GH
GOOD
HOPE
MISSIONARY
BAPTIST
CHURCH
2021
OCTOBER

BREAST CANCER AWARENESS MONTH

WELCOMING REV. CAMERON JENKINS

DEFEATING DOMESTIC VIOLENCE LET'S TALK ABOUT IT

ENSURING YOU'RE EMOTIONALLY HEALTHY

PASTOR APPRECIATION DAY LET'S CELEBRATE AND REJOICE!

It's Time to RISE: Rallying in Serving Everyone with Breast Cancer

If you've ever contended with breast cancer or know someone who has, then you know the importance of lending and giving support during the best and the hardest of times. The same is true of the National Breast Cancer Foundation, and that's why this year's theme is "It's Time to RISE: Rallying in Serving Everyone with Breast Cancer."

Though it seems life challenges everywhere have taken a dramatic toll, breast cancer has continued to be as assertive as before. In fact, it has made the burden of the pandemic and the help needed by loved ones even more pronounced.

It is in this moment that families everywhere are encouraged to RISE: by Rallying in Screening Everyone, Rallying in Serving Everyone and Rallying in Supporting Everyone. If you'd like more information on how you can support women with breast cancer, visit www.nationalbreastcancer.org. Show how much you care by getting involved and being there. You'll be glad you did.

