

The Testament

August 2020

Lincoln Memorial Baptist Church

Durham, NC

Try Again

- by Bro. Dean Jernigan

Growing up, we were often told that if at first we didn't succeed at something, to try the task again. From learning to tie our shoes, to learning a new game, to figuring out how to solve problems in math class, try again was the phrase offered to us by those who had a better understanding of the issue or who simply had confidence in our ability to achieve the desired result. The words symbolized encouragement and propelled us forward. It's a safe assumption that in many instances, we achieved that desired result and benefited in the long term as a result of the growth from the experience.

As adults, we encounter similar difficulties that challenge us. In some cases, the stakes are a little higher as we have to learn new skills and techniques required to sustain our livelihoods or advance in our professions. The same try again encouragement now comes from our spouses, coworkers and managers who recognize our abilities and act as the wind in our sails to help push us forward.

For many of us, trying something new takes us out of our comfort zone. It also opens the door for the enemy to step in and plant seeds of doubt and the paralyzing fear of failure. Failing in private is painful, but no less painful than failing in front of friends, coworkers or family members. It's important to remember, however, that when we fail, we have to view failure as part of the process and not the end of the process. Hence, if we're serious about achieving the goal, then we have to try again, and maybe even again after that, until we achieve that desired result.

The challenge that we face as Christians is to overcome the obstacles that the enemy places in our paths each day. Some obstacles appear as bright, shiny objects that cause us to take our focus off of our

values and cause us to fail in living the lifestyle that we have committed to live as Christians. Other obstacles come in a more subtle form. Sometimes the disparaging words and actions from others find a place beneath our skin to fester. Eventually, that festering causes our behavior to fall out of alignment with the principles that we profess to practice as loving and trusting members of the household of faith. We fail when we lose in these temporary moments of defeat to the enemy, but we have the power to regain control and claim victory in the end when we refocus and set our sights back on Christ. *No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us. (Philippians 3:12-14 NLT)*

As we continue our daily walk along faith's highway, let's continue to remember that regardless of the condition of our environment, that God is still in control. When panic sets in about a crisis or illness or a calamity, try again to realize that nothing happens that God didn't already know about. When doubt sets in about the ability to master a new skill or to adapt to a new circumstance, try again to realize that all things are possible for those who believe (Mark 9:23). When the storms seem to appear from every corner, try again to recognize that God will test us and will reward us in the end for our faithfulness. *God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him. (James 1:12 NLT)*

Eternal life with our Heavenly Father is our desired result. Try again to focus on that during the test.



Voting is the Cornerstone of Democracy - Are You Registered?

The forthcoming local, state and national elections are critically important. If you are not registered, or if you are unsure about your registration, please call the **Durham County Board of Elections at 919-560-0726.**

Celebrating Pastor's Anniversary



Congratulations to Rev. Linzie B. Atkins, III, First Lady Marva Atkins and the entire Atkins family as we observe Rev. Atkins' 18th Pastoral Anniversary! Although this year's celebration will not be as festive as in past years, nothing will stand in the way of the shared love, joy and appreciation that we have for Rev. Atkins and his family. We look forward to his continued leadership and trust and believe that the best is still yet to come!

How then shall they call on him in whom they have not believed? and how shall they believe in him of whom they have not heard? and how shall they hear without a preacher? And how shall they preach, except they be sent? as it is written, How beautiful are the feet of them that preach the gospel of peace, and bring glad tidings of good things!

Romans 10:14-15

Anniversary Reflections

Joyful and numerous describe the many moments of admiration and fellowship that have developed over the past 18 years with our Pastor and First Lady. No amount of space would be sufficient to capture them all, but following is a small sample of the love, joy and togetherness shared over the years. Congratulations to our Pastor and First Lady!



Our beloved and late Sis. Christine Ingram presents Rev. Atkins with a robe during his installation service.



Pastor and First Lady lead the congregation in joyous worship during a church anniversary service.



