

# Temple News

Monthly Newsletter of Solomon's Temple

www.solomonstemplechurch.net

## HAPPY THANKSGIVING

### *The Season to be Thankful* By Peola Hicks

*In everything give thanks; for this is the will of God in Christ Jesus for you.  
(1 Thessalonians 5:18)*

It may seem from this passage in Thessalonians that we are being asked to give thanks for everything that happens to us—the good, the bad and the ugly. Of course, it is easy to give thanks for all the good, but the bad and the ugly, not so much.

When we find ourselves in difficult situations, it may be hard to think of anything that would cause us to utter a “thank you.” I have been in those situations before, but looking back I have realized that it could have been worse. Instead of giving thanks for everything, I believe we are encouraged to give thanks in everything.

I recently heard a story from someone who has been going through a terrible time and is losing their home to bankruptcy. The breadwinner of the family felt like a failure because of their inability to continue making the mortgage payments. They were harassed by the bank and tried every conceivable option available to them. Nothing worked.

Yet when it was all over, the family confessed that they were thankful for the trial: In the midst of the hardship, they found out that by giving up the house they were, in a sense, saving their lives. There was asbestos poisoning in the house. What they were trying to cling to was not good for them. They may not have been thankful about losing their home, but they were thankful that their lives were spared.

There are many different ways to view tragic situations. This family chose to give God thanks for what they were saved from and for what they learned: how to let go and allow God to work in their lives. They learned that in everything, God is the one constant.

Knowing that God does not change and is with us in every situation prompts us to give thanks. We don't always feel his presence, but take courage in the fact that he does not flee when times are tough. We need to set aside a Thanksgiving Day of Prayer to remember how God has been with us through the bad times as well as the good. God bless you!



**Rev. Dr. K. D. Shivers &  
Leading Lady Elder E. R. Shivers**

AS WE EXPRESS  
OUR *gratitude*, WE MUST  
NEVER FORGET THAT THE  
HIGHEST *appreciation* IS  
NOT *to* UTTER WORDS, BUT  
TO *live* BY THEM.

JOHN FITZGERALD KENNEDY



# The Power of Life-Giving Words

The tongue has the power of life and death, and those who love it will eat its fruit. — Proverbs 18:21


Chuck Swindoll tells the story of a young boy who lived with his grandfather in the Swiss Alps. The boy loved hearing the echo of his voice. So often he would go outside, cup his hands around his mouth, and shout, "Hello!" From the mountains he would hear his voice come back and say, "Hello! ... Hello!"

One day, the boy misbehaved and his grandfather disciplined him severely. The boy was outraged. So he raised his fist to the sky and shouted at the top of his lungs, "I HATE YOU!" Within a few seconds, he heard echoed, "I HATE YOU! ... I HATE YOU!" A pregnant pause filled the air. The boy was heartbroken upon hearing his own words. Very often, the words that seem harmless when they come out of our mouths can cut like a knife when they're heard by others. That's why it's so important as believers that we season our words with grace at all times – to promote unity instead of division among the body of Christ.

So before you speak, **think**. Don't let your words be a reaction to a momentary emotion. Instead, make the decision to speak words of life to those around you. Choose your words wisely and speak with the ultimate goal of creating unity with others!

## Prayer Challenge

Pray that God would help you to speak kind, life-giving words that would create unity between you and others.



*Oh, give thanks to the Lord,  
for He is good!  
For His mercy endures forever.  
- 1 Chronicles 16:34 -*

## WHAT IF

*What if God couldn't take the time to bless us today because we couldn't take the time to thank him yesterday....*

*What if God decided to stop leading us tomorrow because we didn't follow him today....*

*What if God didn't walk with us today because we failed to recognize it as his day....*

*What if we never saw another flower bloom because we grumbled over when God sent the rain....*

*What if God stopped loving and caring for us because we failed to love and care for others....*

*What if God took away the Bible tomorrow because we would not read it today....*

