

*"Committed to His Will,  
His Way, and His Word"*



# Mount Olive Baptist Church

## Announcements

February 16, 2020



### Our Vision Statement

<sup>18</sup>"The Spirit of the LORD is upon Me, Because He has anointed Me To preach the gospel to the poor; He has sent Me to heal the broken-hearted, To proclaim liberty to the captives And recovery of sight to the blind, To set at liberty those who are oppressed; <sup>19</sup>To proclaim the acceptable year of the LORD." Luke 4:18-19 (NKJV)

It is the vision of Mount Olive to be a church that is intentional in its efforts to identify and meet the needs of broken, hurt and oppressed people in the greater Glen Allen area through the message and ministry of Jesus Christ.

### MOBC CORE VALUES

1. Radical Hospitality
2. Passionate Worship
3. Intentional Faith Development
4. Risk-Taking Mission & Service
5. Extravagant Generosity

### February 2020 Ministry Meetings

**Monday, February 17th**



**Church Office and Buildings  
will be closed in observance of  
President's Day**

#### **Tue. 18 Boy Scouts**

Room 139 @ 6:00 PM

#### **Male Ushers**

Room 137 @ 7:00 PM

#### **Thu. 20 Missions Ministry**

Room 137 @ 1:00 PM

#### **Easter Play Meeting**

Room 138 @ 7:00 PM

#### **Trustee Meeting**

MP Building #1 @ 7:00 PM

#### **Sat. 22 HealthCare Ministry**

Room 138 @ 9:00 AM

#### **USDA Household Food Distribution**

Breakfast & Bible Study

MP Building @ 10:00 AM

#### **Mon. 24 Marriage Enrichment Ministry**

Choir Room @ 7:00 PM

#### **Civic Ministry**

Room 137 @ 6:00 PM

### 2020 Theme:

The Year of

**PROGRESS**

**ISAIAH 43:18-19 (NKJV)**

<sup>18</sup> "Do not remember the former things, Nor consider the things of old. <sup>19</sup> Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness *And* rivers in the desert.

## Today At Mount Olive

**SUNDAY SCHOOL & NEW MEMBERS CLASS**  
8:30 AM

**MORNING WORSHIP SERVICE**  
10:00 AM



## This Week At Mount Olive

### Tuesday:

Noon Day Bible Study

### Wednesday

**MOBC @ First African Baptist Church**  
2700 Hanes Avenue, Richmond, VA  
Prayer & Praise @ 6:30 PM  
Revival Service @ 7:00 PM

# MOBC COMMUNITY NEWS!!



**JANUARY 6 — MARCH 6, 2020**  
**The Christian Season of EPIPHANY**

**THE PULPIT ATTIRE IS GREEN**

The color for Epiphany is **GREEN**. The color **GREEN** stands for life and growth. The color of the table cloth on the Communion table and podium are changed to **GREEN** to indicate the season. The "pulpit dress" is changed according to the season of the Christian Calendar.



## Theme For This Quarter:

**"HONORING GOD"**

This quarter explores ways of honoring God through worship. The Old Testament sessions recall how David and Solomon honored God by establishing the center of worship in Jerusalem and building the Temple. The New Testament sessions focus on Jesus' teachings about right attitudes that honor God through worship.

### UNIT 3 — JESUS TEACHES ABOUT TRUE WORSHIP

This unit has four lessons that explore what Jesus says about honoring God through one's spiritual practices. Matthew points to right attitudes in obeying God only and in honoring God in almsgiving and in prayer. The prayer of Jesus provides a comprehensive life approach to honoring God. Luke teaches about perseverance in prayer as a way to honor God.

**NEXT WEEK'S LESSON:** **February 23, 2020**

**"Perseverance in Prayer"**  
**Luke 11:5-13**

It is hard to press on with a task or routine when doing so doesn't seem to produce any positive changes. How can we persevere in the absence of tangible progress? Jesus taught the disciples to continue to ask, seek and knock, confident that God would graciously provide.

