

The Testament

November 2020

Lincoln Memorial Baptist Church

Durham, NC

Search For The Light

- by Bro. Dean Jernigan

A few Sundays ago, Rev. Atkins preached about the power of light. One of the takeaways from his message was that darkness has no power over light. The smallest beam of light can penetrate and shine through the darkness of any night. As I reflected on the message later that day, I thought about our previous discussions during Bible Study on light and its different contextual meanings.

The creation process is described in Genesis 1:1-31. On the first day of creation God commands, "Let there be light". The initial assumption upon reading this portion of scripture is that God is speaking into existence the light emitting objects that shine through darkness. However, our further study of those verses reveals that although God called for light on the first day of creation, He did not create any light emitting or light reflecting objects such as the sun, the moon or the stars until the fourth day of creation (Genesis 1:14-19). We ended one of our Bible Study sessions with the understanding that knowledge was the light that God created on that first day.

Indeed, knowledge is truly a light. It enhances our awareness, provides a foundation for growth, and it moves us forward on the path of progress. It is the key to mastering the unknowns of darkness and is a vital possession that leads to understanding and wisdom. In addition to being a source of light, knowledge is also a source of power.

Through the light of God's Word, we know that we have an enemy who constantly attacks us. With the introduction of trials and tribulations into our lives, the enemy's goal is to block out the light of God's goodness. The enemy uses the stress and strife of today to blind us to the light of God's goodness of yesterday, of last week and of last year.

During these moments, as we stumble through the darkness of the storms of life, we must refocus our minds and search for the light. We must pray for the strength to endure. We must pray for the courage to love our enemies and to forgive those who trespass against us. We must seek out the light that leads us to a place of peace and that surpasses all understanding. In essence, we must seek the comfort and guidance of God's Word. *Thy word is a lamp unto my feet, and a light unto my path (Psalm 119:105)*



As we enter this season of thanks, let us double down on our efforts to see the light of God in every situation that we encounter. Family gatherings may be different this year, but count it as a blessing to be able to communicate in some manner with your family and others that you care about. Our church and ministry fellowships may not occur at all, but we rejoice in knowing that even though we are socially distanced from each other, that we are still spiritually connected as a church family and within the body of Christ.

Whenever you encounter the darkness of despair during this season, search for the light. When confronted with difficult and agonizing decisions, search for the light. When you can't seem to find the hope in a hopeless situation, search for the light. When disappointment stares you in the face or doubt knocks at your door, search for the light. In the light, we will find a friend and a comforter, able to fight our battles and steer us away from darkness. *Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life." (John 8:12 ESV)*

Darkness has no power over light. Enjoy all of the light that this season of thanks brings. Above all, give thanks for Jesus - the light of the world.

****Please Vote!!****

**Tuesday, November 3rd
6:30am - 7:30pm**

**Voting is the Cornerstone
of Democracy**

**If you have not voted already
and need assistance, please call
the Durham County Board of
Elections at 919-560-0726.**

Christian Education Ministry Presents

WEBINAR November 9, 2020
7:00 PM
#COVIDCare
For Our Mental Health: Considerations for People of Color
FEATURING LIVE: **Dr. Alfie Breland-Noble**
Founder, The AAKOMA Project, Inc.'s 501c3 youth mental health nonprofit
Host, Couched in Color Podcast
Author, Community Mental Health Engagement with Racially Diverse Populations (2020)
Sponsored by Lincoln Memorial Baptist Church
Christian Education Ministry
Rev. Linzie B. Atkins III, Pastor
<http://mylmbc.org>

Please make plans to attend this timely webinar. Please also invite your family, friends and coworkers to join as well.

Join online at:

meet.google.com/gzb-xxzp-dnq

Join via phone:

413-438-4441

PIN: 124 917 510#

Please see Minister Antoinette Daye or any member of the Christian Education Ministry for more information.

Save The Date!!

Friday, November 13th

**Women's Day Virtual Event
Guest Preacher-Rev. Tiffney Marley
7:00pm**

Sunday, November 15th

**Women's Day
Morning Worship Service**

Thursday, November 19th

**Church Conference
7:00pm**

Around Lincoln...



