

Good News

Macedonia Baptist Church

14221 Southfield Road
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 www.mbcdet.com

A monthly publication for Members of Macedonia Baptist Church

Volume 22 Issue 5

May 2024



Happy MOTHER'S DAY

Her children arise and call her blessed;
 her husband also, and he praises her.

Proverbs 31:28

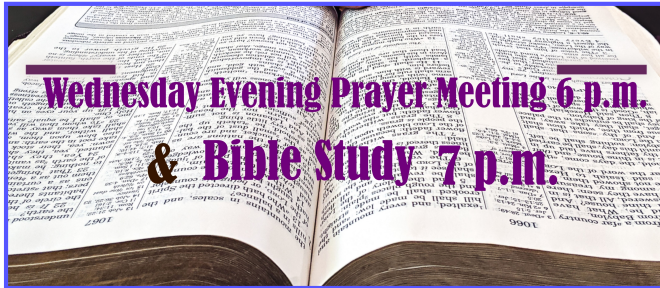
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Announcements



**NOON
PRAYER
MEETING**
On Wednesdays



May 2024 Special Days:

- National Day of Prayer—May 2
- Mother's Day—May 12
- Memorial Day—May 27

WORSHIP ON WEDNESDAY'S HAS RESUMED. PLEASE COME OUT AND WORSHIP WITH US ON THE 4th WEDNESDAY OF EACH MONTH, FROM 7-8:30 P.M. LIGHT REFRESHMENTS WILL BE SERVED.

CHURCH OFFICE HOURS: 9 A.M. — 3 P.M.



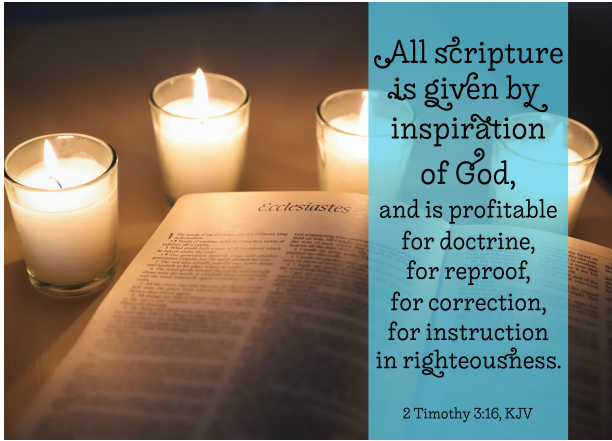
The Women's Ministry will be having their annual Prayer Breakfast soon. A new date and time along with other details will be forthcoming. The May 18th Prayer Breakfast has been cancelled due to unforeseen circumstances.

2024 Art of Aging Successfully

The Wayne State University Institute of Gerontology will be holding its annual "Art of Aging Successfully" Conference on Thursday, June 13, 2024. This year's Conference will be held at Greater Grace Temple, 23500 West 7 Mile Rd, Detroit, MI. There will be nine workshops on various topics of interest to seniors, including such topics as **Mindful—Not Mindless—Eating, Legal Documents as We Age, The 12 C's of Care Giving, Name that SCAM.** There will be a light breakfast, sit down lunch, vendors, raffles, and more.

The Conference begins at 9:00 am with a Keynote speaker. Workshops begin at 10:00 a.m. and lunch at 12:30 pm.

Pick up a registration form across from the courtesy desk. Group Reservations available (6 or more).



All scripture
is given by
inspiration
of God,
and is profitable
for doctrine,
for reproof,
for correction,
for instruction
in righteousness.

2 Timothy 3:16, KJV

Weekly Sermons

📖 April 7, 2024, 11:00 a.m.
“A Light That Shines Out Of Darkness”
2 Corinthians 4:1-6
Pastor Terry Minor

📖 April 14, 11:00 a.m.
“Fill This House Lord”
Numbers 9:15-18, 22-23
Rev. Brady Bennett

📖 April 21, 2024, 11:00 a.m.
“Seeing God In The Ordinary”
1 Kings 19:4-12
Pastor Terry Minor

📖 April 28, 2024, 11:00 a.m.
“Just Come”
Matthew 11:28-30
Rev. Ronald Davis

LOOKING AHEAD!!

By Sherry Montgomery

Macedonia Baptist Church congregation is looking forward to celebrating the 2nd Anniversary for our Pastor Rev. Terry R. Minor, Sr., and First Lady Teresa Minor on Sunday, June 9, 2024, at 11 a.m. and 3 p.m. The theme for this occasion is “*Growing in Grace, A Journey of Faithfulness.*” Scripture 2 Peter 3:18 (NIV). “But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and forever! Amen.”

