

The Testament

March 2020

Lincoln Memorial Baptist Church

Durham, NC

The Truth Unbridled

- by Bro. Dean Jernigan

For those of us who read *The Carolina Times*, we are informed in each edition of news of interest to our community, important reminders and a review of interesting community and social events. Greeting us high and center on the paper's front page is its motto - ***The Truth Unbridled***.

The motto stood out to me upon my first reading of the paper. Through my interaction with Vivian Edmonds, the publisher when I arrived in Durham, and my overall interest in the paper, I learned that *The Carolina Times* became an important voice in the Black community during the struggle for equality and equal rights. Initially published during a time when the outlet for the Black voice was limited and restricted, *The Carolina Times* stood as a representation for the truth regarding racial inequality and disparity.

Unbridled means "uncontrolled", "unrestricted" and "unconstrained". In essence, there are no impediments standing between the reader and the words written on its pages. It brings to mind what happens in a court of law when a person places his or her hand on the bible and swears/affirms to tell "the truth, the whole truth, and nothing but the truth".

As Christians, truth is an essential component of our existence. Truth is so important to God that He wrote it into the set of laws given to Moses on Mt. Sinai - *Thou shalt not bear false witness against thy neighbor. (Exodus 20:16)* God is instructing us to be truthful and not to lie. Throughout His Word, He reminds us that nothing should ever stand in the way of the truth. *These are the things that you shall do: Speak the truth to one another; render in your gates judgments that are true and make for peace. (Zechariah 8:16 ESV)* And as a testament to the ultimate value and power of the truth, He sent His only begotten Son to guide us along the bridge that leads to eternal life. *Jesus answered, I am the way and the truth and the life. No one comes to the Father except through me. (John 14:6 NIV)*

There's no getting around it. Living a truth-centered life is God's desire for us.

Loving the truth as much as we do, it can be more than a little disturbing to

witness the distortion of the truth by those officials elected to the highest offices in our land. Even more alarming is the obstruction of the acquisition of the truth by our nation's president.

Allergic to the truth and treating it like an infectious disease, our current president has succeeded in portraying truth as the enemy and in the process, convinced a significant mass of individuals that institutions long revered for their truthfulness are no longer worthy of high regard. This is an incredibly concerning state of being for our nation.

Fortunately, for those of us connected to God's Word, we can take a measure of comfort in knowing that God is in control. Despite whatever frustration or anxiety arising from our current environment, we have to remain vigilant in our belief that if we follow His instructions, then His grand plan will see us through to a glorious expected end. We may not understand the why's or the how's, we simply have to pray and give it all over to God. *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. (Philippians 4:6-7 NKJV)*

So pray for our country, for our leaders and even for our enemies. Pray that the peace of God will find its way into the consciousness of those whose hearts have been hardened to the truth. Pray that the impediments to the unbridled truth will be dismantled all across this land and that together we will come to recognize and appreciate what love is and what it is not. *Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. (1 Corinthians 13:4-6 ESV)*

Being truthful during our walk along life's highway is not an option - it's a commandment from God. Despite whatever evil spews forth from the jaws of man, let's remain true to the values of our faith and the teachings of Christ. *Guide me*



In Memoriam Sis. Harriet Lofton



June 9, 1939 - January 22, 2020

*Precious in the sight of the Lord
is the death of his saints.*



Psalm 116:15

Still Time To Support Our Queen To Be!



First Lady Marva Atkins is a member of the **Durham and Vicinity Association of Ministers' Wives and Ministers' Widows**. The Association has selected Marva to represent our local group in the annual Queen's Contest to be held during our State Meeting.

Please help our First Lady to reach her goal of raising \$1,000.00. All proceeds from the contest are used to help finance our State charities, scholarship program, and to help support our annual State meetings.

Thanks to those who have already contributed. If anyone in the Lincoln family would like to be present for this event, it will be held on Monday Night, April 6th, at Shiloh Baptist Church, 1210 S. Eugene St. in Greensboro. Tickets for the banquet are \$30.00. (Make checks payable to DVAMWMW)

Please see First Lady Marva if there are questions.

THANKS FOR YOUR SUPPORT!

*in your truth and teach me, for you are
God my Savior, and my hope is in you all
day long. (Psalm 25:5 NIV)*

Around Lincoln...



For Black History month, Rev. Patricia Lee dramatizes the poem - "In the Morning" by Paul Laurence Dunbar. Bro. Sean Dinguall, II, (not pictured) assisted during the presentation.



The Couples Ministry gathered for an afternoon of fellowship at Denny's Henderson during February.



Sis. Apryl Jernigan enjoys the moment during Family Day activities at Fayetteville State University.