Bro. Tony Williams completes the installation of a new television/monitor in the Great Room. Bro. Williams also installed a television/monitor in the Fellowship Hall as well. The monitors can be used to stream our worship services and other church events to reduce the number of individuals in the sanctuary.



Above and below: Bro. Robert Belcher installs a plexi-glass barrier on the pulpit lectern. This is one of Lincoln's many efforts to do its part in minimizing the risk of an asymptomatic spread of airborne droplets of COVID. Rev. Atkins delivers the first sermon following the installation of the plexi-glass.



Deacon on Duty for the month of November:

**Deacon Eugene Lofton
(919) 638-5348**

Minister's Corner

- by Rev. Patricia Lee

ANOTHER BLESSING

I have a vivid picture of the saints praising God on Sunday in the Jesus House of Prayer holiness church where my spiritual roots were laid. Ladies were in their usual white clothing. Some of the mother's heads were also completely covered in white. The men wore dark suits and the pastor always donned a robe.



The church was usually cold but once the pot belly coal stuff caught fire the coldness left. As the stove caught fire so did the saints. There was singing and praising and long testimonies about the goodness of God. I can't tell you I fully understood these happenings cause I knew for a fact we all were dirt poor.

Few folk owned cars so you didn't need a parking lot. The Pastor had to work at Golden Belt factory to care for his family and the church. Most of us kids wore the same "Sunday" clothes and was happy to do so. Fried chicken and stew beef were served only on Sunday and for Monday morning breakfast.

One of the favorite songs of the church and my family was "Thank you for being so good to me". So I'm really confused now. How has He been so good to you? Liquor houses with blaring juke boxes on most corners. Knife carrying men and women would stab you for a little thing and leave you there. Police didn't really care.

The few white folks coming to the neighborhood were the Watkin and LB Price man. Their products ripped your momma off with goods like vanilla extract and heavy bedspreads that took her a year to pay for. So how has He been so good?

Let's not forget the white owned corner store. The proprietor was happy to extend credit with prices that held you hostage so you could never get out of debt. We had to pay book rent every year when school started and the books were handed down, used books from white schools. Again how has He been so good?

Well, the old saints would keep singing and praising like they weren't aware of any of this. I soon discovered the answer to my baffling question. It was there all the time. I missed it. It simply said - HE (GOD) WOKE ME UP THIS MORNING!

What is that saying to the saints of old and us now? ANOTHER BLESSING!! THANK YOU FOR BEING SO GOOD TO ME. AMEN.

Black History Spotlight



Diane Nash
Civil Rights Activist

Civil Rights Activist Diane Judith Nash was born on May 15, 1938 in Chicago, Illinois to Leon Nash and Dorothy Bolton Nash. Nash grew up a Roman Catholic and attended parochial and public schools in Chicago. In 1956, she graduated from Hyde Park High School in Chicago, Illinois and began her college career at Howard University in Washington, D.C. before transferring to Fisk University in Nashville, Tennessee.

While a student in Nashville Nash witnessed southern racial segregation for the first time in her life. In 1959, she attended nonviolent protest workshops led by Reverend James Lawson who was affiliated with the Nashville Christian Leadership Conference. Later that year she protested exclusionary racial policies by participating in impromptu sit-ins at Nashville's downtown lunch counters. Nash was elected chair of the Student Central Committee because of her nonviolent protest philosophy and her reputation from these sit-ins.

By February 13, 1960, the mass sit-ins that began in Greensboro, North Carolina on February 1 had spread to Nashville. Nash organized and led many of the protests which ultimately involved hundreds of Black and white area college students. As a result, by early April Nashville Mayor Ben West publicly called for the desegregation of Nashville's lunch counters and organized negotiations between Nash and other student leaders and downtown business interests. Because of these negotiations, on May 10, 1960 Nashville, Tennessee became the first southern city to desegregate lunch counters.

Meanwhile Nash and other students from across the South assembled in Raleigh, North Carolina at the urging of NAACP activist Ella Baker. There they founded the Student Nonviolent Coordinating Committee (SNCC) in April 1960.

