



# Good News

Macedonia Baptist Church

14221 Southfield Road  
Detroit, Michigan 48223  
313-837-5040  
www.mbcdet.com

A monthly publication for Members of Macedonia Baptist Church

Rev. Charles D. Twymon, Pastor

Volume 18 Issue 10

October 2020



**... BESIDES ME  
THERE IS NO GOD.**

ISAIAH 45:5, ESV

## *Inside This Issue...*

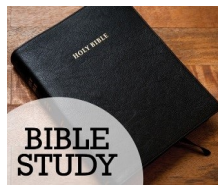
Announcements/Breast Cancer Awareness Month.....	2
Sermons/New Members .....	3
Domestic Violence Awareness Month/A Letter To Heaven .....	4
National Today Celebrations/Bible Quiz.....	5
MBC Bible and Book Corner/What Older Adults Need to Know About Hydration .....	6
Invitation to Sunday School .....	7



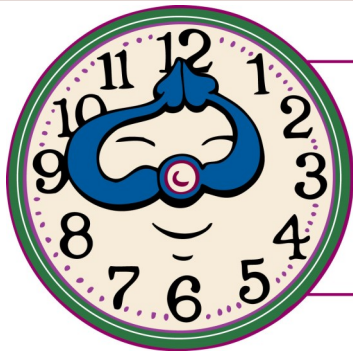


# Announcements

## BIBLE STUDY



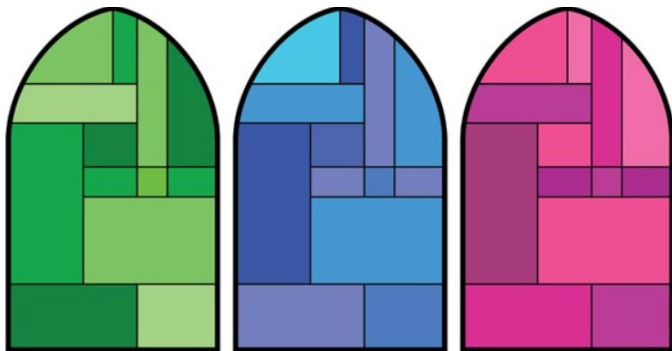
The Pastor's Wednesday afternoon and evening Bible Study Classes are recessed until further notice.



## NOON PRAYER MEETING

PRAYER MEETING resumes on **Wednesday, October 7** at 12:00 noon in the Chapel.

## Welcome to Worship!



Join us on Sunday, October 11, 2020 in the Sanctuary at 11:00 a.m. as we resume our in-person worship service.

Service will continue to be livestreamed at <https://www.mbc-det.com/mbc-live/>

P.S. Church buses **will not** be running for the time being.



## Breast Cancer AWARENESS MONTH

It is a worldwide annual campaign taking place in October, involving thousands of organizations, to highlight the importance of breast awareness, education and research.

Ask your doctor when you should get a mammogram.

Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

### What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include—

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or under-arm.

If you have any signs that worry you, see your doctor right away.

Source: <https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness/index.htm>

## SERMONS

CDs and DVDs are available through the Audio Ministry. Visit [www.mbcdet.com/media](http://www.mbcdet.com/media) or via the **MBCDET** app to listen to archived sermons.



Pastor Charles D. Twymon

-  September 6, 2020, 11:00 a.m. Live Stream  
**"The Prepared Vessel"**  
2 Timothy 2:19-21  
Pastor Charles Twymon
-  September 13, 2020, 11:00 a.m. Live Stream  
**"Oh To Be Kept,"** John 17:9-12  
Pastor Charles Twymon
-  September 20, 2020, 11:00 a.m. Live Stream  
**"The Christian Workout"**  
1 Timothy 4:7-8  
Pastor Charles Twymon
-  September 27, 2020, 11:00 a.m. Live Stream  
**"This Far By Faith,"** Romans 10:8-17  
Pastor Charles Twymon



## NEW MEMBERS

We welcome our new members who joined in September.

WELCOME  
TO MACEDONIA



FRED HUNTER  
LORAIN HUNTER  
FRANCES MARTIN



## LEARNING FROM AUTUMN LEAVES

Every fall, I marvel at the beautiful leaves, studying the intricate shapes and God's creative, colorful displays. Despite its deterioration, the foliage reveals splendor — mere months after bursting out in spring and providing summer shade.

I often think I'm like an autumn leaf. Through many seasons, God has transformed me from a self-absorbed person to one who trusts his steadfast promises. Winter is approaching for me too. Yet the Holy Spirit keeps molding me to reflect God's goodness and beauty. During the autumn of my life, I pray that God helps me embrace changing seasons while reflecting his love and light to all.

—MaryAnn Sundby

# Domestic Violence

AWARENESS MONTH



Submitted by Gloria Crawford

National Domestic Violence Awareness Month is an annual designation observed in October. For many, home is a place of love, warmth, and comfort. It's somewhere that you know you will be surrounded by care and support, and a nice little break from the busyness of the real world. But for millions of others, home is anything but a sanctuary. The U.S. Department of Justice estimates that 1.3 million women and 835,000 men are victims of physical violence by a partner every year.

