BIBLE FELLOWSHIP NEWS

Bible Fellowship Missionary Baptist Church Dr. Timothy Hawkins, Pastor

Spring 2021

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Outreach Beyond Bible Fellowship - Dr. Timothy Hawkins



Dr. Timothy & First Lady Rachel Hawkins

It's spring, the season of growth; a time where the beauty of God's creation presents itself as if on parade. During each day of creation, God looked at what He made and declared it good. And at the end, when man and woman were created in His own image, the Bible says, "And God saw everything that He had made, and behold, it was very good."

God was delighted and still delights in us, His creation. He made us a reflection of His own glory. Remember, we are all created in the image of God! Each and every one of us has a place and a purpose in His kingdom.

You, my friend, are uniquely made by God, with a unique personality. You have certain strengths that you can use to positively impact the people you meet in your life, and in doing so, you will be fulfilling God's will for your life. Our ability, skills, and compassion are embedded into the fabric of our church. By learning together to embrace our varying gifts, worship Him with joy, and love our neighbors unconditionally, we are empowering everyone to join the mission of God. How can we love our neighbors unconditionally? Well, one important way is through outreach.

What is Outreach?

"Outreach" is defined as "an activity of providing services to any populations who might not otherwise have access to those services." A key component of outreach is that the group providing it is willing to seek out and help those in need where they are. Where services provided by the government are not complete, outreach can fill in the gap.

Why Must We Do Outreach?

There are many reasons why we as a church must provide outreach to those in our community. But the number one reason is because God commands it. There are several verses that tell us as Christians to reach out to others. 1 Peter 4:10 states, "As each has received a gift, use it to serve one another, as good stewards of God's varied grace." (English Standard Version).

We don't all have the same gifts, but we all have at least one gift. And we must use those gifts to serve others, ultimately showing the love of Christ in that service.

In verses, James 2:14-17, the question is asked what good it is to have faith without works. If we see someone who is struggling to put food on the table or clothes on their backs and all we say is, "I'm praying for you," how does that help them? (Continued Page 3)

Let Your "Yea" be "Yea" and Your "Nay" be "Nay" - KEEP YOUR WORD! **First Lady Rachel Hawkins**

Have you ever known someone

who constantly

breaks promises? Who says

she will call you

offers to help,

but is nowhere

the time comes?

Or you set up a

day and time to

sight when

doesn't?

about

who

and

makes

but What

in

someone



First Lady Rachel Hawkins

meet up for lunch or a movie and then your friend stands you up?

Many people swear by something simply to be more believable. They'll say, "I swear on a stack of Bibles!" or "Cross my heart and hope to die!" to give them greater credibility; and then they still won't honor their promise. When it only happens once or twice, it's easier to forgive. But when they make it a habit, people around them quickly learn that they can't be trusted.

It's especially hard when that kind of friend professes to be a Christian. We are followers of Christ: it is imperative to keep our word.

Why Is It Important As A Christian To Keep Your Word?

Swearing is described as someone making a promise to someone else, or threatening something with an oath towards another person. Swearing also refers to calling a person as a witness. The Bible discusses the seriousness of swearing, or making a vow. Jesus himself warns us about making frivolous vows. James 5:12 says, But above all things, my brethren, swear not, neither by heaven, neither by the earth, neither by any other oath: but let your yea be yea; and your nay, nay; lest ye fall into condemnation.

Jesus further clarifies the dangers of spontaneous promises in Matthew 5:33-37: Again, ye have heard

that it hath been said by them of old time, Thou shalt not forswear thyself, but shalt perform unto the Lord thine oaths: But I say unto you, Swear not at all; neither by heaven; for it is God's throne: Nor by the earth; for it is his footstool: neither by Jerusalem; for it is the city of the great King. Neither shalt thou swear by thy head, because thou canst not make one hair white or black. But let your communication be, Yea, yea; Nay, nay: for whatsoever is more than these cometh of evil.

In a nutshell, Jesus is basically saying that it is better not to make a vow than to promise or swear an oath that we may not fulfill, which will bring judgment on us. Unfulfilled promises not only hurt people in the short term, but they can also have long-lasting consequences and change the trajectory of your life. A great example of this is in the life of Judah, one of Jacob's 12 sons.

