



WEEKLY

# DIGITAL BULLETIN

SECOND MISSIONARY BAPTIST CHURCH

WEEK OF: SEPTEMBER 13, 2026

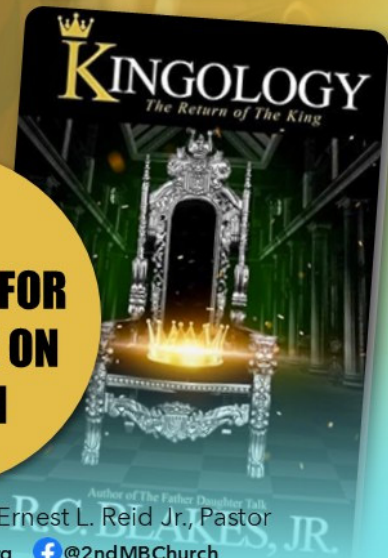
S M B C M E N ' S M I N I S T R Y

## BOOK CLUB

September 19  
1:00 PM | SMBC

JOIN US FOR FELLOWSHIP, DISCUSSION,  
AND SPIRITUAL GROWTH

BOOK  
AVAILABLE FOR  
PURCHASE ON  
AMAZON



SIGN UP AFTER SUNDAY SERVICE



**MEN'S**  
*Fellowship*  
OF SECOND

SECOND MISSIONARY BAPTIST CHURCH | Dr. Ernest L. Reid Jr., Pastor  
2305 E 3rd St, Chattanooga, TN (423) 624-9097 [www.2ndmbchurch.org](http://www.2ndmbchurch.org) @2ndMBChurch

### ANNOUNCEMENTS

- For those who signed up for Rooted Small Group Bible Study, plan to join the Rooted Kickoff on Saturday, September 19 at 10 a.m. at SMBC.
- We will celebrate our 81st Annual Women's Day on September 27th! See next page for more information.
- A new Tech Goes Home session will be hosted at SMBC in October. Those interested, please see Community Announcements for more details or pick up a registration form from the church.
- SMBC has partnered with the Chattanooga Girls Leadership Academy (CGLA) for the 2026–2027 school year. As a community partner, we are committed to supporting the needs of CGLA's faculty, staff, and students. Volunteer opportunities are still available. The dates through the end of 2026 are as follows: October 28: 5p - 6p (1 needed); November 12: 8a - 10:30a or 11:30a - 3:10p (4 needed); November 23: 8a - 12p (6 needed); and December 8: 5p - 7p (3 needed). For more information or to sign up, please see Sister Jessica Butler or contact the church office. Thank you in advance for your support.

81<sup>st</sup> Annual

# WOMEN'S DAY

1 CORINTHIANS 10:31 KJV

*Women Standing Strong  
for the Glory and Honor of God*

**SEPTEMBER 27  
10:45 AM**

**REV. CINDY**

*Rudolph*

GUEST PREACHER

PASTOR, OAK GROVE A.M.E. CHURCH | DETROIT, MI

2305 E 3rd St, Chattanooga, TN | (423) 624-9097

[www.mysmbchurch.org](http://www.mysmbchurch.org)



@2ndMBChurch



Second Missionary Baptist Church



SEE BIO ON NEXT PAGE

## 81st Annual Women's Day Core Committee

Sis. Beverly Rowe, Chair

Deaconess Natasha Character, Vice Chair

Sis. Janice Cosey, Finance Chair

Colors: Basic Black with Red and/or Gold Accent

### Financial Goal \$25,000

5 People Give \$1,000

5 People Give \$500

40 People Give \$250

20 People Give \$200

20 People Give \$100

19 People Give \$81

With a passion to proclaim and a heart for ministry, Rev. Cindy Rudolph has been serving the people of God since 2000. Rev. Rudolph is committed to offering life-transforming ministry for people from all walks of life. She considers herself especially blessed to serve as the Senior Pastor of Oak Grove AME Church in Detroit, Michigan.

As the first female pastor in the over one-hundred-year history of Oak Grove, Rev. Rudolph has increased the Church's impact in the areas of outreach, youth and young adult programming and technology.

