

## EVERGREEN BAPTIST CHURCH

REVEREND ARTHUR DOUGLAS, JR. PASTOR

VOLUME 1 ISSUE 2

OCTOBER 2015

### A Harvest of Good Health

*Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.*

3 John 1:2

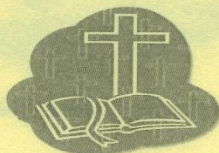


The Evergreen Baptist Church Health and Wellness Ministry's Second Annual Flu Clinic in conjunction with the Walgreen's Pharmacy was a tremendous success and a blessing to many on Saturday, October 3, 2015. The Health and Wellness Committee provided participants with an opportunity to get a free flu vaccination. An assortment of awareness literature on Breast and Prostate Cancer Prevention and Detection was also distributed.

Guided by 3 John 1:2, the committee would like to remind you that hand sanitizing stations are posted throughout the church to help us stay healthy and strong. In their continued efforts to help us "GET FIT FOR THE KINGDOM," the Health and Wellness Committee will sponsor activities throughout the year, including a Health & Wellness Survey, Diabetes and Hypertension Mini-Health Fair and Hand Washing Clinic.

*Health and Wellness Ministry Members: Sis. Shirley Wright, Sis. Cynthia Davis, Sis. Julia Brooks, Bro. John Christopher, and Bro. Jerry Nelson*

### From My Heart to Yours ...



*Lift Him Up*

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

Proverbs 3:5-6

Believe it and just trust Him—it's done!

Sis. Vallie Mims

God is good all of the time and all of the time, God is good! These words are not just a familiar cliché. To believers, this truth is one for which we daily give God thanks. He just keeps on blessing us!

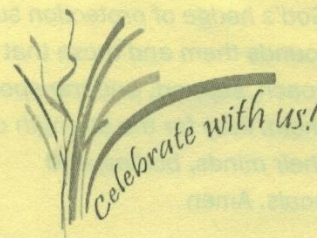
Sis Vera Ary

"THEREFORE ENCOURAGE (ADMONISH, EXHORT) ONE ANOTHER AND EDIFY (STRENGTHEN AND BUILD UP) ONE ANOTHER, JUST AS YOU ARE DOING."

1 THESSALONIANS 5:11

Submit information for publication in this newsletter via text: 318-771-1088 or email: [theuplifterebc804@gmail.com](mailto:theuplifterebc804@gmail.com)

804 Allen Avenue  
Shreveport, Louisiana  
(318)221-8866



**Happy Birthday  
to  
October Celebrants**

Sis. Juanita Turner Oct. 11  
Age: 83



# PRAYING FOR STUDENTS

Pray for our young athletes and auxiliary members as they travel up and down the highways competing and performing at the various sporting events. Pray for their safety and their strength as they challenge one another as well as themselves. Pray that God's hedge of protection surrounds them and those that coach, support, and transport them. Pray for the strength of their minds, bodies, and souls. Amen



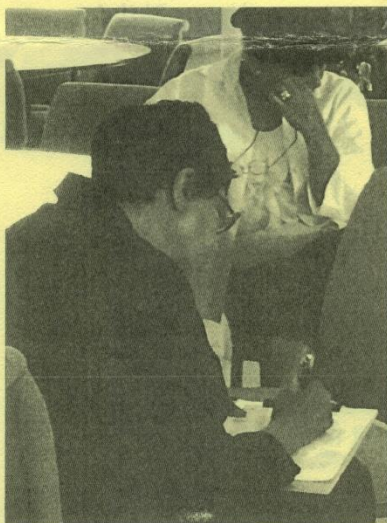
## Save the Date



**Sunday, October 11<sup>th</sup> - 13<sup>th</sup> District's Lord's Supper 5:00 p.m.**  
Sunflower Baptist Church, Rev. George Cauthern

**Sunday, October 18<sup>th</sup> - Church Anniversary**  
Mount Olive Baptist Church, Rev. Marcus Ellison  
*Pastor Arthur Douglas, Jr. will bring the celebratory message*

**Monday, October 19<sup>th</sup> - 13<sup>th</sup> District Missionary Baptist Association**  
**Parent Body Morning Session 9:00 a.m.**  
Stonewall Baptist Church, Rev. Uelyss Reed, Jr. Pastor  
*Pastor Arthur Douglas, Jr. will bring the 10:00 a.m. message*



Snapshots from the EBC Health and Wellness Ministry Flu Clinic



**Every Knee Must Bow: A Christmas Drama**  
Needed: Actors, Actresses, Set Designers,  
Directors, Singers, and Production Team

*See Sis. Sandra Lassai if you are interested!*  
**COME, HELP US TELL THIS STORY**