

St. John Baptist Church Newsletter



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How to Be Thankful in All Things

<https://billygraham.org/articles/how-to-be-thankful-in-all-things>

Are you thankful no matter what? Look at the story of a man who had every right to be bitter—but wasn't.

The next footsteps in the corridor, he knew, might be those of the guards taking him away to his execution. His only bed was the hard, cold stone floor of the dank, cramped prison cell. Not an hour passed when he was free from the constant irritation of the chains and the pain of the iron manacles cutting into his wrists and legs.

Separated from friends, unjustly accused, brutally treated—if ever a person had a right to complain, it was this man, languishing almost forgotten in a harsh Roman prison. But instead of complaints, his lips rang with words of praise and thanksgiving!

The man was the Apostle Paul—a man who had learned the meaning of true thanksgiving, even in

the midst of great adversity. Earlier, when he had been imprisoned in Rome, Paul wrote, “Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ” (Ephesians 5:19–20, NIV).

Think of it: **Always giving thanks for everything—no matter the circumstances!**

“Thanksgiving—the giving of thanks—to God for all His blessings should be one of the most distinctive marks of the believer in Jesus Christ.”

Thanksgiving for the Apostle Paul was not a once-a-year celebration, but a daily reality that changed his life and made him a joyful person in every situation.

Thanksgiving—the giving of thanks—to God for all His blessings should be one of the most distinctive marks of the believer in Jesus Christ. We must not allow a spirit

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of ingratitude to harden our heart and chill our relationship with God and with others.

Nothing turns us into bitter, selfish, dissatisfied people more quickly than an ungrateful heart. And nothing will do more to restore contentment and the joy of our salvation than a true spirit of thankfulness.

In the ancient world, leprosy was a terrible disease. It hopelessly disfigured those who had it, and it permanently cut them off from normal society. Without exception, every leper yearned for one thing: To be healed.

One day 10 lepers approached Jesus outside a village, loudly pleading with Him to heal them. In an instant He restored them all to perfect health—but only one came back and thanked Him. All the rest left without a word of thanks, their minds preoccupied only with themselves, gripped with a spirit of ingratitude.

Today, too, ingratitude and thanklessness are far too common. Children forget to thank their parents for all that they do. Common courtesy is scorned. We take for granted the ways that others help us. Above all, we fail to thank God for His blessings.

Ingratitude is a sin, just as surely as is lying or stealing or immorality or any other sin condemned by the Bible. One of the Bible's indictments against rebellious humanity is that *"although they knew God, they neither glorified him as God nor gave thanks to him"* (**Romans 1:21**, NIV). An ungrateful heart is a heart that is cold toward God and indifferent to His mercy and love. It is a heart that has forgotten how dependent we are on God for everything.

From one end of the Bible to the other, we are commanded to be thankful. In fact, thankfulness is the natural outflowing of a heart that is attuned to God. The

psalmist declared, *"Sing to the Lord with thanksgiving"* (**Psalms 147:7**, NIV). Paul wrote, *"Be thankful"* (**Colossians 3:15**, NIV). A spirit of thanksgiving is always the mark of a joyous Christian.

Why should we be thankful? Because God has blessed us, and we should be thankful for each blessing.

Thank God for the Material Blessings That He Gives You

We seem never to be satisfied with what we have—rich or poor, healthy or sick. But what a difference it makes when we realize that everything we have has been given to us by God! King David prayed, *"Wealth and honor come from you ... We give you thanks, and praise your glorious name ... Everything comes from you"* (**1 Chronicles 29:12–14**, NIV).

Some years ago I visited a man who was wealthy and successful. He was the envy of all his friends and business associates. But as we talked, he broke down in tears, confessing that he was miserable inside. Wealth had not been able to fill the empty place in his heart.