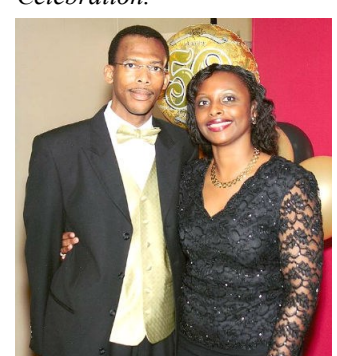
Pastor and First Lady participate in a western themed Senior Adult Day Celebration.



Rev. Atkins unites the Belchers in holy matrimony.



First Lady Marva proves she can hoop with the best during a Youth Day outing.



Pastor and First Lady enjoy the moment during Lincoln's 50th Church Anniversary celebration.



The women of Lincoln celebrate First Lady Marva during a Women's Day service.



Rev. Atkins baptizes one of our many new members.



First Lady Marva offers words of encouragement at a recent Graves Scholarship Program.



Rev. Atkins leads in prayer during our Domestic Violence Awareness Program.



Following a spectacular Men's Day basketball event, Rev. Atkins poses for a photo with the participants.

And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers; For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ.

Ephesians 4:11-12

Black History Spotlight



Georgia Gilmore
Civil Rights Activist

Of the many women who were instrumental in aiding the Civil Rights Movement, Georgia Gilmore's name deserves more mention. During the height of the Montgomery Bus Boycott, Gilmore created a secret club and restaurant that supplied food and a meeting place for Black and white organizers.

Gilmore was born February 5, 1920 in Montgomery, Alabama. A midwife and mother of six, she worked as a cook at a local eatery. In December 1955, Rosa Parks effectively kicked off the bus boycotts by refusing to move from her bus seat, which in turn inspired Gilmore, who was noted for shouting down bigots.

After getting fired from her job for participating in the boycott and testifying against a driver, Gilmore and Dr. Martin Luther King Jr., who nicknamed her "Tiny," crossed paths. The famed leader suggested that Gilmore convert her kitchen into a restaurant to make ends meet, and she did so while supplying meals to the Montgomery Improvement Association (MIA) and boycott organizers.

This became the inspiration behind the "Club From Nowhere," serving full meals to MIA members and boycott participants, while also serving as a de facto meeting hub that both white and Black members could safely discuss their plans. The success of the club was so great that a rival group started by Inez Ricks called "The Friendly Club" began their own meal service and the groups had well-meaning competitions to see who could raise more funds.

The monies made at the Club From Nowhere helped fund MIA and boycott efforts while also helping Gilmore keep afloat financially. Not much is written about her life after the boycotts ended but she was featured in the PBS documentary *Eyes On The Prize*.

Gilmore passed in 1990 on March 3, near the 25th anniversary of the Bloody Sunday event.

www.blackamericaweb.com

The Testament is produced monthly by our Newsletter Committee. Please send articles, photos or other items for publication to newsletter@mylmbc.org by the 3rd Sunday of each month.

Newsletter Committee

Reginald Davis • Willee Murphy
Joan Lofton • Marva Atkins • William Mayfield
Earleen Sharrock, Editor • Dean Jernigan, Chair

Slowing the Spread of COVID-19

Each year we look forward to summer vacation and taking some well-deserved time off. But this year we must consider COVID-19 in our plans.

- ◆ Do not travel if you are sick; do not travel with someone who is sick.
- ◆ Avoid vacationing in a COVID-19 hot spot.
- ◆ Limit your travel if you are in higher risk of severe illness, or underlying medical conditions.
- ◆ Inquire about the cleaning standards where you plan to stay.
- ◆ Pick up food at drive-through, curbside restaurants and grocery stores. Avoid crowds.

Watch for symptoms as they appear 2-14 days after exposure to the virus. Get tested if you think you have been exposed or if symptoms occur.

Contact HMS with any questions at 800-294-2757.

Peace I leave you; my peace I give you, I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27

*-submitted by Sis. Janice Campbell
Health and Wellness Ministry*



Happy Birthday

to our

August Birthday Celebrities!