- \* **MONDAY: Daniel Prays Despite Legal Prohibition** Daily Bible Reading  
 Daniel 6:6-13
- \* **TUESDAY: God Forms the Holy Nation**  
 Ezekiel 36:22-28
- \* **WEDNESDAY: Jesus Prays for Future Believers**  
 John 17:20-26
- \* **THURSDAY: The Holy Spirit Empowers Believers**  
 Acts 1:6-11
- \* **FRIDAY: Justice for Those Who Pray Fervently**  
 Luke 18:1-8
- \* **SATURDAY: Ask, and It Is Yours!**  
 Matthew 7:7-11
- \* **SUNDAY: Ask, Seek, and Knock!**  
 Luke 11:5-13



## Sermon Highlights

**February 9, 2020**

**Title: "My Family Is A Work In Progress"**

**Text:** Luke 6:46-49

**Main Idea:** The family is an institution designed by God. He wants to see families progress in love, in unity, in healing, in wholeness and in strength. The statement that my family is a work in progress requires that:

- Main Points:**
1. We overcome the flesh.
  2. We grant forgiveness.
  3. We let Jesus meet our frustration with His faithfulness.

*For the full message order a CD or DVD of the service from the Media Ministry.  
 CDs \$5.00; Double CDs \$7.00; DVDs \$10.00*

## HOW TO ACCEPT JESUS CHRIST INTO YOUR HEART

Perhaps while reading the announcements you realized you have never made a Christian commitment. Don't delay that decision! We encourage you to embrace God's love today and receive the salvation that only Jesus Christ gives. Here are five simple steps you can take to find assurance of salvation.

1. **Recognize your need.** The Bible tell us that "all have sinned and fall short of the glory of God." (Rom. 3:23) All of us are sinners, and we must admit our need for a Savior.
2. **Repent of your sins.** Our sins create a wall that separates us from God. By confessing our sins and turning from them, you will find forgiveness. The Bible promises: "If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9).
3. **Believe in Jesus.** God sent His only Son to die so that He could pay for all our sins. Put your faith in Him and believe in His power to save you. The Bible says, "For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life" (John 3:16).
4. **Receive His salvation.** God has given us a great gift in His Son, but we must receive His gift. Thank Him for loving and forgiving you, and ask Him to live in your heart. His promise to us is clear: "But as many as received Him, to them He gave the right to become children of God" (John 1:12).
5. **Confess your faith.** The Bible assures us: "If you confess with your mouth, 'Jesus is Lord,' and believe in your heart that God raised Him from the dead, you will be saved" (Rom. 10:9). You have been born again and are now part of God's family. Tell some one else what Jesus has done in your life!

**Heavenly Father,** I now understand my need to have my sins forgiven. I also realize that only Jesus — because of His sacrifice on the cross — can forgive my sin. I put my faith and trust in Jesus today. Please forgive me and become the Lord of my life.

## "What We Believe"

### Article of Faith of the Month

### VIII. Repentance and Faith.



We believe the Scriptures teach that repentance and faith are sacred duties, and also inseparable graces, wrought in our souls by the regenerating Spirit of God; whereby being deeply convinced of our guilt, danger and helplessness and of the way of salvation by Christ, we turn to God with unfeigned contrition, confession, and supplication for mercy; at the same time heartily receiving the Lord Jesus Christ as our prophet, priest and king, and relying on him alone as the only and all-sufficient Savior.

# MOBC COMMUNITY NEWS!!

## February Upcoming Events

- Feb. 23**    **Worship, Arts, & Media Celebration**  
10:00 AM  
**Special Guest:**  
Liberty University Gospel Choir - LU Praise
- Feb. 26**    **Ash Wednesday Worship Service**  
7:00 PM
- Feb. 28**    **Celebrating Black History  
& Soul Food Night**  
MP Building @ 6 :00 PM
- Feb. 29**    **Warriors For Christ Women's Ministry  
"Paint Night"**  
MP Building @ 5:00 PM — Cost: \$15

## Sunday School & Christian Arts Ministry

Presents



**Sunday, April 12, 2020**

Easter is just two months away and we are preparing to present to you a play entitled "Because He Lives." Because He Lives is a powerful celebration of the cross, the empty tomb, and the resurrection of Jesus Christ. If you like acting or maybe want to try taking a role in our Easter Production, please attend our meeting on **Thursday, February 20, 2020 at 7:00 PM in room 138**. For more information please call the church office at (804) 262-9614.

