

“Then I said to them, ‘You see the distress that we are in, how Jerusalem lies waste, and its gates are burned with fire. Come and let us build the wall of Jerusalem, that we may no longer be a reproach.’” Nehemiah 2:17)

## BBC Proceeds with: “Getting back to it”

Contributor: Gwen Henderson

### Back to it

**“Balance”** is a vital element and discipline that we all should have in life to function at our highest, be our best selves, please GOD to the fullest, and have the most impact and influence in our family, church, and community. These key focuses will help us ensure that we are getting back to, or leveling up, our life balance.

**(1) Getting Back to Spiritual Growth, Discipline, and Discipleship** will strengthen us in the character of GOD. We must focus on immersing ourselves into GOD’s Holy Word, attending and participating in Bible Study, and Sunday School. These disciplines together will prepare us to help disciple others in this increasingly hurting world where the signs of the times are upon us such as divided homes where children are involved, bullying in the schools, lowered moral compass, deep political division, violence against people of color, etc.

**(2) Getting Back to Health & Wellness** will keep our bodies healthy to be able to enjoy life to the fullest as we carry out “The Great Commission” that Jesus commands in Matthew 28:19 & 20. Our body is our temple! Therefore, we must take care of it “properly” with exercise/movement, healthy eating, and relaxation, which will allow us to honor the temple GOD has given us and be better able to influence others around us positively.

**(3) Getting Back to Time Management** is for us to be mindful of not overstretching ourselves, planning solid time for GOD, family, not get “consumed” looking at social media and electronics, not rush in our vehicles because of inadequate planning, etc. We can achieve so much more when we avoid the pitfalls of distraction, consistently do all the aforementioned reminders, and “effectively” plan our time.

# Meet BBC's Newest Members

Contributor: Randy Gilbert



Donna Boyd

**Fun Fact:**

She Loves to  
Dine Out and  
Shop



Taneka  
Bough

**Fun Fact:**

She was Born  
on Her  
Mother's  
Birthday



Shatara  
Smalls

**FUN FACT:**

She Loves  
Playing Sports  
& Fashion

## Remember that Hobby you quit?

Contributor: Jennifer Gooden

Remember that activity that was once a regular part of your routine but was abandoned due to life's demands. Rekindling a long-lost hobby often involves a 6-step process, marked by introspection, aspiration, humility, perseverance, and self-discovery. Here is how to get back to it.

**Reflect on Your Interest:** Take some time to reflect on why you initially enjoyed the hobby. What about it brought you happiness or fulfillment? This can help reignite your passion.

**Set Clear Goals:** Define specific and achievable goals for your hobby. Whether it's mastering a certain skill or completing a project, having objectives can keep you motivated.

**Gather Necessary Supplies:** Ensure you have the required materials or equipment. If you need to update or replace items, do so to make the process smoother.

**Start Slowly:** Don't overwhelm yourself by diving back in at the same intensity as before. Begin slowly to ease back into the hobby, allowing yourself time to reacquaint with the basics.

**Seek Inspiration:** Explore new aspects of the hobby or learn from others who share your interest. Books, online tutorials, or joining a local club or community can provide fresh perspectives.

**Stay Consistent:** Commit to a regular schedule, even if it's just a few minutes a day or an hour a week. Consistency is key to rebuilding your skills and maintaining your passion.

Remember, the process of restarting a hobby is a journey. Be patient with yourself, enjoy the process, and let your enthusiasm grow naturally. The process reinforces the idea that, while life's demands may interrupt, the enduring pursuit of your passions fuels a fulfilling existence.