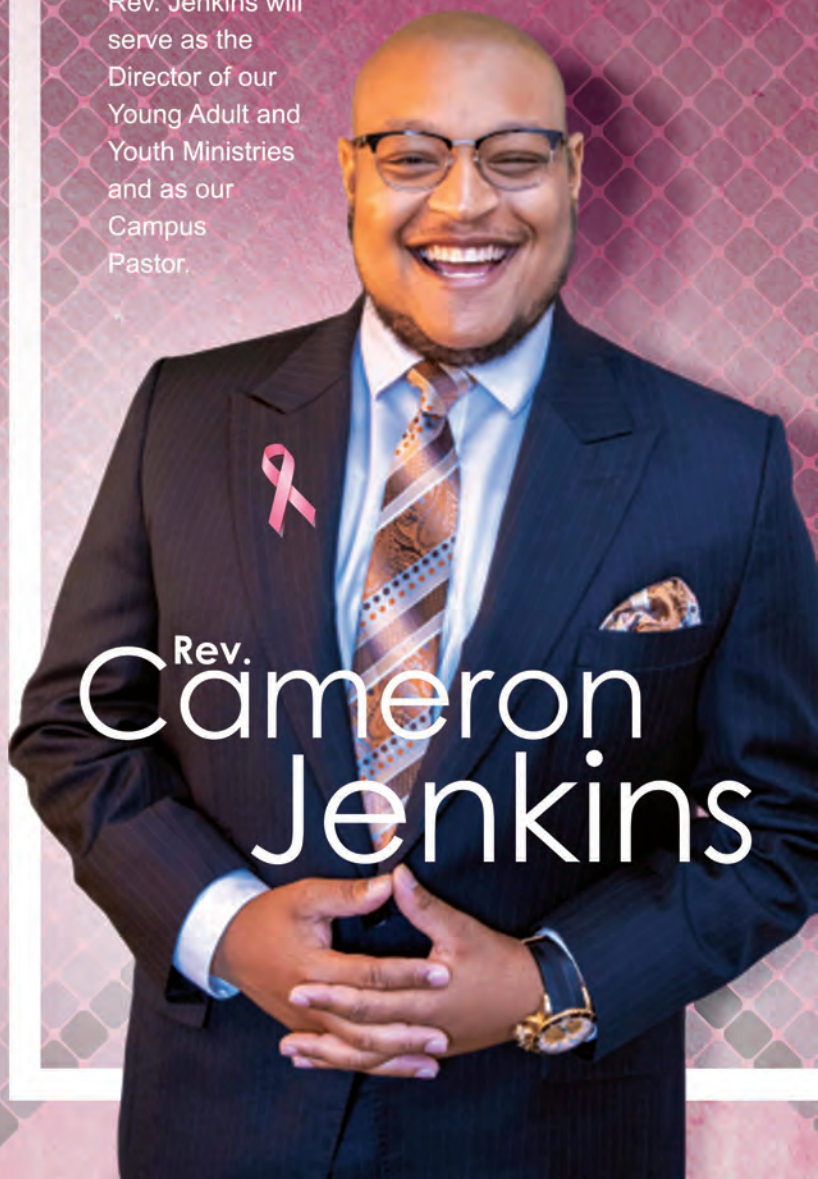
iHOPE CHURCH

Welcome to Our Newest Good Hope Staff Member

Please welcome Rev. Cameron Jenkins, the newest staff member at Good Hope Missionary Baptist Church! Rev. Jenkins is a gifted young minister from Jacksonville, Florida, who has been in the ministry for sixteen years, beginning at the age of nine and becoming a licensed messenger of the Gospel at age thirteen.

Rev. Jenkins is a proud alumnus of Alabama State University, and during his years as an undergraduate, he served as the Youth Pastor and Young Adult Bible Study Teacher at Pilgrim Rest Missionary Baptist Church in Montgomery, Alabama. In 2018, Pastor Jenkins was called to serve as the second senior pastor of the Mount Moriah Missionary Baptist Church of North Pratt, in Montgomery, Alabama, where he established himself as a church strategist, change agent, and community advocate.

Here at Good Hope, Rev. Jenkins will serve as the Director of our Young Adult and Youth Ministries and as our Campus Pastor.



Rev. Cameron Jenkins

Pastor Appreciation Day

We love you Pastor Cofield!

TO DONATE PLEASE SCAN HERE

October 10, 2021 is Pastor Appreciation Day, and it is a perfect opportunity to tell our Pastor how much we love and appreciate him! On the second Sunday in October for nearly three decades, churches across our nation have used Pastor Appreciation Day to celebrate, uplift and encourage pastors.

In his twenty-nine (29) years as Senior Pastor of Good Hope Missionary Baptist Church, Pastor D.Z. Cofield has epitomized the kind of Pastor the Apostle Paul spoke of in 1 Thessalonians 5:12-13 (NLT) because he "works hard among us and gives us spiritual guidance." The Apostle Paul continues, we are therefore to show our Pastor "great respect and wholehearted love because of his work."

We have been blessed to have Pastor Cofield as our Senior Pastor since 1994, but this year actually marks the celebration of 40 years in the ministry for Dr. D.Z. Cofield! His first-time preaching was October 4, 1981 at Morning Star Baptist Church in Fairmont West Virginia. Pastor Cofield's journey in the ministry continued as he served as Senior Pastor at St. John's Baptist Church in Amityville, New York, Chesterville, Freedom Baptist Church in Pennsylvania, and Greater Mt. Olive Baptist Church in Dallas, Texas.

Here at Good Hope, Pastor Cofield's vision to "Take Hope to the World," has led him to create many new ministries and organizations with an emphasis on community outreach throughout the entire Houston metropolitan area with specific emphasis on Greater Third Ward and the residents who reside in zip codes 77004, 77033, 77021 and 77051. His leadership can be felt across the globe as his vision has led Good Hope to plant churches and schools in Africa as well as provide medical and emergency assistance to those impacted by hurricanes and tropical storms. Pastor Cofield's passion projects for the education of our youth has positively impacted thousands of young people in Houston who are now high school and college graduates because of programs he created. His latest endeavor, Project Hope, is in partnership with the Harris County DA's Office and many other entities and focuses on empowering troubled youth.

Let's use Pastor Appreciation Day to let Dr. Cofield know how much we appreciate him as we thank him for being an amazing Pastor who has made a significant difference at Good Hope, throughout the world and in our hearts!

Are you stressed by the news and social media lately? Do everyday tasks seem to overwhelm you just between family, work/school and friends? You may need to take a pause to consider your emotional health – and now's the perfect time.