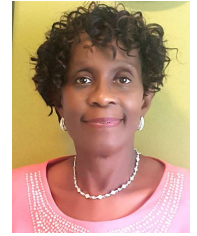
Deacon on Duty for the month of March:

**Deacon John Hodge
(919) 544-2741**

Minister's Corner

- by Rev. Patricia Lee

MY NAME IS...



Awhile back when one of our granddaughters was very young she was given a bicycle with training wheels for Christmas. Her "Gdaddy" as she fondly called him tried insistently to teach her to ride the bike without the training wheels. Following one of those unsuccessful teaching lessons she got off the bike and came inside. Later that day she stood looking out the door at our neighbor's young son riding up and down the sidewalk. His training wheels had been removed. Someone said to her "look Keyonia he is riding his bicycle with no training wheels". Without hesitation, Keyonia replied, "his name is Jeff and my name is Keyonia". We all knew she wasn't being disrespectful, just truthful.

I believe this is a truth we all can learn, from the White House to the poorest house. Know your name, your limitations and capabilities no matter how persistent or insistent another person is trying to be in your life. Folk will try to put you in places that you know you shouldn't be in. When you fall down their mouths will tear you down. I once heard a sermon entitled, "Find your place, get in your place and stay in your place". You can do that if you know your name and learn it at an early age.

The old testament book of Daniel illustrates this fine point. Though four Hebrew boys were taken away into captivity by a ruthless king they stood their ground, risking their lives because they knew their names. The king gave them names representing the Babylonian Gods. It didn't matter to them what the king changed their names to because they knew who they were. Daniel 1:8 in paraphrase reads and, "Daniel purposed in his heart he would not defile himself..."

You can hold onto this truth even at a young age when you know your name.

So I urge you today to resist people putting you somewhere that you don't belong just to please themselves. If you know you can't dance, don't dance. If you know you can't sing, don't sing. If you know you can't lead, don't lead. If you know you can't teach, don't teach. If you know you aren't saved don't try to save others. God doesn't want warm bodies in His Kingdom. He wants true sacrificing, loving, committed soldiers. Remember 1 Corinthians says, "THEREFORE MY BELOVED BRETHREN BE YE STEDFAST, UNMOVEABLE, ALWAYS ABUNDING IN THE WORK OF THE LORD, FOR AS MUCH AS YE KNOW THAT YOUR LABOR IS NOT IN VAIN IN THE LORD". In doing so you can proudly proclaim, *My name is...*

Black History Spotlight



Fannie Lou Hamer

Civil Rights Activist

Fannie Lou Hamer was a grass-roots Civil Rights Activist whose life exemplified resistance in rural Mississippi to oppressive conditions. Born on October 6, 1917 in Montgomery County, Mississippi, to a family of sharecroppers, she was the youngest of Lou Ella and Jim Townsend's twenty children. Her family moved to Sunflower County, Mississippi in 1919 to work on the E. W. Brandon plantation.

Hamer's activism began in the 1950s when she attended several annual conferences of the Regional Council of Negro Leadership organized by Dr. T.R.M. Howard, a wealthy businessman and Civil Rights leader in the all-Black town of Mound Bayou, Mississippi. There, Hamer encountered prominent Civil Rights leaders such as Thurgood Marshall of the NAACP and Michigan Congressman Charles Diggs.

In 1961, she was sterilized without her knowledge or consent by a white doctor as part of the state of Mississippi's plan to reduce the number of impoverished Blacks in the state. On August 23, 1962, after hearing a sermon by Rev. James Bevel, she volunteered to become an organizer for the Student Non-Violent Coordinating Committee (SNCC) to help Black Mississippians register to vote. While she was traveling by bus on June 3, 1963, state law enforcement officers in Winona, Mississippi, took Hamer and fellow activists to Montgomery County Jail where they were beaten mercilessly. Hamer was not intimidated and after her recovery returned to the effort to register and organize Black voters.

In 1964, Hamer became a national figure as the co-founder of the Mississippi Freedom Democratic Party (MFDP). The Democratic Party in Mississippi barred Black participation. As a consequence Black and white activists in the state created the MFDP.

In a stirring testimony at the 1964 National Democratic Convention, she described the oppressive conditions she and other Black Mississippians faced on a daily basis and urged recognition of the MFDP to encourage Blacks to register to vote.

On March 14, 1977, Fannie Lou Hamer died of cancer at age 59 in Ruleville, Mississippi. She was buried at Freedom Farms Cooperative, an organization she helped to establish so that poor farmers would have an opportunity to purchase their own land. *Her epitaph reads: "I'm sick and tired of being sick and tired."*

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

Women's Health Awareness 2020



Transforming Communities by Enhancing Women's Health

Saturday, April 4, 2020

8:00 a.m. – 5:00 p.m.

North Carolina Central University
Mary Townes Science Building
1900 Concord St., Durham, N.C.

