

Good News

Macedonia Baptist Church

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A monthly publication for Members of Macedonia Baptist Church

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*Having gifts that differ
according to the grace
given to us, let us use them.
Romans 12:6, ESV*

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Announcements



**Church office is
closed on
Mondays**

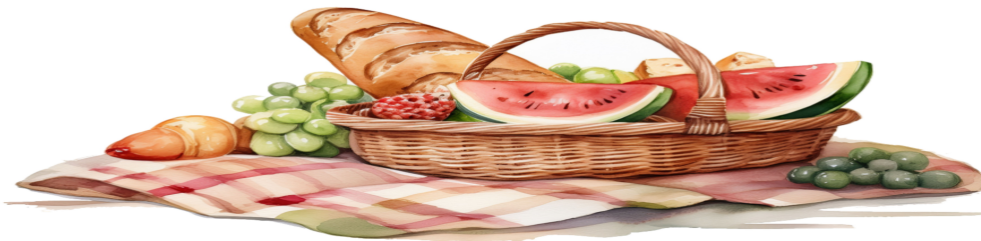
Special dates:

- **National Purple Heart Day—August 7**

In preparation for our 105th Gala, dresses and accessories are available in the Teen Center after morning worship on Sunday's August 10 & 17.

The Willing Workers' Annual Back-to-School Supply Drive is underway as we prepare to support Edison Elementary, Gompers Elementary-Middle School and the COTS Shelter. Monetary donations are welcome. Collection boxes are located by the side entrance for Donations. of new school supplies, by August 17.

MBC Seasoned Saints, will meet the 2nd and 4th Thursday's at 1:00 p.m. at the North Campus. Seniors have the option of participating in individual or group activities which include Crafts, Games, Exercise options, Informational meetings, and more. All seniors age 65 or older are eligible to attend. The next meeting dates are August 14 & August 27. The group's Coordinator is Sis. Maxine Gardner. (313-949-8665).



MACEDONIA PICNIC

SATURDAY, August 9, 2025
From 11:00 a.m. Until 4:00 p.m.

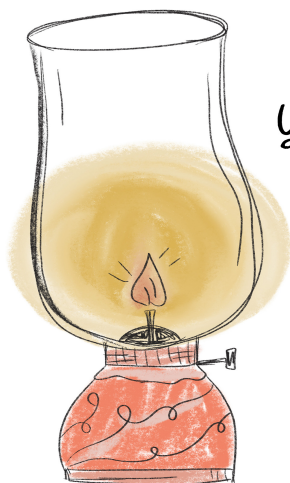
at Acacia Park

across the street from the church

IT'S A COMMUNITY FEST, ALL ARE INVITED TO ATTEND

Come Enjoy...
**FOOD, HEALTH SCREENINGS,
PRAYER BOOTH GAMES MUSIC
& More!**





YOUR WORD IS
A LAMP FOR
MY FEET,
A LIGHT ON
MY PATH.

PSALM 119:105, NIV

WEEKLY SERMONS



July 6, 11:00 a.m.

"A Failure to Follow Instructions"

1 Samuel 15:22-23

Rev. Ronald Davis



July 13, 11:00 a.m.

"A Call to Forgive Others"

Matthew 6:14-15

Pastor Terry Minor



July 20, 11:00 a.m.

"Love Without Limits: This is a Call to Love Our Enemies"

Luke 6:27-34

Pastor Terry Minor



July 27, 11:00 a.m.

"Anointed for Such A Time As This"

Esther 4:13-14

Rev. Robert Howard

Evening Exercise More Beneficial To People With Obesity

Submitted by Wendell Smitherman

Researchers at the University of Sidney followed 30,000 obese men and women for nearly eight years using wearable devices to monitor physical activity. They discovered that those who got the majority of their activity between 6:00 p.m. and midnight had the lowest risk of premature death and death from cardiovascular disease. "We didn't discriminate on the kind of activity we tracked. It could be from power walking to climbing stairs, but could also include structured exercise such as running, occupational labor or even vigorously cleaning the house," said Angelo Sabag, PH.D The study was published in Diabetes Care. Source: Health Radar September 2024

The Power of Prayer Warriors

Prayer warriors are spiritual soldiers—men and women who faithfully lift others in prayer, often behind the scenes. Though their work may go unnoticed by the world, it is deeply valued by God. Their intercession can strengthen the weary, comfort the grieving, and open doors for God's will to be done.

