World Diabetes Day | November 14th

World Diabetes Day - celebrated every year on November 14 - was created in 1991 by the International Diabetes Foundation. Diabetes is a chronic disease where the pancreas doesn't produce enough insulin. It can also lead to other chronic conditions like kidney failure and heart attacks, hence the push to draw attention to an illness with increasing numbers worldwide. Curious as to why we celebrate this important day on November 14 specifically? This date was picked because it's the birthday of Frederick Banting, who discovered insulin in 1922. So read on, and help us raise awareness of this important condition.

How to Observe World Diabetes Day

1. Wear the blue circle. The blue circle logo is a global symbol for diabetes awareness. On World Diabetes Day, wear a t-shirt, necklace or bracelet with the logo or create one yourself to make others aware of this dangerous disease and its effects.

2. Organize a diabetes fair. Partner with health officials to sponsor a diabetes fair at your place of work or your neighborhood. Offer diabetes screenings, disseminate information and brochures, and provide information on what people can do to prevent type II diabetes and stay healthy.

3. Get tested. Symptoms of diabetes can include but aren't limited to excessive excretion of urine, thirst, constant hunger, weight loss, vision changes and fatigue. In addition, being overweight or obese greatly increases the chances of having type II diabetes. It's estimated 1 in 2 adults with diabetes is undiagnosed. Use World Diabetes Day as a reminder to get tested if you have any risk factors or symptoms.

Why World Diabetes Day is Important

A. It draws attention to the diabetes epidemic. Over a 25-year span (from 1988 to 2013) diabetes diagnoses increased roughly 380%. And these diagnoses are dangerous - by the year 2030 the World Health Organization predicts diabetes will be the seventh leading cause of death in the world. This condition demands attention - and that's why having a whole day dedicated to it is crucial.

B. Type II diabetes can be avoided. World Diabetes Day serves as a reminder to live our lives more healthfully. Type II diabetes can be limited through a healthy diet, regular physical activity and maintaining a normal weight. Tobacco use exacerbates type II diabetes as well, and is best avoided.

C. It's a reminder to be educated about diabetes. Type II diabetes has grown to epidemic proportions, but type I diabetes, formerly known as juvenile diabetes, is just as serious a health threat. Approximately 1.25 million Americans are diagnosed with type I diabetes, but the cause of the disease is unknown. However, the health effects are just as devastating as type II diabetes. World Diabetes Day serves as a reminder to know the symptoms of diabetes, get tested and get treatment.



National Drummer Day
Sunday, November 15, 2026

With an estimated 3 million or more drummers in the world, keeping the music going, this is certainly a day worth celebrating.

Drumbeats offer a background rhythm that keeps the structure of the tempo for the rest of the band. Though they are typically in the background and are rarely featured, the work that drummers do in the background can make or break a song.

National Drummer Day seeks to honor and show appreciation for these musicians who don't necessarily get the accolades that other band members might get.

History of National Drummer Day

Drums have been around in human history for thousands of years. Though historians are quite sure when they developed, some evidence shows that they were made from alligator skins in China as far back as 5000 BC. Then, around 3000 BC, the Bronze Dong Son Drums were used in Vietnam. Meanwhile, in Africa and Sri Lanka, drums are used by humans to communicate with each other, beginning around 1000 BC - 500 BC.

National Drummer Day, sometimes called Drumming Day, was founded by the proprietors of Drumming.com. The company was motivated to establish the day when they realized that there was no day specifically dedicated to drummers. Even though they are often in the background, drummers play a vital role in the world of music, and this is the day to recognize and celebrate them!

BEREAN BAPTIST CHURCH MONTHLY NEWSLETTER

BEREAN
Baptist Church



Happy Thanksgiving

"Study the Word. Share the Love. Serve the World."

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2425-33 West Indiana Avenue, Philadelphia, PA 19132-1304
(215) 229-8048 (office) | (215) 229-6030 (facsimile) | bereanvision@yahoo.com (Email) | bereanphilly.org (Website)
Reverend Dr. Michael W. Couch, Pastor

The Meaning of THANKSGIVING

~Praise to God~

In the Bible, the meaning of thanksgiving reflected adoration, sacrifice, praise or an offering. Thanksgiving was a grateful language to God as an act of worship. Rarely, if ever, was thanksgiving extended to any person or thing, except God. "These things I remember as I pour out my soul; how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng" (Psalm 42:4). Long before the colonists celebrated their successes, Nehemiah assembled two great choirs to give thanks for God's faithfulness in rebuilding the wall.