## CROWNING ACHIEVEMENTS

Children and Youth in Grades K-12



We would like to acknowledge all children and youth for their 2nd nine weeks of the school year achievements. If you received Scholar Roll, Honor Roll, Perfect Attendance or Citizenship Awards for the first grading period, please submit a completed Crowning Achievement Form, located on the informational table outside the church office, by **February 28, 2020**. We will acknowledge their achievements on **Sunday, April 1st, during the 10:00 AM Worship Service**.

## BLACK HISTORY PROGRAM

### SOUL FOOD NIGHT

**Friday, February 28, 2019**

MP Building @ 6:00 PM

Theme:

**"Celebrating African American History:"  
Telling Our Stories**

Our weekend will start on Friday Night with a Soul Food Dinner and Black History Program. For our Soul Food Dinner, we are asking our members to prepare and bring your favorite Soul Food Dish. Please prepare enough to serve 10-20 people and let us know what the dish is. A sign-up sheet is located on the information table in the Education Wing. Then join us on Sunday, February 23rd during the 10:00 AM Worship Service as we dress in our African Attire, or Black, Green and Red.



The Girl Scouts at Mount Olive will celebrate **Girl Scout Sunday on March 1, 2020**. In celebrating Girl Scouts, we will be selling cookies on Sunday, March 1, 2020 in Classroom 139 after Morning Worship Service. For all the Girl Scouts cookie lovers, you may place your orders in advance with any Girl Scout. If you have questions, please contact Sis. Tyee Mallory at 804-901-4934 or email [tyee.mallory@gmail.com](mailto:tyee.mallory@gmail.com)



## Bereavement Support

For those who are experiencing grief you're invited to join us. The Bereavement Support Ministry meets on the 4th Tuesday of each month from 6:00 PM to 7:30 PM in the Conference Room (Multi-Purpose Building).

**Rev. Dr. Dru Roane, Rev. Dr. Jimmie Walker, Sr.  
Chairpersons**

## INTERCESSORY PRAYER Sick & Shut-ins

*Behold, I am the LORD, the God of all flesh. Is there anything too hard for Me?*  
Jeremiah 32:27