Since 2004, October has been the month designated for National Emotional Wellness Month, and while we want to be physically healthy, it's always important to care for our emotional health with equal priority. What often takes the largest toll on our health is stress. So, here are a few tips to reduce the anxiety.

1. Review your financial plan. Make sure your income and expenses are in alignment with your financial goals, and if not, readjust them as soon as possible.
2. Calculate your screen time. Ensure that the time you invest in glaring at a device is kept to a minimum and not stuck in overload mode. Too much screen time can take you on a quick route to despair pending the content.
3. Take care of yourself! Schedule a massage. Find a good book, and wind down in ways that will let your body renew, relate and recharge.
4. Assess resources available to you. Find out what you have access to through your company or local groups that would provide outlets for relaxation and emotionally healthy activities.
5. Remember the relationships in your life. Invest time in the relationships that mean the most, and make moments both meaningful and memorable.

Ensuring You're Emotionally Healthy

Most people would agree that the past two years have been unbelievably filled with stress and anxiety; but, did you know that with the uptick in upheaval, there's also been an increase in domestic violence? According to the National Statistics (on) Domestic Violence, nearly 20 people per minute are physically abused by an intimate partner in the United States.

During one year, this equates to more than 10 million women and men. Nevertheless, we believe that there is still hope – and you could be part of the solution. October is Domestic Violence Awareness Month, and this year's theme is #WeAreResilient. One way that you can get involved is by requesting a free domestic violence kit from the National Coalition Against Domestic Violence at www.ncadv.org.

In the toolkit, there is information, background, messaging, templates and content that will assist you in finding resources and bringing essential awareness to your community. Undoubtedly, there are times when we feel the weight of difficult situations, but that burden should never result in the abuse of someone else. Join other advocates in speaking up for those who need it most. There's no time like the present to show that #WeAreResilient.

Defeating Domestic Violence

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

Exciting Things to Do in the Month of October

October 9 – 10,
8:00 a.m. – 5:00 p.m.
WINGS OVER HOUSTON
11210 Blume Ave.
713-266-4492

October 9 – 10,
10:00 a.m. – 6:00 p.m.
BAYOU CITY ART FEST
1100 Bagby
(Downtown Houston)

October 9 – 10,
10:00 a.m. – 6:00 p.m.
BAYOU CITY ART FEST
1100 Bagby
(Downtown Houston)

October 9 – 10,
12:00 p.m. – 6:00 p.m.
2021 HOUSTON AFRICAN FESTIVAL (HOUSTON AFRIFEST)
1100 Bagby
(Downtown Houston)

