

ENON TABERNACLE BAPTIST CHURCH

HEALTHY WARRIOR

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SPRING 2021

Read Enon's health newspaper!

We are excited for you to read our new church health newspaper. We've named it the *Enon Tabernacle Baptist Church Healthy Warrior*.

Our newspaper will focus on many health topics from nutrition to exercise and mental health. Readers should also expect to find interviews with experts, public service announcements, reviews, reflections, and recipes.

In this issue, you will find our interviews with Senior Pastor Rev. Dr. Alyn Waller and Associate Pastor Rev. Leroy Miles. Our paper also includes how to make a Zentangle and a smoothie recipe.

In future issues, the topics may include getting enough sleep, taking care of your teeth, and drinking enough water. We'd love to hear your ideas for articles too!

Who are we? We are youth members of Enon Tabernacle Baptist Church—Lily Esters, J.D. Esters, Biko Esters, John Lambert, Jaxson Pointer, and Raymond Tarin. We are 8 to 13 years old.

You might be asking yourself "Why is our newspaper about health?" We believe being healthy is important because it can make your life better. We be-

*(Please see **Welcome** on Page 3)*



Illustration by Jaxson Pointer

What's a Zentangle?

Zentangle is a kind of art where you make random patterns on a piece of paper.

Working on a Zentangle can help you calm down. All you need is paper, a pencil, coloring materials (if you want), and creativity.

You start by drawing a dot in each corner of your paper and then connecting+ those dots to create a square frame. Next, you divide the inside of the frame

*(Please see **Pandemic** on Page 2)*

Leading church during COVID

Rev. Dr. Alyn Waller is the Senior Pastor at Enon Tabernacle Baptist Church. He was interviewed by reporters on the staff of the Enon Healthy Warrior about what it has been like to lead a church during a pandemic. Responses have been edited and condensed.

Q. Did you know how to use Zoom to deliver your sermons when the pandemic started?

A. I did know how to use Zoom before the pandemic. I had been using Zoom in some other areas of my life but I didn't know all of the features of Zoom. So there was a learning curve for all of the different things you can do with Zoom.

Q. Have the topics of your sermons changed?

A. The pandemic has not necessarily changed the topics of my sermons. However, some of the events of last year have, such as the killing of George Floyd and Breonna Taylor, and some of the problems that people are having with systemic racism. I've been

*(Please see **Adapting** on Page 3)*

Rev. Miles discusses his work

Rev. Leroy Miles is the Associate Pastor of Sanctification at Enon Tabernacle Baptist Church. He recently was interviewed by Healthy Warrior reporters. Responses have been edited and condensed.

Q: What do you do as your job on a daily basis?

A: I spend a significant amount of time talking to people one-on-one or in small groups around spiritual health, mental health, and other duties as assigned. Because of the pandemic, everyone's in a challenging place. You're experiencing stress and anxiety. Your life has been disrupted and turned upside down. I spend a lot of time helping people to navigate this difficult time.

Q: Do you enjoy doing it?

A: Absolutely. Sometimes I trick my wife and come home and pretend I had a bad day. I never get tired. I could do it endlessly.

Q: How did you grow up?

A: I didn't always have physical things growing up, but I did have love. When I was your age, something difficult happened. There were people who comforted me and made me feel better. Because it was done to me, I want to do it for others. I want to pay it forward because somebody did it for me.

Q: What kind of health problems do you see in the Enon congregation?

A: I see a lot of loneliness, especially during the pandemic. A lot of people who are alone and are isolated.

They used church as a place to hang out and see people. Because of the pandemic they don't get out and see people as much.

Q: How can we fix the kinds of health problems you see in the Enon congregation?

A: Always try to encourage ways to get people who are lonely to get involved.

Q: Do pets help you be not lonely?

A: Absolutely. There's a whole concept called pet therapy. Pets become your friends. They depend on you. Pets are absolutely a positive thing.

Q: Who is someone who motivated you?

A: Definitely my mother. Her story was she didn't have a lot of opportunities. She always talked to me about living large and going after the things you want to go after. My life is a manifestation of her hopes, dreams and wishes. I think about her often.

Q: What do you do on your day off?

A: I ride a road bike. I've been riding a bike for a long time. This year I've been riding my bike more than I've done it in 20 years.