## Mark Your Calendar

## September Events

Sep 2nd	8 AM – 10:00 AM	Brotherhood and Jr. Brotherhood Ministry Prayer Breakfast
Sep 3rd	08:00 AM	Intercessory Prayer Ministry, Meet Me At The Altar
Sep 14th	6 PM- 8 PM	A path forward community forum
Sep 16th	09:00 AM	REVIVAL PRAYER BREAKFAST.
Sep 17th		Last day to register for Adult Missionary Apple Picking Trip
Sep 23rd	11 AM - NOON	God's Diamonds in the Rough Women's Cancer Ministry
Sep 30th	06:30 AM	Adult Missionary Apple Picking Trip
Oct 14th		Prisma Health Breast Cancer Walk

## Around Town

Sep 8th-9th	7AM- 7 PM	The Big Grab	Blythewood, Ridgeway, Winnsboro
Sep 16th	9 AM- 4 PM	Annual Fall Arts & Crafts Market	SC Farmer's Market
Sep 16th	11 AM- 6 PM	Jubilee: Festival of Black History & Culture	Mann-Simons Site
Sep 16-17th	Noon	The Carolina Food Truck Festival	Charles W. Johnson Stadium
Sep 30th	9AM – 4 PM	Women's Empowerment	Columbia Metropolitan Convention Center

## FoodShare Order and Delivery for September

Contact: Doris Harrison WKFLC, Tue & Thu 6pm -7, Fri 10am -12 pm

**Box Date:** September 6, 2023,

**Order By:** August 31, 2023

**Box Date:** September 20, 2023,

**Order By:** September 14, 2023

## Things we can't wait to get back to doing:

Contributor: Elleanora Spann / Spann Tax Consulting & Notary Inc.

The USA TODAY Life team conjured up some things we can't wait to do now that the pandemic is over. Here are a few;

1. Hug and visit with family and friends.
2. Travel! Domestically and internationally
3. Sneeze or cough without fear of judgement while in public.
4. Attend events like weddings, proms and graduations, and sports.
5. Go to a movie and eat movie theater popcorn.
6. Grab all the free samples at Costco / Sam's Club.
7. Wear something other than pajamas on a daily basis.
8. Meet all the babies that have been born that we couldn't see.
9. Get rid of elbow bumps. They're weird.

## **Desktop / Laptop Purchasing**

With the 2023 school year beginning, some may need to purchase a desktop or laptop and may wonder what to consider when buying a computer. You also may wonder why the costs vary from one computer to the next. There are 3 major things to consider when you are in the market to purchase a computer, they are Ram, Processor, and Hard Drive Capacity (not necessarily in this order). Below are the things to consider for each:

- 1) (RAM) - RAM or Random Access Memory, and sometimes referred to as “memory”. RAM is your computer or laptop's short-term memory. If you are just going to use the machine casually, such as web browsing 8G of ram is sufficient. If you are going to use office programs, or programs like ZOOM, or spreadsheet, consider 16G of ram. If you want to use the computer for gaming, you will need 32G plus. The more ram the more money you will spend. Also investigate if the computer’s ram can be upgraded after purchase.
- 2) (Hard Drive Space) – Hard Drive or HHD space is also important. This space is where your documents, pictures, and videos to name a few resides. For general use, such as downloading documents, 256G should be enough. If you are going to download pictures, videos, or games; consider 500G to 1TB. The bigger the HHD the cost increases.
- 3) (Processor) – The processor or CPU, provides the instructions and processing power the computer needs to do its work. This is where a lot of the money is spent. There is a plethora of processors such as; Intel Core i7, Intel i9, AMD Ryzen 7, and AMD Ryzen 9 to name a few. How much money you are willing to spend is what most people select.

Personally, when I shop for a computer, I want at least 16G of RAM (especially if you do video conferencing such as ZOOM), 500G of HHD space, then I select the processor in that order. For laptops, I also like 17” screen. When it comes down to it, money will dictate what computer you purchase. I hope this gives you some idea of what to at least look for when you are in the market for a desktop/ laptop.

## Tax Tips:

Contributor: Eleanora Spann / Spann Tax Consulting & Notary Inc.