*Every 9 seconds, a woman in the U.S. is beaten or assaulted by a current or ex-significant other.*

*1 in 4 men are victims of some form of physical violence by an intimate partner.*

Here's another shocking statistic: the number of U.S. troops killed in Afghanistan and Iraq between 2001 and 2012 is 6,488. The number of women who were murdered by current or ex-male partners during that same time frame is 11,766, according to the Huffington Post. That's almost double the number of people who were killed fighting in the war. People who are in an abusive relationship will stay with their partner for a number of reasons:

- Their **self-esteem is totally destroyed**, and they are made to feel they will never be able to find another person to be with.
- The **cycle of abuse**, meaning the 'honeymoon phase' that follows physical and mental abuse, makes them believe their partner really is sorry and does love them.

- It's dangerous to leave. Women are **70 times more likely to be killed** in the weeks after leaving their abusive partner than at any other time in the relationship, according to the Domestic Violence Intervention program.
- Statistics suggest that almost **5 percent of male homicide victims** each year are killed by an intimate partner.
- They feel personally responsible for their partner, or their own behavior. They are made to feel like **everything that goes wrong is their fault**.
- **They share a life**. Marriages, children, homes, pets, and finances are a big reason victims of abuse feel they can't leave.

Source: <https://nationaldaycalendar.com/national-domestic-violence-awareness-month-october/>

## A LETTER TO HEAVEN

~Author Unknown

A little boy wanted 100 dollars badly and prayed for two weeks but nothing happened. Then he decided to write a letter to the Lord requesting the money. When the postal authorities received the letter addressed to the Lord, they decided to send it to the President.

The President was so impressed, touched, and amused that he instructed his secretary to send the little boy a 10 dollar bill. The President thought this would appear to be a lot of money to a little boy.

The little boy was delighted with the money and sat down to write a thank-you note to the Lord, which read:

Dear Lord, Thank you very much for sending me the money. However, I noticed that for some reason you had to send it through Washington, and as usual, those jerks deducted 90%. Love, Tommy

Source: <http://jokes.christiansunite.com/>



# NATIONAL TODAY CELEBRATIONS

Submitted by Maxine Gardner

It is said there is something to learn every day! I found a website that lists and shares information on days of celebration, commemoration or awareness by the day, week or month for every day of the year. Some are somber and or informational, others are just for fun.

Nothing beats a day of celebration—except 365 of them.

There are 190 National **October** holidays including, *National Kimberly Day*. A few of them are listed below.

## International Day of Older Persons

We're fortunate to have older people around us, whether they're family, friends, or just general acquaintances. Older people are fonts of wisdom, experience, and storytelling. They can inspire us to continue striving — or warn us of dangers we're unaware of. We should look to them for guidance whenever and wherever possible. Unfortunately, far too often we tend to forget — or, worse, downright ignore — the older people in our lives. That's one of many reasons why the International Day of Older Persons on October 1 is such a terrific holiday.

## National Hair Day

Finally! There's a day to express your love for your hair — National Hair Day on October 1.

NuMe, a hair products company, created this day for people to celebrate hair styling tools and other hair products.

Since ancient times women have been obsessed with their hair. Cleopatra washed hers with donkey's milk! Today, for many women, hair is high maintenance because how you wear your hair makes a statement about you. So, color your hair purple with polka dots, braid it, throw a weave in it, or just wear your hair short and flirty.

## National Bullying Prevention Month

It's aggressive, mean, and potentially life-threatening. Bullying comes in many forms, none of which are acceptable. ...nearly 20 percent of U.S. high school students reported being bullied on school property within the past year. (Fifteen percent reported cyberbullying.)

October's National Bullying Prevention Month reminds us that students, parents, teachers, and school administrators all play a role. Positive change comes as we begin to emphasize respect and inclusion online and campuses across the country.

Need something to celebrate, check out this site: <https://nationaltoday.com/>

## ?? ? Bible Quiz ? ?

In Jesus' parable about people who hear and live by God's words, on what did the wise man build his house?

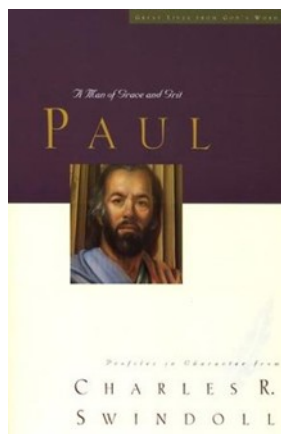
- A. rock
- B. sand
- C. grassland
- D. soil that was free of rocks



Answer: A (See Matthew 7:24-27.)

