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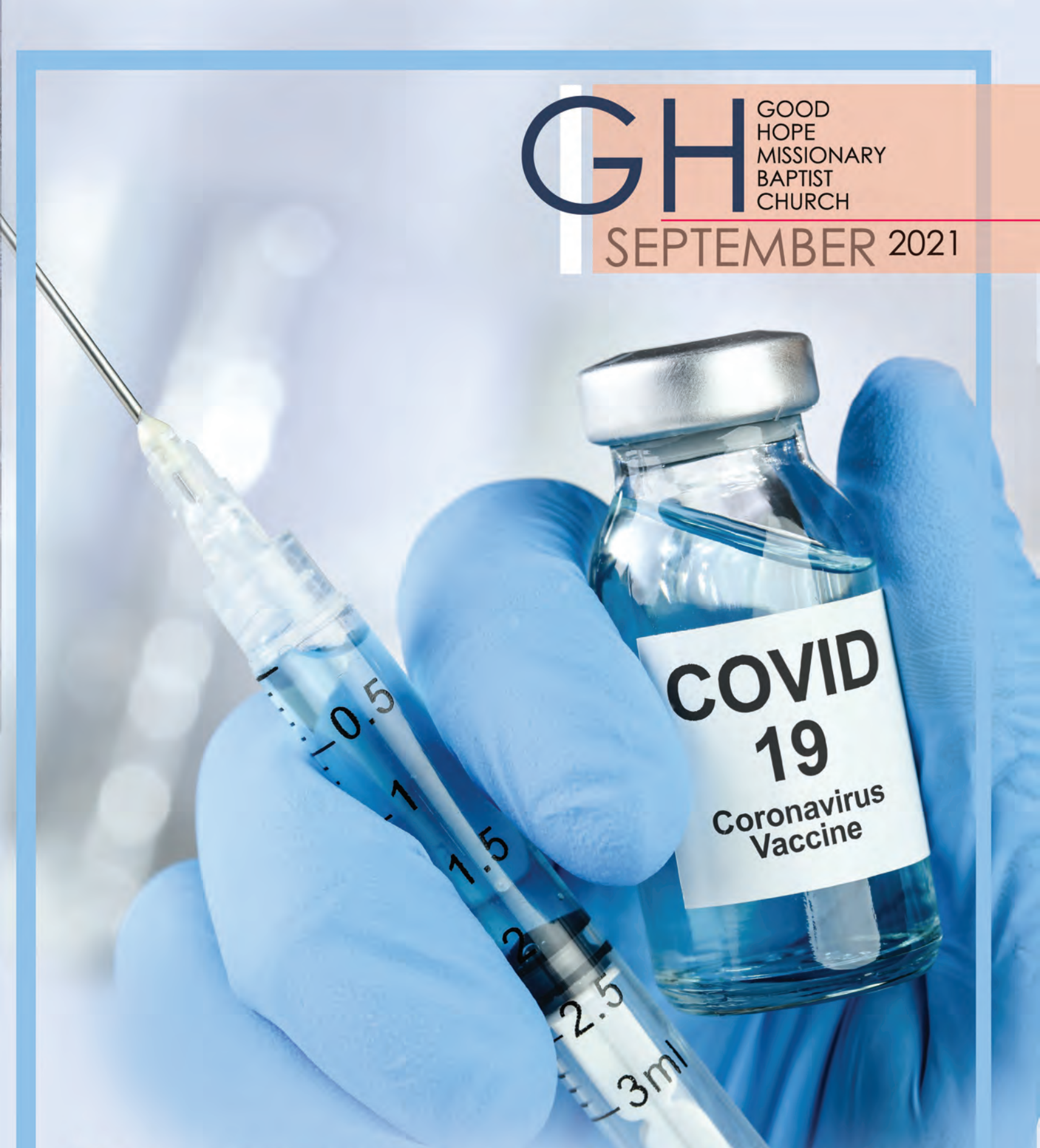
GOOD HOPE MISSIONARY BAPTIST CHURCH

SEPTEMBER 2021



COVID VACCINE
GET YOURS TODAY!

CHILDHOOD OBESITY
THE TRUTH

SUICIDE PREVENTION
LET'S TALK ABOUT IT

GRANDPARENTS' DAY
A GRAND EXPRESSION

PROSTATE HEALTH
AWARENESS AND PREVENTION

Get Your Covid Vaccine **Today!**

On March 11, 2020, the World Health Organization declared COVID-19 a pandemic. Fast forward 18 months and we find ourselves in September, 2021 facing the Delta variant, which is believed to be the most transmissible variant yet. **"The Delta variant is more aggressive and much more transmissible than previously circulating strains,"** Dr. Rochelle P. Walensky, director of the Centers for Disease Control and Prevention, said at a White House briefing. "It is one of the most infectious respiratory viruses we know of and that I have seen in my 20-year career."

