



Baptist Circuit of Churches, ECBM  
 P.O. Box 2678 • St. John's • Antigua & Barbuda  
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**Dr. Hensworth W. C. Jonas, Presiding Elder**

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## BATTLE WITH THE FLESH

*Abstain from the passions of the flesh,  
 which wage war against your soul.  
 1 Peter 2: 11*

**I**n the battle against the flesh we must consider that the appetite itself might innocently desire a forbidden object. It was not the appetite itself that was forbidden, but the sinful expression of it. A man in a fever may desire more than he should lawfully drink; this is not in itself a sin, but to go ahead and willfully drink it, is. It is the drinking that is sin, not the thirst. It is not in our power to control the appetite. That Adam had an appetite for the forbidden fruit was not his sin, but that he obeyed his appetite. The appetite is given to us by God. Since the fall, however, the appetite has been corrupted and has become inordinate. It is more impetuous, violent, and unruly than it was in the state of innocent. This inordinate appetite is sin by participation, though not in itself. Actual sin and habit will even more aggravate the appetite and make it dangerous. If the horse is headstrong, and the coachman negligent, the coach may soon be overthrown. Though a man may not by reason and will have the inclination to evil, if he fail to seek higher things, it will be hard to restrain the sensual appetite. This sensual appetite is signified by the term 'flesh'. This faculty is predominant in man, and the goal and happiness of the

## From The Pulpit...



-  **Pastor Joshua Jonas** will preach at the **8:00 a.m.** service at the **Tyrells Baptist Church** (Tyrells Main Road) on the topic **"The Unsalted Christian"** based on **Matthew 5:13**.
-  **Brother Rolando Lewis** will preach at the **8:00 a.m.** service at the **Covenant Baptist Church** (Friars Hill Road) on the topic **"The Truth About Humanity"** based on **Jeremiah 17:9**.
-  **Pastor Orvin Paige** will preach at the **10:00 a.m.** service at the **Central Baptist Church** (Radio Range) on the topic **"Cherish Your Heritage"** based on **Deuteronomy 6:4-9**.

unsanctified. The pleasing of the appetite, in itself, is neither good or evil but as commanded or forbidden by some law of God. To please the flesh by things forbidden is undoubtedly a sin. To overvalue the pleasing of the flesh is a sin. When a desire of the flesh is inordinate it is sin. When pleasing it hinders any duty it is sinful. To avoid sinful flesh-pleasing, seek the joys above. Remember that God would give you more pleasure and not less, and that temporal delights are subordinate to heavenly delights. Beware, the flesh is the grand enemy of your soul!

—Richard Baxter



### **Farewell to Sis. Sasha Charles...**

*The Elders, Deacons and members of the ECBM—Circuit would like to wish farewell to Sis. Sasha Charles as she will be travelling on Friday, August 29 to attend the Pensacola Christian College in Pensacola, Florida (USA). She will be pursuing a Bachelor's degree in Management. Let us continue to pray for our sister in Christ.*

### **Sunday School Adult & Youth Reading**

#### **Prepare for next week...**

- Study Guide: A Catechism by C. H. Spurgeon
- Question #73: How is the Word to be read and heard that it may become effectual unto salvation?
- *Study to shew thyself approved unto God, a workman that needeth not to be ashamed rightly dividing the word of truth. —II Timothy 2:15*

## **E-MAIL PRAYER REQUESTS**



Noonday Prayer Ministry

- ❖ We meet for prayer at **Central** from **12 noon to 1pm** from **Monday to Saturday**. All are welcomed to join us.
- ❖ Your request will be the focus of our prayers at each Noonday Prayer Meeting.
- ❖ The e-mail address for this is [prayer@baptistantigua.org](mailto:prayer@baptistantigua.org).

# **Congratulations!**

We celebrate with Sis. Natalia Lawrence for being a recipient of an Organisation of American States (OAS) scholarship. The OAS has granted to pay 95% of our sister's fees— the highest possible amount. Sis. Lawrence will be pursuing a Master's Degree with an online programme with the Universidad Para La Cooperación Internacional, Costa Rica. The degree is in Project Management. Let us pray for the success of our sister.