The committee is preparing for a spirit-filled service. We are asking everyone to participate. More information is forthcoming. We want to show our pastor how much we love him.

Of Greatest Worth

Not what I get, but what I give,
this be the gauge by which I live.
Not merely joys that come my way,
but the help I give to those astray.
Not the rewards of money and fame,
but the loads I lift in mankind's name.
This be the pay at the end of the day,
not what I keep, but what I give away.

—Author unknown

METROPOLITAN DISTRICT CONGRESS OF CHRISTIAN EDUCATION 90TH ANNUAL SESSION

By Maxine Gardner

Macedonia hosted the 90th session, the first in-person session since the pandemic, April 22 through April 25, 2024. Theme: "Together We Can," *Romans 8:28*, Theme Song: Bind Us Together. The session began with dinner each afternoon followed by adult and youth classes and workshops and closed with a program each night.

I attended a class Monday through Thursday, "Leadership in the Local Church," instructed by Rev. Richard E. White, III, Pastor, Dexter Avenue Baptist Church. Pastor White proved to be very dynamic and informative as he encouraged questions and comments from his students. We completed the class with new insight and ideas to utilize.



The musical program for Monday evening highlighted selections from six great choirs: MMBDA District Choir, Tabernacle Missionary Baptist Church, Prince of Peace Missionary Baptist Church, Steadfast Baptist Church, Dexter Avenue Baptist Church, and New Mt. Moriah Baptist Church.

The program on Tuesday presented a powerful sermon from Dr. Nathan Johnson, Pastor, Tabernacle Missionary Church. Message: The Power We Need, Scripture: *Acts 2:3*. Dr. Johnson began his message with, "Why the modern church is without power, living in a Holy Ghost blackout, shopping at the Ecclesiastes Dollar General for knock offs, like political, social, financial, and intellectual power. Knocks offs cannot deliver like the real deal." "...everyone has their own agenda about what the church ought to be doing, there is only one agenda." The power of the Holy Ghost. Ref., *Acts 2:3-4*



"The power we need creates, like the wind of God's breath. When the breath of God shows up, chaos becomes order, the Holy Ghost brings order, brings life out of death." Ref., *Ezekiel 37*.

On Wednesday night, Dean Tara Hamilton gave her second annual address speaking on relationships, using *Romans 8:28* as a springboard offering encouragement to those who love God to examine their faith in our veritable God and how we relate to each other. She says, "To love God, you must know God." She chose *Psalms 133.1* to remind us of the pleasantness of dwelling together in unity.

Dean Hamilton then shared *Romans 6:23*, concerning the wages of sin, and the gift of life and what one must do to be saved.

On Thursday night, our own Sis. Patricia Suber, the 2024 president of The Metropolitan District Congress of Christian Education, gave her first annual address



Following a heartwarming introduction by Sis. Madlyne Dansby, President Suber began her address by thanking her team for their hard work and dedication and brought her recommendations to include plans for more involvement of the youth in planning and presenting ideas. She encouraged everyone to help her sing “Satan Get Out of My Way” and shared how *Romans 8:28* brought affirmation to the selected theme, “Together We Can” and the song “I Need You to Survive” by Hezekiah Walker, clinched it.

Sis. Suber told a story of two boys who could not work together, eventually creating a costly dilemma for them both. They finally realized that by cooperating with each other and working together they could resolve the problem. Utilizing examples from the scriptures, she impressed upon us, “Our need for one another whether we admit it or not”. *Ref. Exodus 17:8 and Joshua 2*. In closing she shared *Hebrews 13:5* “Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.”

Musical Selection from the Macedonia Choir



Self-Care Tips For Caregivers

Submitted by Wendell Smitherman

Caregiving takes a lot of physical and emotional strength. If you are taking care of someone who needs your help day in and day out, you might feel drained or even depressed. Feeling overwhelmed as a caregiver is normal. But there are steps you can take to minimize that feeling and take better care of yourself. Here are some self-care tips that can help you manage daily stressors and emotions that can arise.

Ask questions when you have them

You don't have to figure this out on your own. Stay in contact with your loved one's care team so that you can learn what to do next. Ask about the medical condition or even mental health resources for you and your loved one.

Many care teams offer emotional support for caregivers locally and on line. If you have a therapist, come to them with your concerns. Or consider trying talk therapy with a professional for the first time. Maybe you have a close friend or family member you can confide in. If there are others who can help share the duties of caregiving, seek them out. The important thing to remember is that you're not alone.