After his brother Joseph was sold into slavery, Judah moved away from the protection of his father Jacob and his family. He married a Canaanite woman (a BIG no-no!) and had three sons. He chose a Canaanite woman, Tamar, as a wife for his eldest son, Er. Er was wicked in the eyes of God, so God killed him. Next up was the second son, Onan. In those days if a man died with no children, it was the duty of the next son to marry the widow and have children with her. The only catch was that the children would carry the name of the dead brother. Onan didn't want to do that and took steps to prevent it. Because of his wickedness, God killed him as well. Now it was the third son's turn to marry Tamar. Judah, seeing his two sons were gone, feared losing his last son, so he told Tamar to go back and live in her father's house. He promised that when his last son, Shelah, was old enough, he would send for her.

But folks, Judah had NO intention of doing any such thing. His promise was made to be broken. Tamar got the hint once Shelah grew old enough for marriage and Judah didn't send for her like he promised. So, Tamar took matters into her own hands and came up with a plan. It was sheep shearing season, and she knew that Judah would be in her area.

(Continued on Page 4)

Outreach Beyond Bible Fellowship (Continued)

It's better to give them the physical things (e.g., food, clothing) that they need. That's why it's said that "Faith without works is dead." The greatest benefit of community outreach programs is that the programs serve people who are often unable to help themselves.

How Can Bible Fellowship MBC Provide Outreach?

Participate in Local Events: There are festivals and community events in our area where we can set up a booth with our church information and interact with the community. Our participation will raise awareness of our church and what we offer, and we can get a feel for the needs of our community.

Target Leaders and Influencers:

We can research our community leaders and see where we can be of service to them first. Those leaders can then help us to see where we are needed.

Host Events, Trainings, and Seminars:

I mentioned before that community outreach programs serve people who are at-risk and underserved. We can provide education and services to groups of people who are simply not well-educated or who may be misinformed about certain topics. Hosting events, trainings, and seminars will provide important education to these people.

Use Our Building as a Haven:

We can use our building as a food kitchen. We could organize a canned food drive to donate to a food pantry or a clothing/toiletry drive for homeless or needy people to come by and pick up without fear of judgment. One thing Bible Fellowship is doing to help in the fight against Covid is providing our site for testing/vaccines.

Be an Advocate:

We as a church can be advocates for issues affecting our community, such as:

- Education. We can push for increased funding to provide better education to our youth.
- Air pollution. West Oakland and downtown Oakland communities are exposed to some of the highest levels of air pollution in the Bay Area.
- Poverty. Nearly 17% of Oakland residents are living below the poverty level.
- Public safety. We can support efforts to improve public safety.

As you can see, there's no excuse for not reaching out to the people who need our help. Service is contagious! Community service deepens our relationship with God and with our brothers and sisters. It's an occasion to spread Christ's teachings and become ambassadors for Christ.

Through outreach programs, God's people have the opportunity to spread the Gospel effectively. By committing ourselves to serve others, we attempt to demonstrate to God the love we have for Him.

Dr. Timothy Hawkins, Pastor

Evangelism Report -First Quarter 2021

Month	February	March	Total	
Candidates for Baptism	2	2	4	

Let Your "Yea" be "Yea" and Your "Nay" be "Nay" (Continued)

She took off her widow's garments, dressed as a temple prostitute with a veil covering her face, sat by the side of the road, and tricked Judah into sleeping with her. Tamar became pregnant with twins as a result of that encounter.

After it became known that Widow Tamar was pregnant, Judah was more than willing to burn her to death, but as soon as it was revealed that he was the father, Judah had to face some hard truths. While Tamar was wrong to do what she did, it was done because of Judah's broken promise. His refusal to honor his word ended up causing him to commit a great sin and changed the trajectory of his life.

In the end, Judah declared that Tamar, a Canaanite woman, was more righteous than he was.

Jesus is really concerned about the condition of our hearts. It's not just simply how one acts, it's what is inside, the hidden part, that is the most important. Some people may think that by swearing upon other things (e.g., "My mother's grave," "My child's life," "a stack of Bibles"), it adds validity to their oath. But, if your hearts are pure, then you don't need any of that.

If we are true followers of Christ, our promises should be driven by our character. We won't need to swear by anything in order to be believed. Our word alone should be enough. So in life, let your Yea be yea and your Nay, nay!