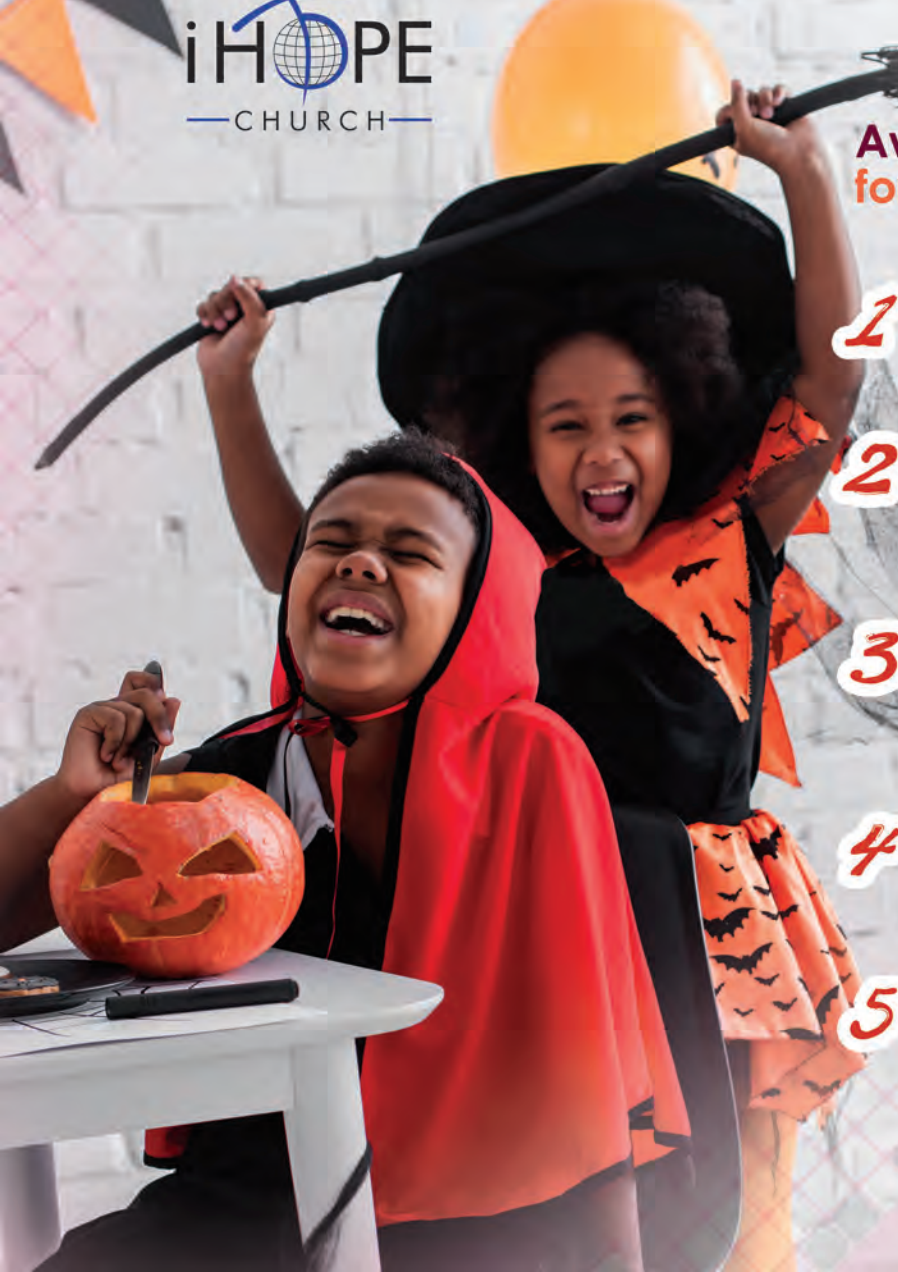
October 15,
7:30 p.m.
TUBA SKINNY
Miller Outdoor Theatre

This ensemble brings traditional New Orleans sound to audiences around the world with a wide range of influences such as Depression-era blues, ragtime, spirituals and traditional jazz.

October 20,
11:00 a.m.
EXPRESS THEATRE PRESENTS: RHYME & REASON
Miller Outdoor Theatre

Music, dance and performance poetry presenting Black History from ancient Africa to today

iHOPE CHURCH



Awesome Activities for Autumn Fun

1. **Create a Candy Wreath** – Find the perfect wreath at your local craft store and assist young ones with hot gluing individually wrapped candy to the wreath. Finish it off with a colorful ribbon as a bow, and enjoy your tasty decoration for all eyes to see!

2. **Visit a Pumpkin Patch** – Nothing says Fall like going to a pumpkin patch. Whether little and cute fits your fancy or the biggest one you can find, this adventure is one for the books and the perfect occasion for priceless photos. Find a local pumpkin patch near you, and reserve a date!

3. **Have a Pumpkin Decorating Contest** – And let your imagination run wild! Whether choosing famous celebrities, storybook characters or even magical wonderlands, you can limit your entries to family or expand them to the community! You'll love the journey ahead.

4. **Make a Fall Fest Scavenger Hunt** – Fill it with clever clues and funny jokes, complete with a seasonal prize. This is perfect for indoors or outdoors, with edible treats as a perfect way to end this party.

5. **Make an Apple Autumn Treat** – Now's the perfect time to explore treats like an apple-filled dish. Try your hand at any number of delights and blow your audience away. Looking for a few ideas? Maybe Apple Pie, Apple Cupcakes, Apple Tarts, Apple Cider – need we say more? Bon Appetit!