



# 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*

Volume 19 Issue 10

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IT WAS FITTING THAT  
**GOD,**  
FOR WHOM AND  
THROUGH WHOM ALL  
THINGS EXIST,  
IN BRINGING MANY  
CHILDREN TO GLORY,  
SHOULD MAKE THE  
PIONEER OF THEIR  
SALVATION PERFECT  
THROUGH SUFFERINGS.  
HEBREWS 2:10, NRSV

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# Announcements



**MONDAY—FRIDAY**  
**9:00 A.M.—3:00 P.M.**



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

## APPRECIATING YOUR PASTOR

Many people have complex relationships with their pastors because faith, church and God involve a mix of emotions. We have particular ideas about church practices, congregational priorities, the minister's use of time, money, authority and more.

But most pastors are deeply devoted to Christ and believe that God has called them to serve in a certain place. They have the best of intentions and work hard to share the good news of the gospel. So in honor of Pastor Appreciation Month in October, consider the following:

**God doesn't call the qualified; he qualifies the called.** Your pastor may need time to learn and develop certain skills. (Everyone does!) Bless pastors with your patience.

**We don't change the message; the message changes us.** You probably won't like all your pastor's sermons or newsletter columns. But instead of complaining, ponder that something may rub you the wrong way because God is trying to change you. Keep an open mind and heart.

**If a church wants a "better" pastor, it just needs to pray for the one it has.** Pray often and caringly for your pastors, church leaders and their families. The role is challenging, so support them spiritually and ask God to reveal his love and grace to these special servants.



1920 - 2021

**M**acedonia Baptist Church commemorated its 101st Church Anniversary during the Month of September. Under the leadership of our Assistant Pastor, Rev. Terry Minor, Pastor Emeritus Twymon and his predecessors, the church continues to grow both physically and spiritually.

Our hearts are heavy for our losses of beloved members, but we are still thankful to God for our members that are still with us and those we will forever hold dear in our hearts.

From 1920 to 2021, Macedonia has stood on the Word of God. Please continue to show your love, support, and appreciation of our church. Each member was asked to give \$101 as an anniversary offering.

For the complete history of our church, please visit our website at [www.macedonia-bc.com](http://www.macedonia-bc.com).

## MIXED SIGNALS

A newcomer approached the pastor after worship and said, "I'd like you to pray for my hearing."

Placing hands on the man's ears, the pastor said a very passionate, earnest prayer and then asked the visitor, "How's your hearing now?"

With a confused look, the man said, "Well, it's scheduled for tomorrow."

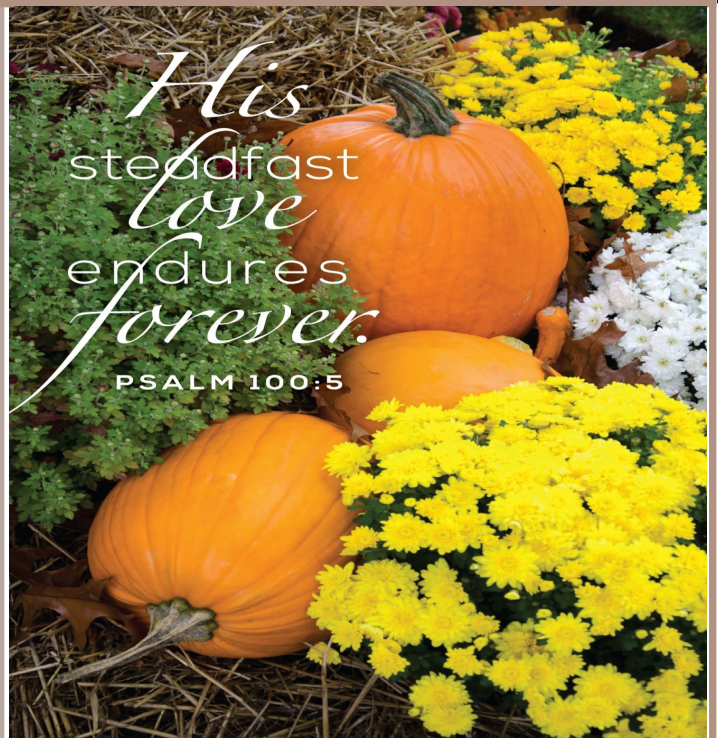


## SERMONS

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.

