May 23, 2010

Macedonia Missionary Baptist Church

www.macedoniabaptistchurch-daphne.com

Email: macedoniabapch@bellsouth.net

Special points of interest:

- Dr. Regina Benjamin's Inaugural Highlights
- Holy Land Experience Highlights
- Braceson Dailey Wins Area Baby Contest
- Students Achieve Success
- Kid's Corner
- Autumn Ford Continues to be a Pacesetter
- Jasmine Stewart Wins FCCLA Election
- Andre McConico is Blount's Teacher of the Year

From the Pastor's Pen: Rev. Charles a. Jackson

It is with great joy that we look back at the year 2009, and look forward to what the Lord will do in 2010. I know 2009 may have been a challenging year for many of us, but we made it through by the grace of God. Some of you who are reading this made New Year's resolutions to stop doing and start

to stop doing and start doing many things.
However, the best thing any of us can do is recommit our lives to serve the True and Living God!

I encourage each of you to re-evaluate your relationship with God. We all should be working towards having an intimate and personal relationship with God. The relation-



ship should not be based on what we can get from God, but rather on what we have received from him. As believers, we have received eternal life by accepting Jesus Christ as Lord and Savior. Therefore, knowing we have eternal life should cause us to have a burning de-

Volume 5 Issue 11

sire to worship God! Some may ask "how do we truly worship

God"? To truly worship
God we must obey the
laws and regulations set
forth by God. In Deuteronomy 12:2, Moses
instructs the Israelites
to completely destroy
all things worshiped by
Canaanites in their
land. As Christians we
must remove anything
out of our lives that will
hinder us from worship-

out of our lives that will hinder us from worshiping God. We must keep God first in our lives. We must be on guard, lest our worship of God and lifestyle before him become compromised with god-

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Recipe of the **20** Month

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Soldier of the Month: Sister Virgie Nettles



Mrs. Virgie Nettles was born on August 30, 1933 in Monroe-

ville,

By Dea. Bernard Floyd

bama to Deacon Willie and the late Pearlie Mae Johnson. She has six sisters and four brothers. She attended the Monroe County Public



Sis. Virgie Nettles

School. She was married to Mr. George Nettles, Sr. in 1950 and to this union was blessed with six beautiful children: Walter Lee, George, Jr., Thomas Earl, Ernest Lewis, Williams Earl Nettles, Deloris Brown, Alice Barge and Rick Calvin Nettles. She is the proud grandmother of thirteen, ten great-grandchildren and one great-great-grandchild.

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Pastor Jackson Encourages Us to Recommit Our Lives to Serve the True and Living God!

Continues from page 1

less forms of this world. Keeping Christian faith and practice pure in a pagan setting is always difficult. The God who made his people for community spoke clearly to them about his plan and designs for them. The Israelites could not find God where their pagan neighbors expected to find their gods. The Israelites were to go to God's chosen place for true worship. It was there the family of God would sit and break bread, sharing in God's presence and purpose.

The place of true worship today is the Church. This is the one worship place where the people of God come together in unity of worship to know God's will and a sign of the one God's presence. It is my prayer that Macedonia will always be as it has been in the past, a true worship place! Let us

continue to strive to worship God in spirit and truth.
May God continue to bless and keep you is my prayer.



Our Soldier of the Month: Sis. Virgie Nettles

Continues from page 1

She united with the Morning Star Missionary Baptist Church of Monroeville, AL at an early age and after moving to Daphne in 1950 united with the Macedonia Missionary Baptist Church under the leadership of Rev. D. D. Chestang. She has been served by the following pastors: Dr. C. A. Lett, Rev. David Harrison and now Rev. Charles A. Jackson. She is a member of the Gospel Chorus and Nurses Aides. Sis. Nettles has also worked with both the kitchen staff and Vacation Bible School. She is a faithful Sunday School student and enjoys studying and learning more about the Word of God.

Sister Nettles' advice to the church family, especially the young ladies, "Stay in church, stay out of trouble, the love of your family is very important and

last but not least, "The family that prays together stays together."



"The place of true worship today is the Church. This is the one worship place where the people of God come together in unity of worship to know God's will and a sign of the one God's presence."

The love of your family is very important and last but not least, "The family that prays together stays together."

Sis. Virgie Nettles

Getting to Know Our Members: Bro. Dwain Miller



"I am blessed to be with you all

By Sis. Tracie Brown

(Macedonia). I look forward to Sundays." Rarely will he ever be heard, but he displays a smile that is indicative of his peace of mind and gratefulness of life. This gentle giant may not say much, but he is overflowing with joy. "I know that God has changed me," is his testimony, and if a person would listen to the voice behind the smile, he would testify to the goodness of God. He is a prodigal son who has come back home. The Macedonia Family is proud to welcome home Brother Dwain Miller.