## **HAPPY BIRTHDAY TO ALL OF YOU!** ~24th August - 30th August~

~27th August-  
Dequan Hutson—Central

~28th August-  
Sis. Stephanie Jarvis—Central

~29th August-  
Annabelle Maina—Central

## **Happy Wedding Anniversary**

~29th~  
Bro. Nigel & Sis. Ann-Marie Pilgrim



## MINISTRY HIGHLIGHTS



### 1. JOINT YOUTH FELLOWSHIP

All teenage boys and girls are advised of their regular club meeting this **Friday at 6:30 p.m.** at the **Central Baptist Church**. **Be sure to bring your Bible, notebook and pen.**

### 2. BOOK SALE

Dr. Samuel Waldron's book *A Reformed Baptist Manifesto* is now available at the church's office for **\$45.00EC**. In his book,

Dr. Waldron discusses the New Covenant Constitution of the Church as it relates to:

- ❖ Dispensationalism
- ❖ Antinomianism
- ❖ Arminianism
- ❖ Paedobaptism

Use this book to grow and edify yourself in the Lord.

### 3. CHOIR REHEARSAL

All members of the Voices of Victory and the New Creation Chorale are advised of a choir rehearsal on **Saturday at 5:00 p.m.** Please be punctual.

### 4. CHURCH ATTENDANCE

All members of the Circuit are reminded of their Covenant Responsibility to attend all the stated meetings of the church unless providentially hindered by illness, unusual working conditions that do not violate the Lord's Day, and other such circumstances (Heb. 10:24, 25). The stated meetings of the church are as follows: All services on the Lord's Day (Sunday School, morning and evening worship), Midweek Prayer Services; Church Stewardship (business) Meetings; and any special meetings that the elders shall deem necessary. Please be reminded that you are expected to advise the elder who is resident at your congregation of any providential hindrances.

### 5. PROVE THE TITHE

**All church members are encouraged to be faithful with the giving of their tithes** (10% of gross income) in accordance with the teaching of Malachi 3:8-10, as well as the **Missions Offering** as the Lord

blesses you. The former supports our local church programmes and the latter our outreach beyond the walls of our churches. Let us give cheerfully, in obedience to Christ, and keep the work of the ministry strong and efficient.

### QUIET MEDITATION...

*"Shall a man make gods unto himself, and they are no gods."—Jeremiah 16:20*

One great besetting sin of ancient Israel was idolatry, and the spiritual Israel are vexed with a tendency to the same folly. Remphan's star shines no longer, and the women weep no more for Tammuz, but Mammon still intrudes his golden calf, and the shrines of pride are not forsaken. Self in various forms struggles to subdue the chosen ones under its dominion, and the flesh sets up its altars wherever it can find space for them. Favourite children are often the cause of much sin in believers; the Lord is grieved when he sees us doting upon them above measure; they will live to be as great a curse to us as Absalom was to David, or they will be taken from us to leave our homes desolate. If Christians desire to grow thorns to stuff their sleepless pillows, let them dote on their dear ones.

It is truly said that "they are no gods," for the objects of our foolish love are very doubtful blessings, the solace which they yield us now is dangerous, and the help which they can give us in the hour of trouble is little indeed. Why, then, are we so bewitched with vanities? We pity the poor heathen who adore a god of stone, and yet worship a god of gold. Where is the vast superiority between a god of flesh and one of wood? The principle, the sin, the folly is the same in either case, only that in ours the crime is more aggravated because we have more light, and sin in the face of it. The heathen bows to a false deity, but the true God he has never known; we commit two evils, inasmuch as we forsake the living God and turn unto idols. May the Lord purge us all from this grievous iniquity!

"The dearest idol I have known,  
Whate'er that idol be;  
Help me to tear it from thy throne,  
And worship only thee."

—Charles Spurgeon

# This Week

- Sun. 8:00 a.m. Sovereign Grace Hour (ABS TV)  
 8:00 a.m. Worship: Tyrells & Covenant  
 9:00 a.m. Sunday School: Central  
 9:45 a.m. Sunday School: Tyrells & Covenant  
 10:00 a.m. Worship: Central  
 6:00 p.m. Worship: All Churches  
 7:00 p.m. Sunday School: All Churches
- Mon. 12:00 p.m. Noonday Prayer Meeting
- Tues. 12:00 p.m. Noonday Prayer Meeting  
 3:00 p.m. Sovereign Grace Hour (ALR 103.9 FM)
- Wed. 12:00 p.m. Noonday Prayer Meeting  
 7:00 p.m. Prayer Service & Fellowship Groups: All Churches
- Thurs. 12:00 p.m. Noonday Prayer Meeting
- Fri. 9:00 a.m. Sovereign Grace Hour (ALR 103.9 FM)  
 12:00 p.m. Noonday Prayer Meeting  
 6:30 p.m. Joint Youth Fellowship: Central
- Sat. 12:00 p.m. Noonday Prayer Meeting  
 3:00 p.m. Church-wide Evangelism: All Churches  
 5:00 p.m. Choir Rehearsal: (VOV & NCC)