- 📖 September 5, 2021, 11:00 a.m.  
**"The Church That Jesus Built"**  
Matthew 16:13-18  
Rev. Clifford Register
- 📖 September 12, 2021, 11:00 a.m.  
**"Where Is The Good Old Way"**  
Jeremiah 6:13-17  
Rev. James Jones, Pastor  
First Glory Baptist Church  
Detroit, MI
- 📖 September 19, 2021, 11:00 a.m.  
**"God Is My Everything"**  
Exodus 15:1-7  
Rev. Raymond Willis, Pastor  
Victory Fellowship Baptist Church  
Detroit, MI
- 📖 September 26, 2021, 11:00 a.m.  
**"Time Has Come Today"**  
Ephesians 5:15-17, NKJV  
Rev. Claude Allen May, Pastor  
Oasis of Hope Christian Church  
Detroit, MI

*"Seek the Lord and live," declares the prophet Amos. (5:6)*



## ? ? Bible Quiz ? ?

Hebrews 11 is called the Hall of Faith because it's a partial list of ancestors who lived out their belief in God. Who is named in this chapter?

- A. Adam, Eve and Seth
- B. Abel, Enoch, Noah and Sarah
- C. Moses' parents, Moses and Rahab
- D. Deborah, Bathsheba and Huldah
- E. A and B
- F. B and C
- G. C and D



Answer: F

# DECREASED DEEP SLEEP LINKED TO EARLY SIGNS OF ALZHEIMER'S DISEASE

Submitted by Maxine Gardner

Poor sleep is a hallmark of Alzheimer's disease. People with the disease tend to wake up tired, and their nights become even less refreshing as memory loss and other symptoms worsen. But how and why restless nights are linked to Alzheimer's disease is not fully understood.

Now, researchers at Washington University School of Medicine in St. Louis may have uncovered part of the explanation. They found that older people who have less slow-wave sleep – the deep sleep you need to consolidate memories and wake up feeling refreshed – have higher levels of the brain protein tau. Elevated tau is a sign of Alzheimer's disease and has been linked to brain damage and cognitive decline.

The findings, published Jan. 9 in *Science Translational Medicine*, suggest that poor-quality sleep later in life could be a red flag for deteriorating brain health.

"What's interesting is that we saw this inverse relationship between decreased slow-wave sleep and more tau protein in people who were either cognitively normal or very mildly impaired, meaning that reduced slow-wave activity may be a marker for the transition between normal and impaired," said first author Brendan Lucey, MD, an assistant professor of neurology and director of the Washington University Sleep Medicine Center. "Measuring how people sleep may be a noninvasive way to screen for Alzheimer's disease before or just as people begin to develop problems with memory and thinking."

The brain changes that lead to Alzheimer's, a disease that affects an estimated 5.7 million Americans, start slowly and silently. Up to two decades before the characteristic symptoms of memory loss and confusion appear, amyloid beta protein begins to collect into plaques in the brain. Tangles of tau appear later, followed by atrophy of key brain areas. Only then do people start showing unmistakable signs of cognitive decline.

The challenge is finding people on track to develop Alzheimer's before such brain changes undermine their ability to think clearly. For that, sleep may be a handy marker.

To better understand the link between sleep and Alzheimer's disease, Lucey, along with David Holtzman, MD, the Andrew B. and Gretchen P. Jones Professor and head of the Department of Neurology, and colleagues studied 119 people 60 years of age or older who were recruited through the Charles F. and Joanne Knight Alzheimer's Disease Research Center. Most – 80 percent – were cognitively normal, and the remainder were very mildly impaired.

The researchers monitored the participants' sleep at home over the course of a normal week. Participants were given a portable EEG monitor that strapped to their foreheads to measure their brain waves as they slept, as well as a wristwatch-like sensor that tracks body movement. They also kept sleep logs, where they made note of both nighttime sleep sessions and daytime napping.

*(Continued on page 5)*

Each participant produced at least two nights of data; some had as many as six.

The researchers also measured levels of amyloid beta and tau in the brain and in the cerebrospinal fluid that bathes the brain and spinal cord. Thirty-eight people underwent PET brain scans for the two proteins, and 104 people underwent spinal taps to provide cerebrospinal fluid for analysis. Twenty-seven did both.

After controlling for factors such as sex, age and movements while sleeping, the researchers found that decreased slow-wave sleep coincided with higher levels of tau in the brain and a higher tau-to-amyloid ratio in the cerebrospinal fluid.

"The key is that it wasn't the total amount of sleep that was linked to tau, it was the slow-wave sleep, which reflects quality of sleep," Lucey said. "The people with increased tau pathology were actually sleeping more at night and napping more in the day, but they weren't getting as good quality sleep."