First Lady Rachel Hawkins

lt's Just Me



My name is Maxie Hersena McKinney and I am a member of Bible Fellowship Missionary Baptist Church. I have been a member for at least six years. I have two children: my son, Kevin L. Bolden Sr., and my daughter, Chelita Reed. I have 6 grandchildren and 5 great-grandchildren. I have one sister, who lives in Southern California.

We are a small family but we are very close. I am origi-

nally from New Orleans, Louisiana, and I moved to California when I got married. My husband was a military man so I have traveled to many places throughout my life. I am a retired beautician and also daycare provider. And just like Pastor Hawkins, I sang in musical groups. I rubbed elbows with many celebrities during that time in my life!

When I accepted Christ, I was baptized in a Methodist Church right here in North Oakland. Later I joined Bible Fellowship. I thought that since I was baptized before I didn't need to do it again. But Pastor Hawkins let me know that I needed to be baptized again, so I did just that. I just didn't know: I thought sprinkling water over my head was the right way but I soon learn otherwise.

I will say that since I have been a member here I have learned and grown so much. I know that this is where God sent me.

Sister Chelita Reed, Staff Writer

2021 Leadership Team



On Sunday, January 10, 2021, during the 11:30 a.m. worship service, Dr. Hawkins installed the officers for the New Year. Dr. Timothy & First Lady Rachel Hawkins pictured with the 2021 Leadership Team. Can you name each of the leaders and the positions they hold? Also, do you know the name of the emerging youth leader in the picture? An enlarged picture is in the A.Q. West Fellowship Hall.

Bible Fellowship Missionary Baptist Church's Four-Fold Mission Embrace the inerrant Word of God Edify through exercising our Spiritual Gifts Equip through teaching God's Word Evangelize the Lost for the Kingdom of God

Chat & Chew – Sisterhood Fellowship

The Sisterhood Ministry hosted a Chat 'N Chew fellowship on Saturday, February 13, 2021. Sister Cathy Estell (President) planned an educational and fun event; and she provide us with a lesson from Stormie Omartian's book "Just Enough Light For The Step I'm On". Sister Sherril Gray provided a nutrition class that included facts and quizzes. First Lady Rachel Hawkins taught a cooking class; and we learned how to prepare a healthy low carb and low sodium meal that was absolutely delicious. The menu included lamb chops or chicken breast, roasted sweet potatoes or russet potatoes, garden salad; and Dr. Hawkins taught us how to make his famous berry razzle dazzle dessert. We had a blast! Below are a few snapshots of the great event.



Black History Month 2021



Aryon pictured with sister, Jhari

Black! By Aryon Hughes

Black is Free! Black is King! Black is Awesome! Black is Fun! Black, we are the chosen ones! Black is Loud! Black is proud! Black is magical! Black is Love! Black, we are great! Black is music to my ears! Black is conquering your fears! Black is using your imagination! Black is reaching for the stars! Black is what we are! Black is Me!



Soul Sisters! Sister Djimma Bordley, Sister Barika Culberson, Sister Jacqueline Hunt-Willis



Kingston Adams is an up and coming artist! One of his sketches is featured. And, Kingston strikes a pose with Sister Barika Culberson as she celebrates her birthday.

"I am fundamentally an optimist. Whether that comes from nature or nurture, I cannot say. Part of being optimistic is keeping one's head pointed toward the sun, one's feet moving forward. There were many dark moments when my faith in humanity was sorely tested, but I would not and could not give myself up to despair. That way lays defeat and death." **Nelson Mandela,** Long Walk to Freedom: Autobiography of Nelson Mandela

In The Spotlight – Sister Louise Arnett



Sister Louise Arnett is very quiet. Kind. And she'll say it herself, she is shy. "I mind my own business. I don't talk a lot but I'll say it if I have to; if it's good to say it." You will often see her with her sisterin-law, Sister Juanita Matthews. They have a friendship that goes

Sister Louise Arnett

way back. To this day, they live within a few blocks of each other.

Sister Arnett grew up on a farm in Marianna, Arkansas, a small country town. There were seven kids in the family and they all worked on the farm and did the chores around the house. They did everything to help their parents. And they all worked. No exceptions. In her words, "Nobody was happy but they were used to life as it was."

Her family was active in church. Her mom sang in the choir. But only her mom! "We couldn't sing!" says Sister Arnett. "I never could sing. I remember once Andrew was in the car with me and I was singing along to the radio. He said, 'Grandmother, please stop singing with the radio.""

