



Good News

Macedonia Baptist Church

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A monthly publication for Members of Macedonia Baptist Church

Rev. Charles D. Twymon, Pastor


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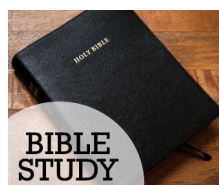


**THE ETERNAL GOD
IS YOUR REFUGE, AND
UNDERNEATH ARE THE
everlasting arms.**

DEUTERONOMY 33:27, NIV

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BIBLE STUDY



Bible Study, led by Rev. Willis, meets at 7:00 p.m. every Wednesday in Fellowship Hall. All members and guests are encouraged to attend.

Woodward Dream Cruise Saturday, August 19, 2017 9:00 a.m.-9:00 p.m. (Rain or Shine)

The 23rd Annual World Famous Woodward Dream Cruise (WDC) just north of Detroit, Michigan is the world's most popular car cruise and largest one-day automotive event. It is held annually the third Saturday of August. However, in reality it is a week-long event, starting the weekend before.

CARVERCAMP

9259 Knight Road
Grass Lake, MI 49240
Back to School Summer Day Camp

9:00 a.m.—4:30 p.m.

3 Sessions—Attend 1, 2 or all 3 sessions

**Ages
8-12**

1. July 31-August 4
2. August 7-August 11
3. August 14-August 18

Breakfast and Lunch is served everyday



In the July 2017 issue it was omitted that Melenna Reece holds a Bachelor of Science Degree in Nursing (BSN).



By Maxine Gardner

Vacation Bible School was July 24-28, 2017. ***"I've Got Talent: Showcasing My Work for Jesus!"*** continues from last year's theme: ***For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*** (Ephesians 2:10, NIV). VBS was fun for all ages, filled with music, arts and crafts, games and refreshments each night.

Students whose ages ranged from 3 years through adult, studied the importance of serving and helping others, to teach and to inspire using the talent given to them by God. This talent may be used in a large arena or administered to one person at a time, but when it's from God, we have been prepared.

The week of fellowship ended with student presentations. Each class showcased what they learned from biblical leaders, by displaying their knowledge, vocals, good works, long suffering patience and efforts to determine their God-given career talent.

Sister Dansby, our fearless leader, thanked all the teachers, helpers and kitchen staff, presented certificates and sent everyone home full of pizza!









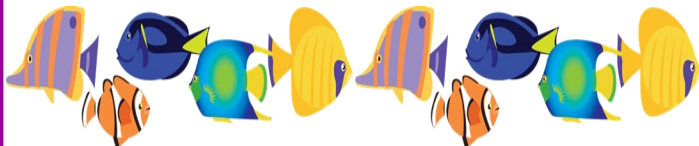
SERMONS

CDs and DVDs are available through the Audio Ministry. Visit www.mbcdet.com/media to listen to archived sermons.