If future research bears out their findings, sleep monitoring may be an easy and affordable way to screen earlier for Alzheimer's disease, the researchers said. Daytime napping alone was significantly associated with high levels of tau, meaning that asking a simple question – How much do you nap during the day? – might help doctors identify people who could benefit from further testing.

"I don't expect sleep monitoring to replace brain scans or cerebrospinal fluid analysis for identifying early signs of Alzheimer's disease, but it could supplement them," Lucey said.

**Source:** [https://www.eurekalert.org/pub\\_releases/2019-01/wuso-dds010419.php](https://www.eurekalert.org/pub_releases/2019-01/wuso-dds010419.php)

## HOW TO GET INTO HEAVEN

A man dies and meets St. Peter at the Pearly Gates. Peter says to the man, "Here's how it works. You need to have one hundred points to get into heaven. You tell me about all the good things you've done. They are all worth a certain number of points. If your total is one hundred or more, you can come in."

"Well," says the man. "I was happily married to the same woman for 52 years. I never looked at another woman. I was attentive and loved her dearly."

"That's great," says St. Peter. "That'll be two points."

"Hmmm," says the man. "This is going to be harder than I thought. Well, I attended church regularly, volunteered my time and tithed faithfully."

"Wonderful," says St. Peter, "That's worth another point."

"One point!" says the man. "Okay, okay. I was involved with a prison ministry for twenty-five years. I went into the prison, at least monthly, and shared Jesus with them."

"Wow!" says St. Peter. "That's another two points!"

"Only two points!" says the man. "At this rate, it'll be only by the grace of God that'll I'll ever get into this place."

"Bingo!" says St. Peter. "That's one hundred points! Come on in."

**Source:** [Clean Funny Christian Jokes and Religious Humor \(jokesclean.com\)](http://jokesclean.com)



## THE BLACK CHURCH

Submitted by Wendell Smitherman

Despite our new worldliness, despite our rhythms, our colorful speech, and our songs, we keep our churches alive. In fact, we have built more of them than ever on the city pavements, for it is only when we are within the walls of our churches that we are wholly ourselves, that we keep alive a sense of our personalities in relation with the total world in which we live, that we maintain a quiet and constant communion with all that is deepest in us. Our going to church on a Sunday is like placing one's ear to another's chest to hear the unquenchable murmur of the human heart. In our collective outgoings of song and prayer, the fluid emotions of others make us feel the strength in ourselves.

Source: *Excerpted from Wisdom of the Elders by Robert Fleming, Random House Publishing Group.*

### THE \$20 AND THE \$1 JOKE

Two well worn bills arrived at the Federal Reserve Bank to be retired - a twenty and a one. As they traveled down the conveyor belt, they struck up a conversation. The twenty reminisced about the interesting life he had, traveling all over the country. "I've been to the finest restaurants, Broadway shows, Las Vegas, Atlantic City," he said. "I even went on a Caribbean cruise. Where have you been?"

"Oh," said the one dollar bill, "I've been to the Methodist church, the Episcopal church, and the Lutheran church."

"What's a church?" asked the twenty.

Source: [Clean Funny Christian Jokes and Religious Humor \(jokesclean.com\)](http://jokesclean.com)

## MACEDONIA BIBLE & BOOK CORNER

Submitted by Sonja Gray



Dr. Eric Mason challenges the church in America: **Woke Church** - Get up, sleeper, and rise from the dead. It's time to take a hard look at our history and stand together against the indignities and injustice in our world – to understand that justice is both theological and sociological – that there is no intimacy with God without justice in one's heart.

No more waiting. No more sleeping. Christ our King is coming back, and He'll be looking for a woke church. This book is available on [Christianbooks.com](http://Christianbooks.com) and Amazon.





**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 October 2021 includes the following:

#### Faith on Trial: Seeing God's Faithfulness

Date	Lesson	Scripture
October 3	Complaints About Manna	Numbers 11:4-6, 10-23
October 10	God Sends Quail and Plague	Numbers 11:24-35
October 17	Miriam and Aaron Oppose Moses	Numbers 12:1-16
October 24	The Mission of Twelve Spies	Numbers 13:1-3, 17-20, 25-33



# 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**



**TUESDAY,**  
November 2, 2021

*Sunday, November 7, 2021*

**DAYLIGHT-SAVING TIME ENDS**

*Turn Your Clocks Back 1 Hour*

