

# Pinetree Park Baptist Newsletter



Edition 2172

January 15, 2019



*“Seed Sowing  
Kingdom Growing”*

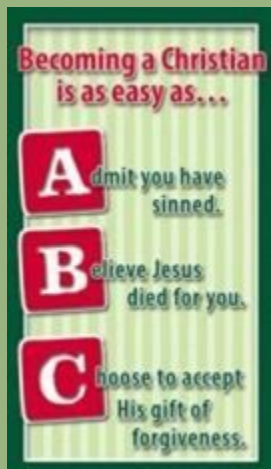
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## WHAT ARE MY... Spiritual Gifts?

**Romans 12:5-8 NKJV**  
**GIFTS FROM GOD**

“So we, being many, are one body in Christ, and individually members of one another. Having then gifts differing according in the grace that is given to us, let us use them, if prophecy, let us prophesy in proportion to our faith; or ministry, let us use it in our ministering; he who teaches, in teaching; he who exhorts, in exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness.”

## SPIRITUAL GIFTS

ROMANS 12:6-8



## From the Health Care Ministry



Pastor Jennings asks members to be in  
Continual Prayer for...

Spiritual Growth  
Physical Growth  
Church Unity  
Our Community



**Lift them up in Prayer**  
**Mother E. Anderson**  
**Sis. Jimmie Ruth Gamble**  
**Mother JoAnn Johnson**  
**Mother Belinda Jones**  
**The McKinney Family**  
**Mother Snow**  
**Simeon (Bro. Corey's  
nephew)**  
**Vacation Bible School**

The beginning of a new year is an excellent time to set goals that will improve our mental, physical and spiritual health. We can improve our overall physical well-being by maintaining a healthy weight and making healthy lifestyle choices. Making smart choices can not only help to manage our weight, but can also help lower our risk for certain chronic diseases such as high blood pressure, heart disease and Type 2 diabetes.

We can optimize our weight loss by combining it with physical activity. When losing weight, physical activity increases the number of calories your body uses for energy. The "burning" of calories through physical activity when combined with reducing the number of calories you eat creates a caloric deficit that results in weight loss. In today's market there is an abundance of diets promising fast results. Just remember that no matter what diet you may try, to lose weight you must take in fewer calories than your body uses. Begin your new year by adopting just a few of these *healthy habits*:

- 1.) Make a shopping list, stick to the list and avoid impulse buys.
- 2.) Eat a variety of fruits and vegetables of different colors.
- 3.) If eating canned fruits, choose those packed in natural juice or water
- 4.) If eating canned vegetables, choose those that are low in sodium
- 5.) Choose lean meats, seafood, free range poultry, eggs, beans, & whole grains
- 6.) Pay very close attention to the serving size & number of servings per package
- 7.) Make sure that added sugars are NOT listed in the first 5 ingredients ( other names for sugars include corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, sucrose and honey )
- 8.) Limit sodium ( salt ) and saturated fats ( ex. Cheese, whole milk, butter )
- 9.) Limit refined grains ( enriched breads, cookies etc. )
- 10.) Limit transfats ( coffee creamers, stick margarine etc. )
- 11.) Exercise at least 3-4 times per week (You should check with your doctor before beginning any diet or exercise program )
- 12.) Increase your physical activity ( such as doing yard work, walking the dog, bowling, etc. )

Though the above list appears restrictive, you can still find foods that are enjoyable to eat and you can choose to find that extra 30 minutes in your day to do some physical activity. For those foods that you absolutely cannot do without, try eating smaller portions.

Let us all resolve to get healthier in 2019 ! Remember our bodies are the temple of the Holy Spirit ( 1 Cor. 6:19 ) So, let's keep our temples healthy as well as Holy !!

### **Health Tip: Rethink the drink!!**

***Skip the soft drink or tea and drink water.  
It will save you calories and money.***



# All Things are Become New!

## 2 Corinthians 17:5

**HAPPY NEW  
2019  
YEAR**

**Pinetree Park Fitness**



**6:30-7:30**

**Tuesdays & Thursdays**

Contact Sis. Kathy for Tickets .

*Did you know?*

The first New Year's Resolutions dates back 4,000 years to the ancient Babylonians. Their resolutions were promises to their gods.

Today, most New Year's Resolutions are about self-improvement and are primarily unrelated to religion.

The New Year is a great time to commit not only to a self-improvement plan, but plan to deepen your relationship with **Jesus Christ.**

G O S X R D G E K M S S S R L  
 T N P S G E C C I V S W E G O  
 B W I L E I N N P E T C X T O  
 V I H T V N I E N C O P E F H  
 S F B R S S L E W N E T R U C  
 L O E L T A V U C Q C A C T S  
 L S R R E I F I F M K E I Z Y  
 A A Y M G S L X X K C G S Y A  
 V C U R N I T O H M N B E F D  
 I Q O W A Z M U W Z F A L O N  
 V F Q T I Z J B D T V W H U U  
 E C I V R E S R E Y A R P T S  
 R O Y H R E S O L U T I O N O  
 N U B T Y H T L A E H X W U B  
 P R A Y E R Y H I H W S V X B

BIBLE STUDY  
 FORGIVENESS  
 PRAYER  
 RENEW  
 SERVICE

EXERCISE  
 HEALTHY  
 PRAYER SERVICE  
 RESOLUTION  
 SUNDAY SCHOOL

FASTING  
 MINISTRY  
 RECONCILIATION  
 REVIVAL  
 THANKFULNESS



- 3 LaTara Kenney
- 12 Edith Cornelius
- 15 Marlette Robinson
- 20 Joshua Gibson
- 21 Lyn Adams
- 26 A'lah Hayden

## Help Us Grow



## February Events

- 3 Communion
- 4 Finance 7 p.m.
- 5 Deacons 7 p.m.
- 9 WMU 8 a.m.
- Conference 10 a.m.**
- 10 Wear Red for Heart Health Month
- 14 Valentine's Day
- 17 Children's Church
- 23 Women's Seminar  
Men's Ministry 9 a.m.
- 24 Soul Food Luncheon

**Zumba  
6:30 p.m.  
Tuesdays & Thursdays**

# January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <b>HAPPY NEW YEAR</b>	2	3	4	5
6 Communion	7	8 Deacons 7 pm <b>Zumba 6:30</b>	9 Prayer 10:30 a.m. Bible Study 7 p.m.	10 <b>Zumba 6:30</b>	11	12 WMU Meets 8 a
13	14	15 <b>Zumba 6:30</b>	16 Prayer 10:30 a.m. Bible Study 7 p.m.	17 <b>Zumba 6:30</b>	18	19 Men's Planning Breakfast 9 am
20 Children's Church	21 Martin Luther King Day 	22 <b>Zumba 6:30</b>	23 Prayer 10:30 a.m. Bible Study 7 p.m.	24 <b>Zumba 6:30</b>	25	26
27 Blood Pressure Checks	28	29 <b>Zumba 6:30</b>	30	31 <b>Zumba 6:30</b>		

