

The Sinai Connection

"The Vision Beyond These Walls"

October/November 2009 Edition

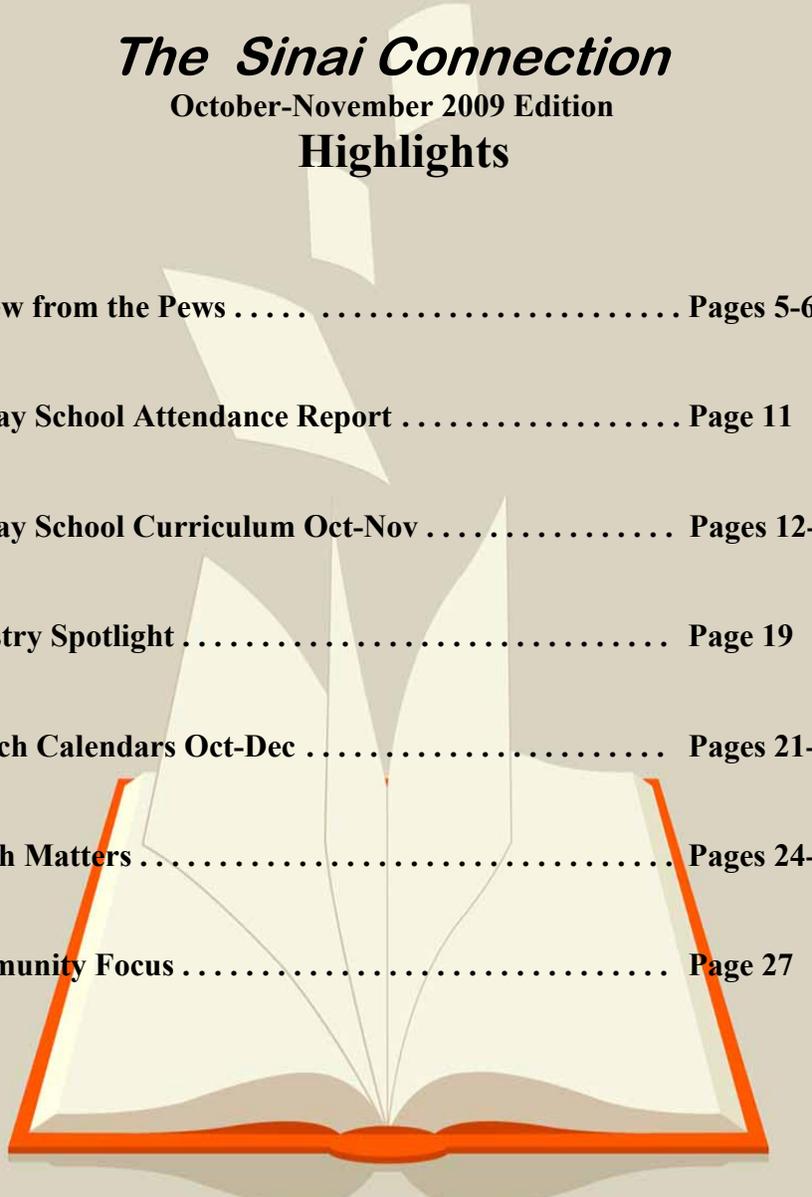


GREATER MT. SINAI BAPTIST CHURCH

**1243 WEST BOULEVARD
CHARLOTTE, NC 28208
PHONE (704) 332-2163
WWW.GREATERMSSBC.ORG**

REV. GEORGE COOK, JR., PASTOR

**"BECOMING A FULL-TIME CARING CHURCH
THAT SEARCHES FOR THE LOST"**



The Sinai Connection
October-November 2009 Edition
Highlights

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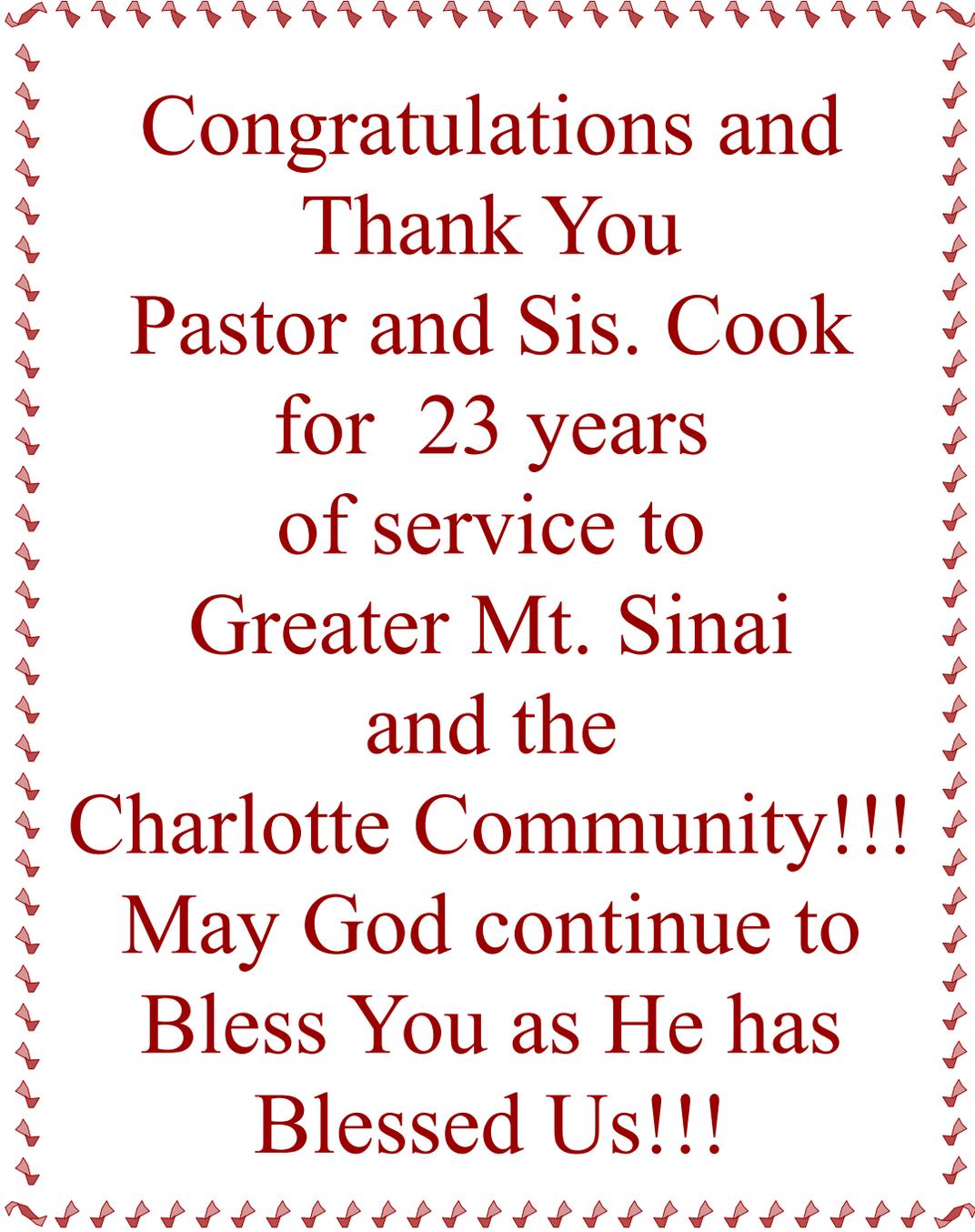
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Read the electronic edition of ***The Sinai Connection*** on the web at
www.greatermsbc.org