" . . . The Levites were sought out from where they lived and were brought to Jerusalem to celebrate joyfully and dedication with songs of thanksgiving and with the music of cymbals, harps and lyres" (Nehemiah 12:27).

The true meaning of Thanksgiving focuses upon relationship. Thanksgiving is a relationship between God and man. Upon their arrival at New Plymouth, the Pilgrims composed The Mayflower Compact, which honored God. Thanksgiving begins with acknowledging God as faithful, earnestly giving Him thanks, in advance, for His abundant blessings.



". . . In everything, by prayer and petition, with thanksgiving, present your requests to God" (Philippians 4:6).

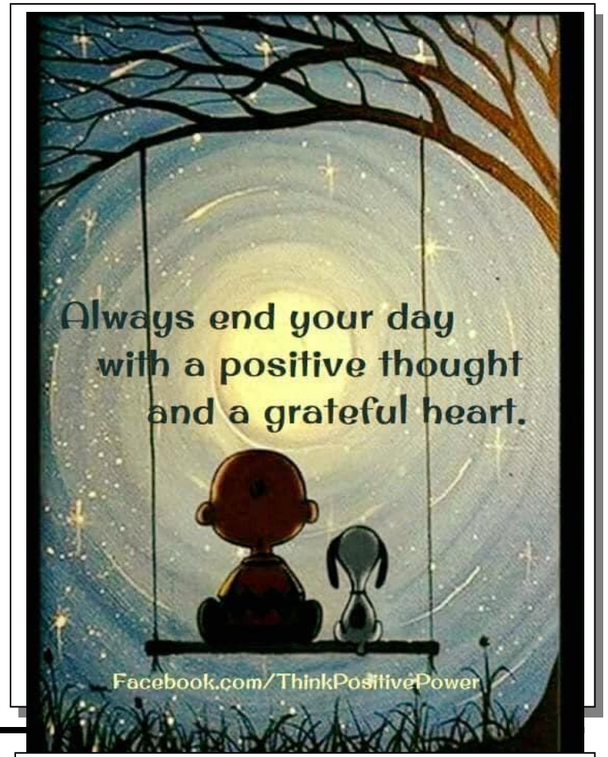
Thanksgiving is an attitude of the heart that reinforces an intimate relationship with God.

Remembrance Day

Great Britain, France, Australia and Canada also commemorate the veterans of World War I and II on or near November 11th. Canada has Remembrance Day, while Britain has Remembrance Sunday (the second Sunday of November). In Europe, Great Britain and the Commonwealth countries it is common to observe two minutes of silence at 11:00 A.M. every November 11th.

In the United States, an official wreath-laying ceremony is held each Veterans Day at the Tomb of the Unknown Soldier in Arlington National Cemetery, while parades and other celebrations are held in states around the country.

Veterans Day is not to be confused with Memorial Day - a common misunderstanding, according to the U.S. Department of Veterans Affairs. Memorial Day (the fourth Monday in May) honors American service members who died in service to their country or as a result of injuries incurred during battle, while Veterans Day pays tribute to all American veterans - living or dead - but especially gives thanks to living veterans who served their country honorably during war or peacetime.







Berean's TV Ministry

TUNE IN EVERY SUNDAY MORNING AT 7:30 A.M.
FOR
BEREAN'S TV MINISTRY ON
XFINITY 66/966 HD/967HD & VERIZON 29/30 &
EVERYWHERE ON ROKU, APPLE TV
& PHILLYCAM LIVE TV

'Surely He Died on Calvary" Hymn #91



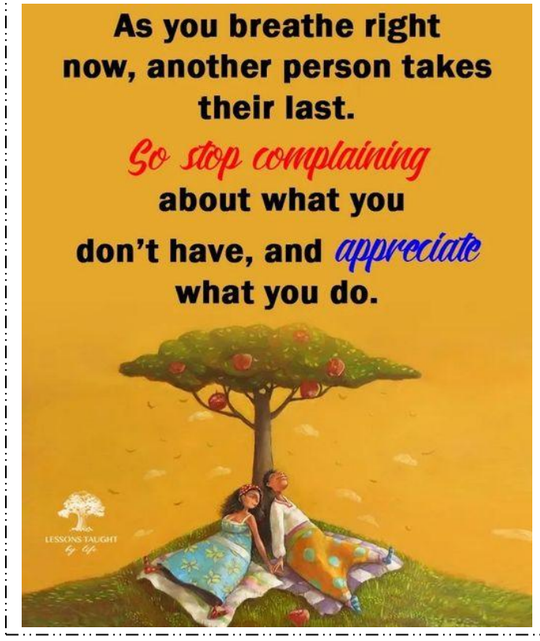
1) Every time I think about Jesus,
every time I think about Jesus,
every time I think about Jesus,
surely he died on Calvary.

