# The Testament

**July 2020** 

**Lincoln Memorial Baptist Church** 

Durham, NC

## Preparation

- by Bro. Dean Jernigan

During my time as a star player on my high school football team, I looked forward to Friday nights. In those days, there was nothing more exciting than running out onto the football field and hearing the cheers of our adoring and support fans. The only thing better than winning a game at home in front of friends and classmates, was winning on the road in front of a hostile crowd that booed and taunted us. We won often and although we were a confident and cocky group of players, our overall success can be summed up in one word - preparation.

On Friday nights, our fans got to see us execute flawless offensive plays that led to touchdowns. They also saw our defense stifle the offense of our opponents. In essence, what they saw was a team prepared to play. What they didn't see, however, was what occurred on Monday through Thursday.

Each Monday, we watched a film of the previous game. The coaches pointed out our successes and failures. They awarded stars that we put on our helmets to signify outstanding play. Then, we broke off into groups to discuss the game plan for the upcoming opponent. The rest of the week was dedicated to implementing new offensive plays and defensive strategies that our coaches thought would lead us to success.

We worked hard Monday through Thursday. Sometimes we were embarrassed or outperformed during the practice sessions by a teammate, yelled at by the coaches or had our ego bruised in some other manner. But we kept moving forward and working on the game plan developed by our coaches. By Friday night, our work during the week led to a high level of overall confidence in the team. Hence, we felt prepared!

In our Christian walk, preparation is an integral part of our lives. We have a defined purpose - to live in a manner representative of the teachings of Christ. Our ultimate goal is to live in eternity with our Heavenly Father and enjoy the provisions that have already been prepared for us if we live in accordance to His instructions. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also. (John 14:3)

From one vantage point, living in eternity with our Heavenly Father is akin to the Friday night experience that I described above. The question is - what are we doing to prepare ourselves to



get there? When do we take the time to review the events of the previous day? What coaches do we have to help us with our game plan? What defensive maneuvers are we learning in preparation for the enemy who is always on offense against us?

Fortunately, God has been kind enough to provide us with a game plan. His Word gives us instructions on how to live in a manner that leads to eternal life with Him. He provided a Savior to exemplify how to live, how to forgive and how to love. He has provided coaches in the form of Rev. Atkins, Rev. Lee, Rev. Clark and Minister Daye to help us to understand the game plan that has been laid out before us. Our duty is to open our minds, trust and believe. That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. (Romans 10:9)

Along with trusting and believing, a healthy dose of faith is an essential component of the preparation process. Faith is the glue that holds everything together. It is the unseen entity that moves us forward with an unquenchable thirst for eternity and it manifests itself in our works. But someone will say, "You have faith and I have works." Show me your faith apart from your works, and I will show you my faith by my works. (James 2:18)

Just like me and my high school teammates, we have our game plan and we have our coaches. We know what our objective is and we also know that we have to conquer an opponent in order to achieve it. Let's put in the work now to ensure victory on the other side! Let's demonstrate our faith by working the works of God and studying and understanding His Word to show ourselves approved.

Bible Study, Sunday School, Vacation Bible School and independent study are all tools that can help us in our preparation

# 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*.

# LMBC Online Viewing/Listening

Morning Worship Service:

On Facebook: go to LMBC Church Website:

https://mylmbc.org/sunday-morningservices

#### Sunday School:

In your web browser, type: meet.google.com/mzc-ybuq-iwk

For audio only for Sunday School and/ or Morning Worship Service:

On your phone, call:

(234) 714-0382 PIN: 421 305 768#

#### Wednesday Evening Bible Study:

In your web browser, type: meet.google.com/rzy-nsiz-xsx

On your phone, call:

(401) 702-0615 PIN: 831 099 935#

\*Please remember to mute your phone or computer and stay muted unless you are responding during the discussion.

I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth.

