



Good News

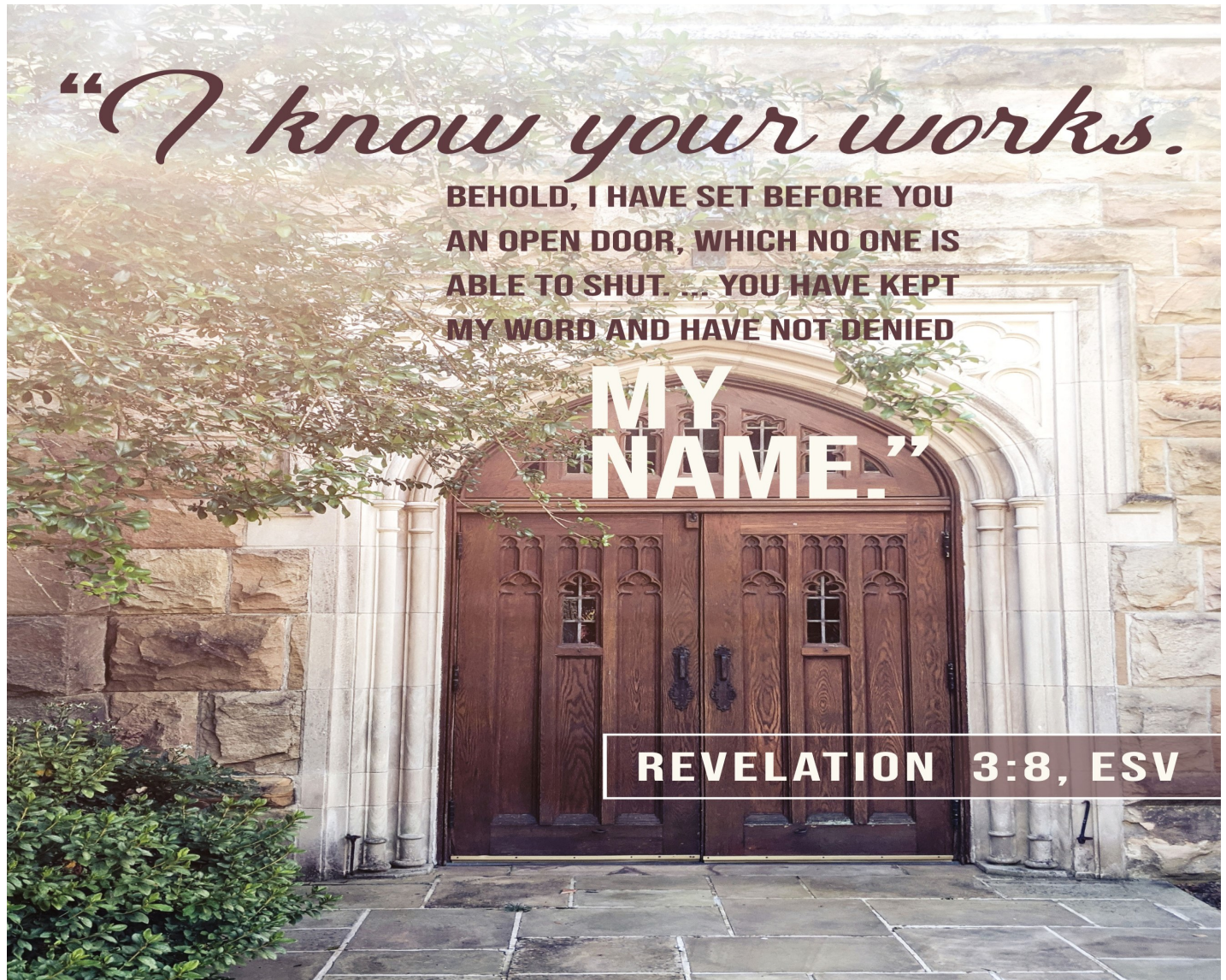
Macedonia Baptist Church

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A monthly publication for Members of Macedonia Baptist Church

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

Employer: "John, I wish you wouldn't whistle while you work."

Boy: "I wasn't working, Sir; only whistling."

*Monday,
September 6, 2021*



ANSWERS

Answers to prayers come in various ways, sometimes in minutes, sometimes in days.

And some take years to fully unfold the harvest of love and blessings they hold.

Answers to prayers come in various forms, sometimes in sunlight, sometimes through storms.

Some blossom early, and some blossom late, but each one will flower — have faith and wait!

