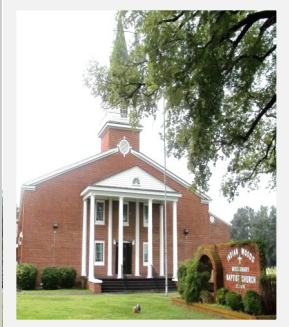
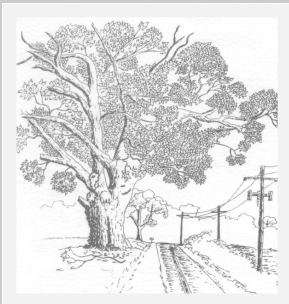


2330 Indian Woods Rd.
Windsor, NC 27983
252 794-9762
www.indianwoodsmbc.com

Rev. W. Rob Lewis, II
Interim Pastor

Deacon Sarah Bond
Chairman, Diaconate Ministry

Then - 1876



Now - 2015

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Progress**

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The Gospel Oak

VOLUME 2 ISSUE 3

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We Celebrate Excellence



Fred Henry Cooper

What is it about a name?? A name should mean something. Well, Ask Deacon Fred Henry Cooper what his name means and here is what you will get.



Fred, originally from German dissent, means "Peace". In the 1920s, the one-syllable name was the 33rd most popular boy's name in the United States. Characteristics of Fred are "Authoritative and Powerful". Henry means "Ruler". Characteristics are "Intuitive and Wise". Together Fred Henry essentially means "Peaceful Ruler" or maybe just "Head Honcho". Does the name FIT. We think so. Find out what YOUR name means.

For years we have watched this quiet, gentle man around the grounds of Indian Woods Missionary Baptist Church. We have been blessed to have this "peaceful" and "wise" man be about the business of helping our church to grow. Deacon Fred Henry Cooper was born October 16, 1921. He is now 93 years old and continues to serve as a deacon and a member of the Laymen's League. When Deacon Fred prays you will hear him often end his prayer by reciting Psalm 19:14, "Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer." He enjoys going to church and just being around people.

Fred was married to Valentine Speller Cooper and later to Marjorie Gilliam Cooper (both deceased). He raised seven children-Deloris (John), Jennie, Fred Jr. (Pamela), Jerry (deceased), Jonah, Peggie and Reba (Daniel). He has eleven grandchildren-Danielle, Tonya, Toshia, Jermaine, Gerri, Akram, Terrance, Jeffery, Johnathan, and Jamie. Fred also has great-grandchildren and great-great grandchildren. He had only one sibling, Alma Heckstall, who is deceased, and one dear niece, Marie Heckstall Harrison.

He was a farmer for many years until working at Lea Lumber and Plywood Company where he retired after 18 years. He has always been a hard worker and provider for his family. He is a very quiet person, yet when he wants you to know something he will be glad to let you know. He is a very humble person and is not the author of confusion. He enjoys tending his garden. He loves to cook. Fred does not use measuring cups and spoons, he knows just the right amount that is needed.

The world needs more people who are humble, authoritative, yet peaceful and wise.

Recipe of the Month

Contributed by Eileen Bond

Healthy Tossed Chicken Salad w/ Pomegranate, Oranges, and Walnuts

INGREDIENTS:

- 2 1/2 cups mixed baby greens, baby arugula, or watercress
- 2 cups chopped cooked chicken breast
- 2 oranges, peeled and cut into segments
- 1/2 cups pomegranate seeds (can substitute 1/4 cups dried cranberries)
- 1/2 cups toasted walnuts
- 1 tablespoon chopped chives
- 1/4 cups pomegranate juice
- 2 tablespoons orange juice
- 2 tablespoons olive oil
- Salt and freshly ground pepper

In a large mixing bowl, combine the baby greens, chicken, oranges, pomegranate seeds, walnuts, and chives.

In a smaller bowl, whisk together the pomegranate juice, orange juice, and olive oil. Season with salt and pepper, pour the dressing over the salad and toss to combine

PER SERVING:

Calories: 346	Saturated Fat: 3g
Cholesterol: 60mg	Protein: 26g
Carbohydrate: 21G	Dietary Fiber : 3G
Total Fat: 19G	Calcium: 76mg
Sodium: 64mg	



Welcome Home, Terese and PJ

Sis. Terese Outlaw Williams and her family now reside near Raleigh, NC. She and her 3 children were all very active and supportive members when they were here. They don't get to visit often, but we are always glad to see them.



The Indian Woods Missionary Baptist Church is a church committed to Christ to make a difference in the lives of those in the church, family, and community. We offer Spirit-Filled worship, the Word of God through preaching, and an opportunity for you to grow in the knowledge of Jesus Christ. **Twenty-two** new members have joined IWBC since 2013. **Father/Son Thomas Bazemore, Sr. & Thomas Bazemore, Jr., Thomas Cherry, Donald Speller, Alice Freeman*, Alton L. Freeman*, Jasmine Outlaw*, Shya Lindsey, & Tyra Woolard. WELCOME ALL.**

*Not yet Baptized or not yet given the Right Hand of Fellowship

Rosetta Bunch

Rosetta comes to us from Washington, DC, where she was born and raised. She married Melton Bunch in March 2006 and moved to Windsor. She has five children (2 sets of twins and a single child). Her youngest son was baptized at Indian Woods January 2, 2008. She rededicated her life to Christ on August 26, 2013 and was baptized at Indian Woods on November 2, 2014.

Rosetta loves praising and worshipping the Lord and Savior Jesus Christ. She also enjoys spending time with her grandchildren.

Her New Year's Resolution is to be sanctified and filled with the Holy Spirit.

Welcome, Rosetta. We're glad to have you here.

Aaron Bazemore, Jr.

After years of living and working in Maryland, Aaron returned to North Carolina following his retirement and united with us on Christian experience. Welcome Home, Aaron.

Pamela White-Hayes

Pam reunites with us, coming from Ashland Baptist Church, Merry Hill, NC. She joined IWBC at an early age, under the leadership of Rev. C. M. Creecy. Welcome Back, Pam.

Sisters Viola Bond & Phachita Moore*

Coming from the Raleigh/Durham area, they were originally baptized as members of IWBC, where their late parents Ambrose and Barbara Bond worked diligently in the church, it is a pleasure to welcome them both back to the community and to the church.

Asia Cooper

Asia joins her mother, Monica Cooper, her aunts, uncles, lots of cousins, and Grandparents, Deacon Bonnie Cooper and Deacon Lloyd Cooper, Sr., who recently passed away.

The Smallwood Family

The church grew by five when the Smallwoods came to us. Gwanette W. Smallwood and her four children, Jada, Jamika, Jazmine, and Quincy, Jr. all joined at the same time. Thank you, Gwanette, and welcome as our youth department continues to grow.

Sisters DeNajah Porter & Akia Jordan

Denajah and Akia comes from a long line of Indian Woods members—they make up five generations which include their mother, Keyarta, Grandmother, Carsheonia Ryan, great grandmother, Elizabeth Mebane, and great-great grandmother, Mrs. Clara Lewis Speller.