Pastor Charles D. Twymon

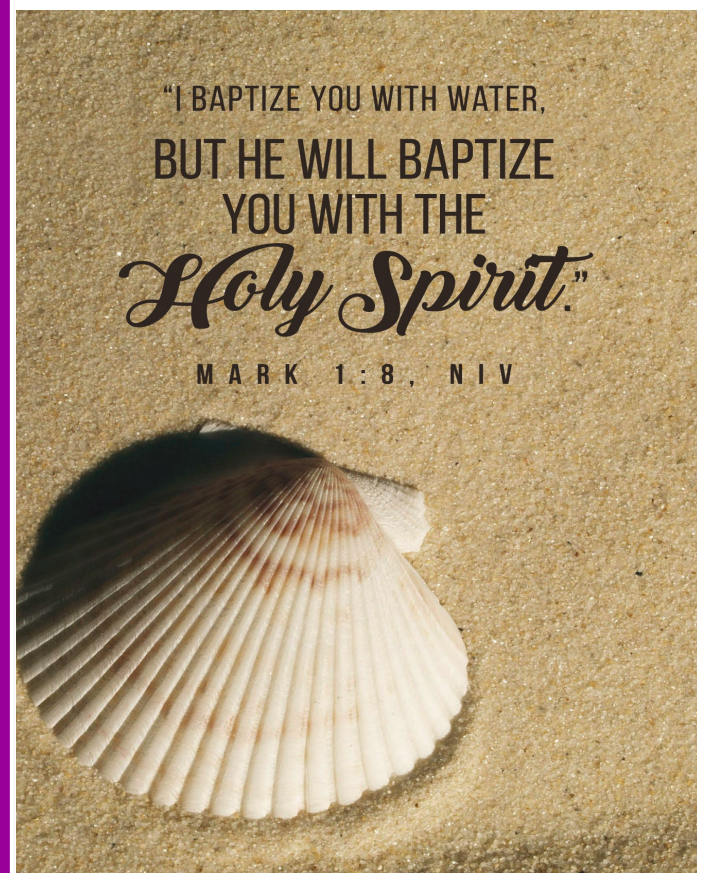
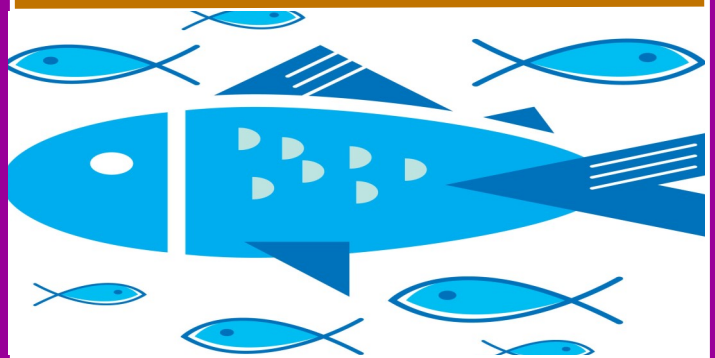
-  July 2, 2017, 8:00 a.m. and 11:00 a.m.
"Amazing Grace," 2 Corinthians 12:7-11
Pastor Charles Twymon
-  July 9, 2017, 8:00 a.m. and 11:00 a.m.
"We Take A Lickin' But Keep On Tickin'"
2 Corinthians 4:7-10, 16-18
Pastor Charles Twymon
-  July 16, 2017, 8:00 a.m. and 11:00 a.m.
"I'm Tired, I'm Fed Up, But I Can't Quit"
Jeremiah 20:7-9
Pastor Charles Twymon
-  July 23, 2017, 8:00 a.m. and 11:00 a.m.
"Backstabbers," Psalms 55:12-14
Pastor Charles Twymon.
-  July 30, 2017, 8:00 a.m.
"The Resurrection Story," Mark 16:1-6
Rev. Raymond Willis
-  July 30, 2017, 11:00 a.m.
"Suffering With a Purpose"
Romans 8:16-18
Rev. Terry Minor



Attending a wedding for the first time, a little girl whispered to her mother, "Why is the bride dressed in white?"

The mother replied, "Because white is the color of happiness, and today is the happiest day of her life."

The child thought about this for a moment then said, "So why is the groom wearing black?"



5 REASONS TO TAKE A NAP

Submitted by Gloria Crawford

As long as it doesn't take more than 30 minutes to an hour, a nap is good for our health in many ways. It's perfectly natural for mammals and is even part of the work culture in China. Why not take advantage of the warm, relaxing weather to have a little snooze after lunch? Here's a list of all the benefits of a short siesta.

- A healthier heart

A nap is beneficial for the heart because it lowers blood pressure and allows the cardiovascular system to recover. Two hormones, adrenalin and noradrenalin, which help to keep the body awake, stimulate the heart rate. A Greek scientific study in 2007 showed that a habitual 30-minute nap (three times a week) reduced the risk of death by heart failure by over 30%. Try it out this summer to improve your sports performance.

- Boosting creativity

By improving attention, memory and vigilance, a nap stimulates creativity and helps with solving difficult problems. It is virtually obligatory in Japan, and other countries are beginning to realize its benefits. Employees who rest at the beginning of the afternoon are more productive and come up with new ideas more easily. A summer nap is ideal for re-charging your batteries and will pay dividends when you go back to work.

- Catching up on lost sleep

Chronic insomnia, drowsiness, and sleep debt are all part of modern life. There's nothing like a power nap to catch up if you didn't get enough sleep last night. And contrary to popular belief, a nap does not prevent you from sleeping the next night (as long as it doesn't last longer than an hour). In fact it helps nocturnal sleep. It's the perfect way to stay alert and in a good mood until the evening.

- Improving immunity

A lack of sleep affects antiviral proteins produced by the immune system. And sleep deprivation is associated with lower resistance to infections. Even a short nap restores the levels of hormones and proteins which help fight stress, thereby improving our immune system. Nap to your heart's content this summer, so you'll be able to drive out colds and viruses in the fall.

