

MANGOICK BAPTIST CHURCH

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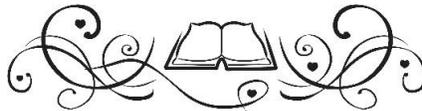
THE

MESSENGER

OCTOBER 2015

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. *Matthew 6:33*

Campbell's Corner



Greetings to all our Family and Friends,

Thanks be unto God Almighty from whom all our blessings flow. As we are experiencing a change in the season of the year know also that our seasons in life will change as well. For the same God who controls the four seasons of the year also controls the seasons of our life.

The month of October will be a very busy time as we will be engaged in Ministry Outreaches at Trinity Baptist Church in our area and also True Vine Baptist Church in Newport News. October is also *Breast Cancer Awareness Month*. Additionally, we will have the Trunk or Treat activity for the children at the end of the month.

We are in the process of formulating a Health and Fitness Ministry to aid and support the health and wellness needs of the church. For our desire is to live a long, healthy, and strong life by feeding our spirit, mind, and body a well balance meal. Therefore we must engage in some form of physical activity regular combined with knowing how to eat a nutritious meal that supports our physical needs and help to prevent diseases in our body.

Let us continue preparing needed clothing items to provide for the homeless during the month of November. Items such as gloves, hats, scarves, socks, coats, sweaters and blankets/throws are much needed and will be well welcomed.

Remember that things happen in the presence of God that does not happen anywhere else. When you get in His presence, you think and talk differently. Therefore spend quality time running towards and into His presence on a daily basis. You will discover that your best comes out of you in His presence.

Continue to remember one another in your prayers and especially our sick and shut-in members. Additionally, continue praying for the comfort and strength for the bereaving families in the church and the community. Love you much with all My Heart!

Pastor and First Lady Campbell

October 2015

THE MONTH OF OCTOBER



Betty	Anderson	2-Oct
Mozelle	Fields	9-Oct
Antonia	Wills	10-Oct
Bryan	Carter	11-Oct
Conway	Taylor	12-Oct
Hope	Barner	12-Oct
Robert	Moore	13-Oct
Phylis	Branch	16-Oct
Odessa	Grant	19-Oct
John	Williams	20-Oct
Kevin	Holmes	27-Oct
Vanessa	Spurlock	28-Oct
Kira	Artis	29-Oct
Shelia	Washington	31-Oct

*Happy
Anniversary*

*Robert & Mary Carter – 10/2
Ricky & Barbara Wilkerson – 10/19
Quinn & Sabrina Robinson – 10/23*

Please contact Sis. Melissa Hunt or email mangohickbaptistchurch147@gmail.com by the 15th of each month, for calendar announcements, updated information or birthday/anniversary listings.



~ THE MONTH OF OCTOBER ~

Stand Strong: Building Your Life on God's Promise

Life is tough: None of us is immune to the trials and tribulations of life. Even followers of Christ face difficult days. Wouldn't it be great to know we have a constant source of strength and encouragement to depend on, no matter how difficult life may become? I have good news. A constant source of comfort, encouragement, strength, and promise is available! God has given us His Word to help us navigate this exciting – and sometimes challenging – journey called life. The Bible is filled with promises that come directly from the heart of God to encourage us no matter what we might be facing. Through those promises, we can see how connected God truly wants to be to His children. God's promises reveal just how much He loves us. God never promised this life would be free from trouble, but He did promise to walk with us every step of the way. With God on our side, we can stand strong!

October 4, 2015 – God's Promise of Victory

The Passage: Romans 8:28-39

The Point: God's goodness and love overcome life's difficulties.

October 11, 2015 – God's Promise of a New Home

The Passage: Revelation 21:1-8

The Point: A life in Christ means a life with Christ forever.

...Game Changer: How to Impact Your World...

I spent my first nine years of life in southern California. After my dad had a heart attack, we moved over 300 miles away. That was a game changer. New environment, new school, and new friends.

A few years later, my mom had major surgery, and I had to go live with my sister for a year of high school. Another game changer. Again, a new school new surroundings, and new friends.

While living with my sister for that year, I visited Immanuel Baptist Church and gave my life to Jesus. That was the ultimate game changer!

I went to school to be a teacher and a coach, but God called me to ministry. That was really a game changer! Then I married. Yet another game changer.

You get the point. Now imagine being a young person, and you're suddenly taken from your family, friends, and country to a foreign land. Not by choice but as a captive. That certainly would be a game changer! That was what Daniel and some other Jewish young men experienced. For the next six weeks we're going to see how God used these four Hebrews to witness, speak to, and impact a pagan culture. God used Daniel and his friends in a tremendous way – just as God can use us to impact and change our world today.

A big change in their circumstances was a game changer for Daniel and his friends, but they turned it around and became game changers to the world and culture around them. As we go through this study in the Book of Daniel, may God speak to us and encourage us to get in the game – and be game changers.

