



# The Macedonia Times

Volume 5 Issue

December 19, 2010

**Macedonia Missionary  
Baptist Church**  
902 Daphne Avenue  
Daphne, Alabama

[www.macedoniabaptistchurch-daphne.com](http://www.macedoniabaptistchurch-daphne.com)

## Pastor Jackson Encourages Us To Remember Christ



Let me begin by wishing the entire Macedonia family a Merry Christmas! God has truly been good to us and I will be eternally grateful to Him for bringing us together. God continues to open and close doors as only God knows how.

As we prepare for the celebration of our savior's birth let's make sure we have room for Jesus in our home. Sometimes during this holiday season we get so consumed with buying gifts, food, trees and deco-

rations we lose sight of Jesus. We have so many boxes, gifts and people over, we can hardly move around. I am reminded of Luke 2:7 (KJV) 7 And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn. Joseph had taken his wife Mary, who was expecting, to Bethlehem for taxation. Rome took a census every fourteen years for both military and tax purposes, and each Jewish male had to return to the city of his fathers to record his name, occupation, property, and family. Joseph was a descendant of King David. In fact, both Joseph and Mary were descendants of David. Old

Testament prophets predicted that the Messiah would be born in David's royal line ( Isaiah 11:1; Jeremiah 33:15; Ezekiel 37:24; Hosea 3:5). Joseph and Mary traveled eighty miles from Nazareth to Bethlehem only to find out there was no room in the inn. Many people were in Bethlehem for the census and apparently all the inns and homes were full.

I hope and pray you have room for Jesus in your inn. When you pick out your tree remember Jesus, "the tree of life". When you put the tree in the stand remember Jesus the solid rock and the foundation. When you begin to put the lights up remember Jesus "the light of the world". When you put the

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## Soldier of the Month: Mrs. Mildred V. Stanton



Dea. Bernard Floyd, Jr.

Sister Velma Stanton was born on April 24, 1931 in Poplarville, MS to Mr. & Mrs. Johnnie and Eddie Mae McCoy. To this union three children were born. During her childhood she spent time with her



grandparents Mr. and Mrs. Joe (Mable) Wilson in

Lillian, AL. She attended the Baldwin County Public School.

Sister Stanton met and married her childhood sweetheart, Mr. Walter Stanton. This union was blessed with thirteen children- five boys and

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## Pastor Jackson Encourages Us To Remember Christ

star on the tree remember Jesus “the bright and morning star”. When you prepare your meals remember the bread, Jesus the bread of life. Oh and don’t forget your meat. Let me recommend some lamb, John 1:35 states “there is the lamb of God”. I know you may be thirsty by now so drink some water John 7:38 (KJV) 38 He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water.

In closing, when your family

and friends arrive on Christmas let them in, you never know, they may have Jesus with them.



Think about it. If they don’t have Jesus, you have enough of Him for everyone!

Yvette and I would like to wish all of you a very Merry Christmas and a Happy New Year.



## Soldier of the Month: Mrs. Mildred V. Stanton

eight girls, thirty grandchildren and thirty-five great grandchildren. She was employed by the Marriott Corporation. She has received many awards over her career in addition to the Employee of the Month and the Employee of the Year.

She united with the New Mount Mariah Missionary Baptist Church at an early age and later united with the Macedonia Missionary Baptist Church of Daphne under the leadership of Dr. Charles A. Lett. Sister Stanton has served in the following areas: the Gospel Chorus and Combined Choir, Nurses Aides,

Circle # 5. She also participated in the First Eastern Shore Bap-



tist Association Congress of Christian Women Convention and Association Session.

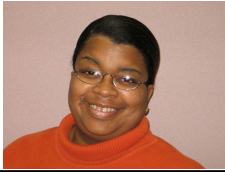
“My life work has been supporting my children first by rearing according to the Word of God and teaching them to be re-

sponsible and accountable for their actions,” Stanton said. As a result, God blessed me with a minister, military officer, restaurant managers, cruise ship entertainment director, and a nurse.

Sister Stanton encourages us to “Seek the Lord first in everything we attempt to do and you will be successful”. I still have a love for music.



## “Getting to Know the Macedonia Family: New Member Spotlight Sister Cassandra Wilson Harris”



By Sis. Tracie Brown

Helping. Serving. Caring. All of these characteristics capture the compassionate and graceful spirit

of a member of the Macedonia Family who seeks to “brighten the corner where she is.” From the moment her husband and she embraced our church family, her smile has radiated the hearts of all who know her. She is truly excited about the awesomeness of her Lord and Savior, and she is not ashamed to exemplify to others the joy that only God has given her. Shining brilliantly in the new member spotlight is the humble, generous, and loving Sister Cassandra Wilson Harris.

A native of Whistler, Alabama, Sister Harris’ countenance reflected her home life. Growing up happily with her parents, Mr. and Mrs. Earl and Beauford Wilson, siblings, and a host of cousins, Sister Harris has always known the importance of a loving family. Moreover, the close knit community of Whistler instilled within her life long values that have developed her character and well-being. However, her spiritual journey began at the age of ten when she accepted Jesus Christ as her personal Savior during a church revival at Third Baptist Missionary Church of Whistler with the Reverend D. D. Chastang as guest minister, who at the time was pastor of her present spiritual residence, Macedonia Baptist Church of Daphne, Alabama.

A 1969 graduate of Blount High School, Mrs. Harris’ educational avenues led her to Alabama A&M University where she completed her studies in sociology (1973); University of South Alabama where she received a masters degree in Early Childhood Education (1975); and Alabama State University with a degree in school counseling (1987). Her career in

education spans thirty-four years. During this time, she has served as a teacher for students in kindergarten, first, second, and third grades, as well as a school counselor in both rural and inner-city



communities. She has worked in schools with migrant students in the fishing and seaport industry of Bayou LaBatre and gifted students in the Space and Rocket World of Huntsville, Alabama. Sister Harris feels most fortunate to have had these opportunities to help children and their families in various educational settings. These experiences have been challenging as well as rather rewarding. They have undeniably strengthened her faith and reinforced her beliefs regarding developmental assets. “All children have worth, uniqueness, and abilities.” However, this seasoned educator regards that children must feel valued by family, peers, and adults in order to mature and reach the optimal goals that are set for them by schools, communities, church, careers, and significant others.