Pastor Rudolph previously served at Smith Chapel AME Church in Inkster, Michigan, where she started a Wednesday service (followed by a free lunch), led extensive renovation and repair initiatives, established several new ministries, and grew the church tremendously. Rev. Rudolph also served as Senior Pastor at Mt. Zoar AME Church in Conowingo, Maryland and Bethel AME Church in Reading, Pennsylvania, respectively. During her tenure, she launched new ministries, expanded outreach, established children's programming, and significantly reduced debt.

In addition to her Pastoral duties at Oak Grove, Rev. Rudolph is currently the Chairman of the Conference Trustees for the Michigan Annual Conference, member of the Board of Examiners, Ministerial Efficiency Committee and Finance Committee. Beyond the AME Church, she has been appointed by Gov. Gretchen Whitmer to the Children Trust Michigan Board of Directors. She also serves on the UNCF Michigan Leadership Council, Black Church in Detroit Advisory Council, and the ICare4Children Steering Committee.

A native of Guyana, South America, Rev. Rudolph spent most of her life in Newark, NJ, where she would later serve as Minister to Youth at St. James AME Church, under the tutelage of Rev. Dr. William D. Watley. She also served at Mt. Calvary AME Church, under the leadership of Rev. Dr. Ann Lightner-Fuller. Rev. Rudolph is a graduate of Rutgers University in New Brunswick, New Jersey, where she received a Bachelor of Arts degree in Communication. After working in mass media and corporate venues, Rev. Rudolph answered God's calling on her life by enrolling in seminary at Drew University in Madison, NJ. After studying at both Drew University and The Interdenominational Theological Center in Atlanta, Rev. Rudolph received a Master of Divinity degree from Drew University, graduating with Magna Cum Laude honors.

A prolific writer, Pastor Rudolph authored and self-published *The Changing Table – A Guide to Healing and Transformation*. She branched out into the realm of gospel music by writing and co-producing the song *Help My Unbelief*.

Pastor Cindy has earned many accolades and distinctions, including the Rev. Florence Spearing Randolph award for a pioneering spirit, the Mary Watson Stewart award for preaching and numerous civic commendations. Rev. Rudolph was ordained by the African Methodist Episcopal Church in April 2002. She is married to Dr. Lawrence Rudolph, and they are the proud parents of one daughter, McKenna. Rev. Rudolph comes from a large family; she has five brothers and hundreds of extended family members. She loves the Lord and travels the world proclaiming God's Word. It is her hope to inspire people to reach their highest potential in God.

Atrial fibrillation (AFib) is an irregular heartbeat, or arrhythmia. It is the **most common heart rhythm disorder**, affecting around 10 million people in the United States. With AFib, the heart may beat too fast, switch back and forth from fast to slow, or skip beats. Because of this, the heart can't pump blood out to the body normally. If not treated, AFib can become worse.

**CAUSE OF AFIB**

AFib is caused by chaotic electrical signals, which make the upper chambers of the heart, the atria, quiver instead of fully beating. This in turn causes the heart to beat up to four times faster than normal.

**RISK FACTORS FOR AFIB**

- High Blood Pressure
- Sleep Apnea
- Diabetes

While these conditions are common risk factors, healthy people without these conditions can still develop AFib.

**SYMPTOMS OF AFIB**

Some patients will show no symptoms of AFib, but common symptoms include:

- Feeling Tired
- Fast and Irregular Pulse
- Heart Palpitations
- Shortness of Breath
- Dizziness
- Fainting
- **Pain or Pressure in Chest (THIS IS A MEDICAL EMERGENCY. CALL 911 IMMEDIATELY IF HAVING EITHER OF THESE SYMPTOMS)**

