

# MANGOICK BAPTIST CHURCH

Dr. Elijah L. Campbell, Pastor

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# THE

# MESSENGER

## NOVEMBER 2016

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

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### Campbell's Corner



#### Greetings to all our Family and Friends,

I was glad when they said unto me, Let us go into house of the Lord. Let's rejoice and give thanks for what God Almighty, has done, is doing, and will do in the life of **Mangohick Baptist Church**.

Words cannot fully express the joy and jubilation we experienced during the 150<sup>th</sup> Church Anniversary. The harvest festival for the children along with all the activities and games were truly enjoyable. We certainly thank Dean Kinney for proclaiming such a powerful word to us on that Sunday. I can tell that everyone thoroughly enjoyed the atmosphere and the fellowship experienced during the gala. The entire event was a wonderful time in the life of the Mangohick Baptist Church. Special thanks to all of you for your financial contribution made in support of the 150<sup>th</sup> anniversary. ***I'm truly grateful and appreciative to the Anniversary Committee for their tireless efforts rendered for this occasion and they are commended for a Job Well Done!***

Special thanks for your support during our Ministry Outreach to True Vine Baptist Church. We enjoyed a blessed time of fellowship and worship while at True Vine. Your presence and ministry support was greatly appreciated.

I encourage everyone to exercise their civic duty and vote for their candidates of choice in the Presidential and State elections. Please make sure that you give some attention to the candidates running for office whereby you can make an informed decision and let your voice be heard by exercising your vote.

As we enter into the month of November and begin looking forward to the **Thanksgiving Holiday**, don't let our thanksgiving simply be for one day but for each and every day of the month and year.

As Cynthia and I are completing our third year of ministry serving as your Pastor and First Lady, we are eternally grateful for the opportunity and privilege of serving. Please know that we **Love You Much** and look forward with great anticipation of what our Lord will do for this branch of Zion in the incoming years! Lastly, as always continue to keep and pray for our sick and shut-in members and keep one another lifted in your prayers.

*Pastor and First Lady Campbell*

*November 2016*

*\*Visit our webpage ([www.mangohickbc.org](http://www.mangohickbc.org)) or view our Facebook page for weekly information, photos and sermon clips\**



# CALENDAR AND ANNOUNCEMENTS

**MBC Wednesday Morning Inspiration @ 6:00 a.m.**  
**Conference Call # 712-432-1500 Access Code – 164398**

**CORRECTION:** Bible Study and Wednesday Morning Inspiration will be held on November 9<sup>th</sup>, 16<sup>th</sup> and 30<sup>th</sup>;  
it will not be held on November 23<sup>rd</sup>

For the upcoming seasons (Thanksgiving and Christmas); The MVFD will be distributing "Holiday Gift Food Boxes". Please bring non-perishable items and leave in the vestibule. For more information, please see Sis. Louise Simmons.

Also the Missionary Ministry will be collecting non-perishable items and toiletries. Please see Sis. Mildred Wilkerson or Sis. Debra Ferguson for more details.

- **TODAY:** Immediately following service; MBC Directories can be picked up in the Fellowship Hall

**November National Diabetes Awareness Month – Finding A Cure:** Blood Glucose and Blood Pressure checks will be done by Monica Cosby & First Lady Cynthia Campbell in the Fellowship Hall.

- **Thurs, November 10, 2016 - MBC Mass Choir Rehearsal** for Pastor Anniversary Sunday **7:00 p.m.**
- **Sun, November 13, 2016 – Pastor & First Lady 3<sup>rd</sup> Anniversary** **9:00 a.m.**  
Rev. W. G. Berryman of St. John Baptist Church, Woodford, VA will be the guest preacher. If your ministry will be presenting a gift; please have your President or Chairperson to see Sis. Cynthia Green. Anniversary Colors - Black/Silver
- **Sun, November 20, 2016 – Annual Women's Day** **9:00 a.m.**  
Rev. Charlene Gresham, Interim Pastor of Mount Sinai Baptist Church will be the guest preacher. We will also have a "Women's Day Choir". This will include ALL women of the church and surrounding churches. More details to follow on rehearsal date(s).
- **Sun, November 27, 2016 – FIRST Sunday of ADVENT (HOPE)**

## **UPCOMING CHURCH EVENTS:**

- **Sat, January 7, 2017** Leadership Conference **9:30 a.m. – 12 noon**  
*(Fasting Continental Breakfast to be served at 9:00 a.m.)*
- **Sat, January 28, 2017** Deacon/Deaconess Ordination Service **12:00 noon**  
Pastor Carroll Jackson and the Macedonia Baptist Church Family, Woodford, VA will be in fellowship with us. Pastor Jackson will be accompanied by their choir.
- **Sun, January 29, 2017**  
Installation of Officers for 2017 and 2018 **9:00 a.m.**