When she was about 10, she was baptized. As she explains it, "In the country, they would have a revival every year. The revival would be in the summer, in July or August, when it was warm." Those who accepted Jesus as their Savior were baptized in a pond of water outside the church. If you were saved at any other time of the year, you just waited until revival time to go in the water. Sister Arnett remembers, "They took me out a little way, but it was still close to the shore. I don't like deep water, don't swim. So it was scary. The water was dirty. I thought maybe there might be alligators or snakes in the water. Well, we didn't have alligators! But snakes, yes."

Sister Arnett met the love of her life in middle school. Brother Frank Arnett lived in a nearby town that was even smaller than Marianna. To attend junior high and high school, he had to go to school in Marianna. He was about two years older, so he graduated before she did.

At the age of 18, newly graduated from high school, and not too long married, Sister Arnett and her husband "hit the road." They moved to the Midwest. Kansas City was a big city, but it was different than out here.

Why Kansas City? Brother Frank's sister Juanita and her husband were there already. And that made it a good place to start. In Kansas City, she went to dental assistant school and then worked in a dental medical clinic for about 4 or 5 years. She worked at Sears, too. And she and Frank had three daughters: LaJuana, Beverly, and Veronica.

She was a member of her church's Mission Ministry when she lived in Kansas City. "We'd have Bible Study together. We'd go to the houses of the seniors who couldn't come to church, and have Bible Study. I liked that."

Sister Arnett and her family stayed in Kansas City from 1966 until 1977, when they moved to Oakland. Frank had not been feeling well for a long time, but he didn't talk about it. Didn't tell. He was private about it, didn't say much but, "Oh, I'll be better tomorrow." As she puts it, "You know, men pride: 'I'll be all right."

Brother Arnett called his sister Juanita and her husband, who had moved to Oakland by then, and they found an apartment for the Arnetts. It was on 8th and Foothill. The Arnett family lived there 2 or 3 years. (Continued Page 9)

O.P. Smith Scholarship Ministry



Sister Tasha Haywood presents Sister Endia Davis and Sister Hanniya McNeely with gifts from the O.P. Smith Scholarship Ministry.



The function of education is to teach one to think intensively and to think critically. Intelligence plus character – that is the goal of true education.

Dr. Martin Luther King Jr.



In the Watch Meeting Edition of the newsletter, we featured Endia Davis for graduating from Dewey Academy of Oakland, CA. However, Edia's age was incorrect in the article; she actually was 17 years old and graduated early. Endia is the daughter of Sister Rashedah Muhammed. Congratulations Endia! And, may God continue to bless you and your endeavors!

In The Spotlight (Continued)

They joined Bible Fellowship since it was within walking distance.

As she reminisced, I mentioned that she had been part of the Great Migration. This turned her mind to what it had been like, growing up. "If you were walking somewhere, strangers would stop to offer you a ride. They'd roll down the window and ask if you want a ride. There was no fear. We trusted each other. Everybody was your neighbor. And that's how you got to know them. In Arkansas."

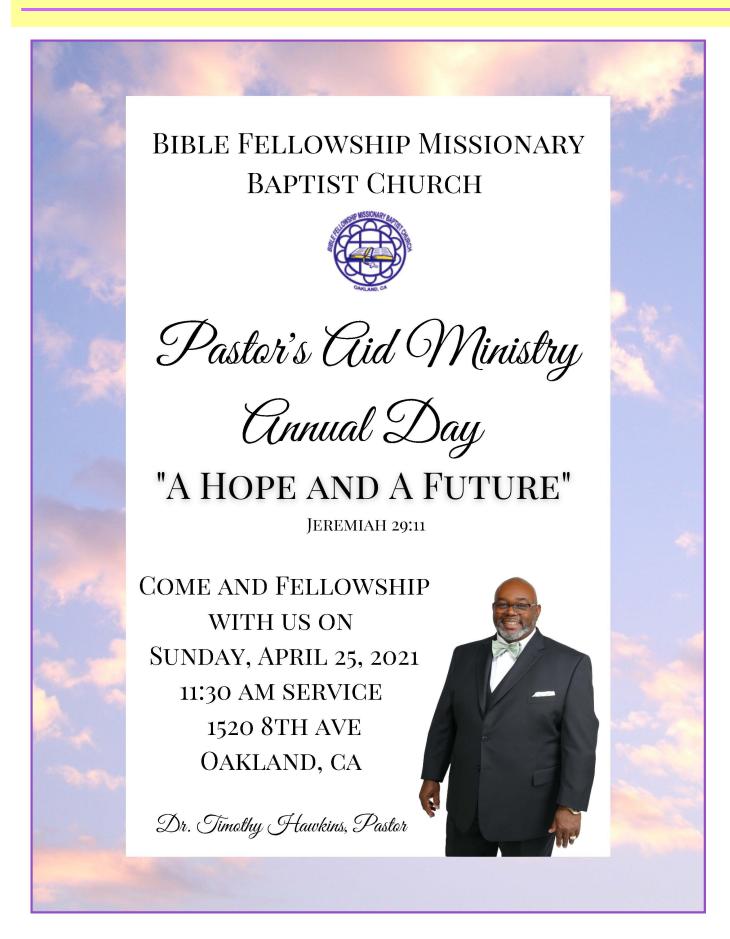
There was no mixing between the races. "People knew ones who did, but there was no public dating across race. In those days, people weren't mixing. You stayed in your own place. All that's history now. Can't tell the children what it was like then; they don't even know!" I thought it was sad that they would not find out, but Louise straightened me out. "You want them to have their own view of the world. The past is bygones. It's over now. So live your life."