2) Sinner, do you love my Jesus?
Sinner, do you love my Jesus?
Sinner, do you love my Jesus?
Surely he died on Calvary.

3) Don't you hear him calling his Father?
Don't you hear him calling his Father?
Don't you hear him calling his Father?
Surely he died on Calvary.

4) Don't you hear him say, "It is finished!"
Don't you hear him say, "It is finished!"
Don't you hear him say, "It is finished!"
Surely he died on Calvary.

5) Jesus died for my salvation.
Jesus died for my salvation.
Jesus died for my salvation.
Surely he died on Calvary.



Sick & Recovering
"Naked & Ye Clothed Me; I Was Sick & Ye Visited Me"
(Matthew 25:36)

++

Sisters:

Eloise Ball
Mary Chapman (Watch Care)
Sandra Chestnut (Watch Care)
Deac. Olivia Collins (Watch Care)
Mother Hazel Drayton
Bertha Edwards (Watch Care)
Mother Effie Gamble
Barbara Jones
Eld. Louise Jones
Sharene Richardson
Delores Withers (Watch Care)
Deac. Kim Woods

Brother:

Dea. Joseph L. Davis, Sr.



Nursing/Rehabilitation Centers:

Bro. Albert Chambers
Garden Spring Nursing &
Rehabilitation Center
1113 Easton Road
Room #423A
Willow Grove, PA 19090-1901

Deac. Annie Jones
Jefferson Moss-Magee
Rehabilitation Hospital
1513 Race Street
Room #406
Philadelphia, PA 19102-1125

Sis. Betty Ford
University City Rehabilitation &
Healthcare Center
3609 Chestnut Street
Room #172A
Philadelphia, PA 19104-2612

Sis. Selena C. Scott
Maplewood Rehabilitation &
Nursing Center
125 W. School House Lane
Room #413
Philadelphia, PA 19144-3348

Please remember to pray for our sick and recoveries
Visit*Send Cards

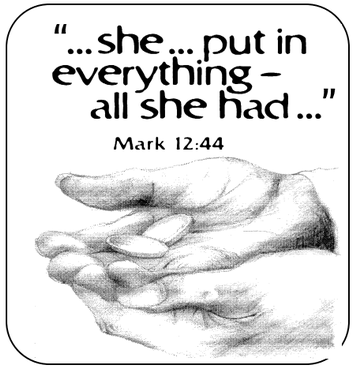
"Worship by Giving!"

Worship Leader: Malachi 3:8. Will a man rob God? Yet ye have robbed me. But ye say, Wherein have we robbed thee? In tithes and offerings. **9**. Ye are cursed with a curse: for ye have robbed me, even this whole nation. **10**. Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.

Worship Leader:
"Worship by Giving!"
Congregation:
"Praise the Lord!"

Worship Leader:
"Worship by Giving!"
Congregation:
"Praise the Lord!"

Worship Leader:
"Worship by Giving!"
Congregation:
"Praise the Lord!"



Berean Has a Notary!

I am sure there have been times when you had need of a notary. Well, look no further than Berean Baptist Church.

On Thursday, November 18, 2004 (22 years ago), Sister Veronica G. Stovall took the oath of office at the Recorder of Deeds at City Hall, and was officially sworn in and became a notary for the State of Pennsylvania.

Today, the Pennsylvania notary is an appointed official who functions as an administrative agent of the state. A notary in the Commonwealth is empowered to perform seven distinct official acts: take affidavits, verifications, acknowledgements and depositions, issue certificates and certify copies of documents, administer oaths and affirmations, and protest dishonored negotiable instruments.

A notary is strictly prohibited from giving legal advice or drafting legal documents such as contracts, mortgages, leases, wills, powers of attorney, liens or bonds.

The year 1955 marked the debut of Scrabble, Disneyland, the Guinness Book of World Records and America's first notary public association, the Pennsylvania Association of Notaries ("PAN"). Although not as famous as the first three, PAN has famously provided its members with the best in notary education, service and products.