Prioritize sleep, diet and exercise

Having free time may be difficult when caring for a loved one; but it's important to remember that healthy sleep, diet and exercise balance is crucial for your well-being. Try to go to bed at the same time every night. Make time for at least 8 hours of sleep. Try planning your meals ahead of time to ensure you're getting a balanced diet. Exercising is known to help reduce stress and improve sleep. Try to squeeze in 10-30 minutes of exercise a day. You can exercise all at once or during multiple intervals throughout the day.

Check in with yourself

How are you feeling? Make checking in with yourself a part of your daily routine. You can do this by journaling in the morning or in the evening before bed. Note how you are feeling physically and emotionally. If you feel tired, look for ways you can fit a little extra restorative time into your schedule for the day. If you're feeling sad, try to schedule some time to lift your spirits. Use your daily check-in to inform how you plan your day.

Do something you enjoy



Source: Teledoc Health, Inc.



MEMORIAL DAY

**PRECIOUS IN THE SIGHT OF THE LORD
IS THE DEATH OF HIS FAITHFUL ONES.**

PSALM 116:15, NRSV



May 27, 2024

Finding Identity and Healing: Recap of the 3rd Comfort for the Widows Heart Gathering

By Delia Williams

In the heart of our recent gathering for widows and widowers, a profound question echoed through the room: "Who am I now, since the loss of my spouse?" Facilitated by our compassionate staff member, Sandra Gates, the discussion delved deep into the journey of self-discovery amidst loss.

But it wasn't just words that filled the space; it was the vibrant hues and fragrant scents of floral therapy that blossomed throughout the day. Under the skilled guidance of Lawanda Hines, owner of Now and Forever Flowers, each attendee crafted their unique floral arrangement—a symbol of resilience and beauty emerging from grief.

Laughter mingled with tears as widows and widowers came together, sharing stories, finding solace, and forming connections. It was a day of healing, rediscovery, and profound fellowship.

As we reflect on the impact of this gathering, we invite all widows and widowers to join us for our next event. If you know someone who could benefit from the support and camaraderie of our ministry, please don't hesitate to forward their name and contact information to our dedicated ministry directors, Delia Williams at 313-443-1877 or Mother Wilma Parham at 313-952-3197.

Additionally, if you're a widow or widower who feels called to share your story of hope and encouragement, we invite you to contribute to our upcoming edition of the ministry's Hope and Healing Newsletter. Your voice could be the beacon of light someone desperately needs.

In this journey of grief and healing, we find strength in each other. Let's continue to walk this path together, offering support, understanding, and love every step of the way.

Floral Therapy





Invitation to: *Macedonia Baptist Church Sunday School*

Superintendent of Sunday School: *Rev. Brady Bennett*
 Assistant Superintendent: *Bro. Henry Chestnut*

Director of Christian Education: *Rev. Ronald Davis*

Macedonia Baptist Church Zoom Technical Support Contacts:

Rev. James O' Rear	Adult Women & Men's Class	Phone: 734-308-0056 Email: jjalo@hotmail.com
Sister Renée Thomas	Adult Women's	Email: macedoniawomenssunday-school@gmail.com
Brother Michael Moore	n/a	n/a
Sister Mary Ann Windham	n/a	n/a

ZOOM CLASSES	ZOOM ID'S	PASSWORDS	CLASS TIMES
Adult Men and Women	927 219 5591	4Y06SC	9:30-10:30 AM (ET)
Adult Women	826 4961 3167	421916	9:30-10:30 AM (ET)
Sunday School Classes	Location	Age	Class Times
Adult Men and Women	Fellowship Hall	n/a	9:30-10:30 AM (ET)
Adult Women	Chapel	n/a	9:30-10:30 AM (ET)
Teens and Young Adults	Parlor	13+	9:30-10:30 AM (ET)
Juniors	Classroom #1	10-12 yrs	9:30-10:30 AM (ET)
Primaries	Classroom #3	7-9 yrs	9:30-10:30 AM (ET)
Beginners	Classroom #4	4-6 yrs	9:30-10:30 AM (ET)

The list of classes for May are as follows:

	DATE	LESSON
May 5	Healing and Forgiveness	Mark 2:1-12
May 12	The Son Greater than Angels	Hebrews 11:9
May 19	The Lamb Worthy of Worship	Revelation 5:6-14
May 26	The Alpha and Omega	Rev. 22:6-10, 12-23. 16-21



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14221 Southfield Road, Detroit, Michigan 48223

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



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Remembering their
SACRIFICE