

Good News

Macedonia Baptist Church

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A monthly publication for Members of Macedonia Baptist Church

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Inside This Issue

| | |
|--|---|
| Announcements..... | 2 |
| Sermons/When All Else Fails—God Reigns/Poinsettia..... | 3 |
| Gifts for a King/His Many Names/Our Great Hope/Bible Quiz..... | 4 |
| Potato Chips and Donuts are as Addictive as Cocaine/Seasoned Saints End of Year..... | 5 |
| Next Level Wellness-What Is Your Relationship With Sodium?..... | 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! The last session for this year will be on December 10, 2025. Sessions will resume on January 8, 2026.

The **Annual Church Business Meeting** will be held on Wednesday, December 17, 2025 at 7:00 p.m. in the fellowship hall. All members are asked to attend. This is a closed meeting for Macedonia Members Only.

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 for December 2025:

- First Day of Winter, *December 21, 2025*
- Christmas Eve, *December 24, 2025*
- Christmas Day, *December 25, 2025*
- ♦ New Year's Eve, *December 31, 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.

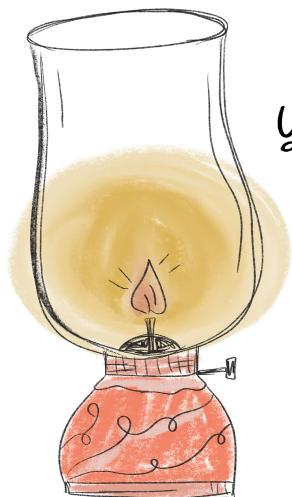
Evening Bible Study begins. at 7:00 p.m.

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.

MEDCCE will meet at Church of Our Father on December 13, 9:15 a.m., at 5333 E. 7 Mile Rd. Detroit. Rev. Bernard Byles is the Host Pastor.


Macedonia will be hosting The Metropolitan District Council Meeting here on Thursday, December 11, 2025 at 10:00 a.m. All members are asked to come out and support. Macedonia is a part of the District and our members can keep informed regarding the Metropolitan District activities by attending the monthly Council Meetings where updates and announcements keep us informed. Lunch will be served.





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


PSALM 119:105, NIV


WEEKLY SERMONS

-  November 2, 11:00 a. m.
“The Perplexities of the Cross”
John 12:26-35
Pastor Terry Minor

-  November 9, 2025, 11:00 a.m.
“The Revelation of the Cross”
John 12:32
Pastor Terry Minor

-  November 16, 2025, 11:00 a.m.
“The Power , The Promise, and the Proclamation of the Gospel Message”
Romans 1:16
Pastor Minor

-  November 23, 2025, 11:00 a.m.
“True Thanksgiving is Remembering God’s Blessings”
Psalm 103:1-5
Pastor Terry Minor.

-  November 30, 11:00 a. m.
“The World the Flesh and the Devil”
1 Timothy 1:14
Rev. Timothy Warmack

When All Else Fails— God Reigns



When we deliberate, God reigns;
When we decide wisely, God reigns;
When we decide foolishly, God reigns;
When we serve God in humble loyalty,
God reigns;
When we serve God self-assertively, God reigns;
When we rebel and seek to withhold our service, God reigns —
The Alpha and the Omega, which is, and which was and which is to come, the Almighty.

POINSETTIA — This shrub, native to Mexico, is at the heart of legend about a poor girl who wanted to bring Baby Jesus a gift one Christmas Eve. As she walked to church, she gathered a bouquet of weeds — which Jesus miraculously transformed into lovely red flowers. Thus the poinsettia (named for Joel Poinsett, the U.S. ambassador to Mexico who first brought the plant to America) is known in Mexico as la flor de la Nochebuena (flower of the Holy Night). The poinsettia is also an ideal Christmas symbol because its leaves turn red when deprived of sunlight and its flowers (the red inner buds) bloom in December.

Source: Newsletternewsletter.com

Gifts for a King

Bring him thy precious things
And lay them at his feet;
The gold of love, the hope that springs
The unknown ways to meet.