This year, the Pennsylvania Association of Notaries marks its 70th Anniversary. Founded on January 11, 1955, "PAN" is the oldest and largest professional organization dedicated exclusively to Pennsylvania's notaries public.

Sister Stovall is a member of this great organization. So, if you need the services of a notary, please call the office for an appointment, before stopping by.

ADULT BIBLE CLASS

Fall Quarter | September/October/November 2026

God's Wisdom Verses Man's Wisdom

Unit 1: The Way of the Fool

Sept, 6 - Wisdom Calls the Foolish - Prov. 1:20-33
Sept. 13 - The Folly of Trusting in Riches - Ps. 49: 1-20
Sept. 20 - Humble Wisdom Instructs Prideful Folly - Prov. 30:1-14
Sept. 27 - There is a Way that Seems Right - Prov. 14:1-19

Unit 2: The Way of the Wise

Oct. 4 - Wisdom Over Strength - Eccl. 9:11-18
Oct. 11 - Wisdom and Money - Prov. 22:1-16
Oct. 18 - A Soft Answer over Wrath - Prov. 15:1-15
Oct. 25 - The Wisdom of the Meek - Jas. 3:13-18
Nov. 1 - The Wisdom of the Gospel - 1 Cor. 1:18-31

Unit 3: Wisdom's Reward

Nov. 8 - Seek for Wisdom as for Silver - Prov. 2:1-9
Nov. 15 - Enduring Trials in Wisdom - Jas. 1:1-11
Nov. 22 - Wisdom Brings Blessing - Prov. 3:13-35
Nov. 29 - Fruitfulness of Wisdom - 2 Pet. 1:1-11



Music can reach a hidden part of you that sometimes you forget you have!



Birthdays

November 1
Sister Elva A. Eubanks

November 7
Deaconess Annie Jones

November 14
Sister Jackie Curtis

November 18
Sister Sharene Richardson

November 19
Brother Jayce Thomas

November 23
Sister Pamela Myers

November 29
Sister Edith Hines
Sister Sandra Chestnut



GOD is SO GOOD!

UPcoming EVENTS

November



Sunday, November 1, 2026
(Daylight Savings Time Ends)

EVANGELISM

Sunday, November 1, 2026, 10:00 A.M.
(Focus on Evangelism)



Tuesday, November 3, 2026
(Election Day)





Sunday, November 8, 2026, 10:00 A.M.
(Youth & Young Adult Sunday)
(Graduation & Right Hand of Fellowship)



Wednesday, November 11, 2026
(Veterans Day - Office Closed)





Saturday, November 14, 2026
(World Diabetes Day!)

Sunday, November 15, 2026, 10:00 A.M.
(Communion Sunday)





Sunday, November 22, 2026, 10:00 A.M.
(Focus on Family Harmony)
(Men's Day Service)
Reverend Michael Robinson, M.S., Associate & Guest Preacher
Monumental Temple Baptist Church, Philadelphia, PA



Thursday, November 26, 2026
(Thanksgiving Day)



Friday, November 27, 2026
(Office Closed)



Sunday, November 29, 2026, 10:00 A.M.
(Social Justice Sunday)

Mission: "Study. Serve. Send." ~ Vision: "Word. Worship. Witness." ~ Values: "The Berean Way: Learn. Love. Lead."

THE CANCER OF COMPLAINING!



Instead of keeping a record of complaints, what if we started keeping a record of the things that we are grateful for?

It comes so easy to us. It just feels so good. We really can't help ourselves. I'm talking about complaining, and how for many of us, it has become a way of life.

The Internet has become a free-for-all for people to complain. It only takes a few moments reading reviews on Amazon, browsing videos on YouTube, or scanning political posts on Facebook. You can see it all around you. Maybe you have even contributed a few poignant complaints yourself?

Someone once quipped that ***"on the seventh day God rested and on the eight day he started taking complaints***." It's just a joke...sort of.

Have you ever complained about the weather? I sure have, after all I live in New England and that's what we do! Then I realized that God was the one that made the weather so my complaints were really aimed directly at Him!

Think about it. All of our complaining is actually directed at God. Complaining shows a distrust of God and the situations that He is working in our life. All throughout Scripture we see that God has an utter disgust for complaints. How can we complain against the One that blesses us?

Not only does complaining hurt the heart of God, it also drives other people away. No one wants to be around a complainer. ***If we want to live a life that truly honors God, we need to stop complaining***.