Happily married to Brother Curtis Harris, Cassandra is the proud parent of three step children: Curtis Jr., Rashard, and Ashira, and she is the doting grandmother of three. Extending the values of family from her childhood years in Whis-

ler to her role as mother, grandmother, and aunt, Sister Harris readily embraces children of all ages, and she treasures her time with family and friends.

Since becoming a part of the Macedonia Family, Mrs. Harris is quite active in Sunday School (Genesis II Class), Bible study, the Foreign Mission Ministry, and the Samuel Smith Scholarship Committee. Having voiced her perspectives on a Sunday School or Bible study lesson, Sister Harris’ love for the Lord is undoubtedly apparent and she thirsts for more of God’s grace, wisdom, love, joy, and spirit. Her favorite Bible verse is Romans 8:28, “And we know that all things work together for good to them that love God, to them who are the called according to his purpose.” “How Great Thou Art” and “Holy, Holy, Holy,” are hymns that invigorate her spirit and resound of the wonder of God. She knows that she is blessed, and she is willing to reach out and touch the lives of others so that her God will be pleased with her service and will receive all of the glory. This attribute of hers reflects her life’s motto, “Reach out and touch somebody’s hand – try to make a difference- if you can!”

God has smiled on Macedonia with his blessing of Sister Cassandra Harris. Along with her husband, who also radiates compassion, generosity, and love, this couple has made themselves “at home” within the walls of Macedonia. Just as she has lovingly opened her arms to us, the MBC Family graciously encloses her, and her husband, with the love of God. With all of this love to spread, our church family will continue to echo the message of her life’s motto, and make a difference – Yes, we can!

# Guess Who's Coming to Breakfast

## *(Breakfast with Santa)*



Santa Claus was the special guest at the breakfast to benefit Samuel Smith Scholarship fund on Saturday, December 11. Many children came by to share their Christmas list and eat a hearty breakfast. Santa enjoyed it so much, he gained 5 pounds Ho! Ho! Ho!. While he talked to the children he was trying to find out who had been “naughty or nice”. When the clock struck 10:00 a.m., *he sprang to his sleigh, to his team gave a whistle, and away they all flew like the down of a thistle. But we heard him exclaim, as he drove out of sight, “Merry Christmas Macedonia and to all a good day”.*

## Macedonia Tutorial Program

Resumes

January 10, 2011

5 to 7

Every Monday and Thursday

All Ages Welcomed

All Subjects Offered



# Macedonia Shares God's Love in Haiti

The story of the Good Samaritan (Luke 10:30-37) gives a clear picture of God's desire for us to help those in desperate need wherever we find them. Operation Christmas Child demonstrates God's love in a tangible way to needy children around the world and shares the Good News of Jesus Christ.

The Foreign Mission Ministry with the support of the church family participated in Operation Christmas Child "Shoebox of Love." Two hundred and two gift-filled shoeboxes were distributed to hurting children in Haiti. As part of the ongoing disaster relief response in Haiti, the

boxes served as encouragement to survivors of the January earthquake and hurri-

canes. Through our efforts, the children of Haiti will know that there is a Savior who loves them and will have a joyous Christmas.

*"If we can't be missionaries on the foreign field, we can be missionaries by helping to send gift boxes that bring the Gospel to hurting children around the world."*



canes. Through our efforts, the children of Haiti will know that there is a Savior who





By Sis. Mary C. Parks Stone, JD

## The Legal Angle: Federal Health Care Reform in Alabama (Part One)

The Patient Protection and Affordable Care Act (PPACA)

of 2010 was signed into law March 23, 2010 along with the Health Care and Education Reconciliation Act of 2010. The acts change America's healthcare system with direct spending to states through new federal programs, grants and discretionary funding. However, the state is required to initiate action to secure funding. The state may choose to run the healthcare program in Alabama or, if they do not choose to do so, the federal government will run the program. This transformation in the State overseeing healthcare is required for insurance reform which includes minimum health coverage standards, premium rate increases, healthcare costs, insurance exchanges, and consumer protection. Since state-initiated action is required to secure funding, it is necessary for the governor to have an implementation plan to coordinate actions of the various state agencies affected by health care reform and to address the impact of healthcare reform on the State's budget. State legislatures will be required to pass legislation no later than 2012 to implement healthcare reform. For example, minimum healthcare coverage and premium rate review.

The Department of Health and Human Services (HHS) will develop minimum standard benefits and coverage. Alabama is then required to monitor compliance with the minimum standards through a new consumer assistance office and state insurance regulations consistent with federal standards. The State will oversee premium rate increases by conducting a review of premiums and requiring that insurers post on their website premium rate increases and the reasons of unreasonably high premiums. In addition to the State review, HHS will conduct an annual review of premiums to determine if consumers are subject to

"unreasonably high" premiums beginning this year. Alabama is also required to regulate premium rate hikes by reporting to the federal government excessive premiums and making recommendations regarding whether an insurance issuer should be excluded from participation in the exchange based upon a pattern of unjustified premium rate hikes.

Transformation in the State overseeing healthcare includes cost containment—the exchange. Exchanges are central mechanisms to help individuals and small businesses purchase health insurance coverage. Alabama is required to establish an exchange to assist consumers in making valid comparisons between certified plans that have met the benchmarks for quality and affordability. There will be at least two healthcare plans available in Alabama through the exchange. The insured will be entitled to a premium rebate when the insurance companies spend less than 80-85 percent of premium dollars on direct medical care. Premium rebates to consumers are based on percentages set by the Health and Human Services or the State. The State may set the rebate by setting lower percentages.