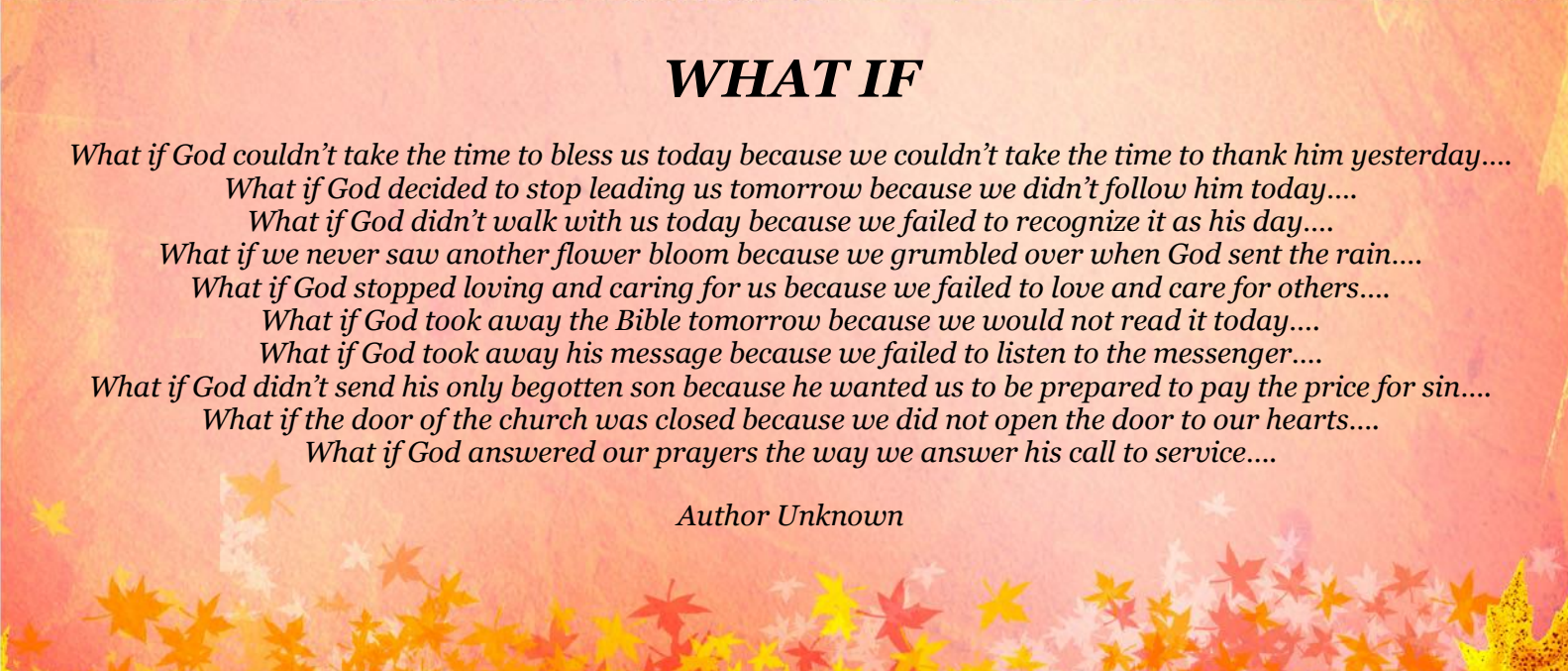
*What if God took away his message because we failed to listen to the messenger....*

*What if God didn't send his only begotten son because he wanted us to be prepared to pay the price for sin....*

*What if the door of the church was closed because we did not open the door to our hearts....*

*What if God answered our prayers the way we answer his call to service....*

*Author Unknown*





# NOVEMBER KINGDOM SCHEDULE



## Scripture and Welcome

- 11/01/15 Bro. James Green Sr. (Luke 24:30-35)  
Bro. Blair Taylor (welcome)
- 11/08/15 Kinston Shivers (Eph. 1:15-17)  
Kameron Robertson (welcome)
- 11/15/15 Sis. Wendy Johnson (I Tim. 4:1-5)  
Bro. Brandon Newsome (welcome)
- 11/22/15 Sis. Tracy Murphy (Psalm 95:1-6)  
Sis. Patricia Payne (welcome)
- 11/29/15 Bro. Rodney Murphy (II Cor. 4:11-15)  
Sis. Trakelia Hamlin (welcome)



