

# MANGOICK BAPTIST CHURCH



# THE

# MESSENGER

Dr. Elijah L. Campbell, Pastor

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[www.mangohickbc.org](http://www.mangohickbc.org)

## MARCH 2015

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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,

Let everything that has breath Praise the Lord. If I can Praise Him for the cold weather, the snow and the sleet, then surely I can Praise Him that March 20<sup>th</sup> (Spring) is right around the corner. Again, I say Praise the Lord!

I thank God every day for the Mangohick Baptist Church and I pray that He continues to bless everyone in a special and unique way. Know that our God is more than able to meet your every need and that it gives Him great pleasure to see you prospering in all that you undertake.

Know in your knowing that all that you desire in life our God has it in His Hand. Therefore keep asking, keep seeking, and keep knocking on Heavens door for the God of our salvation is expecting you to do so. For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened. **If you are not asking, seeking, or knocking then what are you doing?**

We enjoyed a wonderfully blessed, reflective and celebrative moment during the Marriage Emphasis weekend in February. The couples were so jubilant until we decided to fellowship together on a minimum of once a quarter. Their enthusiasm is promising to give birth to a new ministry in the church, to God be the Glory.

As we continue in the Season of Lent lets us be mindful that Resurrection Sunday is only five weeks away. Be mindful that in order to experience the Resurrection you must first experience death. Therefore, if there be anything in us that is not of Christ Jesus then allow it to die, crucify it on the cross of Christ whereby we can experience a glorious Resurrection Sunday. Put away and lay aside any and everything that does not bring Him Glory.

I ask and encourage all to continue doing their personal best in contributing to the financial strength of this ministry and as our Lord has Blessed you do so.

Remember always to pray for this branch of Zion and continue to keep our sick and shut-in members lifted in your prayers. Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord. **1 Corinthians 15:58 KJV**

*Pastor Campbell*  
*March 2015*

# March EVENTS

## CALENDAR AND ANNOUNCEMENTS

- 7 Sat Mattaponi Baptist Association of VA – Developing Dynamic Leaders – 9am – 1pm  
St. John Baptist Church 17080 South River Road Milford, VA 22514
- 8 Sun DAYLIGHT SAVINGS
- 10 Tue Finance Committee 7:00 p.m.
- 12 Thurs Senior First 10:00 a.m.
- 14 Sat Trustee/Premise Ministry 8:00 a.m.
- Sat Mighty Men/King's Daughters Prayer - Breakfast 9:30 a.m.
- 17 Tue St. Patrick's Day
- 21 Sat Mighty Men of God Ministry 9:00 a.m.
- 24 Tue Advisory Committee Meeting 7:00 p.m.
- 25 Wed Pastor/Deacons Meeting 6:00 P.M.
- 26 Thurs Ushers' Ministry 7:30 p.m.
- 28 Sat King's Daughters Ministry 9:00 a.m.
- Dodgeball Tournament – Patrick Henry/Ashland – 3pm – 7pm  
(All Dodgeball Team Members the church van will leave at 2:15pm. Please see Sis. Andrea Jones for more information and to sign up to ride van)
- 29 Sun PALM SUNDAY/MISSIONS SUNDAY
- 30 Mon Combined Choir Rehearsal for Resurrection Sunday (Sunrise Service @ 7am)
- EVERY Wednesday - Intercessory Prayer 6:30p.m. / Bible Study 7:00 p.m.
- EVERY 1<sup>st</sup> Sunday – Fellowship Hall following service; Blood Pressure Check by Sis. Monica Cosby
- EVERY 2<sup>nd</sup> SUNDAY - Beginning 2<sup>nd</sup> Sunday in February – Funding Rally (AC Unit) – \$6.00 a month for the remainder of the year from each member. Thank you in advance for your support of this “Funding Rally”!
- King William's Relay for Life Event (for the American Cancer Society); May 9th 2015: 3 pm to 10 pm – Please contact Tammy Boyer @ 804 647 6940 or 804 769 3435; or please see announcement board for full details.

### MONTHLY REHEARSAL DATES:

- PCMC Rehearsal – Monday before 1<sup>st</sup> Sunday – 7pm
- Male Chorus Rehearsal – Tuesday before 1<sup>st</sup> Sunday – 6pm / Thursday before 2<sup>nd</sup> Sunday – 7pm
- Gospel Expressions - Thursday before 3<sup>rd</sup> Sunday – 7:30pm
- H. H. Fells Rehearsal – Wednesday before 4<sup>th</sup> Sunday – 6pm
- Anointed Hands – EVERY Wednesday @ 6pm / Wednesday before 4<sup>th</sup> Sunday – 5pm
- REMINDER: During the week, The Media Ministry will be doing maintenance to the system. If your rehearsal schedule change, please be sure to notify the Media Ministry.

