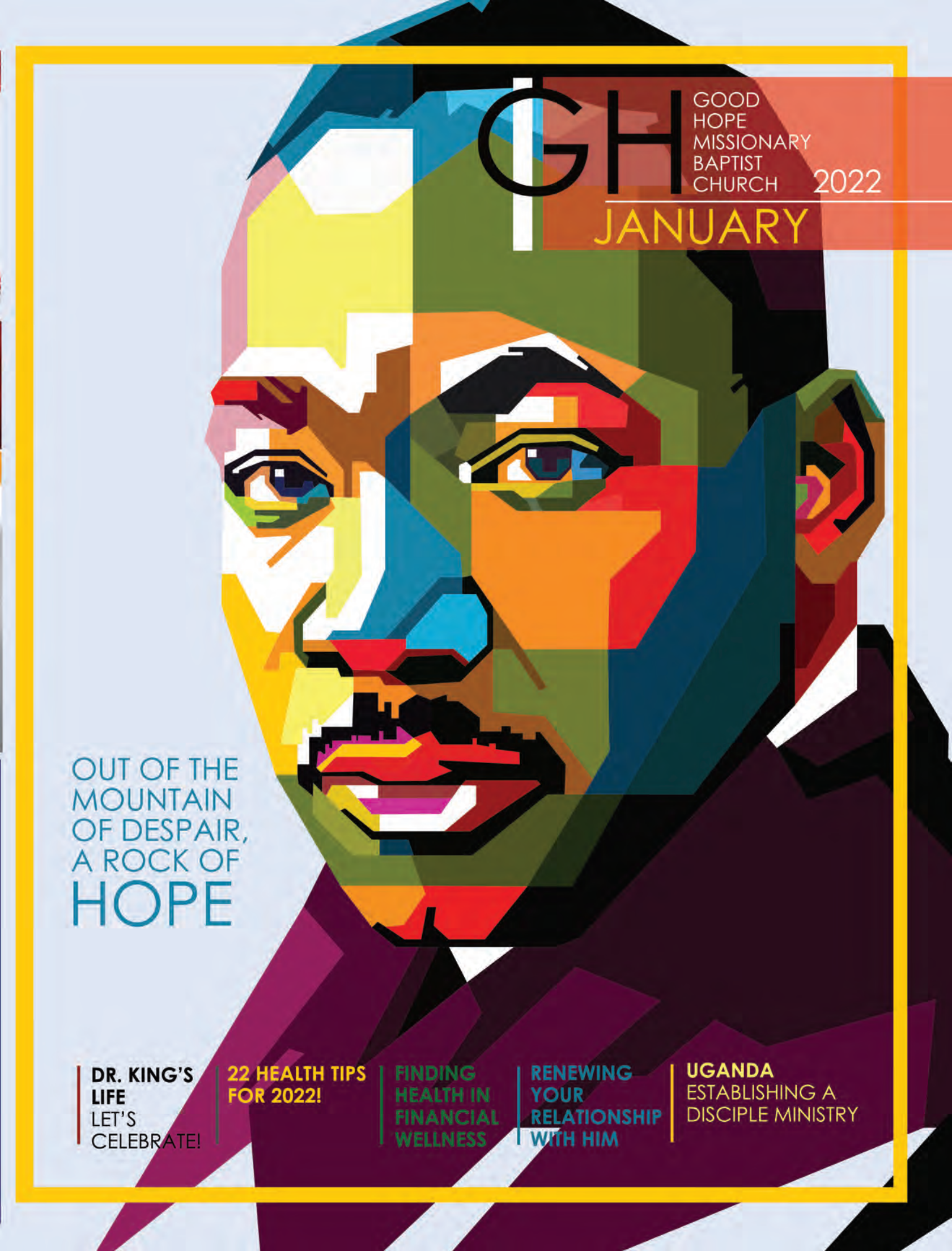

GH
GOOD HOPE MISSIONARY BAPTIST CHURCH
2022
JANUARY

OUT OF THE MOUNTAIN OF DESPAIR, A ROCK OF HOPE

DR. KING'S LIFE LET'S CELEBRATE!

