

Pinetree Park Baptist Newsletter



Edition 2176
May 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)



Vacation Bible School Let's Follow Jesus



June 3 - 7, 2019
6:00 p.m. - 8:00 p.m.



Activities and Food

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.

VBS!

June 3—7
6 p.m. - 8 p.m.

Let's
Follow
Jesus



VBS Dinner
5:30 p.m

NACHOS!
NACHOS!
NACHOS!
NACHOS!



Quiz: Mothers of the Bible

1.) Who was the mother of Ishmael & handmaiden of Sarah? [Genesis 16:1- 4, 8 & 11](#)

- Hagar Merriam Michelle Hannah

2.) Who was the mother of John the Baptist? [Luke 1:57-60](#)

- Sarah Elisabeth Mary Magdalene Rebecca

3.) Whose mother said to Mary, "Blessed are you among women, and blessed is the fruit of your womb"? [Luke 1:41-42 , 57-60](#)

- Peter John the Baptist Andrew Philip

4.) What mother brought her son a coat every year? [1 Samuel 1:20 & 2:18-21](#)

- Hannah Ruth Mary Sarah

5.) Which king was taught sayings by his mother as related in Proverbs? [Proverbs 31:1](#)

- Agar Hezekiah Lemuel David

6.) Whose mother asked Jesus to grant her sons places at his right and left? [Matthew 20:20-23](#)
[and Mark 10:35](#) [Genesis 35:26](#)

- Peter and Andrew Philip and Bartholomew
 Nathanael and Nicodemus James and John

7.) Solomon judged a dispute between two mothers about whose baby boy had died. What did one mother say had caused the death of the child? [1 Kings 3:16-27](#)

- He had suffocated. His mother had lain on him.
 He fell from a window. His brother had slain him.

8.) Whose mother was paid to be his nurse? [Exodus 2:8-10](#)

- Jesus Moses John the Baptist Samuel

9.) Who spoke of his desire to gather Jerusalem's children as a mother hen gathers her chicks under her wings? [Matthew 23:37](#)

- God Jesus Moses Elijah

10.) The mother of Gad and Asher was: [Genesis 35:26](#)

- Rachel Leah Dinah Zilpah



From the Healthcare Ministry



Mother E. Anderson
Sis. Jimmie Ruth Gamble
Mother Belinda Jones
The McKinney Family
Vacation Bible School



Bro. Darius
Sis. Cece

Every forty seconds someone in the United States has a stroke, and this year alone 800,000 people will be affected. Stroke is a leading cause of death in the United States and causes more long term disabilities than any other disease. According to the National Stroke Association, three fourths of all strokes occur in people over the age of 65. Also the risk of having a stroke more than doubles each decade after the age of 55. Scientific research has found that high blood pressure is the main culprit of stroke and some forms of dementia. Vascular dementia usually occurs due to the cumulative impact of multiple strokes that can occur unnoticed as we age. Listed below are some risk factors for stroke and are controllable with lifestyle changes and/or medication :

1. Lifestyle - Poor eating habits, lack of exercise, smoking and drinking
2. Medical - High blood pressure, high cholesterol, diabetes and circulatory problems
3. Atrial Fibrillation- AFIB is a type of irregular heartbeat which can cause blood to collect in the heart and potentially cause a clot, which can travel to the brain and cause a stroke

Some of the Uncontrollable risk factors are:

1. Age - As we age our risk for stroke increases
2. Gender- Women are at greater risk for stroke than men primarily because they live longer
3. Race – African Americans and Hispanics are at greater risk

Stroke symptoms include:

1. Sudden numbness or weakness in the face, arms or legs
2. Sudden confusion, trouble speaking or understanding
3. Sudden trouble seeing in one or both eyes
4. Sudden trouble walking, dizziness or loss of balance
5. Sudden severe headache with no known cause

If you suspect that a person may be having a stroke, you must act quickly. Two million brain cells die every minute during a stroke, so recognizing symptoms early can save a life or limit disabilities. Remember, act F A S T !!

F = FAST Ask the person to smile. Does one side of the face droop ?

A = ARMS Ask the person to raise both arms. Does one arm drift down significantly ?

S = SPEECH Ask the person to repeat a simple phrase. Is the speech slurred or strange ?

T = TIME If you observe any of these signs call 911 immediately !

Although our stroke risk increases with age, a stroke can happen to anyone at anytime. According to the CDC 15% of ischemic strokes occur in young adults and adolescents. Most risk factors for stroke are preventable. Resolve today to make healthy changes to your diet, increase your physical activity, and if you smoke, stop.

Health Tip

Lower Your Sodium Intake !

Aim for less than 2300 milligrams (mg) of sodium per day

Stroke – there's treatment if you act FAST.



Face
Face look uneven?



Arm
One arm hanging down?



Speech
Slurred speech?




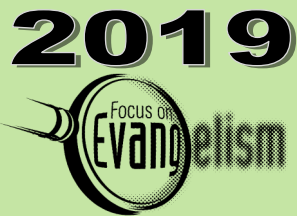
Time
Call 911 NOW!



- 7 Jeree Charleston
- 14 Belinda Jones
- 15 Thomas Ball
- 16 Dorothy Butler
- 24 Lydia Adams
- 29 LaTonya Watch

May 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-------------------------------|----------------------|--|--|-----|--|
| | | | 1 Prayer 10:30 a.m. Bible Study 7 p.m. | 2  <i>National Day of Prayer</i> | 3 | 4 |
| 5 Communion | 6 | 7 Deacons 7 pm | 8 Prayer 10:30 a.m. Bible Study 7 p.m. | 9 | 10 | 11 WMU 8 a.m. |
| 12 <i>HAPPY Mother's Day</i> VBS Offering | 13 | 14 | 15 Prayer 10:30 a.m. Bible Study 7 p.m. | 16 | 17 | 18 VBS Workers Meet 10:30  |
| 19 Children's Church- <i>Paul's Conversion</i> VBS Offering | 20 | 21 | 22 Prayer 10:30 a.m. Bible Study 7 p.m. | 23 | 24 | 25 Father's Workshop 9 Outreach 11 |
| 26 Blood Pressure Father Vote VBS Offering | 27 MEMORIAL DAY | 28 | 29 Prayer 10:30 a.m. Bible Study 7 p.m. | 30 | 31 | |



June Events

- 1 Bowling 10:30 a.m.
- 2 Communion
- 3 Vacation Bible School
- 4 VBS
- 5 VBS
- 6 VBS
- 7 VBS
- 9 Grads Celebration
- 10 Finance meet 7 p.m.
- 11 Deacons meet 7 p.m.
- 15 WMU 8 a.m.
Conference 10 a.m.
Ushers 12 p.m.
- 16 Father's Day
- 23 Children's Church
- 29 Men's BBQ
- 30 Benevolence Offering