A native of Daphne, Alabama, Dwain is the son of Ms. Nora Miller and Mr. James Jackson. Educated in the **Baldwin County School** System, Dwain graduated from Fairhope High School in 1988. After attending Faulkner State Community College, Brother Miller entered the workforce with a company known for its brown delivery trucks. Working for **United Parcel Service** (UPS) for twenty years, Dwain humbly states, "I am devoted to UPS and my co-workers and I love my job." He is confident that God placed him there for a purpose. Known throughout Daphne by businesses and residents alike, Dwain has maintained his integrity as a

dedicated worker who meets his clients with a smile.

Grateful for the love and support of his family, Brother Miller's greatest influence comes from his mother. He ad-



mires her for her amazing strength, courage, and faith in Jesus Christ. Having become her "church partner," Dwain enjoys visiting other churches with her, and they spend precious moments talking about God's grace and mercy. Moreover, her prayer life has greatly touched him and has taught him to continuously seek a personal relationship with Jesus Christ. "My mother has always been there for me, and no matter what I have gone through, she has never stopped praying for me." Not only does he treasure his relationship with his mother, brother, and sister, but he is also thankful for his children: Jacques, Joshua, and Halley.

An avid football fan, Brother Miller also loves spending time with family. However, he has grown to love coming to

church and worshipping with fellow believers. While he grew up in Macedonia, he left her walls after he graduated from high school. He attended another church, but the urgency to return home was met one Sunday morning. "God did it. I got up one Sunday. I got dressed, and I drove to Macedonia." Since that life changing drive, he has been active in the choir and the usher board, and he attends Bible Study when his work schedule allows him to do so. "I love you guys, and I am here to stay." Brother Miller considers his mother, Reverend Jackson, and Reverend Mitchell as his spiritual mentors. "God knew that they would help me."

Dwain's love for God's Word has truly grown. Everyday he meditates on five scriptures that have become his building blocks for his walk with the Lord. Psalms 25:4-6, 32:8, 143:8, Proverbs 3:5-6, and Isaiah 58:11 are deeply embedded into his mind and spirit. His favorite songs mirror his thankfulness for God's giving him another chance. Smokey Noreful's "Thank You for My Life" and Hezekiah Walker's "God Favored Me" are on his heart's playlist continually. Hence, he can not help but to trust God and know that his peace of mind rests in his assurance of his salvation. Romans 9:10 is the essence of Brother Miller's belief

that God loves him unconditionally, in spite of his downfalls, mistakes, and wrong turns in life. "Jesus loves me so much that He died for me." He has confessed this belief with his mouth, and he believes this wonder in his heart. "If God never does anything else for me, I love Him!" Because of God's love for Dwain, he desires everyday to become a better Christian. "I want to seek God's face, live a Godly life, study God's Word more, be obedient to the Word of God, be quick to repent, be pleasing in His sight, be a better person of prayer, obtain wisdom and knowledge from God, and have the mind of Christ. I want to love people with the love of Jesus and treat them the way I want to be treated."

For the younger generation, Brother Miller's advice is quite simple. "Stay in church. Love and obey your parents, and love God." Labeling himself as a person of few words, Dwain's voice is loud and clear. He is forever grateful that the Lord has saved his life, and he has no longing for the former things, because he is a new creation in Christ, and he will not turn around now. His Macedonia Family rejoices with him and is glad that the Lord has led him back home, for this is where Brother Dwain Miller truly belongs.

Dr. Regina Benjamin's Swearing In Ceremony January 11, 2010 Washington, DC



Surgeon General Regina Benjamin, right, is sworn-in by Health and Human Services Secretary, Kathleen Sebelius, left, on Monday, Jan. 11, 2010, during the swearing-in ceremony in Washington. Holding the Bible is former Health and Human Service Secretary, Dr. Louis Sullivan.



Surgeon General Regina Benjamin, left, is assisted by her Aunt Leanna Alphonse during her swearing-in ceremony.



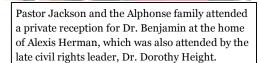


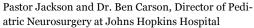
The ceremony was also attended by several Macedonia members including Pastor Jackson, Andre McConico, and Dr. and Mrs. Herbert Stone, along with other family and friends.



















Congratulations And Best Wishes Cecily and Carl Harper For a Bright Future!



"Love suffers long, and is kind; love does not envy; love does not promote itself, is not puffed up, does not behave badly, seeks not her own, is not easily provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails" 1Corinthians 13:4-8

Marriage Ministry – Fellowshipping and Learning



The Marriage ministry had a very

active

quarter of 2010. The ministry focused on fellowship and learning activities to start the year. The ministry held its second Valentine's Day celebration on Saturday, February 13th. This year's celebration was attended by over 20 couples

By Bro. Richard Perry | 1st

bands prepared and hosted the celebration at the church fellowship building. The wives were surprised and pleased with the evening's activities. A great time was had by all that at-

from the church. The hus-

The ministry also held its second bowling night. The Singles ministry

tended.

joined in the activity which was held at the Strike City Lanes in Bay Minette. There were many strikes along with a fair share of gutter balls rolled during the evening. Everyone enjoyed the fellowship and the opportunity to demonstrate their athletic prowess.

