2021
FEB

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GOOD HOPE MISSIONARY BAPTIST CHURCH

BLACK HISTORY MONTH

BLACK HISTORY MONTH TIME TO CELEBRATE

NOW READ THIS! BEAUTIFUL BOOKS FOR BLACK HISTORY MONTH

CELEBRATING VALENTINE'S DAY IN A SAFE ROMANTIC WAY

HOW TO HAVE A HEALTHY HEART

GOOD HOPE MISSIONARY BAPTIST CHURCH
49 YEAR ANNIVERSARY

CELEBRATING VALENTINE'S DAY IN A SAFE ROMANTIC WAY

Attention Married Couples!

Are you looking for fun ways to celebrate Valentine's Day without the worries of compromising your health? We've got you covered! Here are seven fun things you can do in the spirit of love and make it a romantic event to remember.

1. Prepare a decadent breakfast in bed for your spouse.
2. Cook your favorite (or a new adventurous) meal together! Choose it together and let the fun begin.
3. Have an indoor picnic with your favorite culinary delights.
4. Recreate your favorite date with all the subtleties that made it special.
5. Take a dance lesson together (but make it virtual). You'll never forget it!
6. Have a wine and cheese night, and make a customized charcuterie board. Bon Appetit!
7. Make a perfect V-Day playlist and sing your favorite songs together from the most memorable parts of your relatioship!

These are not all of your options, but we hope these few will spark your imagination. Whatever you decide, remember the best part of your relationship is each other. Celebrate your union in the spirit of love. Happy Valentine's Day!

NOW READ THIS!

Literacy Love is in the air, and there's no time like the present to celebrate black authors and books featuring children and people of color. If you're looking for a great way to esteem the many achievements of Black writers, illustrators and the exceptional people they elevate during the month of February, take the time to read with the children you cherish in your life. **Here are beautiful books for Black History Month. Read, repeat, and enjoy!**

What Do You Do with a Voice Like That?: The Story of Extraordinary Congresswoman Barbara Jordan,