While no one knows when this pandemic will end, one thing experts know is that vaccinations work! During a July 2021 press conference, Dr. David Persse, Houston's Public Health Authority, said "since the vaccine became available, there have been 1,983 COVID-related deaths in the city of Houston. Of those deaths, only five (5) people were vaccinated - that means that 99.75% of the people who died from COVID were not vaccinated." Dr. Persse's main message is vaccines work and he urges people to get vaccinated.

On August 23, 2021, Pfizer became the first U.S. Food and Drug Administration approved COVID-19 vaccine. Acting FDA Commissioner Janet Woodcock, M.D. said, "While millions of people have already safely received COVID-19 vaccines, we recognize that for some, the FDA approval of a vaccine may now instill additional confidence to get vaccinated. This milestone puts us one step closer to altering the course of this pandemic in the U.S."

Last month (August 2021), the CDC released a media statement which revealed that a recent study shows that unvaccinated individuals are more than twice as likely to be reinfected with COVID-19 than those who were fully vaccinated after initially contracting the virus. These data further indicate that COVID-19 vaccines offer better protection than natural immunity alone and that vaccines, even after prior infection, help prevent reinfections.

"If you have had COVID-19 before, please still get vaccinated," said CDC Director Dr. Rochelle Walensky. "This study shows you are twice as likely to get infected again if you are unvaccinated. Getting the vaccine is the best way to protect yourself and others around you, especially as the more contagious Delta variant spreads around the country."

COVID-19 vaccines remain safe and effective. They prevent severe illness, hospitalization, and death. Additionally, even among the uncommon cases of COVID-19 among the fully or partially vaccinated, vaccines make people more likely to have a milder and shorter illness compared to those who are unvaccinated. CDC continues to recommend everyone 12 and older get vaccinated against COVID-19

Houston Methodist is a State of Texas COVID-19 Vaccine Hub, so contact them online to schedule a Pfizer vaccine Monday through Thursday: 8 a.m. - 5 p.m. and Friday: 8 a.m. – noon.

To increase the city's vaccination rate and save lives, the Houston Health Department will provide up to $150 in gift cards to get vaccinated against COVID-19.

iHOPE CHURCH

Eligible clinic locations and hours of operation:

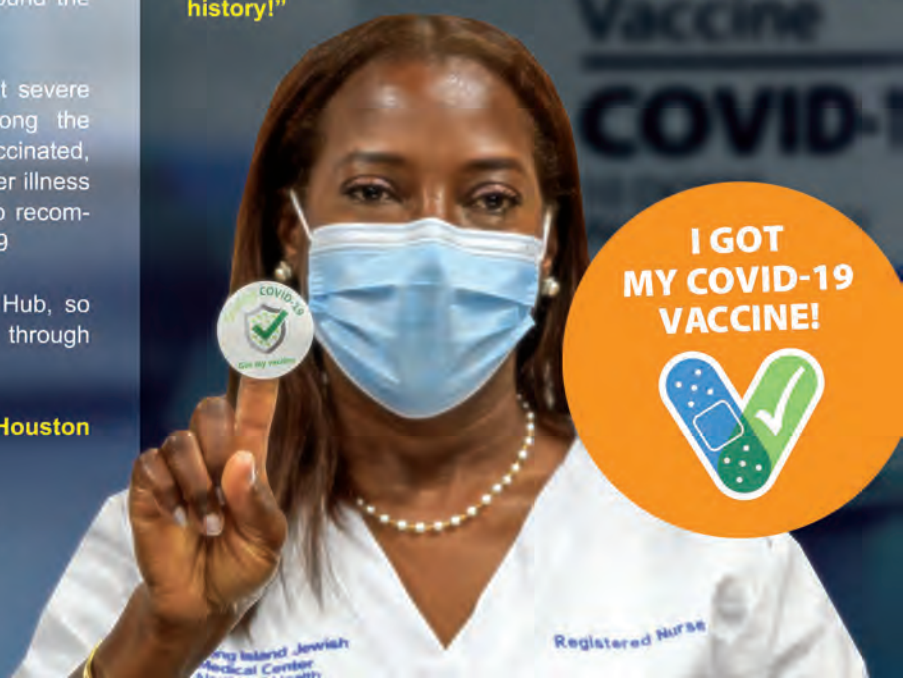
- **Acres Home Multi-Service Center, 6719 W. Montgomery Rd.**
  Mondays, Wednesday, Fridays: 8:30 a.m.-4:30 p.m.
- **Hiram Clarke Multi-Service Center, 3810 W. Fuqua St.**
  Tuesdays: 8:30 a.m.-4:30 p.m.
- **La Nueva Casa de Amigos Health Center, 1809 North Main St.**
  Mondays/Thursdays: 10 a.m. – 7 p.m.
  Tuesdays, Wednesdays, Fridays: 8:30 a.m. – 4:30 p.m.
- **Magnolia Multi-Service Center, 7037 Capitol St.**
  Thursdays: 8:30 a.m.-4:30 p.m.
  Saturdays: 10 a.m. – 2 p.m.
- **Northside Health Center, 8504 Schuller Rd.**
  Mondays/Thursdays: 10 a.m. – 7 p.m.
  Tuesdays, Wednesdays, Fridays: 8:30 a.m. – 4:30 p.m.
- **Sharpstown Health Services, 6201 Bonhomme Rd.**
  Mondays/Thursdays: 10 a.m. – 7 p.m.
  Tuesdays, Wednesdays, Fridays: 8:30 a.m. – 4:30 p.m.
- **Southwest Multi-Service Center, 6400 High Star Dr.**
  Saturdays: 10 a.m. – 2 p.m.
- **Sunnyside Health Center, 4605 Wilmington St.**
  Mondays/Thursdays: 10 a.m. – 7 p.m.
  Tuesdays, Wednesdays, Fridays: 8:30 a.m. – 4:30 p.m.