A key objective of the ministry is to increase our knowledge and understanding of God's plan for our marriages. The Marriage ministry spent time learning together about God's purpose and role in marriage. We also studied the biblical roles and responsibilities for the husband and wife in marriage. We enjoyed a lively session and discussion on the needs of the husband and wife. There will be upcoming sessions which will focus on role of communications in a marriage.

In addition to the ongoing educational activities, the ministry is planning a family life conference for later this year. We are also making plans for a cruise trip in 2011. We welcome all married couples in the church and community to participate in the ministry.



"A key objective of the ministry is to increase our knowledge and understanding of God's plan for our marriages."

Treasures from Macedonia's Table Sponsored by

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Pam's Marvelous Macaroons

2 egg whites 2/3 cup sugar 1 1/2 cup coconut 1/2 tsp. vanilla



Sis. Pamela W. Yelding



Beat egg whites until foamy white.

Add vanilla, gradually add sugar, and mix in between each. Mix until glossy white. Fold in coconut. Drop rounded teaspoons about 2 inches apart onto greased cookie sheet.

Bake 325 degrees for about 12 minutes.

Members Encounter the Holy Land Experience in Orlando

























Members Witnessed a Live Reenactment of the Crucifixion, Entitled, "Passion, He Rose Again!"

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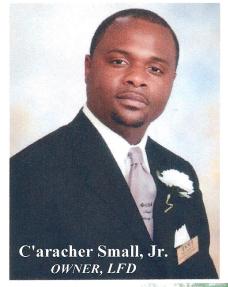
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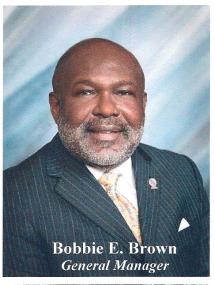
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Braceson Donel Dailey Wins Baby Contest



Braceson Donell Dailey, the son of our own Shamika Bracy and Larry Dailey won the Young Women's League Baby Contest held on April 25, 2010 at Camp Julia Nelson Auditorium.

Braceson competed along with babies from other area churches. The financial donations will be used to meet the goals set for the Women's Convention which will be held on June 8-10, 2010 at the Ebenezer Baptist Church in Loxley, Alabama. Counselors, Earlie Smith and Louise Smith, would like to thank everyone for their kind response.

Beau Cullen Washington





Beau Cullen Washington was born December 21, 2009 to Bro. Dominic and Sis. Leah Washington. He is the grandson of Bro. Francis and Sis. Tommie Conaway.

Welcome to the Macedonia Family, Beau!

Kendall Sampson Graduates from Pre-School



Kendall
Sampson, the
daughter of
Deacon Anthony
and Sister Pamela Sampson, received her diploma from
Daphne United
Methodist

Church Pre-School on May 6, 2010.

Congratulations, Kendall!

Autumn Ford Continues to be a Pacesetter



Autumn Ford received the "High Silver Award" along with the Dance Competition Team at Bay Pointe Dance Academy. They performed at the Elite Dance Cup Competition in Biloxi, MS May 1, 2010.

Autumn was named P.E. "Student of the Year" at Daphne East Elementary for 2010.

Autumn also represented the 4th Grade class at Daphne East Elementary by singing a spiritual song on the Black History Program.



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Foreign Mission Ministry



Color this picture of Pastor Jackson and receive a Chickefulle coupon from a member of the Foreign Mission Ministry.

Pastor Charles Andrew Jackson, Jr.

and
Sister Yvette Jackson
Celebrate
First Year Anniversary

at

Macedonia Missionary Baptist Church



Anniversary Program Sunday, May 23 at 3:00 p.m.

Guest Minister, Dr. Montgomery Portis, Pastor of Mt. Zion Baptist Church

Worship Services

Sunday School 9:30 a.m.

Morning Service 11:00 a.m.

Wednesday Night

Bible Study 7:00 p.m.

Doctors Orders: Stroke Prevention Outlined



By Dr. Herbert Stone, MD

A stroke (sometimes called a cerebrovascular accident (CVA)) is the rapidly developing loss of brain function(s) due to disturbance in the blood supply to the brain, caused by a blocked or burst blood vessel. This can be due to ischemia (lack of glucose and oxygen supply) caused by an "in place" clot, or a clot that comes from some place else or due to a hemorrhage. As a result, the affected area of the brain is unable to function, leading to inability to move one or more limbs on one side of the body, inability to understand or formulate speech, or inability to see one side of the visual field. 80% of strokes are due to ischemia; the remainder are due to hemorrhage.