## MACEDONIA BIBLE & BOOK CORNER

Submitted by Sonja Gray



Paul, the murderer of Christians became a martyr. His life was far from ordinary. In ***Paul: A Man of Grace and Grit*** Charles Swindoll looks at the life and spirituality of this most influential apostle. He explores how Paul was uniquely qualified to preach the Gospel, because he understood

the extraordinary power of grace. As you come closer to understanding his amazing life, you'll also get a better picture of our passionate and gracious God. There is a great lives series of books Charles Swindoll has published. You can check out the series at

[www.christianbooks.com](http://www.christianbooks.com)

*Sunday, November 1, 2020*

**DAYLIGHT-SAVING TIME ENDS**

*Turn Your Clocks Back 1 Hour*



## WHAT OLDER ADULTS NEED TO KNOW ABOUT HYDRATION

Submitted by Wendell Smitherman

At any age, staying hydrated is important to stay healthy and feel your best. But it is increasingly crucial in the older years.

Dehydration carries a significant risk of negative outcomes, including disability, morbidity and even mortality in older adults, who are among the most likely to be dehydrated, according to 2015 research published in the ***Journal of Gerontology Nursing***. Between 20 and 30 percent of older adults are chronically dehydrated.

### Why Dehydration Is Common In Older Adults

The first, and perhaps most perplexing cause of dehydration in older adults is a lack of thirst. During the aging process, thirst sensation naturally decreases, says Dr. Audrey Chun, vice chair of geriatric and palliative medicine outpatient services in the Mount Sinai Health System and director of Coffey Geriatrics at the Martha Stewart Center for Living at Mount Sinai Hospital. While the mechanisms are not clear-cut, thirst levels in adults older than 65 are commonly far lower than indicative of the body's actual fluid needs. Because of the decreased thirst sensation, many adults do not drink as much as they did in their younger days, says Dr. Sanjay Kurani, medical director of inpatient medicine at Santa Clara Valley Medical Center in San Jose, California.

Plus throughout the aging process, the kidneys naturally lose some of their ability to conserve water and concentrate urine, leading to greater fluid losses through urination. A decline in muscle mass, referred to as sarcopenia, can also reduce how much water the body can store, as muscle functions as a significant holding area for water molecules. One out of three adults 60 and older suffers from severe muscle loss, according to a 2014 review published in ***Age and Ageing***.

**Source:** <https://health.usnews.com/health-care/patient-advice/articles/what-older-adults-need-to-know-about-hydration>, Aug. 30, 2019, K. Aleisha Fetters



**Invitation to:** *Macedonia Baptist Church Sunday School*

**Superintendent of Sunday School:** *Rev. Ronald Davis*

**Pastor:** *Reverend Charles D. Twymon*

The Sunday School classes will be conducting lessons via Zoom for the time being. Additionally, we have identified Sunday School teachers that will provide technical support to access the Zoom classes.

Note: If you have questions on adding the Zoom app to your smartphone, tablet, laptop or desktop computer, or need connectivity issues, feel free to contact our team.

#### Macedonia Baptist Church Zoon Technical Support Contacts:

Rev James O'Rear	Adults & Men's Class	Phone: 734-308-0056 Email: <a href="mailto:jjalo@hotmail.com">jjalo@hotmail.com</a>
Sister Terry Mann	Adult Women's	Phone: 313-801-4765 Email: <a href="mailto:temaka79@hotmail.com">temaka79@hotmail.com</a>
Brother Michael Moore	Teens & Young Adults	Phone: 313-312-4044 Email: <a href="mailto:mmore@3lconsulting.info">mmore@3lconsulting.info</a>
Sister Mary Ann Windham	Juniors, Beginners & Primaries	Phone: 313-418-8830 Email: <a href="mailto:maryann.windham@yahoo.com">maryann.windham@yahoo.com</a>

We invite you, your family, friends and neighbors to join our Sunday School Classes. You will be blessed!

Classes	Zoom Details	Time
Adults & Men's Class	Meeting ID: 927 219 5591, Password: 4Y06SC	9:30 – 10:30 a.m.
Adult Women's	Meeting ID: 801 855 9447, Password: 708270	9:30 – 10:30 a.m.
Teens & Young Adults	Meeting ID: 567 992 3441, Password: 503816	9:30 – 10:30 a.m.
Juniors	Meeting ID: 756 6710 3044, Password: 5nKWKn	10:00 – 10:40 a.m.
Beginners	Meeting ID: 246 295 5225, Password: 5TykPq	10:00 – 10:40 a.m.
Primaries	Meeting ID: 764 3488 2047, Password: 7HSqXa	10:00 – 10:40 a.m.

The list of lessons for October 2020 includes the following:

#### Preparation of a Nation: Instructions

Date	Lesson	Scripture
October 4	God's First Instructions to Israel	Exodus 19:1-9
October 11	God Gives the Ten Commandments	Exodus 20:1-17
October 18	God Confirms the Covenant	Exodus 24:1-11
October 25	God Meets Moses Alone	Exodus 24:12-18





# Macedonia Baptist Church

14221 Southfield Road, Detroit, Michigan 48223

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



**w w w . m b c d e t . c o m**



*Give thanks*  
in all circumstances;  
for this is the  
will of God  
*in Christ Jesus*  
for you.

1 Thessalonians 5:18



**Tuesday,**  
**November 3, 2020**