**HOLY COMMUNION**  
"Let us break bread together....."

## Servant Leader Schedule

- 11/01/15 Bro. Donald Watkins  
11/08/15 Sis. Wendy Green  
11/15/15 Sis. Sylvia Gundy  
11/22/15 Sis. Jackie Ruffin  
11/29/15 Bro. Earl Moton

## Worship Leader Schedule

- 11/01/15 Elder Sarah Hatton  
11/08/15 Sis. LaQueshia Rawls  
11/15/15 Minister Cynthia Edwards  
11/22/15 Elder Karen Lee  
11/29/15 Minister Bertram Blackwell

## Door Opener

Bro. Ray Holmes

## Communion Bowls

Sis. Sylvia Gundy & Sis. Jackie Ruffin



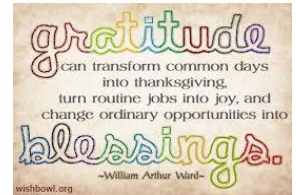
## November Teachers Schedule

Study the Bible with us



- 11-03 Elder Margaret Shivers-Thomas | Saved by Grace | Acts 15:1-12  
Youth: Elder Sarah Hatton & Sis. Stacy Turner
- 11-10 Elder Edith Shivers | From Derbe to Philippi | Acts 16:1-5, 8-15  
Youth: Sis. Wendy Green & Sis. Donna Fenner
- 11-17 Minister Cynthia Edwards | Thessalonica Berea and Athens | Acts 17:1-4, 10-12, 22-25, 28  
Youth: Minister Bertram Blackwell & MIT Ernest Ruffin
- 11-24 NO CID | Fall Harvest Revival

Explanation of the lesson can be found on [our website.solomonstemplechurch.net](http://ourwebsite.solomonstemplechurch.net)  
Additional Study Help: [www.studylight.org](http://www.studylight.org) [www.biblestudytools.com](http://www.biblestudytools.com)



## **New To Solomon's Temple?**

First of all, **WELCOME!** We are so pleased that you have come to visit our church. Whether you are just inquiring about our church, a new visitor, or simply want to see if Solomon's Temple is the right fit for you and your family, we are grateful to have you among us. We hope you will find your spiritual home here. Here at Solomon's Temple, we offer many exciting ministries to assist in your daily walk.

Solomon's Temple holds New Disciple Orientation sessions that can provide information about our church, what we offer and what to expect from your church family. If you have any questions, please contact **Elder Sarah Hatton, Bro. James Green Sr., Sis. Turekia White** or **Elder Wayne Hatton.**

# CHRISTIAN HUMOR

A minister parked his car in a no-parking zone in a large city because he was short of time and couldn't find a space with a meter. Then he put a note under the windshield wiper that read: "I have circled the block 10 times. If I don't park here, I'll miss my appointment. Forgive us our trespasses."

When he returned, he found a citation from a police officer along with this note: "I've circled this block for 10 years. If I don't give you a ticket I'll lose my job. Lead us not into temptation."

A mother was preparing pancakes for her sons, Kevin 5, and Ryan 3. The boys began to argue over who would get the first pancake. Their mother saw the opportunity for a moral lesson. If Jesus were sitting here, He would say, 'Let my brother have the first pancake, I can wait. 'Kevin turned to his younger brother and said, "Ryan, you be Jesus!"

**The way you start your day can affect your whole day... Begin it with a SmiLe, calmness of mind, coolness of emotions and a heart filled with GRATITUDE.**



# November Birthdays

If your birthday is missing from the list or incorrect, let the office know.



Rodney Murphy  
 Khadedra Vaughan  
 Jay'Vion Pierce  
 Willie Turner Jr.  
 Faye Thompson  
 Wendy Johnson  
 Tierra Rawls  
 Antonio Dixon  
 Davaren White  
 Jowanda Smith-Hawkins

November 7<sup>th</sup>  
 November 16<sup>th</sup>  
 November 18<sup>th</sup>  
 November 19<sup>th</sup>  
 November 20<sup>th</sup>  
 November 22<sup>nd</sup>  
 November 22<sup>nd</sup>  
 November 23<sup>rd</sup>  
 November 26<sup>th</sup>  
 November 28<sup>th</sup>



## Newsletter Submissions

Do you know someone who is doing great things in the community, school, or church? Nominate them to be the Solomonite of the Month. This person can be a youth or an adult.