Did you know that if you want to find something to complain about you can? Complainers are never satisfied. In fact, you may have been complaining about something just a few minutes ago. On the other hand, if you want to find something to have faith about you can find that also.

So what should we do about this cancerous disease called complaining? Stop. Just stop complaining. I know that in our culture it is not only accepted, but expected. Many friendships are even based around things that we dislike and complain about. But it's time to start restraining our complaining.

Philippians 2:14-15, "Do everything without complaining and arguing, 15 So that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people."

What would happen if instead of keeping a record of complaints, we started keeping a record of the things that we are grateful for? Not just the big things, the small things too. Studies have shown that keeping a "gratitude journal" for five minutes each day can increase your well-being by more than 10%. That is the same basic impact as doubling your income.

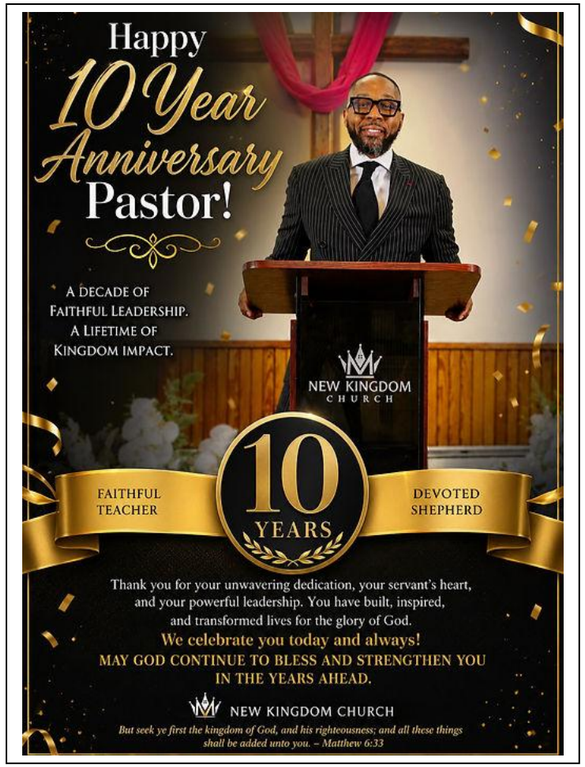
My challenge to you for the next seven days is that when you feel the temptation to complain...bite your tongue. Mamma always said "***If you don't have something good to say, don't say anything at all!***" You might find that you talk a lot less than you used to.

Let the words that you use be helpful to build others up and not tearing them down. Complaining never makes anything better. Let's take the next seven days and choose to rejoice no matter what. Take every blessing that God provides to you and turn it back around to praise to him.

How much good has complaining done in your life so far? None! But giving thanks to God will have an immeasurable impact on your life and your relationships with others. A soul that gives thanks can find comfort in everything; but the soul that complains finds comfort in nothing. So let's rejoice in everything because our God is good.

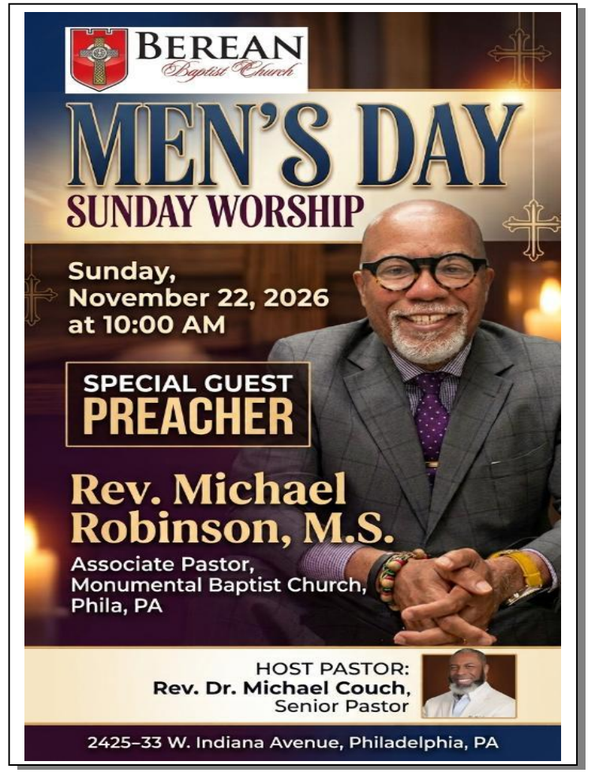


Judah Thomas is the Lead Pastor at Thrive.Church in Thomaston, CT. He has previously served as Worship and Tech Director at Faith Living Church in Plantsville, CT where he led teams of volunteers in technical and creative arts. He has been in full-time ministry for 20 years and enjoys making music and being in the outdoors. He lives with his wife Carey and three wildly creative children. You can connect with him on his blog http://www.judaht.com or follow on Twitter @judahrthomas









When Did Black Americans Get the Right to Vote? Every Vote Counts!

