Sheltering Others Under Our Love!

Love, “beareth all things, believeth all things”

What are some of the practical ways in which we can shelter others with our love? First we can shelter them with our prayers, bearing them up before God, asking Him to convert whatever is not in accord with His will and strengthen whatever is good in them. Than we seek to encourage them to be the best God intended for them— not giving up on them in disgust or rooting them out from our hearts when they disappoint us, but patiently holding on to God for their deliverance and ultimate perfection. And when they grow strong in the faith and no longer need us, or when they out distance us in spiritual and temporal achievements, our love will shelter them as a protective shield against any evil that might befall them. Christian love, build over others that roof that you would like Christ to maintain over you. This is what God intends His love to do through His Children in all their human relationships.
Greater Missionary Baptist Church Mission Statement

The Mission of Greater Missionary Baptist Church is to be a mission-minded, Christ-centered, Bible-believing, preaching, teaching, and evangelistic church as mandated by Jesus Christ in The Great Commission (Matthew 28:18-20) And from this we will disarm the enemy by empowering God's people evangelically, educationally and economically to the glory of God.

• Furthermore, our mission is to be a holistic & global ministry that ministers to the social, physical, mental, and spiritual needs of the saints, our communities and the world.
• Furthermore, our mission is to equip, train and educate each member for the purpose of becoming a disciple, participating in ministry and proclaiming the message (Gospel, i.e. )“Good News”.
• Furthermore, our mission is to live out our faith each day of our lives, through working, witnessing, walking and worshipping our Lord and Savior, Jesus Christ.
• Furthermore, our mission is to live spirit-filled and righteous lives so that the world may see our good work and glorify our God.
Furthermore, our mission is to become faithful stewards of our time, talent, treasures and testimonies for the glory of God.

The Mission of Greater Missionary Baptist Church is to be a mission-minded, Christ-centered, Bible-believing, preaching, teaching, and evangelistic church as mandated by Jesus Christ in The Great Commission (Matthew 28:18-20) And from this we will disarm the enemy by empowering God's people evangelically, educationally and economically to the glory of God.

How Do I Become A Christian?

Have you ever wondered what you must do to become a Christian or what you must do to be saved? The Bible has an answer that is easy to understand.

FIRST, you must understand that you need to be saved. The Bible says you need to be saved because you are a sinner. Your sin has a penalty. You cannot save yourself. The Bible says, “all have sinned and the wages of sin is death”. (Romans 3:23; 6:23)

SECOND, you must understand that you can be saved. You can be saved because Jesus died on the cross for your sins. The Bible says, “God demonstrated His love of us, in that while we were yet sinners, Christ died for us.” (Romans 5:8)

THIRD, you must know what you need to do to be saved. The Bible explains how you can be saved. Acts 3:19 says we must repent and turn from our sins. But repentance alone is not enough. Ephesians 2:8 says that we must place our faith in Jesus Christ to be saved.

NOW, you must want to be saved. God is waiting for you to “want to “ and then ask Him to save you. The Bible says, “that if you call upon the name of the Lord you shall be saved”. (Romans 10:13)

If you are ready to trust Christ as your Savior and Lord, invite Christ into your heart right now by praying to Him. You may word, your own prayer or use the prayer printed here. The important thing is that the prayer is sincere and personal.

“Dear Lord, I know that I am a sinner. I know you died for my sins. Right now, I invite You into my heart to be my Savior and Lord. I willingly turn away from my sin and give my life to You. Thank You for saving me, AMEN.”

Welcome to God’s Family, you have just made the greatest decision of your life. Tell a Pastor or another Christian friend about your decision as soon as possible.

“If you know Jesus Christ as your Savior, your best is yet to come, But if you do not know Jesus Christ as your Savior, your worst is yet to come…. Romans 6:23

And let us not become weary in well doing, for in due season we will reap if we faint now.” Galatians 6:9

THE CHURCH COVENANT

By what common experience do we enter into spiritual fellowship and covenant relations with one another?

Having been led, as we believe, by the Spirit of God, to receive the Lord Jesus Christ as our Savior; and on the profession of our faith, having been baptized in the name of our Father, and the Son, and of the Holy Ghost, we do now in the presence of God, angels and this assembly, most solemnly and joyfully enter into the covenant with one another, as one body in Christ.

What is the bond of our union with one another?

We engage, therefore, by the aid of the Holy Spirit, to walk together in Christian love; to strive for the advancement of this church, in knowledge, holiness and comfort; to promote its prosperity and spirituality; to sustain its worship, ordinances, discipline and doctrine; to contribute cheerfully and regularly to the support of the ministry, the expense of the Church, the relief of the poor, and the spread of the Gospel through all nations.