Don't forget to recognize those celebrating an anniversary, graduation (from high school, college, or any other), or special occasion.

We also want to know about those who have made the honor roll. Let's not forget baby announcements, bible humor or recipes.

If you have a story or idea that you would like to incorporate into the newsletter, forward the story to [stsecretary1@gmail.com](mailto:stsecretary1@gmail.com) or leave the idea on the secretary's desk.

## OUTREACH

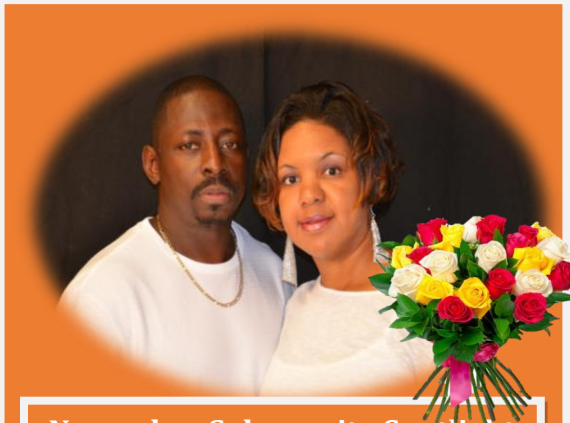
Solomon's Temple Outreach Ministry is in Full Effect! Please let us know if anyone is in the hospital, in-outpatient surgeries, and death in the family or any other life changing event (medical or death). We have "Care Teams" for each month that is willing and ready to contact you. We love our church family and we believe love is not what it says – it's what it does.

### NOVEMBER CARE TEAM

Ms. Ashley Boothe  
Sis. Crystal Wrenn  
Bro. Donald Watkins



## SOLOMONITE SPOTLIGHT



### November Solomonite Spotlight

#### Bro. James & Sis. Wendy Green

James and Wendy are faithful charter disciples of Solomon's Temple. James serves in the Men's Ministry, Music Ministry, Christian Education Ministry, New Disciples Ministry & Servant Leader Ministry. Wendy serves in the Women's Ministry, Outreach Ministry, Music Ministry, Christian Education Ministry, Praise Dance Ministry and Servant Leader Ministry. They both serve in the Couples Ministry and in the Benjamin Tribe as tribe leaders. They are the proud parents of three children and one grandson. 1 Peter 4:8 says, 'above all, love each other deeply...'. Congratulations to James & Wendy for being this month's Solomonite Spotlight.

**WE LOVE YOU!**

Will YOU be the Next  
"Solomonite of the Month"?

# Prayer List

## In Our Thoughts & Prayers

Bro. John Shivers  
Bro. Walter Chapman  
Sis. Ruby Clarke  
Sis. Tammy Rawls  
Bro. Michael Wellons  
Sis. Vernell Brown  
Sis. Mary Diggs  
Sis. Connie Payne  
Sis. Lonnie Batten  
Sis. Frances Wells-Robertson  
Sis. Vernell Wrenn  
Sis. Marion Smith  
Sis. Phyllis Wiggins  
Sis. Sonjia Moore



*If there are any names that need to be added to the list, let the Church Administrator know. Thank You.*

## WHAT DO YOU THINK IT MEANS?

(A few of our disciples share their thoughts)

**"SOME PEOPLE DIE AT 25 AND  
AREN'T BURIED UNTIL 75"**

**CHOOSE 2 LIVE**

**Hope Parker:** "I think that maybe somebody heart was broken or something really devastating happened to them and they just shut the world out and they didn't seek help of any kind and they grew old and bitter."

**Kevin Sheppard:** "They die at 25 because they are young and are still finding the essence of themselves as to where at the age of 75 they have learned, grown, and matured so they are ready for their burial."

**Elder Sarah Hatton:** "Well, I've heard this quote before. The only thing I see, it's not a physical death, but maybe some people feel they've lost their youth, or something emotionally died. I don't know about this. When Ben Franklin wrote this who knows what was going on with him. Maybe he had lost a desire to be something or do something. So it could mean different things to different people. What's your thoughts?"

