



# Good News

Macedonia Baptist Church

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*A monthly publication for Members of Macedonia Baptist Church*

Volume 19 Issue 7

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For  
THE NATION  
or kingdom  
that will not  
SERVE YOU  
will perish.

ISAIAH 60:12, NIV

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# ANNOUNCEMENTS



PRAYER SERVICE is held every **Wednesday** at **12:00 noon** in the Chapel.

*"From every mountainside, let freedom ring." —Martin Luther King, Jr.*

*Sunday,*  
*July 4, 2021*



## PRAYERS FOR PASTORAL EXECUTIVE SEARCH COMMITTEE

Macedonia pray that God grants the pastoral search committee powerful unity and oneness of spirit within the team (Amos 3:3; Matthew 18:19).

Pray for God's clear direction in how resumes are collected, examined and interviews conducted. Ask God to bring the right person to the attention of the team (Proverbs 14:12; Isaiah 55:8-9).

Pray for the search team to have God's wisdom in all the questions and information they share with the prospective pastor. Spirit-led thoroughness is essential (1 Corinthians 2:10-16)!

Pray for the prevention of Satan's influence in misleading or rushing the search team.

Macedonia please pray for strong consistency and focus in the present ministry of the church. Please grant great power to our assistant pastor and to our staff. Protect us from any spirit of lukewarmness or losing our first love. Remind us that we serve Jesus, not a pastor (Revelation 2:1-4; 3:15).

*What types of boats do believers want to go on? Discipleship and worship.*

*Which book of the major prophets is the easiest to understand? Ezekiel*

*Which Bible character was the best musician? Samson—he brought the house down.*

Source: <https://parade.com/1196835/kelseypelzer/christian-jokes/>

## 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.

📖 May 30, 2021, 11:00 a.m.  
**"Good Deeds Doesn't Qualify for God's Kingdom,"** Luke 10:38-43  
Rev. Clifford Register

📖 June 6, 2021, 11:00 a.m.  
**"Faith You Gotta Have It"**  
Hebrews 11:1-7  
Rev. Ronald Davis

📖 June 13, 2021, 11:00 a.m.  
**"The Unique Jesus"**  
Colossians 1:15-20  
Rev. Brady Bennett

### *Father's Day*

📖 June 20, 2021, 11:00 a.m.  
**"When No Really Means No"**  
Genesis 39:2-12  
Rev. Ernest Houser

📖 June 27, 2021, 11:00 a.m.  
**"Reflective Praise"**  
John 4:43-54  
Rev. Raymond Willis, Pastor  
Victory Fellowship Baptist Church  
2565 Elmhurst St.  
Detroit, MI 48206



## A MAN AND THE SNAKE

A man sees a snake dying in flames and decides to free it from the fire. As soon as he catches it, the snake bites him causing excruciating pain. The man immediately drops the snake, and the reptile falls back into the burning flames.

