





## Brown Bag Bible Study

RETURNS!  
Wednesdays  
12 Noon

**Beginning This Week!**

*Chips and Drinks Provided*

## Our Hearts. Our Choice.

National Wear Red Day  
February 6, 2009

### CARDIOVASCULAR DISEASE IN AFRICAN-AMERICAN WOMEN

African-American women are at greater risk of cardiovascular disease (CVD) than white women, yet they are less likely than white women to know that they may have major risk factors. Diabetes, smoking, high blood pressure, high blood cholesterol, physical inactivity, overweight/obesity and a family history of heart disease are major risk factors for CVD among all American populations. At least one or more of these risk factors are greatly prevalent among African-American women.



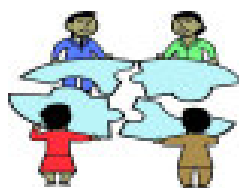
- Nearly half (49 percent) of all non-Hispanic African-American females have some form of heart disease, stroke or other CVD.
- African-American females and males have higher death rates from CVD than white females and males.
- Among non-Hispanic black females 20 and older 79.6 percent are overweight or obese.
- Of people 18 and older, 17.3 percent of black females smoke putting themselves at increased risk for heart attack and stroke



*Brought to you by the JOY Health and Wellness Ministry*

## ARE YOU CONNECTED AT JOY?

These Helps Ministry Groups Need Smiling Faces!



### GUEST SERVICES

- \* Greeters
- \* Guest Registration

### SANCTUARY SERVANTS

*More Information at the Member Services Desk*

## 2009 Church Emphasis



## The Love of the Church (Focus on Jesus the Christ)



### “A CELEBRATION OF JOY”

EVERY SUNDAY AT 1:30 P.M.

### Watch It On-

COMCAST	17
TV MAX	95
SUDDEN LINK	98
PHONOSCOPE	75

### TODAY'S MESSAGE:

“Should African-Americans Celebrate Kwanza?”Pt 3

## A Dose of R.E.A.L. Truth!

Restoration Excellence Accountability Liberation



Prescribed by  
Dr. Michael P. Williams



“Knowing Where You Belong”  
 “The Problem With Prayer”  
 “My Every Year Resolution”  
 “God’s Mighty Men”

**Get Your CD Today!**

Special Guest Preacher



Bishop Allen Wiggins  
The Hope Church of Orlando  
Orlando, FL

## JOY Baptist Tabernacle

Celebrates 23 Years of Ministry

PIONEER DAY XXIII

Sunday, February 8, 2009

9:30 a.m.



Dr. Roscoe Cooper  
Metropolitan African-American Baptist Church  
Richmond VA

## Heritage Revival

MONDAY -  
WEDNESDAY  
February 9 - 11, 2009

7:30 p.m. Nightly

## PRAYER LIST



*As for me, far be it from me that I should sin against the LORD by failing to pray for you  
1 Samuel 12:23 (NIV)*

JOY Tabernacle First Family  
Dr. Gregory Ballard and Family  
David “Chuck” Williams  
Rev. Madison Williams  
Dr. Bernice Morton

Baltimore, MD  
St. Louis, MO  
Detroit, MI

*The prayer list will be published on the 1<sup>st</sup> Sunday only! Names to be listed must be submitted by the last Sunday in the previous month!*