

St. John Baptist Church Newsletter

HAPPY
Father's day

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stjohnbaptistvance.com



Bible Verses For June

<https://prayerlit.com/bible-verses-for-june/>

June marks the transformation from spring to summer and serves as a reminder of how things are always changing in the world. The Bible is unwavering during these changes, providing consolation and certainty. June Bible verses serve as potent reminders that God is in charge, directing our actions and bringing about all positive outcomes. We are urged to rely on His promises and have faith in His perfect time as we consider these scriptures. As you negotiate the possibilities and adjustments that this month provides, June these passages be a source of hope and strength.

1. Psalm 23:1

"The Lord is my shepherd; I shall not want."

This verse reminds us that God is our provider and protector. As a shepherd cares for his sheep, the Lord watches over us, ensuring we lack nothing essential. In June, as we experience growth in nature and life, we can trust God to supply our needs and guide us through each step.

2. Isaiah 40:31

"But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."

This verse encourages us to trust in God's timing. When we place our hope in the Lord, He renews our strength. In June, we find ourselves in need of physical or spiritual renewal, and this Scripture promises that God will provide us the energy to continue the race of life without growing weary.

From Page 1 **FOOD**

3. Philippians 4:13

"I can do all things through him who strengthens me."

Paul's confidence in this verse is rooted in the strength that comes from Christ. In June, whether facing new challenges or pursuing goals, we can find the courage to press forward, knowing that God is our source of strength and empowerment.

4. Jeremiah 29:11

"For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope."

This verse assures us that God's plans for us are good, even when we cannot see the whole picture. June is a time for looking ahead with hope and expectation, trusting that God's purpose will unfold in our lives for our good.

5. Proverbs 3:5-6

"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."

June often brings new decisions and paths to consider. This verse calls us to fully trust in the Lord's wisdom rather than our own. When we seek Him first, He promises to guide us in the right direction.

6. Matthew 6:33

"But seek first the kingdom of God and his righteousness, and all these things will be added to you."

Jesus encourages us to prioritize God's king-

dom in our lives. In the midst of June's activities and responsibilities, we are reminded that when we put God first, everything else falls into place.

7. Romans 8:28

"And we know that for those who love God all things work together for good, for those who are called according to his purpose."

This verse reassures us that God is at work in every situation, even in difficult times. As June unfolds, we may face uncertainties, but we can trust that God is orchestrating everything for our ultimate good and His glory.

8. 1 Thessalonians 5:16-18

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

This passage encourages a lifestyle of constant gratitude, joy, and prayer. In June, we are invited to rejoice in the beauty of the season, continually seeking God's presence and thanking Him for His many blessings.

9. Psalm 37:4

"Delight yourself in the Lord, and he will give you the desires of your heart."

When we find joy in the Lord, our desires align with His will. June can be a month of seeking God's presence, delighting in Him, and trusting that He will fulfill the deepest longings of our hearts.

10. James 1:5

"If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him."



HEALTH CORNER

A LOOK AT MEN'S HEALTH

The Men's Health Network (MHN) reports that men die at higher rates than women from the top five causes of death: **stroke, heart disease, lung cancer, prostate cancer, suicide**. On average, women survive men by over five years.

TOP FIVE HEALTH RISKS

STROKE



3rd leading killer in the country. **1.25 times greater** in men than in women.

HEART DISEASE



One in four men has some form of heart disease. The **leading cause of death**.

LUNG CANCER



Lung cancer is the **#1 cancer killer** of men.

PROSTATE CANCER



Most common cancer found in men. The second leading type of cancer death in men. **30% of prostate cancers** occur in men under age 65.

SUICIDE



Men are **4x more likely** to commit suicide than women.

FACTORS

STROKE

Symptoms: Weakness or numbness of face, arm or leg, loss of vision, loss of speech, severe headache, loss of balance

Risk: Hypertension, age, race, gender, diabetes, high cholesterol, heart disease, smoking, inactivity, obesity, substance abuse

Reduce: Improve diet, exercise, stop smoking

HEART DISEASE

Symptoms: Shortness of breath, chest pain, pain in upper torso, neck and jaw, increased heartbeats, dizziness or fainting, numbness or coldness in extremities, extreme fatigue

Risk: Age, gender, heredity, race, smoking, high cholesterol, high blood pressure, inactivity, obesity, diabetes