What gracious tasks do we humbly assume?

We also engage to maintain family and secret devotion; to religiously educate our children; to seek the salvation of our kindred and acquaintances; to walk circumspectly in the world; to be just in our dealings, faithful in our engagements, and exemplary in our deportment; to avoid all tattling, backbiting and excessive anger, to abstain from the sale of and use of intoxicating drinks as a beverage, and to be zealous in our efforts to advance the kingdom of our Savior.

To what manner of life and conversation are we solemnly pledged?

We further engage to watch over one another in brotherly love; to remember each other in prayer; to aid each other in sickness and distress; to cultivate Christian sympathy in feeling, and courtesy in speech; to be slow to take offense, but always ready for reconciliation, and mindful of the rules of our Savior to secure it without delay.

What is our Agreement when we move from this community?

We moreover engage that when we remove from this place, we will as soon as possible, unite with some other church, where we can carry out the spirit of this covenant and the principles of God’s word.

What Benediction concludes our Covenant?

And may the God of peace, who brought again from the dead, the Great Shepherd of the Sheep, with the Blood of an eternal covenant, even our Lord Jesus, make us perfect in every good thing to do His will, working in us that which is well pleasing in His sight, through Jesus Christ, to whom be the glory for ever and ever, Amen.
What Can I Do To Share My Faith And Support My Church

Share God..........Will Worship
Share Bible..........Will Read
Share Conviction...Will Share
Share Concerns....Will Pray
Share Noise.........Will Sing
Share Money.......Will Tithe
Share Car..........Will Bring
Share Interest.....Will Come
Share Pen..........Will Write
Share Phone.......Will Call

“Are You Sharing Your God?”

If you have a birthday in the month of **March** and your name is not listed, please submit your name to the Admin Office.

**HAPPY BIRTHDAY**

Rosemary Adams, Ruby Adams, Beverly Aikens, Roxanne Alexander, Gus Antoine, Rebella Arajo, Wilfredo Avalos, John Baldwin, Angela Barnes, Fredrick Bell, Dana Berry, Latoya Bingham, Lebaron Black, James Bodley, Shatuan Bolden, Joe Bostick, Aaron Bottley, Vanessa Boykin, Tierra Broaden, Sheena Brown, Surrender Brown, Kimberly Bryant, Alfred Burney, Liam Cady, Josett Campbell, Kiyahanna Campbell, Joshua Canion, Thomas Carnell, Tanisha Cephas, Eugene Cephas, Kenneth Chisolm, Coty Clark, Demetrius Cobbin, Donta Colbert, Lashina Colbert, Reginice Coleman, Robert Combs, Algie Cook, Beonca Cooksey, Dujuan Cooper, Willie Crawford, Delia Crispun, LaQuita Dawson, Karen Currie, Parnell Dean, Cierra Dickerson, Deyshara Douglas, Patrick Drain, Tonisha Turner, Quentin Duke, Alyssa Edmondson, Ericka Edwards, Kamauri Edwards, Marcus Flemons, Marcus Farrow, Malachi George, Malik George, Francesca Goss, Zarius Grant, Malaysia Green, Velma Green, Kelly Hailey, Zachary Hailey, Kamryn Hall, Nathan Hall, RiQuasha Hall, Patricia Ham, Akeira Hardrick, Nathan Hardy, Bobby Harrell, Athrell Harris, Linda Henry, Wanda Hopson, Cian Hatchett, Nichols Hatchett, Lietricre Henderson, Jose Hernandez, De’Erre Hollins, Jordan Hubbard, Kischa Jackson, Barbara Johnson, Beverly Johnson, Ian Johnson, Alfred Jones, Brian Jones, James Jones, Rodney Jones, David Keeler, Janette Keith, Jaemnd Kelley, Pertrona Latson, Lakeisha Laurry, Timothy Lawson, Jasmine Laurie, Richard Lawson, Arthur Lee, Katherine Lilo, Nichole Loman, Tiffany Mack, Jill Mallory, Cairo Marcel, Alexis Marrs, Brian Martin, Zaria McCain, Mekhi McCollough, Sylvia McCoy, Jared McKinney, Hannah McNeill, Brianna Miller, Crasha Miller, Fredrick Miller, Scott Miller, Kiara Moore, Sheneke Negron, Devey Ogle, Teresa Palmer, Cynthia Parker, Shaynice Parker, Tony Peterson, Kathlene Petties, Faisaum Pharr, Gayla Porter, Donald Prosper, Shyleaf Purnell, Roseann Rabelista, Chameleon Reed, Lazarre Robinson, Davis Romanual, DeAngila Ross, Isabella Russell, Dre’a Salvage, Kia Simmons, Tiffany Smith, Patrick Stephen, William Summer, Stephanie Sweet, Roosevelt Tate, Nicole Taylor, Tracey Taylor, Alyssa Thomas, Derich Thomas, Ericka Thomas, Bettea Thompson, Karlos Thompson, Brian Townsend, Angela Tisdale, Peggy Wallace, Brenet Ward, Jeron Warren, Da’Sha Watson, Ella Whitfield, Alexia Williams, Agrishia Williams, Archenchala Williams, Cortney Williams, Denireo Williams, Kenneth Wilson, Stephanie Winter, Maria Williams,