A stroke is a medical emergency and can cause permanent neurological damage, complications, and death. It is the leading cause of adult disability in the United States and Europe. It is the number two cause of death worldwide and may soon become the leading cause of death worldwide. Risk factors for stroke include advanced age, hypertension (high blood pressure), previous stroke or transient ischemic attack (TIA), diabetes, high cholesterol, cigarette smoking and atrial fibrillation. High blood pressure is the most

important modifiable <u>risk</u> <u>factor</u> of stroke.

Blood pressure - Hypertension accounts for 35-50% of stroke risk. Epidemiological studies suggest that even a small blood pressure reduction (5 to 6 mmHg systolic, 2 to 3 mmHg diastolic) would result in 40% fewer strokes. Lowering blood pressure has been conclusively shown to prevent both ischemic and hemorrhagic strokes.

Atrial fibrillation - Patients with a trial fibrillation have a risk of 5% each year to develop stroke. Depending on the stroke risk, anticoagulation with medications such as <u>coumarins</u> or aspirin is warranted for stroke prevention.

Blood lipids - high cholesterol levels have been inconsistently associated with (ischemic) stroke.

Diabetes mellitus - Patients with diabetes mellitus are 2 to 3 times more likely to develop stroke, and they commonly have hypertension. Intensive disease control has been shown to reduce microvascular complications such as kidney disease and eye problems but not macrovascular complications such as stroke.

Early recognition - Watch for these stroke symptoms if you think you or someone else is having a stroke: 1.

Trouble with walking. If you're having a stroke, you may stumble or have sudden dizziness, loss of balance or loss of coordination. 2.

Trouble with speaking.

If you're having a stroke, you may slur your speech or may not be able to come up with words to explain what is happening (aphasia). Try to repeat a simple sentence. If you can't, you may be having a stroke. 3. Paralysis or numbness on one side of the body. If you're having a stroke, you may have sudden numbness, weakness or paralysis on one side of the body. Try to raise both your arms over your head at the same time. If one arm begins to fall, you may be having a stroke. 4. Trouble with **seeing.** If you're having a stroke, you may suddenly have blurred or blackened vision or may see double. 5. Headache. A sudden, severe "bolt out of the blue" headache or an unusual headache, which may be accompanied by a stiff neck, facial pain, pain between your eyes, vomiting or altered consciousness, sometimes indicates you're having a stroke.

For most people, a stroke gives no warning. But one possible sign of an impending stroke is a transient ischemic attack (TIA). A TIA is a temporary interruption of blood flow to a part of your brain. The signs and symptoms of TIA are the same as for a stroke, but they last for a shorter period several minutes to 24 hours — and then disappear, without leaving apparent permanent effects. You may have more than one TIA, and the recurrent signs and symptoms may be similar or different. A TIA may indicate that you're at risk of a fullblown stroke. People who have had a TIA are much more likely to have a stroke

had a TIA.

When to see a doctor? If you notice any signs or symptoms of a stroke or TIA, get medical help right away. A TIA may seem like a passing event. But it's an important warning sign — and a chance to take steps that may prevent a stroke.

If someone appears to be having a stroke, watch the person carefully while waiting for an ambulance. You may need to take additional actions in the following situations:

If the person stops breathing, begin mouth-to-mouth resuscitation. If vomiting occurs, turn the person's head to the side. This can prevent choking. Don't let the person eat or drink anything.

Every minute counts when it comes to treating a stroke or TIA. In fact, sometimes a stroke is referred to as a "brain attack" to convey that, similar to a heart attack, quick care is important. So, don't wait to see if the signs and symptoms go away. The longer a stroke goes untreated, the greater the damage and potential disability.

The success of most stroke treatments depends on how soon a person is seen by a doctor in a hospital emergency room after signs and symptoms begin.

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Dr. Stone Offers Advice About Stroke Prevention

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TREATMENT - A stroke is occasionally treated with thrombolysis ("clot buster"), but usually with supportive care (speech and language therapy, physiotherapy and occupa- tion after a stroke or trantional therapy) in a "stroke sient ischemic attack. Low unit" and secondary prevention with antiplatelet drugs (aspirin and often dipyridamole), blood pressure control, statins, and in selected patients with carotid endarterectomy and anticoagulation

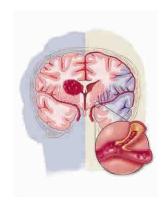
Anticoagulation drugs - Oral anticoagulants such

as warfarin have been the mainstay of stroke prevention for over 50 years. However, several studies have shown that aspirin and antiplatelet drugs are highly effective in secondary prevendoses of aspirin (for example 75–150 mg) are as effective as high doses but have fewer side-effects: the lowest effective dose remains unknown. Stroke unit - Ideally, people who have had a stroke are admitted to a "stroke unit", a ward or dedicated area in hospital staffed by nurses and therapists with

It has been shown that people admitted to a stroke unit have a higher chance of surviving than those admitted elsewhere in hospital, even if they are being cared for by doctors with experience in stroke.