22 HEALTH TIPS FOR 2022!

FINDING HEALTH IN FINANCIAL WELLNESS

RENEWING YOUR RELATIONSHIP WITH HIM

UGANDA ESTABLISHING A DISCIPLE MINISTRY

Uganda Ministry Vision

Thank You Message from Rev. Mark and Sister Marchelle Slone to the Good Hope Missionary Baptist Church Family

Family of Hope,

Marchelle and I thank you so much for your overwhelming support demonstrated through your love, prayers and financial donations. Through your contributions in support of the Uganda ministry vision, you have become "fellow workers for the truth (3 John 1:8 ESV)." We also thank you for the privilege of allowing us to serve you and to be the recipients of your love, prayers and support!

Our vision for our Uganda ministry is to establish a discipleship ministry in order to see healthy churches of disciples, boldly living out the Christian faith in every sphere of life. Our mission is to equip godly servant-leaders for ministering to and building up the Body of Christ through our three-fold strategy:

- Teaching the "Next Generation Leaders," whom God is raising up to lead local churches
- Developing the "Now Generation Leaders," who are existing pastors and church leaders
- "Equipping the Saints for the Work of Ministry" through regular church conferences

Although we will be 8,000 miles away, you can communicate with us via:

- Text and WhatsApp: Mark Slone – (281) 386-7386 and Marchelle Slone – (281) 381-7686
- E-mail: Mark Slone – m.slone@worldventure.net and Marchelle Slone – l.slone@worldventure.net

Be sure to e-mail us so we can add you to our newsletter mailing list and send periodic updates of what God is doing in Uganda as well as ministry projects in which you can participate!

Please continue to pray for us as we will continue to pray for you. We want to partner with you in prayer (Ep. 6:18). We love each of you with all our hearts. We will greatly miss worshipping with you, serving you and serving with you. To God Be The Glory!

Asante Sana,

Baraka!

iHOPE CHURCH

5 Ways to Make Meaningful Moments on MLK Day

It's that time again! We're celebrating the national holiday of Dr. Ma King, Jr.'s Birthday; but, we don't want it to be limited to repeating a – because there are always opportunities to learn more and do be are five ways you can create meaningful moments on a day that h milestone for people of every creed and color.

01 Volunteer by giving back to the community. Dr. King's life with service, and this is the perfect way to honor his legacy

02 Visit your local library. Many are hosting special ML designed for children and adults alike.

03 Study his life. Undoubtedly, his incomparable "I Have Speech" is amazing; but, Dr. King's legacy is profound and numerous achievements that have impacted the world.

04 Learn the history of the nation. Dr. King's understanding past was a great influence on his observations, conc actions. Follow in his footsteps.

05 Commit to kindness. Among his greatest heartaches was h ness that people mistreated each other. He demonstrated throughout his life, and we can do the same.

May this day be heralded widely and sincerely and be the best o you've had yet. Happy MLK Day from the Good Hope family!

Renewing Your **Relationship wi**

The beginning of every year is filled with New Year's Resolutions fo across the country. Hopefuls everywhere pledge to gain new skills, lose or tackle challenges they've been putting off; but, in the spirit of renew why not consider renewing your relationship with God?

Many frustrations seem to be tied to situations in life beyond our c people that often feel antagonistic. However, the Bible tells us in Ephes we wrestle not against flesh and blood, but against principalities, ag against the rulers of the darkness of this world, against spiritual wicke places." In actuality, it's not the situations or people that should be our our best defense against opposition is the health of our relationship wi

In spending time with Him in prayer, worship, reading His Word and (whether in-person or virtually), we allow ourselves the opportunity develop spiritually. He's already promised that He would never leave n Increasing our quality time with Him gives us the strength to withstand on our most difficult days.

As we add things to our New Year's Resolution list, let's not forget to more time with Him. When the fads phase out, His faithfulness will rem relationship can be among the greatest gifts of all!

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Finding Health in **Financial Wellness**

While many Americans hope for the happiest holidays, sometimes gift giving can impact finances in ways that weren't intended. Nevertheless, it is also a great time to reassess as January is Financial Wellness Month.

Often, people believe that the primary significance of financial health is having more money. However, financial wellness is also important because budgeting helps you prioritize and plan better while giving you the flexibility to deal with unexpected financial challenges.

Maintaining financial health reduces anxiety associated with being monetarily overextended. Additionally, financial wellness encourages financial stability, and there are many resources available to help you create a plan to reach your financial goals.

If you haven't had a recent financial checkup, start today by reviewing your financial plan, budget and credit reports. For more information, talk with your local banker to make sure you're on target to meet your financial goals!