Alabama will have the responsibility of consumer protection by overseeing the compliance of healthcare plans to insure the following:

- \*No lifetime limit on the dollar value of benefits for any participant.

- \*No "unreasonable" annual limits on coverage.

- \*No annual or lifetime specific coverage benefit limits.

- \*No rescission of coverage unless there is fraud or misrepresentation.

- \*No discrimination in favor of higher salaried employees in a plan

- \*No contribution in favor of higher salaried employee in a plan.

- \*No pre-existing condition exclusions for enrollees under age 19.

- \*No cost-sharing on required preventive services and requires coverage.

- \*Extends dependent coverage for children until age 26 if a policy offers dependent coverage.

- \*No prior authorization for emergency services.

- \*Mandates designation of a physician who specializes in pediatrics as the child's Primary Care Provider if the provider is in-network.

- \*No referral or authorization requirements for access to obstetrical or gynecological care provided by in-network providers.

- \*Provisions for retirees who are not qualified for Medicare to participate in employer plans at reduced premium contributions. The State Insurance Commissioner has issued a letter to licensed Alabama health insurers regarding the federal program.

In the second part of Health Care Reform in Alabama, there are provisions in the bill for the federal government to step in and implement healthcare reform if a state decides to opt out of these healthcare reforms. Also, there are provisions in the bill for preventative healthcare.

Source: *The Alabama Lawyer*


We all have so much to be thankful for not only in this season, but in all seasons. The great news is that Jesus as our Lord and Savior will never leave us nor forsake us..

We at The Brandyburg Firm would like to wish you a Merry Christmas and a Prosperous New Year.



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# Media Ministry Offers Computer Class

## *Microsoft Office 101*

Are you new to using the computer? Do you want to learn about desktops and laptops? Wish you knew more about how your computer does its job? Computer Basics will introduce you to all the basic concepts that you need to know. We offer free computer classes that provide hands-on training to adults, seniors, teenagers, and children, which include comprehensive training from basic to advanced computer skills. We'll make you more confident when using computers at work, at home or when looking for a job. Our goal is to teach you what you need to know, using patient, experienced and friendly instructor.



Students are also encouraged to repeat the basic classes before moving on to the intermediate classes. The intermediate classes are fast-paced.

**The Microsoft Office Suite** is an essential collection of desktop applications that includes Word for documents, Excel for spreadsheets, PowerPoint for presentations, and much more. Over the years, Office applications have grown substantially closer with shared features

such as a common spell checker, OLE data integration and Microsoft Visual Basic for Application scripting language. Microsoft also positions Office as a development platform for line-of-business software under the Office Business Applications brand.

**Microsoft Word** is a word processor and was previously considered to be the main program in Office. Its proprietary DOC format is considered a *de facto* standard, although Word 2007 can also use a new XML-based, Microsoft Office-optimized format called .DOCX which has been standardized by Ecma International as Office Open XML and its SP2 update will support ODF and PDF. Word is also available in some editions of Microsoft Works. It is available for the Windows and Mac platforms. The first version of Word, released in the autumn of 1983, was for the MS-DOS operating system and had the distinction of introducing the mouse to a broad population. Word 1.0 could be purchased with a bundled mouse, though none was required. Following the precedents of Lisa Write and MacWrite, Word for Macintosh attempted to add closer WYSIWYG features into its package. Word for Mac was released in 1985. Word for Mac was the first

graphical version of Microsoft Word. Despite its bugginess, it became one of the most popular Mac applications



**Microsoft Excel** is a spreadsheet program which originally competed with the dominant Lotus 1-2-3, but eventually outsold it. It is available for the Windows and Mac platforms. Microsoft released the first version of Excel for the Mac in 1985, and the first Windows version (numbered 2.05 to line up with the Mac and bundled with a standalone Windows run-time environment) in November 1987.

**Microsoft PowerPoint** is a popular presentation program for Windows and Mac. It is used to create slideshows, composed of text, graphics, movies and other objects, which can be displayed on-screen and navigated through by the presenter or printed out on transparencies or slides.



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## *"Bury Me"*

Why does each generation have to start from scratch?  
 Demonstrating a selfishness that is generally unmatched  
 Why must our families pass the hat or our churches the plate?  
 Because someone's demise left a family in dire straits?  
 Why do you say at best insurance is just to bury me?

And not care to leave your family or love ones with dignity  
 Where did the mantra come of "just enough to bury me"  
 With no thoughts of our institutions or our community?  
 For as long as we focus on me, me, me  
 Real wealth and growth as a people we will not see

If you could look into the your family's future some 50 years or so  
 What would they say about you, would your name they even know?  
 Would the values you taught them help them to have prospered and grown?

Or would the problems of the past make them a family you would disown?

Bury you, yes, but what values are you passing or leaving behind?  
 Are they values that can be built upon or are they the destructive kind?

So bury you, yes, that is something that we must do  
 But leave things better than you found them is valid too  
 Bury you, yes, but make sure your family does more than survive  
 Make sure they are not a burden to others and that they can thrive

Bury you, yes, but help others to have a chance to succeed  
 By leaving inheritance with our institutions who meet peoples' needs

Bury you yes, for you may not have done all the things that you wanted to do

But you can make sure those dreams for others will definitely come true

The boom bust cycle stops here and responsibility starts  
 With learning and teaching and each of us doing our part  
 You need to help your family break from the bad seas of the past;  
 And make good decisions that for generations will last

Are you the one who will put others interest far above  
 Far above your own by performing The Ultimate act of Love?

**By Sam Bridgeman © 2-18-09**

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By Krysten Williams

## Macedonia Times Achievement Section

**Khalil Yelding** is an 8th grader at Daphne Middle School who made A's and B's for the first quarter. He also received a certificate in perfect attendance; and a award in music and football.

**Krysten Williams** is a 7th grader at Daphne Middle School who earned A's and B's for the first quarter. She also received an award in band.

