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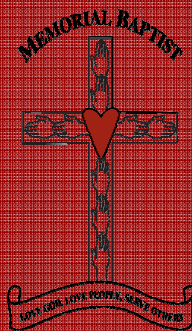
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# The Heartbeat

## Newsletter

*Love God, Love People, Serve Others.*



**Pastors:**

**Mike Colston**

**Lee Meadows**

**Where to give to  
MBC:**

**Our Website**

**Texting**

**MBCFRANK**

**to 73256**

**Abundant App**

**@ App Store**



# DEACON THANKSGIVING DINNER

2025.11.16

Happy  
Thanksgiving

Please bring family & friends to join us for our annual Thanksgiving Dinner at 5 P.M. We are asking the members to bring side dishes & desserts. Deacon will provide meat, rolls, green beans, potatoes with gravy, & drinks.

## The Chores of Life

In my last article, I made the statement that **'I love the fall.'** However, the ONE thing that I don't love about **'the fall'** is the leaves that fall off the trees, requiring someone (usually me) to deal with all the **fallen leaves**. I have not yet begun the cleaning up of those **leaves** but will soon have to commence upon that **chore**.

That brings me to this month's article – **The chores of life**. The **chores of life** are the regular, often mundane tasks necessary for maintaining a home & life, such as doing dishes, laundry, cleaning, yardwork & meal preparation. These duties can be divided into daily, weekly, & monthly categories, & they are often contrasted with leisure or other pleasant activities.

Deb was at her mom & dad's this past week, which left me with **various chores** that I seldom have to deal with because of my wife's presence & **chore-monitoring** mode. The **chores** that I had the privilege of monitoring included constant dog-monitoring, meal preparation, cleaning, doing the dishes, & yard maintenance.

Just so you know, I didn't neglect my regular yard maintenance because I was doing everything else. In fact, I cut the grass & did the weed-eating on Monday. But Dog-monitoring is a periodic chore for me when Deb is at work, so it wasn't a new chore I had to learn. However, I did have to learn to give them their meds, take them out before going to bed, take them out first thing in the morning, & putting out fresh food & water first thing every morning.

When Deb is at work, I get to monitor my own meal preparations during the day, so that is not a new chore to learn. I also clean up around the house periodically during the day. But doing the dishes is not a chore I am accustomed to doing on a constant basis. When I'm alone at home I like to keep the sink clear by washing dishes as I use them & leaving them in the drainer. I am also not accustomed to taking the garbage & recycling to the curb on Thursdays. I almost forgot to put it out last week, but was reminded when I gathered the garbage from various garbage cans throughout the house.

Just so you know that I am not a creature who requires constant maintenance, I do monitor many chores around the house & yard, as well as my own **spiritual chores**. **First spiritual chore** that all of us must monitor on a daily basis is **praying**. The **second spiritual chore** is *daily worship, meditation & daily devotions*. The **third spiritual chore** is *serving others*. The **fourth spiritual chore** is **witnessing**. It would be nice if there was an alarm clock that chimed when it was time to do each of those **spiritual chores**. Unfortunately, those are all left to our own monitoring & maintenance. So, my question for you is are you monitoring & maintaining your **spiritual chores**? If not, what will it take for you to get in the habit of **doing your chores**?

**3 John verse 2** says that **"I pray that you may prosper in all things & be in good health, just as your soul prospers."** I pray that your health & soul may prosper.

It is my privilege to serve as your pastor,

*Pastor Mike*



**Mike Colston**  
Senior Pastor

### Weekly Tasks

Matthew 11:28 - Come unto me, all ye that labour and are heavy laden, and I will give you rest.

TASKS	M	T	W	T	F	S
<i>Praying</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Daily Worship</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Meditation</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Daily Devotions</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Serving Others</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Witnessing</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES

My Spiritual Chores

# NOV

SUN	MON	TUES	WED	THUR	FRI	SAT
SUNRISE THANKSGIVING OFFERING DURING THE MONTH OF NOVEMBER						
2 Daylight Saving Time Ends Bible Study, 10 A.M. Worship Service, & Facebook, 11 A.M. Worship Kidstyle, 11 A.M Deacon Meeting, 12:15 P.M.	3	4 GYF Trip to Pasta Garage Italian Café, 11:30 A.M.	5 Bible Study, 10 A.M. Bible Study & Prayer Mtg., 6 P.M.	6	7	8 1
9 Bible Study, 10 A.M. Worship Service, & Facebook, 11 A.M. Worship Kidstyle, 11 A.M	10	11	12 Bible Study, 10 A.M. Bible Study & Prayer Mtg., 6 P.M.	13 Candlelight Tour Event, 5-8 P.M.	14	15
KBC Annual Meeting						
16 Bible Study, 10 A.M. Worship Service, & Facebook, 11 A.M. Worship Kidstyle, 11 A.M Thanksgiving Dinner, 5:00 P.M.	17	18	19 Big Blue Blood Drive, 8 A.M.—12:45 P.M. Bible Study, 10 A.M. Bible Study & Prayer Mtg., 6 P.M.	20 BUNCO, 6 P.M. Youth Area	21	22 Ladies Bookclub 11 A.M. in Narthex
OPERATION CHRISTMAS CHILD SHOE BOX COLLECTION WEEK						
23 Bible Study, 10 A.M. Worship Service, & Facebook, 11 A.M. Worship Kidstyle, 11 A.M	24	25	26 Bible Study, 10 A.M. Bible Study & Prayer Mtg., 6 P.M.	27	28	29
OFFICE CLOSED FOR THANKSGIVING						
30 Bible Study, 10 A.M. Hanging of the Green, & Facebook, 11 A.M. No Worship Kidstyle						
LOTTIE MOON INTERNATIONAL MISSIONS WEEK OF PRAYER NOV. 30-DEC. 7						