### Trump-Era Tax Cuts Are Expiring: What This Means for Retirees

Signed into law Dec. 22, 2017, the Tax Cuts and Jobs Act (TCJA) – informally known as the Trump tax cuts – contained several changes to individual tax rates set to expire after 2025. Barring congressional action, tax rates for 2026 will revert to the rates payers were subjected to before the change.

Retirees, most of whom are on relatively fixed incomes, were less affected than others when the TCJA was introduced because the changes didn't affect how Social Security and investment income were taxed.

However, all seniors must reassess their spending and tax returns and face new financial decisions when standard, estate tax, and charitable contribution deductions revert to pre-TCJA levels on January 1, 2026.

#### Standard Deductions

By nearly doubling the standard deduction and restricting many itemized deductions for state and local taxes, the TCJA resulted in millions of taxpayers shifting to the standard deduction.

For 2023 federal income tax returns (to be filed in April 2024), the standard deduction amounts are \$13,850 for single and married individuals filing separately, \$27,700 for those married filing jointly and qualifying widow(er)s – and \$20,800 for heads of household.

If you are at least 65 or blind, you can claim an additional 2023 standard deduction of \$1,850 (also \$1,850 if using the single or head of household filing status). If you're both 65 and blind, the additional deduction amount is doubled.

The TCJA made it possible for many retirees to skip the complicated process of itemizing deductions and potentially reduce taxable income greatly (at the expense of the previous \$4,050 personal exemptions, which did the same). However, a reduced standard deduction starting after 2025 will significantly alter how much Americans can claim, regardless of age.

#### Charitable Contribution Deductions

By increasing the standard deduction and limiting itemized deductions, the TCJA had some adverse effects on charitable contributions. Charitable organizations are a major source of assistance to low-income seniors, so the potential reduction of this tax benefit may have impacted many retired individuals and non-profits.

Although the amount of charitable contributions that can be deducted has been increased from 50% of adjusted gross income (AGI) to 60%, a significant number of taxpayers who would normally itemize charitable donations has been reduced in favor of those using the standard deduction option (as a result of the TCJA, 87.3% of taxpayers claimed standard deductions in 2018, per the IRS).



## **The Best and Worst Airlines and Airports to Fly This Labor Day Weekend**

Flying during the long Labor Day Weekend, according to Patrick Clark, can be awfully stressful even when your flights are not running on time.

However, the heavy holiday crowds will continue to be compounded by airline staffing issues as we close out the busy summer travel season. That could mean unexpected flight delays and cancellations for some unlucky travelers.

New data from the Bureau of Transportation Statistics reveals that some airlines are more likely than others to experience disruptions over Labor Day Weekend.

Hawaiian Airlines is the best carrier you can fly as it had the lowest cancellation and diversion rates during Labor Day weekend. Hawaiian's average departure delays come in at just 6 percent.

Leading the way for the Big Four U.S. carriers is Delta Air Lines at 9 percent while Alaska Airlines rounds out the list of the three most reliable Labor Day airlines with an average departure delay of 11 percent.

On the other end of the spectrum, JetBlue fares are the worst. On average, 20 percent of JetBlue flights are delayed during Labor Day weekend. Ultra-low-cost carriers Allegiant Air and Frontier Airlines aren't much better at 18 percent.

Meanwhile, United Airlines (14 percent), Spirit Airlines (15 percent), American Airlines (15 percent) and Southwest Airlines (17 percent) rank toward the middle of the pack. Keep in mind that Spirit had the highest average cancellation rate during Labor Day weekend.

When it comes to the best airports for on-time departures this Labor Day Weekend, Honolulu's Daniel K. Inouye International Airport (HNL) leads the way at 93 percent on average.

Minneapolis-St. Paul International Airport (MSP) and Seattle-Tacoma International Airport (SEA) also fare well at 91 percent and 90 percent, respectively. Also achieving 90 percent are Hartsfield-Jackson Atlanta International Airport (ATL), Detroit Metro Airport (DTW) and Salt Lake City International Airport (SLC).