—Helen Inwood, *His Mysterious Ways*

WE NEED SOME LUMBER

Some men in a pickup truck drove into a lumberyard. One of the men walked in the office and said, "We need some four-by-twos."

The clerk said, "You mean two-by-fours, don't you?"

The man said, "I'll go check," and went back to the truck. He returned in a minute and said, "Yeah, I meant two-by-fours."

"Alright. How long do you need them?"

The customer paused for a minute and said, "I'd better go check." After awhile, the customer returned to the office and said, "A long time. We're gonna build a house."

Source: http://jokes.ochristian.com/Work/We_Need_Some_Lumber.shtml

SERMONS

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

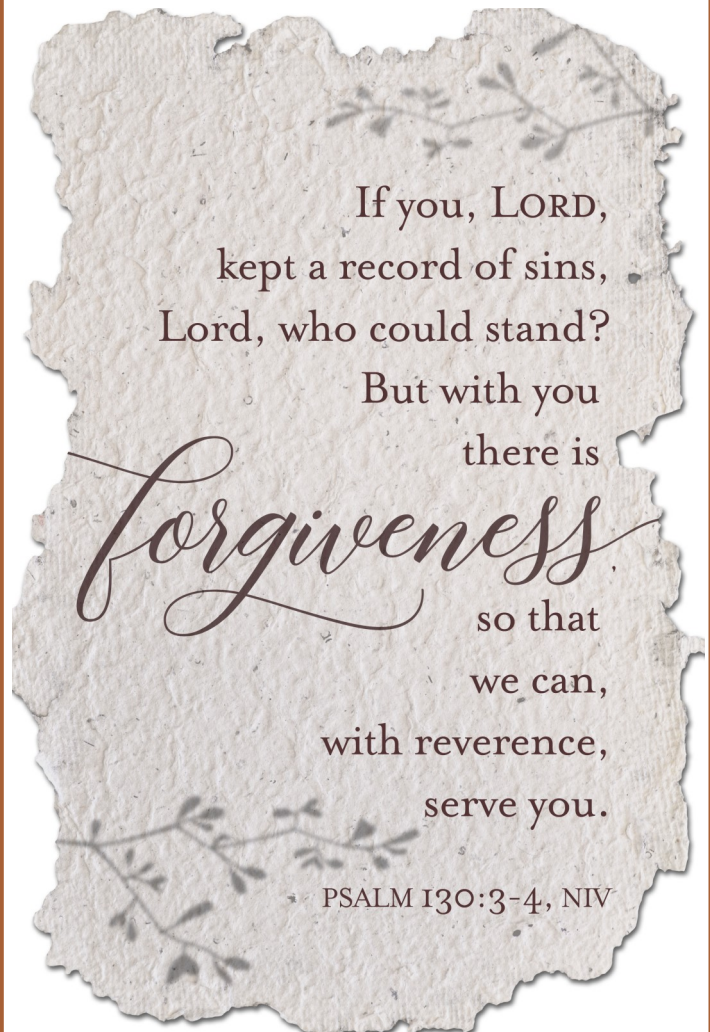
-  July 4, 2021, 11:00 a.m.
"Saved? Or Self-Deceived?"
Matthew 7:22-23
Rev. Terry Minor, Assistant Pastor
-  July 11, 2021, 11:00 a.m.
"Taking God At His Word"
John 4:46-53
Rev. James O'Rear
-  July 18, 2021, 11:00 a.m.
"There is Power in Christ Jesus"
Philippians 2:5-11
Rev. Clifford Register
-  July 25, 2021, 11:00 a.m.
"Going Against The Current"
Romans 12:1-2
Rev. James Jones, Pastor
First Glory Baptist Church
Detroit, Michigan



PLEASE JOIN US!

We welcome our members to join us each Sunday at 11:00 a.m. in the Sanctuary or on www.mbcdet.com

Worship With Us



SLEEP LOSS ENCOURAGES SPREAD OF TOXIC ALZHEIMER'S PROTEIN

Submitted by Maxine Gardner

From the [NIH Director's Blog](#) by Dr. Francis Collins

In addition to memory loss and confusion, many people with Alzheimer's disease have trouble sleeping. Now an NIH-funded (National Institutes of Health) team of researchers has evidence that the reverse is also true: a chronic lack of sleep may worsen the disease and its associated memory loss.

The new findings center on a protein called tau, which accumulates in abnormal tangles in the brains of people with Alzheimer's disease. In the healthy brain, active neurons naturally release some tau during waking hours, but it normally gets cleared away during sleep. Essentially, your brain has a system for taking the garbage out while you're off in dreamland.

