social work arena with children and adults. She currently works with clients diagnosed with Schizophrenia, Bipolar, Borderline Personality Disorder, Depression, Anxiety and Post Traumatic Stress Disorder (PTSD). She is passionate about eliminating stigma associated with mental illness and empowering communities of color with the tools needed to heal. Race-based trauma is an area of focus in her clinical work and she utilizes an integrative approach with clients emphasizing Person Centered, Strengths Based, Cognitive Behavioral and Narrative approaches. Ms. McGowan has been a foster parent to Alaska's

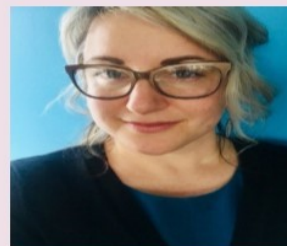
children since the age of 22. She has cared for adjudicated youth and sexual offenders, as well as those diagnosed with Oppositional Defiant Disorder, Reactive Attachment Disorder, Attention Deficit Hyperactivity Disorder and Fetal Alcohol Syndrome. She is a certified K-12 special education teacher, psychotherapist, coalition builder, program developer and praise and worship leader at her local church. Ms. McGowan is excited about reopening Denali Cove Counseling Center, providing behavioral health and wellness services in the community for Black, Indigenous, People of Color (BIPOC) facing mental illness and substance abuse issues.



Power over your own health has never been more important than right now. From heart disease and Diabetes to COVID-19, we are bombarded every day with scary news about what can happen to us. Is it all out of our control? Are we entirely at the mercy of fate and genetics? NO! There are simple steps you can take right now that can transform your life, your health and your body.

Ginny Grabowski, MS has been helping women (and a few men) to transform their health through fitness and nutrition since 2003. She has a Masters Degree in Exercise Science and Health Promotion, owned a local personal training studio called AlaskaFit for over six years and now coaches women online in The Women's Wellness Academy.

Join Ginny for a fun, interactive conversation focused on mindset and whole-food, plant-based eating that will help you make simple, delicious changes immediately. She is passionate about helping our community be their healthiest and she loves sharing that it may be easier to do than you think.



Natasha Pineda has focused her work in public health, prevention, and youth development. She focused on maternal child health in her studies for her Master of Public Health at the University of Alaska. She has primarily served in the public sector for all her career in Alaska. She is the wife to Jose, a commercial crabber and a mother to Sofia and Cruz, together they are all raising a very needy Springer Spaniel named Coco. Natasha is very interested in promoting equity in access to care, addressing disparities in the community, and volunteering for boards and meaningful work to help make Alaska a healthier place to live for everyone.

Natasha Pineda currently serves as the Director of Accountable Care Providence Health & Services after serving as the Director of the Anchorage Health Department, where she was a vital member of the mayor's cabinet overseeing all aspects of the health department, the local public health authority for the Municipality of Anchorage. She served as the Deputy Health Official for the State of Alaska Department of Administration working on strategies to improve care and lower costs for the active employees and retirees served by AlaskaCares and provided project management for the Health Care Authority study. In addition, she has served as a Division Manager, for clinical services,

childcare licensing, and nutrition programs for the Municipality of Anchorage. She served as a Program Officer with the Alaska Mental Health Trust Authority, working on Medicaid Expansion and reform planning, criminal justice reform, substance misuse policy work. Her first role in government policy was in the Division of Behavioral Health for the state of Alaska, where she oversaw prevention funding and chaired the Alaska Interagency on Underage Drinking. She spent the first 14 years of her career working with Boys & Girls Clubs of Oregon and Alaska. Natasha received her Master's in Public Health from the University of Alaska and her undergraduate degree in business administration professional from Alaska Pacific University. Since arriving in Alaska in 2002, she has infused prevention in all she does and aspires to be a positive disrupter.

## SHILOH'S VAN MINISTRY IS BACK!

### VOLUNTEER BULLETIN BOARD

The Transportation Ministry provide wonderful opportunities for Volunteer Ministry. The Ministry is an extension of the church's love, compassion and care while providing transportation to and from our worship services for anyone who needs it. We are seeking men and women who will pray for the Transportation Ministry, who will hear and heed God's call to become one of our dedicated van drivers and for mechanics who will help maintain our vans. This is more than driving—it is MINISTRY!