Grace Baker  
William Barber  
Keith Davis  
Dea. Kevin Dunigan  
Barry French



Mildred Hardy  
Blanche Smith  
Aswana Stewart  
Alma Tarry  
Mable Williams

## COMMUNITY FOOD GIVEAWAY SCHEDULE

### WEDNESDAY

11:00 AM — 11:30 AM

### SATURDAY

12:00 PM — 12:30 PM

Zip Codes: **23227, 23228, 23059 & 23060**

**USDA Households Food Distribution  
Breakfast & Bible Study  
Saturday, February 22, 2020**

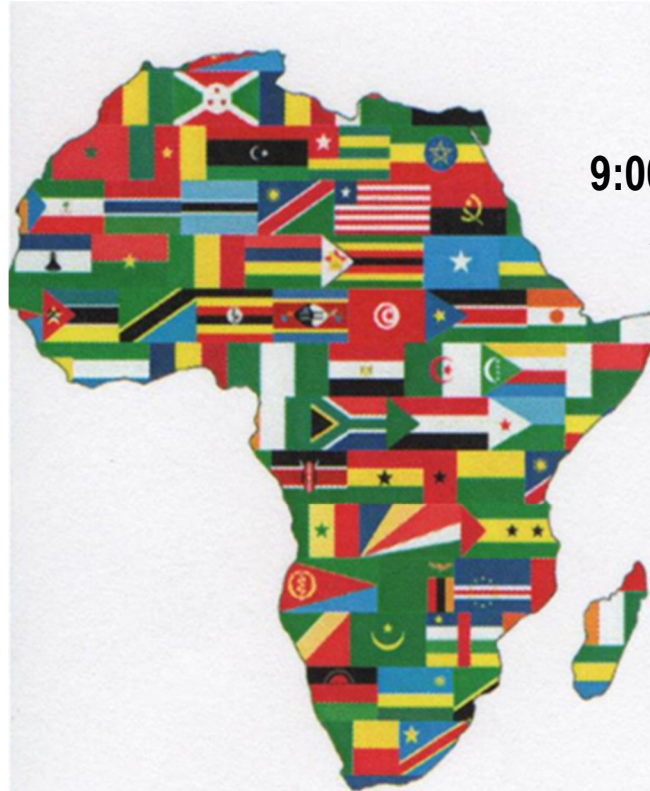
**Free to All !**



# Mount Olive Baptist Church

## Men of Impact

**Black History Month Project  
at Historic Evergreen Cemetery  
Saturday, February 22, 2020**



**9:00 A.M. – Noon  
2/22/2020**

**EnRichmond  
Foundation**

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**African Heritage  
Day**

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**Volunteer  
Clean-up Project**

**50 Evergreen Road, Richmond VA 23223  
(off Nine Mile Road & I-64)**

**Contacts:**

**Jeff Washington  
804.512.9359**

**Raymond Tatum  
804.301.2468**

**Don Berkeley  
804.304.0626**



**February 22nd  
African Heritage Day**

**Wear red, yellow, green, and  
black, or other colors or patterns  
representing your heritage.**

# Warriors For Christ Women's Ministry



## Women's Day Weekend Celebration

MARK YOUR  
CALENDAR!

This year Warriors For Christ Women's Ministry will be celebrating Women's Day Weekend with a Pre-Women's Day Concert on **Friday, March 13th at 7:00 PM**. Our Guest Music Clinician for the weekend will be Dr. Raymond Wise Ph.D., Professor of Practice, African American African Diaspora Studies, Director of the African American Choral Ensemble, Associate Director of the African American Arts Institute from Columbus, Ohio. The first Women's Day Choir rehearsal will be on **Tuesday, March 10th at 6:30 PM**. Other rehearsals are scheduled for: **March 12th and March 14th**.

On **Sunday, March 15th** our Women's Day Celebration guest preacher will be Rev. Dr. Teresa Black from Spartanburg, SC.



## Mini Women's Conference

**Saturday, March 14, 2020**  
8:00 AM - 3:00 PM

The Warriors For Christ Women's Ministry will be hosting a "Mini Women's Conference" on **Saturday, March 14th from 8:00 AM - 3:00 PM** in the MP Building. Registration will begin on Sunday, 23rd. Registration fee will be \$20.

Workshop Sessions:

- Health & Wellness
- Women in the Workplace & Technology
- Entrepreneurship and more!

Continental breakfast and lunch will be served.



Warriors For Christ Women's Ministry is asking women to volunteer and be a "servant" on **Saturday, February 22nd** for the **USDA Breakfast and Food Giveaway**. This will be our "In As Much" Mission for February.



# 2020 BEYOND! CONFERENCE

First Baptist Church of Glenarden  
600 Watkins Park Drive  
Upper Marlboro, MD 20774

**Theme: "Sharpening the Vision Beyond 2020"**

You are invited to attend the 2020 Beyond Conference on Saturday, June 20, 2020 from 8:30 AM 3:30 PM at First Baptist Church of Glenarden, Upper Marlboro, Maryland. Registration is now Open to attend the Conference and the cost is \$20.00.

We want to empower leaders like you to think strategically – hearing, capturing and implementing a God-given vision in order to remain relevant and sustainable now and in the years to come. You will learn best practices in the areas of Music and Arts, Church Operations, Christian Education, Communications, Community Impact and Christian Business.

