2020
NOV

GH
GOOD HOPE MISSIONARY BAPTIST CHURCH

iHOPE CHURCH

FROM THOUGHTFUL TO THANKFUL

MAKING THIS THANKSGIVING UNFORGETTABLE

CARING FOR OUR CAREGIVERS

DOING MORE TO DIMINISH THE IMPACT OF DIABETES

TESTIMONY ON OVERCOMING DIABETES

MAKING THIS THANKSGIVING UNFORGETTABLE

Though this Thanksgiving may be very different from those we've celebrated in years past, may we be ever reminded of the most beautiful opportunity – to be thankful. Even amidst our greatest challenges, we have clearly been blessed in many ways as God has continued to sustain us during times of grief, doubt, confusion and uncertainty.

If you are looking for more ways to make this Thanksgiving memorable in a positive way, consider these three ideas:

1. Start a new family tradition that gives members a way of capturing what you're thankful for in a way that is creative and imaginative.
2. Write a family story together where you recall the ways in which you were blessed in your most difficult times.
3. Have each family member take three-four pictures during the Thanksgiving holiday and share the combined photographs with one another in a special family album.

It is easy to recall the things which make us unhappy because our natural inclination is often to complain. It is harder to think about the good things when it feels outweighed by the bad. However, when we reminisce on God's blessings and His faithfulness yesterday, today and forevermore, we cannot help but be thankful for His undying love. Because in Him, we have the greatest gift of all. Happy Thanksgiving

FOCUSING ON FAMILY

CELEBRATING NATIONAL ADOPTION MONTH

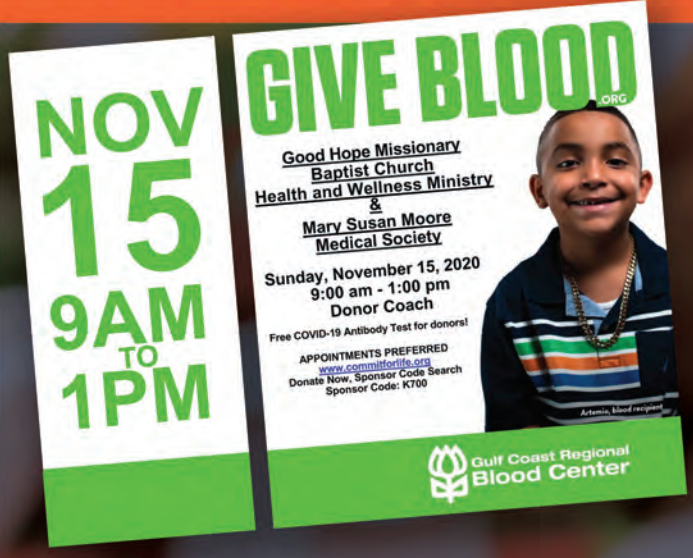
Rarely has it seemed that times have been as trying as they are today. As communities struggle to adjust to incessant changes, the family has become an even stronger focal point of continuity; but, what about those who are still in need of a family? November is National Adoption Month and an amazing time to provide love to individuals who need it most. Whether newborns and infants or toddlers and teens, countless boys and girls are in a need of a home.

Information is increasing in terms of how to begin the process, next steps and even resources available to help offset the expenses. COVID-19 has not only impacted the neighborhood, it is deepening the challenges faced by children who want to call a family their own. If you can make a difference in the life of just one child, find out more today about how you can make family a focus for a child who needs a loving home. For more information, visit www.adoption.org.

iHOPE CHURCH

BLOOD DRIVE

GOOD HOPE'S HEALTH AND WELLNESS MINISTRY



Good Hope's Health and Wellness Ministry, in collaboration with the Susan Moore Medical Society and the Gulf Coast Regional Blood Center, will hold a community blood drive on Sunday, November 15, 2020. The Blood Drive will be held from 9:00 a.m. to 1:00 p.m. Each donation equals one pint of blood, and one pint of blood can save up to three lives! Healthy adults who are at least 17 years old and who weigh at least 110 pounds are encouraged to donate blood. We look forward to seeing you November 15th as you make a life-saving contribution!

OVERCOMING DIABETES

A GOOD HOPE MEMBER'S TESTIMONY

Ashley Williams has been a member of Good Hope Missionary Baptist Church since 2012. She is the lovely wife of Jeremy Williams and is the mother of two: Jaxon (8) and Kaylee (15). Ashley is an active member of the Greeter's Ministry, Children's Ministry, VBS, AWANA, and the Whitley "We are Family" L.I.F.E. Group. Here is her story, in her own words, regarding her journey with diabetes.