The latest findings in studies of mice and people further suggest that sleep deprivation upsets this balance, allowing more tau to be released, accumulate, and spread in toxic tangles within brain areas important for memory. While more study is needed, the findings suggest that regular and substantial sleep may play an unexpectedly important role in helping to delay or slow down Alzheimer's disease.

It's long been recognized that Alzheimer's disease is associated with the gradual accumulation of beta-amyloid peptides and tau proteins, which form plaques and tangles that are considered hallmarks of the disease. It has only more recently become clear that, while beta-amyloid is an early sign of the disease, tau deposits track more closely with [disease progression and a person's cognitive decline](#).

Such findings have raised hopes among researchers including David Holtzman, Washington University School of Medicine, St. Louis, that tau-targeting treatments might slow this devastating disease. Though much of the hope has focused on developing the right drugs, some has also focused on sleep and its nightly ability to reset the brain's metabolic harmony.

In the new study published in *Science*, Holtzman's team set out to explore whether tau levels in the brain naturally are tied to the sleep-wake cycle¹. Earlier studies had shown that tau is released in small amounts by active neurons. But when neurons are chronically activated, more tau gets released. So, do tau levels rise when we're awake and fall during slumber?

The Holtzman team found that they do. The researchers measured tau levels in brain fluid collected from mice during their normal waking and sleeping hours. (Since mice are nocturnal, they sleep primarily during the day.) The researchers found that tau levels in brain fluid nearly double when the animals are awake. They also found that sleep deprivation caused tau levels in brain fluid to double yet again.

These findings were especially interesting because Holtzman's team had already made a related finding in people. The team found that healthy adults forced to pull an all-nighter had a 30 percent increase on average in levels of unhealthy beta-amyloid in their cerebrospinal fluid (CSF).

The researchers went back and reanalyzed those same human samples for tau. Sure enough, the tau levels were elevated on average by about 50 percent.

(Continued on page 5)

Once tau begins to accumulate in brain tissue, the protein can spread from one brain area to the next along neural connections. So, Holtzman's team wondered whether a lack of sleep over longer periods also might encourage tau to spread.

To find out, mice engineered to produce human tau fibrils in their brains were made to stay up longer than usual and get less quality sleep over several weeks. Those studies showed that, while less sleep didn't change the original deposition of tau in the brain, it did lead to a significant increase in tau's spread. Intriguingly, tau tangles in the animals appeared in the same brain areas affected in people with Alzheimer's disease.

Another report by Holtzman's team appearing early last month in *Science Translational Medicine* found yet another link between tau and poor sleep. That study showed that older people who had more tau tangles in their brains by PET (Positron Emission Tomography) scanning had less slow-wave, deep sleep.

Together, these new findings suggest that Alzheimer's disease and sleep loss are even more intimately intertwined than had been realized. The findings suggest that good sleep habits and/or treatments designed to encourage plenty of high-quality Zzzz's might play an important role in slowing Alzheimer's disease. On the other hand, poor sleep also might worsen the condition and serve as an early warning sign of Alzheimer's.

For now, the findings come as an important reminder that all of us should do our best to get a good night's rest on a regular basis. Sleep deprivation really isn't a good way to deal with overly busy lives (I'm talking to myself here). It isn't yet clear if better sleep habits will prevent or delay Alzheimer's disease, but it surely can't hurt.

Source: <https://www.nia.nih.gov/news/sleep-loss-encourages-spread-toxic-alzheimers-protein>

WHAT THE NEW CDC GUIDANCE FOR SCHOOLS MEAN FOR CHILDREN

Submitted by Gloria Crawford

Five full days a week, every week: After more than a year of remote learning, hybrid schedules and missed experiences, getting back to school -- "normal" school -- is all many parents and students want. But with Covid-19 surging again in some US states and concerns over new virus variants growing, what classrooms will look like exactly in the fall is still evolving.

- Students benefit from in-person learning, and safely returning to in-person instruction in the fall of 2021 is a priority.
- Masks should be worn indoors by all individuals (age 2 and older) who are not fully vaccinated. Consistent and correct mask use by people who are not fully vaccinated is especially important indoors and in crowded settings, when physical distancing cannot be maintained.
- CDC recommends schools maintain at least 3 feet of physical distance between students within classrooms, combined with indoor mask wearing by people who are not fully vaccinated, to reduce transmission risk. When it is not possible to maintain a physical distance of at least 3 feet, such as when schools cannot fully re-open while maintaining these distances, it is especially important to layer multiple other prevention strategies, such as indoor masking.
- Students, teachers, and staff should stay home when they have signs of any infectious illness and be referred to their healthcare provider for testing and care.
- Many schools serve children under the age of 12 who are not eligible for vaccination at this time. Therefore, this guidance emphasizes implementing layered prevention strategies (e.g., using multiple prevention strategies together consistently) to protect people who are not fully vaccinated, including students, teachers, staff, and other members of their households.

