SECOND MISSIONARY BAPTIST CHURCH

# Digital Bulletin





# **With Great Sadness**

As previously announced, **Bro. Curtis Poole** passed away. Services are scheduled for Tuesday, August 5th at SMBC with visitation beginning at 10:00 a.m. and funeral following at 12:00 p.m. Arrangements have been entrusted to John P. Franklin Funeral Home. Please keep Bro. Poole's family in prayer.

As previously announced, **Sis. Frances Gillespie** passed away. Services are scheduled for Monday, August 11th at SMBC with visitation beginning at 10:00 a.m. and funeral following at 12:00 p.m. Arrangements have been entrusted to John P. Franklin Funeral Home. Please keep Sis. Gillespie's family in prayer.

As previously announced, **Sis. Gwendolyn Wyatt Jackson** has passed away. Visitation will be held on Wednesday, August 13th from 2:00 p.m. - 6:00 p.m. at John P. Franklin Funeral Home. Funeral will be on Thursday, August 14th at 11:30 a.m. at SMBC.

- Music Ministry is inviting all current and former choir members to join them for our 159th Church Anniversary. Rehearsals will be held Tuesday and Thursday, August 5th and 7th at 6:00 p.m. We hope to see all ages from our little lambs to our seasoned saints!
- This year marks a significant milestone as we celebrate 10 years with the Reid family! We invite all of you to join us October 18th at the Chattanooga Convention Center. Tickets can be purchased after Sunday service or in the Church Office during regular business hours. Tickets are \$75 per person if paying by cash or check. They can also be purchased online via our church website or the Givelify app for \$78. See page 5 for more details.

# DR. CHRISTOPHER DAVIS SR. | 159th CHURCH ANNIVERSARY GUEST PREACHER

Dr. Christopher Davis has served as senior pastor of St. Paul Baptist Church in Memphis, TN since 2000.

A native of Proctor, Arkansas, Dr. Davis was called at the age of twenty-one to preach God's Word. He was licensed in the gospel ministry in 1994, and subsequently ordained in 1996. He graduated with Bachelor of Arts degrees from both the University of Arkansas and Arkansas Baptist College. He earned the Master of Arts in Religion degree (Cum Laude) from Memphis Theological Seminary in Memphis, Tennessee. Rev. Davis received his Doctor of Ministry degree with special emphasis on Preaching and Leadership from the United Theological Seminary in Dayton, Ohio. He is presently pursuing a Doctor of Philosophy (Ph.D.) degree in Leadership with a concentration in Higher Education Leadership from Anderson University, Anderson, South Carolina.

Dr. Davis has done additional study at the Kellogg School of Management, Northwestern University. He also holds the honorary Doctor of Divinity degree from Arkansas Baptist College.

Dr. Davis serves as Associate Professor of Preaching and Pastoral Ministry and Associate Dean of Doctoral Studies at Memphis Theological Seminary, Memphis, Tennessee. His additional commitments include his work as president of the Tennessee Baptist Missionary and Educational Convention, Inc., member of the Board of Directors for the Rise Foundation, Sisters Network, Inc., the Greater Whitehaven Economic Development Corporation, Board of Trustees of Lemoyne-Owen College, Baptist Health Sciences University, and West Africa Theological Seminary, Lagos, Nigeria, where he also serves as an adjunct preaching professor.

In addition, Dr. Davis is an avid golfer, spades player, aspiring chef and life member of Kappa Alpha Psi Fraternity, Inc. Dr. Davis is married to the lovely Rhonda Richardson Davis and together they share five amazing children – Christopher II, Jaden, Allie, Jenna, and Savanna.

#### **THANK YOU**

I would like to express a heartfelt thank you to Pastor Reid, First Lady, and my church family for your support and prayers. It means more than you will ever know during these difficult times. **Bro. Charles Spruce** 

Thank you so much for the generous graduations gifts. That will be used toward my college experience. Knowing you believe in me gives me the encouragement I need to reach my next milestone. It truly mean a lot to me. **Ashton Jordan** 

# CONGRATULATIONS

Congratulations to Bro. Milton and Sis. Marva Naylor who celebrated their 46th wedding anniversary on August 4th.