After the Nashville sit-ins, Nash helped coordinate and participated in the 1961 Freedom Rides across the Deep South. Later that year Nash dropped out of college to become a full-time organizer, strategist, and instructor for the Southern Christian Leadership Conference (SCLC) headed by Dr. Martin Luther King, Jr.

Throughout the 1960s she stayed involved in political and social transformation. In the 1980s she fought for Women's Rights.

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

November Sunday School Lessons

Unit 3 - Godly Love Among Believers

1st - Loving By Serving
John 13:1-15, 34-35

8th - Abiding Love
John 15:4-17

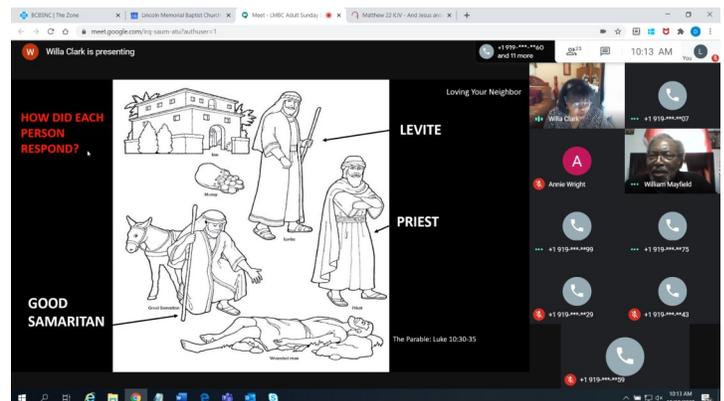
15th - Confident Love
1 John 3:11-24

22th - Sharing Love
Acts 4:32-5:11

5th Sunday Lesson - Impartial Love
James 2:1-13

Please Note

Virtual Sunday School classes for our youth will begin on the 1st Sunday in December. Please contact First Lady Marva Atkins or Deacon Carlos Best for additional information.



Sis. Willa Clark uses screen-sharing technology to incorporate visual aids while teaching her session of the Adult Sunday School Class.

Happy Birthday **to our** **November Birthday Celebrities!**

Peyton Thorpe (1st) • Ebony Atkins (3rd)
LaShawn Rogers (3rd) • Thomas Vanhook (8th)
Antoinette Daye (12th) • Nevaeh Hemmingway (13th)
Cecil Sharrock (17th) • Ron Lee, Sr. (23rd)
Janetta Wadlington (26th)

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

Virtual Series: "Real Talk With The Experts"

Women's Health Awareness
Virtual Series: "Real Talk With the Experts"

This virtual series provides a unique opportunity for you to gain state-of-the-art health knowledge and ask specific questions to world-renowned experts.

**Is Social Distancing Keeping You Home?
Protect Your Family's Health:
Clean Air in Your Home**

**Thursday, November 12, 2020
6:30 - 7:45 p.m.**

This webinar will focus on known and emerging sources of poor indoor air quality, resultant health effects (e.g., asthma), and ways that families can avoid exposure to these contaminants. This topic is important as we are spending more time at home.

Webinar Goal: To learn about the everyday sources of poor indoor air quality and ways to protect our families.

Registration is free and opens at 3:00 p.m. on **Thursday, October 15, 2020**, and closes at 5:00 p.m. on **Wednesday, November 11, 2020**. Register at <https://niehs.nih.gov/whad>. Zoom link will be provided prior to webinar.

For additional information, call the Office of Human Research and Community Engagement at 984-287-4414 or email whad@niehs.nih.gov.

Gratitude

- by Sis. Pamela Jernigan

During this season of Thanksgiving, I thank God for family and friends who exercise the power of prayer. I thank God for having mercy on me when I cried out to Him for help. I knew He was the only one who could fix my problem. I must confess I was not comfortable with my current situation. But I was reminded that this could have been worse than it was. Thessalonians 5:18 says, "In everything give thanks for this is the will of God in Christ Jesus for you." From this perspective I began to put a praise on my lips. I became like Paul. I had to be content with the current situation knowing in God's timing He would do His Will.



As I reflected on the song *Waymaker*, one version has a reprise when the vocalist sings over and over, "Even when I can't see it, He's working; Even when I can't feel Him, He's working. He never stops, He never stops working." This song remained in my spirit daily knowing that God was working.