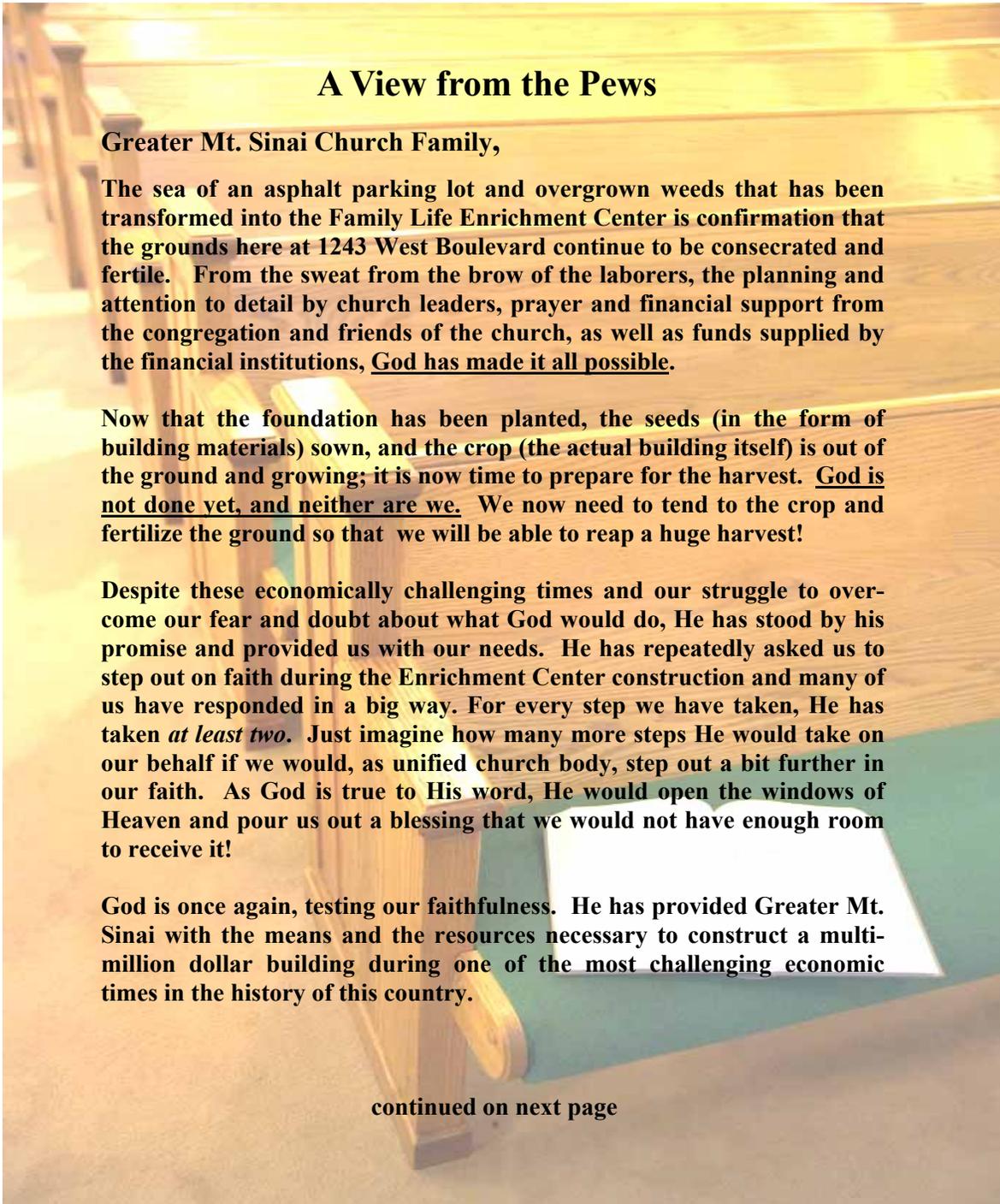
Congratulations and
Thank You
Pastor and Sis. Cook
for 23 years
of service to
Greater Mt. Sinai
and the
Charlotte Community!!!
May God continue to
Bless You as He has
Blessed Us!!!

A New Word To Add to Your Vocabulary

“Praycation”—Setting aside time in our busy schedules and utilizing time otherwise spent idling with empty thoughts to thank God for all of the many blessings He has bestowed upon us and to ask Him for forgiveness.



Are you trying to recall the most recent time you have been blessed and forgiven by God? If you are able to read this . . . then you have your answer!

A photograph of a church interior, showing rows of wooden pews. In the foreground, a book is open on a table. The lighting is warm and golden, creating a serene atmosphere.

A View from the Pews

Greater Mt. Sinai Church Family,

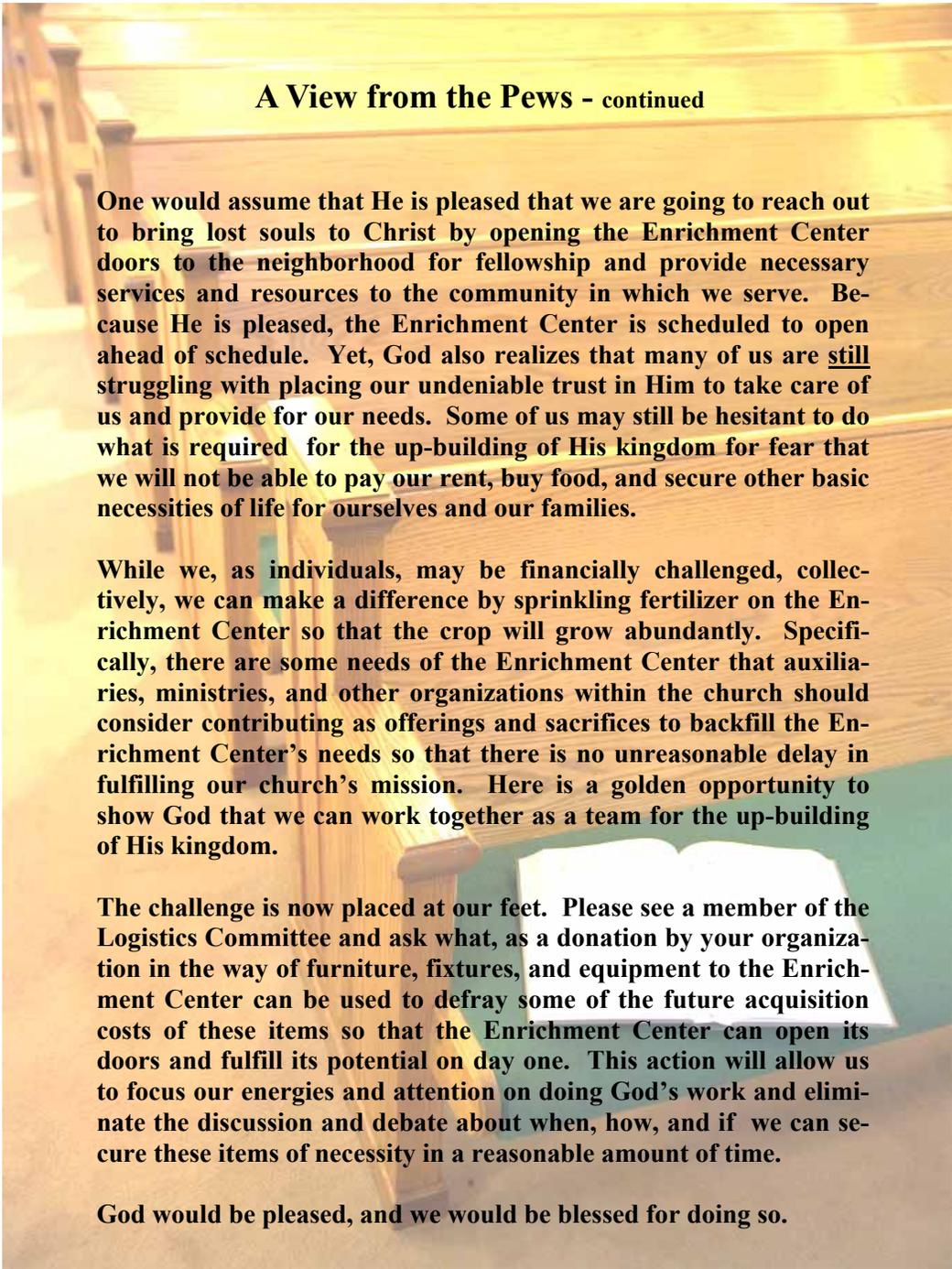
The sea of an asphalt parking lot and overgrown weeds that has been transformed into the Family Life Enrichment Center is confirmation that the grounds here at 1243 West Boulevard continue to be consecrated and fertile. From the sweat from the brow of the laborers, the planning and attention to detail by church leaders, prayer and financial support from the congregation and friends of the church, as well as funds supplied by the financial institutions, God has made it all possible.