Contact: Reverend Gwuana Thomas, Associate Pastor for Discipleship and Operations 907.276.6609

**DO YOU NEED A RIDE TO CHURCH?**

**CALL: (907)566-2374 LEAVE YOUR  
NAME AND PHONE NUMBER; CALL  
BY FRIDAY EACH WEEK.**

## January 2022 at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <b>NEW YEAR'S DAY</b>
2 11 AM Communion Worship	3	4	5 6:30 Quiet Prayer 7 PM Family Praise & Testimonies	6	7	8
9 11 AM Worship	10	11	12 Winter Bible Studies Begins	13	14	15
16 11 AM Worship	17 <b>SMBC MLK DAY OF SERVICE</b>	18	19 Prayer & Bible Studies	20	21	22 <b>SMBC ANNUAL BUSINESS MEETING</b>
23 11 AM Worship	24	25	26 Prayer & Bible Studies	27	28	29
30 11 AM Wor- ship   Women's Event 4PM	31					



# SHILOH PRAYER ALERT!

**SATURDAY 1:00 PM PRAYER WILL BE CHANGING TO  
8:00 AM IN FEBRUARY**

**Shiloh Saturday Time of Prayer will move to 8:00 AM beginning  
Saturday, February 5, 2022. The 8:00 AM Prayer will be on the  
Conference Line.**

**Contact: Reverend Gwuana Thomas at 907.276.6609**

## SHILOH TIMES OF PRAYER



**Tuesday/Wednesday/Friday**  
**5:30 AM-6:30 AM Conference Line**

**Wednesday: Senior Prayer Time**  
**10:30-11:00 AM | ON ZOOM**

**Wednesday: Family Prayer**  
**6:30 PM | In the Sanctuary**

**Saturday: Shiloh Pray**  
**1:00 PM on the Conference Line**  
*[changing to 8:00 AM on February 5]*

**Sunday: Sunday Morning Prayer**  
**10:45 AM | In the Sanctuary**

**SORRY I CAN'T HEAR YOU . . . YOU'RE BREAKING UP!** This is the message I get sometimes when I'm talking with someone on my cell phone. I stop moving about or adjust the position of my phone. I imagine this is what God says to us when we don't have a consistent and devoted Prayer Life—when our Prayer Life is sporadic or sometimes non-existent—God must say **"SORRY I CAN'T HEAR YOU . . . YOU'RE BREAKING UP!"** Prayer is essential in the lives of God's people. Prayer is our connection, our direction and our protection—our lifeline to God! **Shiloh's Prayer Ministry** works hard providing our members with opportunities and privileges to grow and become consistent in their Prayer Lives. **Pastor Parker** continuously encourages Shiloh to be a **House of Prayer—at the church, at home and on the go!** In February he will lead us in a **Sermon Series: WHEN WE PRAY!**—to continue encouraging us to grow deeper and more devoted in our prayer lives. Is God saying to you **SORRY I CAN'T HEAR YOU . . . YOU'RE BREAKING UP** or **MAY BE YOU'VE HUNG UP!** Begin this new year with a real assessment of your prayer life. Connect with one or more of **Shiloh's Times of Prayer!** If you need help with your prayer life, contact your deacon/deaconess or call the **Associate Pastor for Discipleship at 907.276.6609.** Attend **Sunday School at 9:45—Sunday School is a great place to grow in prayer!** **WE MUST DO OUR PART—GOD WILL DO THE REST!**

# EVERY WEEK@SHILOH

## SHILOH ON SUNDAY

9:45 AM Sunday School for Everyone

11:00 AM Worship Service  
[in person, Facebook Live and Live Streaming]



### Monday@Shiloh

Church Offices Closed

### Monday-Friday

7:00 AM Shiloh Morning Devotion | Facebook Live

### Wednesday@Shiloh

11:00 AM Senior Caring Community on ZOOM Prayer, Bible Study, Fellowship

6:30 PM Family Prayer

7:00 PM Bible Study for Adults, Youth Groups, and Children's Groups

### Thursday@Shiloh

7:00 PM Choir Rehearsals; Email: [victor.nichols@shilohmbcalaska.org](mailto:victor.nichols@shilohmbcalaska.org)  
For each choirs' rehearsal schedule

### Saturday@Shiloh

9:00 AM Shiloh Men's Caring Community On ZOOM

10:00 AM Shiloh Women's Caring Community On ZOOM 1st and 3rd Saturdays

1:00 PM Shiloh In Prayer

6:00 PM Young Adult Caring Community On ZOOM 2nd and 4th Saturdays

## SHILOH STAFF

Pastor Undra Parker

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For Discipleship & Operations

907.276.6609 | [gwuana.thomas@shilohmbcalaska.org](mailto:gwuana.thomas@shilohmbcalaska.org)

Reverend Mildred Parker, Executive Minister  
For Administration & Ministries

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Victor Nichols, Director of Worship & Music

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Felicia Weaver, Administrative Assistant

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