- ♦ Pre-register for FREE at www.niehs.nih.gov/WHAD
- ♦ Pre-registration closes on Monday, March 16, 2020
- ♦ Space is limited, so register today!
- ♦ On-site registration begins at 8:00 a.m., Saturday, April 4, 2020
- ♦ This event is open to all women and individuals interested in Women's Health!

A DAY DEDICATED TO WOMEN'S HEALTH!!!

What's Provided?

This conference provides health awareness, health knowledge, and environmental health literacy. This is achieved through various health education sessions, health resources, and on-site health screenings.

On-Site Health Screenings

FREE On-site health screenings will be provided. Including: Blood Pressure check, Cardiovascular Screening, Dental Screening, Diabetes Screening, HIV/ HCV/ Syphilis Testing, Vision Screening, and more!

Free Health Education Session

Health Education sessions will cover the following topics:

- ♦ Behavioral Health
- ♦ Cancer Care and Management
- ♦ Cardiovascular Health
- ♦ Diabetes Care and Management
- ♦ Environmental Health
- ♦ Reproductive Health

For additional information regarding Women's Health Awareness 2020, or for reasonable accommodations for individuals with disabilities please contact:

whad@niehs.nih.gov or 919-541-3852

- Health and Wellness Ministry

*Blessed is she who has believed that the Lord
would fulfill his promises to her!"*

Luke 1:45 (NIV)

Happy Birthday to our

March Birthday Celebrities!

Trevor Williams • Justin Bailey
Daniel Campbell • Jacqueline Brown
Tennille Dingwall • Sean Dingwall, Sr.
Jeannine Wardrick • Willie Wilks

Best Wishes For Many More!!

Super Bowl Fellowship!

One of the most enjoyable events at Lincoln is our annual Super Bowl Fellowship. Organized by our Layman's League, this event brings sports fans of all ages together for an exciting evening of fun, food and fellowship. It also allows for an opportunity for recognition of the champions of Lincoln's Fantasy Football League. Due to the large number of participants, Lincoln has 2 leagues. Congratulations to Bro. Justin Brodie for winning the overall league championship in our primary league. Congratulations to Sis. Latisha Johnson for winning the overall championship of our secondary league. Other winners include Sis. Maranda Leverette, Sis. Annie Wright and Bro. Carlos Best for finishing in the top three positions in our leagues. Congratulations to everyone on a wonderful season of fantasy football, and to the Layman's League for an outstanding fellowship event!



The Scars Of Life

Some years ago on a hot summer day in south Florida, a little boy decided to go for a swim in the old swimming hole behind his house. In a hurry to dive into the cool water, he ran out the back door, leaving behind shoes, socks, and shirt as he went. He flew into the water, not realizing that as he swam toward the middle of the lake, an alligator was swimming toward the shore.

His mother in the house was looking out the window saw the two as they got closer and closer together. In utter fear, she ran toward the water, yelling to her son as loudly as she could. Hearing her voice, the little boy became alarmed and made a U-turn to swim to his mother. It was too late. Just as he reached her, the alligator reached him.

From the dock, the mother grabbed her little boy by the arms just as the alligator snatched his legs. That began an incredible tug-of-war between the two. The alligator was much stronger than the mother, but the mother was much too passionate to let go.

A farmer happened to drive by, heard her screams, raced from his truck, took aim and shot the alligator. Remarkably, after weeks and weeks in the hospital, the little boy survived. His legs were extremely scarred by the vicious attack of the animal. And, on his arms, were

deep scratches where his mother's fingernails dug into his flesh in her effort to hang on to the son she loved.

The newspaper reporter who interviewed the boy after the trauma, asked if he would show him his scars. The boy lifted his pant legs. And then, with obvious pride, he said to the reporter, "But look at my arms. I have great scars on my arms, too. I have them because my Mom wouldn't let go." You and I can identify with that little boy. We have scars, too. No, not from an alligator, or anything quite so dramatic. But the scars of a painful past. Some of those scars are unsightly and have caused us deep regret. But, some wounds, my friend, are because God has refused to let go.

In the midst of your struggle, He's been there holding on to you. The Scripture teaches that God loves you. You are a child of God. He wants to protect you and provide for you in every way.

But sometimes we foolishly wade into dangerous situations. The swimming hole of life is filled with peril - and we forget that the enemy is waiting to attack. That's when the tug-of-war begins - and if you have the scars of His love on your arms be very, very grateful. He did not and will not - let you go.

www.heavensinspirations.com

A Sharp Tongue Cuts From The Inside Out

Growing up, I was never a student of the Bible even though I grew up surrounded by the best kind of Christians there were: the love-filled family kind.