*Linzie Atkins, III (1st) • Terri Nicholson (2nd)
Bria Davenport (4th) • Lawrence Jones (5th)
Michaux Evans (7th) • Regina Carlisle (9th)
Joseph Hilliard (9th) • Irvin Wooten (11th)
Michele Davis (15th) • Charlene Thomas (16th)
Zayviah Stone (17th) • Donnie Waller (18th)
LaSheka Wilks (19th) • Carlos Best (20th)
Linzie Atkins, IV (24th) • Rachel Jackson (24th)
Joshua Talley (25th) • Sonya Hopson (30th)
Janella Corley (31st)*

Best Wishes For Many More!!

Health and Wellness

**Women's Health
Awareness Day**
Transforming Communities
by Enhancing Women's Health



- submitted by Sis. Betty Jay, Chair

Silent Killer: Debilitating Strokes Affecting Young Adults Diagnosed with COVID-19

Trends indicate that North Carolina is experiencing a significant spike in new confirmed coronavirus cases. According to data from Johns Hopkins University, Raleigh now ranks 16 in the country for the fastest growing coronavirus cases. The increase is mostly occurring in adults aged 18 to 49. **This age group accounts for 58% of new cases in North Carolina.** The trend is similar in many counties across the state; **in Wake, Durham, and Orange Counties, close to 64% of new cases are attributed to this specific age group.**

Experts speculate about why this age group is affected more. Younger people may feel less susceptible to the virus, but current evidence shows this is not always the case. This population may feel they are healthier and may not become seriously ill from the virus, but they are potentially exposing others who are at higher risk. Some in this 18 to 49 age group could be asymptomatic and not experiencing the common symptoms as reported by the CDC. Other asymptomatic young adults are experiencing serious COVID-19 related side effects.

COVID-19 and Strokes

Doctors are sounding the alarm that young and middle-aged people are suffering from COVID-19 related strokes. Primarily, men and women in their 30s and 40s who were asymptomatic are suffering from debilitating strokes. Recent studies published in the New England Journal of Medicine and the International Journal of Stroke suggest that asymptomatic young adults, aged 45 and under, are presenting with large-vessel ischemic strokes. Rare in people under age 50, this type of stroke can cause debilitating, lasting effects and death. Researchers are still trying to understand the underlying mechanism(s) between COVID-19, stroke, and this age group.

More About Strokes

A stroke occurs when blood circulation to the brain fails, causing brain cells to die from decreased blood flow resulting in the lack of adequate oxygen supplied to the brain.

It Is Critical To Learn The Warning Signs of a Stroke!!

Warning signs are bodily clues that your brain is not receiving enough oxygen. If you observe one or more of these sudden signs of a stroke or "brain attack," don't wait, call 911 right away!

- ◆ Numbness or weakness of face, arm, or leg, especially on one side of the body
- ◆ Confusion, or trouble talking or understanding speech
- ◆ Trouble seeing in one or both eyes
- ◆ Trouble walking, dizziness, or loss of balance or coordination
- ◆ Severe headache with no known cause

If you or your loved one(s) experience any of these symptoms, ACT F.A.S.T.:

- ◆ F - Face: Ask the person to smile. Does one side of the face droop?
- ◆ A - Arms: Ask the person to raise both arms. Does one arm drift downward?
- ◆ S - Speech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?
- ◆ T - Time: If you see any of these signs, call 9-1-1 right away.

IMPORTANT LIFE SAVING FACT: Stroke treatments work best if the stroke is recognized and diagnosed within 3 hours of the first symptoms. Note the time when symptoms first appear. This information assists health care providers with determining the best treatment for the stroke patient.

If you are experiencing signs of a stroke **do not attempt to drive to the hospital or let someone else drive you.** Immediately call an ambulance as the emergency technicians will begin to administer life-saving stroke treatment.