Psalm 121:1-2

efforts. Assembling ourselves to hear the preached Word provides encouragement and confirmation. Living on purpose in a Christ-like manner gives us the proper mindset to endure the storms and to enjoy the victories along the way. So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world. (1 Peter 1:13 NLT)

## Around Lincoln...



Sis. Mamie Brodie enjoys the moment as family and friends honor her with a drive by birthday salute! With horns honking, a lengthy and heart warming processional of vehicles drove by Sis. Brodie's home to shower her with gifts and birthday blessings. No doubt, they all wanted to come out and see the prettiest woman in town! Following the drive by, her family gathered for a private birthday celebration. Best wishes to Sis. Brodie for many more birthday celebrations!



Smiles are plentiful as Sis. Tamecia Daye celebrates her high school graduation with great-grandma Maggie, mom LaSheka, and grandma Barbara. Congratulations Mecy and best wishes for success at Elizabeth City State University!



Deacon on Duty for the month of July:

Deacon Carlos Best (919) 414-3383

## Minister's Corner

- by Rev. Patricia Lee

## Blink Again

This week during our annual Vacation Bible School (VBS) the students dealt with some strong yet forgotten truths that we as Christians so often tend to forget. Our Superintendent admitted that she almost gave up on VBS because of COVID-19. I did too. She said she examined herself, talked with the team and they unanimously agreed to move forward. This was an



illustration of improper self reliance. We had to be reminded that this pandemic and everything else is in His hands and we must blink again before we lean to our own understanding.

So as not to be too long, I will move quickly to a formidable reminder and teaching coming from the prophet Amos. In our study it was pointed out that Amos was aware of his environment. We were asked if we as people of God are aware of what's going on in our world. Not only from a global and national standpoint but our own immediate environment. Amos, an Old Testament prophet from humble beginnings, was fully aware of his nation's fallen state. He preached a strong message of doom but he also preached hope.

Let me personalize this for a better understanding of why this VBS meant so much to me. A Facebook post this week showed the relationship between COVID-19 and those suffering from an Autoimmune disease. The post presented a very grim picture as it attempted to explain one of many reasons why the need for society to wear masks is so important.

My Lincoln family already knows that I am among this class of people, who struggle with health issues stemming from this disease and am currently in a battle. The post said "you never get better". Well like Amos, I'm carrying this message of hope. Perhaps that writer needs a clearer understanding of the meaning of "better" and the need to blink again. After reading this hopeless message the very same day an MRI proved that what you see at first glance often requires you to blink again. The diagnosis given to me was No malignancy but a small tumor on the adrenal gland was the root of my current woes. Second blink clearer.

I heard a preacher say God told him "if he can have his illness God could cure it". That's called HOPE. Hope lets us know we can and we do get better.

Look at our text. Jesus took his time in restoring the blind man's sight. First He removed the blind man from the ugly environment in which he was standing. Then He made spittle. Jesus laid His hands upon the man's eyes two times. First time things weren't totally clear but when he blinked, (which means to clear away all the debris and foreign bodies from the eyes) the second time the man was able to see men walking upright.

Church I know what's happening all around us paints a gruesome seemingly hopeless situation. But I'm a witness who has come to tell you that you must blink again and be restored to a vision of hope and glory. I blinked and I am going to continue to blink.

The evil people crucified our Saviour, turned their backs and went home. But somebody blinked and kept on blinking because the Bible says He got up and they saw the Gift of Hope thru Jesus Christ to everyone who believes. I once was blind but now I see. Why? Because I know how to blink. And I will continue to blink as long as I live. We all can. "All things are possible if we only believe."

### Black History Spotlight



#### Gordon Parks

#### Photographer/Author/Movie-Film Director

On November 30, 1912, in Fort Scott, Kansas, Sarah and Andrew Parks welcomed their fifteenth child, Gordon Roger Alexander Buchanan Parks, into their home. Though struggling against poverty and racism in Fort Scott, young Gordon was nurtured there. His mother was especially influential, and her early lessons sustained him throughout his remarkable life.

