

THE STAR



MORNING STAR FIRST BAPTIST CHURCH

126 4th Ave., SW
Hickory, NC 28602
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Fax: 828-327-6373

Rev. David E Roberts II, Pastor
Dr. W.E. Lytle, Pastor Emeritus

Rev.RobertsII@gmail.com
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"THE CHURCH WHERE EVERYBODY IS SOMEBODY AND JESUS IS LORD"

July 8, 2018

Monday, July 9th, the Mass Choir will be rehearsing at 7:00 p.m., please be on time!

**Thank you to the following who gave to the Transportation fund
during the month of June!**

Mildred Mauney	Pamela D. Johnson	Ken & Vanessa Owens
Jessie Lee Anthony	Isabelle Haggins	Deborah Jessie
Rev. Webster & Raquel Lytle	Ana Richmond	Alyssa Frazier
Jasper Walton	Angie Pope	Joyce Morrison
Keith Robinson	Mr. & Mrs. Louis White	Dorothy Hewitt
Mr. & Mrs. Randy Phillips	Ronnie Hopper	Gregory Carson
Felicia Sherrill	Mr. & Mrs. Charles E. Davis	Robert Sherrill & Family
Mr. & Mrs. Michael Watkins	Richard & Rebecca Lawrence	Mr. & Mrs. Doug Bumgarner
	Steve & Beverly Davenport	



**Anyone interested in joining the Morning Star Senior
Usher Board, please contact Jackie Propst at (828) 638-2689
or Joyce Morrison at (828) 328-6129.**

YARD WORK

Anyone interested in having your yard plugged, raked, mowed, trimmed or any other yard service, please contact **William Coats at (828) 381-6557.**

**LOCAL REVIVAL
JULY 23—27TH, 2018
MORNING STAR FIRST BAPTIST CHURCH
7:00 P.M. NIGHTLY**

Illusionist Caleb Sigmon
Tuesday, July 10th at 10:00 a.m.
Ridgeview Branch Library
The whole family will be entertained and astounded by
The magic of Caleb Sigmon

Ice Tie-Dye
Thursday, July 12th at 4 p.m.
Grades 5-12
Learn how to use ice and fabric dye to create a water color, tie-dye effect on t-shirts or pillow cases. Bring your own white cotton t-shirt or pillowcase. We will have limited sizes and quantities available at the event. Please register by calling or visiting our website, www.hickorync.gov/content/library.

TRIVIA & JINGO
FOR ADULTS
FRIDAY, JULY 13TH & 20TH
10:30 A.M.
RIDGEVIEW BRANCH LIBRARY
Come out for some fun trivia games and Jingo. Enjoy light refreshments, meet new People, win a prize and take a tour of the library.
This program is FREE and open to the public, ages 18 and up.

ZUMBA
Saturday, July 14th & 28th
11:00 a.m.
Ridgeview Branch Library
Looking to burn off some energy? Join Elizabeth Kirby every other Saturday for a fun and energetic Zumba class for all fitness levels. This class is free, but does have a seat capacity of 15 so be sure to register to save your spot!
Please call or visit our website,
<http://www.hickorync.gov/content/library>
to register

MSFBC CHURCH CONFERENCE
TUESDAY, JULY 31ST
7:00 P.M.

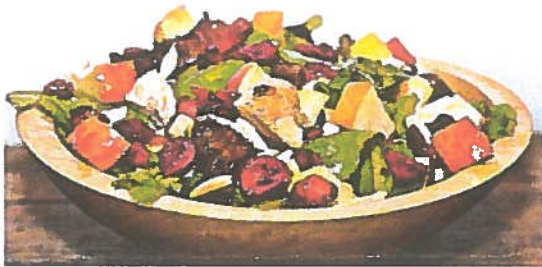
FREE SUMMER LUNCH FOR KIDS & TEENS!!!
MONDAY—FRIDAY (AGES 18 AND UNDER)
UNTIL AUGUST 17TH

RIDGEVIEW RECREATION CENTER
12:00 PM—2:00 PM

HIGHLAND RECREATION CENTER
12:00 PM—2:00 PM

Sponsored by Catawba County Schools

*You are cordially invited to...
"A Taste of Friendship"*



*Friendship Missionary Baptist Church (Downstairs)
340 1st Street SW, Hickory, NC 28602*

*Saturday, July 14, 2018
12 Noon to 2:00 PM*

*There will also be a Jewelry Party & Exhibit
featuring... Angela Rogers*



****Come out and enjoy Food, Fun, & Fellowship****



Health Watch



July/August, 2018

Carolyn W. Thompson, RN Faith Community Nurse
(828) 324-7719 or (828) 485-2300

Volume 19 Issue 4



"Sculpted from nothing into Something"

You are more than statistical chance, a marriage of heredity and society. Thanks to God, you have been **"sculpted from nothing into something."** (Psalm 139:15). He made you *you-nique*. Secular thinking, as a whole, doesn't buy this. Society simply says, "You can be anything you want to be." But can you?

