

Church News Network

JEHOVAH MISSIONARY BAPTIST CHURCH | SEPTEMBER 2020

Emphasis *Emotional Warfare*

Scriptures:

September 6 Luke 17:15-19
Emotional Warfare: A Faith that makes one whole

September 13 Exodus 14:13-14
Emotional Warfare: The Lord will fight for you

September 20 2 Corinthians 12:9
Emotional Warfare: God's grace is sufficient

September 27 Psalm 30:8-12
Emotional Warfare: Emotional Healing

Thought: Kingdom Citizens engaged in emotional warfare trust God to help them stabilize their lives through faith, grace, and healing.

Key Words: faith, praise, worship, grace

Hymn: Blessed Assurance

Sisterhood Ministry News

Craft of Love Presentation
September 19, 2020
10:00am
Church Parking Lot

Sisterhood Virtual
Retreat
October 16-18,
2020



Small Group Study



Our members and friends are having a lot of fun studying God's Word as they strive to stay connected during this time. If you want to get "connected" to a group just call Pastor Nate Brock at 803.773.8233 or Deacon Ben and Deloris Griffith at 803.469.0686. We have the perfect group for you!

Let's Stay Connected!!

JMBC Christian & Academic School

Mrs. Webster @ 803.934.0818
NOW ENROLLING

Full Day FREE 4K First Step Program

Child must be 4 years old on or before September 1, 2020
8:30am-4:30pm for those that qualify

Applications are available online
(www.scfirststeps.org)



VOTE FREELY!

NEED HELP?

CONTACT:

Dee Woodward: 803.651.6215 or

Ruth McKinney: 803.464.4487



**SUMTER
LEADERS
OF FAITH**

Unforgettable: Celebrating a Time of Life, Hope, and Bravery, a photography exhibit providing a glimpse into moments of significant social change from 1950 through the 1970's, is on display at the Sumter County Museum for the next few weeks.

The photographer, Cecil J. Williams, a native of Orangeburg, South Carolina, has captured images that "depict the unforgettable waves of change that influenced the world during that era".

This is the first and only civil rights museum in South Carolina and we wanted everyone to be aware and have the opportunity to tour this amazing exhibit!

Museum Hours: Thurs-Sat 10:00-5:00
Sumter County Museum
122 North Washington Street, Sumter SC 29150

More Info: <http://www.sumtercountymuseum.org/programs.html#unforgettable>

JMBC Health Corner September 2020 Edition

The summer season is almost over, and we are headed into fall. Our children are starting the new school year. During this pandemic named Covid 19, the earth continues to spin, the sun shines, and the moon emits light at night. Let's be honest with ourselves for a moment. During this pandemic some of us have experienced body changes due to less activity, being at home close to the TV and refrigerator, and just plain boredom.

This month we will talk on a topic that is not discussed much in the open, but is a very real physical condition; constipation. Some describe constipation as having sluggish bowel movements. Others describe it as having difficult bowel movements which are hard, dry, and lumpy. These stools may be accompanied by gas, bloating, and stomach pain.

Causes:

1. Medication
2. Lack of or decreased exercise
3. Inadequate diet
 - A. eating foods in low fiber
 - B. not drinking enough water which leads to dehydration
 - C. Foods that cause constipation

Foods That Cause Constipation

1. White rice (refined) contains high amounts of starch which can slow gut movement. Whereas, unrefined, organic rice is rich in fiber which helps with digestion (Jasmine rich, Basamati, Brown etc.)
2. White breads such as sandwich bread, bagels, and buns. These too have a high starch content which slows down gut movement. Try whole grain bread which contains more fiber. Add more vegetable and fruits in your diet.
3. Fried greasy foods contains a large amount of fat which slow down digestion, which in turn leads to constipation. I'm not telling you to never eat fried foods again, but if you must, do it in moderation.
4. Processed foods such as frozen foods, pizza, pastas, mashed potato, and corn chips. These foods are low in fiber, but high in sodium (salt) content. Try eating more fresh vegetables.
5. Dairy products such as cheese and milk. Once again, moderation is the key.
6. Red meats and egg can lead to constipation. These contains a large amount of fat and protein.
7. Green or unripe bananas. Unripe bananas are mostly starch. Ripe bananas are healthy for the digestion.
8. Potato chips and other types of chips have minimal fiber, high in unhealthy fat and salt content. Once again, eat in moderation.

Make sure you have a talk with your physician if you are experiencing constant constipation. Making a few changes in your diet and activity can make the difference in having a comfortable bowel movement. We have no control over this pandemic, but you do have control of your diet. With that being said, eat more fruits and vegetables, drink plenty of fluids if your doctor does not have you on a restriction, eat less starchy foods, put the TV remote down, and take a walk in the back yard.

