## **Memorial Deaf Fellowship**

A Ministry of Memorial Baptist Church 12651 Clinton River Road, Sterling Heights, MI 48313

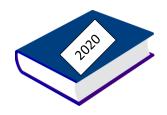
VP: 586-580-8886 Text/Voice: 586-615-4607

Email: <a href="mbcdeaf@comcast.net">mbcdeaf@comcast.net</a> Webpage: <a href="www.mbc4him.org">www.mbc4him.org</a> JANUARY 2021



## January 2021

"But one thing I do, forgetting what is behind and reaching forward to what is ahead." Philippians 3:13



Close 2020 Chapter of your life by giving thanks for God's grace that got you through





Face the new year....Get ready...Get set...GO

"I can do all things through Christ who strengthens me!" Philippians 4:13



See you January 9, 2021 for Movie Night!!

### Pastor Herb

#### Memorial Baptist Church Website

www.mbc4him.org

Click on Deaf Ministry

#### **Pastor Herb Harbaugh**

Church: 586-739-2132 Cell/Text: 586-615-4606 mbcpastorherb@gmail.com

#### **Phyllis Harbaugh**

Missionary to the Deaf Cell/Text: 586-615-4607 VP: 586-580-8327

phyllisharbaugh@comcast.net

While there are not set office hours, you can reach Pastor Herb or Phyllis at the numbers listed above. If we are not available, please leave a message and we will call you back as soon as we can. Thanks ©

# January Fellowship

Movie: "Christmas Grace"

What happens to a local toy store owner when a larger toy store moves in across the street? Its very clear that God is at work in the lives of these two owners and God's grace works out in ways neither one of them could imagine.

5pm January 9, 2020
(Weather permitting)
No Class for Children
No meal will be served
Masks and hand sanitizer will be available for personal use if needed.



Because of the Michigan Governor's executive order to use "Social Distancing", we will follow safety guidelines for all services at Memorial Baptist Church. Masks, hand sanitizing, taking temperatures and distancing will be required for anyone attending. NO EXCEPTIONS. Please stay home if you do not want to follow these requirements.

There is surely a future hope for you, and your hope will not be cut off. Proverbs 23:18

### **Moving Into Your Future**

Lord, I surrender my past, present and future to You now. Help me not to be anxious about my future but to rest in the knowledge that my future is secure in You. I want to keep one foot in eternity by never letting go of Your hand. I want to store up so many treasures in heaven that heaven will feel familiar the moment I arrive. And when I do take the final step into my eternal future with You, I trust that You will be there for me with all the light I need for that step, too.

Taken from: A BOOK OF PRAYER, Copyright 2006 by Stormie Omartian, Published by Harvest House Publishers, Eugene, Oregon 97408 <a href="https://www.harvesthousepublishers.com">www.harvesthousepublishers.com</a>.

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### Stay In Touch through the Pandemic

Since we have not been able to meet in person, Phyllis will be in her office from 2pm-5pm on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of January and February (1/14, 1/28, 2/11, 2/25). You can contact her to set up a time to meet on VP, Text, Facetime, or Zoom. It can be a time for sharing a need, a time to pray with you, or a casual visit to say "hi" and catch up. Contact her to set up a time for you. VP: 586-580-8327 Text: 586-615-4607

Email: phyllisharbaugh@comcast.net

# <u>December</u> Happy Birthday

Alshua S...Genoveva M. Denny H...Sabrina S. Kriss B...Phillip G.



## Happy Anniversary

John & Elaine H. Dan & Sherrie B.

It's January....



Time for a new start!!

Don't Miss Worship!!!!

We miss you!! While we cannot get together for our monthly fellowship, join us every Sunday at 11am.



Worship Service Interpreted in ASL
On Campus and Livestreamed on
Facebook. Look for us at "Memorial
Baptist Church, Sterling Heights, MI"

God has created you and rejoices in all that you are...

God has chosen you and called you His very own...

God has blessed you and made your life a blessing!

"We have everything we need to live a life that pleases God. It was all given to us by God's own power, when we learned that He had invited us to share in His wonderful goodness."

II Peter 1:3 CEV

Thank you for your faithful support of the deaf ministry of MBC.

So that you can continue in your faithful giving, we are providing

**ONLINE GIVING.** Go to our webpage "mbc4him.org" ...go to the bottom of the page for "links"...click "Online Giving"... fill in the information.

MAIL - You may also mail your offerings to Memorial Baptist Church, 12651 Clinton River Road, Sterling Heights, MI 48313. If you want your giving to go for Deaf ministry, write "Deaf Ministry" on the Memo line of your check.