Please see one of **The Media Ministry** (immediately following morning service) if you wish to place a DVD and/or CD order. The cost per CD or DVD is \$5.00. Payment must be made at the time of ordering. CD's and DVD's will be distributed **every other** Sunday.



#### HOSPITALIZED

Bro. James M. Anderson  
Ashland Convalescent Center  
Bro. Samuel Anderson  
Piedmont Hospital, Burkeville, VA  
Bro. Charlie Cosby  
Envoy of Stanford Hill  
Deacon Martha Elizabeth Taylor  
Autumn Care Room 303  
Sis. Yvonne Wills  
Ashland Convalescent Center



#### SHUT IN AT HOME

Bro. Aubrey Anderson  
Bro. George Anderson  
Bro. John Anderson  
Bro. George Brooks  
Bro. James Barner  
Sis. Florence Edwards  
Little Miss Maliya Ohlsson  
Sis. Audrey Powell  
Bro. Samuel Powell  
Sis. Jessica Scott

# Sunday School



## THE MONTH OF MARCH Like No Other: The Life of Christ

### March 1, 2015

The Passage: Isaiah 52:2-12

The Point: Jesus is the promised Messiah

### March 8, 2015

The Passage: Luke 1:26-35

The Point: Jesus is fully human and fully God!

### March 15, 2015

The Passage: Mark 4:35-41

The Point: Jesus has power over all my fears

### March 22, 2015

The Passage: Mark 1:21-22; 10:17-22

The Point: Jesus teaches us how to live and calls us to follow Him

### March 29, 2015

The Passage: Matthew 27:28-31; 45:50, 54

He never wrote a book. Yet more books have been written about Him than about any other individual in all of history. He never wrote a song, but more songs have been composed and sung about Him than about anyone else in the world.

He never traveled more than 300 miles from His home; yet, you can find only a few places in the entire world where they have not heard His name.... JESUS!

To simply worship or acknowledge Jesus as a great person, great prophet, or great leader is to insult Him. He is more than all of these. He is GOD who become a man - - - God in the flesh. The perfect wedding of Deity and humanity coexisting, yet without being mixed.

Jesus because like us in order to bring us back to Him. He entered our world in order to give us a way out of it. He died so that we may live. He gives us life for now and life for eternity.

This study is for all of us. Jesus Christ is more than theology on a shelf, a picture of a man with a halo, or miracles from long ago. He is your friend like no other.

## ~ MARCH BIRTHDAYS AND ANNIVERSARIES ~



Shannon	Scott	1-Mar
James	Banks III	3-Mar
James	Spurlock Jr.	4-Mar
Dalliss	Braxton	6-Mar
Audrey	Cosby	6-Mar
Teresa Edwards	Taylor	7-Mar
Jacqueline	Green	8-Mar
Fred	Hurt	9-Mar
Dallas	Jackson	9-Mar
Debra	Ferguson	10-Mar
Mervin	Waller	10-Mar
Monica	Brown	11-Mar
Michelle	Anderson	12-Mar
Carlita	Rice	13-Mar
Justin	Spurlock	13-Mar
Teren	Fields	14-Mar
Marion	Braxton	18-Mar
Darlene	Corbin	19-Mar
Brandon	Cosby	19-Mar
Freddie	Washington	19-Mar
George Kevin	Washington	19-Mar
Stephanie	Fields	21-Mar
Shamaya	Anderson	22-Mar
Wayne	Holmes	22-Mar
Sabrina	Robinson	26-Mar
Brenda	Coleman	28-Mar
Loretta	Waller	28-Mar
Dystany	Spurlock	30-Mar

*Happy Anniversary*

*Mr. & Mrs. Tyrone Hunt – March 1st  
Mr. & Mrs. Harry Green Jr., - March 31<sup>st</sup>*

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.

# Health Benefits of Oranges

## Immune system

Most citrus fruits have a good deal of vitamin C, and oranges have high levels even compared to their tangy brethren. Vitamin C protects cells by scavenging and neutralizing free radicals. Free radicals may lead to chronic conditions such as cancer and heart disease. Not only may oranges help reduce the risk of chronic conditions, but they may also boost a person's immunity when dealing with everyday viruses and infections like the common cold.

## Skin

Vitamin C also helps keep skin looking beautiful, by helping fight against skin damage caused by the sun and pollution. It is vital to collagen production and may help reduce wrinkles and improve the skin's overall texture, according to the Cleveland Clinic.

