GH
GOOD HOPE MISSIONARY BAPTIST CHURCH
2022

FEBRUARY

IN PERSON SERVICES WILL RESUME FEBRUARY 20TH

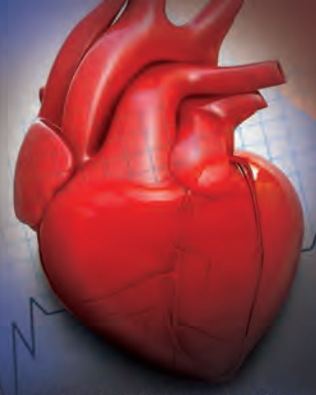
BLACK HISTORY MONTH LET'S CELEBRATE OUR HERITAGE

FROM OUR HEART TO YOURS WELLNESS INITIATIVES

BOOKS, BRAINS & BOUNTIFUL BLACK HISTORY!

FIVE FUN THINGS TO LIVEN UP YOUR VALENTINE'S DAY SPREAD LOVE AND KINDNESS

From Our Heart to Yours



It seems life after the pandemic will never be the same, but now is a great time to work towards finding regularity in areas of our life wherever we can. The American Heart Association certainly agrees and shared their sentiments as this year's theme for American Heart Month is, "Reclaim Your Rhythm."

Did you know that heart disease claims more lives than all of the cancers combined? The AHA suggests the following to reduce your chances of being in this precarious situation:

- Include at least 150 minutes of moderate-intensity physical activity a week (or, if you're just getting started, begin slowly and work your way there!)
- Eat healthy (the AHA's Heart-Check mark can guide you in the grocery store)
- Don't smoke or vape
- Maintain a healthy weight
- Control blood sugar, cholesterol and blood pressure
- Get regular checkups
- Learn Hands-Only CPR
- Follow COVID-19 safety protocols, and
- Find ways to relax and ease your mind, such as meditation

There are many things in life that we can't control; but, these are several that we can. Let's take control of our lives by making the healthiest choices we can. Besides, we've got important work to do! For more information, visit www.heart.org. Let's get back into that rhythm, from our heart to yours!

Five Fun Things to Liven Up Your Valentine's Day

1. Plan a fun night of cooking with your valentine or friends. Create tailor-made recipes or go virtual. If you're adventurous, explore meal delivery kits with all ingredients included like Blue Apron or Home Chef!
2. Bake a copious amount of your favorite dessert – then generously drop off the extra to neighbors (whom you know well) in your community! They'll be pleasantly surprised.
3. Volunteer your time and talent at a non-profit organization that really moves your heart. You'll leave fuller than you came.
4. Take a stroll around the neighborhood and stop and enjoy the scenic landscape of the nature where you live: sunshine, clouds and sky, illustrious trees and so much more.
5. Try your hand at writing for pleasure! Choose the genre that best suits you, and write to your heart's content about whatever pops into your mind!

