

November 2021/Volume 3

Monthly Newsletter of First Missionary Baptist Church of Biloxi

# FMBC Focus

## Calendar Events

### Church Events

0900 - Weekly Sunday Service  
6:00pm – Weekly Bible Study  
( ZOOM)

6:00pm – Weekly Sunday  
School Study (ZOOM)

### Community Events

No School Nov 22-26: Harrison Cty

### National Events

American Diabetes Month

Daylight-Saving Time ends, November  
7, 2021, move your clock  
back 1 hour

Veterans Day, November 11, 2021

Thanksgiving Day, November

25, 2021

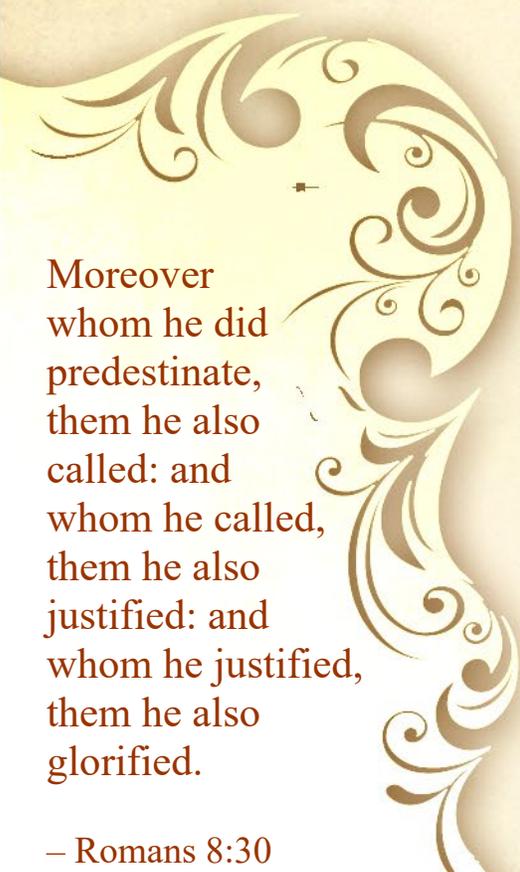
## A New Thanksgiving Tradition

At Thanksgiving, we give thanks for things (food, home, clothing, work) and loved ones (family, friends, pets). But if the people we name aren't present, they may never know how precious they are to us. This November, start a new tradition by writing notes of thanks to people you appreciate.

Follow Paul's model of starting letters with thanksgiving: "First, I thank my God through Jesus Christ for all of you, because your faith is being reported all over the world" (Romans 1:8, NIV). Notice how he thanks his addressees by thanking God for them. Paul is specific too, not writing, "Thanks for everything!"

Expressing genuine thanksgiving to God and another person, you might write something like this:

Dear Judy, This Thanksgiving I'm thinking about special people in my life. You are one! I thank God for our friendship, for your strong witness for Jesus and for your willingness to lend a hand as a substitute teacher. (Your chocolate cookies are icing on the cake!) I praise God for you! Sincerely, Joan



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

## Holiday Letter!

Dear FMBC Member,

Greetings in the Name of our Lord and Savior, Jesus Christ!

As we once again move toward the Holiday Season, which includes Thanksgiving, Christmas, and then New Year's Day, I want to take just a moment to encourage you to pause and consider just how good God has been to you over this past year. I believe the Holiday Season doesn't need to be filled with stress and anxiety when we realize the purpose for celebrating these wonderful times of the year... and new year!

November brings us the simple reminder that thankfulness is truly the kind of spirit we are to have, and this thankfulness will be more meaningful when we are both thankful to those around us, as well as our God above us.

Here's a beautiful verse of scripture on thankfulness out of the Message version of the Bible: 1 Chronicles 29:13 (MSG)

13 And here we are, O God, our God, giving thanks to you, praising your splendid Name.

I encourage you to really focus on this spirit of thanksgiving in advance of all these Holidays, and I really believe God will give you a tremendous appreciation for the Christ of Christmas as well. More than the "tinsel and the toys", and more than "bustle and the noise", is the realization that Jesus came to earth over 2000 years ago for you and I to know the blessed gift of Salvation!

Then, when these special days are over, take a week to reflect on the events of this past year, and determine your goals for the new year ahead.

Here is a wonderful scripture in anticipation of the New Year: Philippians 3:13-14 (NIV) 13 Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Press on! This walk with the Lord speaks of tenacity and resolve, yet the same God who has helped you make it through this year in victory will also be there to help you in the year ahead!

So, get out there and enjoy the Holiday Season!



Blessings in Christ,  
**Pastor Eric E. Dickey**



# Thankfulness // Self Care for the Sake of Others

## Fueled by Thankfulness



Thankfulness is not a minor virtue. It is not one of the elementary virtues [that] may be left behind as we become more mature. I believe that thankfulness is essential to the strength of every virtue, and that without it every other branch is starved and lean.