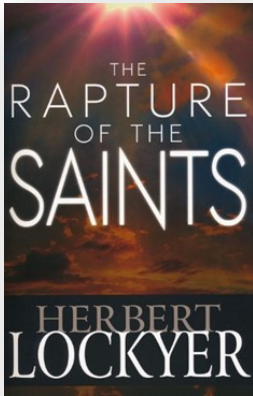
- A perfect non-drug treatment

The French National Institute of Sleep and Vigilance (InSV) considers sleep to be a non-drug treatment with analgesic effects. Migraines and muscular/joint pain can be improved by a short sleep. The InSV says that napping could reduce the need for medicines such as antihypertensives (a treatment for high blood pressure), stimulants and vitamins. Better to take 40 winks this summer instead of a cocktail of dietary supplements in the fall.

Source: <http://www.newsmax.com/Health/Health-News/reasons-nap-summer-snooze/2017/07/03/id/799488/>
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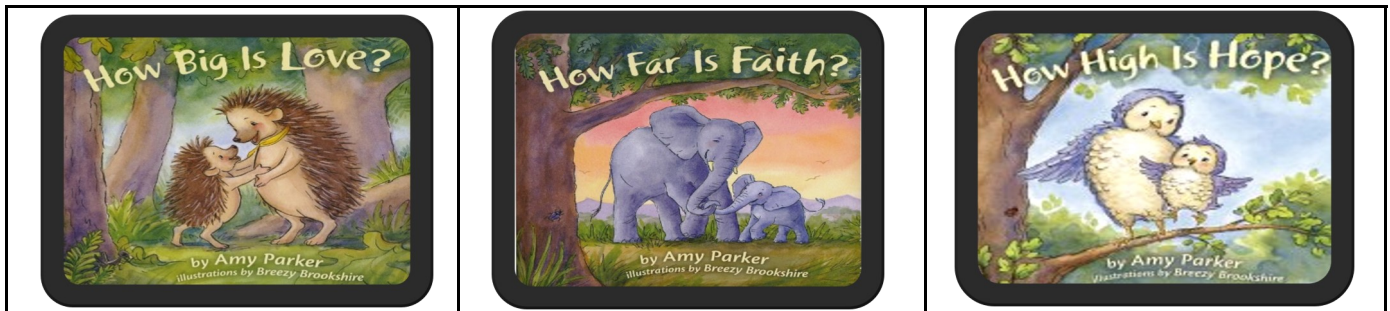
MACEDONIA BIBLE & BOOK CORNER

Submitted by Sonja Gray



In *The Rapture of the Saints*, legendary Bible teacher Herbert Lockyer examines what Scripture has to say about the second coming of the Lord, emphasizing the signs of His coming, the hope of the church, the attitude of the believer, and the features of constant readiness. In an era when the second coming has been sensationalized, reduced to ridicule, used as an excuse for domination, or forgotten altogether, Lockyer's calm and clear exposition of pertinent passages, including 1 Thessalonians 5, is a refreshing reflection on Christ's certain appearing.

This paperback is available in the MBC Bible & Book Corner at a bargain price.



These beautifully illustrated books invite a child into relationship with God to soar into His dreams for them. It explores an abstract core value (love, faith and hope in God for things we can't see yet) using concrete things in the world that a small child can relate to. Its format uses a lovely dialogue with a parent/grandparent, which is how small children learn. These are traits I highly value in a book. I enjoy sowing good seed into little one's hearts that will help them in their walk with God and in life, and these books will do just that. (A grandmother's review on christianbook.com)

How Big Is Love?

Little Hedgehog is determined to understand just how love works. His curious questions will warm your heart, and his sweet story will remind you that love grows every time you give it away.

How Far Is Faith?

Little elephant has a lot of questions about faith. Let his delightful story warm your heart and remind you that when you're following God, faith really isn't that far away.

How High Is Hope?

Little owl is learning to fly and he has a big lesson to learn about the meaning of hope. This delightful story will warm your heart and teach you that when you love God, there's no limit to how high you can hope.

These padded board books by Amy Parker are available in the MBC Bible and Book Corner at a bargain. Recommended for ages 2 to 6 years.