**Hamilton Baker** is a 3rd grader at Daphne Elementary School who earned all A's for the first quarter. He received perfect attendance and accelerated reading on the star level. Hamilton's city league football team got to the super bowl but sadly lost 34-24.

**Tia Alphonse** is a 7th grader at Daphne Middle School who made all A's for the first quarter.

**Amari Yelding** is in pre-k at Eastern Shore Academy of Excellence. Amari's city league football team made it to youth bowl at the Mobile Youth Football Conference and became runner-up.

**Nyla Jackson** is a 3rd grader at Chickasaw Math and Science who made all A's for the first quarter.

**Rashad Yelding** is a 5th grade at Daphne East Elementary School who made all A's for the first quarter. He also made perfect attendance and accelerated reading on the advance level. Rashad's city league football team also made it to the Turkey Bowl at the Southern Youth Football Conference, he also plays the recorder.

**Autumn Ford** is a 5th grader at Daphne East Elementary who made A's and B's for the first quarter. She also had perfect attendance, and did accelerated reading on the advanced level.



**DHS**  
*Daphne High School*  
*Amber Yelding*  
*11th Grade*  
*Homecoming Princess*



## Daphne High School Trojans 6A State Champions



**Congratulations to the Daphne High School Trojans** for winning their second state championship in school history. Daphne defeated the Hoover Bucs in a thrilling 7-6 game on December 3, 2010 in Auburn University's Jordan-Hare stadium in front of a huge crowd and state wide television audience. Our Jonathan Perry, CJ Yelding and Khalil Yelding are pictured here after the team celebrated their victory. Deacon Lawrence Yelding has served as an assistant coach for the Trojans for several years.

## Spanish Fort High School Toros 5A State Champions



**Spanish Fort High School Toros** football players Osmond and Gray Curtis are celebrating the school's first 5A State Championship win. Osmond, "No 73" is a senior at the school and plays defensive lineman. Gray, "No. 64" is sophomore and plays offensive lineman. We are proud of your accomplishments.



## A Night with the Stars!

### AWAG Pageant (Area Women Action Group) September 25, 2010



**Bria** received top honors in the category- the most ads and publications. She was the first runner-up in the overall pageant. The contestants were judged for their talents, academics standards, poise and attire. Bria represented her MBC Family in character and we are definitely proud of her accomplishments. She received two large trophies, many gifts and monetary contributions for her recognition. Congratulations, Bria

## Felicitaciones

Translation: Congratulations



**Señorita Avery Curtis Españoles Sociedad de Honor inductee**

Translation: Miss Avery Curtis - Spanish Honor Society Inductee

## University of Alabama Graduate



**Harold "Rico" Knight**  
B.S. Degree in Graphic Art Design

Treasures from Macedonia's Table  
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## Mexican Salad



Sis. Eleese Powe

2 lbs. shrimp in shell  
2 cans-16oz. pineapple chunks  
2 small cans chopped jalapeno peppers  
4 bay leaves  
2 cloves of garlic, minced  
2 tbsp. salt  
1 c. mayonnaise  
1 c. sour cream



Boil shrimp with bay leaves, garlic and salt until pink. When shrimp cool, peel and devein. Chop pineapple chunks into quarters. Rinse jalapeno peppers to discard seeds. Combine sour cream and mayonnaise for the dressing. Add all ingredients and chill overnight. Before serving, drain salad in a colander until desired consistency occurs.

## With Heartfelt Sympathy to the following families:

To Rose Washington and family in the loss of their uncle, Bro. James W. Chancely.

To Sis. Pamela Yelding and family in the loss of her father Luther Wilson.

To Bro. & Sis. Richard Perry in the loss of their cousin.

To Sis. Yolanda McConico & family in the loss of her mother, Sis. Mae Jewel Valrie.

To the family of Mary Woods in the loss of her mother, Sis. Ethel Pitts.

To Sis. Cassandra Harris and family in the loss of her father.

To Sis. Virgie Locke and family in the loss of her relative.

To Bro. Cecil Lett in the loss of his mother-in-law.

To Bro. & Sis. Hercules Williams in the loss of their God-son, brother Bryan Cottrell.

To Sis. Marrietta Figures and family in the loss of her brother-in-law.



## Macedonia Members Celebrate Birthday and Anniversaries



### SEPTEMBER

Dr. Clarence A. Lett  
Gartrell Agee  
Victoria Mitchell  
Emma Houlsen  
Desmond Bolton  
Dominic Washington  
Courtney Conaway  
Claude Jackson  
Carlos Yelding  
Tia Alphonse  
Dea. Bernard Floyd, Jr.  
Osmond Curtis  
Francis B. Conaway  
Mary Woods  
Mary Banks  
Williest Crosby  
Yvette Jackson  
Nora Johnson  
Dr. Charles Lett

Annie Williams

Phyllis Yelding

### OCTOBER

Andrea Conaway  
Ellen Leonard  
Gail Montgomery  
Vashti Bolar Johnson  
Teronda Smith  
Alexander Smith, Jr.

### NOVEMBER

Bailey Yelding, Jr.  
Marjorie Y. Lewis  
Sharlene Barge  
Pamela Yelding  
Hamilton Baker  
Tracie Brown  
Stacey Houlsen  
Shamika Bracy  
Janie Thomas  
Jamall Brown  
Chemyiah Brown

### DECEMBER

Dea. Lawrence Yelding  
Beau C. Washington  
Amber Yelding  
Anniece Baker  
Bernice Hale  
Marcelete Mitchell  
Autumn Ford  
Mary Alice Benson  
Maxine Autry  
Willie Brown  
Willie E. Jemison  
Barbara Smith  
Annie Jackson  
Lisa Roberson  
Shirley Harris

### Anniversaries

Francis & Tommie Conaway  
John & Ellen Leonard  
Jeremy & Tiffany Mitchell  
Orrie & Earlie Smith  
Dea. LeHerschell & Sis. Lett

# Youth Thoughts About Christmas



## Hamilton's In My Eyes:

**What does Christmas really mean to me?** Christmas means joyfulness. You receive gifts that you want but you don't need. You are blessed to have a family who will do for you and Jesus Christ makes it all possible. Christmas is really to celebrate Jesus and to remember He was born! Happy Birthday Jesus!