Q: What do you LOVE about your job?

A: Seeing people come to their *aha* moment. I can't lead or help or fix anybody, but I try to lead people to resources so they can find their *aha* moment. It doesn't happen all the time, but one or two people is all it takes to keep me going.

Art activity helps relieve stress

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with squiggly lines or straight lines to make sections of the paper where you will draw in different patterns. Everyone's paper looks totally different.

"You can color on your own and let your fingers go," said John. "It made me feel calm."

"It lets your stress go and lets your relaxation flow," said Jaxson. "I give it one million stars."

All of the participants who tried Zentangle said they enjoyed it. We think this would be good for anyone who is stressed out, any artist who likes abstract art, or even anyone who doesn't have anything to do. This activity is good for grown-ups and kids.

—By Healthy Warrior staff

To learn more about Zentangles visit:

<https://minds-in-bloom.com/try-zentangle-with-your-students/>

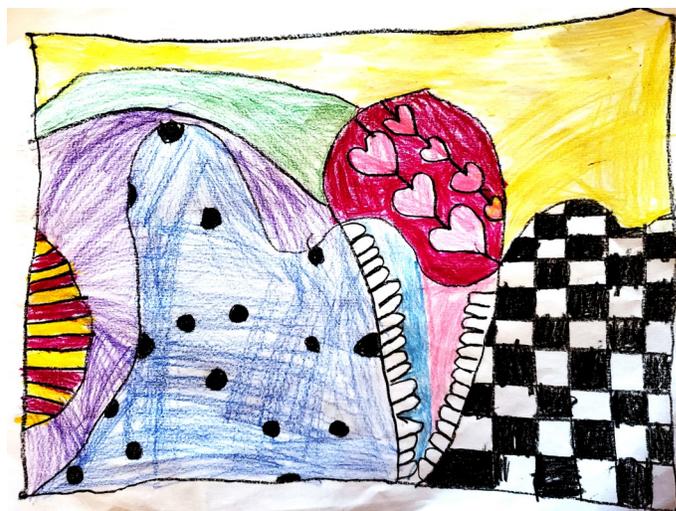


Illustration by John Lambert

Adapting to online sermons

(Continued from Page 1)

very focused around those issues. But also I've been trying to help people stay encouraged while we're going through this change and while people are dealing with the pandemic.

Q. What is the biggest change you've had to make during the pandemic?



A. The biggest change is that we're doing everything online. When I go to church on Sunday to preach, the whole church is empty. I don't see people or hear people saying things back to me.

Q. Was it scary when you tested positive for COVID-19?

A. It was scary because I found out that I had the coronavirus on April 20 of last year. It was very new and we didn't know a lot about it. When I got it, another guy who was on CNN got it and he got very sick. I was nervous that I would get sick like that. I never had any symptoms, so I really spent two weeks in the basement of my house playing PlayStation until I could be around my family again. Having a healthy immune system helped me, and it's very important to pay attention to your health and eat right because this disease tends to hurt people who also have co-morbidities, or other things that cause us to be sick. I learned to take care of myself more and how important it is to have a healthy lifestyle even when you go into an illness. Playing PlayStation was really fun for two weeks. Nobody could come near me, so no one could tell me I had to stop.

Q. What has the church done and what is the church doing to help the community?

A. We've done a few things. First of all, we got involved by donating money to other organizations that needed help because of the pandemic. Then we worked with Einstein Healthcare Network to provide COVID testing and vaccinations and food distribution. Those are the specific things, along with providing counseling for people who are sad because they have to stay in the house. We are also speaking up against things that are wrong. When George Floyd and Breonna Taylor were killed, we got involved in marches to call attention to that.

Q: Has the pandemic had any silver linings for you and the church?

A. We've learned to really treasure life. We've learned to appreciate life and relationships. It has caused us to think about what really matters

Q: What do you think is the big lesson God's trying to teach you during the pandemic?

A: For me, the big lesson that God is teaching me is to stop and smell the roses. Don't rush through life. Enjoy the people that you have in your life.

A version of this article will also appear in Leading Healthy Change In Our Communities 2021—Doing the Undoable during a Pandemic. The book will be published this spring by Healthy NewsWorks.