Remember:

If you or someone you care about is in a crisis and feels overwhelmed with emotions like sadness, depression or anxiety, there is help. For support or help, you can contact the Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline at 800-985-5990, or the National Suicide Prevention Lifeline at 800-273-8255. If you or others you know want to harm themselves or others CALL 911.

Covering Up For You!

In the global fight against the deadly COVID-19 virus, one of the recommendations from the CDC to prevent the spread of the virus is for everyone to wear a mask/face covering when they are out in public. Since the virus can spread through the air, face coverings block droplets from our mouths that are sent out when we speak. Those droplets could contain the virus and then be spread by individuals who are not even aware that they have it! Thus, by covering up, we're doing our part to reduce the spread of the virus, as well as show our concern for others. *Let each of you look out not only for his own interests, but also for the interests of others.* (Philippians 2:4 NKJV)

We currently have a limited number of individuals attending our Sunday worship service and/or Wednesday night Bible study. All of these individuals are required to wear a mask and practice social distancing. Members of the same household can sit together; however, without distancing themselves from other household members. Following are photos of some of our masked members attending a recent worship service.



Don't Let Limitations Limit Your Vision

The king was attracted to Esther more than to any of the other women, and she won his favor and approval . . . So he set a royal crown on her head and made her queen.

Esther 2:17 (NIV)

God will not only use your gifts to fulfill your destiny, but he'll also use your limitations.

Let's look at Esther again. She had several big limitations that made her perfect for the role God wanted her to fulfill. She was an orphan adopted by Mordecai; she was a minority, a Jew living in a Persian country; and she was a single woman. A single woman in a male-dominated society had zero rights.

But God used all of these things to help her fulfill her destiny.

Sometimes what looks like a disaster in your life is part of a much bigger plan.

Esther could have just said, "If only I hadn't been chosen . . . If only I had a better education . . . If only I was more like someone else." A lot of people do that. They live their lives in resentment, always looking at people and saying, "Well it must be nice to be them."

If you have that attitude, you will never fulfill your destiny. You have to realize that the unpleasant obstacles in your life are often God-ordained opportunities to make a difference.

It's hard to see that when you're feeling pain.

Look at Job. He was the wealthiest man in the world, and then God allowed everything to be taken from him - his family, wealth, and health.

Then, when Job started questioning God, God was silent.

Job said, "I do not see him in the north, for he is hidden. I look to the south, but he is concealed. But he knows where I am going . . . Once he has made his decision, who can change his mind? Whatever he wants to do, he does. So he will do to me whatever he has planned. He controls my destiny" (Job 23:9-10, 13-14 NLT).

We're living in uncertain times, and you may not be able to figure everything out. But God knows what's going on. The pleasures and pains, the opportunities and obstacles - God can use it all.

Pastor Rick Warren
www.pastorick.com

KIDZ ZONE

-submitted by Sis. Earleen Sharrock



Scripture: But when he, the Spirit of truth, comes, he will guide you into all truth. John 16:13 (NIV)

How many of you know what a GPS is? GPS stands for Global Positioning System. A GPS application can be found in cars and on a smartphone. When you want to go somewhere, you put the address of the place where you would like to go into your GPS, and it will give you turn-by-turn directions and put a picture on the screen showing you how to get there. Isn't that amazing? How does it do that? Well, first of all, the GPS device must have a map of the area where you are located installed. Then it connects to satellites orbiting the earth and the satellites send back information to the GPS which shows the directions on the screen.

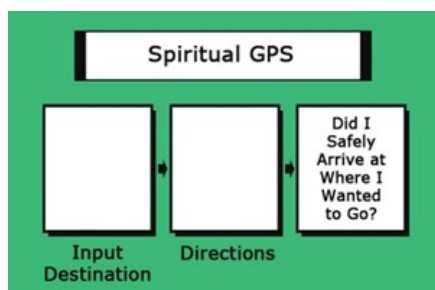
That is amazing, but wait, there is even more. The GPS will help you find your way — even if you get lost. If you make a wrong turn, the GPS will adjust the directions to get you back on the right track. It tells you how fast you are going, how far it is to your destination, and what time you will arrive!