Because of Parks' vast intellectual and artistic accomplishments, he was described as a "Renaissance Man." He accomplished many firsts, including the distinction of being the first Black photographer at Vogue, Glamour, and Life magazines. He worked at Life for nearly 25 years and completed over 300 assignments.

He was a documentary and fashion photographer; a film director, writer, producer; a poet, novelist, essayist; and a composer. Among his notable films are *Shaft* and *The Learning Tree*.

Though largely self-taught, he received over fifty honorary doctorates. Parks' life was a paradox: he was as comfortable modeling a Brooks Brothers suit in New York as he was wearing his western hat and cowboy boots on the Kansas prairie. He moved with the same ease in the modest Washington, D.C. home of Ella Watson, African American charwoman whose image became the famous *American Gothic*, as he did on the Italian island of Stromboli with actor Ingrid Bergman. Parks' humanity was evident in his life's work, as is epitomized in the amazing Flavio de Silva story.

On March 7, 2006, 93-year-old Parks died peacefully in his home in New York City. Thousands joined the Parks family to bid this noble gentleman farewell.

www.blackpast.org

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

### Masks

Don't be fooled by the face I wear, for I wear a thousand masks, And none of them are me.

Don't be fooled, for goodness sake, don't be fooled.

I give you the impression that I'm secure, that confidence is my name and coolness is my game, And that I need no one.

But don't believe me.

Beneath dwells the real me in confusion, in aloneness, in fear. That's why I create a mask to hide behind, to shield me from the glance that knows,

But such a glance is precisely my salvation.

That is, if it's followed by acceptance, if it's followed by love. It's the only thing that can liberate me from my own self-built prison walls.

I'm afraid that deep down I'm nothing and that I'm just no good, And that you will reject me.

And so begins the parade of masks. I idly chatter to you.

I tell you everything that's really nothing and

Nothing of what's everything, of what's crying within me.

Please listen carefully and try to hear what I'm not saying.
I'd really like to be genuine and spontaneous, and me.
But you've got to help me. You've got to hold out your hand.

Each time you're kind and gentle, and encouraging, Each time you try to understand because you really care, My heart begins to grow wings, feeble wings, but wings.

With your sensitivity and sympathy, and your power of understanding,

You alone can release me from my shallow world of uncertainty.

It will not be easy for you. The nearer you approach me, The blinder I may strike back.

But I'm told that Love is stronger than strong walls, And in this lies my only hope.

Please try to beat down these walls with firm hands, But gentle hands, for a child is very sensitive.

Who am I, you wonder. I am every man you meet, and also every woman that you meet,
And I am you, also.

www.inspirationalarchive.com

### Happy Birthday to our July Birthday Celebrities!

Willee Murphy • Shekina Wooten
Angelia Brodie • Dorothy Reid
Delma Slade • Latisha Johnson
Joseph Toomer • Willa Clark
Peggy Brodie • Justin Brodie
Myles Brodie • Kenneth Dennis
Sean Dinguall, Jr • Ruth Howard
Erin Elam • Robert Belcher
Gwendolyn Perry • Earleen Sharrock

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

# Taking Control: Keys to Coping During These Stressful Times

Long-term stress may contribute to the development of chronic disease. Stress affects everyone, young and old, rich and poor. It can be a reaction to situations when a person feels threatened or anxious. Stress can be positive, for example, when preparing for a wedding, or negative when dealing with traumatic events. Amid the country's ongoing chronic health situation, America is battling two major traumatic health-related crises: the COVID-19 pandemic and racism.

The pandemic and the social injustice of racism has significantly impacted human health, unemployment, and our social interactions. COVID-19 has caused much suffering and stress for Americans. On June 17, the Johns Hopkins University Coronavirus Resource Center reported more than 2.1 million COVID-19 cases in the U.S., with a death toll of 116,700. These cases continue to climb nationally. Unemployment numbers have increased dramatically with an overall unemployment rate of 13.3.%, while Black people (16.8%) and women (13.9%) experience higher rates. Life as we know it has changed due to physical distancing policies, job loss, wearing personal protective equipment in public, teleworking, and home schooling our children.

