



CBC Messenger



February 2020

Issue 13

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Join us each Saturday Night for Prayer at 5:00pm.

Bible studies during the week and on Sundays.

Tuesday: 6:30pm
Women's Study @
Starbuck's Farmers

Wednesday: 12:00pm
Wednesday Night
Classes 6:30pm: Adults,
Anointed Ones, Children

Thursday: 6:30pm
(choir)

Friday: 7:00pm

Sunday School Classes
9:00am: Adults, New
Member Orientation,
Women, Toddler/
Children/Teen

Pastor's Corner-

Praise God, we have made it to 2020! Bringing the new year with the Watch Night service was awesome! And that was just the beginning. We celebrated the Rev. Dr. Martin Luther King Jr. birthday with a number of different venues. On January 12th here at CBC was the oratorical contest. The following Saturday was the showing of the "Eyes on the Prize" series. On the 19th was the celebration at Santa Rosa High School. And Monday the 20th was the "A Day On Not A Day Off" day of service here and around the county. Marching with the Hubbub Club Band and our closing ceremony was a great way to start off the new year. I am looking forward to a great year for CBC and encourage active participation from all of you in the activities that will be taking place here. God Bless.

"I can do all things through Christ who strengthens me." Phil. 4:13

Black History Month 2020



Black History Month honors the contributions of African Americans to U.S. history. Among prominent figures are Madam C.J. Walker, who was the first U.S. woman to become a self-made millionaire. George Washington Carver who derived nearly 300 products from the peanut. And in 2008, Barack Obama became the first black President of the United States.

Throughout February, we will be honoring black history makers- past and present, as well as hosting an authentic African-American feast on Sunday, Feb. 16th, after service. If you have any African garments, please feel free to wear them during the month. Also, if you have any questions or want to participate in the events, see Sis Alicia Bonner or Sis Fayretta Johnson.

Imagination! Who can sing thy force?

Or who can describe the swiftness of thy course?

Soaring through air to find the bright abode,

Th'empyreal palace of the thund'ring God,

We on thy pinions can surpass the wind,

And leave the rolling universe behind;

From star to star the mental optics rove,

Measure the skies, and range the realms above,

There in one view we grasp the mighty whole,

Or with new worlds amaze th' unbounded soul. (Phillis Wheatley)

Please contact us if you have questions about any of our meetings and events.

Contact Information

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"A Friendly Church For A Growing Community"

Heart Health Resources

www.heart.org

www.nhlbi.nih.gov

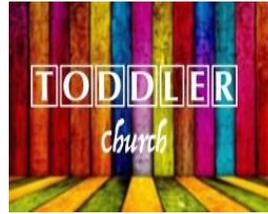
www.newsroom.heart.org

www.cdc.gov

www.speakersfornurses.com

www.healthfinder.gov

Toddler Church/Leadership Meeting



Toddler Church: Beginning Sunday, January 26th in the Nursery. From birth to 3 years. Every child should know about the Gospel! The words of Jesus are words of life, they are the way to eternal happiness. See Sis Diane Edwards or Sis Alisha Walker for information.

Leadership Meeting: Saturday, February 29th from 10am-12pm. Everyone is welcome. Church leadership is important. The focus is not on growth for growth's sake, but for the sake of being effective in our mission and vision of reaching people who need to know the love of Christ in their lives.

"Instruct the wise and they will be wiser still; teach the righteous and they will add to their learning." Proverbs 9:9

National Heart Health Awareness Month



Proclaimed by President Lyndon B. Johnson, the first American Heart Month took place in February 1964. While this is a federally designated month in the United States, it is important to realize that cardiovascular disease knows no borders.

Heart disease, and the conditions that lead to it, can happen at any age. High rates of obesity and high blood pressure among younger people ages 35-64 are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking).

Heart disease kills an estimated 630,000 Americans each year. It is the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication.

So it's good news that February is National Heart Month, since it inspires us to examine one of the most pressing health concerns in the United States and to make positive changes to our lifestyles. **#hearthealth #movewithheart #gored**

"Above all else, guard your heart, for everything you do flows from it." Proverbs 4:23