## Cholesterol



## Incredible Health Benefits of Oranges

- Prevent cancer
- Lower cholesterol
- Lower high blood pressure
- Cardiovascular benefits
- Treat arthritis
- Proper brain development
- Keep sperm healthy
- Strengthen immune system
- Prevent kidney stones
- Promotes weight loss
- Maintain healthy skin
  - Protects against infections
- Relieve constipation
- Maintain bone and teeth health
- Prevent ulcers

**HealthPositiveInfo.com**

All the fiber in oranges may help lower cholesterol levels, because it picks up excess cholesterol compounds in the gut and pushes them out in the elimination process. A 2010 study published in the journal Nutrition Research found that drinking orange juice for 60 days decreased low-density lipoprotein (LDL cholesterol or "bad cholesterol") in people with high cholesterol.

## Heart

Oranges contain vitamin C, fiber, potassium and choline, which are all good for your heart, so the fruits may give your ticker a big boost. Potassium, an electrolyte mineral, is vital for allowing electricity to flow through your body, which keeps your heart beating. Lack of potassium can lead to arrhythmia, an irregular heartbeat. According to one 2012 study, people who consumed 4,069 mg of potassium each day had a 49 percent lower risk of death from heart disease compared with those who consumed only about 1,000 mg of potassium per day. According to Flores, "the potassium found in oranges helps to lower blood pressure, protecting against stroke." She noted another heart-related benefit, pointing out that oranges are "high in folate, which is beneficial in lowering levels of homocysteine, a cardiovascular risk factor."

## Diabetes

Oranges are high in fiber, which can help lower blood sugar levels in people with type 1 diabetes and improve blood sugar, lipids and insulin levels in people with type 2 diabetes. The American Diabetes Association lists oranges, along with other citrus fruits, as a superfood for people with diabetes.

## Digestion and weight loss

Oranges are high in fiber, which aids in digestion by keeping you regular. It is also good for weight loss. "Oranges are a low-fat, nutrient-rich food with a low glycemic index, which make it an ideal food to consume to protect against obesity, which can lead to other diseases such as heart disease, cancer, diabetes, high blood pressure and stroke."

## Vision

Oranges are vitamin A rich. This nutrient contains carotenoid compounds like lutein, beta-carotene and zeaxanthin, which can help prevent age-related macular degeneration, an incurable condition that blurs central vision. Vitamin A also helps your eyes absorb light, and it improves night vision. Furthermore, the American Optometric Association reports that vitamin C can help reduce the risk of cataracts and may slow the progression of macular degeneration.

## Cancer

"The vitamin C in oranges is associated with a reduced risk of colon cancer due to preventing DNA mutations from taking place," Flores said. Studies have shown that about 10 to 15 percent of colon cancers have a mutation in a gene called

BRAF. A 2004 study published in the American Journal of Epidemiology showed that consuming bananas, oranges and orange juice in the first two years of life may reduce the risk of childhood leukemia.



# The Triumphal Entry

"Blessed is the king who comes in the name of the Lord!" "Peace in heaven and glory in the highest!"  
Luke 19:38 (NIV)



S	P	R	E	A	D	O	D	E	A	E	E	Q	R	X
Y	K	I	D	D	Y	E	R	S	S	Y	D	K	C	S
H	U	M	W	Y	S	K	E	I	H	V	V	T	G	M
L	N	O	U	S	T	L	A	L	D	I	O	H	A	V
X	R	Z	E	F	P	R	N	O	E	L	I	M	X	F
C	E	L	T	I	P	M	X	R	D	L	C	U	U	Y
C	B	L	C	N	P	P	R	D	N	A	E	B	R	C
H	O	S	L	X	A	V	E	L	V	G	S	O	P	L
C	I	O	U	Z	F	M	R	A	P	E	L	F	E	O
D	U	G	R	O	A	D	E	N	C	G	W	I	O	A
S	X	I	H	H	E	A	V	E	N	E	H	E	P	K
B	S	Y	D	E	J	E	S	U	S	M	H	U	L	S
X	U	D	Z	C	S	C	Y	V	A	H	N	I	E	V
B	F	A	V	Y	J	T	K	C	R	O	Z	H	L	P
N	Y	B	M	I	R	A	C	L	E	S	T	C	K	L

BLESSED  
SPREAD  
DISCIPLES  
NAME

MIRACLES  
GLORY  
CLOAKS  
ROAD

HIGHEST  
PRAISE  
VOICES  
JESUS

HEAVEN  
VILLAGE  
LORD  
HILL

CROWD  
PEOPLE  
PEACE  
COLT

# MONEY MATTERS

make it count



Sometimes the hardest thing about saving money is just getting started. It can be difficult to figure out simple ways to save money and how to use your savings to pursue your financial goals. This step-by-step guide can help you develop a realistic savings plan.

