

# Church News Network

## Emphasis: Community Warfare

MONTHLY NEWSLETTER | JEHOVAH MISSIONARY BAPTIST CHURCH | AUGUST 2020

### Scriptures:

August 2 Exodus 12:3-13  
Community Warfare: God working in the community

August 9 Mark 5:13-16  
Community Warfare: Impacting our community with our lifestyle and service

August 16 Hebrews 10:24-25  
Community Warfare: Make the church a priority

August 23 Isaiah 1:17  
Community Warfare: Impacting our community by helping the needy

August 30 Hebrews 13:1-2 ESV  
Community Warfare: Impacting our community by showing brotherly love

### Thought

Kingdom Citizens whose communities are experiencing warfare must embrace and help meet the needs in our community by showing and sharing the love of Jesus thereby preserving the common-unity. Our goal must include seeking to serve others with an unselfish heart.

### Key Words

Sharing, caring, compassion, service

### Hymn

Let Others See Jesus In You

### Sisterhood News

- **August 3rd** - Empowerment Session @ 7:00 pm via ZOOM. The link will be sent by Thursday.

**Topic:** The Impact of Plastic on our Health

**Presenter:** Elizabeth Vernon (EV) Bell, Marine Education Specialist, SC Sea Grant Consortium

- **August 7th** - Paint Party
- **Our Sister's Keeper Health Focus**

Consume your adequate amount of water per day for the month of August. Dr. Sharon E. Griffin, an exercise science physiologist suggest a simple equation to help adults determine their fluid needs. For every pound of body weight, you need .5 an ounce of fluid intake each day. For example, if you weigh 150 lbs., multiply 150 x .5 to estimate your daily fluid needs in ounces, then divide by 8 to estimate your fluid needs in cups per day, rounding up to the nearest full cup. (EX. 150 x .5=75 oz., 75 divided by 8 = 9.5 cups) **0.5 oz x body weight in pounds = daily fluid requirements in ounces. Note: keep a log of your water intake for August.**

## Is It Worth It to Get Better Sleep? You Betcha!

All our lives our parents and grandparent told us we had to go to bed to get a good night's sleep. Even though we may have been reluctant, we were obedient by going to bed at a decent time to sleep and rest. In our minds there were a million things we could have been doing besides sleeping, however our parents knew the importance of sleep. A good night's sleep is vital for our physical, mental, and emotional health. Never underestimate the power of a good night's sleep.

### Benefits of Sleep:

1. Reduces Stress – Your stress hormones are increased due to lack of sleep. Our lifestyles are fast paced which naturally increases stress hormones. Lack of adequate sleep increases it more. Studies have shown that deep restful sleep decreases stress.
2. Improve Memory – Have you ever gone to bed, but your mind was racing? Your mind was busy making plans and scheduling out the next day? Even though you closed your eyes, you woke up more tired than before going to bed. Is your memory fuzzy and/or you have a challenging time in remembering small details? The good news, it is not dementia, it is lack of sleep. Getting proper sleep will help you remember and process things better.
3. Lower Your Blood Pressure – Restful sleep increases the state of relaxation which can help reduce blood pressure.
4. Helps Your Body Fight Off Infections – During sleep the body is rejuvenating itself and producing extra protein molecules that aid in the body's ability to fight off infections.
5. Better Mood – Lack of sleep makes one cranky and irritable. Adequate sleep aid in your ability to stay calm, controlled, and more reasonable.
6. Heart Healthy – Better sleep and a regular sleep pattern lower stress hormones and inflammation to the cardiovascular system. In other words, better sleep, healthier heart.
7. Make You Smarter – A good night's sleep make your brain more effective and productive. Sleep makes you smarter, more attentive, and focused throughout the day.
8. Healthy Skin – During sleep the skin repairs itself of damage caused by the environment. It removes toxins and repairs. There's increased blood flow to the skin. Adults need 7 to 9 hours of sleep every night. The skin looks healthier, refreshed, younger and more vibrant after a good night's sleep.

These are just some of the benefits of quality sleep. So you answer the question for yourself, is better sleep worth it?

## WOW

### What does Back to school Look like?

Students are still expected to complete the assignments, whether virtual or Face to Face, so supplies are needed. The Education Ministry would like for you to take part in supporting our Children by donating supplies. **Please purchase and drop off school supplies to your Ministry Leader or at the Fellowship Hall on August 12 –14 between 8-2pm in the labeled containers.** The Education Ministry will pack the supplies into bags on Saturday August 15 for distribution on Sunday August 16 between 9-10am.