## **MONTHLY CALENDAR DATES:**

- EVERY 1<sup>st</sup> Sunday – Fellowship Hall following service; Blood Pressure Check by Sis. Monica Cosby
- EVERY 2<sup>nd</sup> Thursday – Senior First Ministry @ 10:00 a.m.
- PCMC Rehearsal – Thursday before 1st Sunday – 7pm
- Male Chorus Rehearsal – Thursday before 2nd Sunday – 7pm
- Gospel Expressions - Thursday before 3rd Sunday – 7pm
- H. H. Fells Rehearsal – Wednesday before 4th Sunday – 6pm
- Anointed Hands – EVERY Wednesday @ 6pm / Wednesday before 4th Sunday – 5pm
- **REMINDER:** Please see one of **The Media Ministry** if you wish to place a DVD and/or CD order (\$5.00 ea). Payment must be made at the time of ordering. CD's and DVD's will be distributed **every other** Sunday.



### **HOSPITALIZED**

**Bro. Samuel Anderson**

Piedmont Hospital, Burkeville, VA

**Bro. Allen Coleman**

Hanover Health & Rehabilitation Center

**Bro. Charlie Cosby**

Envoy Nursing Home, Richmond, VA



### **SHUT IN AT HOME**

Bro. George Brooks

Bro. James Barner

Sis. Florence Edwards

Deacon Emeritus Linwood Grant

Sis. Odessa Grant

Trustee, Bro. Harry Green Jr.

Sis. Ophelia Hill

Sis. Ida Johnson

Little Miss Maliya Ohlsson



# Birthdays of the Month

Lillian	Waller	3-Nov
Cheryn	Washington	6-Nov
Allen	Williams	8-Nov
Roy	Spurlock	9-Nov
Sherry	Lee	9-Nov
Monica	Cosby	10-Nov
Carolyn	Green	10-Nov
Demetria	Anderson	11-Nov
Chris	Washington	12-Nov
Pauline	Washington	13-Nov
Theodore	Trueheart	14-Nov
Charlotte	Anderson	15-Nov
Rev. Roy	Nutter	16-Nov
Robert	Spurlock	22-Nov
Yvette	Corbin	27-Nov
Phillip	Harrington	27-Nov
Ian	Farrington	28-Nov
Virginia	Anderson	29-Nov
Calvin	Waller	29-Nov
Rodney	Waller	30-Nov

happy  
anniversary

Douglas & Sarah Anderson – 11/2  
 Jerry & Deborah Waller – 11/16  
 Willie & Mildred Wilkerson – 11/27  
 Richard & Audrey Green – 11/30

Please contact Sis. Melissa Hunt or email [mangohickbaptistchurch147@gmail.com](mailto:mangohickbaptistchurch147@gmail.com) by the 15<sup>th</sup> of each month, for calendar announcements, updated information or birthday/anniversary listings.

# ~ THE MONTH OF NOVEMBER ~

CHURCH SCHOOL

## UNSTOPPABLE GOSPEL

### Don't Write The Church Off!

Some people already have. They say they like Jesus, but there's no point to the church. As far as they're concerned, the church is a failed institution. I disagree! The church is far from a lost cause! The church is unstoppable power – the very Spirit of God. And they have been given an unstoppable mission and message.

Come with me on a journey through the exciting early days of the church. We'll discover what made the early church so powerful – and unstoppable. As the Book of Acts opens, we'll see a room of huddled, scared disciples, powerless and uncertain of the future. But we'll also see these followers become empowered and unstoppable men and women advancing throughout the world, proclaiming the unstoppable gospel that turned the world upside down.

The story of the unstoppable gospel continues today. It is our story. In Christ, we are unstoppable!

### **November 6, 2016 – Unstoppable Opportunities**

The Passage: Acts 3:1-10

The Point: We intersect daily with people

### **November 13, 2016 – Unstoppable Courage**

The Passage: Acts 4:1-3, 8-12, 19-20

The Point: God gives us courage to speak boldly for Christ

### **November 20, 2016 – Unstoppable Impact**

The Passage: Acts 17:16-18, 22-23, 30-31

The Point: The gospel of Jesus Christ can impact any culture



## GIVE THANKS ANYWAY

By the fall of 1863, President Abraham Lincoln had faced enormous challenges and loss.