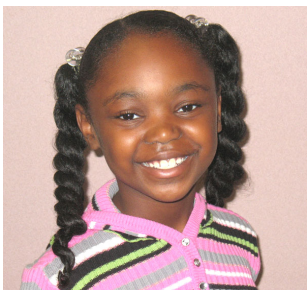
## In the Season of Autumn:

**Why is Christmas my favorite holiday?** A Savior was born and given the name Jesus because he would save his people from their sins. The birth of Jesus Christ was a joyous occasion. This season of celebration brings forth a loving and gentle spirit in most people. A special time for giving, sharing and spreading the news of the birth of Jesus Christ. I personally enjoy caroling to elderly people and dancing in the Christmas parade for community fellowship. Christmas is my favorite holiday.



## Talk with Tia:

**What does Christmas mean to Christians?** I believe I speak for all Christians when I say, Christmas is a celebration of the birth of Jesus. Christmas is also based on the giving and not the receiving. One of the best parts about Christmas to me is all the shopping I do for my family and friends. Christmas is about giving something up to brighten someone else's day. One thing we all must remember throughout all the giving and receiving of gifts on Christmas is that, He's the reason for the season. Have a Merry Christmas.



## Along the Jordan:

**Where does the word Christmas come from?** The word Christmas comes from the word "Christ's Mas", the celebration of Christ's birth. These feasts first started in European and Middle Eastern Christendom in the 3rd Century. That's because the early Christians focused mostly on Easter. Some writings, including a "Feast Calendar", written in 243AD indicate that there were some celebrations in the third century and perhaps in the second century. December 25th however is not the real date of Christ's birth. The true date is unknown because we lack enough information. (There are many people that say they know but only God knows.)





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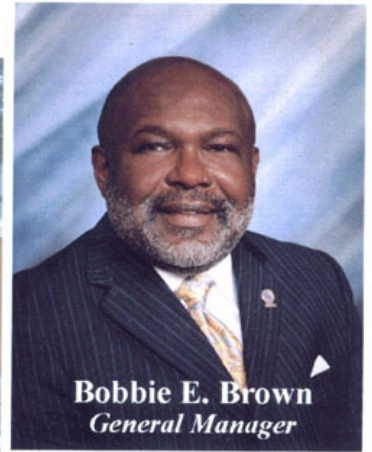
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# Happy Holidays

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# Health & Wellness Ministry



## Information On:

- *Glaucoma*
- *Hepatitis B*
- *Flu & Cold*
- *Heart Attack*
- *Diabetes*
- *High Cholesterol*
- *Cataracts*
- *Prostate*

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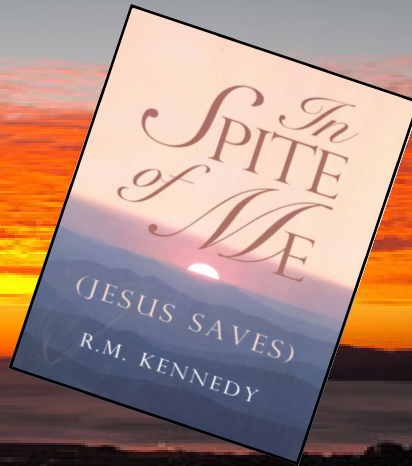


**Jason Agee, Owner**  
**[jrodagee@yahoo.com](mailto:jrodagee@yahoo.com)**

**P.O. Box 415 \* Daphne, Alabama 36526 \* 251/895-7999**

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# Sis. Rosa Kennedy “Gives Thanks”



**Sis Rosa M. Kennedy** has been writing poetry since her teen years and was inspired to compile this collection at the request of her mother and women in her church. She was active with the Sacred Performing Arts of Canaan Baptist Church in Washington, D.C., where she also sang in the choir, until her recent move to Mobile, Alabama. Ms. Kennedy has two daughters, Shonda and Keina, and enjoys reading, writing, and singing.

## Grounds / Beautification Ministry at Work



## Heart to Heart: Health Fair

A Health Fair is an interactive event designed for outreach to provide basic preventive medicine and medical screening to people in the community or employees at work in conjunction with workplace wellness. It can also be a public health intervention.

**The Health Fair provided education on:** Breast Cancer, Prostate Health, Diabetes, Blood Pressure, Massage Therapy, Getting Fit For Jesus, Lupus and Eyes.

**Vendors:** USA Center for Health, Lopez Chiropractors, American Cancer Society, USA Women Services, Fortis College , Wal-Mart Vision Center, Baldwin Eye Clinic, Children's Rehabilitation, Sleep Apnea Center, and Lupus Foundation.



# Doctor's Orders: Common Cold



**Dr. Herbert Stone, M.D.**

Since winter is usually referred to as the “cold and flu” season, I thought I’d write about “the common cold”. Doctors call it a viral nasopharyngitis, acute coryza, or

simply as “the cold”. Common symptoms include a [cough](#), [sore throat](#), [runny nose](#), and [fever](#). There is currently no known treatment that shortens the duration; however, symptoms usually resolve spontaneously in 7 to 10 days, with some symptoms possibly lasting for up to three weeks.

Other symptoms include nasal congestion accompanied by [conjunctivitis](#) (pink eye), [muscle aches](#), [fatigue](#), [headaches](#), [shivering](#), and [loss of appetite](#). [Fever](#) is often present thus creating a symptom picture which overlaps with [influenza](#), which involves the lungs.

The common cold is a disease of the [upper respiratory tract](#).

The common cold virus is transmitted mainly from contact with saliva or nasal secretions of an infected person, either directly, when a healthy person breathes in the virus-laden [aerosol](#) generated when an infected person coughs or sneezes, or by touching a contaminated surface and then touching the nose or eyes.

