

Pinetree Park Baptist Newsletter



Edition 2178
August 15, 2019

“Seed Sowing Kingdom Growing”

Pinetree Park Baptist Church

Service Schedule:

Sunday School 9:45 a.m.
Sunday Worship 11:00 a.m.
Prayer Wednesday 10:30 a.m.
Bible Study Wednesday 7:00 p.m.

Location:

2855 Bethsaida Road
Riverdale, GA 30296

Mail:

P.O. Box 961956
Riverdale, GA 30296

Phone:

(770) 996-7356

E-Mail:

pinetreeparkbapt@bellsouth.net

Website:

[https://
pinetreeparkbaptistchurch.org](https://pinetreeparkbaptistchurch.org)



NOW
FAITH
is the
Substance
of things
Hoped
for,
THE
Evidence
of THINGS **NOT SEEN.**

HEBREWS 11:1



**Becoming a Christian
is as easy as...**

A dmit you have
sinned.

B elieve Jesus
died for you.

C hoose to accept
His gift of
forgiveness.



Iris Quaker



Congressman David Scott host the
15th Annual
Thirteenth Congressional District

Free Health Fair

Saturday

August 10, 2019

9:00 a.m.– 2:00 p.m.

Mundy's Mill H.S.
9652 Fayetteville, GA
Jonesboro, GA

Davidscott.house.gov



FAITH



Hebrews Chapter 11

Across

1. His offering was more excellent than Cain's offering.
3. The walls of this place fell down after they encircled it for 7 days.
6. By faith he was taken away and did not see death.
7. All of these obtained a good this through faith.
10. By faith she conceived a child in her old age.

Down

1. He obeyed God when God called him to go to a place of his inheritance.
2. His parents hid him from Pharaoh until he was 3 months old.
4. The Substance of things hoped for
5. He gave instructions for his bones to be moved to the promise land by faith.
8. He prepared an ark to save his household.
9. By faith his father, Abraham, was going to make him an offering to God.



From the Healthcare Ministry



**Mother E. Anderson
Sis. Jimmie Ruth Gamble
Mother Belinda Jones
The McKinney Family
Sis. Sheila Thomas
Mother JoAnn Johnson
Bro. Clark Johnson**



**Saturday
August 31, 2019
8:30 a.m.**

**Certified CPR Class \$35
or
Free Friends & Family Class**

**Event Sponsored by the
Health Care Ministry.**

Our health focus this month is on Chronic Kidney Disease. Your kidneys filters all of the blood in your body every 30 minutes. They work to remove toxins, wastes and excess fluid. They also help control blood pressure, stimulate red blood cell production , keep bones healthy and regulate blood chemicals that are essential to life. Therefore, it is imperative that our kidneys function efficiently. When kidneys become damaged and can't filter blood properly, excess fluid and waste remain in the body; causing other health problems, such as heart disease and stroke. More than 1 in 7 American adults have chronic kidney disease. Many people are unaware that they have this disease because early kidney disease has no symptoms. There are specific blood and urine tests used to check kidney function. These tests include measurement of both the creatinine level in the blood and protein in the urine. When the kidneys stop working, dialysis or kidney transplant are the only option available. Risk factors for kidney failure include the following:

- ◇ High Blood Pressure (1 in 5 adults with HBP develop kidney disease)
- ◇ Diabetes (1 in 3 diabetics develop Kidney disease)
- ◇ Heart Disease
- ◇ Family History
- ◇ Obesity

To help prevent chronic kidney disease and lower the risk for kidney failure, do the following:

- ◇ Keep blood pressure under control (as determined by your doctor)
- ◇ If you have diabetes, stay in your blood sugar range as much as possible
- ◇ Get and stay active (exercise helps control blood pressure and blood sugar levels)
- ◇ Lose weight if you're overweight
- ◇ If you smoke, quit
- ◇ Get tested and take medication as needed
- ◇ Eat foods low in salt

Like most diseases, Chronic Kidney failure tends to get worse overtime. According to the CDC, an estimated 30 million US adults have kidney disease, and are unaware and undiagnosed. Not all persons with kidney disease progress to kidney failure, but be proactive. Talk to your doctor about getting tested and make healthy lifestyle changes.

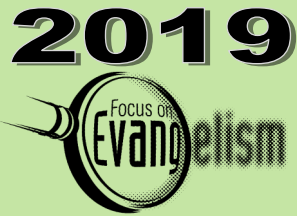




- 2 Melvin Adams
- 19 Rev. Brown
Annette Hammons
Robert Linthicum
- 20 Iris Quaker
Inell Robinson
- 24 Orlando, Pitts, Jr.
- 28 Sonja Atkinson

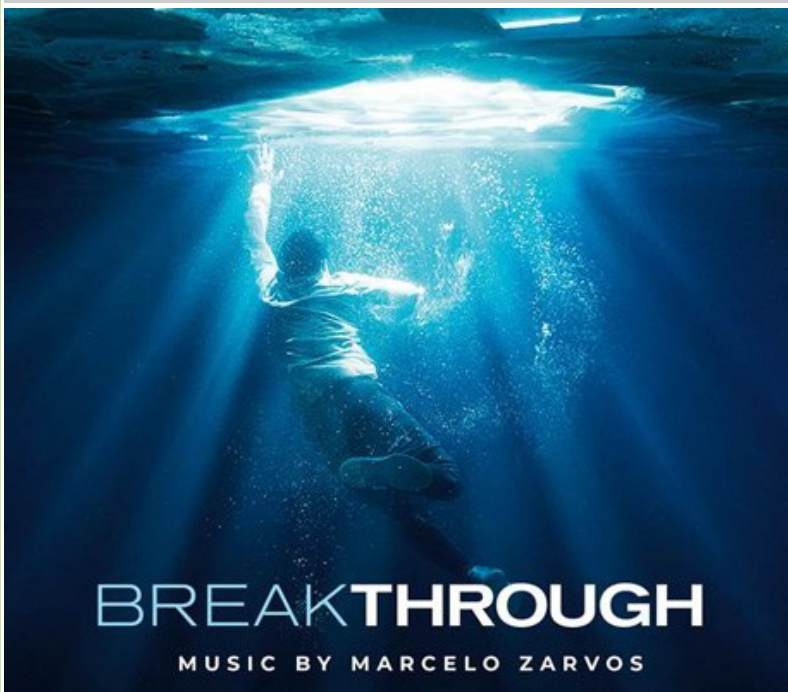
August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 Communion	5	6 Deacons 7:30 pm	7 Prayer 10:30 a.m. Bible Study 7 p.m.	8	9	10 WMU 8 a.m. Conference 10 Ushers 12
11	12	13	14 Prayer 10:30 a.m. Bible Study 7 p.m.	15	16	17 Black Men in the Church 9 a.m. -11
18 Children's Church	19	20	21 Prayer 10:30 a.m. Bible Study 7 p.m.	22	23 Movie 7:00 p.m.	24
25 Church Anniversary	26	27	28 Prayer 10:30 a.m. Bible Study 7 p.m.	29	30	31 CPR Classes 8:30 a.m.



September

- 1 Communion
- 2 Labor Day
- 3 Deacons meet 7:30 p.m.
- 7 WMU meets 8:00 a.m.
- 8 Grandparents Day
- 9 Finance meets 7:00 p.m.
- 15 Children's Church
Men's Day Program 3p
- 28 Sisterhood 10 a.m.
- 29 Benevolence



**Friday
August 23
7:00 p.m.**

Free

Tickets available at
[Eventbrite.com](https://www.eventbrite.com)