## ECBM DIRECTORY

- |                         |          |
|-------------------------|----------|
| Central Baptist Church  | 462-2894 |
| Tyrells Baptist Church  | 460-3557 |
| Covenant Baptist Church | 561-4022 |
| Baptist Academy         | 462-2894 |
| Baptist Retreat Centre  | 463-8801 |

### Eldership

- |                                   |          |
|-----------------------------------|----------|
| Hensworth W. C. Jonas (Presiding) | 771-4888 |
| Ivor J. Walker (Associate)        | 764-1491 |
| Orvin D. E. Paige (Associate)     | 464-1014 |
| Joshua M. Jonas (Staff Associate) | 726-9662 |

### Diaconate

- |                            |          |
|----------------------------|----------|
| David S. Jarvis (Chairman) | 464-7477 |
| Earl W. F. Skerritt        | 722-4313 |
| Ian J. Blair               | 773-1061 |
| John Patrick Tomlinson     | 786-7957 |

## BE EARNEST IN PRAYER

### GENERAL MINISTRY NEEDS

Elders, Deacons, and their families  
 Baptist Academy of Antigua  
 E.C.B.M. Ministries & Staff  
 Evangelistic Ministries  
**"Sovereign Grace Hour"** (ABS TV & Abundant Life Radio)

### CHURCH FAMILY

HEALTH: Dr. Hensworth W. C. Jonas, Sis. Ann-Marie Pilgrim,  
 Sis. Jean Edwards, Bro. Nigel Pilgrim, Sis. Rosalind Ferris,  
 Sis. Paula Skerritt, Sis. Cassilda Williams, Sis. Monica  
 Gardener, Sis. Pamela Walcott, Sis. Juliette Smith,  
 Sis. Janet Walker

PRIVATE CONCERNS: Sis. Sophia Marcellus, , Sis. Muriel  
 Martin, Sis. Diane Joseph, Sis. Nadine Smith, Sis. Jo-Ann  
 Paige

THANKSGIVING: Sis. Ann-Marie Pilgrim, Bro Ivan Hurst, Sis  
 Maria Hurst, Sis. Denise Silston, Sis. Jean Edwards

SAFETY IN PREGNANCY: Sis. Jenell Huston, Sis. Suzette  
 Dowdie

NEW MEMBERS: Bro. Olrich Chery, Sis. Briana Griffith, Sis.  
 Stacey Hector, Sis. Rickeshia Willock, Sis. Priya Jattan, Sis.  
 Marian Locker, Sis. Nadine Fils Aime, Bro. Jonathan  
 Wehner, Bro. Ernst Pierre-Louis, Sis. Benjy Chery, Sis.  
 Aminata Joseph, Sis. Jenee Henry, Sis. Shinel Leo, Bro.  
 Marc Sorel Salien, Sis. Sophia Marcellus, Sis. Marie  
 France Blanchard, Sis. Chanda Benjamin, Sis. Juliette Smith

WATCH CARE: Sis. Irene Jonas, Sis. Diana Richards,  
 Bro. Charles Richards

SHUT IN: Sis. Enid Matthew, Sis. Edith McCoy

### OTHER CONCERNS

SAVING GRACE: Olivet Bowers, Shermel Douglas, Trevor  
 James, Linden James, Jamol Pilgrim, Charelle James,  
 Jelissa Samuel, Lisa Pilgrim, Stefan James, Kristen  
 Goodison, Deandre James, Troy Lawrence, Omari Clarke,  
 Milbert Joseph, Donald Lewis, Gloria Lewis, Vernon  
 Edwards, Dion Andrew, Vaughn Aska, Phyllis Hill, Nalda  
 Streete, Arah Sheridan, Joshua Joseph, Sandrine Richards,  
 Royan Chiddick, Lisette Francis, Valine Williams, Theo Blair,  
 Colin Baker, Otis Brisport, Elton Isaacs, Vaughn Williams,  
 Gary Morian, Colin Brisport, Nadia Welch

*Pray without ceasing. 1 Thessalonians 5:17*

## Memory Verses For Next Week



Pre-school — Proverbs 28:13  
 Elementary — 1 Thessalonians 5:16-18  
 Secondary & Adults — Galatians 5:22-23