**Kenya Hargrove:** "People die at 25 (not a physical death) but cease living, stop enjoying life, stop loving... you stop doing things that people do who are living; however at 75 they physically die."

**Bianca Robinson:** "Yes! I think it means some people lose who they are at 25...have no passion for life anymore. But won't actually die physically until 75."



# NOVEMBER

*Thanksgiving Blessings*



## Challenged to Change (C2C) Schedule of Events

**IMPORTANT NOTE: ALL INFORMATION TO BE ADDED TO THE TEMPLE NEWS FOR THE MONTH NEED TO BE GIVEN TO THE CHURCH ADMINISTRATOR NO LATER THAN THE 3<sup>RD</sup> TUESDAY OF EACH MONTH.**

DATE	TIME	EVENT
11/1/15	12:00pm	We will fellowship with Olive Branch Baptist Church for Ordination service; Pastor Shivers will preach. Choir & ushers are asked to serve.
11/2/15	7:00pm – 8:30pm	Praise dance practice
11/3/15	6:30pm	CID Session
11/3/15	7:15pm	50 State Rally service sponsored by the Benjamin Tribe
11/5/15	7:00pm	Sons of Solomon rehearsal
11/7/15	9:00am – 11:00am	Youth praise dance practice
11/7/15	5:00pm	Jesus, Jeans & Jersey service sponsored by the Issachar Tribe
11/8/15	2:00pm	Pastor Shivers will preach at Sandy Mt. Baptist Church for Men's Day service; Sons of Solomon are asked to serve
11/10/15	6:30pm/7:15pm	CID Session/Bible Study
11/11/15	ALL DAY	Happy Anniversary Carl & Phyllis Duck 
11/11/15	ALL DAY	Veterans' Day
11/12/15	6:00pm – 7:00pm	Praise Team rehearsal
11/12/15	7:00pm	Men's Ministry & Women's Ministry will meet
11/14/15	9:00am	Outreach Mustard Seed Ministry at Eagle Harbor Community
11/14/15	4:00pm	Levi Tribe service
11/15/15	3:00pm	Usher Ministry will fellowship with Sweet Haven Church for their Ushers Anniversary
11/16/15	7:00pm – 8:30pm	Praise dance practice
11/17/15	6:30pm/7:15pm	CID Session/Bible Study
11/19/15	6:00pm/7:00pm	Praise Team rehearsal/Joyful Voices rehearsal
11/20/15	3:00pm – 5:00pm	Pastor Shivers will speak at Greater Works Christian Fellowship Leadership Retreat
11/21/15	9:00am – 11:00am	Adult praise dance practice
11/22/15	11:00am	Elder Sarah Hatton will preach at Bridge of Life Church, Chuckatuck, VA
11/22/15	3:00pm	Opening of Fall Harvest Revival – Guest Pastor/Church will be Pastor Wendell Waller, Christian Home Baptist Church (Dinner will be served at 2:00pm)
11/23/15	7:00pm	Fall Harvest Revival – Guest Pastor/Church will be Pastor Melvin Blackwell, Little Zion Baptist Church
11/24/15	7:00pm	Fall Harvest Revival – Guest Pastor/Church will be Pastor Julian Ricks, Church of Destiny
11/26/15	9:00am	Thanksgiving Day service at Shiloh Baptist Church, 9000 Fire Tower Rd., Windsor, VA
11/29/15	ALL DAY	First Day of Advent
11/29/15	11:00am	Elder Sarah Hatton will preach at All Powers Ministries, Norfolk, VA