Question: When did Black Americans get the right to vote?



Answer: Although history shows the 15th Amendment to the Constitution in 1870 did give blacks the right to vote, it was not until 1966 that all barriers were removed allowing them to vote freely.

Reconstruction and the 15th Amendment. After the Civil War ended in 1865, slavery was abolished, and moves were made to treat all citizens equally under law. Because President Andrew Johnson believed that each state had a right to govern, a number of Southern states were able to introduce legal codes that restricted the freedom of blacks. In response, Congress passed the 14th Amendment to the United States Constitution in 1868 that provided equal protection under the law to blacks. In 1870, the 15th Amendment was approved and gave the right to vote to every male citizen, irrespective of his race or color.

'Jim Crow' Laws. Although blacks won the right to vote, Southern legislatures hit back by passing so-called "Jim Crow" laws. These segregationist laws were exploited to limit black civil rights and to institutionalize segregation. They were used to disenfranchise blacks and prevent them from voting. Mechanisms included poll taxes that made it impossible for impoverished blacks to vote, unfair literacy tests and grandfather clauses. These laws denied American blacks the right to vote, particularly in the southern states. Although intimidated by violence and threats, Southern black Americans continued to assert their rights and several black legislators and congressmen were elected.

Enacting the 19th Amendment: It wasn't only black people that faced discrimination as women didn't have the same rights as men. They weren't allowed to vote, couldn't own property and weren't legally entitled to the money they earned. Following the significant role that women played as abolitionists, their support for the 15th Amendment and their campaign for universal suffrage, Congress passed the 19th Amendment in 1919, which gave women the right to vote. This meant all black Americans were, in theory, entitled to vote, despite constraints imposed by segregationist laws and also by the 12 states that did not ratify the amendment.

1957 Civil Rights Act. Black Americans continued to face institutionalized discrimination. Following the Second World War, returning black servicemen, who had faced the same risks and dangers as other soldiers, were not prepared to tolerate discrimination and added their voice to the fight for civil rights.

In 1955, a black woman named Rosa Parks was detained for refusing to give her bus seat to a white man in Montgomery, Alabama. This action provoked outrage that led Dr. Martin Luther King Jr. to form the Montgomery Improvement Association. An embargo of the Montgomery bus system ensued that lasted until the Supreme Court ruled that segregated seating was unconstitutional.

The history of continued voter intimidation and other civil right incidents eventually prompted President Dwight D. Eisenhower to coax Congress to pass the Civil Rights Act of 1957. This provided for federal prosecution for anyone preventing others from voting.

Full Voting Rights 1965. In March 1965, a voting rights march was brutally broken up by Alabama state troopers. The incident, captured by television reporters, prompted President Lyndon Johnson to call for legislation on voting rights. He detailed the many ways that were used to deny voting rights to blacks, and, in 1965, the Voting Rights Bill was approved. This act banned devious tactics used to limit voting rights. The last remaining legal barrier, poll taxes, was banned by the Supreme Court in 1966. Modern history shows that it took almost 100 years before black Americans achieved full, protected voting rights.

Make Your Voice Heard…Every Vote Counts!

The Importance of Voting. Voting is one of the most important rights and responsibilities that U.S. citizens have. About 150 million American citizens are qualified to vote. Unfortunately, many don't. They give up on a chance to choose leaders and representatives who will do things that are important to them.

Why Vote? Nobody can force a citizen to vote. But many citizens do vote, because voting lets them tell the government what they want it to do. If citizens think they're paying too many taxes, they can vote for a person who promises to lower taxes. If citizens want more services, they can vote for someone who will promise to spend funds to gain more services.

Every Vote Counts. It's also important for citizens to know how to work the voting machines or to mark the ballots they'll be using when they vote, so that their votes will be counted. Why is that so important?



Because every vote counts! An election might be decided by a single vote and history would be changed because a person got…or lost…that one vote!

"Sometimes when things are falling apart, they may actually be falling into place."

Adult Mental Health Resources

Mental Health has taken our community by storm.
Here are some Resources available to help the Congregation and Community!