A few hours later I visited another man only a short distance away. His cottage was humble, and he had almost nothing in the way of this world's possessions. And yet his face was radiant as he told me about the work he was doing for Christ and how Christ had filled his life with meaning and purpose. I am convinced that the second man was really the rich man. Although he didn't have much, he had learned to be thankful for everything that God had given him. Paul declared, *"I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want"* (**Philippians 4:12**, NIV). A spirit of thankfulness makes all the difference.

Are you constantly preoccupied with what you do not



DIABETES AWARENESS

STATISTICS

29.1
MILLION people in the U.S. have diabetes. That's about **1 out of every 11** people

1 out of 4 do not know they have diabetes

86
MILLION people - more than **1 out of 3** adults have prediabetes

9 out of 10 do not know they have prediabetes

15-30% of people with prediabetes will develop type 2 diabetes within **5 years** without weight loss and physical activity



People who have diabetes are at higher risk of serious health complications:



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



STROKE



LOSS OF TOES, FEET, OR LEGS

RISK FACTORS FOR TYPE 2 DIABETES



BEING OVERWEIGHT



HAVING A FAMILY HISTORY



HAVING DIABETES WHILE PREGNANT (gestational diabetes)

TYPES OF DIABETES

TYPE 1

Body does not make enough insulin

- Can develop at any age
- No known way to prevent it

5% In adults, type 1 diabetes accounts for approximately **5%** of all diagnosed cases

TYPE 2

Body cannot use insulin properly

- Can develop at any age
- Most cases can be prevented

95% Type 2 diabetes accounts for **85% - 95%** of all diabetes in high-income countries

SYMPTOMS OF DIABETES

- Constant hunger
- Lack of energy/ Fatigue
- Excessive thirst



- Frequent urination
- Sudden weight loss
- Vision changes

TO REDUCE YOUR RISK



LOSE WEIGHT



EAT HEALTHY



STAY ACTIVE

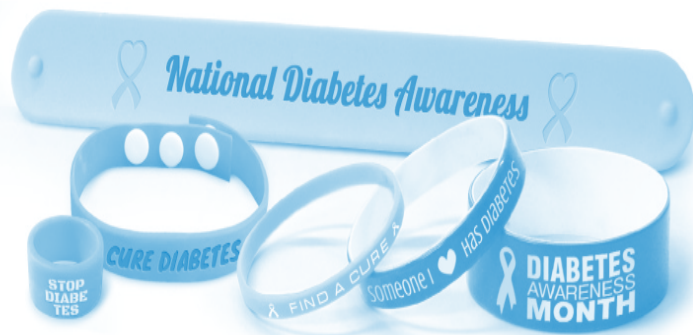


QUIT SMOKING



WORK WITH A HEALTH PROFESSIONAL

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Come One, Come all!!!

St. John Baptist Church is celebrating 157 years.

When: Sunday, November 23, 2025

What:

- ♦ **Church Services @ 11:00 am**, Min. Alexis Lewis, Sr., Guest Minister
Dinner, immediately following services
- ♦ **Annual Anniversary Program @ 3:00 pm**, Dr. Walker Wright, Speaker

Goal: \$15,500, \$250 per member or whatever you can

Mrs. Alisa Y Gladney-Petty, Chair

Mr. Thomas Trass, Co-chair

Mrs. Betty B. Smith, Speakers' Committee Chair



SJBC Committee Chairs, Club Presidents and Church Leaders,
It's time to prepare for 2026!!!

- ♦ Budget Request forms will be in the Church Office.
- ♦ Please complete and submit all budget requests by Thursday, November 27th.

Thanks,
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have? Or have you learned to thank God for what you do have?

Thank God for the People in Your Life

It is so easy to take people for granted, or even to complain and become angry because they do not meet our every wish. But we need to give thanks for those around us—our spouses, our children, our relatives, our friends and others who help us in some way.

I once received a letter from a woman who began by telling me how fortunate she was to have a kind, considerate husband. She then used four pages to list all his faults! How many marriages and other relationships grow cold and eventually are shattered because of the sin of ingratitude?

