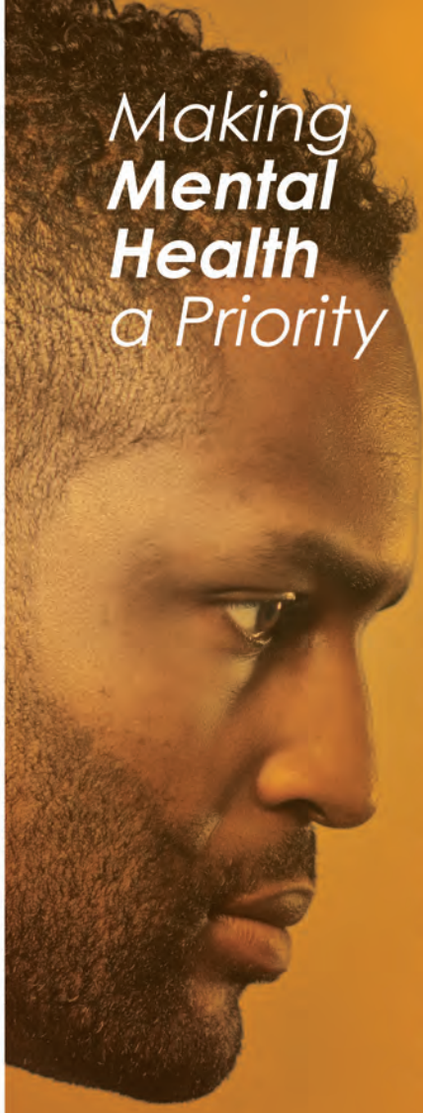
NEW STAFF MEMBER WELCOME DENISE HENDERSON

HAPPY MOTHER'S DAY A POEM TO HONOR HER

NEXT GENERATION LEADERS BECOME ONE

MENTAL HEALTH AWARENESS MONTH

NATIONAL STRAWBERRY MONTH



Making **Mental Health** a Priority

Now, more than ever, friends and family must protect our mental health. With trauma, economic instability and abuse on the rise, many are experiencing unprecedented challenges in navigating life with confidence and consistency.

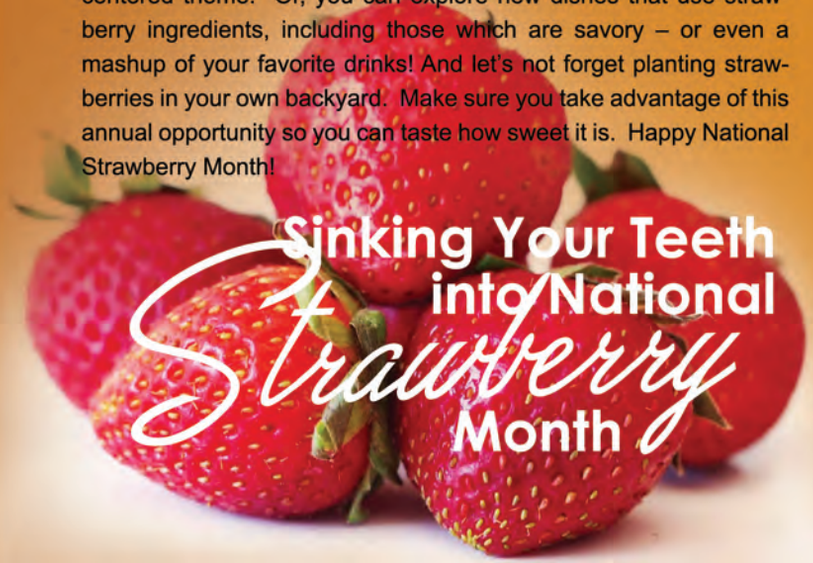
May is National Mental Health Awareness Month, and this year's theme is Together for Mental Health. It champions the idea that, "...With a growing number of Americans experiencing mental health symptoms, we need to join together to advocate for improving our nation's mental health care system."

If you're wondering how you can get involved, there are several options. The National Alliance on Mental Illness (NAMI) suggests finding a NAMIWalk, which would include identifying a local chapter in your area. You can also attend the NAMI National Convention, become a fundraiser or participate in awareness events. You can even share your personal story or read those of others.

If you'd like more information on how you can make a difference, visit www.nami.org – and be sure to prioritize your mental health and that of the ones you love.

It's that time again! May is ripe for making strawberry dishes that take center stage as we celebrate National Strawberry Month. Looking for some ways to explore this tasty treat? Go strawberry picking at one of the local farms with family and friends.

The weather is perfect – try hosting a picnic with a strawberry centered theme. Or, you can explore new dishes that use strawberry ingredients, including those which are savory – or even a mashup of your favorite drinks! And let's not forget planting strawberries in your own backyard. Make sure you take advantage of this annual opportunity so you can taste how sweet it is. Happy National Strawberry Month!