Community Behavioral Health

CBH is the city-operated health maintenance organization for persons needing mental health care. Most Medical Assistance patients must call this number first for information and referrals (215) 413-3100, or 1 (888) 545-2600 - Crisis Hotline (215) 686-4420

www.dbhids.org/community-behavioral-health/

Online Mental Health Screening

Through Dept. of Behavioral Health - Free online screening and resources.

Go to **healthymindsphilly.org/screening** to check it out.



National Suicide Prevention Hotline

24-hour a Day National Hotline. Call 1 (800) 273-8255 or go to website below:

http://www.suicidepreventionlifeline.org/

Mental Health Association of Southeastern PA

Organization that develops, promotes, and supports education and advocacy programs and serves children with mental health needs - 1211 Chestnut Street - (800) 688-4226 or (215) 751-1800.
www.mhasp.org

Magellan Behavior Health (Health Partners, KHPE, BCBS)

Call (800) 688-1911 for intake.

www.magellanofpa.com

CHRISTIANS
Caring for each other

BHSI (Behavioral Health System Initiative)

City-funded agency for individuals without health insurance with **substance abuse**. 801 Market Street, (215) 546-1200. **bhsi-dbhids.org**

Drug and Alcohol Helpline

The Center for Substance Abuse Treatment hotline. Call 1 (800) 662-4357 to find a resource near you.
http://www.samhsa.gov/

Nar-Anon

Support for families of addicts. Call 1 (800) 477-6291
https://www.nar-anon.org/

Alcoholics Anonymous

Call (215) 923-7900 for information or go to their website below.
www.aasepia.org

Narcotics Anonymous (NA)

Support groups for clean addicts and active users. Call 215-NA-WORKS.
http://www.naworks.org/

CRISIS TEXT LINE:
TEXT "MHFA" TO 741741
Available 24/7, 365 days a year, this organization helps people with mental health challenges by connecting callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.
https://www.crisistextline.org/

Submitted by Pastor Couch

"When oppportunity knocks, don't sneak out the back door."

Core Commitments

I. Bereanites start each day the **Right Way:**
- Commit to personal development by reading one chapter of the Bible every day and every night.
- Listen to fifteen minutes of an inspirational audio/video
- Reflect on your action steps for that day

II. **Stay Connected**:
- Discipleship Training Zoom "**Bible Study**" on Wednesday at 6:00 P.M.-7:00 P.M.
- Discipleship Training "**Sunday School**" 9:00 A.M.-9:45 A.M.
- Discipleship Training "**RightNow Media**" our streaming library of more than 20,000 Bible Study videos for you and your family

III. **Commit** to planting two seeds **Every Day:**
- Share your story or the Gospel story with two people every day.
- By texting, emailing, tracts, social media, Berean Newsletters, and by any means necessary = (48 seeds planted every month)
- Proverbs 11:30

IV. **Attend** weekly service with **Guests**:
- Invite guests each week by sharing your story or the Gospel story to grow the ministry.
- Make a 52-week commitment.

V. **Help** new members get started right:
- Help new members plug into Bible Study on Wednesday at 6:00 P.M.-7:00 P.M.
- Help new members plug into Sunday School from 9:00 A.M.-9.45 A.M.
- Help new members plug into RightNow Media
- Help new members to share their story or the Gospel story by texting, emailing, tracts, social media, Berean's Newsletter, etc.

VI. **Retain** membership:
- Pray for the Berean family every day and every night.
- Check-in with other Berean members
- Show love and encouragement to all your Berean family and guests.
- Follow-up with Berean family and new members

VII. **Find** a Biblical workout partner:
- Partner with someone who will hold you accountable, motivate you, and help you stretch for more.

VIII. Be here **next year** if the Lord allows it:
- Commit to the commitments.
- We will see a harvest in you and the ministry.
- Strength & Honor

Submitted by Pastor Couch



We invite you and your children, of all ages,

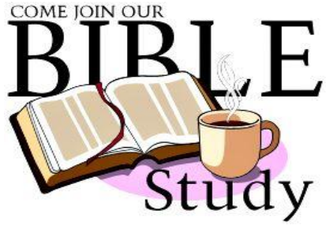
to join us for

Sunday School every Sunday morning
@9:00 A.M.

We Look forward to seeing you!