When an acute stroke is suspected by history and physical examination, the goal of early assessment is to determine the cause. Treatment varies according to the underlying cause of the stroke, thromboembolic (ischemic) or hemorrhagic. A noncontrast head CT scan can

rapidly identify a hemorrhagic stroke by imaging bleeding in or around the brain. If no bleeding is seen, a presumptive diagnosis of ischemic stroke is made.



Bible Question: What Would You Tell Your Child If You Were a Parent?



In the Season of Autumn: Hamilton's In My Eyes:

"If I was a parent I would encourage my child to believe in the Lord and be kind to others. I believe children should always be respectful to their elders and love one another. I would encourage my child to strive to set high goals, be the best in life and have fun in the process. Being a good parent is a blessing from God."





"Do not live for the world. Live for God. Be obedient and don't give up when you are challenged. God will take care of you."

By Hamilton Baker



Talk with Tia:

If I were a parent I would tell my child to go to church, and learn everything about God they can because one day one of those Bible verses can keep you from doing something you would regret later on. There are many other reasons why I would tell them that, too. Going to church can also help you because the Bible holds true answers to all questions. Going to church can help you grow a better relationship which will help you in the future. That's some simple advice I would give to my child, if I were a parent. By Tia Alphonse



Along the Jordan:

"If I was a parent I would tell my children three things.

1. Follow your dreams and don't let anyone stop you. 2. Don't ever stop until you reach your goal. 3. Always do your best.

These are the three things I would tell my child if I was a parent."

By Jordan Sampson

Heart to Heart: The Effective Summer Approach



By Sharon Curtis, RN

As you can see and feel, we have finally arrived at a long awaited destination call warmer weather. We have to examine what that means to us as we begin our journey from Spring to Summer. Well if you're like the vast majority of individuals, it's a time of family gathering, cookouts and

just good ole fun times. The big question is how do we want to remember and feel as we're traveling through this warmer season, because we know it will end. The magic in the season is how well we eat with the choice we're given. I'm not saying don't have a rib or a doughnut, because we know all too well that is probably not going to be an option for you. However, you are not required to eat the whole slab of ribs and all the desserts. Well, you guessed an old familiar standard.

It's not how much but the quality of what you allow inside to make a difference. You see, we all have a favorite food that create problems for us, but is it really necessary to feel bad the day after. Too many times we've seen people pay a tremendous price because of unhealthy eating and failing to practice portion control. So, I'm encouraging you to enjoy and build those relationships that the season brings. However, let us be wise in our choice and portion sizes.

Remember, we have the power and can move through the season with laughter and memories. Let this be the year when summer ends, you won't need to make a doctor's appointment because of your approach and end to summer.



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The Legal Angle: The Dangers of Predatory Lending



By Mary C. Stone, Esq.

There has been a great deal of coverage in the mainstream media in the past few months regarding the increase in non-traditional lending practices, including making interest only and negative amortization loans. Predatory lending is a term used to describe a variety of practices that mislead gouging consumers, them with exorbitant fees and usurious interest rates on their loans. In the context of home mortgage loans, these lending practices strip the equity from the Consequently, home. there has been a rise in foreclosures throughout the nation as a result of these predatory lending practices. Some homeowners in Massachusetts have filed lawsuits against Wells Fargo for failing to modify their mortgages through the federal home modification program. According to the allegations in the lawsuit, Wells Fargo entered into agreements temporary for trial modifications under the Home Affordable Modification Program. Under program, lenders agree to reduce homeowners' monthly mortgage payments to no more than 31% of their income. The lawsuit also homeowners the complied with the written agreement and submitted required documentation, but Wells Fargo "ignored its contractual obligation to modify loans permanently".

The Home Affordable Modifications Program is a cornerstone of the Obama administration's efforts to reduce foreclosures, and it is intended to assist up to 4 million homeowners in the next three years. To date, about a million trial modifications have been initiated. and about 116,000 have become permanent. For a trial modification to become perhomeowners manent. must make three payments and submit proof of their income.

The lawsuit is seeking to be certified as class action, claiming "hundreds, if not thousands of Massachusetts homeowners" as well as homeowners in other states may be in similar situations. The lawsuit names Wells Fargo Bank, as well as Wells Fargo Home Mortgage of West Des Moines and its operating unit, America's Ser-

vicing Co. in Fort Mills, South Carolina, as Defendants. Wells Fargo estimates that only half of the 92,000 homeowners who currently have trial modifications pending will be eligible to participate in the program because several do not return any or all of the required documentation, and then others who have returned all the documentation will be deemed ineligible after documents have been reviewed.