San Juan, Puerto Rico's Luis Muñoz Martín International Airport (SJU) is most often nagged by delays at 20 percent, followed by Newark Liberty International Airport (EWR) at 18 percent. Dallas Love Field Airport (DAL), Dallas/Fort Worth International Airport (DFW), San Antonio International Airport and Boston Logan International Airport are tied for the third worst with 17 percent of Labor Day departures taking off behind schedule. Traveling on the right day this upcoming Labor Day Weekend will improve your chances of reaching your destination on time.

## Getting Back into a Healthy Routine

To reestablish a healthy routine, set clear, achievable goals, such as enhancing fitness, improving diet, or managing stress. Start with manageable adjustments, avoiding the urge to change everything at once.

**Establish a consistent schedule** allocating time for exercise, meals, work, relaxation, and sleep. Prioritize sleep, targeting 7-9 hours of quality rest each night.

**Stay hydrated** by keeping a water bottle with you and scheduling regular intake. Focus on a balanced diet, emphasizing whole foods while minimizing processed items, sugary snacks, and excessive caffeine.

**Incorporate physical activity** you enjoy, gradually increasing intensity and duration. Practice mindfulness techniques like meditation or deep breathing for stress reduction. Stay accountable by sharing goals with someone for support or using fitness apps for tracking.

**Be compassionate toward yourself**, understanding that setbacks occur. Celebrate achievements, regardless of size, to maintain motivation. Be flexible, adjusting routines as needed for changing circumstances. Seek professional guidance if required from nutritionists, trainers, therapists, or healthcare professionals.

Building a healthy routine takes time, but consistent effort will turn positive changes into lasting habits, benefiting your overall well-being.

### Child Physicals vs. Child Well Visits: What's the difference?

"Child Physicals" encompass medical examinations aimed at assessing a child's physical health, typically involving measurements like height, weight, and vital signs. This is what is usually required to participate in sports.

On the other hand, "Child Well Visits" go beyond the purely physical aspect. They involve comprehensive check-ups scheduled at specific intervals during a child's growth. These visits not only include the physical assessment but also delve into broader aspects such as developmental milestones, behavior, nutrition, and vaccinations.

Well visits offer an opportunity for healthcare providers to address parental concerns, provide guidance, and ensure the child's holistic well-being. While child physicals primarily focus on the body's condition, child well visits provide a holistic approach to monitor a child's overall health and development throughout their early years.

### When Should You Get the Flu Shot?

According to the CDC, you should wait until at least September or October to get your annual flu shot. "We want to have as many people get flu shots as possible, however, it's important to make sure that you get the flu shot when it's going to be most effective," said Amesh A. Adalja, MD, senior scholar at the Johns Hopkins Center for Health Security.

### COVID-19 vaccines

The first new COVID-19 vaccines updated for this fall season are now expected to be available by the end of September, once both the Food and Drug Administration and the Centers for Disease Control and Prevention sign off on the new shots. The new shots are designed to target the XBB variants — strains of the virus descended from the original Omicron variant — which are now the most common form in circulation.

## Scams: At the Gas Station

Contributor: Jennifer Gooden

Gas station visits might seem routine, but they expose you to a range of scams, from quick opportunist tricks to sophisticated, premeditated schemes. These scams can jeopardize your financial and personal security, so it's essential to stay informed about the risks.

**Skimming devices**, one of the most common scams, are often discreetly attached to card payment readers at the pump. They surreptitiously capture your card information and PIN, which can then be used for fraudulent purposes. To spot skimmers, look for any unusual attachments to the card reader, check for tamper-evident seals, and cover the keypad when entering your PIN.

**Pump switching** is another scheme gaining traction. In this scam, criminals switch fuel hoses between pumps. Unsuspecting victims start fueling, but the fuel is actually going into the scammer's tank, leaving the victim to foot the bill. To avoid this, visually trace the hose from your vehicle to your side of the pump and be cautious of any stretched hoses.