**TREATMENT OF AFIB**

- Antirethmic medications
- Blood thinners
- Cardioversion
- Catheter ablation

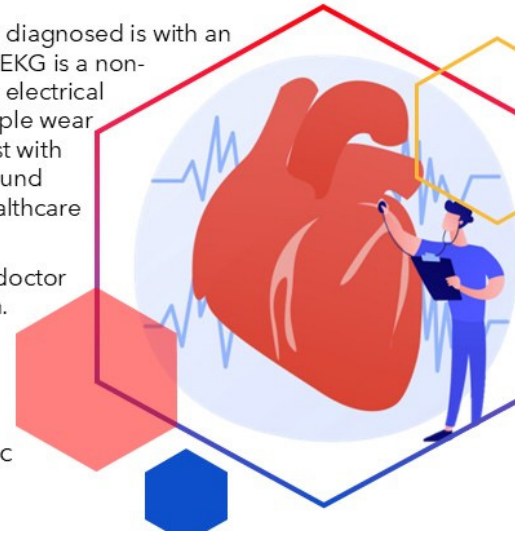
**COMPLICATIONS OF AFIB**

Because the heart isn't beating properly, blood can pool in the upper chambers of the heart, and a clot can form that can lead to a **stroke**. AFib can also lead to **heart failure** or fluid build-up which can weaken the muscles of the heart.

**DIAGNOSING AFIB**

The most common way AFib is diagnosed is with an electrocardiogram or EKG. An EKG is a non-invasive test that measures the electrical activity of the heart. Some people wear a heart rhythm monitor to assist with diagnosis. AFib may also be found during a routine exam by a healthcare provider.

Report any symptoms to your doctor and follow your treatment plan.



SEPTEMBER  
**ATRIAL FIBRILLATION**  
SECOND MISSIONARY BAPTIST CHURCH | Monthly Health Topic

SOURCES: American Heart Association®, Heart Rhythm Society<sup>SM</sup>

**NEW MEMBERS**  
**CLASS**  
**OCTOBER 4<sup>th</sup> | 11<sup>th</sup> | 18<sup>th</sup> | 25<sup>th</sup>**  
**9:30 AM WITH PASTOR REID**



SECOND MISSIONARY BAPTIST CHURCH

# Grief Share®

AT SECOND MISSIONARY BAPTIST CHURCH



## What is Grief Share®?

Grief Share is a Christ-centered, emotional, and practical support group that provides hope and healing after the loss of a loved one.

## Grief Share® Group Meeting Dates

August 17 – November 9

Mondays 5:30 PM – 7:30 PM

SMBC Fellowship Hall

*During the 13-week grief recovery support group you will:*

- Hear insights from trained grief recovery facilitators
- Meet others who have experienced loss and understand what you are going through
- Learn practical tips for navigating your grief
- Discover the 6 signs of healing

## Register Online

**CLICK HERE** or Scan



## Questions?

Email [support@mysmbchurch.org](mailto:support@mysmbchurch.org)  
or Call the Church Office

DR. ERNEST L. REID JR., PASTOR 📍 2305 E 3rd St, Chattanooga, TN ☎ (423) 624-9097

## MISSION

The mission of SMBC is to make disciples of Christ from our doorsteps to the ends of the earth.

## VISION

We are a vibrant faith community that is committed to Equipping People, Building Families, and Empowering Community in Christ!

## CORE VALUES

Mutual Respect and the Fruit of the Spirit: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-Control.



SECOND MISSIONARY BAPTIST CHURCH  
Dr. Ernest L. Reid Jr., Pastor

# SMBC MEMBERS



In the event of **sickness, hospitalization, or bereavement**, please notify the Church Office at your earliest convenience.

**SECOND MISSIONARY BAPTIST CHURCH**  
(423) 624-9097 | Mon-Thu 9:00 AM - 4:30 PM, Fri 9:00 AM - 3:30 PM

## SICK AND SHUT-IN LIST

### SHUT-IN

|                      |                      |                       |
|----------------------|----------------------|-----------------------|
| Sis. Marie Bailey    | Sis. Joyce Fletcher  | Sis. Juanita Mitchell |
| Sis. Yolaundia Banks | Sis. Lillie Glenn    | Sis. Annie B. Moon    |
| Sis. Sonja Chalmers  | Sis. Cora Godbee     | Sis. Gwendolyn Moore  |
| Sis. Martha Coleman  | Sis. Dorothy Hughley | Bro. Larry Rowe       |
| Sis. Corine Dunson   | Sis. Betty Hullett   | Sis. Lila Salmon      |
| Sis. Bertha Elder    | Sis. Clarrisa Jones  | Sis. Alice Smith      |
| Bro. Bruce Fleming   | Bro. James Millsaps  |                       |

### Health Center at Standifer Place

Bro. Paul McDaniel Jr.