Have you ever been lost, confused, unsure or puzzled? In trying to find our way through life's journeys, we have a **Spiritual GPS** (*God's Positioning System or God Promised*

Solutions or God's Plan of Salvation) to guide us. That guide is the Holy Spirit. When we don't know what to do or which way to turn, the Holy Spirit always points us in the right direction. Do you remember that I told you the GPS needs a map to be able to show us the way? Well, that is true of our Spiritual GPS as well. The map we must follow in our daily life is the Bible. It is the map that shows us how to live life in a way that is pure and good.

Some people rely on their feelings to help them make decisions. That's no good. Our feelings may change from day-to-day, so they cannot be trusted to guide us in the right direction. Besides, just because we feel good about something doesn't mean that it is the right thing to do. Does it? However, we can always trust the Bible to help us to make the right decisions.

Some people look at what others are doing to help them make important decisions. That is no good either. Just because everyone else is doing it doesn't mean that it is the right thing to do. Tomorrow everyone might be doing something else.



Jesus knew that we needed help in making the right decisions in life. He promised that God would send the Holy Spirit "to guide us in all truth." If you type in destination "Heaven" on your GPS

KIDZ ZONE

-submitted by Sis. Earleen Sharrock

device, the response will be “No results.” That’s why we need a Spiritual GPS so that the Holy Spirit can help us to understand God's Word, which always points us in the right direction. Jesus said it very plain and simple in [John 14:6 \(NIV\)](#) – “*I am the Way, the Truth, and the Life. No one comes to the Father except through me.*” God not only told us the way, He came to earth to show us the way; He doesn’t want any of us to remain lost!


I can't imagine taking a trip without a GPS to help me find the way — and I can't imagine trying to navigate life's journey without the Holy Spirit to guide me. Whenever I don't know which way to turn, I can always turn to God's Word and let the Holy Spirit be my guide. Just like we are willing to trust that the GPS is guiding us to the right route, we also have to believe that the Holy Spirit is guiding us according to the Father’s leading.

Heavenly Father, We are thankful that when our Lord Jesus went away, He sent the Holy Spirit to be our helper, our teacher, and our guide in our daily journey. Please forgive us for the times that we have disregarded the leadings of the Holy Spirit and went our own way. Help us on today to know that we can trust our Spiritual GPS. In Jesus' name we pray. Amen.

https://sermons4kids.com/our_spiritual_gps.htm

“I AM”
THE WAY, TRUTH, & THE LIFE

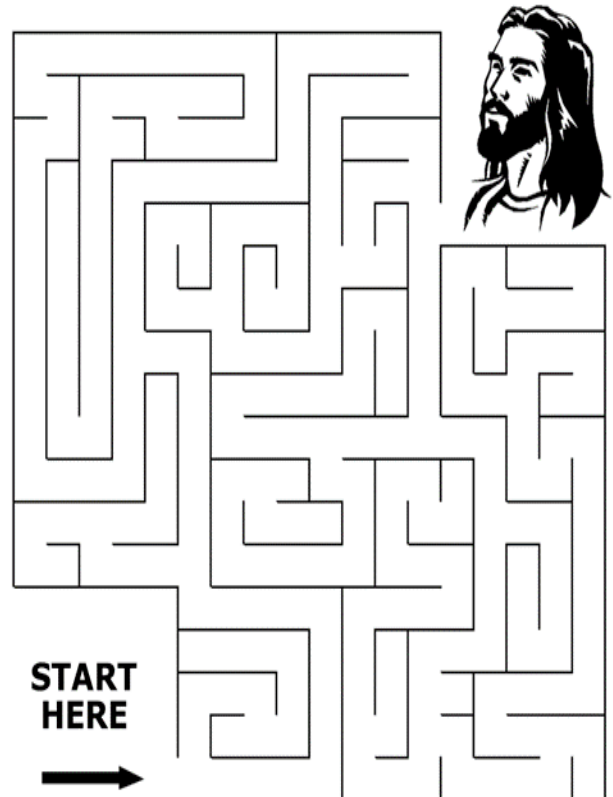
Discover the hidden words.