# SECOND MISSIONARY BAPTIST CHURCH • Monthly Health Topic • August **GASTROPARESIS**

Gastroparesis (ga-strow-puh-ree-sis) is a condition, also known as delayed emptying, where the stomach takes too long to empty food. Normally, strong muscle contractions propel food through the digestive tract. In gastroparesis however, this movement is slowed down or doesn't work at all.

## **CAUSE OF GASTROPARESIS**

Most cases of gastroparesis are due to an unknown cause, but it can be related to diabetes or happen after a surgery that involves the stomach or other digestive organs. Certain medications such as opioid pain relievers, antidepressants, blood pressure, and allergy medications can also cause slow gastric emptying.

# SYMPTOMS OF GASTROPARESIS

- Abdominal bloating
- Abdominal pain
- Acid reflux
- Changes in blood sugar levels
- Feeling full quickly
- Vomiting

#### COMPLICATIONS OF GASTROPARESIS

In severe cases of gastroparesis, the following may occur: severe dehydration, malnutrition, undigested food that hardens in the stomach, unpredictable blood sugar changes, or the need for a feeding tube.

Nausea

#### Some suggestions may include: Eating 4 to 6 small meals per day, instead of 3 big meals

symptoms.

Drink high calorie liquids (like Ensure Plus or Boost)

nausea and vomiting, and diet changes can help control

- Limit intake of alcohol and carbonated beverages
- Limit certain meats and dairy

TREATMENT OF GASTROPARESIS

Not lying down for bed immediately after a meal

Consulting with your doctor after a formal diagnosis of gastroparesis is the best way to come up with a treatment plan that fits you!

Although there is no cure for gastroparesis, medications to treat

Seeing a dietitian may help. Dietitians can help suggest foods

that your body can easily digest and absorb more nutrients.

GASTROPARESIS **AWARENESS MONTH** 

SOURCES: https://www.healthline.com; https://www.mayoclinic.org/

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**August 16, 2025** 9 A.M. – 11 A.M. at SMBC LIGHT BREAKFAST JOIN US AS WE DISCUSS IMPORTANT TOPICS

**Spotting and Avoiding Fraud Budgeting and Finance** 

SIGN UP AFIER SUNDAY SERVICE **DONATIONS ACCEPTED** 



SECOND MISSIONARY BAPTIST CHURCH | Dr. Ernest L. Reid Jr., Pastor

🕅 2305 E 3rd St, Chattanooga, TN 🕒 (423) 624-9097 🐷 mysmbchurch.org 📢 @2ndMBChurch

# WOMEN

# FRIDAY, AUGUST 22ND | 5:45 PM | SMBC

**Powerful Praise and Worship** 

- Special Guests: Rev. Karen Collins, Genesis Patton, Ronisha Walker, and Pat White
- Praise Dance: Aisha Collins-Spriggs and Dance Group Divinity

# SATURDAY, AUGUST 23RD | 10:30 AM - 3:00 PM | SMBC

Panelist Discussion + Keynote Speaker

Lunch featuring Frank Bumpass and DJ Augie

TICKETS ON SALE THROUGH AUGUST 10TH

CASH OR CHECK MADE **PAYABLE TO SMBC** 

**CHURCH WEBSITE OR** 

KEYNOTE SPEAKER **Dr. Shervi James** CONTACT THE CHURCH OFFICE FOR QUESTIONS Pastor of **Destiny Church** 

Chattanooga





PANELIST Rev. Dr. Eva Settles



**Doris Ervin** 



Vernita Taylor



Ronisha Walker



Dr. Cassandra Simms



**Rev. Karen Collins** 



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Chattanooga Convention Center