Under program guidelines, those who serviced home mortgage loans had previously been able to collect information from homeowners throughout

However, beginning June 1st, the Treasury is requiring those who service home mortgage loans to verify income before putting homeowners in a trial modification. Wells Fargo, which was to begin doing this on March 1st, stated this "better enables customers to understand if they qualify and what their final payment relief likely will be". If you need more information, please contact The Brandyburg Firm at (251) 471-9900.





Men's Ministry Salutes Our Mothers Mother's Day Breakfast 2010 Highlights





















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We extend our deepest sympathy to our fellow members:

The Smith Families in the death of their cousin.

Sis. Christine Ward & Family in the death of their cousin.

Mr. & Mrs. Curtis (Cassandra) Harris in the loss of her father.

Sis. Anniece Baker and Bernice Hale in the loss of their nephew (Dennis Brown).

Sis. Mary Coats in the loss of of her sister in law.

Sis. Theresa Yelding in the loss of her brother.

Please keep our entire church family and those affected by recent disasters in your prayers.

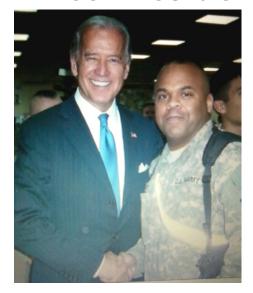
Macedonia Members Celebrate Birthdays & Anniversaries

January	February	March	April	May	June
Rev. Alfred Baker	Ora Arnold	Rayver Baker	Marion Bolar	Yvette Bracy	Mary Stone
Adrianne Banks	Saundra Stanton	Damian Bolton Elouise Bolton	Krysten Williams	David Shepard	Mae Jewel Valrie
Chemesha Brown	Robin Bolar	Mattie Sue Brown	James Williams, Jr.	LeHerschell Lett	Annie McGadney
Brandon Conaway	Ruth Bolton	Ruby Burton Charletta Coleman	Gray Curtis	Earlie Smith	Leon McConico
Mary King	Tommie Conaway	Minnie Douglas	Geraldine Lett	Irene Pritchett	Angie Snowden
Shirley Smith	Marrietta Figures	Reginald Hubbard	Cecily Harper	Khalil Yelding	Dorothy Williams
Thomas Smith	Bria Gipson	Alfred Jenkins, III Endeya McCorvey	Kadijah Gandy	Richard Perry	Queen Watson
Erstina Lett West	Christine Green	Rose Johnson	Stephanie Curry	John T. Baker, Sr.	Rosa Turner
Kelvin Thomas	Bennie Lee	Rhonda Pettibone	Demetri Taylor	Melvin Kennedy	Connie Yelding
Hercules Williams	John Leonard	Ida Jean Reed Alma Rudolph	Jackie Valrie	Clem Pierce	Cedric Yelding, Jr.
Waymon Williams	Jeris McConico	Tempie Singleton	Anthony Sampson		Pamela Sampson
Mary Wainwright	LaBrian Mitchell	Diane Smith Anna E. Williams	Amari Yelding		James Lee
Steve Jackson	LaChina McCovery	Kay Williams			Anniversaries
Jaylen McCorvey	Elease Powe	LaDarron Williams	Anniversary		James & Marrietta Figures
Mary B. Yelding	Charlie Rudolph	Alaric Yelding Rashad Yelding	LeBrian & Victoria Mitchell		Thomas & Louise
Derrick Yelding	Louise Smith	LeBaron Pritchett	Witchen		Smith
Elizabeth Wright	Alisha Williams	Anniversaries			Dominic & Leah Washington
Christine Ward	Lucille Williams	James & Vonametris			Kelvin & Janie Thomas
Anniversary		White			
Herbert & Andrea Conaway		David and Lena Shepard			* Willie * & Marjorie Lewis
Conaway					*John* & Jean Single-

*Deceased

ton

A Vice Presidential Handshake



Scottie Jackson, the son of our own Sis. Elnora Jackson, is pictured here with Vice President Joe Biden. The Vice President greeted Jackson and other members of his company during his recent trip to Iraq.

Andre' McConico, 2010 Mattie T. Blount Teacher of the Year



Dear Mr. McConico

I want to thank you for being one of my favorite teachers at Blount. I feel as though you have helped me grow within many areas of life. I feel as though you are one of the few people that actually believe in me. For you I have nothing but respect for you are a humble person and

also a peaceful one. Just by watching you, you have inspired me to become a better man, you have become something like a male role-model so I want to say have a peaceful and fulfilling life.

Sincerely, Sylvester Edwards



"Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."

- Matthew 5:16

Excerpts from Mr. McConico's Teacher of the Year Nomination:

Mr. McConico is well-respected by his colleagues in the social studies department and supervisors (both present and past) of social studies curriculum for Mobile County. He is consistently asked to work on the curriculum committee. He helped write the pacing guide and core concepts and other curriculum for Mobile County Public Schools and has worked on various other projects.

He is always willing to help others with technology. He is patient and kind towards his students and other faculty members. He has a nice attitude all the time.