Upper respiratory tract infections are the most common infectious diseases among adults, who have two to four respiratory infections annually. Children [may](#) have six to ten colds a year (and up to 12 colds a year for school children).<sup>[1]</sup> In the United States, the incidence of colds is higher in the fall (autumn) and winter, with most infections occurring between [September](#) and [April](#). The seasonality [may](#) be due to the start of the school year, or due to people spending more time indoors (thus in closer proximity with each other) increasing the chance of transmission of the virus.

## Risk Factors

- Spending time in an enclosed area with an infected person or in close contact with an infected person. Common colds are [droplet-borne infections](#), which means that they are primarily transmitted through breathing in tiny particles that the infected person emits when he or she coughs, sneezes, or exhales.
- The role of body cooling in causing the common cold is controversial. It is the most commonly offered folk explanation for the disease, and it has received some experimental evidence. One study showed that exposure to the cold causes cold symptoms in about 10% of those exposed, and that the subjects experiencing this effect report far more colds overall than those who do not. However, a variety of other studies do not show such an effect.
- Frequently touching eyes, nose, or mouth with contaminated fingers. This behavior somewhat increases the likelihood of transferring viruses from the surface of the hands, where they are harmless, into the upper respiratory tract, where they can infect the tissues.<sup>[1]</sup> Some studies show that very frequent [hand washing](#) and not touching any mucous membranes can somewhat reduce the likelihood of acquiring a cold among adults. ]
- A history of [smoking](#) extends the duration of illness by about three days ]
- Getting fewer than seven hours of [sleep](#) per night has been associated with a risk three times higher of developing an infection when exposed to a rhinovirus, compared to those who sleep more than eight hours per night.
- Low blood [vitamin D](#) levels are associated with an increased risk of getting a common

cold.<sup>[1]</sup> Whether this relation is causal has yet to be determined.

- Common colds are seasonal, occurring more frequently during winter outside of tropical zones. This is believed to be partly due to a change in behaviors such as increased time spent indoors, which puts infected people in close proximity to other people, rather than to exposure to cold temperatures.<sup>[1]</sup> Low humidity increases viral transmission rates. One theory is that dry air causes evaporation of water, thus allowing small viral droplets to disperse farther and stay in the air longer.

## Prevention

The best prevention is staying away from people who are infected, because the overwhelming majority of infections are acquired by inhaling virus-laden air that an infected person has coughed, sneezed, or breathed out. Available clinical evidence also suggests that exposure to cold temperatures [may](#) compromise the immune system (though this effect is controversial). Exposure to cold temperatures should thus be avoided during periods of low temperature, especially by vulnerable populations.

Additionally, experts frequently recommend thorough and regular washing of the hands, especially in healthcare environments, as this reduces the likelihood of transmission through the less common route of [direct contact](#). In homes, schools, and workplaces, handwashing and alcohol-based hand sanitizers reduce the number of viruses on the skin significantly,<sup>[1]</sup> but because upper respiratory infections are primarily acquired through breathing, rather than physical contact, these are not especially effective preventive methods. High levels of hand washing can result in a decrease of 20% or less in transmission of the common cold.

**Continue Next Page**

## Doctor's Orders: Common Cold

Alcohol-based hand sanitizers provide very little protection against upper respiratory infections, especially among children. Because the common cold is caused by a virus instead of a bacterium, anti-bacterial soaps are no better than regular soap for removing the virus from skin or other surfaces. Not touching the nose, eyes, or mouth with potentially contaminated fingers can also reduce transmission of the virus through direct contact.

Efforts to develop a vaccine against the common cold have been unsuccessful. Common colds are produced by a large variety of rapidly mutating viruses; successful creation of a broadly effective vaccine is highly improbable.

Treatments that help alleviate symptoms include simple analgesics and

antipyretics such as ibuprofen and acetaminophen / paracetamol. Evidence does not show that cough medicine are any more effective than simple analgesics and are not recommended for use in children due to a lack of evidence supporting their effectiveness and the potential of harm.

One study has found chest vapor rub to be effective at providing some symptomatic relief of nocturnal cough, congestion, and sleep difficulty

Getting plenty of rest, drinking fluids to maintain hydration, and gargling with warm salt water, are reasonable conservative measures. Evidence for encouraging the active intake of fluids in acute respiratory infections is lacking as is the use of heated humidified air. Saline nasal drops may help alleviate

nasal congestion.

Antibiotics have no effect against viral infections thus have no effect against the viruses that cause the common cold and due to their side effects cause overall harm. There are no approved antiviral drugs for the common cold even though some preliminary research has shown benefit.

Many alternative treatments are used to treat the common cold. However, there is insufficient scientific evidence to support the use of any alternative medicine. Honey may be an effective treatment of cough and improving sleep in children more than no treatment or dextromethorphan. However honey should never be given to a child younger than one year old because of the risk of infant botulism.

## Commitment/Consistency



**Sis. Tawana Mitchell**

As this year ends a new one rolls in, so does old ways for the

Youth Department.

As we focus on new ideas and activities for this new and demanding generation of youth, we as leaders/counselors, have to be more

committed to our duties and consistent with the help from our Lord and our two new counselors. Sis. Trina Hankins and Sis. Arkel Smith, whom we welcome to our Department family. I know this Department will reach its next level of Praise-Dedication-Commitment and Consistency.

### Upcoming Event:

December 21<sup>st</sup> - **Christmas Caroling**

Special thanks to all of our parents, grandparents, and Pastor Jackson/Rev. Mitchell for your continual support of our youth. Thank you for your support.

Merry Christmas and a Happy New Year!

# YOUTH MINISTRY

# PSALMS - From Genesis I Bible Class

## A Psalm of Elouise

Lord I am weak but thou art mighty.  
I sometimes falter but you are my strength  
and my fortress. In you I trust. You have  
picked me up when I fell, watched over  
me for three score plus years. I will  
praise you and honor you all the days  
of my life. Amen and Amen.