Now that the foundation has been planted, the seeds (in the form of building materials) sown, and the crop (the actual building itself) is out of the ground and growing; it is now time to prepare for the harvest. God is not done yet, and neither are we. We now need to tend to the crop and fertilize the ground so that we will be able to reap a huge harvest!

Despite these economically challenging times and our struggle to overcome our fear and doubt about what God would do, He has stood by his promise and provided us with our needs. He has repeatedly asked us to step out on faith during the Enrichment Center construction and many of us have responded in a big way. For every step we have taken, He has taken *at least two*. Just imagine how many more steps He would take on our behalf if we would, as unified church body, step out a bit further in our faith. As God is true to His word, He would open the windows of Heaven and pour us out a blessing that we would not have enough room to receive it!

God is once again, testing our faithfulness. He has provided Greater Mt. Sinai with the means and the resources necessary to construct a multi-million dollar building during one of the most challenging economic times in the history of this country.

continued on next page

A photograph of a church interior, showing rows of wooden pews. In the foreground, a book is open on a table. The lighting is warm and golden, creating a serene atmosphere. The text is overlaid on this image.

A View from the Pews - continued

One would assume that He is pleased that we are going to reach out to bring lost souls to Christ by opening the Enrichment Center doors to the neighborhood for fellowship and provide necessary services and resources to the community in which we serve. Because He is pleased, the Enrichment Center is scheduled to open ahead of schedule. Yet, God also realizes that many of us are still struggling with placing our undeniable trust in Him to take care of us and provide for our needs. Some of us may still be hesitant to do what is required for the up-building of His kingdom for fear that we will not be able to pay our rent, buy food, and secure other basic necessities of life for ourselves and our families.

While we, as individuals, may be financially challenged, collectively, we can make a difference by sprinkling fertilizer on the Enrichment Center so that the crop will grow abundantly. Specifically, there are some needs of the Enrichment Center that auxiliaries, ministries, and other organizations within the church should consider contributing as offerings and sacrifices to backfill the Enrichment Center's needs so that there is no unreasonable delay in fulfilling our church's mission. Here is a golden opportunity to show God that we can work together as a team for the up-building of His kingdom.

The challenge is now placed at our feet. Please see a member of the Logistics Committee and ask what, as a donation by your organization in the way of furniture, fixtures, and equipment to the Enrichment Center can be used to defray some of the future acquisition costs of these items so that the Enrichment Center can open its doors and fulfill its potential on day one. This action will allow us to focus our energies and attention on doing God's work and eliminate the discussion and debate about when, how, and if we can secure these items of necessity in a reasonable amount of time.

God would be pleased, and we would be blessed for doing so.

Let us be reminded . . .

- **A building does not make a church.**
- **God's people do.**

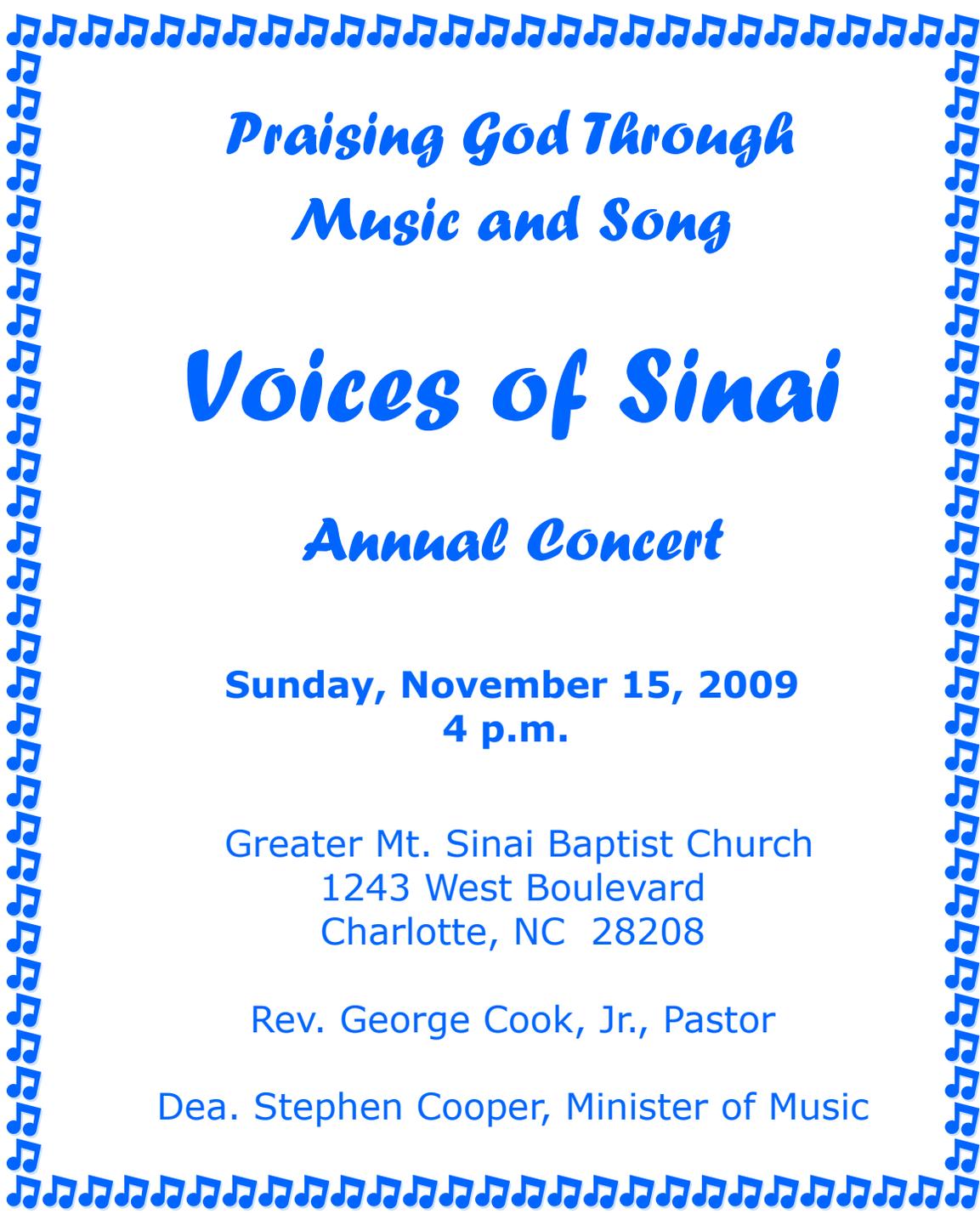
- **The church building does not belong to its members or officers.**
- **The church building and the grounds on which it sits belongs to God.**

- **The true measure of a church is not the size or number of buildings or the number of members it has.**
- **The true measure of a church is how many souls it brings to Christ and its unwavering commitment to do God's will . . . day in and day out.**

- **We keep our house clean and in good repair.**
- **God expects us to treat His house in the same manner.**

- **The church membership is a family and not a collection of individuals. We are all related as children of God in His house of worship.**
- **A family that prays together, stays together.**

- **When our biological family has needs, we support them.**
- **When our church family has needs, we should be supportive of them.**



*Praising God Through
Music and Song*

Voices of Sinai

Annual Concert

**Sunday, November 15, 2009
4 p.m.**

Greater Mt. Sinai Baptist Church
1243 West Boulevard
Charlotte, NC 28208

Rev. George Cook, Jr., Pastor

Dea. Stephen Cooper, Minister of Music

HOW CAN A WOMAN NOT LOVE THE LORD?

