

SECOND MISSIONARY BAPTIST CHURCH

Digital Bulletin

Week of November 2, 2025



HOSTED BY THE DEACONESS MINISTRY

New Member MEET & GREET Tea

Striving for Excellence in Christ | Colossians 3:23-24

November 9, 2025

IMMEDIATELY AFTER SERVICE | LIGHT REFRESHMENTS SERVED

Join us as we welcome our new members to the SMBC Family!



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

2305 E 3rd St, Chattanooga, TN (423) 624-9097 www.mysmbchurch.org

ANNOUNCEMENTS

- Young Adult Choir Rehearsal will be Thursday, November 6th at 7:00 p.m. All young adults are encouraged to join. Contact the Church Office or Bro. Moreland Wilson for questions.
- As we enter the holiday season, we always focus on giving to those in need. This year is unique. With the governmental shutdown, benefits being withheld, and uncertain times, there are more people who need assistance. Our goal this year is to strengthen our Mission and Benevolence so we can continue helping as many people as possible. We ask that you prayerfully consider giving to Mission and Benevolence along with your normal tithes and offering. If you are at church in person, there are envelopes marked as "Thanksgiving" in the back of the pews. When using these envelopes, those funds will automatically go to our Mission and Benevolence. You can also categorically give on our church website or through the Givelify app.

NEW MEMBERS CLASS

NOVEMBER 9th | 16th | 23rd | 30th

9:30 AM WITH PASTOR REID



SECOND MISSIONARY BAPTIST CHURCH

Mission & Benevolence

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



SPREADING THE GOSPEL AND SERVING OUR COMMUNITY

**GIVE TO MISSION AND
BENEVOLENCE**



GIVELIFY



CHURCH WEBSITE



MAIL OR DROP OFF



AFTER SERVICE

2305 E 3rd St, Chattanooga, TN (423) 624-9097 www.mysmbchurch.org

GRATEFUL GOBBLER

JOIN THE SMBC TEAM!

5K WALK/RUN

Thanksgiving Morning, November 27th
Coolidge Park | 8:00 A.M.

CONTACT THE CHURCH OFFICE TO SIGN UP



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SECOND MISSIONARY BAPTIST CHURCH • Monthly Health Topic • November DIABETES

Diabetes mellitus, commonly known simply as diabetes, is a disease that causes high blood sugar. There is a hormone in the body called insulin, that moves sugar from the blood into your cells to be stored or used for energy. When a person has diabetes, their body either doesn't make enough insulin or can't effectively use the insulin it does make. Untreated or uncontrolled high blood sugar from diabetes can damage your nerves, eyes, kidneys, and other organs.

SYMPTOMS

Most common symptoms of diabetes include:

- Increased hunger and thirst
- Frequent urination
- Blurry vision
- Extreme fatigue/tiredness
- Sores that are slow to heal

Symptoms may also differ for men and women. Men may experience erectile dysfunction or poor muscle strength. Women may experience urinary tract infections (UTI), yeast infections, or dry itchy skin.

RISK FOR DIABETES INCREASES IF:

- You have a parent or sibling with diabetes
- You have high blood pressure or high cholesterol
- You are African American, Hispanic or Latino
- You aren't physically active
- You are overweight
- You are 45 years old or older

QUICK FACTS

Type 1 The cause of Type 1 diabetes is not exactly understood, but it is an autoimmune disease. This means that your immune system attacks the pancreas and destroys cells. Insulin is made in the pancreas, so there is often little to no insulin produced in the body. Genes may play a role.

Type 2 In Type 2 diabetes, your body becomes resistant to insulin, and this allows sugar to build up in your blood. The cause of Type 2 diabetes is a combination of genetics and lifestyle.

African Americans and Hispanics are over 50% more likely to have diabetes than non-Hispanic whites.



NOVEMBER IS DIABETES AWARENESS MONTH

SOURCES: American Diabetes Association, Healthline

SICK AND SHUT-IN LIST

SICK

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

SHUT-IN

Sis. Yolaundia Banks	Sis. Cora Godbee	Sis. Gwendolyn Moore
Sis. Martha Coleman	Sis. Erica Henderson	Sis. Sandra Payne
Sis. Angela Denis	Sis. Dorothy Hughley	Sis. Krystal Rodrigues
Sis. Linda Dennis	Sis. Cynthia Jackson	Sis. Lila Salmon
Bro. John Dowell	Sis. Clarrisa Jones	Sis. Alice Smith
Sis. Corine Dunson	Bro. Bernard Jones	Sis. Doris Smith
Sis. Bertha Elder	Sis. Ellen Lee	
Bro. Bruce Fleming	Bro. James Millsaps	
Sis. Joyce Fletcher	Sis. Annie B. Moon	
Sis. Lillie Glenn	Sis. Daphne Moore	

Health Center at Standifer Place

Bro. Paul McDaniel Jr.

NHC Parkwood

Sis. Marie Bailey
Sis. Virginia Robinson
Bro. Ernest Walker

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 November 9th are due by Wednesday, November 5th
PLEASE KEEP SUBMISSIONS BRIEF. ALL SUBMISSIONS ARE SUBJECT TO BE EDITED AS APPROPRIATE.