**Members of GBMC**

If you need assistance, counseling or have other urgent needs, please contact one of the Deacons or Ministers in your alphabet first. They are here to serve you the MEMBERS in whatever capacity you need.

Members who request financial assistance should turn their applications into
Sis Yvonne Sutfin, Admin Asst.
931-647-4643
Chief Care Minister: Rev. Alfred Jones (A-L) 931-431-3074
Chief Care Minister: Rev. Jimmy Hubbard (M-Z) 931-436-1401

Ministers

<table>
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<tr>
<th>A-F</th>
<th>Deacons</th>
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<tbody>
<tr>
<td><strong>Rev. Alfred Jones</strong></td>
<td>*Lyndon Owens 552-3746</td>
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<tr>
<td>431-3074</td>
<td>Richard Adams (802-7739)</td>
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<tr>
<td>Rev. Michael McNeil</td>
<td>Michael Barnett 931-538-2284</td>
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<tr>
<td>272-4983</td>
<td>Sheldon Mayfield 546-5147</td>
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<tr>
<td></td>
<td>Cleotha Leverette 931-220-0542</td>
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<td>G-L</td>
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<tr>
<td>Rev. Gary Hilliard</td>
<td>*Kenny Zimmerman 647-9115</td>
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<tr>
<td>220-9280</td>
<td>Robert Clark 431-9741</td>
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<td>Herbert Nelson 503-9931</td>
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<td>William Murray 609-513-1749</td>
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<td></td>
<td>Boris Davis 494-9607</td>
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<td>M-R</td>
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<tr>
<td><strong>Rev. Douglas Smith</strong></td>
<td>*Anthony Gaines 931-436-3108</td>
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<tr>
<td>645-8847</td>
<td>John Hopson 624-3815</td>
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<td>Otis Figgins 645-7844</td>
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<td>Moses Taylor 561-4747</td>
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<td>William Graham 802-7797</td>
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<td>S-Z</td>
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<td>Rev. George Smith</td>
<td>Tony McGuire 216-9606</td>
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<tr>
<td>647-1648</td>
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<tr>
<td>Rev. Harold Garner</td>
<td>Elva Miller 645-4366</td>
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<tr>
<td>615-491-6201</td>
<td>Bernard Carter 820-3223</td>
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<tr>
<td></td>
<td>Glenn Robinson 931-802-3891</td>
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<tr>
<td></td>
<td>Roderick Boyd 615-739-3930</td>
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**Rev. Taija Jenkins** Impact Minister

March

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>8th</td>
<td>Daylight Savings Time</td>
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<tr>
<td>15th</td>
<td>Men’s Annual Day</td>
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<tr>
<td>29th</td>
<td>Deadline to turn in A/AB Report Cards</td>
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April

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>4th</td>
<td>Youth Ministry Resurrection Fun Day</td>
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<tr>
<td>12th</td>
<td>Resurrection Sunrise Service 6:00 am</td>
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<td>19th</td>
<td>A/AB Honor Recognition</td>
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<tr>
<td>25th</td>
<td>Women’s Breakfast</td>
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<td>26th</td>
<td>Women’s Annual Spring Tea 3:00pm</td>
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Requirements

For A/AB Honor Recognition & Rewards
(Effective 8/1/2019)

All report cards or copies must be turned in to the Admin Office by the deadline for each grading period that is on the Church Yearly Calendar posted on each bulletin board.

ABSOLUTELY NO EXCEPTIONS
Student(s) must turn in report cards by the deadline of each grading period for the entire year to be eligible to receive a rewards at the end of the school year for making all A’s or all A’s & B’s during the entire year.

GREATER MISSIONARY BAPTIST CHURCH
INTERCESSIONARY PRAYER MINISTRY
EVERY SATURDAY 7:30AM
GMBC SANCTUARY
Causes of Brain Injury

Brain injuries have a variety of causes, here are a few that we’d like to make you aware of:

- An acquired brain injury (ABI) is any injury to the brain that is not hereditary, congenital, degenerative, or induced by birth trauma.