In America, and globally, the growing public outcry against social injustice and systemic racism calls for change. For years, systemic racism has impacted the health of Blacks and communities of color and has manifested in health disparities and inequities. Evidence-based outcomes, born out of implicit bias, create unequal access to health care. Additionally, environmental inequities and injustices play a major role as Blacks and underrepresented groups tend to live in inner cities, near highways, and near environmentally hazardous facilities — ultimately resulting in long-term exposures that impact overall health.

Especially during this time, it is important to recognize the symptoms of stress and anxiety. Symptoms may be physical or emotional. *Common reactions to a stressful event may include:* 

- disbelief, shock, and a feeling of numbness
- feelings of sadness, frustration, and helplessness
- difficulty concentrating and making decisions
- headaches, back pains, and stomach problems
- smoking or use of alcohol or drugs

For most people, these reactions are normal and expected responses that generally lessen with time. However, in some cases, they may continue for longer periods of time and interfere with everyday life. If your symptoms of stress are interfering with your daily life or are not getting better over time, seek professional help.

To reduce stress, it is important to find healthy ways to cope. Coping strategies include self-care and identifying appropriate support systems. Here is a list of various coping strategies from the CDC and National Institute of Mental Health that may be helpful:

- ◆ *Take care of yourself.* Get plenty of sleep, eat healthy well-balanced meals, and stay active on a regular basis to cope with stressful feelings.
- Talk to others. Share your feelings with trusted friends, family, health professionals, and faith leaders.
- ♦ Avoid drugs and alcohol. These substances may seem to help, but they can create additional problems and increase your stressful feelings.
- ♦ *Disconnect from electronic devices.* Find a hobby that brings you peace and relaxation, such as gardening, reading, journaling, or walking in nature. If news events are causing you stress and anxiety, take a break from listening or watching.
- ♦ *Listen to music*. Music can be therapeutic when dealing with stress. Studies show that music can reduce levels of stress, increase coping abilities, or enhance relaxation.
- ♦ *Spend time with loved ones and trusted friends.* People who are supportive can provide a feeling that you are not alone and serve as a reminder that others care.
- ♦ *Maintain healthy, normal daily routines.* Routines can provide a sense of structure and feeling of accomplishment and control when everything around you seems to be out of control.
- ◆ Recognize when you need additional help. If problems continue, or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.
- ◆ Meditation helps you to re-center, refocus, and recharge. This practice helps control anxiety and stress by promoting good emotional health.

#### 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.

## Congratulations Graves Scholarship Recipients!

The LMBC Jimmy and Torian Graves Memorial Scholarship Ministry is pleased to announce our 2020 Scholarship Recipients. We pray for God's continued blessing upon each of them as they further their education at various colleges across the state.

#### Makiah Atwater

Graduate: J. D. Clements Early College - NCCU Will Attend: University of North Carolina at Greensboro

#### Jordan Baccus

Graduate: Hillside New Tech High School Will Attend: North Carolina Central University

#### Bailee Davenport

Graduate: City of Medicine Academy Will Attend: University of North Carolina at Charlotte

#### Tamecia Daye

Graduate: The School for Creative Studies Will Attend: Elizabeth City State University

#### **Brandon Fennell**

Graduate: Middle College High School at Durham Technical Community College Will Attend: North Carolina A&T State University

#### Arlesia Johnson

Graduate: City of Medicine Academy
Will Attend: North Carolina A&T State University

#### Jamia Moseley

Graduate: Hillside High School Will Attend: Winston-Salem State University

#### Mya Perry

Graduate: Hillside High School Will Attend: Shaw University

#### Cierra Redden

Graduate: Hillside High School Will Attend: University of North Carolina at Chapel Hill

#### Zane Smith

Graduate: Jordan High School Will Attend: North Carolina A&T State University



# Surrender What You Can't Control

You see that his faith and his actions were working together, and his faith was made complete by what he did. James 2:22 (NIV)

If you want to come through a crisis like a global pandemic with your emotional health intact, you'll need to learn to control what's controllable in your life and trust God for the rest.