Reduce: Improve lifestyle, improve diet, exercise

LUNG CANCER

Symptoms: Persistent cough, coughing up blood, chest pain when breathing, coughing or laughing, hoarseness, weight loss, loss of appetite, shortness of breath, wheezing

Risk: Smoking, secondhand smoke, exposure to asbestos or radon, heredity, air pollution

Reduce: Stop smoking, manage weight, exercise, eat a diet rich in fruits and vegetables, limit alcohol, reduce stress

PROSTATE CANCER

Symptoms: Trouble urinating, weak urine stream, blood in semen, discomfort in pelvic area, erectile dysfunction

Risk: Age, nationality, race, high-fat diet, heredity

Reduce: Prostate-specific antigen (PSA) blood test and digital rectal exams annually for healthy men starting at age 50

SUICIDE

Symptoms: Anger, aggression, work "burnout," risk-taking behavior, midlife crisis, alcohol and substance abuse

Risk: Drug and alcohol abuse, social isolation, divorce, unemployment, loss of a loved one, guilt

Reduce: Seek help and support, find purpose, improve physical health

Sources:
<http://www.webmd.com/men/features/men-top-5-health-concerns/page#2>
<http://www.mayoclinic.org/diseases-conditions/prostate-cancer/basics/symptoms/CCN-2002697>

<http://mensthealth.about.com/normalhealth/suicide.htm>
[http://www.cancer.org/cancer/lungcancer/non-smallcell/men/information/lungcancerpreventionandearlydetection/lungcancerpreventionandearlydetection/signandsymptoms](http://www.cancer.org/cancer/lungcancer/non-smallcell/men/information/lungcancerpreventionandearlydetection/lungcancerpreventionandearlydetection/signsandsymptoms)

<http://www.healthline.com/health/men-diseases/signs-and-symptoms>
<http://www.webmd.com/cancer/features/5-ways-to-lower-cancer-risk?page=4>

Member Spotlight

Congratulations to...

...Osie B. Lewis, Jr.!!! The Council of the City of Memphis renamed the pool at the Ed Rice Community Center the **Osie Lewis, Jr. Aquatic Center**. Osie served the Memphis Parks division for over 35 years, serving as Director of the Ed Rice Community Center, the North Frayser Community Center, and the Raymond Skinner Center; as well as a visionary community leader who brought opportunities and amenities to the residents of the Frayser community and offered mentorship and encouragement to the youth.

In attendance for this historical event were Osie's family and friends as well as several St. Johnites — **Dr. Gloira Pryor-Lewis, Greta Lewis, Mr. & Mrs. Cleveland Rankin (Beulah), Mr. & Mrs. Thomas Trass (Emma), Rhonda Mitchell, Angela Hughes**, and former members — Stan Bell, Jessica Gossett and Mr. & Mrs. Alexis Lewis, Sr. (Tamara).



From Page 2 **FOOD**

June is often a time of planning and making decisions. This verse reminds us that when we seek wisdom from God, He generously provides the guidance we need to make wise choices.

11. Psalm 46:10

"Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"

This verse invites us to pause and recognize God's sovereignty. Amid the busyness of June, it's important to take time to be still before the Lord, acknowledging His power and presence in our lives.

12. Isaiah 43:19

"Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert."

June represents a season of new beginnings. This verse reminds us that God is always at work, creating new opportunities and pathways, even in situations that seem barren or challenging.

13. John 14:27

"Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid."

In this verse, Jesus promises His peace to His followers. As we navigate June, we may encounter stress or fear, but this Scripture reassures us that Jesus' peace surpasses all understanding and guards our hearts.

14. Proverbs 16:9

"The heart of man plans his way, but the Lord establishes his steps."

While we may have plans for June, this verse reminds us that it is ultimately the Lord who directs our steps. Trusting God's guidance ensures that we are on the path He has ordained for us.

15. Galatians 6:9

"And let us not grow weary of doing good, for in due season we will reap, if we do not give up."

This verse encourages perseverance. June is a time to continue sowing seeds of kindness, love, and service, knowing that God will bring a harvest of blessings in His perfect timing.

16. Psalm 34:8

"Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!"

June's abundance of beauty in nature serves as a reminder of God's goodness. This verse calls us to experience the goodness of the Lord firsthand, taking refuge in Him for protection and blessing.

17. Matthew 5:14

"You are the light of the world. A city set on a hill cannot be hidden."

Jesus calls His followers to be lights in the world. As we move through June, this verse encourages us to shine the light of Christ in our communities, reflecting His love and truth in all we do.

