

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 23 Issue 11

November 2025



 
*Then shall the earth
yield her increase; and
God, even our own
God, shall bless us.*  
PSALM 67:6, KJV 

Inside This Issue

Announcements.....	2
Sermons/Thoughts About Thankfulness/Bible Quiz.....	3
Pioneer Club's Robotics Adventure.....	4
Tips to Prepare Your Home for Fall/A Day to Honor Our Veterans.....	5
Understanding Inflammation.....	6
Sunday School Lessons.....	7

Announcements



**Church office is
closed on
Mondays**

The **Willing Workers** meet the 2nd Tuesdays at 10 a.m. If interested in joining, contact: Sis. Jones at 313-204-6604 or Sis. Allen at 313-802-2846.

Our **Pioneer Club** meets each Wednesday from 6:30 p.m.-8:00 p.m. for children ages 6-12. Parents please bring your children for an evening of learning and laughter in the Lord!

Digital Discipleship—Computer Skills for Seniors.

The Digital Discipleship Ministry will host Basic Computer Skills Courses on Saturday, November 8 and Saturday December 13 at 10:00 a.m. and 11:00 a.m. Sign up at the Event Info Table or contact Sis. Hoskins (313-682-5518) or Sis. Moore (313-212-4044).

Angel Tree 2025

The Angel Tree Ministry provides gifts to children of incarcerated parents while sharing the love of Christ. Stop by the Event Info Table to learn how you can volunteer, donate, or sponsor a child. Join us for the Gift-Wrapping Fellowship on Sunday, December 7 immediately following morning worship, in the Fellowship Hall, and the Christmas Party for Angel Tree families on Saturday, December 13.

Special dates:

- All Saints' Day, *November 1, 2025*
- Daylight saving time ends, *November 2, 2025*
- ♦ Veterans Day, *November 11, 2025*
- ♦ Thanksgiving Day, *November 27, 2025*

The 1:00 p.m. **Bible Study** meets on Wednesdays, immediately following our 12 Noon Prayer Meeting. Come join us as we dive into the book of Ephesians and grow together in God's Word.

Evening Bible Study begins. at 7:00 p.m.

Fall Back – Time Change Reminder

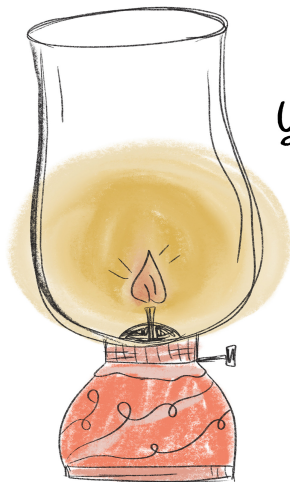
Don't forget—Daylight Saving Time ends Sunday, November 2. Turn your clocks back one hour before bed Saturday night and enjoy that extra hour of rest!

Veterans Day: Thank You for Your Service

Join us on November 11 as we honor our veterans for their courage, sacrifice and commitment. We'll take a moment in worship to recognize those who have served and to pray for peace in our nation and world.

Church Trip—The Ark Encounter & Creation Museum

Macedonia is planning an overnight trip to Kentucky to visit The Ark Encounter and the Creation Museum! Tentative dates: March 20-21 or April 10-11, 2026. This trip will be both educational and spiritually enriching. More details will be forthcoming as plans are finalized.



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

PSALM 119:105, NIV

WEEKLY SERMONS



October 5, 11:00 a.m.

“God’s Overflowing Table”

Psalm 23:5-6

Pastor Terry Minor



October 12, 11:00 a.m.

**“The Benefit and the Blessing
of Surely”**

Psalm 23:6

Pastor Terry Minor



October 19, 11:00 a.m.

“Now Is”

2 Corinthians 6:1-2

Rev. Brady Bennett



October 26, 11:00 a.m.

“Caught Up In Grace”

1 Timothy 1:14

Rev. Ronell Booker, Associate Minister
New Providence Baptist Church

Thoughts About Thankfulness

"If the only prayer you said in your entire life was 'thank you,' that would suffice."

—Meister Eckhardt

"O Lord, that lends me life, Lend me a heart replete with thankfulness!"

—William Shakespeare

You'll become closer to God not by presenting God with your troubles, but by thanking God for your blessings.

"Thou hast given so much to me. Give me one thing more — a grateful heart."

—George Herbert

Thanksgiving, to be truly Thanksgiving, is first "Thanks" and then "Giving."

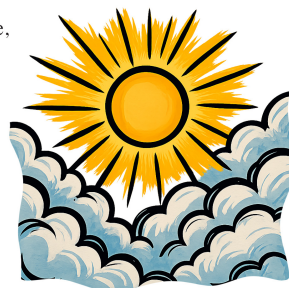
—Author Unknown



Bible Quiz

James 1:17 reminds us about the source of every blessing. According to this verse, how is God described?

- A. The one who changes like shifting shadows
- B. The giver of wisdom to the faithful
- C. The Father of heavenly lights who does not change
- D. The one who rewards those who are generous



Answer: C (See James 1:17)

PIONEER CLUB'S ROBOTICS ADVENTURE

By Maryann Windham and Clothildes (Tida) Tate

The Pioneer Club had a wonderful first hand experience with Robotics! Mr. Will Hill, of CKINGKNOWLEDGE INSTITUTE, along with his teammate Yosthena Abrata, brought his “Robot Competition Pop-Up Showcase” where the children were divided into two teams to compete, all in FUN, to gather the most discs via a controller guiding their robot. What a great learning opportunity by all.