I believe I am now being constantly moved by the Holy Spirit (I hope) to see the simplicity in the scripture I now study. As such, I am finding myself gravitating to ministers, pastors and saints as they dissect in sermon and prayer the incredible power of the tongue; yes, that small but dangerously lethal weapon housed in one's mouth.

Without any biblical perspective, history confirms the ability of deceit-filled eloquence to entice weak men to murder, married women to stray, prideful men to war and so-called peace-loving folk to slaughter.

On a daily basis, a reckless tongue can sear forever the spirit of an innocent child, a wanting spouse, a true friend or a caring co-worker. Evil oratory moves men and women to do evil things.

But oh, how powerful, how

wonderful is a well-intentioned 'thank you', a sincere 'I'm sorry' or a genuine 'I believe in you.'

James 3:10 tells us that the tongue wields the power of life and death. Having been the target of ill-intended criticism, and out of momentary anger or hurt having tried to destroy the souls of many I held dear, I know first-hand that James is so right.

I have been trying to correct this character flaw by being as deliberately uplifting as possible, thinking of myself as a vessel of the living God first before I speak and remembering that man was made in God's own image and cursing any man is tantamount to cursing God.

Could it be that James 1:26 holds a key to salvation? "...If anyone considers himself religious and yet does not keep a rein on his tongue, he deceives himself and his religion is worthless..."

I submit to you that if you compare the words of Jesus Christ to any

demagogue, you will find that Jesus' words repulse with great power all hatred, gossip, rumor and even innuendo. It is impossible to claim to love God without loving Jesus as the living Word of God. Saying so merely confirms the truth in this case that the spoken Word will indeed set one free.

"Reckless words pierce like a sword but the tongue of the wise brings healing." Proverbs 12:14. I'm told God hates a liar and loves the truth. Remember there is no cure for hurt feelings except an honest spoken apology. Hurt feelings fester and infect a person.

Think before you speak. And please don't take my word for it. "He who guards his lips, guards his life, but he who speaks rashly will come to ruin." Proverbs 12:3.

May God bless and keep you always.

James Washington
www.blackpressusa.com

Giving Back To God

In homage to the truism that "all things come of thee", the Belcher family gathered after church recently to dedicate the newest member of their family, **Dorian Mathias Darnell Belcher (nicknamed "Moo")**. Surrounded by his parents, grandparents, great-grandparents, family members and the Lincoln family, blessings, prayers and the covering of God's grace and mercy were extended to Moo. May God continue to bless and protect him as he begins his travel on life's highway. *Behold, children are a heritage from the Lord, the fruit of the womb a reward. (Psalm 127:3 (ESV))*

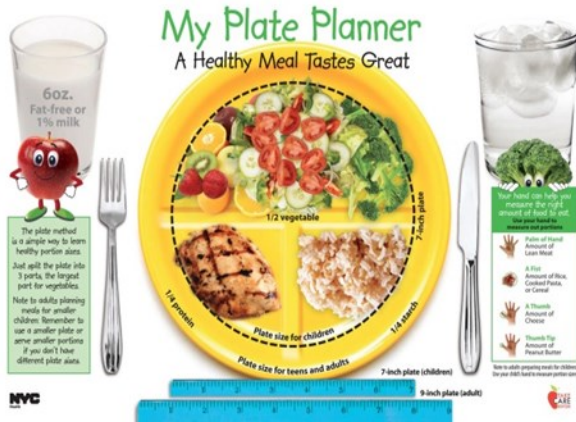


Health and Wellness

Tips for Healthy Eating

- by Janice Swann-Campbell, Coordinator

What healthy means to each of us is very different and what we often discuss when developing recipes, or talking about eating we can start recognizing the gulf between the aspiration to eat well and the reality of daily life. Eating better means feeling better, we all know that, so here are our prescriptions to ourselves for the New Year.



****Aim for a "healthy" breakfast at least three days a week:***

Knowing I should eat better and actually doing it are two separate things. Ideally, starting my morning this way will influence the rest of my day's meals, but I know at least I got my nutrition in first thing and if I eat not so well the rest of the day, I won't beat myself up over it.

****Just drink water:*** Drinking water helps you feel full, staving off hunger pangs that strike out of nowhere.

****Doughnuts are ok as is everything eaten in moderation.***

Don't label anything as totally off-limits. You already know what's better for you, so eat more real food. Bland, mono-textured meals will leave you unsatisfied even if your stomach is filled. When cooking, be sure to season it well and taste it

throughout the process. Add a bit of acid such as fresh lemon juice and heat such as sliced, fresh chilies to make it bright and exciting; and use enough fat for it to feel rich, a dazzle of olive oil over much dishes always helps.

Think of your senses: color for your sight, spices for your smell, I started using spices and it gave the house a pleasant smell, build texture with crunch, such as tossing cut, crisp vegetables into the tender greens of a salad, steamed sweet potatoes, tossed bread crumbs.