Berean Baptist Church
2425-33 W. Indiana Avenue
Philadelphia, PA 19132-1304

Prayer, Praise & Study



Every Wednesday
12:00 Noon "In-House" | 6:00 P.M. on "Zoom"
Connect on your Computer
or Smartphone for Free:
Join Zoom Meeting
https://us02web.zoom.us/j/86840810473
Connect via FREE Phone Conference
Dial (301) 715-8592, At the prompt, enter
Meeting ID: 86840810473

Come Pray, Praise & Study God's Word With Us!

2026 SCHEDULE

ALLFREEPRINTABLE.COM

LET'S GO EAGLES!

PRESEASON

WK	DATE	OPPONENT	TIME (ET)	TV	RESULT
1	Aug. 15	at Baltimore Ravens	7:00 p.m.	TBD	
2	Aug. 22	at New England Patriots	7:00 p.m.	TBD	
3	Aug. 28	vs. Cincinnati Bengals	8:00 p.m.	CBS	

REGULAR SEASON

WK	DATE	OPPONENT	TIME (ET)	TV	RESULT
1	Sept. 13	vs. Washington Commanders	4:25 p.m.	Fox	
2	Sept. 20	at Tennessee Titans	1:00 p.m.	Fox	
3	Sept. 28	at Chicago Bears	8:15 p.m.	ESPN	
4	Oct. 4	vs. Los Angeles Rams	1:00 p.m.	Fox	
5	Oct. 11	at Jaguars (London)	9:30 a.m.	NFL Network	
6	Oct. 18	vs. Carolina Panthers	1:00 p.m.	CBS	
7	Oct. 26	vs. Dallas Cowboys	8:15 p.m.	ESPN	
8	Nov. 1	at Washington Commanders	8:20 p.m.	NBC	
9	Nov. 8	vs. New York Giants	1:00 p.m.	Fox	
10	--	BYE	--	--	
11	Nov. 22	vs. Pittsburgh Steelers	4:25 p.m.	CBS	
12	Nov. 26	at Dallas Cowboys	4:30 p.m.	Fox	
13	Dec. 6	at Arizona Cardinals	4:05 p.m.	Fox	
14	Dec. 13	vs. Indianapolis Colts	1:00 p.m.	Fox	
15	Dec. 19	vs. Seattle Seahawks	5:00 p.m.	Fox	
16	Dec. 24	vs. Houston Texans	8:15 p.m.	Prime Video	
17	Jan. 3	at San Francisco 49ers	8:20 p.m.	NBC	
18	TBD	at New York Giants	TBD	TBD	

NOTES:

FIND MORE SCHEDULES AT **ALLFREEPRINTABLE.COM/NFL-GAMES-SCHEDULES**

Office of Community Empowerment and Opportunity

BECOME A

TRUSTED MESSENGER

IN YOUR COMMUNITY

Help Save Lives. Share Resources. Strengthen Your Community.

Trusted Messengers help strengthen communities by **sharing accurate information,** connecting residents to **vital resources,** and **supporting overdose prevention efforts.** This free training will equip participants with knowledge and tools to keep their community informed and safe.

WHAT YOU'LL LEARN
- What it means to be a **Trusted Messenger**
- **Overdose prevention** & response
- How to use **Narcan** to reverse overdoses
- **Fentanyl** awareness & test strips
- **Connecting** neighbors to resources

WHO SHOULD ATTEND
- Community residents
- Outreach workers
- Peer advocates
- Faith leaders
- Community organizers
- Anyone who wants to help



TRAINING COMING SOON

To sign up for the **interest list** and get updates on upcoming trainings, **email:**
ceo.engagement@phila.gov

You don't need to be perfect.
You just need to be present.

Rep. Roni Green

DISTRICT OFFICE SERVICES

My team and I can help you with:
- Property Tax/Rent Rebate
- PennDOT Services
- Help with Unemployment
- LIHEAP
- SEPTA Senior Fare Cards



Main District Office
3333 W. Hunting Park Ave.
(267) 439-4732
RepRoniGreen.com
RepGreen@pahouse.net

State Representative Joanna McClinton's

191st District Office Services

My team and I can help you with:
- Property Tax/Rent Rebate
- Information about jobs, housing relief and utility assistance
- PACE cards for senior citizens
- Birth/Death Certificate applications
- SEPTA Key Senior ID Cards
- Problems or questions about PennDOT
- Car registration, special tags, titles/license plate applications



RepMcClinton@PAHouse.net
(215) 748-6712
RepMcClinton.com
149 South 60th Street
Philadelphia, PA 19139
@RepMcClinton