In Scripture, we are urged to "pray one for another" (James 5:16, KJV), reminding us that healing and restoration often come through the prayers of the faithful. A prayer warrior stands in the gap, bringing needs before the Lord with boldness and persistence.

The Apostle Paul recognized the power of prayer, often asking others to pray for him as he shared the gospel. In the same way, prayer warriors today uphold churches, pastors, families, and communities.

Their prayers may be silent, but their impact is mighty. Never underestimate the difference a praying heart can make.

Source: Newsletternewsletter.com

Honoring the Gift of Work



The Bible affirms both the value and dignity of work. From the beginning, God placed Adam in the garden “to work it and keep it” (Genesis 2:15, ESV). In the fourth commandment, we are reminded not only to observe the Sabbath, but also to labor diligently throughout the week:

“Six days you shall labor, and do all your work” (Exodus 20:9, ESV).

Work is more than a routine obligation; it is an opportunity to engage our God-given abilities in meaningful ways. Whether using our hands, minds, or hearts, we reflect the image of our Creator—bringing order, care, and creativity into the world.

Our labor allows us to contribute to the common good, find personal fulfillment, and practice faithful stewardship of the talents and strengths God has entrusted to us. As Paul writes, “We are God’s fellow workers” (1 Corinthians 3:9, ESV).

On this Labor Day, may we take time to recognize the blessing of work and celebrate those who serve, build, teach, lead, and labor with purpose and care.

—Author unknown

Source: Newsletternewsletter.com

Labor Day Laughs

Take a break and enjoy this work-related humor!

- My first job was in an orange juice factory. I got canned because I couldn’t concentrate.
- When I couldn’t hack it as a lumberjack, I got the ax.
- I wasn’t suited to being a tailor.
- Working in the muffler factory was too exhausting.
- I was a banker ... until I lost interest.
- I realized there was no future in being a historian.
- Any way I sliced it, I couldn’t cut the mustard at the deli.
- I studied to become a doctor but had no patients.
- My job at the coffee shop was always the same old grind.
- When I worked as a plumber, the tasks were too draining.
- I was hired at a gym but wasn’t fit for the job. Finally, I got a job at a bakery; I kneaded dough!

Back-to-School Humor

- Summer is over. Time to officially remember what day of the week it is!
- “Labor Day is a glorious holiday because your child will be going back to school the next day. It would have been called Independence Day, but that name was already taken.” (Bill Dodds)
- Receiving new textbooks, one student to another: “Psst. How do you turn this thing on?”
- Parent: “What did you learn today?” Kindergartner: “Not enough. I have to go back tomorrow.”

Source: Newsletternewsletter.com

Seasoned Saints Belle Isle Outing

By Gwendolynne Howell

On Thursday, July 24, the Senior Saints went on an outing to Belle Isle to visit two locations—the Detroit Historical Society’s Dossin Great Lakes Museum and the Aquarium. Even though I was born and raised in Detroit, I have never visited the Great Lakes Museum. Michigan is known for the great lakes. As a child I remember someone taught me how to remember the names of the great lakes by the letters—HOMES—H for Huron, O for Ontario, M for Michigan, E for Erie and S for Superior. The significance of the Great Lakes is legendary and is known for the best water in the United States. The tour was very interesting which included an informative presentation by someone explaining the significance of the great lakes and the many ships that pass through it.

We visited the Aquarium which I’ve seen many times during my childhood as well as my adulthood. Each time I go, it is still very interesting to see the various fish. I was disappointed that the seahorse display (which I always look forward to seeing) was shut down due to maintenance.

After the tours, we were treated to a delicious lunch prepared by Blanche Mariweather. The lunch included sandwiches, potato salad, fruit, beverages and various snacks. We were able to have our own private shed which allowed us to eat, play games, listen to music and just fellowship in comfort.