Why Do We Eat?

We eat because we are hungry, we eat for energy. We are unaware of 90% of the food decisions that we make each day. (Dr. Brian Wansink, The Science of Food). Food is a great pleasure in life; we may need to shift our surroundings to work with our lifestyle instead of against it. When visiting with my daughter and my son-in-law I noticed food was not much ever discussed, except "what would you like for supper"? It was obvious that nutrition and their attitude toward food were important.

I saw a little of me, when the table was set for every meal and the food was placed in serving dishes, so your meal was not interrupted by getting up. There was enough to be satisfied and not be overstuffed, dessert was always available. (Great conversation)

"The one who eats everything must not treat with contempt the one who does not, and the one who does not eat everything must not judge the one who does." (Romans 14:3)

(Disclaimer: Always talk with your doctor about any changes you make to a special diet.)



Caught Doing Something Good!

During an early morning walk at Northgate Mall, Sis. Pamela Jernigan and Sis. Kathy Williams spotted a person carrying a lovely gift for Valentine's Day. As the person came closer, they realized that it was our very own Bro. Robert Belcher doing his part, like many in the Lincoln family, to make Valentine's Day a memorable experience. Nice job Bro. Belcher! We're sure that Sis. Anissa was quite pleased!



Love Day Celebration!

Love bears all things, believes all things, hopes all things, endures all things.

1 Corinthians 13:7 (ESV)

An endearing tradition at the heart of Lincoln's culture, our annual Love Day Celebration provides an avenue for displays of appreciation for Rev. Atkins and First Lady Marva. From the intangible thoughts of love and well-being to the tangible expressions of appreciation, the Lincoln family shared their most precious gift - their time, with our First Family on Love Day. Hats off to our Pastor's Aide ministry for organizing this love-filled event!



Knowing God Helps You Know Yourself

By faith Moses, when he had grown up, refused to be known as the son of Pharaoh's daughter.

(Hebrews 11:24 NIV)

Someone in my church once sent me a note that said, "Pastor Rick, because I don't really know who I am or who I'm supposed to be, I end up molding myself to the expectations of others . . . Can you teach us about discovering our identity?"

It's true that when you don't know who you are, you live for other people's approval. But God offers you so much more. He wants you to live in the true identity that he's given you.

The Bible tells a famous story of someone who chose to live in his God-given identity - the story of Moses.

Moses was the greatest leader in the entire Old Testament. He led the Jews to freedom after 400 years of slavery in Egypt. He received the Ten Commandments from God. He's credited with writing the first five books of the Bible.

But Moses started life as a slave. As an infant, he was placed in a river basket as his mother tried to save him from genocide. He was found by Pharaoh's daughter and raised as a prince.

Hebrews 11:24-27 sums up the rest of the story: "By faith Moses, when he had grown up, refused to be known as the son of Pharaoh's daughter. He chose to be mistreated along with the people of God rather than to enjoy the fleeting pleasures of sin. He regarded disgrace for the sake of Christ as of greater value than the treasures of Egypt, because he was looking ahead to his reward. By faith he left Egypt, not fearing the king's anger; he persevered because he saw him who is invisible" (NIV).

So what happened to Moses during those in-between years? How did he transform from slave into prince? How did he become willing to leave it all behind to lead God's people? Well, in short, he grew up. He grew up physically, but he also grew up spiritually.

As he was growing up, Moses asked all the questions that everyone asks: Who am I? Where did I come from? What is my life all about?

Eventually, he settled on the answer. He "refused to be known as the son of Pharaoh's daughter." He grew up and refused to keep living a lie. He knew his identity and chose to live like God created him to be. That showed spiritual maturity.

So how can you know your God-given identity? By getting to know God better.

The closer you get to God, the better you're going to understand yourself. That's because God is your Creator. The more you understand your Creator, the more you understand yourself because you are his creation.

Like Moses, you face a choice: Will you pretend to be someone you're not for the rest of your life? Or will you choose to live as the person God created you to be?

If you choose to live as God made you, some people may not approve of you. But that won't really matter. You'll know who you are and where you're going. And you'll have the approval of God.

How can you beat that?

Pastor Rick Warren
www.pastorick.com

Meet the Black Architect Who Helped Design Washington, DC

- submitted by Rev. Lawrence Clark



Our nation's capital would not be the same if it wasn't for Benjamin Banneker, the Black architect hired by George Washington, the first President of the United States, to design the city of Washington, DC. It was actually Thomas Jefferson himself who highly recommended that Banneker be placed on the planning committee.

The former designer who walked off the job took all the plans with him, but Banneker was able to save the project by reproducing a complete layout of all the streets, parks, and major buildings. Not only was he able to do it from memory, he was able to do it in just two days!