### November Choir Rehearsal Schedule

#### **Thursday before 1<sup>st</sup> Sunday**

6:00pm – Praise Team  
7:00pm – Mass Choir

#### **Thursday before 3<sup>rd</sup> Sunday**

6:00pm – Praise Team

#### **Thursday before 2<sup>nd</sup> Sunday**

7:00pm – Sons of Solomon



#### **Thursday before 4<sup>th</sup> Sunday**

6:00pm – Praise Team  
7:00pm – Joyful Voices



Tuesday  
Nov. 3<sup>rd</sup>

Thursday, Nov. 26<sup>th</sup>





# November 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1.</b> 12:00pm We will fellowship with Olive Branch Baptist Church for Ordination service</p>	<p><b>2.</b> 7:00pm - 8:30pm Praise dance practice</p>	<p><b>3.</b> 6:30pm CID session 7:15pm Benjamin tribe 50 State Rally</p>	<p><b>4.</b></p>	<p><b>5.</b> 7:00pm Sons of Solomon rehearsal</p>	<p><b>6.</b></p>	<p><b>7.</b> 9:00am - 11:00am Youth praise dance practice 5:00pm Issachar Tribe Jesus, Jeans, &amp; Jersey service Rodney Murphy</p>
<p><b>8.</b> 2:00pm Pastor Shivers will preach at Sandy Mt. Baptist Church for Men's Day service</p>	<p><b>9.</b></p>	<p><b>10.</b> 6:30pm CID session 7:15pm Bible Study</p>	<p><b>11.</b> Veterans Day Happy Anniversary Carl &amp; Phyllis Duck</p>	<p><b>12.</b> 6:00pm- Praise Team rehearsal 7:00pm Men &amp; Women Ministries will meet</p>	<p><b>13.</b></p>	<p><b>14.</b> 9:00am Outreach Mustard Seed Ministry at Eagle Harbor Community 4:00pm Levi tribe service</p>
<p><b>15.</b> 3:00pm Usher Ministry will fellowship with Sweet Haven for Usher Anniversary service</p>	<p><b>16.</b> 7:00pm - 8:30pm Praise dance practice Khadetra Vaughn</p>	<p><b>17.</b> 6:30pm CID session 7:15pm Bible Study</p>	<p><b>18.</b> Jay'Yion Perce</p>	<p><b>19.</b> 6:00pm Praise Team rehearsal 7:00pm Joyful Voices rehearsal Willie Turner Jr.</p>	<p><b>20.</b> 3:00pm - 5:00pm Pastor Shivers will speak at Greater Works Christian Fellowship Leadership Retreat Faye Thompson</p>	<p><b>21.</b> 9:00am - 11:00am Adult praise dance practice</p>
<p><b>22.</b> 11:00am Elder Sarah Hatton will preach at Bridge of Life 3:00pm Opening of Fall Harvest Revival (dinner at 2:00pm) Wendy Johnson Terra Rawls</p>	<p><b>23.</b> 7:00pm Fall Harvest Revival Antonio Dixon</p>	<p><b>24.</b> 7:00pm Fall Harvest Revival</p>	<p><b>25.</b></p>	<p><b>26.</b> 9:00am Thanksgiving Day service at Shiloh Baptist Church Happy Thanksgiving Davaren White</p>	<p><b>27.</b></p>	<p><b>28.</b> Jowanda Smith-Hawkins</p>
<p><b>29.</b> 11:00am Elder Sarah Hatton will preach at All Powers Ministries First Day of Advent</p>	<p><b>30.</b></p>					

**GIVE THANKS**  
*Let them give thanks to Lord for His unfailing love and His wonderful deeds for men, for He satisfies the thirsty and fills the hungry with good things. Psalm 107: 8-9*

2016 Accept/Decline Forms are due **Sunday, December 6<sup>th</sup>**

The 2015 Officers List is located on the board in the hallway for your convenience. Please fill out the below form and place it in the basket on the table in the hallway on or before December 6<sup>th</sup>.

Thank You  
Church Administrator

2016 OFFICERS ACCEPT/DECLINE FORM

I \_\_\_\_\_ ACCEPT THE POSITION OF:

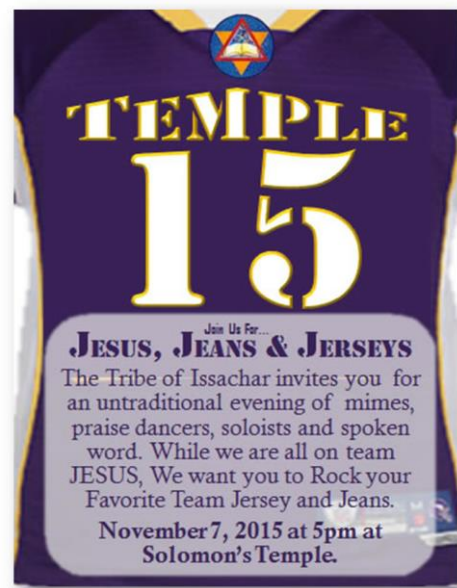
MINISTRY/MINISTRIES NAME

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_ FOR THE 2016 YEAR

I \_\_\_\_\_ DECLINE MY POSITION OF 2015:

MINISTRY/MINISTRIES NAME

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_





# Solomon's Temple FALL HARVEST REVIVAL



November 22<sup>nd</sup> - 24<sup>th</sup>, 2015

**Sunday, November 22<sup>nd</sup>  
3:00pm**

**Guest Speaker:**

**Pastor Wendell Waller**  
Christian Home Baptist Church  
Windsor, VA



***A Heart of Thanksgiving***  
***Psalm 100***

Make a joyful noise unto the LORD, all ye lands. Serve the LORD with gladness: come before his presence with singing. Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the LORD is good; his mercy is everlasting; and his truth endureth

**Guest Speakers:**



**Monday, November 23<sup>rd</sup>**

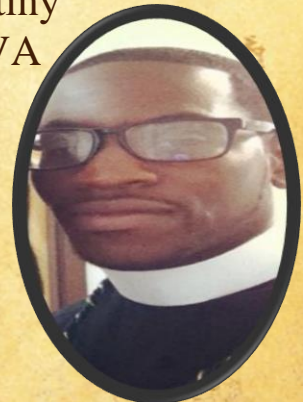
**7:00pm**

**Rev. Dr. Melvin Blackwell**  
Little Zion Baptist Church  
Smithfield, VA

**Tuesday, November 24<sup>th</sup>**

**7:00pm**

**Pastor Julian Ricks**  
Church of Destiny  
Suffolk, VA



**Rev. Dr. K. D. Shivers, Host Pastor**  
**Elder E. R. Shivers, Leading Lady**



Solomon's Temple Church  
12749 Courthouse Highway  
Smithfield, Virginia 23430  
Phone (757) 357-9500  
solomonstemplechurch.net





# Annual Community Thanksgiving Day Service

**Shiloh Baptist Church**

9000 Fire Tower Rd.

Windsor, VA 23487

Rev. Larry Simmons, Host Pastor

**Pastor E. Brion Perry, Messenger**

## CHURCHES THAT WILL BE IN ATTENDANCE:

**Solomon's Temple Church**

Rev. Dr. K. D. Shivers, *Pastor*

**Olive Branch Baptist Church**

Rev. Glenn Lyttle, Sr., *Pastor*

**Shiloh Baptist Church**

Rev. Larry Simmons, *Pastor*

**Triumph in Victory Church**

Rev. E. Brion Perry, *Pastor*

**Sandy Mt. Baptist Church**

Rev. Dr. Bobby Taylor, *Pastor*

**You are invited to come and  
experience a powerful move of God!**





### **Outreach Mustard Seed Ministry**

Eagle Harbor Community  
Saturday, November 14, 2015  
9:00am.



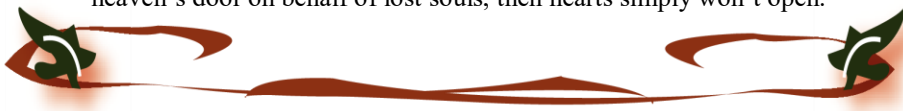
The purpose of the outreach ministry is to spread the gospel of Jesus Christ to the sick and shut in, the needy, sinners, backsliders and the saints.

Mark 16:15 says; "And he said unto them, Go ye into all the world, and preach the gospel to every creature."

### **A POEM FOR MISSIONARIES (OUTREACH) "TRAVELING ON MY KNEES"**

Last night I took a journey to a land across the seas.  
I didn't go by ship or plane, I traveled on my knees.  
I saw so many people there in bondage to their sin  
And Jesus told me I should go, that there were souls to win.  
But I said "Jesus, I can't go to lands across the seas."  
He answered quickly, "Yes, you can by traveling on your knees."  
He said, "You pray, I'll meet the need. You call, and I will hear.  
It's up to you to be concerned for lost souls far and near."  
And so I did; I knelt in prayer, gave up some hours of ease.  
And with the Savior by my side, I traveled on my knees.  
As I prayed on, I saw souls saved and twisted persons healed.  
I saw God's workers strength renewed while laboring in the field.  
I said, "Yes, Lord, I'll take the job. Your heart I want to please.  
I'll heed your call and swiftly go by traveling on my knees."