October 18, 2015 – Develop Conviction

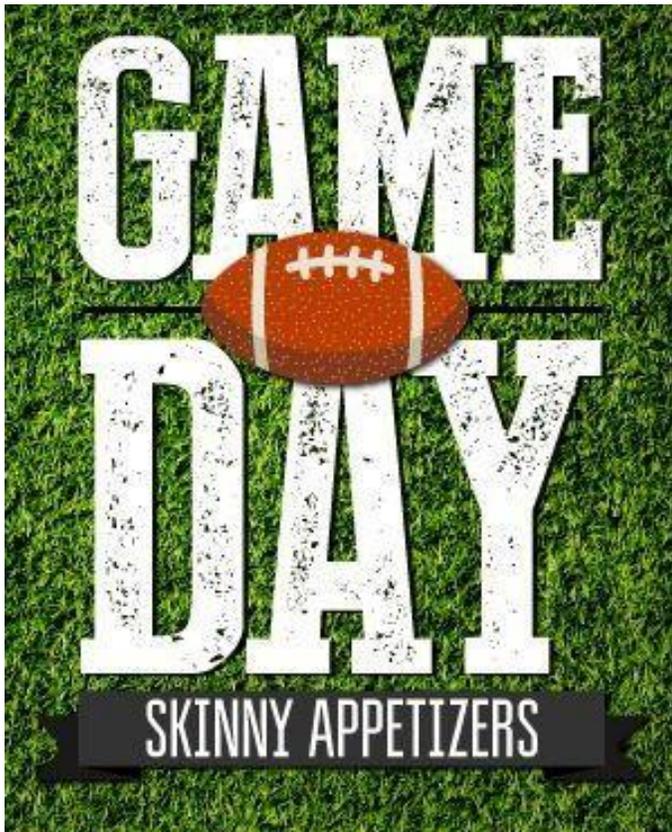
The Passage: Daniel 1:3-5, 8-13, 17-19

The Point: Live your life with uncompromising conviction.

October 25, 2015 – Pray Fervently

The Passage: Daniel 2:13-21, 26-28a

The Point: Our prayers connect us with God's plan.



It's football season and everyone loves a good game-day appetizer.

Sweet Potato Nachos

3 medium sweet potatoes
(about 2 pounds), makes about 6 cups of rounds
1 Tbsp. olive oil
1 tsp. chili powder
1 tsp. garlic powder
1 1/2 tsp. paprika
1/3 cup black beans, drained, rinsed
1/3 cup reduced-fat shredded Cheddar cheese

1/3 cup chopped tomato (1 plum tomato) **OR**
1/3 cup no-salt-added, canned, diced tomatoes, drained, rinsed
1/3 cup chopped avocado

1. Preheat the oven to 425°F. Cover the baking pans with foil and coat with nonstick cooking spray.
2. Peel and slice the sweet potatoes thinly (about quarter-inch rounds). In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pan (might need two pans). Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5-10 minutes or until crisp.
3. Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato and avocado.





October - Breast Cancer Awareness Month,

which is an annual campaign to increase awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. We have made a lot of progress but still have a long way to go and need your help!

Breast Cancer Awareness Month (BCAM), also referred to in America as **National Breast Cancer Awareness Month (NBCAM)**, is an annual international health campaign organized by

major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. The campaign also offers information and support to those affected by breast cancer.

NBCAM was founded in 1985 as a partnership between the American Cancer Society and the pharmaceutical division of Imperial Chemical Industries (now part of AstraZeneca, producer of several anti-breast cancer drugs). The aim of the NBCAM from the start has been to promote mammography as the most effective weapon in the fight against breast cancer.

In 1993 Evelyn Lauder, Senior Corporate Vice President of the Estée Lauder Companies founded The Breast Cancer Research Foundation and established the pink ribbon as its symbol, though this was not the first time the ribbon was used to symbolize breast cancer. In the fall of 1991, the Susan G. Komen Foundation had handed out pink ribbons to participants in its New York City race for breast cancer survivors.

ACTIVITIES AND EVENTS

The National Race for the Cure

In October 1983 the Race for the Cure was held for the first time in Dallas, Texas, where 800 people participated. According to the organizers, by 2002 the number of participants reached 1.3 million and the event was held in over 100 US cities. The event is also being organized in several other parts of the World.

Breast Cancer Today

There are various two-day-long walks to raise money for breast cancer research institutes. Avon sponsors a 39-mile (60 km) walk. A walk in Atlanta offers varying lengths of up to 30 miles. Canada's large "Weekend to End Breast Cancer" features a 60 km walk. St. Louis, MO offers a one-day-long breast cancer walk. This walk consists of three miles.

Susan G. Komen 3 Day 'For the Cure'

This sixty mile fundraising walk, which is spread across 3 days, raises money for breast cancer research. This walk, which benefits Susan G. Komen for the Cure occurs in several cities in the United States. The Breast Cancer 3-Day was previously sponsored and managed by Avon and is held in countries around the world.



Making Strides of Richmond – Sunday, October 18, 2015 – 1:30 p.m. – Virginia War Memorial