How He Came To Be A Genius Architect

Banneker's grandmother was from England, but she immigrated to the Baltimore, Maryland area and married one of her slaves named Bannaky. Their daughter also married one of their slaves, and she gave birth to Benjamin Banneker in 1731. According to the law at the time, if the mother was free, the child, although bi-racial, would not have to become a slave.

So, Banneker was able to attend an elementary school run by Quakers, a religious group that broke away from the established Church of England. He later adopted many Quaker habits and ideas, and as a young man in 1753, he was inspired to create his own clock made entirely of wood. His invention was so impressive at the time that it propelled his reputation tremendously, and until today, he is known as the inventor of "America's first clock" - which kept perfect time for forty years.

His early accomplishments revealed how much of a genius he was, and helped him to later become a reputable architect, mathematician, engineer, and even astronomer.

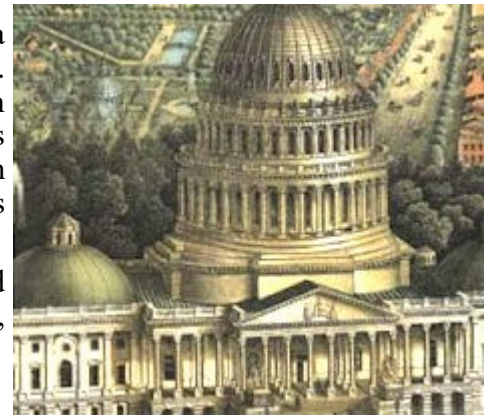
His Fight Against Racism

During his life, Banneker was able to use his reputation to promote social change for issues like racism, slavery and war.

For nearly 10 years, he published an annual Farmer's Almanac, for which he did all the calculations himself. He once sent a copy of one of his Almanacs to Thomas Jefferson with a letter protesting that the man who declared that "all men are created equal" actually owned slaves himself. Jefferson reportedly responded favorably to his letter, but no political reform was ever taken.

His Almanac, however, won him fame all over the world.

Sadly, Banneker died on October 25, 1806, but his life was very inspirational. He will always be remembered for his many accomplishments, but especially his contributions to the development of the city of Washington, DC.



www.blackhistory.com

Support the LMBC Graves Scholarship!

*Pancake
Breakfast*



Includes Sausage, Juice, Coffee and Tea

Please Join Us!

The LMBC Jimmy and Torian Graves Memorial Scholarship

Pan Cake Breakfast Fundraiser!!

Saturday, March 7th

8:00am - 11:00am

Donation: \$8.00

(Children age 6-12, \$6.00)

*Please see any member of the Scholarship Committee
to make a donation.*

Deaconess Kathy Williams, Chairperson

Save The Date!!

Sunday, March 8th
Rep Your School Day!



Proudly show your school colors during our morning worship on the 2nd Sunday in March. Organized by our Music Ministry, the aim is to promote the value of an education to our K-12 students and to encourage them to pursue higher education after high school. In addition to wearing school attire, a few



NC A&T



members of the Lincoln family will be featured in an inspiring video presentation. For more information or to participate in the video, please contact Sis. Adrienne Jernigan.



"Education is the passport to the future, for tomorrow belongs to those who prepare for it today."

- Malcolm X

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of Phoenix®



DURHAM
PUBLIC SCHOOLS



Johnson C. Smith
University



UNC CHARLOTTE



GRAND CANYON
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"If you are planning for a year, sow rice; if you are planning for a decade, plant trees; if you are planning for a lifetime, educate people."

- Chinese Proverb



Do great things.

Pfeiffer
UNIVERSITY



VANCE-GRANVILLE
COMMUNITY COLLEGE



And so many, many more! Rep Your School!!

Phenomenal Woman

- by Maya Angelou

*Pretty women wonder where my secret lies.
I'm not cute or built to suit a fashion model's size
But when I start to tell them,
They think I'm telling lies.*

*I say,
It's in the reach of my arms,
The span of my hips,
The stride of my step,
The curl of my lips.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.*

*I walk into a room
Just as cool as you please,
And to a man,
The fellows stand or
Fall down on their knees.
Then they swarm around me,
A hive of honey bees.*

*I say,
It's the fire in my eyes,
And the flash of my teeth,
The swing in my waist,
And the joy in my feet.
I'm a woman
Phenomenally.*

*Phenomenal woman,
That's me.*

*Men themselves have wondered
What they see in me.
They try so much
But they can't touch
My inner mystery.*

*When I try to show them,
They say they still can't see.*

*I say,
It's in the arch of my back,
The sun of my smile,
The ride of my breasts,
The grace of my style.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.*

*Now you understand
Just why my head's not bowed.
I don't shout or jump about
Or have to talk real loud.
When you see me passing,
It ought to make you proud.*

*I say,
It's in the click of my heels,
The bend of my hair,
The palm of my hand,
The need for my care.
'Cause I'm a woman
Phenomenally.
Phenomenal woman,
That's me.*

KIDZ ZONE

-submitted by Sis. Earleen Sharrock



HOW CAN A LION BE A LAMB?