He is always looking for ways to motivate the staff to have "school spirit." He has done this through tailgating, organizing staff gatherings, sending e-mails, and in other ways.

He also goes beyond classroom duties to attend and support school functions and to tutor after school. He looks for the best in every student.

Mr. McConico also strongly believes in rewarding students for their success. He finds many ways to recognize students for the academic success.

Nature's Way: AdvoCare Nutrition Product Benefits



By Robert Wright

MT: AdvoCare Nutritional products are gaining national attention for providing superior health and fitness benefits. Advo-Care is highly endorsed by many celebrities such as Christian Recording Artist, Michael W. Smith and Elite Athletes like New Orleans Saints' OB, Drew Brees and NBA Guard, Michael Redd. Surprisingly, these individuals are not paid to endorse the AdvoCare products. They choose AdvoCare products because they are the safest and most effective products on the market. I am talking with Daphne Cook, a local AdvoCare Representative. Daphne, what makes AdvoCare products so unique?

pc: AdvoCare is a 17 yr old company that produces nutritional products to the highest quality standards in the industry. Our products are based on the latest scientific research, not fads. We also use only the highest quality ingredients which are present in

effective amounts and designed to work synergistically for superior results.

MT: Tell us about the different types of advocare products.

DC: We offer 5 different product lines: Trim, Active, Well, Performance Elite and Definite Difference Skin Care. Our most popular product is our SPARK energy drink that you may have seen advertised on local television stations during the 2009 Advocare V-100 Independence Bowl and 2 weeks prior to the Super Bowl with endorser Drew Brees. Spark is an amazing drink that provides 5-6 hrs of mental focus and clarity with no crash. It is even safe enough for children and pregnant women. The other product line that has been extremely popular for my clients has been the Trim Line as we have helped many lose from 10 lb to over 100 lbs and keep it off for many years.

MT: I have read that Advocare does a lot of research on their products. How is this done?

DC: We have 8 world renowned doctors who serve on our prestigious Scientific and Medical Advisory Board to insure that all products are formulated with the latest

scientific knowledge. One of my favorites is Dr. Stanley Dudrick, professor of surgery at Yale University and the founding father of TPN (IV Nutrition). These doctors hold numerous degrees in the areas of surgery, pharmacology, toxicology, and sports' nutrition, as well as men and women's health.

MT: It appears that AdvoCare products can provide great benefits for the everyday individual as well as the athlete.

DC: Yes, the products were actually made for every day people but were discovered by many elite sports trainers and coaches who introduced them to their athletic teams. The athletes have gotten such proven results that we are actually better known in that realm than in the general population. However, my passion is to help every day people achieve optimal health and fitness results so that they are more effective in their daily life and enjoy more quality time with their families and friends.

MT: Do you have any programs to benefit organizations like churches, civic organizations, etc.?

DC: We have 2 programs that are very popular with

church and civic groups as well as small group home meetings. They are our 8 wk Commit2Fit Program and our 50 Days to Fitness Program. Both programs offer a systematic approach to optimal nutrition and are extremely beneficial in helping individuals get to and maintain an optimal body composition. The Commit 2Fit is free and there is a minimal charge of \$15 per workbook for the 50 Days to Fitness. We have a Commit₂Fit that just started in Daphne. I also offer free fitness consultations for individuals and groups. Please call me for details.

MT: How can we contact you for more information?

DC: Please visit my website at www. FitChampions.com.You are also welcome to call me at 251-767-3807 or email me at Daphne@Fitchampions.com.



Youth Department Revs It Up For Summer Activities



By Sis. Tawanda Mitchell

On the mark....Get Set....Gooooooo! We're off to another busy summer. The youth will be experiencing for the first time the Congress of Christian Education at the National level. This June, five of our youth along with six of our counselors will be traveling to the National Baptist Congress of Christian Education held in Houston, TX. This will be a week long trip, therefore the youth are working very hard to raise the funds.

For those who will not be attending, we are planning an outing for the Department. We truly appreciate their dedication to the ministry. To our upcoming Grads," WE ARE MORE THAN PROUD OF YOU."
Just continue to seek the Lord first and those other things will be added as he sees fit. For all upcoming events, please view the back hall near the entrance to the Fellowship Hall. We are also busy with Congress choir rehearsal.



Affordable Housing Organization

Our own Deacon Llewellyn Douglas serves on the Board of the Eastern Shore Affordable Housing Committee, along with several others from the community. The groups aims to find low cost housing for those in Baldwin County Communities.

For further information please call 251-604-0933.



Jasmine Stewart Elected to FCCLA



The Daphne Middle School Family, Community and Career Leaders of America recently held officer elections. Our own Jasmine Stewart was elected Secretary. The group emphasizes leadership and community service.

