## Pinetree Park Baptist Newsletter

Edition 2183 December 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 Wednesdays 10:30 a.m. Bible Study Wednesdays 7:00 p.m.

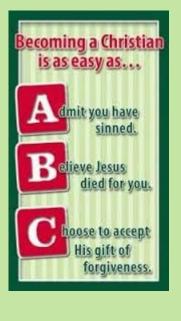
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#### The Birth of Christ

Vs. 7	And she brought forth her first born son, and wrapped him in swaddling clothes, and laid him in a manger; be- cause there was no room for them in the inn.					
Vs. 8	And there were in the same country shepherds					
	abiding in the field, keeping watch over their flock					
	by night.					
Vs. 9	And, lo, the angel of the Lord came upon them, and the					
	glory of the Lord shone round about them; and they					
	were sore afraid.					
Vs. 10	And the angel said unto them, Fear not: for, be-					
hold, I bring you good tidings of great joy, <b>v</b>						
	shall be to all people.					
Vs. 11	For unto you is born this day in the city of David a Sav-					
	iour, which is Christ the Lord.					
Vs. 12	And this shall be a sign unto you: Ye shall find the					
babe wrapped in swaddling clothes, lying in						
	ger.					
Vs. 13	And suddenly there was with the angel a multitude of					
	the heavenly host praising God, and saying,					
Vs. 14	Glory to God in the highest, and on earth peace,					
	good will toward men.					
Vs. 15	And it came to pass, as the angels were gone away from					
	them into heaven, the shepherds said one to another,					
	Let us now go even unto Bethlehem, and see this thing					
	which is come to pass, which the Lord hath made known					
	unto us.					





Sis. Jimmie Ruth Gamble Mother Belinda Jones Sis. Sheila Thomas Mother JoAnn Johnson Bro. Clark Johnson Sis. LaTanya Watch Sis. Blondean Greene



Many people look forward to December and the holiday season because it brings a time of great joy and excitement. For Christians the Christmas Season is one of the happiest times of the year as we celebrate the birth of our Lord and Savior Jesus Christ. Many people will participate in or attend Christmas plays, pageants and musicals. Some look forward to the parties, the shopping and the various festivities that will be available during this time. However, everyone will not enjoy the holiday season. According to the National Institute of Health, Christmas is also a time of year that many people experience depression. While some people are clinically depressed and many need medication to help them cope during this time, others will get depressed and anxious because of pressure to spend money on expensive gifts. Still others may feel sad, lonely and isolated because of the loss of a loved one. Some common signs of depression are:

1) Feelings of sadness, emptiness or hopelessness

2) Loss of interest or pleasure in most normal activities that you once enjoyed

3) Trouble thinking, concentrating and making decisions

4) Sleep disturbances ( either too much or too little )

Persons who experience mild depression or have a case of the "holiday blues" should :

1) Seek counseling and prayer from a professional Christian counselor, pastor or spiritual leader/ confidant

2) Participate in and focus on activities that promote the true meaning of Christmas

3) Concentrate on what God has blessed you with rather than on what you feel you are lacking

4) Become involved in giving in a non-monetary way through worthwhile causes to help those less fortunate than yourself. Visit a children's home, nursing home or connect with a group and help feed the homeless.

5) Set boundaries on the money you spend on gifts if finances are a concern

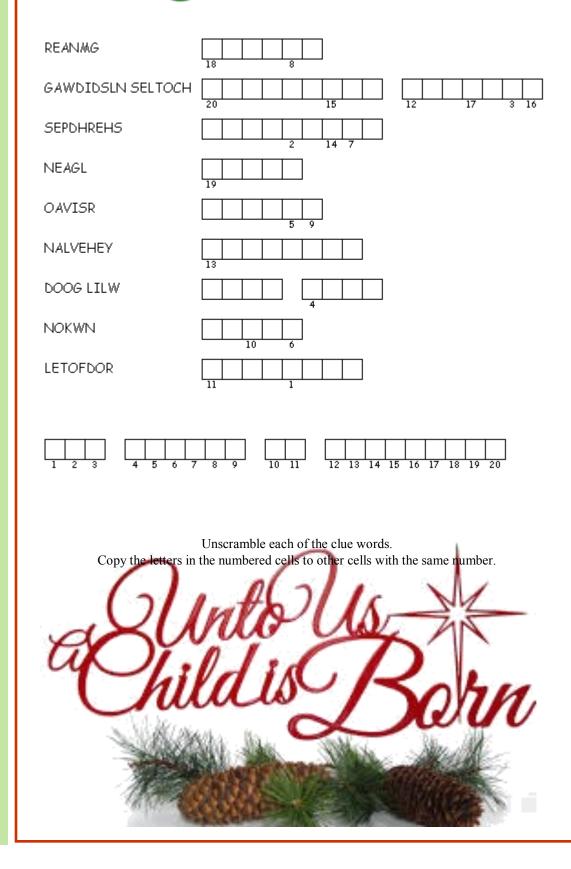
Remember, if you or anyone you know exhibits the above mentioned symptoms don't suffer in silence, ask for help !!

\* Seek immediate professional help if the depression is severe or you have thoughts of suicide\*

\*Jesus says, I am come that they might have life, and that they

Might have it more abundantly

John 10:10





# **December 2019**

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
8 Dominique Branch							
<ol> <li>Justin McKinney</li> <li>Jimmy Ruth Gamble</li> <li>Erica Robinson</li> <li>Roc McKinney</li> </ol>	1 Communion	2	3	4 Prayer 10:30 a.m. Bible Study 7 p.m.	5	6	7 WMU 8 a.m. Conference 10 Youth 12 noon
2019	8 Lottie Moon Offering	9 Finance Meets 7:00 p.m.	10 Deacons Meet 7:30 p.m.	11 Prayer 10:30 a.m. Bible Study 7 p.m.	12	13	14
Evangelism	15 Lottie Moon Offering	16	17	18 Prayer 10:30 a.m. Bible Study 7 p.m.	19	20	21
	22 Lottie Moon Offering	23	24 Christians Exe	25 Mérry Christmas	26	27	28
CHRISTMAS OFFERING Deviding financial apport to minimaric at they share the good a overage.	29 Blood Pressure Lottie Moon Offering	30	31 WATCH NIGHT SERVICE				
<b>Goal \$300</b>							

Merry

and a

Christmas!

Blessed New Year



- New Year's Day 1
- 5 Communion
- Finance Meets 7:00 p.m. 6
- Deacons Meet 7:30 p.m. 7 11 WMU 8:00 a.m.
- 20 MLK Day