God never prefabs or mass-produces people. **"I make all things new,"** he declares! (Revelation 21:5). So, you can do something no one else can do in a fashion no one else can do it. **"Make a careful exploration of who you are and the work you have been given, and then sink yourself into that"** (Galatians 6:4). When you do the most what you do the best, you put a smile on God's face. What could be better than that? -Max Lucado

Let the Parish Nurse help you determine what truly matters!!

CALL TODAY 324-7719 OR 485-2300 ext 6205



PLEASE NOTE!!

The **Faith Community Nurse:**

FREE and available!

Office Hours are limited. Please **CALL** to make an appointment or **visit** the nurse at the HealthFirst Center 3509 Graystone Pl. across the street from CVMC

485-2300 ext. 6205



8th BIGGEST KILLER:



HEPATITIS

Viral hepatitis kills 1.5 million people around the world yearly. Viral hepatitis is inflammation of the liver caused by a virus (HAV). There are 5 different types of hepatitis viruses.

HEPATITIS A - Transmission: is spread mainly through eating food or drinking water that has been contaminated by the feces of a person infected with the Hepatitis A virus (HAV). It can also be spread by eating raw shellfish that has come from water contaminated by sewage. Its incubation period is approx 28 days and it replicates in the liver and is shed in high concentrations in feces from 2 weeks before to 1 week after the onset of clinical illness. It can range in severity from a mild illness lasting a few weeks to a severe illness lasting several months. **Prevention: GET VACCINATED!!** Treatment within a few weeks of exposure to the virus can bring short term immunity. Reduce the risk of exposure by practicing good hygiene and sanitation and by avoiding drinking water that has come from a potentially unsafe source. **Treatment:** Hepatitis A causes acute hepatitis; the body is often able to clear the infection itself within a few weeks. It produces a self-limited disease that does not result in chronic infection or chronic liver disease.

HEPATITIS B - infections caused by the Hepatitis B virus (HBV) **Transmission:** It is transmitted through contact with the blood (highest concentration) or other body fluids in lower concentrations. (i.e. saliva, semen, wound exudates and vaginal fluid) of an infected person. It can be passed on from mother to child during childbirth. The incubation period from time of exposure to onset of symptoms is 6 weeks to 6 months. HBV can be self limited or chronic. **Prevention: GET VACCINATED!!** Vaccinations reduce chances of exposure. It is best to use condoms, and to avoid sharing needles or items such as toothbrushes, razors or nail scissors with an infected person. Avoid getting tattoos or body piercings from unlicensed facilities. **Treatment:** Drugs such as alpha interferon and peginterferon and a variety of antiviral drugs are available which slow the replication of the virus and occasionally result in its clearance. Children born to mothers of HBV should also be vaccinated within 12 hours of birth to prevent an infection that will most likely progress to chronic HBV. cdc.gov

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Hepatitis Handy Information CONT

Hepatitis D – known as “delta hepatitis,” is a serious liver disease caused by infection with the Hepatitis D virus (HDV) which is an RNA virus structurally unrelated to the Hepatitis A, B, or C viruses. HDV can be acute or chronic, is uncommon in the US. It is an incomplete virus that requires the helper function of HBV to replicate and only occurs among people who are infected with HBV.

Transmission: through contact with contaminated blood.

Prevention: Since Hepatitis D is only found in those infected with Hep. B and there is no vaccine for Hep D, people not already infected with Hep B should get the **HEP B VACCINATION** to prevent both Hep B and Hep D. Reduce exposure by avoiding sharing needles and other items such as toothbrushes, razors, or nail scissors with an infected person. **AVOID** getting tattoos or body piercings from unlicensed facilities. **Treatment:** conditions MAY improve with a-interferon; however no effective antiviral therapy is currently available for Hep D.

Hepatitis E – is a **SERIOUS** liver disease caused by the Hep E Virus (HEV) that usually results in an acute infection. It does not lead to a chronic infection. Rare in the U.S. Hep E is common in many parts of the world.

Transmission: Ingestion of fecal matter, even in microscopic amounts, contaminated water in countries with poor sanitation; also eating raw shellfish that has come from water contaminated with sewage. **Prevention:** Currently there is a no FDA approved vaccine to prevent hepatitis E. There is a vaccine, but it is not approved or widely used. Reduce the risk of exposure by practicing good hygiene and sanitation, and avoiding drinking water that has come from a potentially unsafe source.

Treatment: There is no treatment for hepatitis E. However, it is usually self-limiting.