One day in July of 2019 when I woke up, I noticed my vision was slightly blurry. I've been wearing glasses since elementary school, and I figured that maybe it was just time to change my prescription. I went on for about a week thinking things would change, and even attempted to get another eye exam, but was told by my optometrist that it wasn't time. She asked me a few family history questions and inquired about other symptoms and body changes I may have been experiencing. After her pre-screening, she suggested I see my primary care physician for a physical. After completing my physical, I received a telephone call from my primary care physician requesting that I stop whatever I was doing and report to the Emergency Room immediately! She informed me that my lab results returned and my blood sugar level was greater than 700, my A1C level was 9.9, and my body was starting to go into Diabetic Ketoacidosis (DKA). Although I had no idea what all the acronyms stood for at the time, I could tell by my doctor's voice that the situation was extremely serious. I was admitted into the hospital, and for three days administered fluids and an insulin IV drip.

Even though diabetes is something that I have heard about all my life and witnessed firsthand with my mother, it was oftentimes made light of. In my family, you eat what you want, when you want. Being overweight is the norm and viewed as just our "genetic make-up." Here I am, 35 years old, being told that I am now a Type II Diabetic, but what does that mean? I was assigned a Nutritionist and Endocrinologist and told that I would have to take Metformin and two types of insulin 3 times daily. My nutritionist explained that with a lifestyle change and exercise, my diabetes could be reversed, but oftentimes patients continue to eat and live how they want and would rather take insulin the rest of their lives.

For a few months, I struggled with changing my eating habits and creating an exercise routine, but in December of 2019, I decided that sticking myself 3 times a day with a needle is not something I wanted to continue to do. I changed to a low carb diet, and started exercising daily for at least 30 minutes. Since my commitment to healthier living, I have lost close to 40 pounds, and was told by my doctor in May 2020 that because of my lifestyle change, my A1C Level was down to a 5.3 (pre-diabetic) and I no longer needed to take any medications or insulin. When I was first diagnosed with diabetes, I felt so defeated, but God did not let me stay there long. It is through Him that I was able to make the necessary changes, and you can do it too!

we are HOPE

SUNDAY
All Audiences:
8AM & 10AM
Call
(713)-524-6578
for details

Wednesday
WORSHIP IN THE WORD
Via Streaming: 7PM
Featuring:
Dr. Elliott Green

DOING MORE TO DIMINISH THE IMPACT OF DIABETES

TAKING CARE OF YOUTH WHO HAVE DIABETES

iHOPE CHURCH

Many people know that diabetes is a health condition that affects an increasing number of Americans across the United States; but, did you know that included in that number are over 193,000 youth? With this in mind, the theme chosen for National Diabetes Awareness this November is, "Taking Care of Youth Who Have Diabetes."

The National Institute of Diabetes and Digestive and Kidney Diseases recommends the following tips for those who want to support children and teens in developing a plan to manage their diabetes.

- Manage blood glucose levels by taking medicines as prescribed – even when they feel good or have reached their blood glucose, blood pressure, and cholesterol goals.
- Encourage healthy habits by following an eating plan, and get adequate sleep and regular physical activity.
- Stay prepared for emergencies with a basic "go-kit" that includes medical supplies and equipment, emergency and health care professional contact lists, and a medication list.
- Monitor for diabetes complications to access early diagnosis and treatment. This can help reduce risks for heart disease, vision loss, nerve damage, and other health related problems.
- Seek mental health support, including connecting with other youth who have diabetes or through talking and writing about feelings of anxiety associated with diabetes.

Diabetes can be challenging for youth to handle, but it can be managed effectively with the right support. For more information, speak with your health care professional or visit https://www.niddk.nih.gov/health-information/communty-health-outreach/national-diabetes-month.

FROM THOUGHTFUL TO THANKFUL

7 FUN THINGS TO DO FOR THANKSGIVING WITH YOUR KIDS

Looking for a few fun ideas you can try during the Thanksgiving season that are safe and socially distant? Try these on for size!

1. Find new fall recipes to taste and share during the Fall holidays.
2. Collect leaves of different shapes, sizes and colors and use them to create art on construction paper.
3. Try your hand at making and baking pumpkin or spiced bread from scratch.
4. Make a Thanksgiving tree, where each leaf represents something you are thankful for.
5. Make fall candy with a healthy twist – like chocolate with berries, or peanut butter treats with pretzels.
6. Write letters and postcards with Thanksgiving themes, and send them to family and friends in the mail.
7. Make a video of yourself and why you're thankful in 2020. Save it to watch on Thanksgiving in 2021!

Just remember to make plenty of new memories to be thankful for, too. You'll be glad you did. Happy Thanksgiving from the GHMBC Family!