Bring him thy lovely things;
The joy that conquers care,
The faith that trusts and sings,
The frankincense of prayer.

Bring him thy bitter things;
The myrrh of grief and fears,
The aching heart that stings
With pain of unshed tears.

These for thy gifts to him;
And for his gifts to thee,
The comfort of his steadfast love,
His tender sympathy.

—Annie Johnson Flint



Bible Quiz



Who told Mary that her child would be called “the Son of the Most High”?

- A. Zechariah
- B. Gabriel
- C. Simeon
- D. Joseph

Answer: B (See Luke 1:26–32.)

His Many Names, Our Great Hope

Long before the manger in Bethlehem, the prophet Isaiah pointed God’s people to the promise of a Savior. In Isaiah 9:6 (NIV) we read: “For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.”

Even before Jesus’ birth, his names revealed who he is and what he would bring. Each title carries a promise that still impacts our lives today.

•**Wonderful Counselor.** Jesus brings wisdom and guidance for every situation. In moments of confusion, we can lean on him to direct our steps with love and truth.

•**Mighty God.** He is strong enough to carry our burdens and powerful enough to overcome sin, fear and death itself.

•**Everlasting Father.** Jesus reflects the heart of God the Father, offering care that is constant and unchanging. His love doesn’t fade with time or circumstance.

•**Prince of Peace.** In a world filled with turmoil, Jesus offers a peace that goes deeper than circumstances, a peace that guards our hearts and minds.

At Christmas, we celebrate more than a baby’s birth. We celebrate the fulfillment of God’s promise, a Savior with many names. Each one reminds us of his eternal love and presence. This season, let his names bring you comfort, strength and peace.

Source: Newsletternewsletter.com

Potato Chips and Donuts Are as Addictive as Cocaine

Submitted by Wendell Smitherman

A new study reveals that foods that most Americans consume daily are as addictive as illegal drugs. Researchers found that fatty and sugar - rich foods are as addictive as nicotine and cocaine, and even more so than heroin, according to News nation.

The study, published in the British Medical Journal, found that an estimated 14% of adults and 12% of children are addicted to ultra processed foods that include refined sugar and fats. The criteria used to measure addiction was drawn from the Yale Food Addiction Scale and includes diminished control over intake, cravings, withdrawal and continued use despite negative consequences .

The scientists found that the foods most likely to trigger addictive responses were refined carbohydrates or fats that produced similar levels of dopamine in the brain as addictive substances such as nicotine and alcohol. These ultra-processed foods include ice cream, potato chips, donuts, biscuits, sausage, soft drinks and sugary cereals.

"What really makes this dangerous is this addiction we have to ultra-processed foods. And these are foods that contain chemicals, emulsifiers, artificial colors," said Dr. Daniel Bober, a Florida - based expert. "They also contain refined sugars and just the right amount of salt, sugar and fat to be highly reinforced, which can lead some people to engage in impulsive eating."

Source: Lynn C. Allison, October 17, 2023



Seasoned Saints End of Year

By Maxine Gardner

The Macedonia Seasoned Saints closed the year with a tasty potluck meal to thank the special people who made this ministry possible with prayer and the green light to move forward, the hard work cleaning and prepping and maintaining the Fellowship Hall North at the North Campus where we began.

Feeding Pastor Terry Minor, Bro. Jeffrey Bumpus, Bro. Larone Mills, and Sis. Mary Ann Windham for her helpful support, was our way of saying 'THANK YOU'. Bro. Michael Moore provided a no time limit presentation for online safety in the middle of his workday to help us stay safe using our phones and computers as we keep in touch and use various websites. 'THANK YOU'.

We had a great year getting to know each other during exercise, in fellowship and activities. We visited several places of interest around the City of Detroit, including Michigan Central Train Station, Great Lakes Crossing, and the Motown Museum (Sis. Blanche Mariweather was an idea generator) and we had fun along the way. We discovered in-house talent that appeared in cooking, baking, presenting, photo sharing and crafting.