This little poem underscores a wonderful fact about evangelism: that if we don't pray, if we don't pave the way with lots of intercession, if we don't knock on heaven's door on behalf of lost souls, then hearts simply won't open.



### **2015 Theme: "Challenged to Change":**

**Repositioning our Perspectives, Perceptions, and our Patterns for Greater Service.**  
{Matthew 9:17}



### **Veterans Day Celebration**

DATE: Wed. November 11, 2015

TIME: 11:00 AM

LOCATION: Smithfield Center, Outside beside  
the Veteran's Memorial (220 North Church  
Street, Smithfield VA 23430)



### ***GOOD MORNING***

Good morning. I am God. Today I will be handling all of your problems. Please remember that I do not need your help. If the devil happens to deliver a situation to you that you cannot handle, do not attempt to resolve it, kindly put it in the SFJTD (Something For Jesus To Do) box. It will be addressed in MY TIME, not yours.

Once the matter is placed into the box, do not hold on to it or remove it. Holding on or removal will delay the resolution of your problem. If it is a situation that you think you are capable of handling, please consult me in prayer to be sure that it is the proper resolution.

Because I do not sleep nor do I slumber, there is no need for you to lose any sleep. Rest my child. If you need to contact me, I am only a prayer away. --Author Unknown--

**Sunday, November 29, 2015**







## Health Care Ministry Corner November is:



### Alzheimer's and dementia basics

- **Alzheimer's is the most common form of dementia**, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60 to 80 percent of dementia cases.
- **Alzheimer's is not a normal part of aging**, although the greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Up to 5 percent of people with the disease have early onset Alzheimer's (also known as younger-onset), which often appears when someone is in their 40s or 50s.
- **Alzheimer's worsens over time.** Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer's is the sixth leading cause of death in the United States. Those with Alzheimer's live an average of eight years after their symptoms become noticeable to others, but survival can range from four to 20 years, depending on age and other health conditions.
- **Alzheimer's has no current cure, but treatments for symptoms are available and research continues.** Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing.



### What are Diabetes and Prediabetes?

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood. A person with prediabetes has a blood sugar level higher than normal, but not high enough yet for a diagnosis of diabetes. He or she is at higher risk for developing type 2 diabetes and other serious health problems, including heart disease and stroke.

### What You Can Do

Research shows that modest weight loss and regular physical activity can help prevent or delay type 2 diabetes by up to 58% in people with prediabetes. Modest weight loss means 5% to 7% of body weight, which is 10 to 14 pounds for a 200-pound person. Getting at least 150 minutes each week of physical activity, such as brisk walking, also is important.

### What You Should Know

You are at increased risk for developing prediabetes and type 2 diabetes if you:

- Are 45 years of age or older
- Are overweight
- Have a parent with diabetes
- Have a sister or brother with diabetes
- Have a family background that is African-American, Hispanic/Latino, American-Indian, Asian-American, or Pacific-Islander
- Had diabetes while pregnant (gestational diabetes), or gave birth to a baby weighing 9 pounds or more
- Are physically active less than three times a week



## UPCOMING EVENTS FOR DECEMBER

- 6<sup>th</sup> 2016 Accept/Decline forms due
- 6<sup>th</sup> Mass Choir to sing at Eternal Life Church for Christmas Cantata and Extravaganza
- 12<sup>th</sup> Couple Ministry Christmas Outing
- 20<sup>th</sup> Christmas Celebration
- 22<sup>nd</sup> First Day of Winter
- 24<sup>th</sup> Christmas Eve
- 25<sup>th</sup> Christmas Day – Happy Birthday Jesus!!
- 31<sup>st</sup> New Year's Eve/New Year's Eve service

## Verse of the Month

1 Thessalonians 5:18

**In every thing give thanks: for this is the will of God in Christ Jesus concerning you.**