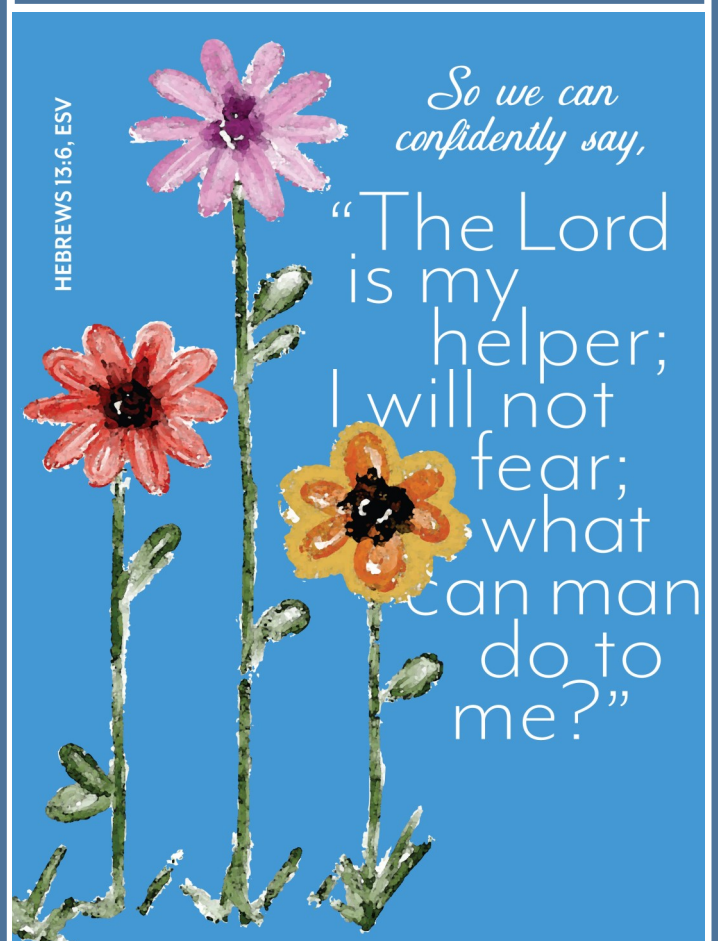
At this point the man, looking around, finds a metal pole and uses it to take the snake from the flames again, saving his life.

Another man, who had seen what happened, approaches the man and asks him: "This snake bit you! Why are you trying to save his life?"

The man replies: "The snake's nature is to bite, but that won't change my nature, which is to help."

**Don't change your nature just because someone has hurt you. Don't lose your goodness of mind but learn to act carefully.**

Source: <https://www.facebook.com/officialroutineofeducation/posts/a-man-sees-a-snake-dying-in-flames-and-decides-to-free-it-from-the-fire-as-soon-/902423230306210/>



# 5 MYTHS ABOUT ALZHEIMER'S DISEASE

Submitted by Maxine Gardner

## **#1: Alzheimer's disease and dementia are interchangeable**

"Up until the 1970s, dementia was thought to be a single disease. But then it became apparent that dementia is a collection of neurological diseases where Alzheimer's makes up most of those cases (about 70 percent). The rest are patients who suffer from Lewy body dementia (which Robin Williams had), frontal temporal dementia, and vascular dementia. There is distinct disease biology that dictates the progression and clear nature of each dementia."

## **#2: Alzheimer's disease and cognitive decline are a normal consequence of aging**

"Changes in memory may be inevitable with age, but Alzheimer's isn't. When it does exist, it has a significant impact on memory and the ability to do daily activities. The idea that 'everyone gets a little dementia and it doesn't matter' isn't true either. Cognitive impairment and dementia are important because they can be really disabling – you may no longer be competent with technology, which can make it difficult to pay bills, get meals, and get help when you need it. A supportive environment and supervision can be needed for a person with disease."

"Alzheimer's is not equivalent to an inconvenience or trivial absentmindedness – it causes loss of independence within five years of symptom onset and is eventually fatal after an average of 10 years."

## **#3: Alzheimer's disease is just an 'older person's disease'**

"There are two major types of Alzheimer's: sporadic and familial. Sporadic means there isn't a strong known genetic component driving disease, but there is a true underlying pathogenic cause. In contrast, familial Alzheimer's is caused by certain genetic mutations inherited from family members and carry nearly a 100 percent likelihood of developing Alzheimer's. The major difference between sporadic and familial Alzheimer's is age of disease onset. While the majority of people will develop sporadic Alzheimer's in their 70s, 80s, and 90s, the age of onset for familial Alzheimer's is between the 30s and 50s – very rarely, it can strike as early as the mid-20s. So, it's not just an old person's disease."

## **#4: Alzheimer's disease is a single disease**

"Alzheimer's disease is most likely a syndrome. Sporadic Alzheimer's disease onset is quite variable with patients becoming symptomatic at 65 versus 93. Disease progression can also be quite different. People live with the disease for seven years on average, but some live with it for 20 years. Some patients also suffer from psychosis where they see visual or auditory stimuli that aren't really there, but that's not always the case."