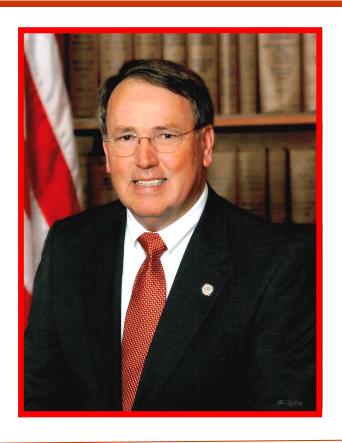


Vote Tuesday, June 1st



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Why Should We Attend Sunday School?



Sunday School is the foundation of the church.

By Sis. Virgie Locke

teaches the organizational structure and gives the basic understanding of the Bible and its teachings. You learn the meaning of Christianity and how to live according to God's Will. In Sunday School,

you learn Scripture and how to integrate it into your daily life.

Through class participation and interaction, it enhances your role in becoming a true Christian. You will begin to live a more abundant and fulfilling life. Further, Sunday School helps young people improve their reading and understanding, which improve their success in life.

Sunday School

enhances your understanding of the Pastor's message and increases your appreciation for church services and participation in church programs. It also provides opportunities to interact and work with Christians at all levels in serving the needs of others.

Sunday School attracts your attention to the Christian way of life rather than the secular way of life. It also provides opportunities for young people to interact in a Christian environment.

Remember, Sunday is the first day of the week and the beginning of worship and praises to God. Don't be left out – get involved! Be a true Christian!

















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

Each

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View From the Pew: Spring is God's Majesty On Display



By Bro. Richard Perry | bled by seeing God's majesty display. Spring time brings us a carpet of green grass on which blooms the trees and flowers in all their spectrum of colors, shapes, and sizes. The wildlife becomes active and alive with movement and sound. Birds are singing. Honeybees and colorful butterflies move constantly through the air.

The scent of the blooming flowers invades our nostrils with sweet and inviting aromas. The cleansing scent of the April showers warms and refreshes my heart. This year I have to spend a significant amount of time in West Virginia. During the early months there were many gray and dreary days. I saw mountain hills absent of ground foliage with bare trees marking the landscape. This past week during my visit, I saw the God's majesty on display and I was renewed by the transformation which I witnessed. The mountain hills were lush and green.

The ground was covered in green grass and the trees were alive with colors, foliage, and wildlife. Even in the midst of the recent tragedies experienced in the area

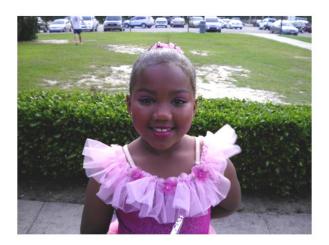
you could feel God's presence in the atmosphere and the people.

God is the great creator and his creation is wonderful to behold. To those individuals who doubt he exists, I asked them step outside during spring and to tell me who but God could have created such a wonderful masterpiece.

Congratulations!









My Prayers for Continued Success!

<u>Jaylen Snowden</u> - Daphne East Elementary

Star Student of the Month.

<u>Trinity Jackson</u> - Ballet and Piano Recital and A Honor Roll for the entire year at Daphne East Elementary.

Nya Snowden - Ballet Recital and A -Honor Roll for the entire year at Daphne East Elementary.

Love Always,

"Grana" Patricia Jones



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

Avery Curtis Excels at Auburn



Avery Curtis, now a Junior who is majoring in Spanish with International Trade at Auburn University, has been making great strides on her campus. Avery participated in the Seventh Annual Auburn University

Undergraduate Research and Scholarship Forum. The forum gives students an opportunity to showcase research related to their fields of study and compete for various awards. Avery, who presented a paper entitled "Written Expression Across Levels", won second place and a summary of her work was published in the annual research forum journal. In addition, she received the Wiatt Achievement Award which is given to students who show great promise in the area of Foreign Language and to top scholars across the United States. Avery

closed out the semester by making the Dean's List with a 4.0 semester grade point average. This summer, Avery has received an internship in Texas where she will be working for the company, Telemundo. Telemundo is the second largest Spanish-speaking broadcasting network that is based in the United States. Remember that Macedonia stands behind you in all of the good that you do. Keep up the good work and we are very proud of you!

Alabama A&M University Graduate



Christina Delores Leona Conaway daughter of Mr. Clement A. Conaway and Mrs. Linda K. Ross. Christina's grandparents are the late Mr. & Mrs. James W. Conaway and Mr. & Mrs. Arthur Kiel. Christina graduated on May 14, 2010 from Alabama A&M University, Huntsville, Alabama earning a Bachelor of Arts Degree in Telecommunications. Christina graduated Magna Cum Laude within the School of Arts & Science. Christina is the niece of Sis. Marietta Conaway Figures and the goddaughter of Paula Figures McCants. Christina is

currently working at Alabama A&M Career Development Services.

Congratulations to Christina on an outstanding achievement.