22 Health Tips for 2022!

01 Drink more water
02 Add 10 min of daily exercise
03 Add extra steps at work
04 Go to bed 10 minutes earlier
05 Add one healthy activity per day
06 Transfer money to savings each pay day
07 Eat an extra serving of fruit/vegetables daily
08 Use 5 minutes of your lunch break for walking
09 Spend more time with family and friends
10 Pray before leaving in the morning and going to bed
11 Exchange salty, sweet snacks for fresh fruit in packed lunches
12 Brush and floss twice daily
13 Limit portions on meals
14 Reorganize your kitchen
15 Make regular healthy check-ups
16 Leave work at work!
17 Leave home at home!
18 Trade desserts for an evening walk
19 Reduce screen time, especially social media
20 Take regular breaks while working
21 Plan vacations and/or staycations
22 Make time for "Me"-Time

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 January

Jan – May 2022
BEAUTIFUL MINDS: DYSLEXIA AND THE CREATIVE ADVANTAGE EXHIBIT
The Health Museum
1515 Hermann Drive
Houston, TX 77234
www.thehealthmuseum.org

Jan 4 – 25, 2022
Recurring weekly on Tuesday
SKATING WITH THE STARS
Discovery Green
1500 McKinney Street
Houston, TX 77010
www.discoverygreen.com

Jan 14, 2022
2022 ANNUAL DR. MARTIN LUTHER KING, JR. ORATORY COMPETITION
ANTIOCH MISSIONARY BAPTIST CHURCH OF CHRIST
500 Clay Street
Houston, TX 77002
10:00 a.m. – 12:30 p.m.
Presented by Foley
www.foley.com

Jan 14, 2022
JAZZ TRUMPETER ETIENNE CHARLES – CREOLE SOUL
Wortham Theatre Center
501 Texas Ave.
Downtown Houston, TX 77002
www.dacamera.com

iHOPE CHURCH

Food Pantry Volunteers are needed!

Contact Marylita Thomas at 973-818-1592, or e-mail her at nj_mary@hotmail.com, if you would like to volunteer.

Hope for Families is shifting their hours of operation to Friday from 6:00 p.m. to 8:00 p.m. - Food Packing and Readiness and Saturday from 9:00 a.m. to 12:00 p.m.

The Marriage Enrichment Ministry PRESENTS
Valentine's CELEBRATION
FEBRUARY 13, 2022
@ 12 PM
Join Our Virtual Celebration of 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.

GOOD HOPE MISSIONARY BAPTIST CHURCH
CHRISTIAN EDUCATION MINISTRY PRESENTS
Online BIBLE STUDY CLASSES
SUNDAY MORNINGS 9AM
REV. Russell de Pina & SISTER MYRA ALLEN
Winter Session Dec. - Feb. 2022
TOPIC OF DISCUSSION:
STANDING FOR JUSTICE IN AN UNJUST WORLD
Click Link to Register

Biblical Counseling 101
This 12 week course is designed for those who want to identify and address personal issues as well as equip you to better minister to others in need of help, hope, and encouragement.
Start Date: Tuesday, Feb. 22, 2022 from 6:30pm to 8:45pm
To register go to:
https://goodhope.ccbchurch.com/goto/forms/337/responses/new
Or contact Min. Darrell Rose 281-541-5706

Tuition Cost
$125
Books:
$25.00

MATTERS OF THE HEART

Please join us for UPWARD Basketball and Cheerleading for children preK-6th grade. The league is open to the public and beginners are welcome! Season: January 18 - March 7
Cost: $25 per child (financial assistance available)

Location: Center for Hope Gym (3015 N. MacGregor Way) For additional information and to register, please scan the QR code or visit bit.ly/UPWARDBASKETBALL. Have questions? Please email mburkins@goodhope.org and indicate UPWARD in the subject line.

We can't wait to see you there!

UPWARD BASKETBALL
UPWARD Cheerleading

SEASON: JAN 29-MAR 3
COST: $25 (FINANCIAL ASSISTANCE AVAILABLE)
REGISTRATION DEADLINE: JAN 3
SCAN THE QR CODE OR VISIT **BIT.LY/UPWARDBASKETBALL** TO REGISTER:

GOOD HOPE MISSIONARY BAPTIST CHURCH