The Lord spoke to me through His Word that the best way through this situation was to maintain the right attitude and trust Him for the outcome. It helped when I became determined to find something positive each day as an improvement toward healing. I reflected on my "victory bank" as Dean would call it which reminded me of all the many times that the Lord brought me through. I knew nothing was too hard for Him.

I began to use "kingdom language" as pastor would say. Each of the many visits when asked if I thought things were better, I would claim it and believe it was better in the name of Jesus and it was so.

I am reminded of the miracle in Mark 8:22 which is one of the great lessons that Jesus taught about faith. I could relate to the story of the blind man from Bethsaida when Jesus asked him, "what do you see?" And he responded "I see people that look like trees walking around." Then when touch by Jesus again his sight was restored.

My faith is built on nothing less than Jesus' blood and righteousness. ***I am grateful to God for restoring my vision. To God be the Glory!***

A Conversation With Dr. Alfiee

- submitted by Sis. Kathy Williams

*Note - the following is an excerpt from *TheCandidly.com*. Please use the link at the end to access the full article.

Being stuck at home has forced us to face our mental health demons, whether we're ready or not.

So we posed a few questions to Dr. Alfiee Breland-Noble, a brilliant psychologist, about everything from the physical effects of trauma to how to protect the mental health of our kids.

Dr. Alfiee is a mental health expert, scientist, and founder of a mental health nonprofit, the AAKOMA Project, which focuses on the mental health of marginalized youth. She's also actively working to destigmatize conversations around mental health, as well as provide access to mental health resources and care to all communities.

Q: What are the biggest misconceptions about mental health?

Dr. Alfiee: The first big misconception is the idea that mental health and mental illness are dichotomous—you either are completely mentally healthy, or you're mentally ill. And that's just not true. **We fail to teach people that mental illness exists on a continuum, which means that everybody is on it.**

The second is that mental health is not as important as physical health. We can talk all day about the importance of reducing cardiovascular disease, but we spend so much time talking about the physical that we rarely take time to talk about the emotional and mental.

And the third is stigma. We know mental illness is stigmatized. Every single person deals with stigma related to mental illness, but we still don't acknowledge how big that stigma is and the toll it can take.



The final thing is **we have to empower people to recognize and understand that you can't have good overall physical health if you don't have good mental health.** Everything starts with mental health. We have to give ourselves permission, no matter what's going on around us, to say that our mental health is important. It doesn't matter what your friends or family or culture says—**everybody deserves optimal mental health. So give yourself permission to have it and work towards it.**

www.thecandidly.com/2019/dr-alfiee-breland-noble-ganda-on-mental-health-and-trauma?rq=Dr.%20Alfiee%20Breland

How to Trust God's Timing in Your Pain

“My thoughts are nothing like your thoughts,’ says the LORD. ‘And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts.’” Isaiah 55:8-9 (NLT)

When you're in pain and you pray and don't see the answers, should you give up? No. Your job is to keep praying and keep trusting God for the answer, because you know that everything he does and everything he allows in your life, he will use for good. You accept a “No,” a “Slow,” a “Grow,” or a “Go” because you know that God is a good Father, even when you're in pain.

If a doctor performs surgery on you and cuts you open, that's going to cause some pain. But if that surgery saves your life, would you say she's a bad doctor? No, because she just saved your life!

When God doesn't immediately end your pain, he's saying to you in that moment, “My grace is sufficient for you, and you can handle a little pain—and even a lot of pain in your life—because I am with you and I am going to use this for your good.”

I've had a lot of pain in my life. In fact, almost everything I've learned in life, I've learned through pain. I've learned nothing from pleasure. I've learned very little from success. But I've learned boatloads through pain. God is more interested in making me a man of God than he is in making me comfortable. And God is more interested in making you a man or woman of God than he is in making you comfortable in the short-term. You will be comfortable for all of eternity in heaven.

In Scripture, we read, “‘My thoughts are nothing like your thoughts,’ says the Lord. ‘And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts’” (Isaiah 55:8-9 NLT).