S	J	Z	M	C	W	F	Z	G	V	N	H	F	I	D
N	P	E	N	S	S	Y	U	I	O	O	E	P	L	U
C	I	I	S	L	O	R	D	U	R	I	A	Q	G	H
B	U	J	R	U	L	I	F	E	E	T	V	K	G	R
M	Y	N	N	I	S	K	F	Q	H	A	E	M	R	V
S	T	I	U	W	T	J	F	X	T	V	N	J	V	T
D	R	J	R	L	R	U	G	V	A	L	P	M	D	J
Q	H	O	A	U	J	R	A	P	F	A	B	L	N	V
G	N	A	D	C	Z	E	R	L	Z	S	Z	S	N	P
G	M	L	I	W	O	E	F	V	L	A	R	I	E	D
A	L	O	C	S	P	B	A	E	S	Y	B	F	L	G
J	R	E	F	A	S	A	N	G	E	L	S	G	U	U
T	R	U	R	L	A	E	K	G	F	K	O	A	N	B
E	B	E	D	K	A	A	M	W	I	W	T	E	H	U
A	K	Q	W	T	S	N	Z	F	A	T	C	S	H	Z

Word Bank

- | | | |
|-----------|--------|-------------|
| SALVATION | HEAVEN | WRONG |
| PREPARE | LORD | SPIRITUALLY |
| JACOB | LIFE | JESUS |
| ANGELS | FATHER | MESSIAH |



START HERE

August 2020

“Building the Church in the Community and the Community in the Church”

****Note - We are in the process of reopening the church building. Rev. Atkins will advise when all services and meetings may resume at Lincoln.***

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 9:00am Worship Service	31 7:00pm Revival	<div style="border: 1px solid black; padding: 5px;"> <p><i>*Conference Call Prayer Line: Dial (605) 475-3235 and enter the pin - 20396# after the prompt.</i></p> <p><i>To add an event to the church calendar, please contact Sis. Janice Campbell by calling the church at 919-688-1886. You may also reach her at churchcalendar@mylmbc.org.</i></p> <p><i>Please send articles, photos or information for The Testament to newsletter@mylmbc.org by the 3rd Sunday of each month.</i></p> </div>				1 Seventh Day Adventist (All Day) 10:00am Trustees 12:00Noon Women of Faith 1:00pm Missionary Ministry
2	3 6:00pm Durham Ushers Union 6:30pm Music Committee	4 6:30pm Pastor's Aide 6:30pm Sounds of Joy 7:00pm Seventh Day Adventist	5 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	6 1:00pm RTTC Community Group 6:30pm Sounds of Joy	7 7:00pm Seventh Day Adventist	8 Seventh Day Adventist (All Day) 10:00am Deaconess
9 Pastor's Anniversary 8:00am Deacons 3:00pm Youth Missionaries	10 7:00pm Leadership Institute	11 6:30pm Voices of Praise 7:00pm Seventh Day Adventist	12 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	13 1:00pm RTTC Community Group 6:00pm Christian Education 6:00pm Voices of Praise	14 7:00pm Seventh Day Adventist	15 Seventh Day Adventist (All Day) 9:00am Layman's League
16	17 6:00pm Health & Wellness	18 6:30pm Male Chorus 7:00pm Seventh Day Adventist	19 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	20 1:00pm RTTC Community Group 6:30pm Male Chorus	21 7:00pm Seventh Day Adventist	22 Seventh Day Adventist (All Day)
23 Ushers Meeting After Service	24	25 6:30pm Mass Choir 6:30pm Computer & Technology 7:00pm Seventh Day Adventist	26 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	27 1:00pm RTTC Community Group 6:30pm Mass Choir	28 7:00pm Seventh Day Adventist	29 Seventh Day Adventist (All Day)