

Mt. Pleasant Baptist Missionary Church

" A Church Conscious-minded About the Things of God"

9th Pastoral Celebration



March is a special time for us and this year it is very special. Pastor Miller has had some very close calls but the most important call was to come back and celebrate his 9th year of ministry with MPMBC. No matter what he has had to endure this past year, this past week we saw the miracle of feverent pray-

ers.

The celebration began on Saturday, March 10th at 5pm with Pastor Anthony . Dicks, and the Cedar Grove Missionary Baptist Church family. The text was taken from John 2:10-11 and entitled "The Best is Yet to Come. Continuing on Sunday morning our very own Minister James Pitts applied Matt 12:36-37 to "There is Power in the Word. Sunday evening, Pastor Les Howard and the Old Pilgrim Missionary Baptist Church family ended the celebration from Matt.

3:1-3 under the entitlement of "The Necessity of Preaching.

The Pastor Support Ministry did an excellent job of planning this event for the church family and we look forward to next year being even better.

The First Lady looked as beautiful as ever and Pastor Miller was sharp as usual. The whole celebration weekend was an occasion of smiles as sweet spirit hung over us during all events.

Inside this issue:

Ministry in Action 2

Recipe of the Month 2

Poem 2

New Website Coming Soon 3

Calendar Events 3

Information You Can Use 4



He Got Up

It's Spring time and the flowers are blooming, the birds are chirping and the temperature is rising. All signs of new life.

The other sign of new life for us as believers, I when Jesus

did what He said he would do " I'll rise in three days."

In other words He got up! Jesus rose from the depths of the earth for you and me. He also showed the enemy just how powerful He was.

The same power that brought Jesus back reside in us. All we have to do is believe. So the next time you're feeling down on yourself just remember.

HE GOT UP!!!!

Thought :

- The Israelites wandered in the wilderness fir 40 years. How long have you been wondering?

Key Cholesterol Terms: What You Need to Know

When it comes to your heart health, understanding your blood cholesterol levels can be lifesaving. Cholesterol levels play an important role in determining your risk for getting coronary heart disease. When too much cholesterol is present in the blood, plaque may form in the arteries reducing blood flow to the heart. Over time, the plaque buildup can cause atherosclerosis (hardening of the arteries), which can lead to heart disease. The higher your blood cholesterol, the greater your risk.

Types of Cholesterol

Low density lipoproteins (LDL)- LDL ("bad") cholesterol can cause plaque buildup in on the walls of the arteries. The lower your LDL cholesterol, the lower your risk for heart attack and stroke.

What the numbers mean:

Less than 100 mg/dL	Optimal
100 to 129 mg/dL	Near optimal/Above optimal
130 to 159 mg/dL	Borderline high
160 to 189 mg/dL	High
190 mg/dL and above	Very high

High Density Lipoproteins (HDL) -HDL ("good") cholesterol helps the body rid itself of bad cholesterol in the blood. With HDL cholesterol, higher levels are better. Low HDL levels (less than 40 mg/dL for men and less than 50 mg/dL for women) put you at greater risk for heart disease.

Recipe for Your Collection



Breakfast Casserole

Prep Time: 25mins

Cook Time: 1hr 15 min

Ready In: 1hr 40 min

Serves: 12

1 pound bacon

1/4 cup diced onion

1/4 cup diced green bell pepper

3 cups shredded Cheddar cheese

8 eggs

2 cups milk

1 (16 ounce) package frozen hash

brown potatoes, thawed

1.Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 7x11 inch casserole dish.

2.Fry the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes. Drain on a paper towel-lined plate. Crumble.

3.In a large bowl beat together eggs and milk. Mix in cheese, bacon, onion and green pepper. Stir in the thawed hash browns. Pour mixture into prepared casserole.

4.Cover with aluminum foil and bake in preheated oven for 45 minutes.

Uncover and bake for another 30 minutes until eggs have set.

The Difference

I got up early one morning
And rushed right into the day;
I had so much to accomplish
That I didn't have time to pray.

Problems just tumbled about me
And heavier came each task;
Why doesn't God help me? I wondered
He said, "But you didn't ask."

I wanted to see joy and beauty
But the day toiled on, gray and bleak ;
I wondered why God didn't show me.
He said, but you didn't seek.

I tried to come into God's presence;
I used all my keys at the lock.
God gently and lovingly chided,
My child, you didn't knock.

I woke up early this morning
And paused before entering the day.
I had so much to accomplish
That I had to take time to pray!
Author Unknown

New Website Under Construction

Finally, we will be up an running again soon. The webmaster has been working with Pastor Miller , the Trustee Ministry and the site designer for the last few months and we are excited about what you will and the community will soon see. Communication is an important part of life and technology is so advanced now that

there is no excuse not to communicate.

It is the hope of the Media Ministry that you will be pleased and ask that you be patient and we work toward improvement of communication.

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Upcoming Events

April 6,2012 Good Fridays Services

April 8, 2012 Sunrise Services

April 21,2012 JSFH in use-Reid

April 28, 2012 VBS Training

May 5,2012 Women's Prayer Breakfast

May 6, 2012 Women's Day

May 19, 2012 Church Picnic

May 20, 2012 Social Hall in Use after Service-YWAS

May 26,2012 Church Conference

May 26, 2012 JSFH in Use - RRA

June 2, 2012 JSFH in use-Whitner

June 3, 2012 Men's Day

June 4-8, 2012 VBS

June 9, 2012 Small Social Hall in Use-Cumby

June 16, 2012 Church and JSFH in Use-YWA's

June 23, 2012 Church Health Fair

June 24, 2012 Singles Anniversary

Important Information



Location: 505 White Horse Rd
Mailing Address: P.O. Box 8634
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E-mail: Info@mtpleasantbaptistchurch.org

George C. Miller, Pastor

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864- 220- 5856

Email: pastor@mtpleasantbaptistchurch.org

For information to be included in future newsletters, please submit your information to media@mtpleasantbaptistchurch.org. Information may be edited for content and space.

We're on the Web

mtpleasantbaptistchurch.org

Administrative Contacts

Secretarial Staff should be contacted for the use of the church for funerals and all other information concerning you as a member. They will be happy to point you in the right direction. Please contact the Secretary, Sister Vera Wynn at 864-288-2153 and the Asst. Secretary, Sister Johnnie Chapman at 864-422-8088 or

Secretary@mtpleasantbaptistchurch.org

Finance Clerk- Should be contacted for all finance concerns and reimbursements. Please contact Sister Arlene Meadows-Hunter at 864-268-9292 or

Finance@mtpleasantbaptistchurch.org

Church Coordinator -should be contacted for all events involving the use of the church and Joe Stevens Fellowship Hall with the exception of funerals. Please contact Sister Velma Johnson at 864-236-0495 or

CC@mtpleasantbaptistchurch.org

Pastor's Clerk should be contacted for any information regarding the Pastor's Calendar. Please contact Sister Carmen Mayes at 864-248-3914 or PClerk@mtpleasantbaptistchurch.org

Transportation Ministry-should be contacts for your transportation needs to morning worship services and bible study. Please contact Gordon Mayes at 864-361-8725 or Drive@mtpleasantbaptistchurch.org

Christian Education Ministry- All classes/workshops for a ministry should be requested thru the Christian Education Ministry—For more information please contact Sis. Charmaine Byrd at 864-228-6949 or CEM@mtpleasantbaptistchurch.org

Please keep in mind that an announcement will be made when the website is available and the email addresses have been activated.