Participants can select three workshops to attend. A sign-up sheet is located on the Informational Table or email Rev. Simmons @ [Deborahasimmons@aol.com](mailto:Deborahasimmons@aol.com) to sign-up. To take advantage of the group rates the deadline to sign-up is Sunday, February 16, 2020.

More information on transportation and departure to come.



## ATTENTION ALL BROTHERS

### 100 MEN CHALLENGE

It's time again for us to meet the 100 Men Challenge at The Academy at Virginia Randolph, 204 Mountain Road, Glen Allen. We will meet and greet our young boys on the following dates:

**Thursday, February 20, 2020**

**Thursday, April 16, 2020**

**Thursday, March 19, 2020**

**Thursday, May 21, 2020**

**8:00 AM** Arrive & Register (Bring ID for School Security)

**8:15 AM** Greet students arriving by bus

**8:30 AM** Chat & talk with students at breakfast in the cafeteria

**8:50 AM** Gather with students in motivational assembly

We're looking forward to seeing you there!



## Immediate Opening



# Mount Olive Members Only

## Financial Secretary

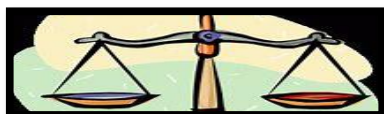
### 20 hours per week

### Salary commensurate with experience

Mt. Olive Baptist Church is seeking a detail-oriented individual with experience in an automated accounting system to serve in the part-time position of Financial Secretary. There are no benefits associated with this position. The preferred candidate must have a Bachelors degree in accounting, business, finance or related field or have similar experiences. The successful candidate must have a working knowledge of bookkeeping and financial records management, and Microsoft Office Suites. **Criminal History Background Check and Drug Screening** are required.

**Duties and Responsibilities:** Receive approved requisitions, invoices and payroll to be paid; receive vendor invoices to be paid; write, post, batch and mail checks; enter invoice and check data in computer database; enter weekly bank deposits in computer database; maintain paid invoices and paid check request files; run computer general ledger monthly reports; reconcile monthly bank statements; produce monthly financial reports; prepare monthly financial statements and balance sheets; input data on budget forms; prepare and distribute tithes and offering envelopes; prepare weekly contribution envelopes and generate contribution statements; and perform other related duties as assigned.

Interested church members may pick up an application from the church office or submit a resume in lieu of the application. Please direct all questions to Sister Billie C. Winzor, Chairperson of the Personnel Ministry or Sister Martha Styles, Church Administrator at (804) 262-9614.



## Internal Recruitment



Mount Olive is looking to hire a food service person. This individual will be responsible for prepping, cooking, and serving food. This position reports directly to the Food Service Manager. In the absence of the Food Service Manager, this position will report to the Church Administrator.

Must be flexible to work days and evenings for Church events when needed. If interested, please fill out a job application and return to the Church Administrator or call 804-262-9614 ext 227 for more information.





**Est. 1867**

## Mount Olive Baptist Church

8775 Mt. Olive Avenue  
Glen Allen, VA 23060

Phone: (804) 262-9614 Fax: (804) 262-2397

Church Website: [www.mobcva.org](http://www.mobcva.org)



### CHURCH STAFF Directory

Rev. Darryl G. Thompson, Pastor  
(804) 873-6248 (C)

E-mail: (Pastor) - [pastorthompson@mobcva.org](mailto:pastorthompson@mobcva.org)

Church Administrator: Sis. Martha Styles

E-mail: [Churchadm@mobcva.org](mailto:Churchadm@mobcva.org)

Administrative Assistant: Rev. Allison D. Roldán

(Office E-Mail) - [Secretary@mobcva.org](mailto:Secretary@mobcva.org)

Director of Music & Arts: Bro. John Price

E-Mail: [Musicdir@mobcva.org](mailto:Musicdir@mobcva.org)

Director of Christian Ed.: Rev. Deborah A. Simmons

E-Mail: [ChristianEd@mobcva.org](mailto:ChristianEd@mobcva.org)

Minister of Children/Youth: Rev. Kelly A. Evans

E-Mail: [Youthmin@mobcva.org](mailto:Youthmin@mobcva.org)

Financial Secretary: Sis. Terry Copeland-Bennett

E-Mail: [Finance@mobcva.org](mailto:Finance@mobcva.org)

Custodian (Day): Bro. Howard Williams

(804) 350-5097

Custodian (Evening): Mr. Jerome Allsbrooks

(804) 350-2283

#### Office Hours:

Monday - Friday  
9:00 a.m. - 5:00 p.m.

