

Pinetree Park Baptist Newsletter



Edition 2173

February 15, 2019



*“Seed Sowing
Kingdom Growing”*

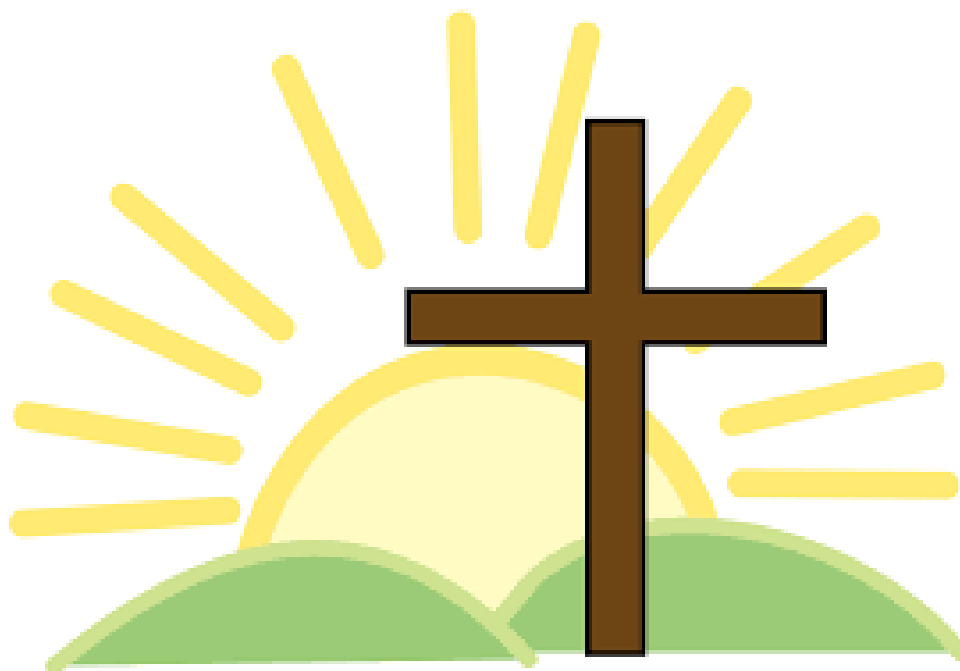
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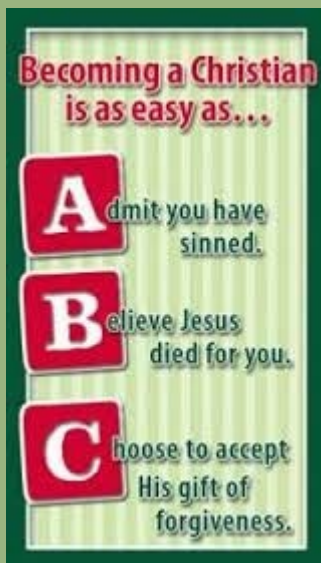
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Greater **LOVE** hath
no Man than this,
That a Man lay
down his Life
For his **Friends**.

John 15:13



From the Health Care Ministry

Heart Health Care Awareness



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 Belinda Jones
The McKinney Family
Simeon (Bro. Corey's
nephew)
Vacation Bible School

Heart Disease is the number one cause of death in America for both men and women. Unfortunately, many people do not recognize the signs and symptoms or even think they are at risk. Heart health month is an excellent time to look closer at Heart Disease risk factors and prevention. Heart failure is a chronic progressive Heart Disease in which the heart is too weak to pump enough blood to the body, depriving it of oxygen. Usually, it causes the heart to get overworked, which results in an enlarged heart.

Heart failure happens when the muscle gets weak or stiff. Different factors can set the stage for the condition by overworking the heart or causing damage to it. Common culprits include high blood pressure, high cholesterol, coronary artery disease (when the arteries supplying blood to the heart becomes stiff and narrow), and diabetes. Smoking, obesity, and drinking excess alcohol (more than two drinks a day for men and one for women) can also contribute to its development.

Heart failure may be *diagnosed* through blood tests, chest x-rays, an electrocardiogram, an echocardiogram, or a stress test.

Know the signs of heart failure.

1. Shortness of breath with everyday activities
2. Swollen legs, feet, and ankles
3. A dry hacking cough that doesn't go away.
4. Feeling light headed.
5. Fatigue.
6. Difficulty sleeping when lying flat on your back
7. Nausea, stomach upset and loss of appetite.



Alert your doctor as soon as possible, if you experience these symptoms.

There is good news—treatment can be very effective. After a complete work-up your doctor may chose ...

1. Medications that must be taken as ordered to be effective.
2. Lifestyle changes such as monitoring fluid intake (possible restrict intake) monitoring weight, eat a heart-healthy diet, stay active and limiting caffeine and alcohol.

Your treatments change as you symptoms change, make sure you receive the care you need to stay active, engaged and energetic.

I Corinthians 13: 4-8

Volunteers Needed



Contact Min. Dora
VBS Director



6:30-7:30

Tuesdays & Thursdays

Contact Sis. Kathy for Tickets .

JESUS

YOU!

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Unscramble each of the clue words.
Copy the letters in the numbered cells to other cells with the same number.



- 3 Shauntez Jennings
- 6 Barbara Goodrum
- 7 Alice Little
- 9 Everlena Anderson
- 11 Duel Adams
- 15 Angel Lee
- 23 Antwan Jennings
Dexter McKinney
- 25 Alex Ubom

Help Us Grow



March Events

- 2 Communion
- 4 Finance 7 p.m.
- 5 Deacons 7 p.m.
- 9 WMU 8 a.m.
- 10 Time Change—Spring Forward
- 17 Children's Church
Men's Ministry 9 a.m.
- 24 Blood Pressure Checks
- 30 VBS Jump Start
10:30 Luncheon

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	5
3 Communion	4 Finance 7 pm	5 Deacons 7 pm Zumba 6:30	6 Prayer 10:30 a.m. Bible Study 7 p.m.	7 Zumba 6:30	8	9 WMU Meets 8 a Conference 10 Ushers 12
10 Wear Red for Heart Health Month	11	12 Zumba 6:30	13 Prayer 10:30 a.m. Bible Study 7 p.m.	14 Zumba 6:30	15	16
17 <i>Children's Church</i>	18	19 Zumba 6:30	20 Prayer 10:30 a.m. Bible Study 7 p.m.	21 Zumba 6:30	22	23 Men's Ministry Meet 9 a.m.
24 Soul Food Sunday	25	26 Zumba 6:30	27 Prayer 10:30 a.m. Bible Study 7 p.m.	28 Zumba 6:30	29	30
31 Benevolence						

celebrate

BLACK

history **MONTH**