Source: <https://www.cnn.com/2021/07/15/health/covid-cdc-school-guidance-wellness/index.html>—By Deblina Chakrabaty, July 15, 2021. and <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html>

AS WEIGHT RISES BRAIN ACTIVITY DECLINES

Submitted by Wendell Smitherman



A study of more than 35,000 brain scans found that obesity lowers brain blood flow and activity. Single-photo emission computed tomography (SPEC) scans found lowered blood flow in virtually all regions of the brain of people who were overweight, and levels were progressively lower in those who were categorized as overweight, obese, and morbidly obese. Low cerebral blood flow is the No. 1 brain-imaging predictor that a person will develop Alzheimer's disease, and is also associated with depression, ADHD, bipolar disorder, schizophrenia, traumatic brain injury, addiction, suicide, and other conditions. George Perry, Ph.D., editor-in-chief of the *Journal of Alzheimer's Disease* and a leading neurobiologist at the University of Texas at San Antonio said the study provides "compelling evidence that obesity alters blood supply to the brain to shrink the brain and promote Alzheimer's disease."

Source: Health Radar, January 2021

MACEDONIA BIBLE & BOOK CORNER

Submitted by Sonja Gray

DON'T GIVE THE ENEMY A SEAT AT YOUR TABLE

IT'S TIME TO WIN THE BATTLE OF YOUR MIND . . .

LOUIE GIGLIO

Discover how to break free from the chains of negative thinking and experience true freedom from unhealthy thoughts and emotions.

The Enemy is constantly seeking to fill your mind with destructive and harmful thoughts—whether of fear, worry, insecurity, anxiety, temptation, envy. It's all too easy for Satan to manipulate his way into a seat at the table intended for only you and Jesus, and to try making himself at home in your mind. It's an ongoing battle, but one you can win!

In *Don't Give the Enemy a Seat at Your Table*, bestselling author and pastor Louie Giglio shares practical ways to overcome the Enemy's lies and instead find peace and security in any challenging circumstance or situation. By drawing from Psalm 23 as a framework, he offers biblical insight on how to . . .

- Cancel the lies that will wreck your life.
- Take empowering steps to live fully alive in Christ.
- Stop the spiral of shame, temptation, and insecurity.
- Restore peace and rest in your life.
- Embrace the true purpose behind your journey through challenging circumstances.
- Break free from the endless cycle of destructive thinking.

You can find freedom from the war inside your mind—if you allow Jesus, the Good Shepherd, to lead the battle. Learn how to find encouragement, hope, and strength no matter what valleys you face. **It's time to reject the lies and listen to the truth.** This book is available through Amazon or ChristianBooks.com



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: jjalo@hotmail.com
Sister Terry Mann	Adult Women's	Phone: 313-801-4765 Email: temaka79@hotmail.com
Brother Michael Moore	Teens & Young Adults	Phone: 313-312-4044 Email: mmore@3lconsulting.info
Sister Mary Ann Windham	Juniors, Beginners & Primaries	Phone: 313-418-8830 Email: maryann.windham@yahoo.com

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 August 2021 includes the following:

People of Valor: Courage Facing Threats/Courage for Jesus

Date	Lesson	Scripture
August 1	Jeremiah Stands Up to Deadly Threats	Jeremiah 26:1, 4-15
August 8	Three Young Men Refuse to Bow	Daniel 3:1, 8-18
August 15	Jesus Corrects and Commends John	Matthew 11:1-15
August 22	Peter and John Preach with Boldness	Acts 4:6-21
August 29	Paul Faces His Accusers	Acts 22:17-29



Macedonia Baptist Church

14221 Southfield Road, Detroit, Michigan 48223

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



Instead,
speaking the truth in love,
we will grow to become in every respect the mature body
of him who is the head, that is, Christ.

Ephesians 4:15, NIV

Bible Quiz

What was the name of the queen
who refused to appear before the
king of Persia and his guests and,
as a result, was deposed?

- A. Esther
- B. Jael
- C. Vashti
- D. Milcah



Answer: C (See Esther 1:12.)