TICKETS MAY BE PURCHASED AFTER SUNDAY SERVICE OR IN THE CHURCH OFFICE | SEMI-FORMAL

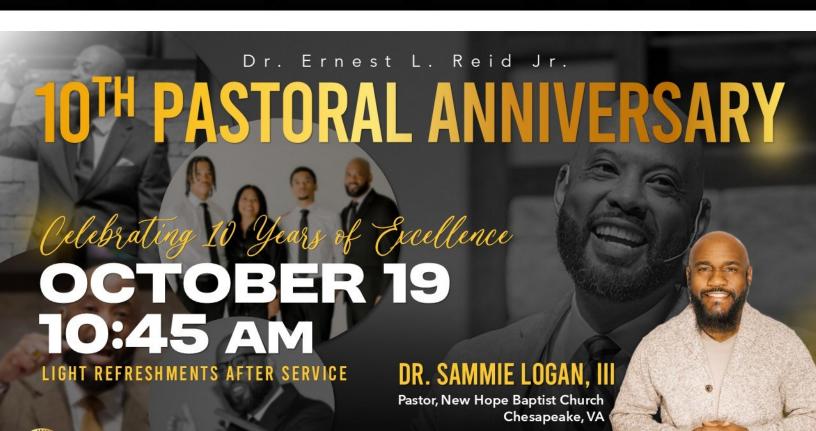
CASH | CHECK | CHURCH WEBSITE | GIVELIFY TABLES OF 8 - \$600 / \$624

SEPTEMBER 26TH

TICKET PURCHASE Celebrating 10 Years of Excellence

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# **Expanding the City Senior Tax Freeze**

with Councilman Ron Elliott

## What is the Senior Tax Freeze?

The **Senior Tax Freeze** allows homeowners **65 or older** to **lock in their property tax amount**, so it doesn't go up, even if home values rise. Currently, the income limit in Chattanooga is \$48.250.

#### The Proposal

Councilman Elliott is calling to raise the income limit to \$60,000—the maximum allowed under state law.

This change would:

- · Expand access to additional seniors
- Help more seniors stay in their homes
- Protect those on fixed incomes
- Provide long-term relief as costs rise
- · Offer stability to longtime homeowners

# 🔍 What's the Difference Between Tax Freeze and Tax Relief?

Program	Who It Helps	What It Does	Income Limit (2024)
Tax Freeze	Seniors (65+) who own and live in their homes	Freezes property taxes at current level, even if home value increases	Currently \$48,250 (proposed: \$60,000)
Tax Relief	Seniors (65+), disabled homeowners, veterans, surviving spouses of disabled veterans	Gives credit to help reduce the amount you have to pay	Lower income threshold: ~\$36,370 (varies yearly)

- Tax Relief puts money back in your pocket once a year.
- Tax Freeze protects you from future increases in your property taxes.

You can apply for both programs if you meet the eligibility requirements.

#### iii What's Next?

- July 22 @ 2:00 PM Press conference at Glenwood Community Center to announce the resolution
- iii July 22 Councilman Elliott presents the resolution to the City Council's Legislative Committee
- August 5 City Council will vote on the resolution

#### **♦** How You Can Help

- · Attend the July 22 press conference to show support
- Join the July 29 Council meeting and speak during public comment
- . Be present on August 5 when the final vote happens
- Share this info with your neighborhood
- Call or email your council rep and urge them to vote YES

## A Message from Councilman Ron Elliott

"Our aging neighbors have helped build this city. It's our turn to carry them forward—with compassion and common sense. Raising this income limit helps more seniors live with peace of mind and economic stability."



# SICK AND SHUT-IN LIST

# SICK

Sis. Theresa Malone Sis. Vicki Payne Sis. Juanita Mitchell Sis. Wilda Walton

# **SHUT-IN**

Sis. Marie Bailey Sis. Lillie Glenn Sis. Gwendolyn Moore Bro. Eric Payne Sis. Yolaundia Banks Sis. Cora Godbee Sis. Martha Coleman Sis. Erica Henderson Sis. Saundra Payne Sis. Virginia Robinson Sis. Dorothy Hughley Sis. Angela Denis Sis. Krystal Rodrigues Sis. Linda Dennis Bro. William Hurt Sis. Gwendolyn Jackson Sis. Lila Salmon Bro. John Dowell Sis. Corine Dunson Sis. Ellen Lee

Sis. Bertha Elder Bro. Carlous McConnell Sis. Annie B. Moon Bro. Bruce Fleming Sis. Joyce Fletcher Sis. Daphne Moore

Sis. Alice Smith Sis. Doris Smith

# **Health Center at Standifer Place**

Bro. Paul McDaniel Jr.

# **Life Care Center of Collegedale**

Bro. James Millsaps

All announcements must be sent to officeadmin@mysmbchurch.org by Wednesdays 12:00 noon in order to run the next week.

Announcements for the week of August 10th are due by Wednesday, August 6th PLEASE KEEP SUBMISSIONS BRIEF. ALL SUBMISSIONS ARE SUBJECT TO BE EDITED AS APPROPRIATE.