He is a gentleman,

He is confident

He is a provider and protector

He is rich and powerful

He owns everything; there is nothing He wouldn't do for me

He perfects all things concerning me

He anticipates my wants and needs

Every day He tells me and shows me how much He loves me

I don't have to perform in order to earn His love

He keeps all of his promises

No one can influence His opinion of me

He is the ultimate intimate partner

He can't 'disown' me because I am a part of Him

He prepares a table before me (Selah)

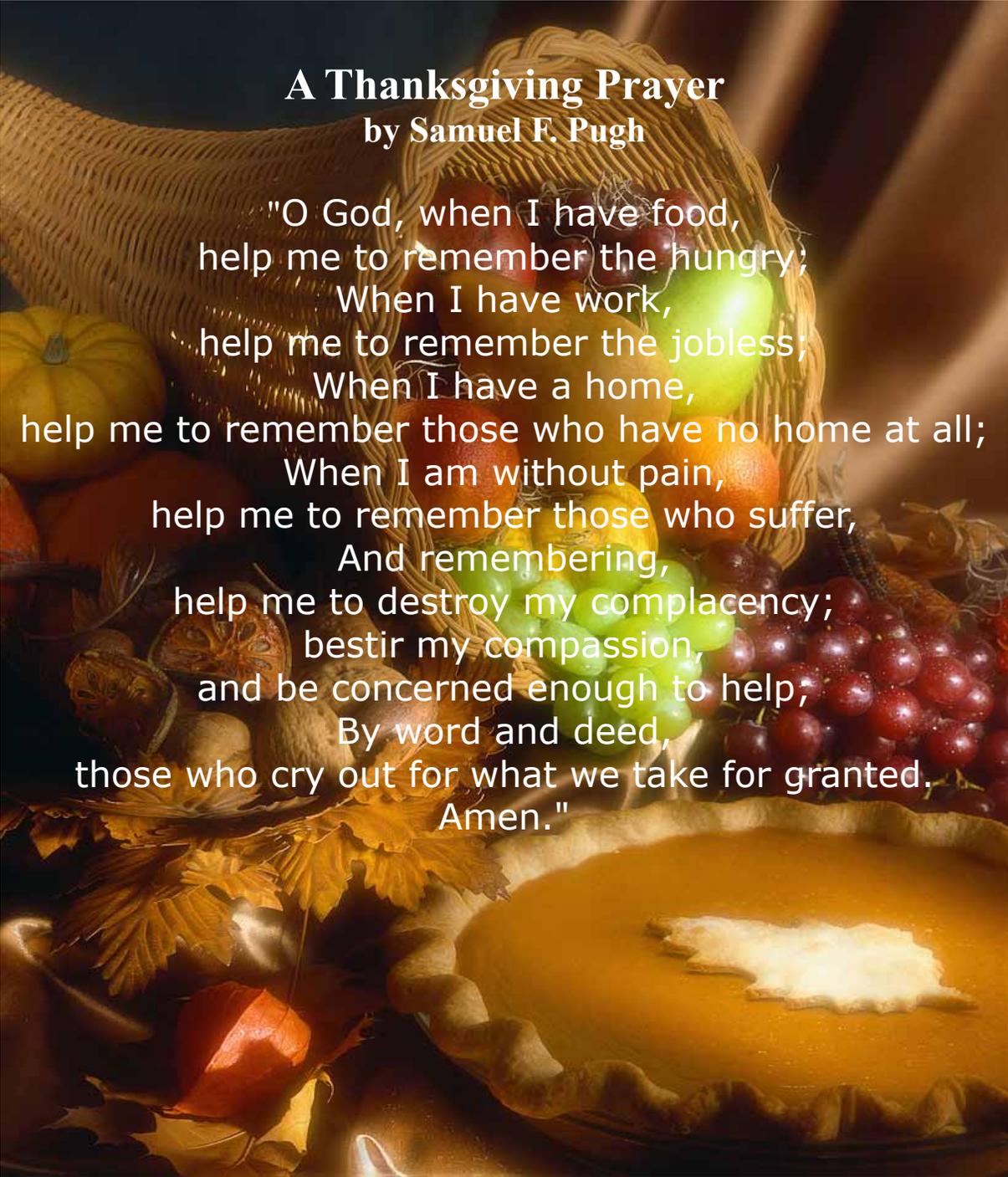
He covers me and doesn't expose me

He wrote His loving words down so that I'll never forget how He feels about me!

NOW THAT'S LOVE!!!

Any man, who wants pointers on how to love a woman, should study GOD!

Wake up every day and thank God for being the best 'man' in your life!

A still life photograph of Thanksgiving food. In the foreground, a pie with a golden-brown crust and a dollop of butter on top sits on a wooden surface. To the left, a cornucopia basket is overflowing with various fruits and vegetables, including pumpkins, apples, and grapes. The background is softly blurred, showing more of the food and a warm, golden light.

A Thanksgiving Prayer
by Samuel F. Pugh

"O God, when I have food,
help me to remember the hungry;
When I have work,
help me to remember the jobless;
When I have a home,
help me to remember those who have no home at all;
When I am without pain,
help me to remember those who suffer,
And remembering,
help me to destroy my complacency;
bestir my compassion,
and be concerned enough to help;
By word and deed,
those who cry out for what we take for granted.
Amen."

Sunday School Creed

***“So that we may show ourselves approved, study each week
for Sunday School”***

Motto
“Teachable Moments”

Sunday School Attendance Report

July 2009

Date	Adult Division	Children/Young People Division
July 5th	72	19
July 12th	78	39
July 19th	93	41
July 26th	84	29

August 2009

Date	Adult Division	Children/Young People Division
August 2nd	88	37
August 9th	98	43
August 16th	82	33
August 23rd	98	41
August 30th	Joint Sunday School	Joint Sunday School

**Greater Mt. Sinai Baptist Church
Sunday School Curriculum**

October – Unit 2: An Open Invitation to Covenant Living

October 4, 2009

Lesson Title: Looking for Jesus

Mark 1:32-45

Key Verse:

When they had found [Jesus], they said unto him, All men seek for thee. Mark 1:37

Lesson Objectives:

- To be able to describe the extension of Jesus' ministry to the diseased and demon-possessed in Galilee.
- To be able to identify reasons why people seek Jesus today.
- To be able to commit to a greater degree of "seeking" Jesus in our lives and to help others who seek Him to find Him.

October 11, 2009

Lesson Title: Recognizing Jesus

Mark 5:1-13, 18-20

Key Verse:

Howbeit Jesus suffered him not, but saith unto him, Go home to thy friends, and tell them how great things the Lord hath done for thee, and hath had compassion on thee. Mark 5:19

Lesson Objectives:

- To understand that demons know and fear Jesus.
- To recognize Jesus' unequalled authority over unclean spirits.
- To be able to identify some figurative demons that confront us today

**Greater Mt. Sinai Baptist Church
Sunday School Curriculum**

October 18, 2009

Lesson Title: Begging to Get In

Mark 7:24-37

Key Verse:

The woman was a Greek, a Syrophenician by nation; and she besought [Jesus] that he would cast forth the devil out of her daughter. Mark 7:26

Lesson Objectives:

To understand that persistence in matters of faith, if it is God's holy will, can work things out.