**BRING IT WITH YOU** – You will have an opportunity to give your offering at services onsite.

### **Check out these Resources**

**Deaf Missions**: www.deafmissions.com

deaf missions app: has a variety of apps for the Deaf in

**ASL** and English

Bible.is

Deaf.Bible

**DeafGOnow.com** DeafWay Bible App

SilentWord.org

SigntheBible.com

DeafGifts.com

Deafvideo.com

**CONTACT US IF YOU NEED MASKS OR SANITIZERS** 

God loves you and wants you to spend eternity with Him in heaven. He provided eternal life for you through His Son Jesus. People who invite Jesus to be Lord of their lives are called Christians. Have you given your life to Christ? The Bible says that all people have sinned and need forgiveness to receive eternal life through Jesus. Becoming a Christian is the most important decision you will ever make and it is your choice. No one else can decide for you.

Follow the ABC's to know how to accept Christ and become a Christian. If you need help or have any questions please contact us.



ADMIT to God that you are a sinner.

Repent, turning away from your sin.

Read Romans 3:23; Romans 6:23, I John 1:9

BELIEVE Believe that Jesus is God's Son and accept God's gift of forgiveness from sin



**BELIEVE** Believe that Jesus is God's Son and accept God's gift of forgiveness from sin. Read John 3:16; John 14:6; Romans 5:8; Ephesians 2:8-9; and John 1:11-13



**CONFESS** Confess your faith in Jesus Christ as Savior and Lord. Read Romans 10:9-10,13



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If you want off of our mailing list, please contact us.



### What is "Exposure"?

Per Michigan Licensing & Regulatory Affairs (LARA), this is the description of what counts as exposure to COVID-19:

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the sick person (touched, hugged or kissed them)
- You shared eating or drinking utensils
- The sick person sneezed, coughed, or somehow got respiratory droplets on you.

### When should you stay home?

Stay home if you are experiencing any of the following symptoms not explained by a known or diagnosed medical condition:

- One of the following:
  - o Fever of 100.4 degrees or higher
  - Shortness of breath
  - Uncontrolled cough
- ♣ OR Two of the following:
  - o Diarrhea, Loss of taste or smell
  - o Muscle aches without explanation
  - o Severe headache, Vomiting, Chills

You should also stay home if you are in quarantine due to exposure to an individual with a confirmed case of COVID-19 or have other signs of illness.

Information is from State of Michigan LARA Nov. 19, 2020

**Take Care of Your Mental Health** 

You may experience <u>increased stress</u> during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions.

### Get immediate help in a crisis

- Call 911
- <u>Disaster Distress Helplineexternal icon</u>: CALL or TEXT 1-800-985-5990 (press 2 for Spanish).
- <u>National Suicide Prevention Lifelineexternal icon</u>: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or <u>Lifeline Crisis Chatexternal icon</u>.
- National Domestic Violence Hotlineexternal icon: 1-800-799-7233 or text LOVEIS to 22522
- National Child Abuse Hotlineexternal icon: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- National Sexual Assault Hotlineexternal icon: 1-800-656-HOPE (4673) or Online Chatexternal icon
- The Eldercare Locatorexternal icon: 1-800-677-1116 TTY Instructions external icon
- <u>Veteran's Crisis Lineexternal icon</u>: 1-800-273-TALK (8255) or <u>Crisis Chatexternal icon</u> or text: 8388255

### **Take Care of Yourself and Your Community**

Taking care of your friends and your family can be a stress reliever, but it should be balanced with care for yourself. Helping others cope with their stress, such as by providing social support, can also make your community stronger. During times of increased social distancing, people can still maintain social connections and care for their mental health. Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or isolated.

### **Healthy Ways to Cope with Stress**

- Know what to do if you are sick and are concerned about COVID-19. Contact a
  health professional before you start any self-treatment for COVID-19.
- **Know where and how to get treatment** and other support services and resources, including counseling or therapy (in person or through telehealth services).
- Take care of your emotional health. <u>Taking care of your emotional health</u> will help you think clearly and react to the urgent needs to protect yourself and your family.
- Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
  - o Take deep breaths, stretch, or meditateexternal icon.
  - o Try to eat healthy, well-balanced meals.
  - Exercise regularly.
  - o Get plenty of sleep.
  - Avoid excessive <u>alcohol and drug use</u>.
- Make time to unwind. Try to do some other activities you enjoy.
- **Connect with others**. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

Information is from Centers for Disease Control and Prevention Webpage