"Specific disease mechanisms can be quite different across Alzheimer's patients. It is becoming increasingly clear within the research community that there is a disease spectrum. There is most likely not going to be one single therapy – a combination therapy will likely help these patients."

## **#5: Alzheimer's disease medications don't do anything**

"We do have some medications for Alzheimer's. The effects may be small, but they are robust, meaning we see benefits across many clinical studies in a wide variety of people who take the drugs. Getting an Alzheimer's diagnosis is also important to allow patients access to the drugs and to be sure they have supervision to take them properly."

Source: <https://www.brightfocus.org/alzheimers-disease/article/five-myths-about-alzheimers-disease>





# *Honoring* OUR GRADUATES

On **Sunday, July 11, 2021**, during the **11 a.m. live stream service**, Assistant Pastor, Rev. Minor and Macedonia Baptist Church will proudly acknowledge the 2021 high school and college graduates.



## *High School* **Diplomas**

**James Buckner, Jr.** graduated from Lincoln High School on June 4. He plans to attend Washtenaw Community College in the fall of 2021 to study to become a Radiation Therapist.

**Janelle A. Thomas** graduated from University High School Academy, Lathrup Village, on June 19 with a 3.0 GPA. She plans to attend Florida Agricultural & Mechanical University. Honors and awards include the Michigan Seal of Biliteracy in Spanish, Junior Chapter National Society of Black Engineers Graduate, University of Michigan Wolverine Pathways graduate and has been accepted to 33 colleges and universities and over \$375,000 in combined scholarships. In the future she plans to earn a Bachelor of Science Degree in Mechanical Engineering and minor in Spanish.



## *Bachelor* **Degrees**

**Cambria Chalese Brantley** will receive her Bachelor of Science Degree in December 2021, majoring in Health Care Administration

with a minor in Business and a 3.3 GPA. In the future she plans to attend the University of Toledo in the spring of 2022 and obtain a Master's Degree in Public health.

**Destiny Jackson** graduated from Michigan State University on May 1 majoring in Human Development and Family Studies. In the future she plans to work in child care/human development and possibly work in the child care field in China.



## *Master* **Degrees**

**Shayla Allen** graduated from Eastern Michigan University on April 25 with a Master's Degree in Social Work with a 3.87 GPA and receiving a certificate in Gerontology (the study of aging.) Her ultimate goals include working as a fully licensed social worker in hospitals, long-term/short-term care facilities or other healthcare facilities. Currently she has accepted a position in Grand Rapids full-time as a social worker for Forest Point Hospital.



**Class of 2021**

# **Congratulations!**

## HOW GOOD POSTURE KEEPS YOU HEALTHY

Submitted by Wendell Smitherman

Poor posture can make you look older and heavier, and researchers have found it speeds up aging because it adds stress to joints and contributes to chronic back pain.

In contrast, studies show that standing or sitting up straight rather than slouching, makes you physically and even psychologically stronger. It also reduces the risk of falls and disability.

### Science of Slouch

A forward tilt of the trunk — where the shoulders are in front of the hips rather than above them while standing or walking — is especially risky.

A Japanese study of 804 men and women, who were at least 65 years old, found that those with the greatest tilt in their trunk were more than three times as likely to need help with daily activities, such as bathing, getting dressed, and getting in and out of bed, during the next few years.

Unfortunately, people often are unaware of poor posture, which can develop early in life.

“We can have altered perception,” says Mike Fantigrassi, director of professional services for the National Academy of Sports Medicine, where he trains fitness professionals.

For example, it can seem normal to walk with the toes and knees turned out in an exaggerated fashion, rather than pointing straight ahead, or to stand and sit with the head and neck forward, instead of the ears being directly above the shoulders.

“People learn to balance with the wrong posture,” Fantigrassi tells *Health Radar*.