## A Psalm of Charletta

Giving praises to God. I will praise  
your name because there is perfect joy  
in your name. Lord you are my  
protector and I will not be defeated.  
You keep me safe in your arms. Thank  
you for all you have done for me. I will  
praise your name forever. I will praise  
you for who you are, because you are  
everything to me: my strength, my  
consolor, my healer. I will praise  
your name forever. Amen.

## A Psalm of Elizabeth

O Lord, my God, hear the cry of your child,  
I need you Lord in my walk, in my talk and  
in my thought. When I am down please show  
me the way. Open you window of heaven  
showering your blessing, joy and happiness.  
Lead me and guide me through these trying  
times. You are an awesome God, please  
keep your hedge around me and my  
family. Amen

## A Psalm of Vashti

*(Meditating on "Things you cannot buy")*

*TIME-you'll do fine, just keep God in mind.*

*GOOD HEALTH-truly, it is better than wealth.*

*JOY-He delivers that too, just as He will see you  
through.*

*WATER-thirst no more, it will even clean your floor.*

*HOPE-better than dope, for it comes from Him above.*

*RAIN-better than fame, and will cause you no pain.*

*LOVE-reminds you of a dove, for it comes from above.*

*STAR-look up to the sky, sometimes it will make you  
cry.*

*SUN-it shines very bright, just as the moon gives light.*

*PEACE-He gives it from within, on God. you can truly  
depend.*

*Keep praying within and without...He will answer  
you...*

*Without a doubt.*

## A Psalm of Marjorie

*I praise thee O Lord. I will strive to be under  
your Lordship. I will serve you with a good  
conscience, with earnestness, with endurance,  
with self-denial, with faith, prayer and  
supplication. I praise you for your truth, your  
righteousness, your salvation, your Holy Spirit,  
and your guiding light. Dear Lord, you are my  
redeemer, my advocate, my restorer, and my  
suffering servant. You have been my witness  
my stronghold. O my Lord, you have redeemed  
me from my many iniquities. When I cried unto  
you, you answered me, O Lord. I praise thee  
for all your mighty acts. Examine me O Lord.  
If thy find me contrary to thy will, lead me to  
your everlasting way. I praise thee my Lord.*



## PSALMS - From Genesis I Bible Class

### A Psalm of Leanna

*I will sing unto the Lord. I will serve the Lord with my whole heart, and sing praises. For the Lord is God. Everything that was made was made by Him and not by man. He is my shepherd. I will give thanks, praises and reverence to His name. The Lord has compassion. And His love and kindness is to all men. Praise the Lord!*

### A Psalm of Elease

*(While meditating on Luke 10:39)*

*What joy it would be to reach out to the fallen  
Feed the hungry, or heed a high calling.  
Could I not blossom on the mission field?  
But the Master said, "No, sit, learn, and be still."  
I too, desired the wealth of great gain,  
The pride of fame and a renown name.  
To sit with the powerful, to live with acclaim,  
But He said, "No, at my feet you remain."  
I might never see vistas from a mountain peak,  
Nor cross a wide desert, or plumb oceans deep.  
No crowd will ever cheer me with praises sweet,  
But "All things will be added" if I stay at His feet.  
At the feet of the Savior are treasures untold,  
The wisdom of ages, the worth of pure gold,  
Past, present, and future all clearly unfold,  
Nurturing the body, refreshing the soul.*

### A Psalm of Rosie

*I love the Lord because He has been good to me.  
He has been with me all my life, and I have tried  
to worship and serve Him. I don't know of  
anything I would rather do, than thank and  
worship God. He's a good God.*

### A Psalm of Yvette

*(A prayer for peace, guidance, and comfort)*

*Hear my prayer, O Lord. I come before you, standing here seeking your face and your comfort. Lord help me to be a frugal Christian and not throw away my faith. I am often tempted to worry, Lord, about so many things, but I know that you make no mistakes and that you are in control. Teach me your way, O Lord, and I will walk in your truth. My spirit forever clings to you for strength, love, and compassion. Lord I exalt thee and praise your holy name. Lord you have shaped me into the person I am today. You made me for a specific job in your kingdom. Please Lord, help me not to shy away from the challenges that face me. I want to work for you Lord, using all my tools and talents. Help me to do my best for you, to bring you glory, and to spread your light and your love all around me, on everything I touch. As I kneel before you, I pray to see that day when all nations will come and worship before you. Dear Lord, how can those who are united in belief be so divided in other areas? You are an awesome God! Give them a sign of your goodness that they may see it and come together as one. I am glad you are in charge, Lord, and nothing can happen unless you allow it. Praise be to the Lord forever. Amen.*

### A Psalm of Tommie

*When I'm in despair I know on whom I call.  
The Lord is my rock, He is my all.  
He continues to sustain me through trials and danger  
On Him I can depend to send His glorious angel.  
I need the Lord in all I say and do.  
He will never leave me, His love for me is true!*

**Psalms Continue Next Page**

## PSALMS - From Genesis I Bible Class

### A Psalm of Gail

*Thank you O God, for keeping me in your hands. For I will cast my burdens upon you, and you O God, will keep them. I will continue to pray in your name and trust in thee always. Thank you for showing us the way of love and forgiveness. You have shown me through your own life that God's power is available to help me love and not hate, to forgive, not burn in rage, to not give in to deadly desires. Give me the grace to practice the way of overcoming evil with good, keeping my heart and eyes on Jesus Christ our Lord.*

### A Psalm of Daisy

*Hear my prayer O Lord, as I sit here in the still of night. My thoughts go upward and down and out of sight. While I ask Lord how long must I weep? There are those who are so dear to me O Lord, every prayer seems in vain. We only have one life to live, and those who do not live for thee will burn in eternity. Save them Lord! Give them new light and new life. Be there O Lord, that they may see.*

### A Psalm of Eartha

*Most mighty and all powerful, you are my protector, my keeper, my instructor. I adore you, I depend on you, I learn all from you. Most mighty and all powerful – you have always given me strength. Strength to endure the most degrading, the most hurtful, the scariest, the most...all powerful- you have given me protection from hurting words, protection when things aren't going well, protection from crudeness and most of all protection from myself... most mighty and all powerful you are my keeper – my keeper at home, on the highways, at work, when I am asleep, when I am sick, well, and times when I do not display what you want the world to see – **I thank you most mighty and all powerful.** My instructor – you guide me when I feel I have no other, no place to go, nothing left, no one to talk to- to love and be loved- **I thank you most mighty and all powerful.** Most mighty and all powerful God – I love you because you are you and I give you all the praise, glory and thanks. **Thank you my Lord and Savior. Amen.***

## Worship Services

Sunday School 9:30 a.m.