God is active in your mental, spiritual, and emotional health. He wants you to make wise choices based on his guidance from the Bible and through prayer.

And then, when you encounter something out of your control, you can surrender it to God and trust him to work it out for good.

There is a great biblical example of this with Abraham: "You see that his faith and his actions were working together, and his faith was made complete by what he did" (James 2:22 NIV).

It's easy to go to extremes with this. For instance, you can say it's all up to God and become passive to the point where you do nothing. On the other hand, you can act like God doesn't play a part in your life and assume everything depends on you.

Both extremes are wrong. Maintaining good physical health is about balance, and the same is true with emotional health. Find a balance that helps you recognize what's in your control and then make wise decisions, based on God's guidance as you read his Word and talk to him in prayer. And, learn to let go of those things that only God can handle.

In the movie, The Lord of the Rings, there's a moment where Frodo complains about all the evil and pain in the world. He says to Gandalf, "I wish none of this had happened."

You may have said the same thing during this time we're living in.

Gandalf wisely responds to Frodo and says, "So do all who live to see such times; but that is not for them to decide. All we have to decide is what to do with the time that is given to us."

All you have to do is decide what to do with the time that is given to you.

There are a lot of things in your life you have no control over. You can't control the pandemic or how the government and other people handle it.

You can't control the circumstances of life, but you can choose how you will respond - and that will make all the difference. God is always there to help you make that choice.

Pastor Rick Warren www.pastorick.com

# KIDZ ZONE

-submitted by Sis. Earleen Sharrock





#### THEME: LIVING IN HARMONY

Scripture: "If a fellow believer hurts you, go and tell him—work it out between the two of you. If he listens, you've made a friend." Matthew 18:15 (The Message) Love does no harm to its neighbor. Therefore love is the fulfillment of the law. Romans 13:10 (NLT)

Imagine you are trying to get somewhere, to go visit a friend, but along your journey you run into wall after wall that barricades your path. It would make getting to that friend much more difficult. Instead imagine that same journey, and at every obstacle, like large rivers, small lakes and streams, etc., there was a bridge there for you to cross. That would make getting to your friend much easier. If you take that idea and put it into symbolic form, people should be doing all that they can to build bridges to friendships, relationships, happiness, prosperity and freedom.

Whether it's a wall, a fence or a gate, they are all types of barriers that prevent or obstruct passage, access, or progress, presenting a problem for two people or groups from agreeing, communicating, or working with each other.

To "break down barriers by building bridges" means "to overcome differences between or among families and groups of people. I'm reminded of this short story:

Once upon a time, there were two brothers. Their father had a large farm and when he became too old to work, he called his sons to him. "I am too old to work anymore," he said. "I will divide my farm in half and give each of you one half. I know that you will always work together and will be good friends."

When the brothers first started farming on their adjoining farms, they were the best of friends and would share everything together. Then, one day there was an argument between the two brothers and they stopped speaking to one another. For many years, not a word was spoken between them.

One day, one of the brothers was at his house when a carpenter came to his door and said, "I would like to do some work. Do you have any work that I can do?" The brother thought for a moment and then replied, "I would like for you to build a fence on my property. Build it down near the stream there that separates my farm from my brother's. I don't want to see my brother any more and I would like for you to build a high fence there please. I'm going into town and I'll be back this evening.

When he came back that evening, he was shocked

to see that the carpenter had not followed his instructions. Instead of building a high fence there, he had built a bridge over the stream. The man walked down to take a look at the bridge, and as he did, his brother walked toward him from the other side. His brother said, "After all the terrible things I've done to you over the years, I can't believe that you would build a bridge and welcome me back." He reached out to his brother and gave him a big hug.