Life without thankfulness is devoid of love and passion. Hope without thankfulness is lacking in fine perception. Faith without thankfulness lacks strength and fortitude. Every virtue divorced from thankfulness is maimed and limps along the spiritual road.

—John Henry Jowett

## Self-Care For the Sake of Others

In light of Matthew 22:39, where Jesus says we should love our neighbors as ourselves, Rozella Haydée White writes: “I believe that we are called to love ourselves so that we can love our neighbor. I believe that loving God leads to loving self. When we love self, we practice how we are called to love others. Then when we love others, we love the incarnate God. And this cycle continues, leading us deeper into love with the One who is love.”

Unfortunately, many Christians have been taught that loving oneself is, well, selfish. But White understands self-care not as being self-serving but as recognizing oneself as a holy, beloved dwelling place for God.

She asks, “What if God has been inviting you not just to rest but to remember that you are first called to love God and love yourself? What if living out the commandments in that order gives you boundless energy to love others?”

## CHRISTIAN SYMBOL



**CORNUCOPIA—CORNUCOPIA, A GREEK WORD MEANING “HORN OF PLENTY,” HAS ORIGINS IN GREEK MYTHOLOGY. BUT THE CORNUCOPIA BECAME A RELIGIOUS SYMBOL AND WAS EVEN STAMPED ON JEWISH COINS. OVERFLOWING HORNS, NOW COMMON AS THANKSGIVING CENTERPIECES, CAME TO SYMBOLIZE ABUNDANCE AND BLESSINGS.**

## Gratitude's Gifts

Gratitude gets us through the hard stuff. To reflect on your blessings is to rehearse God’s accomplishments. To rehearse God’s accomplishments is to discover his heart. To discover his heart is to discover not just good gifts but the Good Giver.

Gratitude always leaves us looking at God and away from dread. It does to anxiety what the morning sun does to valley mist. It burns it up.

—Max Lucado, *You’ll Get Through This*



## Monthly Bible Verse

1 Thessalonians 5:18 - In everything  
give thanks: for this is the will of  
God in Christ Jesus concerning you.  
(KJV)

## Health & Wellness

Last month we talked about spiritual wellness in the model of Components of Wellness. This month we explore the **intellectual** role of obtaining overall wellness. Intellectual wellness is the ability to use information effectively for your family, personal and career development. When you look to grow and learn in areas of your life, you are improving your intellectual wellness. The health behavior gap is when you can eliminate the discrepancy between knowledge and behavior. A good example would be smoking. People know that smoking is bad, yet they still do it. We all know the importance of wearing seat belts, yet people still do not wear seat belts. Another could be driving and texting. There are clear negative statistics on these areas, yet people still do them. For wellness to happen, people must internalize information and act on it.

People who understand intellectually must apply the concept of **locus of control and self - efficacy**. Locus of control refers to a person's role in illness or wellness. This can be either internal or external. An **external locus** of control is when people view their issues out of their hands and are controlled by others. An **internal locus** of control is when they feel they are responsible for their decisions and are at least partially responsible for the choices they make.

**Self - efficacy** is when a person believes how well they can complete tasks. It is how a person feels if they can accomplish something. Of course, it helps if you have family and friends who provide encouragement and support. It requires a person to have a sense of competence at whatever it is they are trying to do. It is not earned but something you bestow on yourself.

You can see by being intellectually well you will be able to identify blocks that may come your way and make a plan to exclude these blocks that may keep you from achieving your goals!

Sister Revita Page

## A Blessed Thanksgiving

by Pam Ford Davis

"I will praise the name of God with a song,  
And will magnify Him with thanksgiving  
(Psalm 69:30 HCSB)."

Grateful, I give Father God thanksgiving.  
"Make a joyful shout to the Lord, all you  
lands!

Serve the Lord with gladness;  
Come before His presence with singing.  
Know that the Lord, He is God;  
It is He who has made us, and not we  
ourselves;

We are His people and the sheep of His  
pasture.

Enter into His gates with thanksgiving,  
And into His courts with praise.

Be thankful to Him, and bless His name.  
For the Lord is good;

His mercy is everlasting,  
And His truth endures to all generations  
(Psalm 100:1-5 NKJV)."

LORD God, You are so good. In Your  
mercy, You have showered us with  
blessings.

"Every good gift and every perfect gift is  
from above, and comes down from the  
Father of lights, with whom there is no  
variation or shadow of turning (James  
1:17 NKJV)."

Have a blessed Thanksgiving...

"... giving thanks always for all things to  
God the Father in the name of our Lord  
Jesus Christ (Ephesians 5:20(KJV))."