  - Traumatic brain injury (TBI) is type of ABI. A TBI is caused by trauma to the brain from an external force.
  - Electric shock is a typical cause of ABI Near Drowning Oxygen Deprivation (Hypoxia/Anoxia) Stroke Seizure Disorder
  - Toxic Exposure Trauma Tumor
  - Lightning strikes are typical cause of ABI
  - Infectious disease is a typical cause of ABI
  - Substance abuse/overdose is a typical cause of ABI

Brain Injury Symptoms and Impairments

Symptoms of brain injury manifest in a wide variety of symptoms and impairments. Here are some facts about the symptoms and impairments caused by brain injury:

- Brain Injury can cause many kinds of physical, cognitive, and behavioral/emotional impairments.
- Impairments caused by brain injury may be either temporary or permanent.
- Impairments may range from subtle to severe.
- Brain injury may result in seizure disorders.
- Of all types of injury, those to the brain are among the most likely to result in death or permanent disability.
- Traumatic brain injury is the leading cause of seizure disorders.

Living with Brain Injury

Once a person suffers a brain injury, their symptoms and impairments can severely impact their daily lives. Here are some of the impacts we think you should be aware of:

- One of every 60 people in the U.S. lives with a TBI-related disability.
- Annually in the US an estimated 5.3 million Americans are living today with a disability related to traumatic brain injury.
- About 5.3 percent of Americans, roughly two percent of the U.S population, need help performing everyday activities as a result of traumatic brain injuries.
- About 40% of those hospitalized with a TBI had at least one unmet need for services one year after their injury.
- Brain Injury is a public health concern that demands ongoing epidemiological study, increased efforts to prevent injuries from occurring, and research to advance medical options and therapeutic interventions.
Set your sleep goals then ask the Holy Spirit to help you achieve your goals.

**Getting your ZZzzz’s**

The amount of sleep a person needs depends on various factors, such as age and health. Studies among adults show that getting much more or less than seven hours of sleep a night is associated with a higher mortality rate. A general guideline to how much sleep is needed:

- **Infants**: 14 to 15 hours
- **Toddlers**: 12 to 14 hours
- **School-age Children**: 10 to 11 hours
- **Adults**: 7 to 9 hours

*Older adults need about the same amount of sleep as younger adults, although sleeping patterns may change as a person ages. Older adults tend to sleep more lightly and awaken more frequently during the night than do younger adults. This may create a need for or tendency toward daytime napping.*

**SOURCE:** MAYO CLINIC

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**Why We Sleep**

Sleep helps our body and brain develop and grow.

**Your Brain Needs Sleep, so you can:**
- Remember what you learn
- Pay attention and concentrate
- Solve problems and think of new ideas

**Your Body Needs Sleep, so your:**
- Muscles, bones, and skin can grow
- Muscles, skin and other parts can fix injuries
- Body can stay healthy and fight sickness

Generally, your body should get one day of rest for every two days of exercise. This allows your muscles to grow stronger over time. If you are injured, rest may actually be better for your muscles than a workout.

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**DANGEROUS SIDE EFFECTS**

- Affects Your Memory and Brain
- Harms Your Heart
- Weakens Your Immunity
- Causes Depression
- Makes You Gain Weight
- Raises the Risk of Diabetes
- Damages Skin
- Leads to Early Death

Top 10 Home Remedies
To explore more, visit www.Top10HomeRemedies.com
MORE TIPS TO HELP YOU SLEEP BETTER

Practice **deep breathing.** Try breathing in for 4 seconds, holding for 7 seconds and breathing out for 8 seconds. It’s called the 4-7-8 breath and has been shown to help with relaxation and sleep!

**Drink herbal tea** in the evening and stay away from caffeine and other stimulants late in the day.

**Turn off the blue screens.** Set a timer on your phone and other electronics to turn blue light to amber at sunset. Most devices now have this option built-in! You just need to activate it.

Give yourself time to **unwind** before going to sleep. It’s hard going from full steam to rest as soon as your head hits the pillow. Give yourself the chance to unwind and be ready for sleep.

**Adopt a ritual** for getting ready for bed – put lotion on your body, spray your sheets with a natural relaxing mist (lavender oil works well), do some gentle stretching – a ritual done consistently before bed will help notify your body it’s bedtime.

**Reduce electromagnetic signals** from your electronic devices. Research shows that these fields can disrupt your production of melatonin and serotonin, which are hormones important for good rest. Turn off your phone or set to airplane mode, and charge your electronics outside of the bedroom, or at least far away from your bed.