For more verses, please visit:

<https://prayerlit.com/bible-verses-for-june/>



HAPPY
FATHER'S
DAY

BEST
DAD

Father's Day!



LOVE
YOU
DAD

BABY
BEARD
BRAVE
CARD
CARING
CELEBRATION
CHILDREN
CLEVER
COACH
CONFIDANT
COOL
DAD
DAUGHTER
DEVOTED
FAMILY
FATHERLY
FRIEND
FUN
GENEROUS
GIFT
GIVING
GRANDFATHER
GUIDE
HANDYMAN
HAPPY
HARDWORKING
HELP
HERO
HOLIDAY
HUG
INSPIRATION
JOKE
KIDS
KIND
LAUGHTER
LEADER
LISTENS
LOVING
MENTOR
MUSTACHE
PAPA
PARENT
PARTY
PATIENT
PLAYFUL
PROTECTIVE
PROVIDER

S	W	U	G	N	C	S	N	B	I	H	A	Y	C	O	A	C	H	E	R	O	H	J
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U	H	D	I	P	P	R	O	V	I	D	E	R	R	U	F	A	M	I	L	Y	U	I
V	C	E	L	E	B	R	A	T	I	O	N	E	I	P	A	R	E	N	T	F	N	S
L	O	R	L	A	R	J	O	K	E	E	U	W	N	A	I	L	N	V	D	H	K	X
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F	F	T	T	J	A	G	L	F	E	W	I	S	M	I	L	E	O	I	B	A	B	Y
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S	Q	E	E	C	B	R	A	V	E	A	A	W	G	N	J	J	Y	U	V	N	J	E
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F	W	E	I	E	X	N	H	U	G	D	H	T	D	N	S	J	O	Z	B	I	C	P
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H	A	O	B	N	T	L	R	B	C	M	R	O	V	H	O	M	L	B	I	V	A	V
G	P	U	L	C	O	O	L	I	N	A	I	W	O	F	G	R	F	O	B	A	K	D
E	P	S	E	I	D	A	Y	Q	V	N	E	Q	T	M	H	L	K	G	Q	H	A	A
Y	Y	O	B	J	D	P	C	Y	T	J	T	V	E	N	T	P	I	I	M	V	Q	C
Z	K	N	A	P	L	A	Y	F	U	L	E	A	D	E	R	R	D	V	N	L	D	M
U	G	S	U	P	E	R	Y	D	E	O	N	U	R	G	H	V	S	I	G	G	F	W
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P	V	O	O	V	V	Y	O	U	F	A	W	M	H	Q	P	K	G	G	N	H	S	R

PUN
RELIABLE
SILLY
SMART
SMILE
SNUGGLES
SON
SPECIAL
STRONG

SUPER
SUPPORTIVE
TEACHER
TEENAGER
TIE
TODDLER
TRUST
UNDERSTANDING
WISE





WORD LIST

AUGUST
 BASEBALL
 BEACH
 CAMP
 FISHING
 FLIP FLOPS
 HOT
 ICE CREAM
 JULY
 JUNE
 LEMONADE
 OCEAN
 PICNIC
 POOL
 SAND
 SHORTS
 SPRINKLER
 SUMMER
 SUNGLASSES
 SUNSCREEN
 SUNSHINE
 SWIM SUIT
 SWIMMING
 TOWEL
 UMBRELLA
 VACATION
 WATERMELON