HEPATITIS C: In the African American Community

As stated there is no vaccine for Hep C, the best way to prevent infection is by avoiding behaviors that can spread the virus. It is spread by contaminated blood via needle stick blood transfusions organ transplants before 1992, during birth to a mother who has Hep C sharing equipment for injecting drugs. **An estimated 3.2 million people are living with chronic Hep C in the US.** Most of them don't know it. More than 75% adults with Hep C are baby boomers (born 1945-1965). In the African American (AA) population chronic liver disease, often Hep C-related, is a leading cause of death among persons 45-64 years old. Hep C occurs more frequently and is deadlier for AA's than other ethnic groups. Testing is critical for this SILENT disease. CDC recommends anyone born during 1945-1965 get tested for Hep C. A simple blood test can determine if a person has ever been exposed to the virus. Early diagnosis and treatment can help prevent liver damage, cirrhosis of the liver and even liver cancer.

cdc.gov

For more information speak with the Parish Nurse



Are you looking for a Purpose?

Is God calling you to ministry?

Is your life fulfilling?

Can you help others?

God might be calling you to ministry – the ministry of helping others!

Stay tuned for wonderful opportunities to able to volunteer for your church and community, for yourself and God

For more information Call 828 485-2300 ext. 6205



THINGS TO REMEMBER:

July 4 FIREWORKS SAFETY reminder!! Visit cdc.gov for safety tips when having fun with fireworks

Vaccinate against Hepatitis – ask your doctor

Hepatitis C – No vaccination available

Seniors are more at risk for Hepatitis C

If you were born between 1945 – 1965 get tested for Hepatitis C. SAVE A LIVER, Your own!

Hepatitis C – deadlier for African Americans

12 Foods for a Healthy Liver



- | | | |
|-----------|------------|------------------|
| Garlic | Grapefruit | Beets |
| Artichoke | Lemon | Brussell Sprouts |
| Avocado | Cabbage | Walnuts |
| Broccoli | Spinach | Onions |

AND AS ALWAYS THE ADVICE IN THIS NEWSLETTER IS FOR EDUCATIONAL PURPOSES. PLEASE SPEAK WITH YOUR PHYSICIAN BEFORE FOLLOWING ANY MEDICAL ADVICE.

PRAYER LIST

“A righteous man may have many troubles, but the Lord delivers him from them all.”

Psalms 34:19 (NIV)

Jessie Anderson
Jessie Anthony
Denise Beatty
Jerome Beatty
Richard Beatty
Twanna L. Bowens
Albertina Brown
Vinnie Brown
Allen Campbell III
Nicole Canter
Antrice Carson
Audrey Carson
Gregory Carson
Keon Carson
Mary Connor
Charles Derr
Coleen Derr
Sage Marie Derr
Zachery Derr
William Dillingham
James Earl
Floree Edwards
Ida Ellis
Dorothea Ellison
Genia Farrer
Pedro Ferreira
Gracie Finger
Gregory Foote
Carla Foster
Akeem Fuller
Kameron Gay
Florida Gibbs
John Graves
Paul Greene
Jase Griggs
Randy Griggs
Connie Harris
Johnny Harris

Iola Harshaw
A. C. Haynes
Ruben Haynes
Carolyn Hector
Tonya Herning
Betty Hewitt
Kaylan Hoyle
Z. Ann Hoyle
Charles Hughes
Arlea Hunter
Ruby Hunter
Jon Hurst
Katina E. Izard
Gail James
Deborah Jesse
Esther Jett
Calvin Johnson
Clara Johnson
Keon Johnson
Omelia Johnson
Pamela D. Johnson
Sarah Johnson
Eric Kee
Henrietta Kennedy
Benny James Lavan
Bernard Lavan
Diane Lavan
Tommy L. Lewis
Benjamin Lytle
Madge N. Lytle
Raquel Lytle
Anthony Makenson
Joan Makenson
Eugene McCorkle (Mate)
Florence McCorkle
Timothy McCoy
Nadine McKnight
Carl Merritt

Shirley Page
Willie Mae Patterson
Phillip Payne
Betty Pope
William Powell
Charles Ramseur
Donald Ramseur (Atlanta)
Linda Ramseur
Savannah Ramseur
Frank Roberts
Geraldine Robinson
Perry Robinson
Elizabeth Rodriguez
Eloise Rose
Sherri Shade Saddler
Irene Scott
Patsy "JoAnn" Setzer
John Shade
Betty Sherrill
Carrie Shuford
Lela Mae Smith
Ashley Smoot
Tammy St. Louis
James Stover
Joyce Streeter
Bryant Swayne
Henry Thomas
Peggy Turner
Gary Ussery
Reco Weaver
Sheila Wells
Gary Wilfong
James Wilfong
John Wilson
Thomas Wilson
Carolyn Wimbush
Janay Woodard
Walter Young

Please call us with any new requests or if you know of someone who needs to be taken off, please let us know.

PRAYER LINES

**If you would like prayer, call Rev. Jeanette McConnoughey
at (828) 781-1145 or (828) 270-5243**