BLACK HISTORY MONTH

*"THE TIME **IS ALWAYS RIGHT** TO DO WHAT IS RIGHT"*

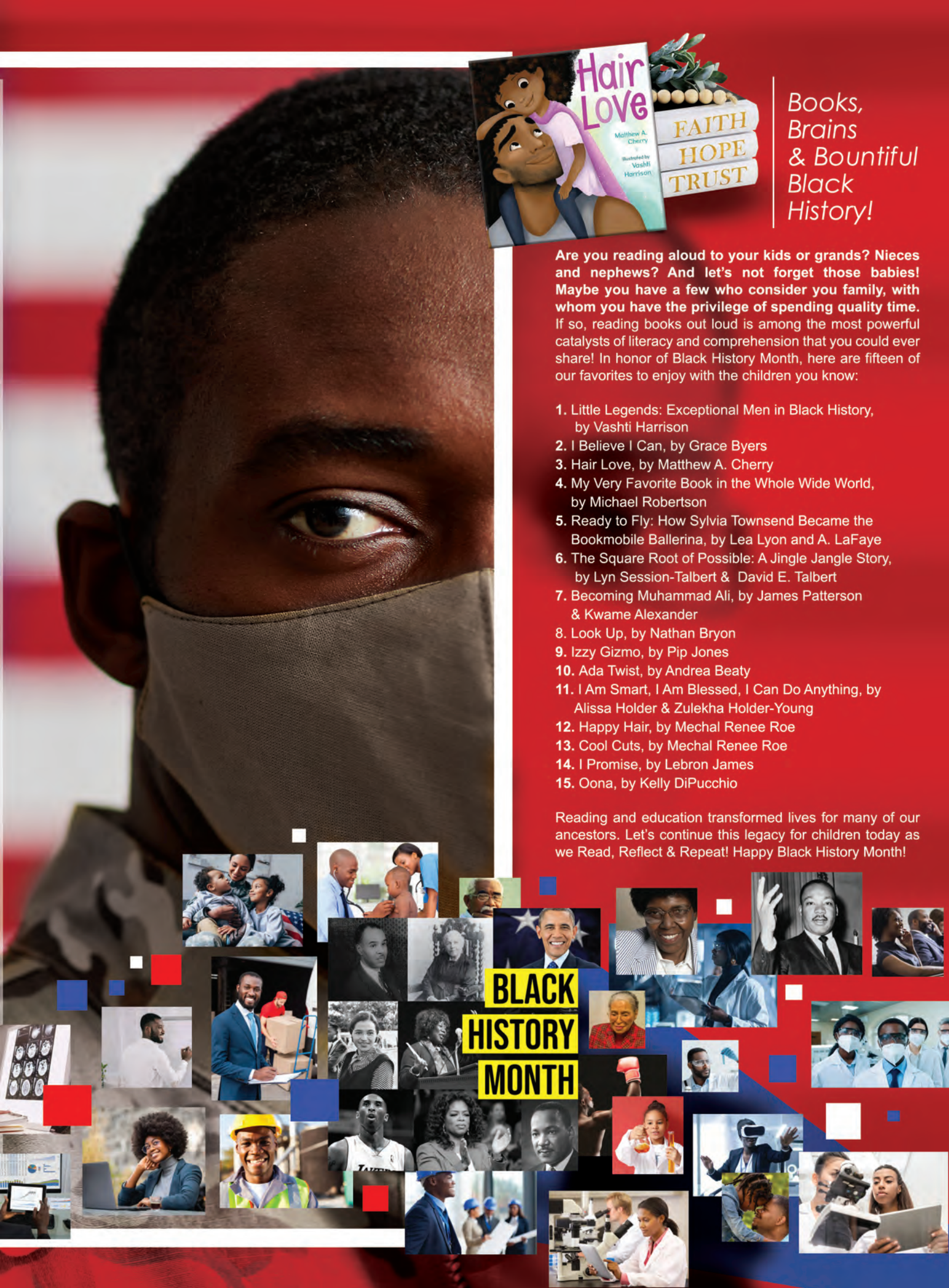
Celebrating and Cultivating Beautiful Black History

It's finally that time of year when Black History shifts to the forefront of an entire country, accentuating the milestones, matriarchs and astounding men and women who have – and continue to make an unparalleled impact that resonates around the world. As we work to celebrate their achievements of the past, let us also be mindful that black history is still in the making! We have an amazing opportunity to continue the legacy in numerous ways.

We can begin by ensuring that the next generation is well educated about the sacrifices and successes of those who paved the way for them. Let us keep in mind that these heroes aren't limited to those who are most easily recognized, but they encompass a wealth of individuals who may never have reached stardom by society's standards; yet, their contributions have impacted life as we know it. Additionally, we can use our voices to be an active part of the voting process, bolstering efforts to afford minorities everywhere with adequate representation. Finally, we must serve our community in ways that will add to history, being unafraid of being a champion for the least of these.

Black History should never be relegated to a single month, as it is an occasion worthy of celebration every day; but, we should certainly use this time to highlight and showcase those who have transformed the way we live for the better. So let's celebrate and cultivate even greater feats than ever before. How will you make a difference? Show the world! Happy Black History Month.

iHOPE CHURCH



Books, Brains & Bountiful Black History!

Are you reading aloud to your kids or grands? Nieces and nephews? And let's not forget those babies! Maybe you have a few who consider you family, with whom you have the privilege of spending quality time. If so, reading books out loud is among the most powerful catalysts of literacy and comprehension that you could ever share! In honor of Black History Month, here are fifteen of our favorites to enjoy with the children you know:

1. Little Legends: Exceptional Men in Black History, by Vashti Harrison
2. I Believe I Can, by Grace Byers
3. Hair Love, by Matthew A. Cherry
4. My Very Favorite Book in the Whole Wide World, by Michael Robertson
5. Ready to Fly: How Sylvia Townsend Became the Bookmobile Ballerina, by Lea Lyon and A. LaFaye
6. The Square Root of Possible: A Jingle Jangle Story, by Lyn Session-Talbert & David E. Talbert
7. Becoming Muhammad Ali, by James Patterson & Kwame Alexander
8. Look Up, by Nathan Bryon
9. Izzy Gizmo, by Pip Jones
10. Ada Twist, by Andrea Beaty
11. I Am Smart, I Am Blessed, I Can Do Anything, by Alissa Holder & Zulekha Holder-Young
12. Happy Hair, by Mechal Renee Roe
13. Cool Cuts, by Mechal Renee Roe
14. I Promise, by Lebron James
15. Oona, by Kelly DiPucchio

Reading and education transformed lives for many of our ancestors. Let's continue this legacy for children today as we Read, Reflect & Repeat! Happy Black History 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

Exciting Things to Do in the Month of February

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

February 4
Drum Tao 2022
SKATING WITH THE STARS
Society for the Performing Arts
Jones Hall
615 Lousiana St.
Downtown Houston
www.discoverygreen.com

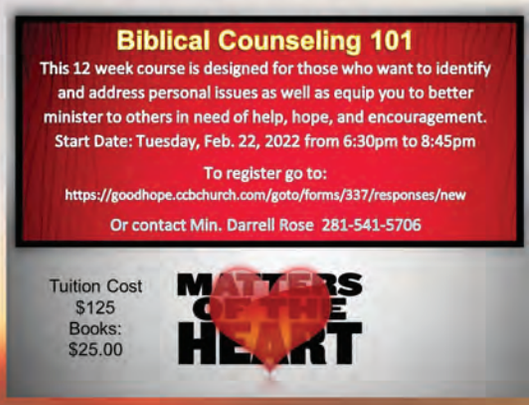
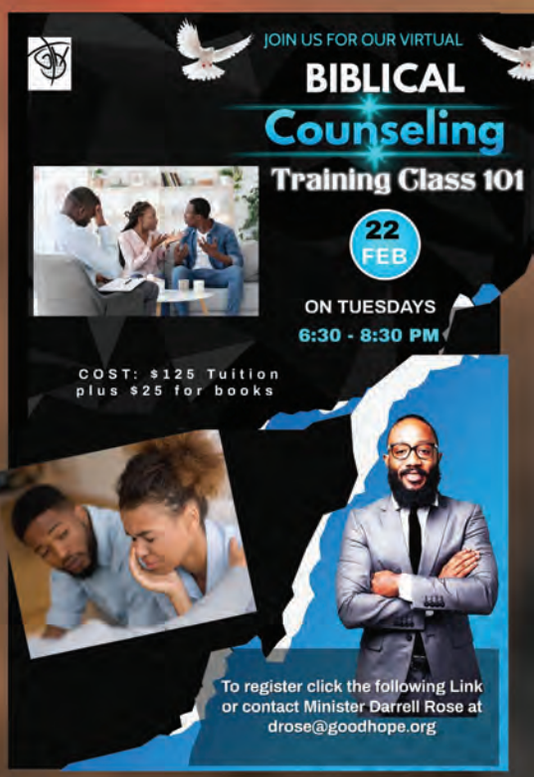
February 5
2022 RODEO IN THE PARK
PRESENTED BY THE HOUSTON LIVESTOCK SHOW & RODEO
Sam Houston Park
1100 Bagby
11:00 a.m. – 3:00 p.m.
www.eventbrite.com

February 2022
BLACK HISTORY MONTH CELEBRATION AT AVENIDA HOUSTON
1011 Avenida De Las Amerias
Houston, TX 77010
Recurring weekly on Saturday, 1:00 – 5:00 p.m.
www.avenidahouston.com/articles/

February 5, 2022
LUNAR NEW YEAR AT TOBIUO WITH LION DANCE PERFORMANCE
Presented by Tobiuo Sushi & Bar
23501 Cinco Ranch Boulevard,
Suite H130, Katy, TX 77494
www.tobiuosushibar.com

In-Person Services Will Resume at Good Hope Missionary Baptist Church on February 20, 2022

We're excited to let you know that we're coming back to in-person church on February 20, 2022. Please join us at 10:00 a.m. (ONE SERVICE ONLY) on February 20th and every Sunday thereafter, as we resume our in-person worship services at Good Hope.

Safety protocols will be in place for all members and visitors who attend. Masks are required and we are recommending that everyone who attends has been vaccinated.

For those of you who don't live in the Houston metropolitan area, and you're part of the iHope family, we're not going anywhere! We'll still be streaming at 8:00 a.m., 10:00 a.m. and 12:00 p.m. at good-hope.org and Worship on Demand.