As for a scripture that inspires – "All are good. They give you hope; encourage you. I like *Trust in the Lord with all thine heart*. Helps you to keep going. Don't put your trust in men. Trust in God and you'll be all right."

Final word? "You can learn a lot, just listen!"

Sister Sylvia McDaniel, Staff Writer





Happy Birthday : Bible Fellowship Leaders

<u>January</u> 10-Sister Sherrol Gray	<u>April</u>
22– Sister Peggy Washington	17– Deaconess Charla Edwards <u>May</u>
<u>February</u> 9– Deaconess Sylvia McDaniel 20-Sister Barika Culberson	17-Reverend Eric Culberson 22– Deaconess Arlene Marshall
28– Sister Joyce Rogers	"Honour thy father and thy mother: that thy days
<u>March</u> 27— Deacon Joseph Jones	may be long upon the land which the LORD thy God giveth thee." Exodus 20:12
30– Deacon Earl McDaniel	

Happy Birthday Deacon Earl McDaniel



Deacon Earl McDaniel celebrated his 80th Birthday on March 30, 2021! Deacon McDaniel initially joined Bible Fellowship in 1961; and later reunited with the church in 1992. He has served as a Deacon under the leadership of Dr. Hawkins since 2003; and Chairman of the Deacon Ministry since 2016. Our prayer is that God continues to strengthen and keep you in His care.

> Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

> > Lamentations 3:22-23

Sharing the Word

Sermons are available online at Biblefellowshipmbc.com or you may request a CD from our Tape Ministry. All sermons below are by Dr. Hawkins, unless otherwise indicated.

January 2021

January 3 7:30 am & 11:30 am Luke 5:1-11 "At Thy Word"

January 10 8 am & 11:30 am Revelations 3:14-22 "Lessons From Laodicean"

January 17 8 am & 11:30 am Genesis 37:1-7 "The Dream and the Dreamer"

January 24 8 am & 11:30 am Rev. Eric Culberson John 6:47-51 "The Meaning of the Meal"

January 31 8 am & 11:30 am 1 Kings 17:5-15 "Making the Best of a BAD situation"

February 2021

February 7 7:30 am Luke 15:11-20 "Rejoicing In Recovery" 11:30 am Luke 15:11-20 :"I Got It!"

February 14 8 am Luke 15: 5-12 "Recovering and Rejoicing" 11:30 am Luke 15:5-12 "Don't Let Nothing Paralyze Your Praise"

February 2021 (Continued)

February 21 8 am & 11:30 am Joshua 1:1-9 "He Promised"

February 28 8 am & 11:30 am Luke 19:1-10 "Extraordinary Measures for Extraordinary Results"

March 2021

March 5 7 pm Rev. Murad D. Williams John 11:31-35 "God Cares"

March 7 8 am & 11:30am Pastor Hawkins Philippians 3:11-21 "Look Up"

March 14 8 am & 11:30 am Luke 22:31-40 "The Lesson Peter Never Forgot"

March 21 8 am Bishop Clyde Stevens Atlanta, Ga Psalm 28:1-8 "Prayer That Availed Much"

11:30 am Bishop Clyde Stevens Atlanta, Ga Jeremiah 29:10-14 "Fight the Good Fight"



Isaiah 53:5

But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.