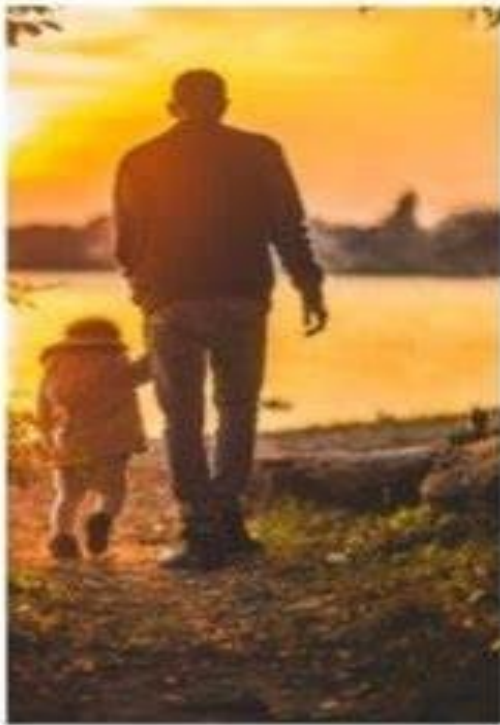
SUMMER

WORD SEARCH

S	T	S	P	R	I	N	K	L	E	R	D	T
J	B	N	N	V	V	L	K	T	O	W	E	L
P	U	V	A	C	A	T	I	O	N	I	M	M
O	I	L	W	Z	G	F	I	S	H	I	N	G
Y	U	C	Y	E	B	O	U	Y	T	F	W	H
N	X	D	N	N	M	A	O	U	P	K	O	O
Y	O	L	N	I	B	F	S	D	P	T	H	F
G	A	L	X	E	C	R	A	E	K	M	L	Y
Z	L	A	E	L	E	P	O	V	B	I	A	S
X	L	S	H	M	I	R	B	C	P	A	A	C
J	E	S	T	B	R	E	C	F	E	N	L	R
Y	R	W	F	R	A	E	L	S	D	A	E	L
L	B	I	J	C	O	O	T	J	N	M	N	I
E	M	M	H	B	P	H	H	A	M	U	C	S
M	U	M	S	S	C	O	S	U	W	E	S	U
O	S	I	V	W	Y	Z	S	I	C	H	E	N
N	S	N	N	R	I	M	C	R	H	R	N	S
A	O	G	S	O	X	M	E	G	Y	V	U	H
D	S	U	N	G	L	A	S	S	E	S	J	I
E	Y	F	M	U	M	U	W	U	M	F	Z	N
B	F	G	L	O	O	P	S	T	I	K	E	E
T	S	U	G	U	A	D	U	X	T	T	G	L



a godly Father is:



Faithful, to God and family.

Able, to discern God's will in trying times and good times.

Thankful, for all the joys and trials of life.

Happy, no matter what the life brings.

Enthusiastic, about a life lived with purpose.

Righteous, rock-solid in heart and mind, from a growing relationship with Jesus.

For these things and so many more
we praise God for our Fathers,
this Father's Day and always.



june

SUN	MON	TUE	WED	THU	FRI	SAT
1 Other Holidays & Special Days: 15-Tax Day 22-Earth Day	2	3 Prayer Mtg/ Bible Study	4	5 Sunday School Evening Svc	6 Aleasa Rankin	7
8 Alter Call Sunday Services	9	10 Prayer Mtg/ Bible Study	11	12 Sunday School Evening Svc	13	14  FLAG DAY
15 Alter Call Sunday Services	16	17 Prayer Mtg/ Bible Study	18	19 Sunday School Evening Svc  JUNETEENTH FREEDOM DAY JOSHUA Houston	20	21
22 Alter Call Sunday Services	23	24 Prayer Mtg/ Bible Study Peggy Barkley	25 Vanessa Gray	26 Sunday School Evening Svc Juanita Robinson	27	28
29 Alter Call Sunday Services	30 Dontreal Hawkins Annie Williams	Prayer Mtg/ Bible Study				

From Page 4 **SPOTLIGHT**

Congratulations to...



...Nyla I. Swett!!! Nyla has joined the Good American (GA) family.

Good American was founded by Emma Grede and Khloé Kardashian in October 2016. The brand is known not just as a celebrity brand, but also as a size-inclusive one. Every piece in the brand's collection is shown in three size ranges of models and offered in inclusive sizing from 00-24. Primarily sold online and in up-scale department stores, their first brick-and-mortar store opened on June 24-25, 2023, in Westfield Century City in Los Angeles. GA's annual sales are \$200M.

In March, Nyla was afforded the opportunity to assisted in preparing the store for the soft opening of the 4th brick and mortal location in the Lenox Mall, Atlanta, GA. The official opening was May 15 and 16, with co-founder Emma Grede (tan outfit) in attendance!!! Currently, Nyla is the Keyholder and visual support for the Lenox store.

In preparation of the store opening, Nyla spent a week in Orange County, CA at GA's Demin University, learning the denim industry, their various cuts, sizes, etc.

Nyla is the daughter of **Deacon & Mrs. Archie Wayne (Reylaunda)** and granddaughter of **Mr. & Mrs. Cleveland Rankin, Jr (Beulah)**.

For more information on Good American, please visit www.goodamerican.com.

For purchases, call Nyla on her cell!!!

...Jalyn Christopher Gordon, grandson of **Mrs. M Diane Johnson**. On May 10, he received his bachelor's degree in English from MTSU.



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