Some simple exercises can solve the problem.

Source: Health Radar vol 5, March 2015

## MACEDONIA BIBLE & BOOK CORNER

Submitted by Sonja Gray



Contemporary Scripture journals from **African American Expressions** are ready for your thoughts, prayers, dreams, and ideas. Examples of the images are shown above: A gorgeous wire-bound journal adorned with a beautiful leopard print design, accompanied by the words, “Trust in the Lord,” Proverbs 3:6. The “Praises Go Up” journal is a collage-style black artwork of **Carl Crawford** of three women basking in God's glory with eyes turned towards heaven in adoration. Or the “Blessed” journal’s fresh and elegant design with expertly detailed white magnolias and a scripture from Psalm 113:2 by the beautiful art of world-renowned artist, **Sandy Clough**.

We have many journals available in the MBC – Bible and Book Store.

### Details:

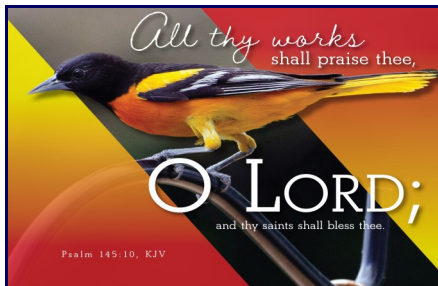
Daily Scripture on each page

Hardcover

128 pages

8.5” x 6.25”

Reasonably priced



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

**Superintendent of Sunday School:** *Rev. Brady Bennett*

**Asst. Superintendent of Sunday School:** *Rev. Eric Shumate*

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.

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 Zoom 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!** All classes are being held onsite and virtually with the exception of the Beginners and Primaries. They are online only.

CLASSES	ZOOM ID'S	PASSWORDS	CLASS TIMES
Adult Men and Women	927 219 5591	4Y06SC	9:30-10:30 AM (ET)
Adult Women	801 855 9447	646902	9:30-10:30 AM (ET)
Teens and Young Adults	314 202 2102	503816	9:30-10:30 AM (ET)
Juniors (10-12 yrs.)	775 4028 7203	7DJiT2	10:00-10:40 AM (ET)
Primaries (7-9 yrs.)	830 6987 0617	primary	10:00-10:55 AM (ET)
Beginners (4-6 yrs.)	246 295 5225	5TykPq	10:00-10:40 AM (ET)

The list of lessons for July 2021 includes the following:

### People of Valor: Courage Facing Threats

Date	Lesson	Scripture
July 4	Abijah Challenges King Jeroboam	II Chronicles 13:3-18
July 11	Hezekiah Rallies Judah's Army	II Chronicles 32:1-8, 22-23
July 18	Nehemiah Combats Derision and Danger	Nehemiah 4:1-9
July 25	Esther Goes Before the King	Esther 4:6-5:2




# Macedonia Baptist Church

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



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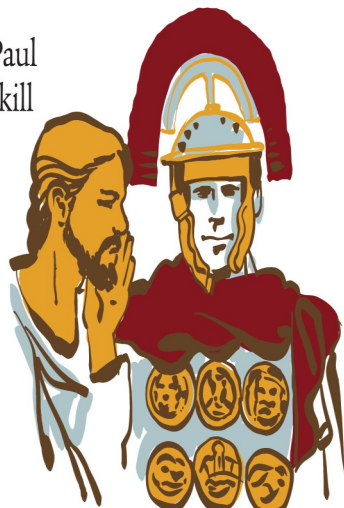
**Rejoice**  
in **hope**,  
be **patient**  
in tribulation,  
be **constant**  
in **prayer**.

Romans 12:12, ESV

?? ? Bible Quiz ? ?

An unnamed relative of Paul obstructed a conspiracy to kill the apostle. What was this rescuer's relation to Paul?

- A. nephew
- B. niece
- C. brother
- D. sister



Answer: A (See Acts 23:12-22, esp. v. 16.)