#### Pastor's Appointment Hours:

Monday - 2:00 p.m. - 7:00 p.m.  
Tuesday - 10:00 a.m. - 3:00 p.m.

#### ANNOUNCEMENTS DEADLINE:

Deadline for bulletin and media information is 12:30 p.m. each Wednesday. Please email information to:

[Secretary@mobcva.org](mailto:Secretary@mobcva.org) or call the church office at (804) 262-9614.

*Thank you!*

Thanks and appreciation have been expressed by:

**Bro. Walter Baker**

**Family of the late Marjorie Merritt Simmons  
Joe, Charmayne & Jennifer**

All thank you acknowledgements are posted on the bulletin board outside of the church office.

### On Call February 2020

#### Deacon on Call

Calvin Gay.....262-9697

Alvin Roane .....262-4246

#### Deaconess on Call

Brenda Baskfield.....527-0226

Veronica Robinson.....264-1295

#### Trustee on Call

Harold Lawson.....262-6935

Brenda Smith.....264-3556

Raymond Mitchell.....672-2725

#### Associate Minister on Call

Rev. Dr. D. Mack-Tatum....266-7663

#### Bereavement Support on Call

Sis. Jessica Fisher.....516-5600

VIEW MOUNT OLIVE WEEKLY  
ANNOUNCEMENTS ON  
THE WEB

Go to:

[www.mobcva.org](http://www.mobcva.org)

Then click on Weekly  
Bulletin.



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**Facebook**

**You  
Tube**

**twitter**

### Schedule of Service and Classes for the week of 02/16/2020

#### Sunday

8:30 a.m. Sunday School

8:30 a.m. New Members Class

10:00 a.m. Morning Worship



#### Children's Church

2nd, 3rd & 5th Sunday's  
during Worship Service



**Nursery** open for children  
3 months to age 6 during Worship Service

#### Teen EXPERIENCE

2nd, 3rd & 5th Sunday's  
Ages 12- 18



#### Rehearsal Schedule

**Tuesday, February 18th**

Praise Dance @ 6:00 PM

Voices of Commitment @ 6:45 PM

**Wednesday, February 19th**

VOC at First African Baptist Church  
6:30 PM

**Thursday, February 20th**

Voices of Commitment @ 6:45 PM

**Saturday, February 22nd**

Voices of Commitment @ 11:00 AM

### Enter His Gates with Thanksgiving and His Courts with Praise....

Psalm 100:4

Please Reverence the House of God:

- \* Enter to Worship
- \* Focus on God's Glory
- \* Connect with the Spirit of God
- \* Welcome God's Presence
- \* Meditate on God's Word
- \* Invite God into your life today
- \* Honor God with the fruit of your lips.