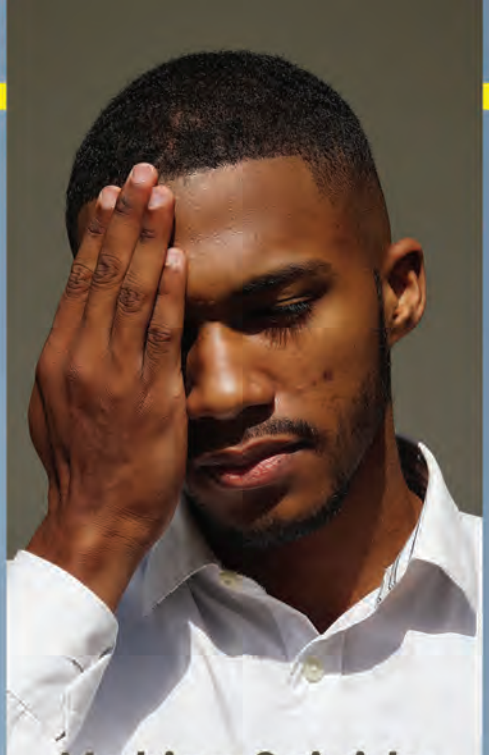
The department may add more eligible vaccination sites.

The Moderna and Johnson & Johnson vaccines are currently authorized for people age 18 and older and Pfizer is approved for people age 12 and older. Vaccination of minors requires parental consent forms, available at the vaccination sites.

Getting vaccinated is free and does not require ID, proof of residency, citizenship, or insurance. Houston Health Department-affiliated COVID-19 vaccination sites are available with or without appointments. Locations are available at Houston Emergency.org or by calling 832-393-4220.

Do your part to alter the course of this pandemic by getting vaccinated! In the words of our Senior Pastor, Dr. D.Z. Cofield, "Get the vaccine to make Covid a footnote in history!"





Making Suicide Prevention Something Important to Talk About

It's been a trying year for many, with a prior year that was unforgettable. Given the stresses and strains, there were a number of individuals who felt suicide may have been the only way out. However, we still believe that there is hope – and one way of communicating that truth is by beginning a collective effort to increase awareness of suicide prevention – because it is something important to talk about.

September is National Suicide Prevention Awareness Month, and you can help. This year's theme is, "Together for Mental Health," designed to encourage people to bring their voices together to advocate for better mental health care, including a crisis response system. If you or someone one you know is experiencing suicidal thoughts or behaviors, call Good Hope at 713-524-6578 or the National Suicide Hotline at 1-800-273-TALK.

For more information on how you can get involved, visit the National Alliance for Mental Illness at www.nami.org.

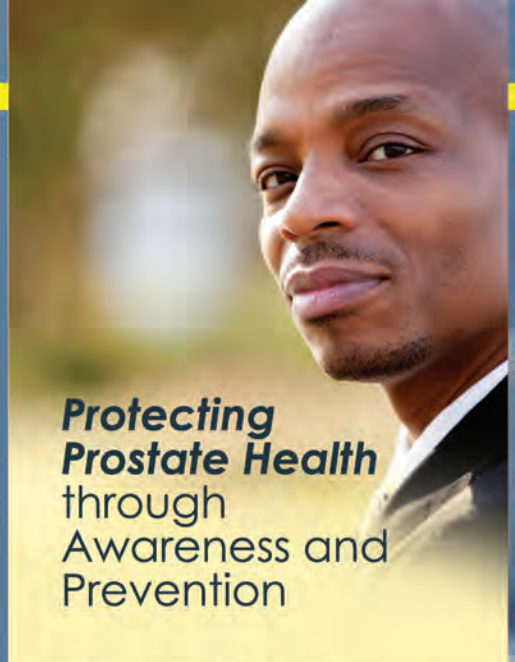
A Grand Expression for ***Grandparents' Day***

Now more than ever before, families are cherishing the grandparents that remain in their lives. This is in part because the pandemic has impacted many in the elderly community in unprecedented ways that have led to the loss at an alarming rate.

