

Mark Your Calendar 10.10

The Lord's Supper

OCTOBER is Pastor Appreciation Month. Be sure to pray for our Associate Ministers Elder Jones and Minister Burton and give them messages of encouragement.

THE LORD'S SUPPER will be observed Sunday, October 10th.

PSALM 121: 1-8

11 will lift up mine eyes unto the hills, from whence cometh my help.

- 2 My help cometh from the LORD, which made heaven and earth.
- 3 He will not suffer thy foot to be moved: He that keepeth thee will not slumber.
- 4 Behold, he that keepeth Israel shall neither slumber nor sleep.
- 5 The LORD is thy keeper: the LORD is thy shade upon thy right hand.
- 6 The sun shall not smite thee by day, nor the moon by night.
- 7 The LORD shall preserve thee from all evil: He shall preserve thy soul.
- 8 The LORD shall preserve thy going out and thy coming in from this time forth, and even for evermore.

OCTOBER WEDDING ANNIVERSARIES

Mr. James and Sister Janise Moore – 14th Brother Paul and Trustee Wife Betty Ewing – ^{21st} Mr. Michael and Sister Kelly Morgan – 28th Brother Darryl and Sister Tonya Jenkins – 21st Trustee Michael and Trustee Wife Crystal Williams – 17th

OCTOBER BIRTHDAYS

Sister Angela Arrington – 1st Deaconess Elaine Scruggs – 2nd Sister Linda Jernigan – 3rd Sister Deborah King – 3rd Deaconess Pamela Burton – 4th Deacon Carl Scruggs – 5th Deacon Ulysses Rowe – 6th Sister Brenda Townes – 7th Sister Tamicka Howard-Jones – 7th Brother Roosevelt Travis III – 7th

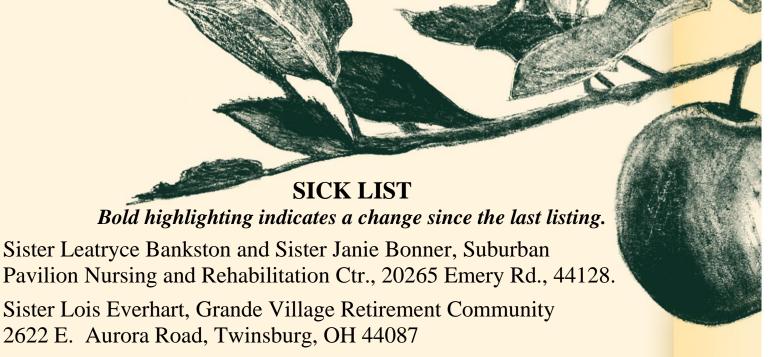
Sister Hardenia Williams – 8th Trustee Michael Williams – 8th Mother Fredetta Gray – 9th Sister Jamie Taylor – 9th Sister Carmen Holly – 9th Sister Amber Nelson – 10th Brother Joseph Ferrell – 10th Sister Camille Holly – 10th Deacon D. O. Adams – 11th Sister Annie Gibbs – 12th Sister Rosa Thornton – 13th Sister Mary Eldridge – 13th Brother David Conway – 13th Sister Natalie Sangster – 14th Sister Michelle Rowe-Harriston – 15th Deacon Timothy Abernathy – 16th Trustee Billy Hannah – 20th

Sister Kellie Ross – 21st Deacon Timothy Abernathy – 16th

Trustee Billy Hannah – 20th Sister Kellie Ross – 21st Sister Andrea Thomas – 22nd Sister Fannie Mitchum – 23rd Sister Janice Moore – 23rd Deacon Darrell Smith – 24th Sister Kelly Fuller – 25th Deaconess Cheryl Scruggs – 27th Sister Janie Bonner – 28th Mother Goldie Glover – 29th Sister Renee Wren – 29th Sister Adriana Kelley – 31st Sister Taunya Scruggs – 31st Sister Trinity Clancy – 31st

"Moreover whom he did predestinate, them he also called: and whom he called, them he also justified: and whom he justified, them he also glorified."

- Romans 8:30



Mother Goldie Glover, Willow Park Nursing Home, 18810 Harvard Ave., 44122.

Sister Eva Hawkins and Brother Eddie Kirkwood, McGregor Home, 14900 Private Dr., 44112.

Mother Annie Reed, Villa St. Joseph, 5200 Marymount Dr., 44135.

Mother Essie Williams, Jennings Nursing Home, 10204 Granger Rd., 44125.

Please keep the sick and shut-in in remembrance with your prayers, calls. cards and visits.