Morning Service 11:00 a.m.

**Wednesday Night**

Bible Study 7:00 p.m.

# *MzBrown's Printing & Bookkeeping*

*Brochures*

*Weddings*

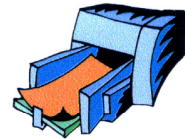
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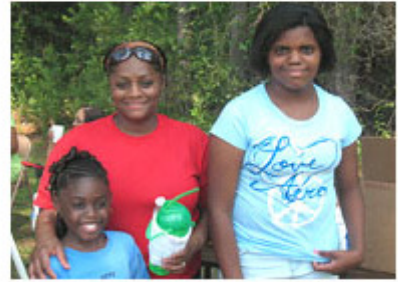
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# Macedonia Missionary Baptist Church Picnic



# Matrons' Ministry

## “An Evening with The Temptations”



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# THE COMMUNITY THANKSGIVING FEAST



**The Community Thanksgiving Feast** sponsored by the Service Ministries of Macedonia, on

Thanksgiving Day, was a

By Sis. Elease Powe

rewarding and joyful event. Many members of the Ministries came out and worked to prepare, serve, and deliver traditional holiday

meals to several institutions, the elderly, sick, and shut-ins. Even those members who were on their way out of town or had house guests waiting at home, still so unselfishly gave a few hours of their time to this project. There were cooks, carvers, servers, packers, and delivery persons, all smiling, interacting, and

in general having a great time. Some members stated that, "Working with this project each year gives a special meaning to the holiday season." What a wonderful demonstration of humble service and Christian kindness.



# A Child is Born

Read Luke 2:1-20

[Mary] wrapped [the baby] in cloths and placed him in a manger, because there was no room for them in the inn.

Luke 2:7 (NIV)

**In an overcrowded train, dark and dirty beyond imagination, lay a woman in labor. Since I am a medical professional, I could help. I managed to reach the woman. In a moment of silence, I prayed for help and guidance in what seemed an impossible situation. The baby was in breech; the mother was young and frail. The space around me was almost too small for me to move in it. But in a few minutes, a baby was born. What a joy! Everyone in the coach chanted with joy in the African manner of celebrating the birth of a child.**

**On the night when Jesus was born in Bethlehem, Mary “wrapped him in cloths and placed him in a manger because there was no room in the inn.” When Jesus was born, a great company of the heavenly host appeared with the angels to praise God. The birth of this child was good news for the whole world.**

**Christmas invites us to let Jesus be born in our lives. Then every day God will give us life, joy, and peace.**

*Prayer:* **Thank you, God, for the life of your son and our king, Jesus Christ. Thank you, Immanuel, for the joy and peace you give us. Amen.**

*Thought for the Month*

**No matter how dirty or crowded our situation may be, Christ can be born anew in our lives this Christmas.**

*- The Upper Room*

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## The Macedonia Times

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*"Building God's  
 Kingdom One  
 Issue At A  
 Time"*

*Happy Holidays*

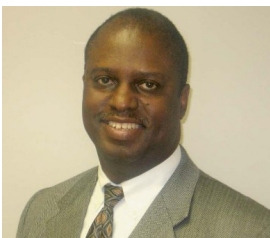
*From The*

*The Macedonia Times Staff*

## **View from the Pew**

### **"Sharing the Good News"**

*Members are invited to submit editorials to the Macedonia Times, but the views expressed here are not necessarily the opinion of the Macedonia Baptist Church or Macedonia Times.*



By Bro. Richard Perry

There once was a man travelling for many years through a strange land. He had followed many different roads on his journey. On some of the roads the pathway was smooth, but travel along some of the roads was treacherous with rocks, thick underbrush, slippery surfaces, potholes, and sinkholes. He had endured extreme weather conditions of bitter cold, driving rain, hailstorms, sandstorms, and blistering heat, because he could not always find adequate shelter to protect him from the weather conditions. While he had started the trip with

sufficient provisions, the trip was taking significantly longer than he had anticipated. Consequently, his provisions had been exhausted. He would periodically find work which would allow him to meet his needs for a few days; however, many days and nights he was without food or water. He had met many people during his travels and developed some friendships along the way; but, there had been one individual that he had met early in his journey during a dark cold night. This individual told him a story about a coming Savior who could be found under a bright and shining star. The man believed the story and would look to the star to guide him and light his pathway on his journey. The man per-

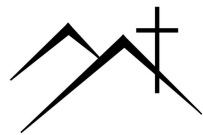
severed during the years, always following the star, and eventually reached his destination and received his eternal reward.

We are all on life's journey. Macedonia is a lighthouse and way station for those on this journey. There are many people who have lost their way. As followers of Jesus Christ, we are charged with spreading the gospel. Jesus Christ, our Savior, is the real reason for the season. He came to give us the gift of Salvation and an opportunity for eternal life with him. This is the good news that Jesus wants us to share and not keep to ourselves. During this holiday season, we should take the opportunity to share the good news with everyone we meet along our life's journey.



# Macedonia Baptist Church Second Floor





## **“Building God’s Kingdom One Issue At A Time”**

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