To understand that Jesus does not need to be physically present to work a miracle.

To be able to see that Jesus is all-powerful, and can halt the ravages of illness and bring about total healing.

October 25, 2009

Lesson Title: Opting Out!

Mark 10:17-31

Key Verses:

Jesus beholding him loved him, and said unto him, One thing thou lackest: go thy way, sell whatsoever thou hast, and give to the poor, and thou shalt have treasure in heaven: and come, take up the cross, and follow me.

Mark 10:21

Lesson Objectives:

To understand that being poor does not automatically grant one eternal life.

To understand that being wealthy does not automatically make one bound for hell.

To be able to make a plan to eliminate one material possession or attitude that interferes with our relationship with Jesus.

**Greater Mt. Sinai Baptist Church
Sunday School Curriculum**

November – Unit 3: The New Covenant Community

November 1, 2009

Lesson Title: A Holy People

1 Peter 1:13-25

Key Verses:

As he which hath called you is holy, so be ye holy in all manner of conversation; Because it is written, Be ye holy; for I am holy. 1 Peter 1:15-16

Lesson Objectives:

- To be able to tell what Peter says is the source and the evidence of holiness in the life of a Christian.
- To be able to illustrate the need for holy living among Christians today.
- To understand the biblical demand to not be conformed to the world's value system.

November 8, 2009

Lesson Title: A Chosen People

1 Peter 2:1-10

Key Verse:

Ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should show forth the praises of him who hath called you out of darkness into his marvelous light. 1 Peter 2:9

Lesson Objectives:

- To be able to summarize Peter's description of the life of "chosen" people.
- To understand that rejection by the greater society was and is the price paid for following Christ, whom the world rejected.

**Greater Mt. Sinai Baptist Church
Sunday School Curriculum**

November 15, 2009

Lesson Title: A Suffering People

1 Peter 4:12-19

Key Verses:

Let them that suffer according to the will of God commit the keeping of their souls to him in well doing, as unto a faithful Creator. 1 Peter 4:19

Lesson Objectives:

- To tell how the suffering that Peter's first readers faced is similar to, and different from, the suffering of believers today.
- To be able to explain how we will rejoice in Jesus despite circumstances.

November 22, 2009

Lesson Title: A Faithful People

2 Peter 1:3-15

Key Verse:

According to his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue. 2 Peter 1:3

Lesson Objectives:

- To be able to tell some key points that Peter makes about growth and faithfulness.
- To be able to explain the connection between godly living and faith.

November 29, 2009

Lesson Title: A Hopeful People

2 Peter 3:1-13

Key Verse:

The Lord is not slack concerning his promise, as some men count slackness; but is long-suffering to us-ward, not willing that any should perish, but that all should come to repentance 2 Peter 3:9

Lesson Objectives:

- To summarize what Peter said about those who scoff at the idea of the Lord's return and about the truth of the "day of the Lord."
- To be able to explain how the promise of the Lord's return motivates us to holy living.

Church Outreach and Mission Project

Prayer Meeting Schedule October and November 2009 Wednesday 7:45pm

October 7th	Deacon Board
October 14th	Young At Heart
October 21st	Singles Ministry
October 28th	Marriage Ministry
November 4th	Associate Ministers
November 11th	Youth Department
November 18th	Deacon Board
November 25th	No Meeting - (Thanksgiving Eve)



*Teachers Meeting each
Wednesday Night at 7:00pm
in Education Building*

*Bible Study each
Thursday Night at 7:00pm*



2009 Meal Service Men's Uptown Shelter

October 8, 2009

Deacons & Trustees

***Thank You
for volunteering and all that you do!
Now Give God Some Glory!!!***

Stewardship and Attendance Report

Please join us in welcoming the following
New Members who joined June 28, 2009 through September 6, 2009:
 Leslie Dunbar, Princess Gary, James Jackson, Andre Pharr, Jimmy Nicholson,
 Malik Heiligh, Edna Rose, Jean Nance, Betty Stitt, Latonya Liscomb, Kalee Liscomb,
 Thurston Liscomb, Emily McNeely, Dwayne Jackson, Deborah Grimes,
 Keon Hunter, Kristen Baxter, Vanite Burris, and Jinisha Payne

We are elated that you have come!



Date	8 am	11 am
July 5th	234	267
July 12th	257	235
July 19th	232	272
July 26th	239	284
July Avg.	241	265
August 2nd	231	282
August 9th	235	266
August 16th	187	381
August 23rd	237	273
August 30th	225	281
August Avg.	223	297

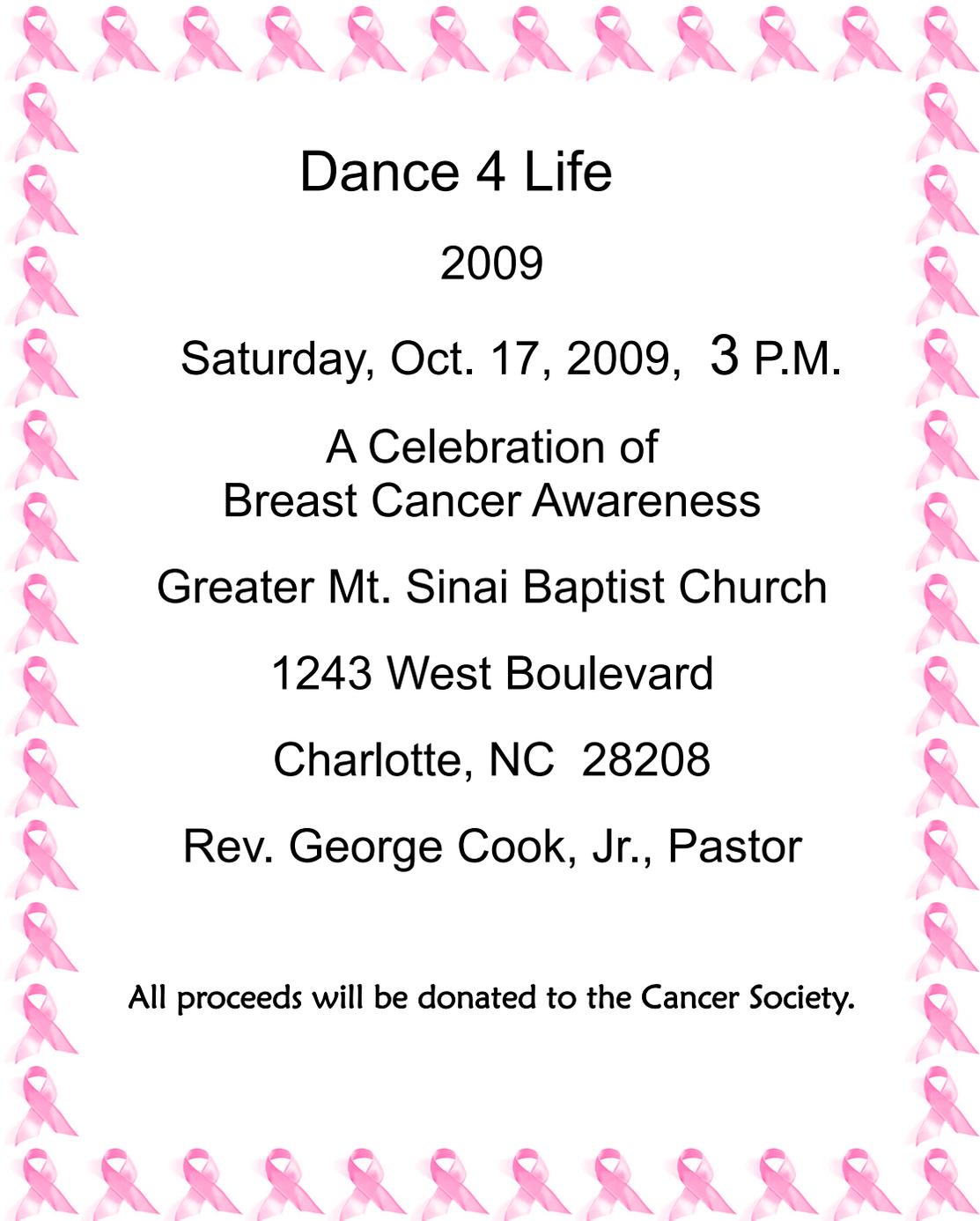


Youth Revival:

