

The Testament

September 2020

Lincoln Memorial Baptist Church

Durham, NC

A timeless message from our archives...

The Fierce Urgency Of Now

- by Bro. Dean Jernigan

On August 28, 1963, Dr. Martin Luther King, Jr. led the historic March on Washington. Concluding the march with his powerful "I Have A Dream" speech, Dr. King painted a portrait of a different America than the one that existed at that moment. His portrait was that of an America that treated all of its citizens fairly. It included scenes of brotherhood among men of all races. It emphasized placing more value on the content of a person's character as opposed to the color of their skin. It included powerful imagery of the glory of the Lord being revealed to all flesh together. His speech presented all these things, but most notably, it reminded everyone of the urgency of each moment and that "now" was the time to act on their hopes for a better tomorrow. "Now is the time to make real the promise of democracy."

Indeed, *now* is the time. This moment that we're presently in has the potential to be the most powerful moment of our lives. Actions that can alter the course of our lives can take place in this moment. Ideas that can impact the future of our families, our ministries, our churches and even our country, can materialize in this moment. Fears that have hobbled our hopes, ambushed our ambitions and destroyed our dreams can be overcome in this moment. Plans that have been put on hold can be released from the depths of dormancy in this moment. Words that have their most significant meaning can be spoken in this moment to aid our thinking and guide our decisions.

As we take our walk of faith on life's highway, we must constantly be aware of the urgency of the moment. No, we don't have to rush. We just have to recognize that each moment is a precise measure of time that once elapsed can never be reclaimed. Our lives are comprised of a finite number of these moments so we have to make an effort to use these moments in purposeful, meaningful and impactful ways.

During his time on earth, Jesus recognized the urgency of each moment. He spoke in parables to His disciples because of their ability to understand events beyond the moment. (Matthew 13:10-17) He healed the sick and cleansed lepers upon the moment of His

many encounters with them. (Matthew 9:35; Mark 2:9-12; Luke 17:12-16) He raised the dead upon the moment of His arrival. (John 11:17-44; Luke 7:11-17; 8:40-56) Jesus understood that every moment had a value that could not be wasted. So He made every moment count and even in the final moments of His life on earth, bestowed forgiveness on a thief who was being crucified beside Him. (Luke 23:40-43).



In stressing the urgency of the moment to those assembled at the march, Dr. King reminded them of our country's failure to deliver on its promise of the unalienable rights of life, liberty and the pursuit of happiness to its citizens of color. No longer could we sit back and "take the tranquilizing drug of gradualism" and hope for change. At that moment, "now" was the time to mobilize and direct our energies into activities to cause change.

Now more than ever, we too have to recognize the fierce urgency of now. We must monitor the health of our faith with a sense of urgency. We must monitor the spiritual health of our church, our Pastor, our leaders, our members and our families with a sense of urgency. Comforts and assurances of the past cannot passively be relied upon, but must be acted upon for continuity and improvement.

Now is the time for the vigorous spreading of the Good News of God's plan of salvation. Now is the time for followers of Christ to stomp out the enemy's wave of confusion, doubt and mistrust across our land. Now is the time for the effectual fervent prayers of the righteous for mature and responsible leadership in our nation's capital. Now is the time to put into action the steps that will "transform the jangling discords of our nation into a beautiful symphony of brotherhood".

My brothers and sisters in Christ, I implore you to recognize the preciousness of every moment. Cherish the time spent with family, friends and others who share space in our lives. Place a high value on anniversaries, weddings, reunions and other events that bring us into fellowship with one another. Live life with a sense of purpose and never forget the significance of a single moment of time.

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.**

Virtual Church Revival!

Join us **online** for our **Annual Revival Monday - Wednesday August 31st - September 2nd 7:00pm Nightly**

Attend the Revival on our website **www.mylmbc.org**

Or via Facebook Live **(Facebook-LMBC)**

LMBC Online

Please continue to join us online for Sunday School each Sunday morning at 9:30am and for Bible Study each Wednesday evening at 7:00pm. **Please also take note of the new online virtual links and telephone numbers that will go into effect on September 1st:**

Sunday School

Meeting ID:

meet.google.com/irq-saum-atu

Phone Number:

315-642-7335

PIN: 710 765 343#

Bible Study

Meeting ID:

meet.google.com/qyw-qspm-omb

Phone Number:

567-259-6448

PIN: 251 064 968#

To reduce background noises and feedback, please remember to stay on mute when you're not responding to a question during the discussion.

Around Lincoln...



Rev. Atkins and First Lady Marva enjoy the moment following our Pastor's Anniversary celebration. Congratulations on 18th years of Pastoral leadership and guidance. The Best is Yet to Come!



Congratulations to Deacon Eugene Lofton on being named as a winner of the "Leaders in Diversity Award" by Triangle Business Journal Magazine for 2020! Well done Deacon Lofton!



