

Pinetree Park Baptist Newsletter



Edition 2182
November 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.

Location:

2855 Bethsaida Road
Riverdale, GA 30296

Mail:

P.O. Box 961956
Riverdale, GA 30296

Phone:

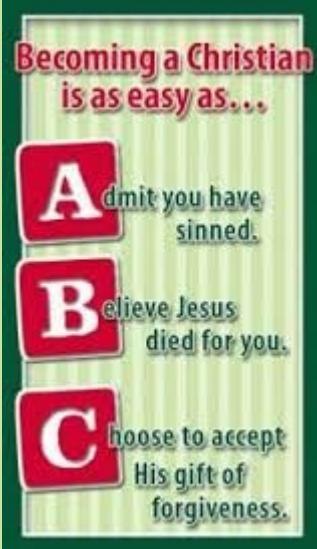
(770) 996-7356

E-Mail:

pinetreeparkbapt@bellsouth.net

Website:

<https://pinetreeparkbaptistchurch.org>





Sis. Jimmie Ruth Gamble
Mother Belinda Jones
Sis. Sheila Thomas
Mother JoAnn Johnson
Bro. Clark Johnson

NOVEMBER

National
**DIABETES
AWARENESS
MONTH**

November is American Diabetes Month and our focus will be on lifestyle choices that will help us prevent or manage this disease. Diabetes is one of the leading causes of death and disability in the United States. Your body depends on glucose for energy to function and when you eat, most of this food turns into glucose. Your blood then carries

the glucose to your cells where it can be used. When a person has diabetes, the body is not able to turn glucose into energy and this blood sugar builds up in the blood causing damage to your entire system.

Type 1 diabetes is caused when the body cannot make enough insulin. Gestational diabetes occurs in some women during pregnancy. These types can be managed but not prevented.

Type 2 diabetes can be delayed or prevented by making healthy lifestyle choices. People who are at risk for Type 2 diabetes are typically overweight, over 40 years old and are of African American or Hispanic heritage. They also are prone to lead a sedentary life. You must be particularly vigilant if you have a family history of this disease or have high blood pressure. Many people with diabetes have no symptoms so it is therefore very important to have regular medical examinations.

Some signs of diabetes include:

1. Unexplained weight loss
2. Frequent urination
3. Persistent Fatigue
4. Unusual thirst
5. Very dry skin
6. Blurry Vision
7. Sores that heal slowly
8. Numbness or tingling in hands or feet

Making even a few changes can prevent or delay the onset of diabetes. Make these changes today:

1. Eat Healthy
2. Watch your weight
3. Get physically active



According to the CDC, losing just 5 to 7 percent of your body weight can lower your risk. For example, if you weight 200 pounds, 7 percent of your body weight is only 14 pounds !

Begin today to make those healthy lifestyle choices.

People with Diabetes who smoke are more likely to develop serious health related problems including heart and kidney disease.



Spend Veterans Day at the Zoo! On Veterans Day, November 11, 2019, veteran, active-duty, retired and reserve members of the U.S. Armed Forces enjoy FREE admission and \$4 off general admission for up to six accompanying guests



“O Give Thanks unto the Lord, for He is Good: for His mercy Endureth for Ever.”

~ PSALM 136:1



CHRISTIANITY
FREEDOM
HEAVEN
LOVE
PRAISE
SALVATION
TRUTH

FAMILY
FRIENDSHIP
JESUS
MERCY
PROMISE
STRENGTH
WISDOM

FORGIVENESS
GOSPEL
KINDNESS
PEACE
REDEMPTION
THANKSGIVING
WORSHIP



- 2 Pastor Rickey Jennings
8 Ruth G. Dorsey
19 Jordan Ford
23 Mia Harper
30 Chelsea Davis

2019



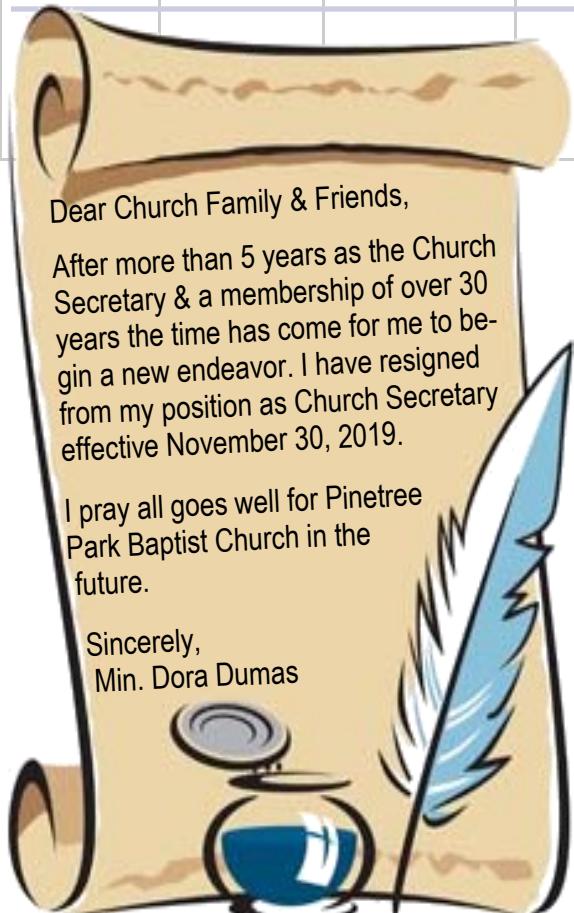
December

- 1 Communion
2 Finance Meets 7:00 p.m.
3 Deacons Meet 7:30 p.m.
7 WMU 8:00 a.m.
Church Conference 10:00
Ushers 12:00 p.m.
Youth Practice 12:00
14 Youth Practice 12:00
21 Youth Practice 12:00
22 Youth Program
25 Christmas Day
29 Benevolence Offering
31 Watch Night Service



November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Communion Set Clocks Back 1 hour	4 Finance Meets 7:00 p.m.	5 Deacons Meet 7:30 p.m.	6 Prayer 10:30 a.m. Bible Study 7 p.m.	7	8	9 WMU 8 a.m.
10 Dinner Donations	11 Dinner Donations 	12	13 Prayer 10:30 a.m. Bible Study 7 p.m.	14	15	16
17 Dinner Donations	18	19	20 Prayer 10:30 a.m. Bible Study 7 p.m.	21	22	23
24 Blood Pressure Dinner Donations	25	26 Men Distribute Dinners	27 Prayer 10:30 a.m. Bible Study 7 p.m.	28 Thanksgiving Day 	29	30



Dear Church Family & Friends,

After more than 5 years as the Church Secretary & a membership of over 30 years the time has come for me to begin a new endeavor. I have resigned from my position as Church Secretary effective November 30, 2019.

I pray all goes well for Pinetree Park Baptist Church in the future.

Sincerely,
Min. Dora Dumas

Woman of the Year



Mother Dorsey