- A war had divided the country
- In July alone, the battle at Gettysburg resulted in over 51,000 casualties, including over 7,000 deaths
- Riots were raging in New York City over emancipation and draft laws
- His son, Willie, had died the year before

With immense challenges facing him, the president did what might seem unusual today; he called for a day of thanksgiving for a year “filled with blessings of fruitful fields and healthful skies ... gracious gifts of the Most High God.” Even though the war raged on, Lincoln repeated this the following year with a second proclamation for a day of thanksgiving.

Abraham Lincoln was not the first commander-in-chief to call for thanksgiving in the thick of war. Jehoshaphat, the king of Judah, did the same thing. The biblical account of what the people faced – and how they faced it – contains great truth for us today.

### **November 27, 2016 – Give Thanks Anyway!!!**

The Passage: 2 Chronicles 20:10-12, 14-17, 20-22, 29-30

The Point: We can give thanks in every situation

# \*\*\*PREPARING FOR THE WINTER MONTHS\*\*\*



As we prepare for the winter months (billing, heating) be advised that each county have programs that can assist you. Please keep this information available and be mindful of the Application Deadline Dates:

1. **Fuel Assistance Program**

Applications are being accepted at your local Department of Social Services (DSS) **November 1, 2016 - November 14, 2016**. This program will assist with whatever type of heating you are using (gas, oil, wood).

2. **Crisis Program**

The Crisis Program will be accepting applications **November 1, 2016 – March 15, 2017**.

This program will assist with repairs or replacement of your heating system. They will also assist with maintenance and replacement/issuance of portable space heaters.

*(please be safe when using your space heaters)*

3. **Energy Share or Budget Billing Program**

Please contact your local Department of Social Services (DSS). This program will assist with past due electric/gas bills. You will want to call prior to visiting as each program is set up with limited funding.

You can also contact your local electric company; as 'some' have Budget Billing plans where they tally approximately 6 months of your billing to give you a set amount to pay each month. This amount is usually 'lower' than your monthly bill and can assist you during the winter months. You are able to call your local company and this information and more detail can be given over the phone.

4. **Local County/Church Based Program**

Each county have church based ministries/organizations that will assist with billing/repairs etc. You can contact your local Department of Social Services (DSS) for this list. These programs are usually structured for (1) time assistance **only**.

As stated in the information above, you will want to call the Department of Social Services (DSS), the local electric companies and/or the county church based ministries first. They will have more information and if a meeting is scheduled, they will be able to inform if any documentation is needed.

You can also access information online from the Department of Social Services (DSS) website ([www.commonhelp.virginia.gov](http://www.commonhelp.virginia.gov)) or 1-855-635-4370. **Online access will NOT be available November 10 – 13, 2016.**

Sis. Andrea Jones will be here, next Wednesday, November 9, 2016 @ 6:30 pm to assist with applications. If you have additional questions, please see Sis. Cynthia Green.

# THE WAY TO EAT WITH DIABETES

Food plays a vital role - monitor how much and when, plus get a little exercise.



## TIMING

- eat regularly about every 3-4 hours.



## RIGHT CARBOHYDRATES

- slow carbs are whole foods that are high in fiber and that digest slowly.



## HEALTHY PLATE

1/2 plate = fruits & nonstarchy veggies;  
1/4 plate = heart healthy protein (fish, nuts);  
1/4 plate = whole grains + low fat dairy, like milk or yogurt (it is important to measure portions and this is the easiest way).



## KNOW YOUR LIMITS

- limit empty calories from alcohol, sweets and unhealthy fats; limit sweets to one small cookie or the equivalent per day. No more than 1 alcoholic drink per day for women and 2 per day for men.