**Distress scammers** prey on your goodwill by requesting money for various reasons, like gas or food. While it's tempting to help, it's safer to decline or offer to purchase items instead of handing over cash. Similarly, keep your belongings secure, as thieves can strike when you're distracted at the pump or inside the station.

**Dishonest gas station employees** may doctor pumps to overcharge or deliver less fuel. Vigilance is key here. Monitor the pump closely during refueling and request and verify receipts. If you suspect discrepancies, report them to the station and relevant authorities.

**Short changers**, prevalent especially where attendants handle pumping, rely on quick swaps of currency. To counter this, announce bill values before handing them over.

In a world of evolving scams, knowledge is your best defense. Familiarize yourself with these gas station scams, stay observant during your stops, and prioritize your safety and security.

## Family Zone: Back to School.

Contributor: Jennifer Gooden

As the new school year begins, establish a "Technology Time-Out" routine. Set specific times, such as during family meals or an hour before bedtime, where all family members disconnect from screens and engage in face-to-face conversations or other activities. This practice promotes healthy screen habits, improves family bonding, and ensures everyone gets quality rest without the disruptions of electronic devices. This can help everyone stay connected and offer valuable emotional support as the school year progresses.

To make the back-to-school transition smoother, create a shared family calendar. Use it to track everyone's schedules, including school events, extracurricular activities, and any other commitments. This way, everyone is on the same page, reducing the chances of conflicts or missed events. It also fosters a sense of organization and responsibility among family members, helping to manage busy schedules effectively.



# “Getting back to it”

Contributor: Jennifer Gooden

## Resilience and Renewal: A Biblical Perspective on Getting Back Into Something

The Bible offers profound wisdom on various aspects of human life, including the theme of returning to something after a period of neglect or setback. One such passage is found in the book of Isaiah 40:31: "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

This scripture encapsulates the essence of getting back into something. It speaks of the importance of placing our trust and hope in the Divine, and in doing so, finding the strength and courage to reengage with pursuits that may have faltered. Just as eagles rise above challenges with renewed vigor, we too can soar above our obstacles.

The verse also emphasizes the aspect of renewal. Getting back into something isn't merely a return to the past; it's an opportunity for transformation and growth. When we align our efforts with faith, we tap into a wellspring of resilience that empowers us to persevere, even in the face of difficulties.

Furthermore, this passage highlights the varying intensities of engagement – running and walking – suggesting that the journey back into something need not be rushed. It's a gradual process that allows us to build strength, endurance, and steadiness. It encourages us to be patient with ourselves and embrace the journey's pacing.

In conclusion, Isaiah 40:31 teaches us that getting back into something is a journey guided by hope, renewed strength, and perseverance. By anchoring our trust in the Lord, we can rise above challenges, find the courage to rekindle old passions, and experience transformation as we navigate the path ahead. Just as the eagle's wings carry it to new heights, our faith can carry us to renewed accomplishments and meaningful experiences.

## Just for Fun

Contributor: Jennifer Gooden

Many times, Jesus stopped to take time out his journey to help those in need.

Match the action Jesus was taking to the thing he stopped to do.

		Jesus was already doing this			then stopped to do this
Mark 10: 46-52	1	Jesus was leaving the city of Jericho when he stopped to...		A	Calm the sea
Mark 5: 27-31	2	Jesus was on his way to Jairus' house when he stopped to...		B	Cure an invalid at the pool
Matthew 8: 23-26	3	Jesus was sleeping when he stopped to...		C	Heal a man possessed by demons
Luke 7: 11-17	4	Jesus approached the town gate of Nain when he stopped to...		D	Heal Bartimaeus, a blind man on the road
Luke 4: 33-35	5	Jesus was teaching in the synagogue in Capernaum when he stopped to...		E	Raise a Widow's Son from his coffin
John 5: 1-8	6	Jesus went up to Jerusalem for one of the Jewish festivals when he stopped to...		F	Regain strength because he was touched by the woman with issue of blood