Do you let others know that you appreciate them and are thankful for them? The Christians in Corinth were far from perfect, but Paul began his first letter to them by saying, *“I always thank God for you”* (**1 Corinthians 1:4**, NIV). When a group of believers (whom Paul had never met) came out to greet him as he approached Rome, we read that *“at the sight of these men Paul thanked God and was encouraged”* (**Acts 28:15**, NIV).

Thank God for those who touch your life.

Thank God in the Midst of Trials and Even Persecution

We draw back from difficulties, yet not one of us is exempt from some kind of trouble. In many parts of the world it is dangerous even to be a Christian because of persecution.

And yet in the midst of those trials we can thank God,

because we know that He has promised to be with us and that He will help us. We know that He can use times of suffering to draw us closer to Himself: *“Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance”* (**James 1:2–3**, NIV).

“Not one of us is exempt from some kind of trouble, ... and yet in the midst of those trials we can thank God, because we know that He has promised to be with us and that He will help us.”

When the prophet Daniel learned that evil men were plotting against him to destroy him, *“he got down on his knees and prayed, giving thanks to his God, just as he had done before”* (**Daniel 6:10**, NIV).

The Bible commands, *“Give thanks in all circumstances, for this is God’s will for you in Christ Jesus”* (**1 Thesalonians 5:18**, NIV). Paul declared, *“You will even be able to thank God in the midst of pain and distress because you are privileged to share the lot of those who are living in the light”* (**Colossians 1:12**, Phillips).

I don’t know what trials you may be facing right now, but God does, and He loves you and is with you by His Holy Spirit. Cultivate a spirit of thankfulness even in the midst of trials and heartaches.

Thank God Especially for His Salvation in Jesus Christ

God has given us the greatest Gift of all—His Son, who died on the cross and rose again so that we can know Him personally and spend eternity with Him in heaven: *“Thanks be to God for his indescribable gift!”* (**2 Corinthians 9:15**, NIV).

The Bible tells us that we are separated from God be

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cause we have sinned. But God loves us—He loves you, He loves me—and He wants us to be part of His family forever. He loves us so much that He sent His only Son into the world to die as a perfect sacrifice for our sins.

All we need to do is reach out in faith and accept Christ as our Savior and Lord: *“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life” (John 3:16, NIV).*

Have you opened your heart to Jesus Christ? If not, turn to Him with a simple prayer of repentance and faith, and thank Him for what He has done for you.

And if you do know Christ, how long has it been since you thanked God for your salvation? We should not let a day go by without thanking God for His mercy and His grace to us in Jesus Christ.

Thank God for His Continued Presence and Power in Your Life

When we come to Christ, it is not the end but the beginning of a whole new life! He is with us, and He wants to help us follow Him and His Word.

In ourselves we do not have the strength that we need to live the way God wants us to live. But when we turn to Him, we discover that *“it is God who works in [us] to will and to act according to his good purpose” (Philippians 2:13, NIV).* Jesus promised His disciples, *“All authority in heaven and on earth has been given to me. Surely I am with you always, to the very end of the age” (Matthew 28:18, 20, NIV).*

In many countries a special day is set aside each year for thanksgiving. But for the Christian every day can be a day of thanksgiving, as we are *“always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ” (Ephesians 5:20, NIV)*

Thanksgiving Prayer

Dear God,

We've all come around this table to express our gratitude for everything you've done for us. It hasn't been an easy year, but You have been there with us every step of the way, giving us the strength and courage to persevere through the difficulties and tribulations. And we are eternally grateful for it. Thank You for giving us life, for giving us hope, for giving us love, and for all of Your compassion and works in our lives. We commit the coming year to You, and may You bless every one of us individually. Please shower Your divine blessings on us and everything we do. Fill our hearts with pleasure and laughter, and rule in our lives with Your peace.