July 12th—Attendance of 226 July 13th—Attendance of 236
July 14th—Attendance of 397 July 15th—Attendance of 485

August 30th — Wings Over Sinai Concert — Attendance of 327

	Jan - Mar	Apr - June	July - Sept	Oct - Dec
Baptism	6	15	9	
Christian Exp.	16	7	6	
Letter	-	-	-	
Restored	-	1	3	
Watch Care	-	-		
Total 2009	22	23	18	

A decorative border of pink ribbons surrounds the text. The ribbons are arranged in a rectangular frame, with each ribbon forming a small loop.

Dance 4 Life

2009

Saturday, Oct. 17, 2009, 3 P.M.

A Celebration of
Breast Cancer Awareness

Greater Mt. Sinai Baptist Church

1243 West Boulevard

Charlotte, NC 28208

Rev. George Cook, Jr., Pastor

All proceeds will be donated to the Cancer Society.



Ministry Spotlight GMSBC Men's Ministry



★ **The Men's Ministry of Greater Mt. Sinai** is a collection of men (young and seasoned) who meet every fourth Saturday at 8:30 a.m. in the church fellowship hall. The primary objective of the Men's Ministry is to seek spiritual fulfillment with Jesus Christ and strengthen the brotherhood bond with each another. While some refer to this gathering as the Men's Breakfast, this meeting is more about Christian fellowship than the consumption of food. The fellowship is augmented by lively discussions of issues that affect men in their Christian journey and in everyday living. It also provides a forum where individuals can speak candidly about various subjects, share "feel good" moments, and "be lifted up" when the burdens of life get heavy and there is the need to have a shoulder to lean on.

★ Men—especially those in the African-American community face a number of hurdles and challenges that are unique to them. The Men's Ministry meetings provide an outlet where Men of God can reach out to those who may need inspiration, prayer, or just a reassuring word. **Contrary to the belief of some, Men of God need inspiration, prayer and an attentive ear, too. Being a Christian man is not easy! Just ask one.**

★ The Men's Ministry of Greater Mt. Sinai provides opportunities for men to be involved in activities that may fly beneath the radar when compared to more higher profiled activities of the church. Much of the outreach in the community—from providing various forms of assistance to the church membership's elderly, to ministering those who are homeless, to counseling and mentoring wayward youth is attributable, in part, to actions of those in the Men's Ministry.

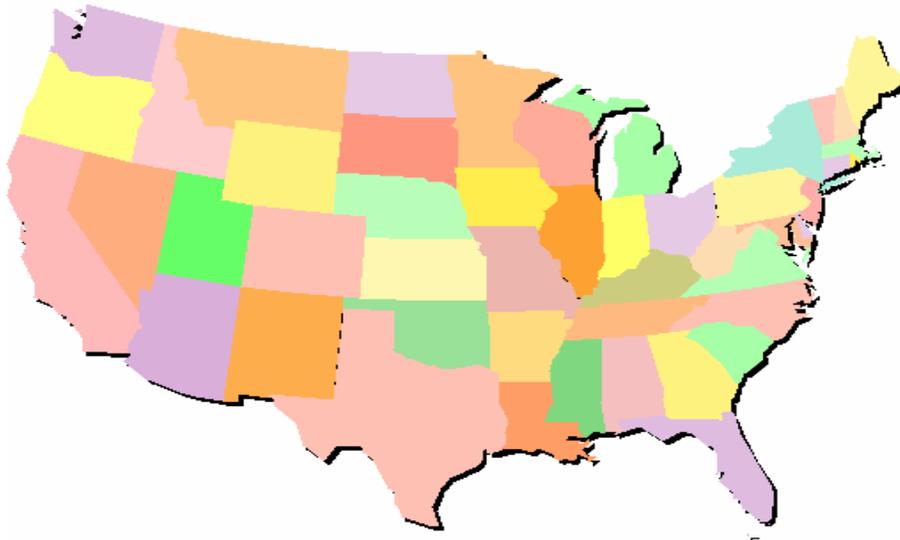
★ Men of GMSBC, if you have not yet indulged in a helping of Men's Ministry fellowship, do not let the opportunity to establish a closer relationship with Christ and your fellow male church members pass you by. Stop by on the 4th Saturday at 8:30 a.m. for prayer, scripture reading, singing, a scrumptious breakfast, and interaction with fellow, Christian brothers in a relaxed atmosphere conducive to discussing a variety of topics that face men and share ideas on how to manage and avoid obstacles and pitfalls of life. **Men live in the world but they must equip themselves so that they are not of the world.**

★ Spread the word to your male friends, co-workers, and neighbors, and bring them along. All are welcome!

★ **"The man of integrity walks securely, but he who takes crooked paths will be found out." - Proverbs 10:9**



Mark Your Calendars!
**The Women of GMSBC Present the
50 States Pageant Program**



November 21, 2009, 3 p.m.

All Proceeds to Benefit the GMSBC Family Life Enrichment Center

***Greater Mt. Sinai Baptist Church
1243 West Boulevard
Charlotte, NC 28208***

Rev. George Cook, Jr., Pastor

**Calendar of Events
October 2009**

SUNDAY

- 4 8/11 a.m. Worship/Communion/Baptism, 9:45 a.m. Sunday School
 11 8/11 a.m. Worship-11 a.m., 9:45 a.m. Sunday School
 18 **9:00 a.m. Sunday School, 10 a.m. Worship Service, Dedication, T.F. Fraylon Meeting
 1 p.m.
 25 8/11 a.m. Worship, 9:45 a.m. Sunday School, Pastor's Anniversary

MONDAY

- 5 7:00 p.m. Celestials/Chancels, Youth Meeting (Ages 3-11)
 12 7:00 p.m. Youth Meeting (Ages 3-11), Youth Meeting (Ages 12-18), 7 p.m. Personnel
 Committee
 19 7:00 p.m. Celestials/Chancels, 7:00 p.m. Youth Meeting. (Ages 3-11)
 26 7:00 p.m. Y.A.M. Meeting, 7:00 p.m. Youth Mtg. (3-11), 7:00 p.m. Youth Mtg. (Ages 12-18)

TUESDAY

- 6 7:00 p.m. Storehouse Committee (EB), Young Adult Missionaries (FH)
 13 7:00 p.m. Care Team (Chapel), Voices Rehearsal (S)
 20 7:00 p.m. Care Team (Chapel), Voices Rehearsal (S)
 27 7:00 p.m. Care Team (Chapel)

WEDNESDAY

- 7 6:00 p.m. Jack and Jill, 7:00 Crown Ministry (FH), 7:00 p.m. P.A.C.K. Ministry (EB),
 7:00 p.m. Sunday School Teachers Meeting (EB), 7:45 p.m. Prayer Meeting (EB)
 14 7:00 p.m. Crown Ministry (FH), 7:00 p.m. Sunday School Teachers Meeting (EB),
 7:45 p.m. Music Committee (FH/EB), 7:45 p.m. Prayer Meeting
 21 7:00 p.m. Crown Ministry (FH), 7:00 p.m. Sunday School Teachers Meeting (EB),
 7:45 p.m. Prayer Meeting
 28 7:00 p.m. Crown Ministry (FH), 7:00 p.m. Sunday School Teachers Meeting (EB),
 7:45 p.m. Prayer Meeting