We are now in the month of March. March is said to come in like a lion and go out like a lamb. What does that mean? It means that the weather will get much warmer as the month of March goes on. Sometimes the opposite is said to be true! **If March goes in like a lamb – it starts with warm weather – what happens at the end of the month?** It goes out like a lion. Or the month will then end in cold weather.

There are statements that are contradictory; one cancels out the other; one is true, the other is false. “The earth is flat” vs. “the earth is round.” We now know that the earth is round, sort of. But it cannot be both round and flat simultaneously.

The word “paradox” is used when two elements – statements, things, concepts, realities – are absolutely and undeniably contradictory AND YET simultaneously true.

Jesus is often described as both the **Lion of the Tribe of Judah** and the **Lamb of God**. The two animals, the lion and the lamb, are polar opposites. They are totally different and have completely different traits. Yet, Jesus is strong and powerful against injustice but He is gentle and Protective at the same time – **Jesus as the Lion & the Lamb**.

How can our Lord and Savior be described as a lion and a lamb? What did Jesus do that made people think of him as a lamb? He was kind and innocent like a lamb, and he lay down his life. Back then, people used to sacrifice lambs to atone for sins. He was the ultimate sacrifice, which made him the ultimate lamb.

Although Jesus is the Lamb of God who came to take away the sins of the world, He’s also something else - a Lion. **What does or will Jesus do to make people think of him as a lion?** Let’s think about it. **The Lion is referred to as being a conqueror, in control, majestic and powerful, one that protects the pride. Lions are known as the Kings of the Forest, and Jesus is king...where?** Up in heaven. **Lions are known for being most powerful in the forest. How did Jesus show his power here on earth?** By performing many miracles. His fight was against death and he brought people back from the dead. Now He protects us with his lion-like majesty and power, watching over us, guarding us, guiding our steps, protecting our soul from harm and lending His power as a blanket over us.

One day, He’ll return in victory to finally put an end to sin, pain, and tears forever. The first time Jesus came to earth, He came to die for us like a humble Lamb on the Cross. He lived a perfect life - never sinning and always following God’s will. We could not do that, but He did. Jesus took our sin on Himself so that we could be made right with God (2 Corinthians 5:21). That’s an amazing gift!

But the next time Jesus comes, things will be much different. He is the promised lion of the tribe of Judah, who will rule as the King of the universe (Genesis 49:9; Revelation 5:5). Not only that, He promised to make a new heaven and a new earth (Revelation 21–22). When that happens, He promised that those who trust Him as their Savior will be with Him forever.

Jesus was called the Lamb of God by John the Baptist. In John 1:29, John baptizes Jesus and points him out the next day for everyone standing around, and he said, “Behold the lamb of God, who takes away the sins of the world.”

In Revelation 5:5 John the Apostle hears the elders in heaven refer to Jesus as the “lion of Judah,” saying he had “triumphed” or “won a great victory,” as if Jesus were some sort of warrior.

The Lamb in the Old Testament was to be slain for the sins of the people, Jesus was the ultimate Lamb. As a Lamb, Jesus was completely pure & blameless (John 1:29), without blemish, innocent, full of joy and had a freshness of life.

Jesus is the Lamb of God and the Lion of Judah. He came as the Lamb to seek and save sinners; He will come as the Lion followed by sinners now made saints. We worship and follow Jesus as both. As we celebrate the nature of His first coming, do not forget the nature of His second coming:

- *He came first as the Lamb sacrificed for our sins; He will come again as the Lion conquering His enemies.*
- *He came as the Lamb silently led to slaughter; He will come as the Lion roaring in righteous fury.*
- *He came as the Lamb who made peace with God through His death; He will come as the Lion who makes peace on earth through war.*
- *He came as the Lamb to serve; He will come as the Lion to reign.*

Dear Heavenly Father, Thank you for the Lamb and the Lion and the Great I AM. In Jesus’ name. Amen