Grandparents' Day is September 12, and it's the perfect occasion to demonstrate with intentionality how much we appreciate their wisdom, insight, and love. If you're wondering how you can show your appreciation, here are a few memorable ways:

1. Change your profile picture on social media to reflect the grandparent(s) in your life.
2. Participate in a grand event with your grandparent(s) in your community
3. Create a "Kin-Pal" program, by finding ways to connect more grandchildren in your family who may not regularly have a chance to interact.
4. Honor your grandparents by creating acknowledgements of special milestones in their lives personally, professionally or historically.
5. Plan and coordinate intergenerational activities in which all family members can participate together.

Grandparents are truly gifts from God, offering perspectives that we may seldom consider. As rich sources of both information and compassion, we should honor them with our heart and our time. Don't miss an opportunity to treasure them. Let's celebrate the ones who helped bring us and our parents into the world. Happy Grandparent's Day!



Protecting Prostate Health through Awareness and Prevention

While great strides have been made in promoting prostate health, there is still more work to be done. In 2021, over 248,500 Americans were diagnosed with prostate cancer, and this illness is still the second-leading cause of cancer-related deaths in American fathers, sons, husbands, and brothers.

September is National Prostate Health Month, and there are numerous ways you can help. You can sign up to a local 5K or 10K and have the funds donated to cancer research. You can spread awareness in your workplace by requesting free promotional materials regarding prostate health or you can set up a PCF fundraising page to honor someone in your family who has been directly affected by prostate cancer.

Advances in research are occurring steadily, but we must be vigilant in conveying the message of prostate health's importance. Whatever you decide, get involved and make a difference. You'd be amazed at how many lives can be saved by your contribution.

Prostate cancer
AWARENESS MONTH

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

Five Fun Things to Do with Family & Friends before the Summer Is Over

Immersive Van Gogh Exhibit Houston
September – October 2021
Recurring Daily
Secret Venue Downtown
www.houstonvangogh.com

Camp Gladiator at Cityplace Plaza
First Session Free
Monday, Wednesday, Saturday
1250 Lake Plaza Dr., Spring, TX, 77389
www.cityplacenow.com

Monday Nite Jazz Jam
Café 4212
Recurring Weekly on Monday
8:00 p.m. – 12:00 a.m.
4212 Almeda, Museum District
www.cafe4212.com

El Grito Featuring the Pasatono Orchestra
September 15, 8:00 p.m.
Miller Outdoor Theatre
6000 Hermann Park Drive
www.milleroutdoortheatre.com

Lagoonfest Texas
Recurring weekly on Sun. and Tue. – Sat.
Lago Mar Crystal Lagoon
3240 Lago Mar. Blvd.
www.lagoonfesttexas.com

Marriage ENRICHMENT
Ministry Virtual:

GOOD HOPE MISSIONARY BAPTIST CHURCH

MARRIAGE FORUM: "REAL TALK"

"What's the problem Now?"

26th
SEPTEMBER
12 PM - 1:00 PM

AN OPEN DISCUSSION ABOUT COMMON PROBLEMS IN MARRIAGE.
CLICK THE LINK TO REGISTER.

Use your camera on your smart phone to scan code and visit link

https://goodhope.ccbchurch.com/goto/forms/262/responses/new

The Truth About Childhood Obesity

Did you know that 1 in 5 children in America struggle with childhood obesity? During the pandemic, the numbers have significantly increased, which puts even more children at risk of major health issues. In considering causes, there are several contributing factors, which include:

- Too much time being spent inactive
- Lack of sleep
- Lack of places to go in the community to get physical activity
- Easy access to inexpensive, high calorie foods and sugary beverages and
- Lack of access to affordable, healthier foods

Nevertheless, parents can help in a number of ways! By providing healthy, low-calorie snacks, families can quickly reduce the amount of empty calories children ingest. Regular physical activity and an increase in healthy sleep routines can also improve metabolism. Serving fruits and vegetables can replace sugary, salty treats, and drinking more water can help with hydration and digestion.

To learn more about how you can help, visit ***www.cdc.gov***, and search "**Childhood Obesity**." Let's work together to help our children live healthier, happier lives.