THURSDAY

- 1 7:00 p.m. Bible Study
 8 7:00 p.m. Bible Study
 15 7:00 p.m. Bible Study
 22 7:00 p.m. Bible Study
 29 7:00 p.m. Bible Study

FRIDAY

- 2 7:00 p.m. Adult Dance Ministry, 7:00 p.m. NA Mtg. (EB/FH),
 9 7:00 p.m. Adult Dance Ministry, 7:00 p.m. NA Mtg. (EB/FH),
 16 7:00 p.m. Adult Dance Ministry, 7:00 p.m. NA Mtg. (EB/FH)
 23 7:00 p.m. Adult Dance Ministry, 7:00 p.m. NA Mtg. (EB/FH)
 30 7:00 p.m. Adult Dance Ministry, 7:00 p.m. NA Mtg. (EB/FH)

SATURDAY

- 3 9:00 a.m. Deacon Board Meeting, 10:00 a.m. Deaconess Board Meeting, 2:00 p.m., Note
 Choir (EB), 2:00 p.m. Wings Over Sinai (S)
 10 8:00 a.m. Joint Board Meeting, 11:00 a.m. Omega Mtg. (FH), 2:00 p.m. Hymn Choir,
 Marriage Enrichment Retreat
 17 2:00 p.m. Note Choir (EB), 2:00 pm Wings Over Sinai (S), 3:00 p.m. Marriage Ministry
 (FH)
 24 8:30 a.m. Men's Ministry, 1:00 p.m. Ushers Mtg. (S), 2:00 p.m. Hymn Choir, Omega
 Meeting
 31 2:00 p.m. Note Choir (EB)

****NOTE TIME CHANGE FOR SUNDAY SCHOOL AND WORSHIP**

Calendar of Events
November 2009

SUNDAY

- 1 8/11 a.m. Worship/Communion/Baptism, 9:45 a.m. Sunday School
 8 8/11 a.m. Worship Services Worship, 9:45 Sunday School, T.F. Fraylon Meeting 1 p.m., 15
 8/11 a.m. Worship-11 a.m. Dedication, 9:45 Sunday School, 11 a.m. Youth Church,
 4 p.m. Voices Of Sinai Concert
 22 8/11 a.m. Worship, 9:45 a.m. Sunday School
 29 8/11 a.m. Worship, 9:45 a.m. Sunday School

MONDAY

- 2 7:00 p.m. Celestials/Chancels, Youth Meeting (Ages 3-11)
 9 7:00 p.m. Youth Meeting (Ages 3-11), Youth Meeting (Ages 12-18), 7 p.m. Personnel
 Committee
 16 7:00 p.m. Celestials/Chancels, 7:00 p.m. Youth Meeting, (Ages 3-11)
 23 7:00 p.m. Y.A.M. Meeting, 7:00 p.m. Youth Mtg (3-11), 7:00 p.m. Youth Mtg (Ages 12-18)
 30 7:00 p.m. Celestials/Chancels, 7:00 p.m. Youth Meeting, (Ages 3-11)

TUESDAY

- 3 7:00 p.m. Storehouse Committee (EB), Young Adult Missionaries (FH)
 10 7:00 p.m. Care Team (Chapel), Voices Rehearsal (S)
 17 7:00 p.m. Care Team (Chapel), Voices Rehearsal (S)
 24 7:00 p.m. Care Team (Chapel)

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 7:00 p.m. Sunday School Teachers Meeting (EB), 7:45 p.m. Prayer Meeting (EB)
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 7:45 p.m. Prayer Meeting
 25 7:00 p.m. Crown Ministry (FH), 7:00 pm Sunday School Teachers Meeting (EB),
 7:45 p.m. Prayer Meeting

THURSDAY

- 5 7:00 p.m. Bible Study
 12 7:00 p.m. Bible Study
 19 7:00 p.m. Bible Study
 26 Thanksgiving

FRIDAY

- 6 7:00 p.m. Adult Dance Ministry, 7:00 pm NA Mtg. (EB/FH)
 13 7:00 p.m. Adult Dance Ministry, 7:00 pm NA Mtg. (EB/FH)
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 27 7:00 p.m. Adult Dance Ministry, 7:00 pm NA Mtg. (EB/FH)

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 Choir (EB), 2:00 p.m. Wings Over Sinai (S)
 14 8:00 a.m. Trustee Board Meeting, 11:00 AM Omega Mtg (FH), 2:00 p.m. Hymn Choir,
 Marriage Enrichment Retreat
 21 2:00 pm Note Choir (EB), 2:00 p.m. Wings Over Sinai (S), 3:00 p.m. Marriage Ministry
 (FH)
 28 8:30 a.m. Men's Ministry, 1:00 p.m. Ushers Mtg (S), 2:00 p.m. Hymn Choir, Omega
 Meeting

Calendar of Events
December 2009

SUNDAY

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 T.F. Fraylon Meeting 1 p.m.
 20 8/11 a.m. Worship-11 a.m. Dedication, 9:45 a.m. Sunday School, 11 a.m. Youth Church
 27 8/11 a.m. Worship, 9:45 a.m. Sunday School

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- 2
 9 6:00 p.m. Jack and Jill, 7:00 p.m. Crown Ministry (FH), 7:00 p.m. P.A.C.K. Ministry
 (EB), 7:00 p.m. Sunday School Teachers Meeting (EB), 7:45 p.m. Prayer Meeting (EB)
 16 7:00 p.m. Crown Ministry (FH), 7:00 p.m. Sunday School Teachers Meeting (EB),
 7:45 p.m. Music Committee (FH/EB), 7:45 p.m. Prayer Meeting
 23 7:00 p.m. Crown Ministry (FH), 7:00 p.m. Sunday School Teachers Meeting (EB),
 7:45 p.m. Prayer Meeting
 30 7:00 p.m. Crown Ministry (FH), 7:00 p.m. Sunday School Teachers Meeting (EB),
 7:45 p.m. Prayer Meeting

THURSDAY

- 3 7:00 pm Bible Study
 10 7:00 pm Bible Study
 17 7:00 pm Bible Study
 24 Christmas Eve
 31 Watch Night Service –TBD

FRIDAY

- 4 7:00 p.m. Adult Dance Ministry, 7:00 p.m. NA Mtg. (EB/FH),
 11 7:00 p.m. Adult Dance Ministry, 7:00 p.m. NA Mtg. (EB/FH),
 18 7:00 p.m. Adult Dance Ministry, 7:00 p.m. NA Mtg. (EB/FH)
 25 Christmas Day

SATURDAY

- 5 9:00 a.m. Deacon Board Meeting, 10:00 a.m. Deaconess Board Meeting, 2:00 p.m., Note
 Choir (EB), 2:00 p.m. Wings Over Sinai (S)
 12 8:00 a.m. Trustee Board Meeting, 11:00 a.m. Omega Mtg (FH), 2:00 p.m. Hymn Choir,
 Marriage Enrichment Retreat
 19 2:00 p.m. Note Choir (EB), 2:00 pm Wings Over Sinai (S), 3:00 p.m. Marriage Ministry
 (FH)
 26 8:30 a.m. Men's Ministry, 1:00 p.m. Ushers Mtg (S), 2:00 p.m. Hymn Choir, Omega
 Meeting



OUR HEALTH MATTERS



Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

Corinthians 6:19-20 – NIV

Source: **WebMD**
Better information. Better health.