These members are sick at home:

These members are seen at nome.			
Sister Joyce Austin	Trustee Wife Lillie Neal		
Sister Pearlie Anderson	Sister Lillie Pittman		
Sister Odessa Bacon	Sister Geraldine Ray		
Sister Maudra Dennis	Sister Emma Rollins		
Sister Linda Ferguson	Deacon Ulysses Rowe		
Sister Lelia Foster	Sister Mary Scruggs		
Sister Lee-Vall Gardner	Sister Catherine Sullivan		
Sister Elizabeth Garrison	Trustee George Taylor, Jr.		
Sister Georgine Hughes	Trustee Wife Virginia Taylor		
Sister Velma Hughes	Sister Antoinette Thomas		
Sister Linda Jernigan	Deaconess Hattie Warren		
Sister Audrey Johnson	Deaconess Carrie Washington		
Sister Mattie Lockridge	Sister Hardenia Williams		
Brother Samuel Mitchum	Sister Geraldine Wilson		

Brother Kenneth Neal

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	1	Isaiah 43-44	Ps <mark>a. 92</mark>	Acts 15
	2	Isaiah 45-46	Psa. 93	Acts 16
	3	Isaiah 47-48	Psa. 94	Acts 17
	4	Isaiah 49-50	Psa. 95	Acts 18
	5	Isaiah 51-52	Psa. 96	Acts 19
	6	Isaiah 53-54	Psa. 97	Acts 20
	7	Isaiah 55-56	Ps <mark>a. 98</mark>	Acts 21
	8	Isaiah 57-58	Psa. 99	Acts 22
	9	Isaiah 59-60	Psa. 100	Acts 23
	10	Isaiah 61-62	Psa. 101	Acts 24
	11	Isaiah 63-64	Psa. 102	Acts 25
	12	Isaiah 65-66	Psa. 103	Acts 26
	13	Jer. 1-2	Psa. 104	Acts 27
	14	Jer. 3-4	Psa. 105	Rom. 1-2
	15	Jer. 5-6	Psa. 106	Rom. 3-4
	16	Jer. 7-8	Psa. 107	Rom. 5-6
	17	Jer. 9-10	Psa. 108	Rom. 7-8
	18	Jer. 11-12	Psa. 109	Rom. 9-10
	19	Jer. 13-14	Psa. 110	Rom. 11-12
	20	Jer. 15-16	Psa. 111	Rom. 13-14
	21	Jer. 17-18	Psa. 112	Rom. 15-16
	22	Jer. 19-20	Psa. 113	I Cor. 1-2
	23	Jer. 21-22	Psa. 114	I Cor. 3-4
	24	Jer. 23-24	Psa. 115	I Cor. 5-6
	25	Jer. 25-26	Psa. 116	I Cor. 7
	26	Jer. 27-28	Psa. 117	I Cor. 8-9
	27	Jer. 29-30	Psa. 118	I Cor. 10
	28	Jer. 31-32	Psa. 119:1-64	I Cor. 11
	29	Jer. 33-34	Psa. 119:65-120	I Cor. 12
	30	Jer. 35-36	Psa. 119:121-176	I Cor. 13
	31	Jer. 37-38	Psa. 120	I Cor. 14



What is Breast Cancer?

Breast cancer is a malignant (cancer) tumor that starts in the cells of the breast. It is found mostly in women, but men can get breast cancer, too. This information is only about breast cancer in women.

Factors That Increase Your Risk

The main factors that influence your risk for breast cancer include being a woman, being older (most breast cancers are found in women who are 50 years old or older), and having changes in certain breast cancer genes (BRCA1 and BRCA2). In addition, studies have shown that some other factors may also influence your risk.

Factors That Increase Your Risk

- Long-term use of hormone replacement therapy.
- Personal history of breast cancer or non-cancerous breast diseases.
- The family history of breast cancer (on either your mother's or father's side family).
- Treatment with radiation therapy to the breast/chest.
- Exposure to diethylstilbestrol (DES) (for example, if you took DES during pregnancy or your mother took DES during her pregnancy with you).
- Dense breasts by mammogram.
- Night-shift work.

Factors That Decrease Your Risk

- Being older when you first had your menstrual period.
- Starting menopause at an earlier age.
- Giving birth to more children, being younger at the birth of your first child, and breastfeeding your children.
- Getting regular exercise.
- Maintaining a healthy weight.

Some women will develop breast cancer even without any known risk factors. Having a risk factor does not mean you will get the disease, and not all risk factors affect your risk to the same extent. Most women have some risk factors and most women do not get breast cancer. If you have breast cancer risk factors, talk with your doctor about ways you can lower your risk and about screenings for breast cancer.

MT. HERMON BAPTIST CHURCH

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