KIDZ ZONE

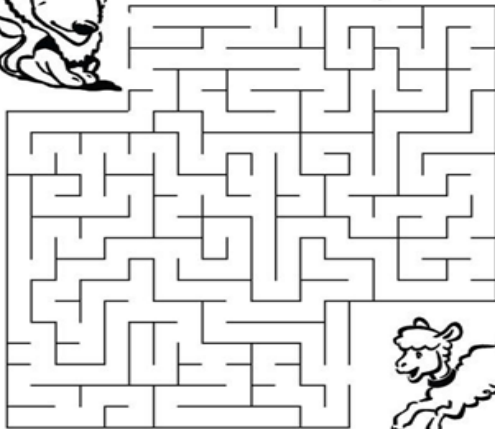
-submitted by Sis. Earleen Sharrock

Name: _____

MARCH



comes in like a lion



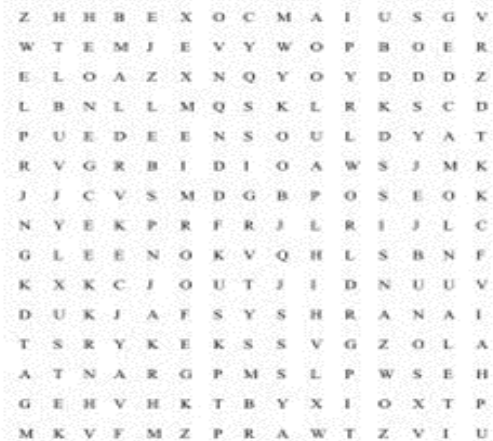
goes out like a lamb

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Lamb of God



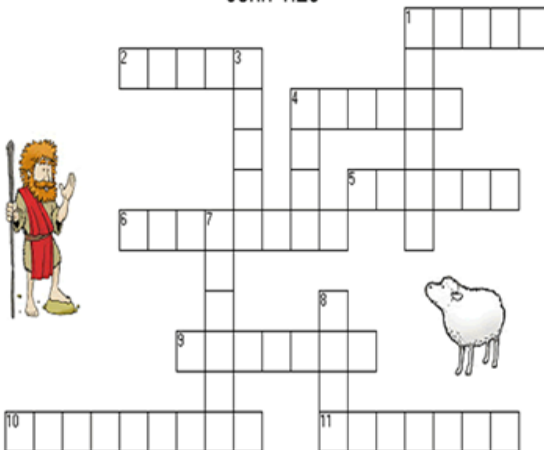
GOD
LAMB
ROOF
WORD

GRANT
MERCY
SENS
WORLD

HEALED
PEACE
SOUL

Behold, the Lamb of God who takes away the sin of the world!
John 1:29

John 1:29



ACROSS

1. The Son of God.
2. John baptized with _____
4. A dry, barren plain.
5. The place where God lives.
6. A strict observer of Jewish law.
9. The promised one; the Christ.
10. The mother of John the Baptist
11. To immerse by water or fire.

DOWN

1. The river where John baptized.
3. A Jewish title of respect for a teacher.
4. The Spirit landed on Jesus in the form of a _____.
7. To turn away from sin.
8. Behold, the _____ of God that takes away the sins of the world.

desert	Jesus	repent	Messiah
lamb	heaven	Jordan	
baptize	dove	water	
Elizabeth	Pharisee	Rabbi	

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"BEHOLD, THE LAMB OF GOD!"

John 1:29-34

How many words can you make from today's lesson title?



Some of



March 2020

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 6:30pm Pastor's Aide 6:30pm Sounds of Joy 7:00pm Seventh Day Adventist	4 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	5 1:00pm RTTC Community Group 6:30pm Sounds of Joy	6 7:00pm Seventh Day Adventist	7 Seventh Day Adventist (All Day) 8:00am Pancake Breakfast 10:00am-Trustees 12:00Noon Women of Faith 1:00pm Missionary Min.
8 Rep Your School Day 8:00am Deacons 3:00pm Youth Missionaries	9 6:00pm Durham Ushers Union	10 6:30pm Voices of Praise 7:00pm Seventh Day Adventist	11 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	12 1:00pm RTTC Community Group 6:00pm Christian Education 6:30pm Voices of Praise	13 7:00pm Seventh Day Adventist	14 Seventh Day Adventist (All Day) 10:00am Deaconess
15	16 6:00pm Health & Wellness	17 6:30pm Male Chorus 7:00pm Seventh Day Adventist	18 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	19 1:00pm RTTC Community Group 6:00pm Male Chorus 7:00pm Church Conference	20 7:00pm Seventh Day Adventist	21 Seventh Day Adventist (All Day) 9:00am Layman's League
22 Ushers Meeting After Service	23	24 6:00pm All Choir Day Choir 7:00pm Seventh Day	25 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	26 1:00pm RTTC Community Group 6:00pm All Choir Day Choir	27 7:00pm Seventh Day Adventist	28 Seventh Day Adventist (All Day) 10:00am All Choir Day Choir
29 9:00am Worship Service	30	31 6:30pm Mass Choir 6:30pm Computer & Technology 7:00pm Seventh Day Adventist	<div> <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>			

Photos Taken/Submitted by Deacon William Mayfield, Sis. Pamela Jernigan and Bro. Dean Jernigan