The brother then walked back up to his farmhouse to talk to the carpenter. "Can you stay?" he asked. "I have more work for you to do." The carpenter answered, "I'm sorry but I can't stay. I have to go, for I have many other bridges to build."

Sometimes you and I have a disagreement with our brothers and sisters in Christ. When that happens, we often build a fence between ourselves and them. We stop talking to them. We don't want to be around them. That isn't what Jesus wants us to do. Instead of fences, he wants us to build a bridge of love between us.

Dear Heavenly Father, We know it is your desire for us to live together in peace and harmony. Help us to love one another. In Jesus' name we pray. Amen.

# KIDZ ZONE

-submitted by Sis. Earleen Sharrock

#### Love One another

My command is this: Love each other as I have loved you. John  $15:12 \; (\text{NIV})$ 

Based on John 15:9-17 (NIV)



#### Keep On Forgiving

Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times. Matthew 18:21-22 (NIV)

Based on Matthew 18:21-22



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G	F	S	Υ	J	F	W	J	0	K	Н	N	Υ	0	J
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C	Н	М	E	R	В	W	Q	J	F	N	R	U	P	0
T	L	D	R	I	K	0	В	U	S	I	N	E	S	S
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Γ	FRIENDS	OBEY	LOVE	FRUIT	
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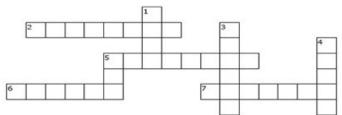
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Н	U	S	I	N	S	K	Т	D	C	F	X	M	T	C	

ASKED	TIMES	BROTHER	SEVEN	
SINS	FORGIVE	HOW	LORD	
PETER	ANSWERED	MANY	JESUS	

#### **The Greatest Commandment**

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.'" Mark 12:30-31 (NIV) Puzzle is based on Mark 12:28-34





#### ACROSS

- A person who lives near or next to another
- The most important; better than all others of the same kind
- Coming next in order after the first one
- Someone who educates or trains others

#### DOWN

- To have a deep feeling of affection or attraction for someone
- A spoken or written reply to a question
- The center and source of a person's emotions or feelings
- The creator of heaven and earth; The One we worship

NEIGHBOR	TEACHER	SECOND	GOD	$\neg$
ANSWER	HEART	GREATEST	LOVE	

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## **July 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
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3rd Sunday o	f each month.		7:00pm Bible Study	6:30pm Mass Choir	Seventh Day Adventist	Missionary Ministry
5	6	6:30pm Pastor's Aide	6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study	9 1:00pm RTTC Community Group	10	Seventh Day Adventist (All Day)  10:00am Deaconess
	6:00pm Durham Ushers Union 6:30pm Music Committee	6:30pm Sounds of Joy 7:00pm Seventh Day Adventist	7:00pm Bible Study	6:00pm Christian Education 6:30pm Sounds of Joy	7:00pm Seventh Day Adventist	
8:00am Deacons 3:00pm Youth Missionaries	13	6:30pm Voices of Praise	6:00am  *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study	16 1:00pm RTTC Community Group 6:00pm Voices of Praise	17	Seventh Day Adventist (All Day) 9:00am Layman's League
		7:00pm Seventh Day Adventist	7:00pm Bible Study	7:00pm Church Conference	7:00pm Seventh Day Adventist	
19	20	21	6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study	1:00pm RTTC Community Group	24	Seventh Day Adventist (All Day)
	6:00pm Health & Wellness	6:30pm Male Chorus 7:00pm Seventh Day Adventist	7:00pm Bible Study	6:30pm Male Chorus	7:00pm Seventh Day Adventist	4:00pm Back to School Bash
26 Ushers Meeting After Service	27	6:30pm Mass Choir 6:30pm Computer & Technology	6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study	1:00pm RTTC Community Group	31	
		7:00pm Seventh Day Adventist	7:00pm Bible Study	6:30pm Mass Choir	7:00pm Seventh Day Adventist	