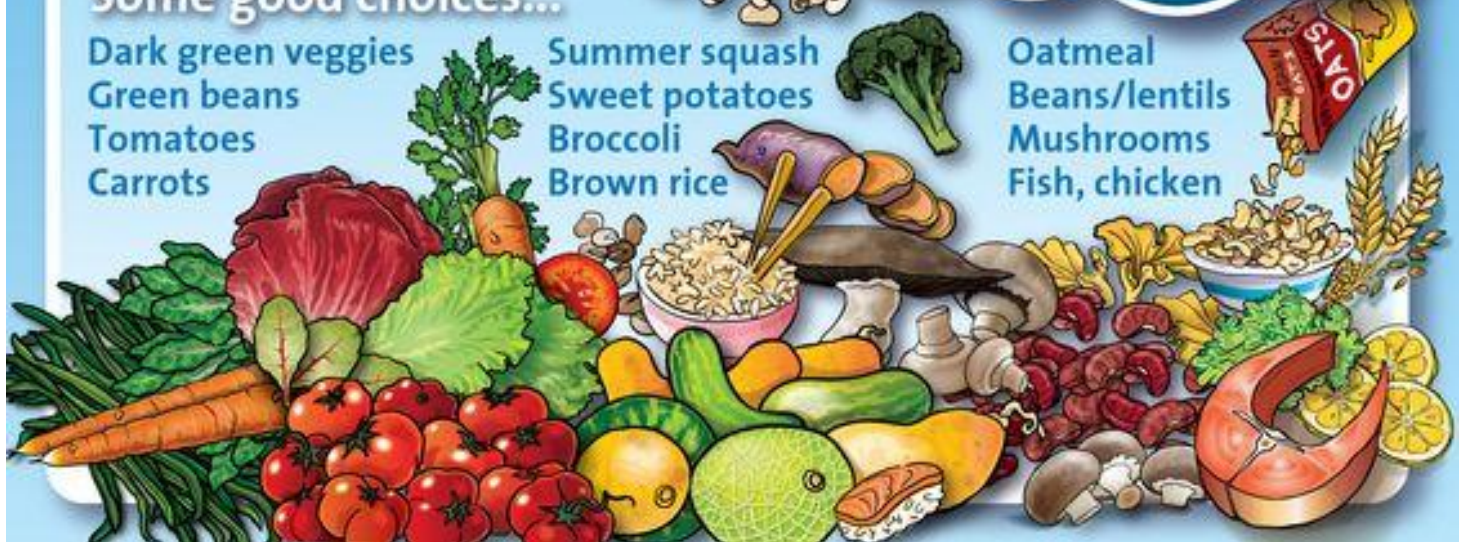


## Some good choices...

Dark green veggies  
Green beans  
Tomatoes  
Carrots

Summer squash  
Sweet potatoes  
Broccoli  
Brown rice

Oatmeal  
Beans/lentils  
Mushrooms  
Fish, chicken



# November Is Diabetes Awareness Month

## What is Diabetes?

Diabetes is a chronic disease that causes blood sugar levels to rise higher than normal. Diabetes affects more than 29 million people. A condition called **prediabetes** occurs when blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis. More than 86 million Americans have prediabetes and are at risk of developing diabetes. Diabetes has no cure, but prediabetes can be reversed.

Follow these tips to stay at your peak!



### 1. Say "Om"

Learn to meditate to help reduce stress and improve your blood sugar levels.

### 2. Step Out

Exercise helps keep your weight and blood sugar under control, and just about everyone can do a brisk daily walk. Get a pedometer. Set a goal.

### 3. Eat Right

Follow your food plan. If you don't have one, ask your doctor about seeing a dietitian who specializes in diabetes. Portion control is key. Plate the amount of food you intend to eat, and don't go back for seconds.

### 4. Jet Set

Before you hit the road, get a checkup, pack extra meds, and plan your doses around time zone changes.

### 5. Hang 10

Drop 10% of your body weight through diet and exercise.

### 6. Trade Up

Swap saturated fats and refined sugar for healthy fats in nuts and sweet whole fruit.

### 7. See Clearly

Diabetes complications can cause vision loss or blindness. Schedule a full eye exam at least once a year.

### 8. Stand Up

You may not feel foot injuries, so check both feet daily for blisters, cuts, or sores.

### 9. Show Color

Pack your plate with a palette of greens, yellows, and reds -- like spinach, squash, and tomatoes.

### 10. Learn More

Use the web or your smartphone to help you manage what you eat. Online tools can help you keep track of your calorie consumption, aid in meal planning, and provide important nutrition information to help you make healthy choices.



## Reduce your risk for developing diabetes

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

In the YMCA's Diabetes Prevention Program, a trained lifestyle coach will introduce topics in a supportive, small-group environment and encourage participants as they explore how healthy eating, physical activity, behavior changes, and weight loss can help them reduce their risk of developing diabetes.

The YMCA's Diabetes Prevention Program uses a CDC-approved curriculum and is part of the CDC-led National Diabetes Prevention Program. Contact your local YMCA for more information.



This is a nice and easy dessert to make and serve on the first Sunday of Advent or during the Advent season.

1 package yellow cake mix  
2 eggs  
1/4 cup vegetable oil  
1/2 cup flour  
1/2 teaspoon baking soda  
1 cup milk  
1 teaspoon vanilla

Beat ingredients for four minutes. Put in greased 12-cup ring mold or bundt pan. Bake 40–50 minutes in 350 degree oven. Frost with green frosting (and green coconut, optional). Red-hots (cinnamon candies) or glazed red cherries may be used for holly-berry decorations. Four candles complete the cake wreath.