Through the Bible in a Year

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APRIL	2 Samuel 8-10	2 Samuel	2 Samuel	2 Samuel	2 Samuel	2 Samuel 23-	1 Kings 2-4
Week 14		11-13	14-16	17-19	20-22	24; I Kings 1	
14	1 Kings 5-7	1 Kings 8-10	1 Kings 11-13	1 Kings 14-16	1 Kings 17-19	1 Kings	2 Kings 1-3
						20-22	
16	2 Kings 4-6	2 Kings 7-9	2 Kings 10-12	2 Kings 13-15	2 Kings 16-18	2 Kings	2 Kings
						19-21	22-24
17	2 Kings 25; 1	1 Chronicles	1 Chronicles	1 Chronicles	1 Chronicles	1 Chronicles	1 Chronicles
	Chronicles 1-2	3-5	6-8	9-11	12-14	15-17	18-20
MAY	1 Chronicles	1 Chronicles	1 Chronicles	2 Chronicles	2 Chronicles	2 Chronicles	2 Chronicles
Week 18	21-23	24-26	27-29	1-3	4-6	7-9	10-12
19	2 Chronicles	2 Chronicles	2 Chronicles	2 Chronicles	2 Chronicles	2 Chronicles	2 Chronicles
	13-15	16-18	19-21	22-24	25-27	28-30	31-33
20	2 Chronicles	Ezra 1-3	Ezra 4-6	Ezra 7-9	Ezra 10;	Nehemiah	Nehemiah
	34-36				Nehemiah 1-2	3-5	6-8
21	Nehemiah	Nehemiah	Esther 2-4	Esther 5-7	Esther 8-10	Job 1-3	Job 4-6
	9-11	12-13;					
		Esther 1					
22	Job 7-9	Job 10-12	Job 13-15	Job 16-18	Job 19-21	Job 22-24	Job 25-27
JUNE	Job 28-30	Job 31-33	Job 34-36	Job 37-39	Job 40-42	Psalms 1-3	Psalms 4-6
Week 23							
24	Psalms 7-9	Psalms 10-12	Psalms 13-15	Psalms 16-18	Psalms 19-21	Psalms 22-24	Psalms
							25-27
25	Psalms 28-30	Psalms 31-33	Psalms 34-36	Psalms 37-39	Psalms 40-42	Psalms 43-45	Psalms
							46-48
26	Psalms 49-51	Psalms 52-54	Psalms 55-57	Psalms 58-60	Psalms 61-63	Psalms 64-66	Psalms
							67-69

A New Minister At Bible Fellowship!

On Wednesday, March 3, 2021 Deacon Murad Williams preached his first sermon. The Text was taken from John 11:31-35, "God Cares." The Sanctuary was filled with supporters from his family, friends, and Bible Fellowship's Church Family. We are thankful for what God is doing here at Bible Fellowship. Minister Williams will be under the guidance of Dr. Hawkins for one year, and then he will be ordained. Praise God!





Minister Murad Williams "God Cares" John 11:31-35

A Fun Moment!



A happy heart is good medicine and a joyful mind causes healing, But a broken spirit dries up the bones. Proverbs 17:22 Amplified Bible



Dr. Timothy & First Lady Rachel Hawkins have a fun moment while modeling Disneyland attire.



Upcoming Events (April, May, & June 2021)

Always confirm dates & times in your monthly bulletin

April Event	Day	Date	Time
Sunrise Service & Lord's Supper Service	Sunday	April 4	6:00 a.m.
Easter Breakfast	Sunday	April 4	8:00 a.m.
Sunday School Easter Program	Sunday	April 4	9:30 a.m.
Easter Sunday Worship Service & Lord's Supper	Sunday	April 4	11:30 a.m.
May Event	Day	Date	Time
Mother's Day	Sunday	May 9	All Day
Leadership Meeting	Tuesday	May 25	6:00 p.m.
Business Meeting	Tuesday	May 25	7:30 p.m.
June Event	Day	Date	Time
Father's Day	Sunday	June 20	All Day

Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee.

Psalm 143:8

Community Announcements

COVID-19 Free Testing @ Bible Fellowship

Free COVID-19 testing is available at Bible Fellowship Missionary Baptist Church 1520-8th Avenue Oakland starting on April 14, 2021. The testing is offered by drive thru or walk up service. Contact our church at 510 444-2323 for schedule.