Swine Flu (H1N1): 10 Things Not to Do

1. Don't expect seasonal flu vaccination to prevent swine flu.

The seasonal flu vaccine doesn't protect against swine flu. Scientists are working on a swine flu vaccine, but that will be a separate vaccination.

Do get vaccinated against seasonal flu, when that vaccine becomes available. Seasonal flu can be serious, especially for infants, elders, and people with weak immune systems. The CDC notes that seasonal flu or its complications kill an average of 36,000 people per year in the U.S. and hospitalize more than 200,000 people.

Getting vaccinated each year against seasonal flu is the single best way to protect against seasonal flu, according to the CDC.

2. Don't count on a face mask to prevent swine flu infection.

According to the CDC, it's not clear how effective face masks are at preventing the transmission of the H1N1 or seasonal influenza viruses. The same is true for N95 respirators worn snugly over the face as filters.

The CDC doesn't recommend face masks or respirators in most settings to avoid catching swine flu, except if you're at high risk of severe illness from influenza and are caring for someone who has a flu-like illness, or for high-risk people who can't avoid being in a crowded setting where the swine flu virus is present.

But the CDC does recommend that sick people wear a face mask to avoid spreading their illness if they must be in close contact with other people. However, don't rely on a face mask as your only protection -- you still need to take other swine flu prevention steps:

- Wash your hands often.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Avoid touching your eyes, nose, and mouth.
- If you've got flu-like symptoms, avoid others until you've been free of fever for 24 hours.
- Stay at least 6 feet away from people with flu-like illness.
- If you do wear a face mask, don't reuse it. Face masks should be worn once and then thrown out.

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OUR HEALTH MATTERS

Swine Flu (H1N1): 10 Things Not to Do

continued



3. Don't hold or attend a swine flu party.

The guest of honor at a swine flu party is someone who's got swine flu. The point is for other guests to catch the virus in the hopes that they'll have a mild illness and gain immunity so that they won't get sick if the H1N1 virus worsens.

That's a bad idea, according to the CDC, because there's no way to know whether swine flu will be severe or fatal in swine flu party guests -- or anyone else that they, in turn, infect.

4. Don't neglect planning.

One of the CDC's golden rules for dealing with swine flu is for sick people to stay home. That means planning ahead in case you or someone in your family gets sick.

The CDC wants schools to try to stay open, but sick children should stay home. The CDC has also issued guidelines for colleges, universities, and businesses on how to deal with swine flu.

Workers may want to look into how their company handles sick leave or time off to care for someone with swine flu. And you might also want to stock up on tissues, disinfectants, and soap or alcohol-based hand sanitizers for work and home.

5. Don't forget to clean up.

Flu viruses can linger on books, toys, countertops, doorknobs, phones, linens, eating utensils, and other objects. Use a household disinfectant, following the directions on the products' label.

The CDC recommends that when you launder linens of someone who has the flu, don't hug the laundry before washing it, and set the clothes dryer to the hot setting. Wash your hands with soap and water (or use an alcohol-based hand gel) immediately after handling dirty laundry.

6. Don't get complacent.

Don't shrug off swine flu precautions. The H1N1 swine flu virus is still around, and the CDC expects more hospitalizations and more deaths from the swine flu virus.

Here are the CDC's tips for reducing swine flu infection:

- Cover your nose and mouth when you cough or sneeze. Use a tissue or your arm -- not your hands.
- Wash your hands often with soap and water, especially after you cough or sneeze. Or use an alcohol-based hand cleaner.
- Avoid touching your eyes, nose, or mouth.
- Try to avoid close contact with sick people.
- Stay home if you are sick until at least 24 hours after you have been free of fever of 100 degrees Fahrenheit or more, or signs of fever, without using fever-reducing medicines.

7. Don't panic.

Swine flu is a pandemic, but so far, it's been a "moderate" pandemic, according to WHO Director Margaret Chan, MD. That could change. Health officials have said all along that they expect to see a range of severity in swine flu cases, including more hospitalizations and deaths, and they've cautioned that the virus could change and become harsher.

"The overwhelming majority of patients experience mild symptoms and make a fully recovery within a week, often in the absence of any form of medical treatment," Chan said in a speech given in Cancun, Mexico, on July 2 at an international health meeting about H1N1 flu. Chan recommends vigilance, not panic or complacency.

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OUR HEALTH MATTERS

Swine Flu (H1N1): 10 Things Not to Do

continued



8. Don't leave home if you've got flu-like symptoms.

Those symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache chills, and fatigue; diarrhea, and vomiting may also be symptoms of swine flu.

Unless you're going to get medical care, stay home to avoid infecting others. That means not going to work or school, not running your normal errands, and not traveling. By staying home, you'll help prevent other people from getting sick.

How long do you need to stay home? The CDC recommends waiting until at least 24 hours after you are free of fever of 100 degrees Fahrenheit, or signs of fever, without taking fever-reducing medicines.

9. Don't rush to the emergency room unless you have certain symptoms.

The CDC urges people to seek emergency medical care for a sick child with any of these symptoms:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and cough

And here is the CDC's list of symptoms that should trigger emergency medical care for adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough
- Having a high fever for more than three days is another danger sign, according to the WHO.

10. If you're a parent, don't forget to teach your kids swine flu prevention.

Children need to do the same things as adults -- stay home when sick, avoid sick people, cough and sneeze into a tissue, and wash their hands.

The CDC recommends teaching kids to sing the "Happy Birthday" song twice while washing their hands with soap and water, so that they wash their hands for 20 seconds. Another CDC suggestion: Tell kids to stay at least 6 feet away from people who are sick.

Those pointers also work for grown-ups.



Community Focus



Reprinted from the September 21, 2009 edition of the Charlotte Observer

Donations Save Boys & Girls Clubs

'ACT OF GOD,' VOLUNTEERS RAISE \$315,000 IN 60 DAYS TO PLUG HOLE LEFT BY UNITED WAY BUDGET CUT.

By Mark Price

msprice@charlotteobserver.com

Plans have been scrapped to close three Boys & Girls Clubs that serve up to 400 children, thanks to an outpouring of support from the community.

The organization was among the charities most affected by recent United Way budget cuts. But donors came forward with \$310,000 the clubs lost - plus another \$5,000.

The money came in response to a bold campaign: The clubs gave themselves 60 days to recoup the lost funding, which was 45 percent of their annual United Way allocation.

They met that deadline, in what Director Marty Clary called "an act of God."

"We prayed as if God would provide, but we didn't sit and wait," said Clary. "We had 40 volunteers who made 1,700 phone calls in one day. We treated it as a true emergency."

Without the money, the organization expected to begin closing some clubs in October. Among the first would be the club in Boulevard Homes, a community where the average household income is \$7,000 or less. That club has 267 members and an average daily attendance of 75, Clary said.

"These are the neediest of the needy, in a high-crime community where there were three shootings over the past year, one 150 yards from the club's front door," he said.

The seven Charlotte clubs are run by the Salvation Army and serve 2,300 youths, ages 6 to 18. The clubs typically operate in the city's toughest low-income areas, with a goal of keeping children off the streets and focused on learning.

Clary says 91 donors came forward with gifts that ranged from \$3 to \$148,000, the former from someone who found the money on the street and felt uncomfortable keeping it.

Michelle Braun of Matthews was among the donors who identified herself as a former club member. Now 39, a college graduate and working for Bank of America, she credits the clubs with helping her struggling mother hold the family together on a \$12,000 salary.

"It's hard to be a single mom and work, and also find quality care for your kids," says Braun, who attended the clubs for nearly three years.

"We never knew we were poor growing up, and the clubs helped by giving us the same experiences and fun as other kids. I'm grateful."

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