There were 20 people who took the Macedonia bus. The bus was driven by our very own capable and friendly Rev. Hoskins. He also took us on an unscheduled tour of downtown Detroit.

A big thank you to Maxine Gardner, our leader, who made all the arrangements for this outing. Also, a big thank you to Rev. Hoskins for a safe ride there and back.

Even though it was quite hot, we all had a very enjoyable outing fellowshiping with one another.



Next Level Wellness

Fueled by You

Information series by Katherine Hector

Have you ever felt overwhelmed by the health conditions that you are facing? Does managing your wellness seem like a steep uphill climb? You may even feel trapped in a hopelessly downward spiral when you survey family members and close friends. It seems there's no way out. There are two truths to consider: genetics and family history play a role in the health outcomes we experience. On the other hand, lifestyle choices and diet influence those outcomes. We live in a fallen world and therefore will never achieve perfection on this earth. This segment of the newsletter will be used to share relevant health-related information and create awareness of approaches, habits, and mindsets that can take our wellness to the next level. It will be an accountability partner to propel you, your loved ones, and the next generation to better health without judgment.

This first article will spotlight the negative consequences associated with excessive consumption of added sugars. Added sugars according to the U.S. Food and Drug Administration (FDA) include sugars that are added during the processing of foods. They typically end with the letters "ose" (e.g. fructose, sucrose). Foods which are labeled as sweeteners, sugars found in syrups and honey, and sugars from concentrated fruit or vegetable juices also fall under the umbrella of Added Sugars.

Jeanne Dorin McDowell in her article, *The Aging Power of Sugar*, highlights that Added Sugars, which also lurk in foods such as condiments, sauces, flavored yogurt and breakfast cereals can accelerate aging. How much sugar is too much? The American Heart Association (AHA) recommends the following:

No more than 100 calories a day (about 6 teaspoons or 24 grams) for most women and no more than 150 calories per day (9 teaspoons or 36 grams) for most men

Children ages 2-18, less than 6 teaspoons or 24 grams per day; they should limit sugary beverages to no more than 8 ounces per week

Here are some ways in which sugar can contribute to our aging:

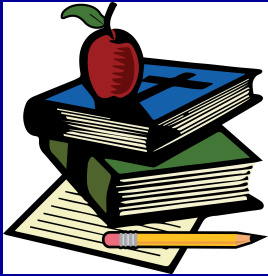
- Increase dementia risk
- Add pounds to your mid-section
- Cause liver damage
- Diminish nutritional intake
- Raise risk of heart disease and stroke
- Heighten your diabetes risk
- Aggravate menopause symptoms
- Compromise dental health

It's not the occasional sugar consumption which is harmful but excessive indulgence of sweets and foods with added sugar. As a journey of 10,000 miles begins with one step, so does reducing our sugar intake. It begins with one mindful step, built up on another and another. As we embrace summer, all its celebrations and gatherings with gusto, let's be mindful about taking our wellness to the next level!

Sources

1. Jeanne Dorin McDowell, "The Aging Power of Sugar," *AARP Bulletin*, May/June 2025
2. The Nutrition Source, T.H. Chan School of Public Health

Welcome to SUNDAY SCHOOL!



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	Adults & Men's Class	Phone: 734-308-0056 Email: jjalo@hotmail.com
Sister Renée Thomas	Adult Women's	Email: macedoniawomenssundayschool@gmail.com, Phone: 313-378-5792
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)

DATE	LESSON	SUBJECT
August 3	Pray for Peace	1 Timothy 2:1-18
August 10	Live in Light of the Gospel	Colossians 4:1-6
August 17	Trust the Lord	Proverbs 3:1-12
August 24	Be Vigilant	1 Peter 2:11-12, 3:13-17 4:7-11, 5:8-10
August 31	Be Ready	1 Thessalonians 5:1-11



Macedonia Baptist Church

14221 Southfield Road, Detroit, Michigan 48223

Macedonia Baptist Church North Campus

14450 Ashton Street, Detroit, Michigan 48223

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



www.mbcdet.com



NATIONAL PURPLE HEART DAY