Amen

Thankful & Grateful

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

Gratefulness	Acknowledge	Thoughtful	Abundance	Community	Encourage	Gratitude
Happiness	Grateful	Guidance	Kindness	Thankful	Amazing	Believe
Blessed	Excited	Healing	Honesty	Journey	Loyalty	Purpose
Respect	Special	Caring	Change	Create	Family	Growth
Health	Loving	Praise	Grace	Honor	Laugh	Peace
Truth	Give	Hope	Life	Seek	Now	



Can you name the participants from Christmas Program 2010?

For bragging rights, a small token, and your picture in the Newsletter, name all, or at least the most, pictured. If a tie, everyone wins!!!

Entries are due at the end of services on the 3rd Sunday.



For October 2025 edition of "The Name Game", there were 5 (five) entries and 3 entries had ALL the names correct!!!

- ♦ **Mrs. Mary Ann Corpal-Clay**
- ♦ **Mrs. Barbara Parks**
- ♦ **Mrs. Yvette Cobbs**

Front row (seated): **Mr. William "Beatle" Broadnax, Mr. & Mrs. George (Garrie L.) Gossett, Rev. Marion Brown, Mrs. Thelma Warr, Mrs. Christine Corpal, Mrs. Survella Horton, Mrs. Earnestine Martin**

Middle row (standing): **Mrs. Joyce Springfield-Collins, Mrs. Mary Ann Corpal-Clay, Mrs. Ruby L. Johnson, Dr. Willie Lindsey, Mrs. Emma Jean Ballard, Ms. Eurline Coach, Mrs. Natolyn Herron**

Top row (Standing): **Mr. Darnell Summerise, Ms. Esther Pulliam, Mrs. Joye Bell, Mrs. Rosetta Peterson, Mrs. Naomi Willaims-Moody, Mrs. Elizabeth A McKinley, Mrs. Pat J. Gaston, Mrs. Barbara J. Parks, Mrs. Leola V Bond and Mr. Clyde Venson**

November

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 Sunday Services 	3	4	5	6	7	8 Deacons Mtg Official Board Mtg
9 Sunday Services	10	11 ★ THANK YOU ★ <i>veterans</i> NOVEMBER 11TH Prayer Mtg/ Bible Study	12	13 Sunday School Evening Svc	14	15 Call Meeting Matthew Bell
16 Sunday Services	17 Dr. Amgela Middleton	18 Prayer Mtg/ Bible Study	19	20 Sunday School Evening Svc	21	22
23 Sunday Services 157th Anniversary Program	24	25 Prayer Mtg/ Bible Study Rodney Williams, Jr. Jacorry Gates	26 Mary Ann Corpal- Clay	27 	28 Adrianna Smith	29 Leola Bond
30 Sunday Services Homecoming Celebration						

Memphis Baptist Congress of Christian Education 86th Annual Institute



HAPPY THANKSGIVING

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

APPLE PIE
 CHOCOLATE CREME PIE
 FAMILY
 HOLIDAY
 NOVEMBER TWENTY THIRD
 PUMPKIN BREAD
 SEASONS CHANGE
 TRIPLE BERRY PIE

BANANA CREME PIE
 CRANBERRY SAUCE
 FRIENDS
 HOLIDAY TRAVEL
 OLIVES
 PUMPKIN PIE
 STUFFING
 TURKEY

BEER
 DINNER ROLLS
 GRAVY
 MASHED POTATOES
 PECAN PIE
 PUMPKIN STEW
 SWEET POTATOES
 WINE

CHERRY PIE
 FALL LEAVES
 GREETING CARDS
 MIXED DRINKS
 PICKLES
 SCARECROW
 THE TURKEY SONG
 YAMS

The Newsletter is published by the Newsletter staff of *St. John Baptist Church*, 640 Vance Avenue, Memphis, TN 38126, (901) 525-1097. Bro. George Tubbs, Chairman of Deacon Board; Sis. Alisa Y. Petty, Chairman of Trustee Board; Sis. Aleasa R. Rankin, Editor and staff.

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