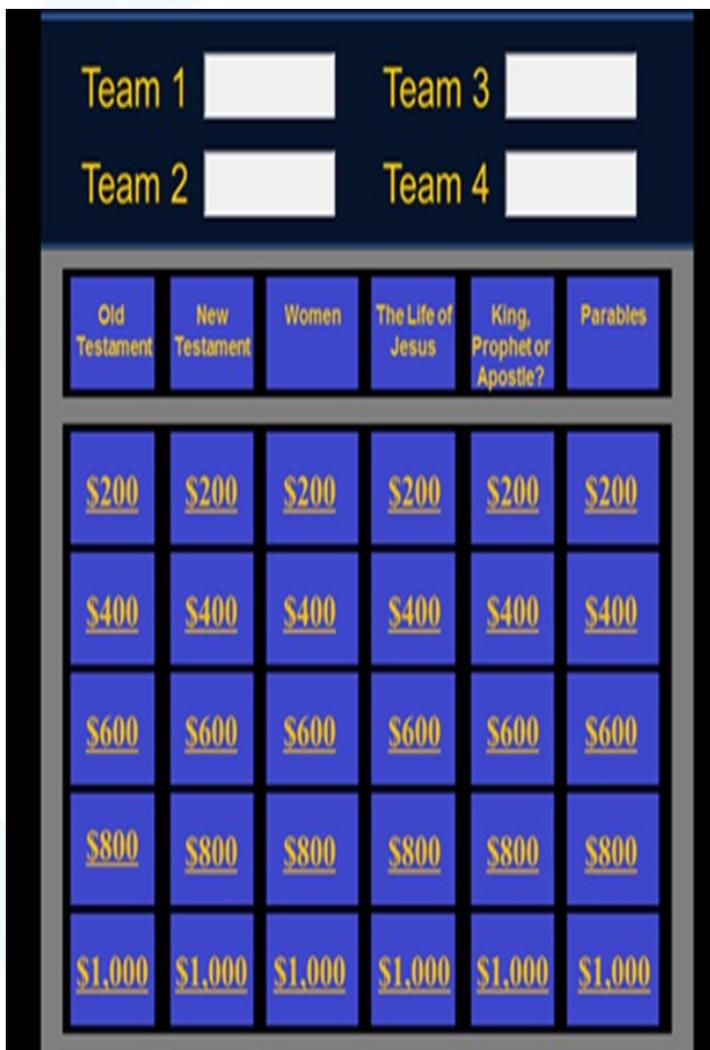
Small Group Bible Study Game

Night

Facilitators: Sis. Stephanie Hickmon &
Deacon Hakeem Drayton

Technology has opened up so many doors for us with our Small Group Bible Study! We are a very diverse group, and members have been able to join virtually from as far away as Georgia and New York. We have enjoyed our time studying the Word, encouraging one another on our Christian walks by sharing our different experiences, and getting to fellowship together on Tuesday evenings. Last month we had our first Bible Study Game Night on Zoom. Virtual Get to Know You Games, Emoji Bible Character Quizzes, and Bible Jeopardy kept us thinking and laughing! We also learned that some of our brothers and sisters are quite competitive, but it was all in love. We are looking forward to more fun fellowship activities in the month of September.

Bible Jeopardy

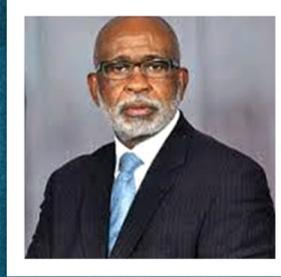


If you enjoy playing along with Jeopardy on television, you will love this Bible Jeopardy version even more.

FALL REVIVAL

SEPTEMBER 20-23, 2020

6:30 – 7:30



Sunday, Sept. 20, 2020

Dr. Ralph W. Canty, Sr.
Savannah Grove Baptist
Church



Monday, Sept. 21, 2020

Pastor George Windley, Jr.
First Baptist Missionary
Church



Tuesday, Sept. 22, 2020

Pastor Linda Speed
Kingdom Impact Worship
Center



Wednesday, Sept. 23, 2020

Dr. Cartrell Woods
Salem Missionary Baptist
Church

DRIVE - IN SERVICE

DON'T MISS IT

JMBC VIRTUAL MEN'S RETREAT MEN BATTLING SPIRITUAL WARFARE

September 11-13, 2020

ZOOM ACCESS

MEETING ID: 819 6592 1071

PASSCODE: BATTLE

CONFERENCE PHONE LINE

DIAL: 605-475-4917

ACCESS CODE: 558632

Sep 11 – 7:00 pm – 8:30 pm -- Young Men Perspective (Bro Sterling Tabon, Bro Travon Armstrong, Bro Nick Crank)

(Youth will social distance at MH Newton Family Life Center. Immediately following session...basketball games.)

Sep 12 – 9:00 am – 10:15 -- Panel Discussion

Education – Dr. Leroy Staggers, Morris College President

Politics – Honorable David Weeks, State Representative

Church – Pastor Isaac Holt Jr. Royal Baptist Missionary Church

Community – Keith Ivey, Director of Fatherhood

10:30 am Retreat Lecturer -- Bishop John E. Guns, Pastor of St Paul Church of Jacksonville

Sep 13 – 7:45 am -- Worship Service, Lt Col Willie Mashack, Deputy Command Chaplain, US Army

If you have any questions please feel free to contact Deacon Avery (803) 983-4166 or Pastor Brock (803) 840-4835



Bishop John E. Guns



803 S. Harvin Street | Sumter, SC 29150