COVID-19 Free Vaccinations @ Bible Fellowship

The COVID-19 Vaccine will be available at Bible Fellowship Missionary Baptist Church 1520-8th Avenue Oakland on Saturday, April 17, 2021 starting at 9 a.m. Contact our church at 510 444-2323 for additional information.

Editor's Corner - Sister Jacqueline Hunt-Willis



Sister Jacqueline Hunt-Willis

I am "Super Excited" about what God is doing in this Season for Bible Fellowship and in my life. This edition of the newsletter could not contain all of the blessings that God has bestowed upon us; and for that I am glad. Don't believe, just ask anyone that is featured in this edition. During my presentation for Black History Month I was unable to share the photos I complied for African Americans Influence On Fashion. However, I have place some of the photos on the church's bulletin board in the fellowship hall. Also, if you have a Praise Report or an article you would like to share, please let me know.

Although the fig tree shall not blossom, neither shall fruit be in the vines; the labour of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls: Yet I will rejoice in the Lord, I will joy in the God of my salvation. The Lord God is my strength, and he will make my feet like hinds' feet, and he will make me to walk upon mine high places. Habakkuk 3:17-19

Joyfully,

Sister Jacqueline Hunt-Willis

NEWSLETTER TEAM

Sister Jacqueline Hunt-WIllis Sister Charla Edwards Sister Djimma Bordley Sister Sherrol Gray Sister Sylvia McDaniel Sister Rashedah Muhammed

Sister Chelita Reed

Ushers, Greeters, & Health Ministries Annual Day

Our Ushers, Greeters, and Health Ministries celebrated their Annual Day on Sunday, March 21, 2021, during the 11:30 a.m. Worship Service. Our special guest was Bishop Clyde Stevens from Atlanta, Ga. "For a day in thy courts is better than a thousand. I had rather be a doorkeeper in the house of my God, than to dwell in the tents of wickedness." Psalms 84:10 Below is a snapshoot of these essential ministries and the celebration.



Prayer for Marriages - Sunday, February 14, 2021







April is Testicular Cancer Awareness Month

Testicular cancer or cancer of the testis occurs when cancer cells form in one or both testicles. These cells begin to change and grow uncontrollably, forming a mass or tumor. The cells can also invade the blood stream and lymph system and spread, leading to tumors in other areas of the body called metastases. Most often testicular cancer is detected as a painless lump in one of the testicles. Testicular cancer is highly treatable and one of the most curable forms of cancer. It is especially important to detect testicular cancer in the earliest stages where the cure rate is almost 100%. That is why self-exams, starting in the adolescent years, are key in early detection of

Important Test for Men Over 50

<u>PSA</u>

The PSA test determines the level of prostate-specific antigen in the blood. A high PSA is an indicator of prostate cancer or such a similar health problem. PSA is one of the most important blood tests for men over 50 which helps pin down the health of the prostate. Men should get this blood test done every year after 50.

Testosterone:

With age, the testosterone levels in males begin to decline. This can give result to issues like fatigue, increasing weight, declining libido, erectile dysfunction, hair loss, bone loss, poor sleep quality, behavioral changes, etc. This is one of the most urged blood tests for men over 50, especially those who complain of the aforementioned issues.

Cholesterol:

One of the most crucial medical tests for men after 50 is the cholesterol blood test. In fact, doctors recommend all males who are over 35 (in case of smokers, diabetics and obese patients, over 20) to get their cholesterol checked every five years. testicular cancer.

Testicular cancer can develop in one or both testicles. Most tumors are metastatic, meaning they have the ability to spread to other organs, such as the lymph system, lungs and brain, leading to serious illness or death.

If found and treated early, testicular cancer is up to 99% curable!