*Let all things be done decently and in order. 1 Corinthians 14:40*

**Please refrain from eating, drinking and talking on cell phones  
in the sanctuary.**





# 2020

activities and events

## February



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> 9:00 am Henrico MC Breakfast Meeting - MP Building 10:00 am USDA Food Dist. MP Building 11:00 am Olive Branches & Youth Choir
<b>2</b>  <b>WEAR RED DAY</b> Sunday School & Breakfast With the Pastor; New Members Class @ 8:30 AM <b>Worship Service 10:00 AM</b>	<b>3</b> 7:00 pm Band Rehearsal	<b>4</b> <b>Noon Day Bible Study</b> 6:00 pm Praise Dance 6:00 pm Boy Scouts Room 139 7:00 pm Chosen Generation Sanctuary 7:00 pm Trustee Ministry MP Building - Rm. #1	<b>5</b> 6:00 am Morning Prayer 10:00 am Senior Ministry 6:00 pm New Members Min. 6:30 pm Prayer & Praise 6:30 pm Bible Institute 7:00 pm Adult Bible Study 7:00 pm CYM Bible Study	<b>6</b> 7:00 pm Chosen Generation Sanctuary	<b>7</b>	<b>8</b> 9:00 am Praise Dance Sanctuary 11:00 am Chosen Generation Sanctuary YAM Movie Night <b>CANCELLED</b>
<b>9</b> Sunday School & New Members Class @ 8:30 AM <b>Worship Service 10:00 AM</b> <b>Marriage Enrichment Sunday</b> <i>"Celebrating Marriage"</i>	<b>10</b> 6:00 pm Congregational Care - Room 139 6:15 pm Mime Practice 7:00 pm Band Rehearsal 7:00 pm Ministry Leaders Meeting MP Building	<b>11</b> <b>Noon Day Bible Study</b> 6:00 pm Praise Dance 6:30 pm Historical Ministry LEJ Library 6:30 pm Male Chorus Sanctuary	<b>12</b> 6:00 am Morning Prayer 6:30 pm Prayer & Praise 6:30 pm Bible Institute 7:00 pm Men's Bible Study 7:00 pm Women's Bible Study 7:00 pm Young Adult Bible 7:00 pm CYM Bible Study 7:00 pm New Members Class	<b>13</b> 7:00 pm Deacons Ministry Room 140 6:30 pm Male Chorus Sanctuary	<b>14</b>  Marriage Enrichment Ministry Dinner Outing	<b>15</b> 6:30 pm Male Chorus Sanctuary
<b>16</b> Sunday School & New Members Class @ 8:30 AM <b>Worship Service 10:00 AM</b>	<b>17</b> <b>Church Office &amp; Buildings Closed in Observance of</b>  <b>President's Day</b>	<b>18</b> <b>Noon Day Bible Study</b> 6:00 pm Praise Dance 7:00 pm Male Ushers Room 137 6:00 pm Boy Scouts Room 139 6:45 pm Voices of Commit. Choir Room	<b>19</b> 6:00 am Morning Prayer <b>MOBC @ First African Baptist Church</b> 2700 Hanes Avenue Richmond, VA Prayer & Praise @ 6:30 PM Revival Service @ 7:00 PM	<b>20</b> 1:00 pm Missions Ministry Room 137 6:45 pm Voices of Commit. Sanctuary 7:00 pm Trustee Ministry MP Building - Rm. #1	<b>21</b>	<b>22</b> 10:00 am USDA Household Food Distribution MP Building 11:00 am Voices of Commit. Sanctuary 9:00 am HealthCare Min. Room 138
<b>23</b> Sunday School & New Members Class @ 8:30 AM Worship & Communion Service 10:00 AM 	<b>24</b> 6:00 pm Praise Dance 6:15 pm Mime Practice 7:00 pm Marriage Enrichment Room 138 7:00 pm Band Rehearsal	<b>25</b> <b>Noon Day Bible Study</b> 6:00 pm Bereavement Support MP Building - Rm. #1 6:00 pm Praise Dance 6:30 pm Christian Ed. Min. Room 137	<b>26</b> 6:00 am Morning Prayer  <b>Ash Wednesday Worship Service 7:00 PM</b>	<b>27</b>	<b>28</b> <b>Black History Program &amp; Soul Food Night</b> MP Building Dinner @ 6:00 PM Program @ 7:00 PM	<b>29</b> 11:00 am Olive Branches & Youth Choir WFC Women's Ministry "Paint Night" MP Building 5:00 PM - 7:00 PM



### **What is Heart Disease?**

Coronary heart disease—often simply called heart disease—is a disorder of the blood vessels of the heart that can lead to heart attack. A heart attack happens when an artery becomes blocked, preventing oxygen and nutrients from getting to the heart. Heart disease is one of several cardiovascular diseases, which are diseases of the heart and blood vessel system. Other cardiovascular diseases include stroke, high blood pressure, angina (chest pain), and rheumatic heart disease.