Dr. Waller also will be featured in a video on May 26 to celebrate Healthy NewsWorks student reporters—including Enon's. Please check the details at www.HealthyNewsWorks.org.

Enon has a new health publication

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lieve the *Healthy Warrior* can help people learn more about health and how to stay healthy.

"We want to teach people how to take care of their bodies the right way so when they get older they can be strong," Lily said.

Jaxson said he hopes the paper will help people think, "I should exercise more and go outside more and wear a mask so I can stay safe."

For Jaxson, the newspaper's name explains the goal: "We need to have the determination to fight, to persevere, and to be and stay healthy."

We want to thank Rev. Kevin H. Murphy, Associate Pastor of Illumination, and Sister Sar Mingo, Elevation Community Director, for serving as the *Healthy Warrior's* newspaper advisors.

Please write a letter or send an email to Rev. Murphy or Ms. Mingo to let us know what you think about it. And if you are a kid, consider joining us as an Enon health reporter! Happy reading!

Reflecting on a year like no other

My hopes and dreams after the pandemic are that I can see my friends and be able to do things with them. I also look forward to being around people again, and going to various events. What I want to do most is be free to go into the world without fear of catching the COVID-19 virus.

The most challenging thing has been not being able to go around family and attend family events. I also miss being in crowds of people. I have mixed feelings about school. It has been rewarding being at home and working virtually. There isn't



the rush to school and the tight scheduling of classes, but I still miss my friends. I like face-to-face rather than virtual classes.

I would tell my children/grandchildren that I lived through a very serious historical event and I survived. I am also going to tell them how easy they have it like older generations tell us.

—By Raymond Tarin

One thing that's tough about the pandemic is online EVERYTHING. Pretty much all the activities we do are online. This is really hard for me personally because I have trouble with sitting still and paying attention. So I really am looking forward to meeting up in person with people, not just on weird zoom calls.

Furthermore, I want to meet up with my friends from the home-school co-op I go to, since the co-op is now online. Another thing I want to do this summer is to be able to go to the pool. I really liked doing it last year and I want to do it again.

Activities I did before COVID were canceled because of it. I'm looking forward to those too. One of the things I want to do is run with my track team again. In addition to track, I also would like to go back to church in person again and do more things with other kids. In a nutshell, I want to interact with people again, especially kids. I hope that we can do that soon.

—By Biko Esters

When the pandemic is over, I want to go to my grandparents' house in Mississippi, go on play dates with my friends, and go on long-distance trips with my family.

—Lily Esters

I want to go back to school. I miss seeing my friends in person and I also miss the teachers. I love being in the building because there are a lot of events. I miss learning in the building.

I hope I can walk outside without wearing my mask and breathe the fresh air. What I want to do the most is go on an airplane to Disney World. I love how you get to see Mickey Mouse and Goofy and take pictures with them. They're my favorite characters.

—Jaxson Pointer

It feels like it's longer than a year, but it also feels like it's shorter than a year. It's been winter before and we were still worried about COVID then, too. All the days blend together and I heard on the news that there's something about having new stuff in your life that helps your brain remember stuff. But not a lot of new stuff is happening. So it's hard to remember stuff.

—J.D. Esters

Check out this fruit and veggie smoothie

I recently created a smoothie recipe with almond milk, spinach, frozen mango, blueberries, and a banana. I used food that my family had in our refrigerator and freezer.



I used a whole banana, a small glass of almond milk, a few mango pieces, and a handful of blueberries and spinach. I put the ingredients in a blender and watched them mix together until I had a smoothie.

The smoothie was fun to make because I got to use one of my favorite foods—a banana.

People should use amounts that fit their own tastes. —By John Lambert

Enon Tabernacle Baptist Church Healthy Warrior

A publication of Enon Tabernacle Baptist The reporters are Lily Esters, J.D. Esters, Biko Esters, John Lambert, Jaxson Pointer, and Raymond Tarin. The *Healthy Warrior's* advisors are Rev. Kevin Murphy (kmurphy@enontabl.org) and Sister Sar Mingo (smingo@enontab.org).

A *Healthy NewsWorks®* project www.HealthyNewsWorks.org

Healthy NewsWorks is an independent nonprofit organization that seeks to empower elementary and middle school students to become researchers, writers, critical thinkers, and confident communicators who advance health understanding and literacy through their factual publications and digital media.

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