Source: testicularcancersociety.org

Blood Sugar:

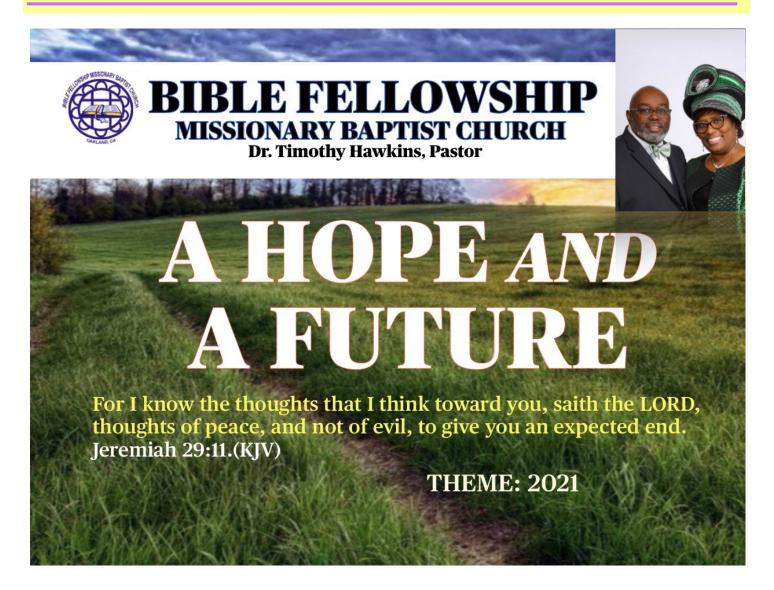
A blood sugar test is a blood test that determines the level of glucose in the blood, and, therefore, the risk of diabetes and insulin resistance. If left untreated, diabetes can even impact heart, eyes, skin and mental health, and result in many other issues like kidney disease and nerve damage. The repercussions of insulin resistance include high blood pressure, elevated cholesterol, increased weight, bloating, and elevated blood sugar. If you are a male over 50, make sure you get your blood sugar checked once in every 3 years.

Colonoscopy:

Another important medical test for men over 50 is colonoscopy – a test that screens patients for colorectal cancer. Other tests like sigmoidoscopy and fecal occult blood test are also used to determine colorectal health.

Source: https://www.healthcheckup.com/men/medical-tests-men-50/





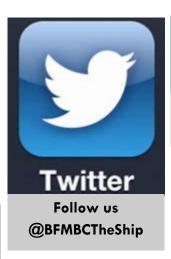
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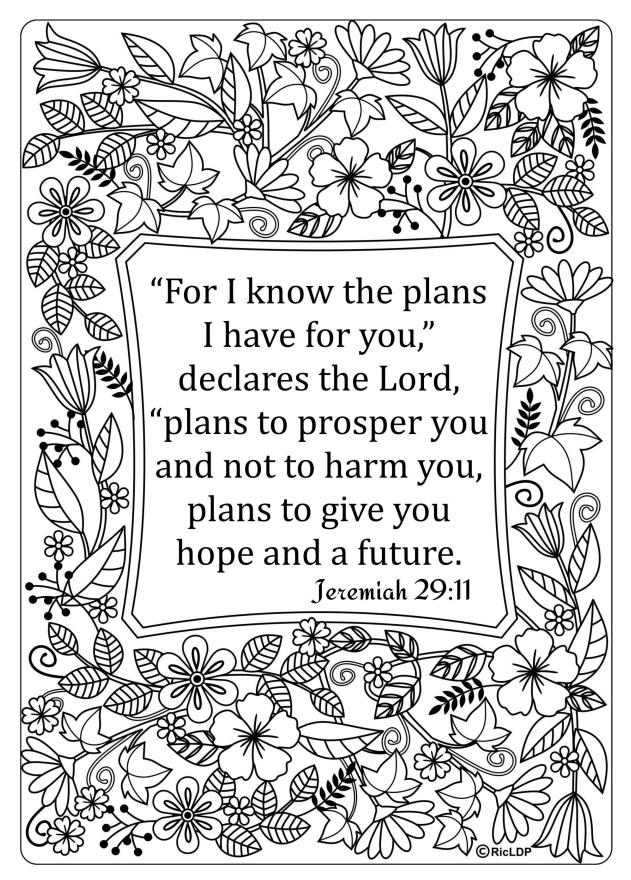


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Coloring Activity



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Our Motto:

I am a part of a great family I am a part of God's family I am a part of the Bible Fellowship family



Our Mission:

To embrace the inerrant Word of God To edify through exercising our Spiritual Gifts To equip through teaching God's Word To evangelize the Lost for the Kingdom of God

Bible Fellowship Missionary Baptist Church Reverend Dr. Timothy Hawkins, Pastor 1520 8th Avenue Oakland, CA 94606

> *Theme 2021: A Hope and A Future Jeremiah 29:11*