**1. Record your expenses:** The first step in saving money is to know how much you're spending. For one month, keep a record of everything you spend. That means every coffee, every newspaper and every snack you purchase for the entire month. Once you have your data, organize these

numbers by category—for example: gas, groceries, mortgage and so on—and get the total amount for each.

**2. Make a budget:** Now that you have a good idea of what you spend in a month, you can build a budget to plan your spending, limit over-spending and make sure that you put money away in an emergency savings fund. Remember to include expenses that happen regularly, but not every month, like car maintenance check-ups. Find more information on creating a budget.

**3. Plan on saving money:** Taking into consideration your monthly expenses and earnings, create a savings category within your budget and try to make it at least 10-15 percent of your net income. If your expenses won't let you save that much, it might be time to cut back. Look for non-essentials that you can spend less on—for example: entertainment and dining out—before thinking about saving money on essentials such as your vehicle or home.

**4. Set savings goals:** Setting savings goals makes it much easier to get started. Begin by deciding how long it will take to reach each goal. Some short-term goals (which can usually take 1-3 years) include:

- Starting an emergency fund to cover 6 months to a year of living expenses (in case of job loss or other emergencies)
- Saving money for a vacation
- Saving to buy a new car
- Saving to pay taxes (if they are not already deducted by your employer)
- Long-term savings goals are often several years or even decades away and can include:
- Saving for retirement
- Putting money away for your child's college education
- Saving for a down payment on a house or to remodel your current home

**5. Decide on your priorities:** Different people have different priorities when it comes to saving money, so it makes sense to decide which savings goals are most important to you. Part of this process is deciding how long you can wait to save up for a goal and how much you want to put away each month to help you reach it. As you do this for all your goals, order them by priority and set money aside accordingly in your monthly budget. Remember that setting priorities means making choices. If you want to focus on saving for retirement, some other goals might have to take a back seat while you make sure you're hitting your top targets.

**6. Different savings and investment strategies for different goal:** If you're saving for short-term goals, consider using these FDIC-insured deposits accounts:

- A regular savings account, which is easily accessible
- A high-yield savings account, which often has a higher interest rate than a standard savings account
- A bank money market savings account, which has a variable interest rate that could increase as your savings grow
- A CD (certificate of deposit), which locks in your money at a specific interest rate for a specific period of time
- FDIC-insured IRAs, which are built for purposes such as retirement savings. If you're not sure how much money you should set aside for retirement, give the Merrill Edge retirement calculator a try.
- Securities, like stocks and mutual funds. These investment products are available through investment accounts with a broker-dealer (e.g. Merrill Edge). Remember that securities, such as stocks and mutual funds, are not insured by the FDIC, are not deposits or other obligations of a bank and are not guaranteed by a bank, and are subject to investment risks including the possible loss of principal invested.

**7. Make saving money easier with automatic transfers:** Automatic transfers to your savings account can make saving money much easier. By moving money out of your checking account, you'll be less likely to spend money you wanted to use for savings. There are many options for setting up transfers. You choose how often you want to transfer money and which accounts you want to use for the transfers. You can even split your direct deposit between your checking and savings accounts to contribute to your savings with each paycheck. Thinking of saving as a regular expense is a great way to keep on target with your savings goals.

**8. Watch your savings grow:** Check your progress every month. Not only will this help you stick to your personal savings plan, but it also helps you identify and fix problems quickly. With these simple ways to save money, it may even inspire you to save more and hit your goals faster.



# 52 Week Reverse Savings Plan

Week 1 - \$52	Week 18 - \$35	Week 35 - \$18
Week 2 - \$51	Week 19 - \$34	Week 36 - \$17
Week 3 - \$50	Week 20 - \$33	Week 37 - \$16
Week 4 - \$49	Week 21 - \$32	Week 38 - \$15
Week 5 - \$48	Week 22 - \$31	Week 39 - \$14
Week 6 - \$47	Week 23 - \$30	Week 40 - \$13
Week 7 - \$46	Week 24 - \$29	Week 41 - \$12
Week 8 - \$45	Week 25 - \$28	Week 42 - \$11
Week 9 - \$44	Week 26 - \$27	Week 43 - \$10
Week 10 - \$43	Week 27 - \$26	Week 44 - \$9
Week 11 - \$42	Week 28 - \$25	Week 45 - \$8
Week 12 - \$41	Week 29 - \$24	Week 46 - \$7
Week 13 - \$40	Week 30 - \$23	Week 47 - \$6
Week 14 - \$39	Week 31 - \$22	Week 48 - \$5
Week 15 - \$38	Week 32 - \$21	Week 49 - \$4
Week 16 - \$37	Week 33 - \$20	Week 50 - \$3
Week 17 - \$36	Week 34 - \$19	Week 51 - \$2

Week 52 - \$1

**Total for the year: \$1378**