Pioneer Clubs meet every Wednesday from 6:30 p.m.—8:00 p.m. The children learn Biblical lessons, team building, and develop new friendships. In addition to all the learning and fun, snacks are served!



Tips To Prepare Your Home for Fall

Submitted by Wendell Smitherman

During the summer months, there's a high chance that leaves and grime have built up in your gutters. According to Energy.gov, clogged gutters can come from ice dams in the colder months that prevent your drainage systems from working properly. Then, leaks can happen within the home, causing all sorts of issues. Get in front of the problem by simply clearing out your gutters. As autumn leaves fall, those gutters are only going to fill up again, make sure to keep an eye out. Fall and winter means less daylight. So, if you don't have lights outside of your driveway yet, keep home a little safer by illuminating the area. Light around the perimeter of your driveway can mean fewer accidents. And lights along your pathway can mean fewer falls. Also, because outdoor lights are typically left on for long periods of time, buying LED and energy saver bulbs will save energy. Drafts in cold weather months can be a drag. Go to doors in your home and feel for drafts. One trick is to use a candle and if the flame flickers near the door or windows, there's likely a draft. Repair seals and caulking around these windows and doors and consider purchasing heavier drapes for these areas.

Source: Safety and Preparedness September 3, 2024



A Day to Honor Our Veterans



On November 11, 1918, the Germans and the Allied Nations, which included the United States, signed a document to initiate an armistice (cessation of hostilities), thus ending

World War I. A year later, President Woodrow Wilson issued a proclamation designating November 11 as Armistice Day. It was to be a day of reflection — a day to remember those who died in the country's service and to offer Americans the opportunity "to show sympathy with peace and justice in the councils of the nation."

Wanting to recognize more specifically America's veterans, Congress passed a bill changing the name of the day from Armistice Day to Veterans Day. The change was made in May 1954.

On this national holiday, churches around the nation hold services of prayers and praise. Followers of the Prince of Peace pray for peace among the nations on Earth and for the day when "they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war any more" (Isaiah 2:4, NRSV).

As we acknowledge this week those who've served in our military, we pray for peace throughout the world.

Understanding Inflammation

By Katherine Hector

A good place to start is to define what inflammation is. Based on a Google search, “inflammation is a protective response of the body to injury, infection, or other harmful stimuli.” It is the body’s natural response to enable healing; this process of inflammation signals that your body is working correctly and is beneficial. Following an injury, swelling reflects the onset of tissue protection and repair. Similarly, when a virus enters the human body, the immune system sends out cytokines, which are akin to first responders. They initiate an inflammatory response to trap germs or toxins and create space for the process of healing to begin. Signs of inflammation are heat, pain, redness, swelling and loss of function.

Taking this a step further, it is important to differentiate between two types of inflammation: acute and chronic inflammation. Acute inflammation is the immune system’s reaction to illness or injury. For example, it can include throat inflammation caused by a bacterial infection like strep throat or a viral infection such as the flu, or pain at the site of a cut on your finger. Acute inflammation can last from a few hours to a few days.

On the other hand, chronic inflammation is characterized by a continuous presence of inflammatory cells even in the absence of danger or injury. That persistent inflammation poses a major health risk. Symptoms may include fatigue, abdominal pain, joint pain, depression, weight gain or weight loss, and frequent infections, among others. Chronic inflammation is also linked to multiple health conditions including autoimmune diseases (e.g. lupus, rheumatoid arthritis (RA), psoriasis), certain cancers, gastrointestinal diseases, cardiovascular diseases, lung diseases and Type 2 diabetes.

However, there is good news as some studies identify food as one of the best tools to reduce and ward off inflammation. Also, incorporating 150 minutes of moderate-intensity physical activity per week can help lower the risk of chronic inflammation. Following are some diet choices to keep in mind.

Inflammation-Producing Foods	Anti-Inflammatory Foods
Refined carbohydrates like sugar, pastries or white bread Fried foods including fries	Tomatoes, olive oil, green leafy vegetables (e.g. spinach, kale, collards) Spices like turmeric, ginger or garlic
Tobacco products and regular consumption of alcohol	Nuts like almonds and walnuts
Cured meats with nitrates / processed meats (hot dogs, some deli meats); Foods high in salt	Fatty fish including salmon, tuna and sardines
Foods high in trans fats (e.g. partially hydrogenated fats) margarine, shortening, lard	Fruits such as blueberries, cherries and oranges

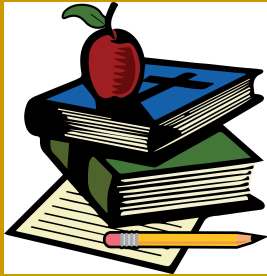
Unfortunately, some inflammation is caused by environmental toxins and exposure to industrial chemicals, which may be outside of your immediate control. However, by choosing a healthy diet with anti-inflammatory foods, you can reduce your risks for chronic disease, and take your wellness to the next level!!

Sources:

<https://www.health.harvard.edu/staying-healthy/foods-that-fight-inflammation>

<https://my.clevelandclinic.org/health/symptoms/21660-inflammation>

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
November 2	Power to Impart Wisdom	1 Corinthians 2:6-16
November 9	Parting the Red Sea	Exodus 14:10-22
November 16	Jesus Calms a Storm	Mark 4:35-41
November 23	Jesus Casts Out Legion	Mark 5:1-20
November 30	Who is like God?	Isaiah 40:12-17



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



Thanksgiving
BLESSINGS