If you are 65 or older, join your senior Macedonia family in mindful movement, exercise, conversation, activities and outings. Bring your ideas to share and we will try to make them happen! We will begin our new year on Thursday, March 12, 2026, at 1:00 pm.



What Is Your Relationship With Sodium?

By Katherine Hector

Salt, the commonly used term for sodium chloride is comprised of approximately 40% sodium and 60% chloride according to The Nutrition Source ("Salt and Sodium", March 2023). Like added sugars which lurk in many foods we consume in the 21st century, sodium too is a ubiquitous ingredient. Given its prevalence in foods, albeit to varying degrees, and its ability to impact the body's function over time, it is worth investing time to understand the body's response to sodium, the potential effects of excess sodium, and how it should be managed.

According to the American Heart Association (AHA), the human body can function with about 500 mg of sodium or less than a quarter teaspoon per day. However, the recommended daily optimal intake is 1,500 mg for most males and females 14 years and older with a recommendation to not exceed 2,300 mg. The optimal level, however, does not apply to people whose routine activities result in high sodium losses through perspiration (e.g. athletes, construction workers, foundry workers) or who are under direction of medical personnel. Excess sodium in the blood causes cells to retain more water to dilute the sodium. This results in higher amounts of fluid around the cells and an increased volume of blood in the bloodstream. Consequently, the heart and blood vessels must work harder and are under more pressure. "Over time, the extra work and pressure can stiffen blood vessels, leading to high blood pressure, heart attack, and stroke. It can also lead to heart failure." (The Nutrition Source, March 2023) Other health risks include stomach cancer, kidney disease and osteoporosis (Google, November 2025).

Since salt is found in appealing snacks and foods like popcorn, chips, bread, pizza, cold cuts, cheese, etc., it is imperative that each of us be mindful both of what we are consuming and our portion sizes. We do not have to eliminate all snacks but rather be aware of their sodium content and make choices which keep us below the risk threshold.

How then do we ensure our sodium intake is enough to regulate proper functioning of muscles, drive nerve impulses, and keep the balance of water and minerals in check while avoiding self-inflicted harm to our bodies? A few suggestions are the following: 1) Eat more fresh fruits and vegetables 2) Write down what you eat and measure your sodium intake 3) Pay attention to labels 4) Eat more home-cooked meals with lower levels of sodium 5) Rinse canned foods or soak foods where possible to remove excess salt 6) Limit portion sizes or servings and 7) Influence others to make healthy choices.

As we approach the holiday season, let us remember to moderate our sodium intake and encourage our loved ones to do the same. You can choose to take your wellness to the next level!

References

Harvard T.H. Chan School of Public Health. Salt and Sodium. The Nutrition Source (2023, March)

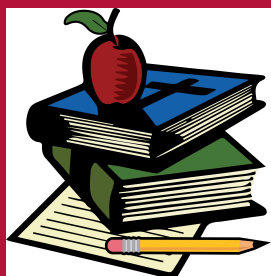
<https://nutritionsource.hsph.harvard.edu/salt-and-sodium/#:~:text=Salt%2C%20also%20known%20as%20sodium,more%20than%20our%20bodies%20need.>

American Heart Association. How Much Sodium Should I Eat Per Day? (2025, July 15)

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-much-sodium-should-i-eat-per-day#:~:text=Americans%20consume%20far%20too%20much,an%20overall%20healthy%20eating%20pattern.>

Google Search: Sodium Consumption

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 |
|-------------|--|-----------------------|
| December 7 | The Glory of the Lord | Exodus 33:12-23 |
| December 14 | God's Glory in the Tabernacle | Exodus 40:1-11, 34-38 |
| December 21 | God's Glory in the Coming Christ (Christmas) | Isaiah 9:1-7 |
| December 28 | No One Is Like God | Isaiah 40:21-31 |



Macedonia Baptist Church

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Macedonia Baptist Church North Campus

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



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