Suggested Ministry Assigned School Supply Items listed below. Our Goal is to prepare at least 250 bags for the Jehovah families and surrounding community. These supplies will be needed year-round.

### Needed items

500 packs of lose leaf paper

**General Congregation / Mission Ministry**

250 boxes of wooden pencils (8-12 in box)

**Sisterhood Ministry**

500 composition books - **Brotherhood**

100 packs of ink pens (10 in pack) - **Education**

100 packs of glue sticks (2 in pack) - **Youth**

400 mini bottle hand sanitizers

**Nurses/ Healthcare/ Pastor Support**

100 packs of index cards (3in x 5in)

**Media/ Kingdom Production Ministries**

60 thumb Drives - **Trustee Ministry**

80 boxes of crayons (24 count) - **Music Ministries**

### Resources

Please sign into the Google Classroom -- '**JMBC Education Ministry Classroom**'. **The class code is keg7h34. Log onto google classroom and then click the plus sign in top right corner then sign in using above code.**

Here you can leave us a note of concerns and questions your family might have regarding academic assistance for you or your child. A member of the Education Ministry will reach out to you to offer services as needed. We will guide you to the most effective resources. We will also have video lessons to help you maneuver through the technology.

**Video lesson** on ZOOM etiquette will be aired during the second week of August. This video will give guidance as to how to set up a study area in your home and how to prepare your background panel.

## Evangelism Ministry News

The JMBC Evangelism Ministry delivered and mailed 5 of the JMBC blankets to our sick and shut-in members on behalf of JMBC. The Evangelism Ministry ministers to those that are unable to get to church due to illness or some form of medical incapacitation.

The insert with the love gift reads:

**Jehovah Missionary Baptist Church  
JMBC Evangelism Ministry 2020**

**We have a surprise for you! Just a token of our love.**

We want to continue to spread God's Word and God's love through small gifts and prayers while the nation experiences this crisis called the "Coronavirus." This token of love is from the JMBC Evangelism Ministry who feel as though you matter and you deserve peace, joy, and happiness. May your days be filled with God's grace and know that He will never leave you nor forsake you. God's word says: "My light shall break forth like the morning, and my healing (my restoration and the power of a new life) shall spring forth speedily. Isaiah 58:8

God Bless,  
Sister Sarah Sloan

## A Message To Those we Love...

Most people rarely think about the many questions a surviving family, a spouse, or children have to face when a person passes away. Some of us rarely consider the many decisions that must be made within a day or two following the death of a loved one. It's simply amazing that even though we all know we're going to die, we often pass many of our death related responsibilities, financial and otherwise, along to those who survive us. Too often, we leave it for our families to fumble with decisions, and search for essential records, while we "rest in eternal peace."

We live in a time where planning, for too many of us, is an afterthought. We live for today, and get what we can out of today, and give little thought to "down the road." Christians should be different. Obviously, we should be longing for Heaven above all things, but we should also be making decisions that prefers or delivers satisfaction to others. There are few things in life that display our selflessness more than caring for the people who God has placed in our lives even after we are departed.

Philippians 2:4 commands, "Do not be concerned (only) about your own interests, but also be concerned about the interest of others." This practice should be a goal of every Christian's life every day. Furthermore, there are not many things in this life that puts this verse into practice better than providing for people you care about once you're gone.

We live in a society where there is tremendous resistance to thinking about or talking about death. Yet, there is a 100 % likelihood that each of us will die! For Americans, more than 50% of us do little toward putting our affairs in order prior to death. For Black Americans, that number is greater than 80%. Consequently, our loved ones pay a heavy price financially and emotionally.

The importance of putting our affairs in order obviously becomes greater as we age, yet one in ten of us (statistically) really should have our affairs in order before the age of 60, or by 30 if you're engaged in what might be referred to as "risky personal behavior." "Let all things be done decently, and in order." 1 Corinthians 14:40

Each month during the remainder of 2020, the JMBC Newsletter will (if it's the Lord's will) feature an article encouraging, urging, documenting a few of the things we should have in place as we anticipate end of life. Wills, Healthcare POAs, Leaving Assets to Family or other entities, and Life Insurance are among the topics to be covered. If you have specific topics you'd like to see addressed, send those to [jmbcnews20@gmail.com](mailto:jmbcnews20@gmail.com), and we'll do our very best to address them.