**Listen to music:** spa, relax, rain or sleep hypnosis music can allow your body to relax into a state of deep sleep.

**Drink enough fluid** to keep you from being thirsty in the night, but not so much that you’ll be up in the night to use the bathroom frequently.

---

12 Foods that Help You Sleep

1. Almonds
2. Honey
3. Herbal Tea
4. Banana
5. Salmon
6. Cherry Juice
7. Turkey
8. Whole Grains
9. Warm Milk
10. Kale
11. Walnuts
12. Dark Chocolate
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<th>Sun</th>
<th>Mon</th>
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<th>Sat</th>
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<tbody>
<tr>
<td>1</td>
<td>8:30am Early Morning Service &amp; Communion 10:00am Sunday School/New Members Class 11:00am Baptism, Morning Service, Communion &amp; Rt Hand of Fellowship COMMUNION SUNDAY</td>
<td>Fitness &amp; Nutrition 5:30p/ Tutoring 6:00pm/ Singles Ministry 6:30p/ Marriage Enrichment 6:30p/ Women of Praise</td>
<td>Mid-day Bible Study 11:00p/ Fitness &amp; Nutrition 5:30p Finance Ministry 6:00p</td>
<td>Nursing Home Ministry 9am/ Bible Study &amp; Family Prayer 6:30p</td>
<td>Fitness &amp; Nutrition 5:30p/ PR Ministry 6:30p/ Website Ministry 6:30p</td>
<td>Impact Ministry “Friday Night of Faith”</td>
</tr>
<tr>
<td>8</td>
<td>8:45am Early Morning Worship 10:00am Sunday School/New Members Class 11:00am Morning Worship Service YOUTH SUNDAY Daylight Savings Spring Forward</td>
<td>Fitness and Nutrition 5:30p/ Women Reaching Woman 6:30p/ Men Reaching Men 6:30p</td>
<td>Mid-Day Bible Study 11:00p/ Fitness &amp; Nutrition 5:30p/</td>
<td>Nursing Home Ministry 9:00am/ Bible Study &amp; Family Prayer 6:30p</td>
<td>Fitness &amp; Nutrition 5:30p/ Leadership Meeting 6:30p</td>
<td>Minister, Deacons, Trustees and Wives 6:30p</td>
</tr>
<tr>
<td>15</td>
<td>8:45am Early Morning Worship 10:00am Sunday School/New Members Class 11:00am Morning Worship Service MEN ANNUAL DAY MEN SUNDAY</td>
<td>Fitness and Nutrition 5:30p/ Women of Praise 6:30p/ Tutoring 6:00p (by appointment)</td>
<td>Mid-Day Bible Study &amp; Luncheon 11:00am/ Fitness &amp; Nutrition 5:30p/ Finance Ministry 6:00p/ Anointed for praise 6:30</td>
<td>Nursing Ministry 9:00am/ Bible Study &amp; Family Prayer 6:30p</td>
<td>Fitness and Nutrition 5:30p/ Pastor’s Aide 6pm/ PR Ministry 6:30p/ Website Ministry 6:30p</td>
<td>No Scheduled Activities</td>
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<tr>
<td>22</td>
<td>8:45am Early Morning Worship 10:00am Sunday School/New Members Class 11:00am Morning Worship Service SINGLES/YOUNG ADULT</td>
<td>Fitness and Nutrition 5:30p/ Women of Praise Ministry 6:30p/ Daughter of Zion 6:30p/ Military Ministry 6:30p</td>
<td>Mid-Day Bible Study 11:00am/ Fitness &amp; Nutrition 5:30p/ Drama Ministry 6:30p</td>
<td>Bible Study &amp; Family Prayer 6:30p</td>
<td>Fitness &amp; Nutrition 5:30p/ Healthcare Ministry 6:30p/ Food Service Ministry 6:30p</td>
<td>Men Come As You Are 6:30p</td>
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<tr>
<td>29</td>
<td>8:45am Early Morning Worship 10:00am Sunday School/New Members Class 11:00am Morning Worship Service MISSION/WOMEN SUNDAY</td>
<td>Fitness and Nutrition 5:30p/ Women of Praise Ministry 6:30p</td>
<td>Mid-Day Bible Study 11:00am/ Fitness &amp; Nutrition 5:30p/</td>
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<td></td>
<td>Intercessory Prayer 7:30am/ Trustees 8:00am/ Young Adult Choir 10:30am/ Clothes locker Ministry 10am/ Divine Praise 12:00pm</td>
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DEADLINE A/AB REPORT CARDS

Daylight Savings Spring Forward