While you're praying at one level, God is thinking about your life at a much higher level and from a much bigger perspective. He wants good for your life even more than you do.

Pastor Rick Warren
www.pastorick.com

For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.

Jeremiah 29:11 NKJV

KIDZ ZONE

-submitted by Sis. Earleen Sharrock



Skittles

Prayer for Thanksgiving



Orange - Pray a prayer of thanks to God for everything he has given you: your family, your friends, your church, food, clothes, shelter, toys and anything else you are thankful for.



Yellow - Pray for someone in your life you are thankful for by name. Pray specifically for that person that God would bless them. If they don't know Jesus as their Savior, pray that God would help you tell them how much Jesus loves them.



Green - Pray and ask God to show you how you can give to others this holiday season. Pray that God would show you someone you can help out by spending time with them or giving them something they need.



Purple - Pray for those who may not have food or family to spend time with this Thanksgiving. Pray that God would comfort them and provide them with food and with people in their life to show them love.



Red - Pray that as Christmas season begins after Thanksgiving people would remember that Jesus is the reason we celebrate. Pray that people who don't know Jesus as their Savior will come to know Jesus as their Savior this Christmas.



Eat these Skittles as you pray for this Thanksgiving season



KIDZ ZONE

-submitted by Sis. Earleen Sharrock



Grades 4-5 • Thanksgiving 1

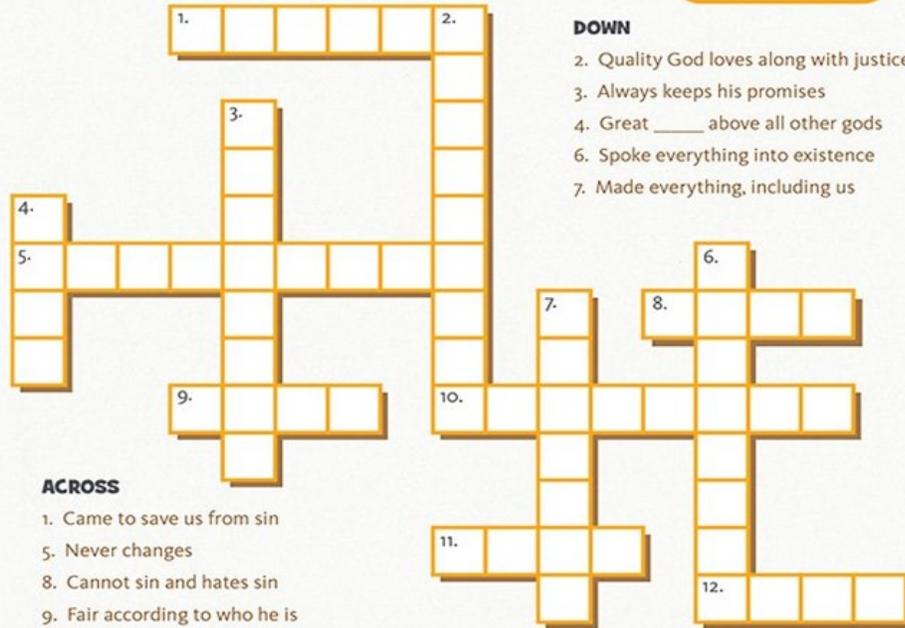
Giving Thanks to God

James 1:17; Psalm 33:2-5, 100:1-5, 9:1-2, 95:1-5

God has many wonderful attributes we are thankful for!
Read the clues then write the correct answer from the Word Bank in the crossword puzzle.

Word Bank

Good	Creator
Holy	Faithful
King	Immutable
Love	Shepherd
Just	Powerful
Savior	Righteous