Blessings to you.



**2020** South Sumter  
**Farmer's Market**  
and **Flea Market**  
Every Friday  
**2:PM - 6:PM**



**\$5 GETS YOU \$10** Spend at least \$5 in goods using your SNAP EBT CARD and receive \$10 in ADDITIONAL GOODS.



**June 5th ~ October 30th**  
**337 Manning Avenue**  
**Sumter, SC**  
Everyone is welcome to sell their goods.  
Call **803.774.7776** to reserve your space for \$10.

## The JMBC House of Hope

is in need of volunteers to serve,

Monday - Wednesday, from 9:00am - 11:00am.

Persons interested in serving should contact  
Minister Ethel Johnson .

### Positive Outcomes of COVID-19: Ministering to Youth Virtually Thru Small Groups

#### Submitted by April McFadden

**Genesis 50:20 (NLT)** *“You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives”*

COVID-19 has changed our lives dramatically, but it has also had some positive effects on us. If it wasn't for COVID-19, many people would not even be a part of Bible School. Due to my job and its location, my kids and I wasn't at Bible school as much as I wanted us to be. Now, not only are My kids and I a part of Bible School every week, I am facilitating a small group bible study class. After surveying the entire group, only 1 out of the 7 young people attended Bible School consistently before COVID-19, one had not been in a long time. Now, they all attend **every Wednesday at 7pm via Zoom**, and stated that they really enjoy it. Sister Terry Bullard, Sister Nicole Samuel, and I have all really enjoys them as well. They are truly a great group of young people.

Clips of Virtual Bible Study which meets every Wednesday ta 7pm via ZOOM. And clips from the recently held VBS. For more information contact April McFadden. [aprilmcfadden05@gmail.com](mailto:aprilmcfadden05@gmail.com)

### APRIL MCFADDEN'S TESTIMONY

About 3 years ago, God allowed me to hit “rock bottom” and nothing or nobody could help me, BUT GOD. It was then that I realized that I had to dedicate my life back to God. It wasn't until October 2018 that I wholeheartedly began to rededicate my life to Christ and faithfully attended church at JMBC. I gave up many bad habits and decided it was time to live by the Bible. I made sure my kids took this Christian journey with me and they loved it. On Easter Sunday, April 21, 2019, I decided to join JMBC family and officially rededicate my life to Christ. My 3 girls joined the following Sunday, April 28<sup>th</sup>, and confessed Jesus as their Savior and they were Baptized on September 29, 2019. Those were 3 of the best days of my life. Now I serve on the Parent Support Ministry and the Small Group Bible School Ministry. I am so blessed and honored for God to continue to use me to work with young people. I thank God for the highest and lowest times of my life, because I know I made it through it all, because of him and him alone!!

### The Lord's Promises, and Your Own Wisdom...

"My refuge and my fortress, my God, in whom I trust." Psalm 91:2

“ The Lord will keep you from all harm- he will watch over your life; The Lord will watch over your coming and going both now and forevermore.” Psalm 121: 7-8

Through faith and worship, we are protected from evil forces both external and internal by committing ourselves to the righteous will of the Lord.

We must also be reminded and aware that many protections we must provide for ourselves. Here in the Carolinas, we've just begun the 2020 Hurricane season. The National Weather Service forecasts this may be a more active season of violent storms than usual. This means that must take some preparedness steps today to protect ourselves, and those we love and care about.

The following suggestions are offered to help you protect yourselves from natural forces. Hurricanes, tornadoes, and periodic floods are fresh reminders of the disasters that can strike at any time. While circumstances may differ, these two strong suggestions are offered to each of us:

1) Be certain your Homeowners, Renters, and Flood Insurance is paid up, and current. If you don't have these in place when a named storm is announced, it's too late!

2) Pack a modest Go Bag, and include the things you'll need if you must be away from your home for 4-5 days. Include your BIBLE, personal needs, baby wipes, toiletry items, meds, 2-3 days change of clothing, important personal papers, phone charger, cash to include small bills and change.

May God Bless, Keep, and Protect in all times of trouble. May your wisdom prepare you to protect yourselves!

### Youth Virtual Bible Study Class