SUMMER PICNICS: HIDDEN HAZARDS AND HEALTH RISKS

Submitted by Wendell Smitherman

Picnics are one of the joys of summer. But they can pose hidden health hazards—food borne bacteria that can make you seriously ill, foods laden with hidden salt, and side dishes and dressings loaded with allergens. The Centers for Disease Control and Prevention (CDC) estimates that each year roughly 48 million people get sick from foodborne illness: 128,000 are hospitalized, and 3,000 die.

Liz Weinandy, a registered dietitian from Ohio State University Wexner Medical, tells Health Radar most food poisoning cases are not tied to restaurant meals, but improperly prepared home-cooked meals or foods left unrefrigerated too long. "Most people aren't taught food safety in school, so unless it's practiced at home, they don't give it a second thought."

The good news is that some simple precautions can keep you and your family safe from food poisoning.

Keep cold foods cold, and hot foods hot.

Cold foods should be kept on ice so they stay below 40 degrees. Similarly, hot foods should be kept warm—above 180 degrees, to prevent bacteria from growing on them.

Don't leave foods out too long.

Refrigerate leftover foods within two hours of serving. If over 90 degrees outside, that time shrinks to one hour.

Source: <http://www.newsmax.com/Health/Diet-And-Fitness/barbecue-bbq-grill-danger/2016/07/27/id/740818/>



You will go out
IN JOY
and be led forth
IN PEACE.

ISAIAH 55:12, NIV



Invitation to: *Macedonia Baptist Church Sunday School*

Superintendent of Sunday School: *Rev. Ronald Davis*

Pastor: *Reverend Charles D. Twymon*

The Sunday School Ministry invites you, your family and friends to attend Sunday School classes. The classes begin at 9:30 a.m. We know you will enjoy the wonderful lessons that will be reviewed, and can apply these teachings to your everyday life. The list of lessons for August 2017 includes the following:

UNIT III: Calling In the New Testament

Date	Lesson	Scripture
August 6	Called to Serve	Acts 6:1-8
August 13	Called to Break Down Barriers	Acts 8:26-39
August 20	Called to Proclaim Christ	Acts 9:10-20
August 27	Called to a Wider Outreach	Acts 10:19-33

2 WAYS GOD PROMISES TO BENEFIT YOU FOR TITHING

Submitted by Timothy Peoples, Jr.

"Bring all the tithes into the storehouse,
That there may be food in My house,
And try Me now in this,"
Says the Lord of hosts,
"If I will not open for you the windows of heaven
And pour out for you such blessing
That there will not be room enough to receive it.
And I will rebuke the devourer for your sakes,
So that he will not destroy the fruit of your ground,
Nor shall the vine fail to bear fruit for you in the field,"
Says the Lord of hosts;

— Malachi 3:10-11

Windows of Heaven

God says that when we tithe it unlocks something in the spiritual realm that enables God to start taking action on our behalf. The first thing that happens is that God is able to open up the windows of heaven and begin to pour additional financial blessing into our lives if we're willing to receive it.

That's huge. I mean God is blessing us all the time. He even blesses the ungodly in spite of themselves (Matt 5:45).

But when we tithe to our local church we allow God to supercharge His blessing over our finances. It enables Him to bring increase to our finances in ways that we would never expect.

I don't know about you, but that seems like a good deal. I give God 10% and he pours so much financial blessing into my life that it actually becomes a problem for me to deal with the increase responsibly. How would you like to have that problem to deal with? Something tells me you'd find a way to manage.

Rebuke the Devourer

Of course increasing our finances wouldn't do us any good if all the increase was being wasted, would it?

Fortunately when we tithe it also unlocks something else in the spiritual realm. Then God steps in and actively rebukes the devourer on our behalf to keep our finances from being drained off by all sorts of things beyond our control.

Think about it. How much of what you spend your money on seems frivolous to you. Do you get frustrated at having unexpected bills come up that eat away at your finances? That's the devourer moving in on your finances.

You absolutely do not have to tithe. God will still love you just as much whether you tithe or not.

But now that you know the benefits God promises if you do tithe, why would you not want to enjoy those extra blessings?

Source: <https://newcreations.org/god-promises-benefits-tithing/>



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14221 Southfield Road, Detroit, Michigan 48223

"Come over into Macedonia and help us." ACTS 16:9



**Monday,
September 4, 2017**



LABOR DAY

Celebrating

**Our
97th**

Church

Anniversary

September 24, 2017

During Both Services