Written by Chris Barton & Illustrated by Ekua Holmes

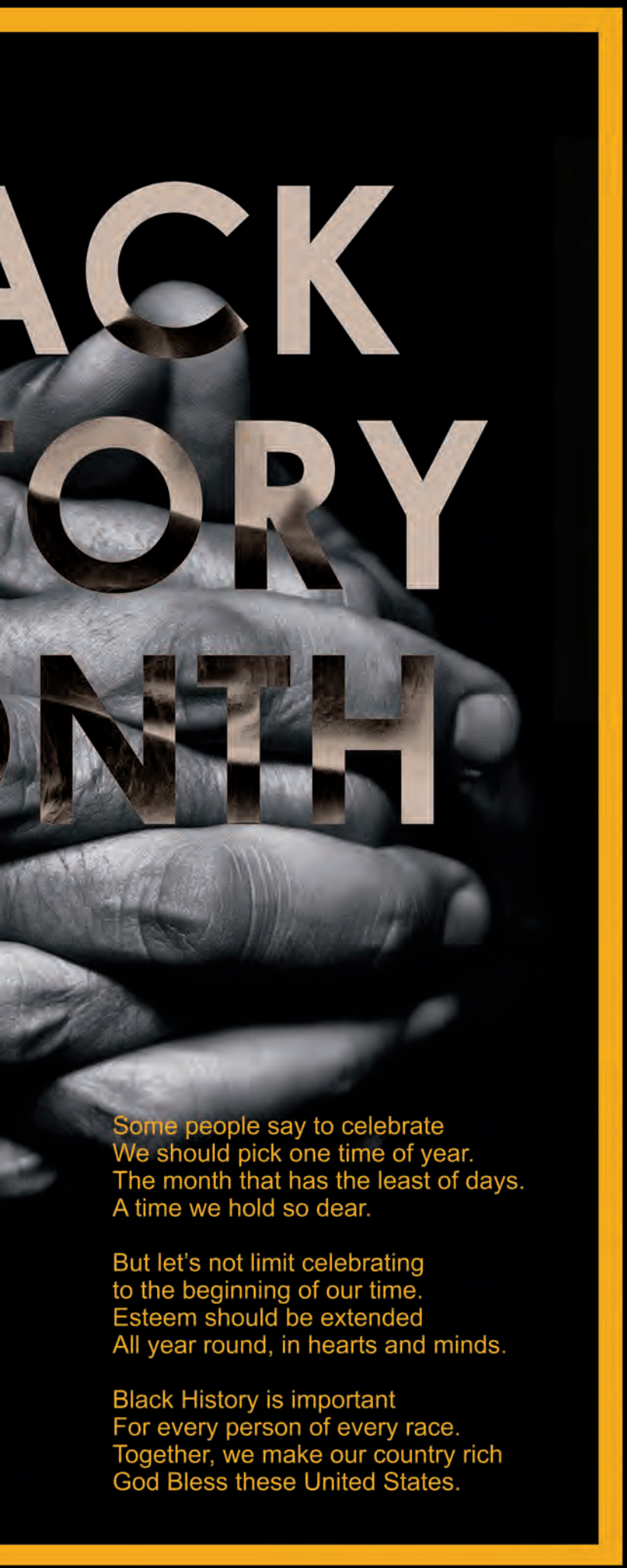
iHOPE CHURCH

BLA HIST MO

Through struggles and through striving
We've survived for many years.
We've tended to the heartache while
He's wiped away our tears.

Even in the valleys
God's been faithful to us all.
It's increasingly important
that we answer to His call.

He's helped us to accomplish much
when some said we should fail.
Whenever we have trusted
Him, He's seen that we prevail.



HOW TO HAVE A **HEALTHY HEART**

February is American Heart Month and the perfect time to take into consideration your cardiovascular health. There are plenty of ways that you can promote heart health, and it starts by being an example that others can follow. The National Heart, Lung and Blood Institute have designated February as The Heart Truth ®, focusing on encouraging communities to engage in healthy life choices to prevent heart disease.

One of the best ways to improve heart health is by making self-care a regular part of self-care routines. This means monitoring things you eat, ensuring that you attend to your mental health (to reduce stress and anxiety that could adversely impact your heart health), and incorporating a healthy dose of exercise that aligns with your individual needs.

This year's theme is "#OurHearts." If you'd like to join the nation in focusing on 7 Days of Self Care, just add these hashtags to your activities and put your heart at the top of your priorities! #SelfcareSunday #Mindful-Monday #TastyTuesday #WellnessWedneday #TreatYourselfThursday #FollowFriday #SelfieSatur-day For more details on what each day entails, visit www.nhlbi.nih.gov today!

Happy Heart Month!

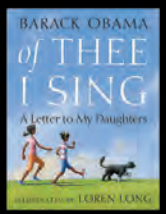
NOW **READ** THIS!

Cool Cuts, Written & Illustrated by Mechal Renee Roe

Happy Hair, Written Illustrated by Mechal Renee Roe

Izzy Gizmon, Written by Pip Jones & Illustrated by Sara Ogilvie

I Promise, Written by Lebron James & Illustrated by Nina Mata



Of Thee I Sing, Written by Barack Obama & Illustrated by Loren Long

Parker Looks Up: Written by Jessica Curry & Illustrated by Brittany Jackson (inspired by Michelle Obama)

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

Time to Celebrate

GOOD HOPE MISSIONARY BAPTIST CHURCH

149 YEAR ANNIVERSARY

Get ready for an historic celebration! On March 28, 2021, Good Hope Missionary Baptist Church will celebrate its 149th church anniversary! Since its founding in 1872, just seven (7) years after slavery ended in Texas, Good Hope Missionary Baptist Church has been at the forefront of Kingdom work in the city of Houston and around the world.

Pastor D.Z. Cofield is only the sixth pastor of Good Hope Missionary Baptist Church, which certainly attests to the stability and unity of our church. With each passing year from 1872 to 2021, our church hasn't just grown older, it has continued to grow stronger! Soul-saving was the height of founding pastor's Father Samuel Grantham's ambition, and that still holds true today. Pastor D.Z. Cofield continues to embrace the vision of soul-saving as we disciple through the digital platform and accomplish our mission to love God, love all people and change the world, in order to make disciples of Jesus Christ.

Celebrate this milestone with us! On this year's 149th anniversary of our church's founding, you can help us celebrate this milestone by giving a financial contribution to commemorate each year of Good Hope's existence. Your anniversary gift of $149.00 (or more) will enable us to strategically use these funds to address our local and world-wide ministries. Use one of the six online ways to give your anniversary gift or use a special anniversary envelope which will be available at the church.

we are HOPE

The Marriage Enrichment Ministry PRESENTS

Valentines CELEBRATION

FEBRUARY 14, 2021 @ 12 PM

Join us as we celebrate National Marriage Week

A time of Fun and Fellowship.
This is a time to rekindle love and romance in your marriage

Cultivating Love

Please Register through Hope Network or Click the Link listed with this announcement.

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