### LifeCare Center of Collegedale

Sis. Daphne Moore

### Rockbridge Oaks Assisted Living

Sis. Theresa Malone

*All announcements must be sent to [officeadmin@mysmbchurch.org](mailto:officeadmin@mysmbchurch.org) by Wednesdays at 12:00 noon in order to run the next week. Announcements for the week of September 20, 2026 are due by Wednesday, September 16, 2026.*

PLEASE KEEP SUBMISSIONS BRIEF. ALL SUBMISSIONS ARE SUBJECT TO BE EDITED AS APPROPRIATE.



# DISTRICT 9 TOWNHALL

MONDAY, SEPTEMBER 14 | 6:00 TO 8:00 PM

SECOND MISSIONARY BAPTIST CHURCH  
2505 EAST 3<sup>RD</sup> ST.

HOSTED BY:  
COUNCILMAN RON ELLIOTT



City Council  
**RON  
ELLIOTT**



## FREE FALL COMPUTER CLASSES FOR SENIORS!

Learn computer basics, email tips, internet safety, AI and more. Classes meet for four sessions monthly through December 15th.



**Starts Tuesday, September 8th**  
Beginners from 10:30AM - 12:30PM  
Intermediate/Adv from 1:00PM - 3:00PM

Glenwood Community Center - 2610 E. Third St., Chattanooga, TN

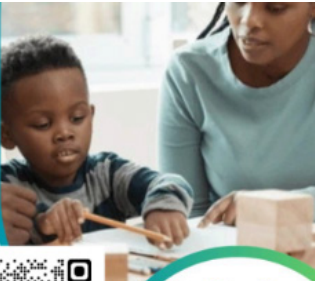
Stop by the Glenwood Center,  
Call (423) 643-7001 or  
scan the QR Code.



CITY OF CHATTANOOGA  
PRESENTS

# PARENT ACADEMY

CARVER  
COMMUNITY CENTER  
600 N Orchard Knob Ave, Chattanooga, TN





Registration  
Opens:  
**AUGUST 14<sup>th</sup>**  
Scan the QR  
code to register.

**Dates: Sept. 14- Nov. 2**  
**Mondays 5:30-7:00 PM**

Parents and caregivers! Join us for an engaging and interactive workshop designed to help you support your child's academic success and well-being.



- Supporting Child's Learning at home
- Budgeting Basics and Homeownership
- Access to community and resources

**Childcare Provided**  
**Transportation provided upon request**



**Questions? Contact:**  
Natasha Spencer - [Nspencer@chattanooga.gov](mailto:Nspencer@chattanooga.gov)  
Sandra Moore - [Smoores3@chattanooga.gov](mailto:Smoores3@chattanooga.gov)

**LEARN.CONNECT.EMPOWER**

# NEED A NEW COMPUTER?





**15  
HOUR  
CLASS**



**FREE  
DEVICE**



**INTERNET  
SAFETY TIPS**

**SIGN UP NOW**



**CLASS DETAILS**

Days:  
**Oct. 1, 6, 8, 13 & 15**  
Time:  
**4:30PM – 7:30PM**





**CLASS LOCATION**

**Second M. B. Church**  
2305 E. Third St.  
Chattanooga, TN  
[MySMBChurch.org](http://MySMBChurch.org)





**HOW TO ENROLL**

**(423) 624-9097**  
Email:  
[LLBradley@gmail.com](mailto:LLBradley@gmail.com)  
Scan: QR Code



**Better Business Bureau Fall Shred Day**

Join the Better Business Bureau for Fall Shred Day on Saturday, October 3, 2026, from 9:00 a.m. to 12:00 p.m. at the Coca-Cola Bottling Company, 2111 W. Shepherd Rd.

This free event includes secure shredding of up to 3 large bags of personal documents, destruction of up to 4 PC hard drives, select electronics recycling, and safe prescription drug disposal.

Shredding may end early if trucks reach capacity.