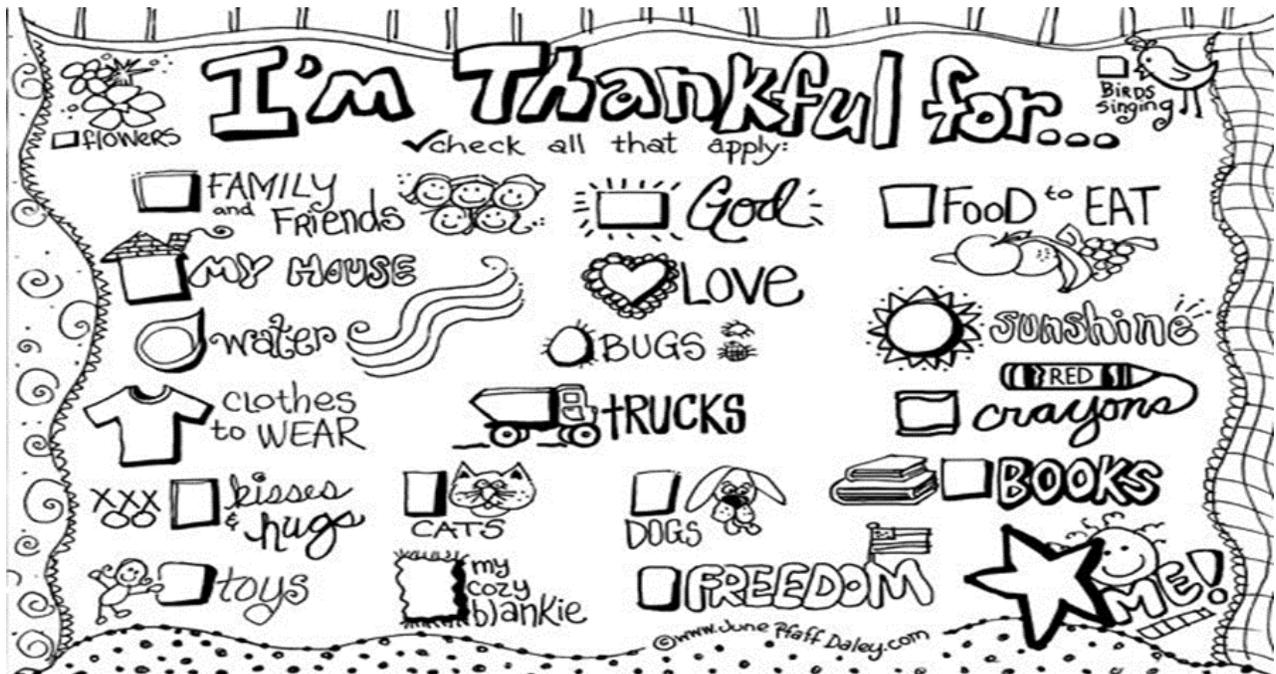
DOWN

2. Quality God loves along with justice
3. Always keeps his promises
4. Great ____ above all other gods
6. Spoke everything into existence
7. Made everything, including us

ACROSS

1. Came to save us from sin
5. Never changes
8. Cannot sin and hates sin
9. Fair according to who he is
10. Cares for us like lost sheep
11. Gives every ____ and perfect gift
12. Steadfast and lasting forever

ANSWERS: ACROSS: 1) Savior, 5) Immutable, 8) Holy, 9) Just, 10) Shepherd, 11) Good, 12) Love
DOWN: 2) Righteous, 3) Faithful, 4) King, 6) Powerful, 7) Creator



November 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. Most meetings are being held either virtually or via the telephone.***

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 6:30pm Music Committee	3 Vote!!! 6:30am-7:30pm 6:30pm Pastor's Aide 6:30pm Sounds of Joy 7:00pm Seventh Day	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) 10:00am Trustees 12:00Noon Women of Faith 1:00pm Missionary Ministry
8 8:00am Deacons	9 7:00pm Christian Education COVIC Webinar	10 6:30pm Pastor's Aide 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 Women's Day Virtual Event 7:00pm Seventh Day Adventist	14 Seventh Day Adventist (All Day) 10:00am Deaconess
15 Women's Day	16	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 6:30pm Male Chorus 7:00pm Church Conference	20 7:00pm Seventh Day Adventist	21 Seventh Day Adventist (All Day) 9:00am Layman's League
22	23 6:00pm Health & Wellness	24 6:30pm Mass Choir 7:00pm Seventh Day Adventist	25 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	26 Thanksgiving	27 7:00pm Seventh Day Adventist	28 Seventh Day Adventist (All Day)
29 Ushers Meeting After Service	30	<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>				