## WEDNESDAY SCHEDULE

Adult Bible Study 10 A<sup>2</sup>M<sup>2</sup>  
Adult Prayer & Bible Study 6 -7:30 P<sup>2</sup>M<sup>2</sup>

## SUNDAY SCHEDULE

Praise Band Practice 8:30 A<sup>2</sup>M<sup>2</sup>  
Children & Youth Bible Study 10-11 A<sup>2</sup>M<sup>2</sup>  
Adult Bible Study 10-11 A<sup>2</sup>M<sup>2</sup>  
Sunday Worship 11 A<sup>2</sup>M<sup>2</sup>- 12 NOON

## BIRTHDAYS

3 John Reed  
9 David Starkey  
15 Scott Quire  
20 Braxton Fraley  
25 Betty Mason  
26 Victoria Duncan



**OPERATION CHRISTMAS CHILD****COLLECTION WEEK IS NOVEMBER 17-24, 2025**

Join Samaritan's Purse in sending Christmas to a child in our country and overseas. Pack a shoebox for a boy or girl from 2-4, 5-9, or 10-14 years old with toys, school supplies, personal care items, and a "wow" gift. For more information or ideas, go to [www.samaritanspurse.org/what-we-do/operation-christmas-child/](http://www.samaritanspurse.org/what-we-do/operation-christmas-child/)

**MISSION OPPORTUNITY**

Candlelight Tour on Thursday, November 13, 2025 from 5-8 P.M. We need volunteers to help hand out hot chocolate and / or hot apple cider this night. We need instant hot chocolate mixes & hot cider packages. Please let the Relations Team know if you can assist. Deb, Dianna, Erin & Connor, Yvonne, Dave & Jamie .

**POINSETTIAS**

If you would like to order a poinsettia in memory or honor of a loved one, please fill out a form and turn it in with payment to the office or in the offering plate. Orders will be due by Sunday, November 16, 2025.

**SYMPATHY**

To the family of Earl "Buddy" Howard. He was the husband of Donna & father of Dawn Welch & Melinda Watts. He passed away on Tuesday, October 7, 2025.

To the family of Jackie Wallace. She was the mother of Bill and grandmother of James & Victoria. She passed away on Sunday, October 12, 2025.

**NEW MEMBER: ELINOR BLANKENSHIP****UPCOMING EVENTS****WORSHIP KIDSTYLE**

Sundays at 11 A.M. for kids from K-Grade 3.

**DAYLIGHT SAVINGS TIME**

Sunday, November 2, 2025

**DEACON MEETING**

Sunday, November 2, 2025 at 12:15 P.M.

**GYF LUNCH TRIP**

Tuesday, November 4, 2025 We will be going to the Pasta Garage Italian Café, 962 Delaware Avenue, Lex. Talk to Donna or Kathey if you need a ride.

**KBC ANNUAL MEETING**

November 10 & 11 at First Baptist Church, 4410 Alexandria Pike, Cold Springs, KY. For more information go to <https://www.kybaptist.org/annualmeeting/>

**BUNCO FOR CINDERELLA'S CLOSET**

Thursday, November 20, 2025 at 6 P.M. Cost is \$5 per person. Bring a snack to share.

**LADIES CHRISTIAN BOOK CLUB**

Saturday, November 22, 2025 at 11 A.M. in the Narthex area. We will discuss "Unfailing Love" by Janette Oke. Leaders are Deb Colston & Dianna Moore.

**THANKSGIVING BASKETS**

We are collecting items for baskets, please bring in items by November 16. Boxed instant & scallop potatoes, & desserts; biscuits & cornbread mixes; canned veggies/ fruit & gravy.

**OFFICE CLOSED**

Thursday, Nov. 27 & Friday, Nov. 28, 2025 for Thanksgiving.

**HANGING OF THE GREENS**

Sunday, November 30, 2025 at 11 A.M.

**For the Record**

	Sunday Sept 28	Sunday Oct 5	Sunday Oct 12	Sunday Oct 19	Totals
Bible Study	55	42	41	38	
Worship Service	52	50	52	52	
Facebook	113-3	96-6	116-3	105-5	
Budget Offerings	3,576.00	3,311.00	4,827.00	5,509.00	17,223.00
Lord OT Harvest	340.00	425.00	1,200.00	685.00	2,650.00
Designated Gifts	140.00	50.00	55.00	143.00	388.00
Online Giving	750.00	50.00	50.00	780.00	1,630.00
Total Gifts	4,806.00	3,836.00	6,132.00	7,117.00	21,891.00



Memorial Baptist Church  
130 Holmes Street  
Frankfort, KY 40601 - 2109  
Return Service Requested

## Future Events