Sinking Your Teeth into National Strawberry Month

happy Mother's day

A Poem to **Honor Her**

Seldom do we thank you enough
for your endless sacrifice.
Though you carry us for a moment,
your love spans our whole life.

You comfort and console us
with the best guidance you can,
and when we make mistakes, missteps -
you still extend your hand.

Your stamina, your fortitude
and protection are impeccable.
It comes as no surprise then
that your impact is indelible.

We're grateful that God chose you
to love us, come what may.
So, we celebrate and honor you.
Happy Mother's Day.

iHOPE
CHURCH

Celebrating Memorial day

Every year, across our country, our hearts and minds turn towards celebrating the men and women who died while serving in the United States military. Once known as Decoration Day, this tradition began after the Civil War, but did not become an official federal holiday until 1971. Some visit cemeteries or memorials, hold special family gatherings or participate in parades, but we can honor their sacrifices in even more ways by our commitment to community.

This year, consider ways of giving back that you may not have tried before. Ensure that those around you distinguish the difference between Memorial Day and Veterans Day (which are often confused). Involve children and youth in your efforts, offering them invitations to write to heroes through organizations like Support Our Troops, Operation We Are Here and Any Soldier or to the families of fallen soldiers to thank them for their service.

Protecting our country and the rights of those who live here is a special calling. Without their service, our freedom would be in jeopardy. Let's seize opportunities to show our appreciation for those who put their lives on the line for each of our citizens. Happy Memorial Day to our men and women of service and the families who share them with us.

Remembering the Fallen

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

GIVING

Your generosity positively changing lives in our church

Point your smart phone's camera to this code to access giving portal

Exciting Things to Do in the Month of May

MAY 1 (2:00 P.M.), 7 & 11 (7:30 P.M.)
HOUSTON GRAND OPERA – ROMEO AND JULIET
BROWN THEATRE AT WORTHAM CENTER
501 TEXAS
DOWNTOWN HOUSTON, TX 77002

MAY 7, 8:15 P.M.
RIVER TO THE SEA (STEEL BAND)
PRODUCED BY SAN JACINTO COMMUNITY COLLEGE
6000 HERMANN PARK DRIVE
HOUSTON, TX 77030

MAY 13 & 14, 8:00 P.M.
HOUSTON BALLET AT MILLER OUTDOOR THEATRE
PRODUCED BY THE HOUSTON BALLET
6000 HERMANN PARK DRIVE
HOUSTON, TX 77030

MAY 20 & 21 (7:30 P.M) 22 (2:00 P.M.), MAY 27 & 28 (7:30 P.M.) 29 (2:00 P.M.)
HOUSTON BALLET - PRETTY THINGS
BROWN THEATRE AT WORTHAM CENTER
501 TEXAS
DOWNTOWN HOUSTON, 77002

MAY 26, 27 & 28, 8:30 P.M.
THE MOTOWN & MORE SHOW'S FUNKY GOOD TIME
PRODUCED BY BACEMENT FOUNDATION FOR THE ARTS

WELCOME TO OUR NEWEST GOOD HOPE STAFF MEMBER

Please welcome Denise Henderson, the newest staff member at Good Hope Missionary Baptist Church! A graduate of Prairie View A&M University, Denise hails from Chicago, Illinois, and will serve as our new Director of Missions.

Denise has a heart for missions, and upon graduation from college, began traveling the world as a participant and as a leader on missionary trips. During her travels, she was struck by the lack of representation of black and brown people in the missions' community, and started "Melanating Missions" to encourage, empower, and equip African American missionaries and people of color.

Denise provides an annual "Backpack Drop" for those in need in Jamacia. On the local front, Denise continues her missionary work by feeding the homeless and providing mobile showers for those in need in the downtown area of Houston.

Denise is also a personal trainer and loves to travel and explore other cultures.

GOOD HOPE MISSIONARY BAPTIST CHURCH

BECOME ONE OF OUR

Next Generation Leaders

God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another.

1 Peter 4:10 (NLT)

Our 2022 cohort of *Next Generation Leaders* is starting soon. The goal of this hybrid online/inperson program is to promote the long-term sustainability of Good Hope by preparing Millennials and Gen Z to assume Lead Servant roles within the church.

Beginning June 2022, participants will engage in the following:

EQUIPPING:

Discovery 501 - ***"Next Generation Leaders"*** Course

MENTORING:

Shadowing a current ministry leader

EMPOWERING:

Directing a short-term ministry project (e.g., Hallowed Be Thy Name)

ENGAGING:

Graduating to and preparing to lead/-co-lead ministries at Good Hope (Beginning January 2023)

Please email **mburkins@goodhope.org** to learn more.

we are HOPE