### **Statistic**

Heart disease is the leading cause of death in Blacks, Hispanics, and American Indians, but second to cancer in Asians.

### **Risk Factors include:**

High blood pressure, High blood cholesterol, Diabetes and prediabetes, Smoking, Being overweight or obese, Being physically inactive, Having a family history of early heart disease, Having a history of preeclampsia during pregnancy, Unhealthy diet, Age (55 or older for women)

### **Signs/Symptoms**

Chest pressure, squeezing, fullness in the center of chest, chest pain with physical activity that improves with rest, shortness of breath, nausea/vomiting, pain in the shoulders, neck, arms, jaw, or back, dizziness, fatigue, cold sweats

### **Prevention**

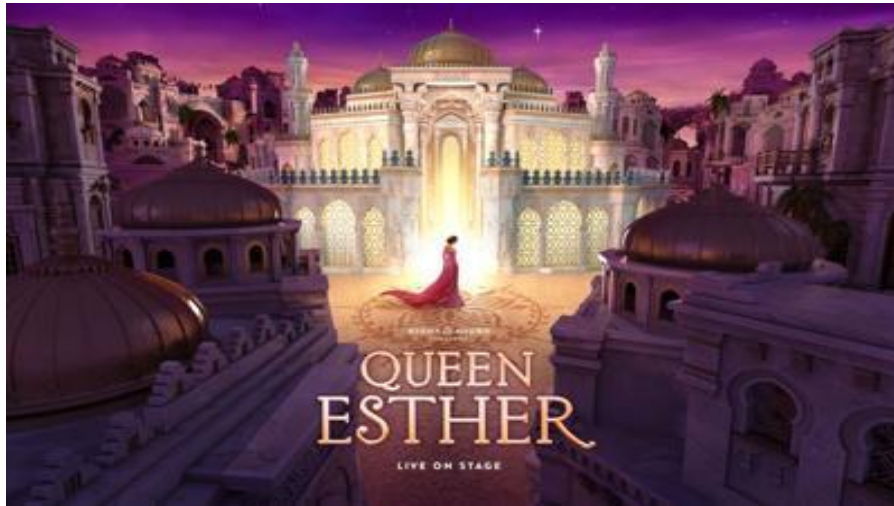
The first step toward heart health is becoming aware of your own personal risk for heart disease. Some risks, such as smoking cigarettes, are obvious: everyone knows whether they smoke. But other risk factors, such as high blood pressure or high blood cholesterol, generally don't have obvious signs or symptoms. A crucial step in determining your risk is to see your doctor for a thorough checkup. Your doctor can be an important partner in helping you set and reach goals for heart health.

For more information, please visit [www.nih.gov](http://www.nih.gov) or [www.heart.org](http://www.heart.org)

**MOBC HealthCare Ministry**

# Mount Olive Baptist Church

## Ushers and Greeters



We invite you to join us to view the story of Esther @ Sight and Sound Theatre in Lancaster, Pennsylvania

**Saturday, July 25, 2020**

Bus will depart @ 5:45 AM, Mount Olive Baptist Church, rear parking lot

The cost is \$175.00, which includes transportation, ticket to the show and dinner @ Miller's Smorgasbord Restaurant

Show begin @ 11:00 AM & Dinner @ 3:45 PM



### **Payment Details:**

- \* February 16, 2020      \$40.00
- \* March 15, 2020      \$40.00

**\*\*Please make checks and money orders payable to Mount Olive Baptist Church\*\***

### **Contact:**

Sis. Fecelia Starks ~ 804-308-1800 (Home) [fwstarks@gmail.com](mailto:fwstarks@gmail.com)

Sis. Linda Fleming ~ 804-814-8483 (Cell) [LindaFlem99@gmail.com](mailto:LindaFlem99@gmail.com)