



CHOSEN

"1 PETER 2:9-10"

NEWSLETTER: **THE CHOSEN CHRONICLES**

Our vision is to build up a group of Kingdom minded servants totally surrendered to God, who impact the community for His glory. Realizing that everything we need we receive when we put God first.

FROM THE PASTOR'S PEN

"This is the season of giving, let's make sure we give God everything in us."

UPCOMING EVENTS

Grief & Mental Health Counseling Night 11/19

Angel Tree 11/16- 12/14

12 Days of Kindness 11/17-1/28

Self Care Sunday 11/23

Thanksgiving Service 11/25

NOVEMBER 2025 EDITION



2025



HEALTH & WELLNESS NEWS



What the Experts Say (2025–2026 Flu Season)

- Annual flu vaccination is your best protection. CDC recommends that everyone 6 months and older receives a flu shot annually (with rare exceptions) . A recent CDC advisory panel recommends
- single-dose flu vaccine, especially for adults, pregnant women, and young children. Vaccinating in September or October ensures coverage during peak flu activity, but late-season vaccination is
- still beneficial if you miss that window .

Why This Matters for Our Congregation

- The ~~2024-2025~~ ²⁰²³⁻²⁰²⁴ flu season in the U.S. had 10,000 hospitalizations, and 27,000 deaths, including 266 pediatric deaths . Individuals with chronic conditions such as asthma, diabetes, compromised
- immunity, and older adults are especially vulnerable to severe complications and are urged to prioritize vaccination .

Practical Tips for Our Church Family

- Talk to your Doctor Get the flu shot—ideally in September or
- October, but any time if you haven't yet . Practice good hygiene: Wash hands often with soap for at least 20 seconds; use hand
- sanitizer when needed . Cover coughs and sneezes into elbow or tissue—not hands—and dispose of tissues immediately . Stay
- home if you're sick—this simple act of love protects others and keeps our church family safe . Church precautions: Keep hand
- sanitizer available, encourage discreet hygiene practices before and after Communion, and be flexible with liturgical practices to
- safeguard health .

A Warm Bowl Of Healing

As the cool fall air sets in, this comforting chicken noodle soup is more than a meal — it's nourishment for the body and soul. Filled with lean protein, fiber-rich veggies, and a soothing broth, it's the perfect way to support your immune system and share love around the table.

Ingredients

- 1 Tbsp olive oil
- 1 medium onion, chopped
- 2 carrots, peeled and sliced
- 2 celery stalks, sliced
- 3 cloves garlic, minced
- 8 cups low-sodium chicken broth
- 2 cups shredded cooked chicken breast (rotisserie or boiled)
- 1 ½ cups whole-grain egg noodles (or gluten-free noodles)
- 1 tsp dried thyme
- 1 bay leaf
- Salt and pepper to taste
- ¼ cup fresh parsley or spinach for garnish

Directions

1. **Sauté the veggies:** Heat olive oil in a large pot over medium heat. Add onion, carrots, and celery. Cook until tender, about 5–6 minutes. Add garlic and cook for 1 more minute.
2. **Add the broth and herbs:** Pour in chicken broth, thyme, and bay leaf. Bring to a gentle boil.
3. **Add noodles:** Stir in noodles and cook according to package directions (about 6–8 minutes).
4. **Add chicken:** Stir in cooked shredded chicken. Simmer 5 minutes until heated through.
5. **Finish with freshness:** Remove the bay leaf. Season to taste and garnish with parsley or spinach. Add a squeeze of lemon for brightness!



Health Spotlight: Why Homemade Soup Heals

Homemade soups are naturally lower in sodium and preservatives compared to canned versions. The warm broth helps keep you hydrated, while garlic, onion, and herbs provide immune-supportive antioxidants. It's a simple reminder that taking time to cook and care for our bodies is an act of stewardship our bodies need!

ENTREPRENEUR OF THE MONTH

Im a graduate of Aveda Fredric's Institute and have been a Licensed Esthetician/Wax Specialist since 2022. I began my entrepreneurial journey in April of 2024. I always seen myself having my own business, but was afraid of failure. Through God's grace, I'm still here!

My goal at Bodiez Wax Studio, to provide a calming, safe space for women to feel confident and beautiful, not just on the outside, but on the inside as well. I also service the young ladies (11-18) for eyebrow services. 25% off to ALL TCC partners!

I look forward to servicing you all soon.
God Bless!

Business Name: Bodiez Wax Studio
Address: 125 E. Second St. (inside of 5 Star Salon Academy)
Phone number: 937-234-7964
Booking site: bodiez.glossgenius.com

He replied, "Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."

Matthew 17:20 ESV



CONTACT US

Hours of Operation:

Sundays and Wednesdays: CLOSED
Monday, Tuesday, and Thursday: 9am-3pm
Friday: 12pm-7:30
Saturday: 9am-3pm

Mail: 295 E. Salem St. Clayton OH 45315
Phone: (937) 540-8068 / (937) 751- 6185

Email: chosenchurchinc@gmail.com
For Newsletter Content Please email:
chosenchurchnewsletter@gmail.com

Service Hours

Sunday - 10:15 AM
Bible Class every other Wednesday - 7 PM
Noon Prayer Daily - 12 PM – 1 PM

CELEBRATIONS

Happy Birthday!!

Nekesha Renfroe 11/1
Jami Tellis 11/3
Tory Grayson 11/4
Isis Rucker 11/4
Dashauna Cotton 11/7
Marc ONeal 11/9
Richard Fleming 11/15
Erica Shepherd 11/16
Aury Colindres 11/17
Valencia Woodard 11/17
Trinity Scott 11/19
Jalen Ruby 11/20
Portia Reed 11/21
Tonishia Burgan 11/24
Amira Thompson 11/25
Alvin Thompson 11/26
Toni Crawford 11/27
Jacqueline Bogan 11/29
Anita Skipper 11/29
Ryanna Lowe 11/30
Aundrea Patterson 11/30