Deacon on Duty for the month of September:

*Deacon Ed Crawley
(919) 943-7039*

Minister's Corner

- by Rev. Patricia Lee

LIFT HIM HIGHER

St John 12:31-33

I once heard a story concerning the take off of an airplane containing many passengers. As the story goes the taxiing of the plane was completed and the plane was now in what the professionals call the V speed mode. This, they say is the position of no return even if the plane is experiencing difficulty.



The passengers were all settled in when someone noticed a large snake curled up under a seat. Naturally the people became panicky. A reassuring voice came over the intercom spoke and silenced the crowd. It said, "don't worry about the snake. As planes go up higher SNAKES FALL OUT AND DIE." So what I'm trying to say to encourage God's people is that nothing has changed. That old serpent who we met in the beautiful Garden of Eden is still curled up, hiding, and waiting for the opportunity to strike and steal our PRAISE.

Charles Jenkins reminds us in a song that this is war and demands us to tell Satan he can't have our health, wealth, families or peace. Yolanda Adams sings "We Got the Victory Yeah!"

Paul lets us know "we are more than Conquerors". But for me I really like the Words of the One who sealed our Victory with his own death proving we have the power through His resurrection to lift Him up and draw all men unto Him.

So Lift Him Higher! And watch those snakes fall out and die. I'm certainly not saying cross bearing is easy but I am saying with the help of Jesus we can and we will overcome our adversary and win others to Him. SO I WONDER WHO WILL HELP ME LIFT JESUS? LIFT HIM HIGHER, HIGHER, HIGHER, HIGHER AND HE WILL DRAW ALL MEN UNTO HIM.

Amen.

September Sunday School Lessons Unit 1 - Struggles With Love

6th - Issues of Love

Genesis 37:2-11, 23-24, 28

13th - God Rewards Obedience

Genesis 41:25-33; 37-40, 50-52

20th - Love Versus Guilt

Genesis 42:6-25

27th - God's Plan Revealed

Genesis 45:1-15

Black History Spotlight



Constance Baker Motley
Civil Rights Activist

Constance Baker Motley was born on September 14, 1921 in New Haven, Connecticut. She was the ninth child in a family of 12 children.

Motley grew up attending New Haven's integrated public schools and soon became an avid reader. She was inspired by books concerning Civil Rights heroes and by the age of 15 she had decided to become a lawyer.

Motley began her college career at Fisk University, Nashville, Tennessee in 1941. In 1943 she transferred to New York University where she received her bachelor's degree in economics. In 1944 she became the first Black woman to be accepted into Columbia Law School. It was here where she met Thurgood Marshall, chief counsel for the NAACP Legal Defense Fund. Motley worked for the Legal Defense Fund while she obtained her degree, which she received in 1946. In that same year she married a real estate broker, Joel Wilson Motley, Jr. Their marriage would eventually produce a son, Joel Wilson Motley III.

Motley's career with the NAACP would bring her many high profile cases often involving school desegregation. She played a major role in the legal preparation for the 1954 *Brown vs. Board of Education* case and was the first Black woman to argue a case before the United States Supreme Court. She was also the lead counsel in the case to allow James Meredith to gain admission to the University of Mississippi in 1962. Besides fighting for the rights of Blacks to get into segregated schools, Motley also defended protestors arrested during the Freedom Rides sit-ins of the early 1960's. She won nine out of ten cases argued before the Supreme Court between 1961 and 1963.

In 1964 Judge Motley entered politics. She was the first woman to be elected into the New York State Senate in 1964 and in 1965 became the first woman to hold the position of Manhattan Borough President. President Lyndon B. Johnson appointed Motley to the United States District Court in 1966, making her the first African American woman to hold a Federal Judgeship.

Judge Constance Baker Motley died of congestive heart failure on September 28, 2005 at the age of 84. Over the course of her long career in law and politics she received over 70 awards and 8 honorary degrees from various colleges and universities.

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
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Faith, Not Feelings, Pleases God

When you are a new Christian, God will often give you confirming emotions so you'll know He's there and He cares. But as you grow in faith, God will wean you of any dependency to rely on your emotions to believe He is present and at work in your life.

God's omnipresence and the manifestation of His presence are two different things. One is a fact; the other is often a feeling. God is always present, even when you are unaware of Him, and His presence is too profound to be measured by mere emotion.

Yes, He wants you to sense His presence, but He's more concerned that you trust Him than that you feel Him. Faith, not feelings, pleases God.

The situations that will stretch your faith most will be those times when life falls apart and God is nowhere to be found. This happened to Job. On a single day he lost everything—his family, his business, his health, and everything he owned. And, most discouraging, God said nothing to Job for 37 chapters!

How do you praise God when you don't understand what's happening in your life and God is silent? How do you stay connected in a crisis without communication? How do you keep your eyes on Jesus when they're full of tears? You do what Job did: "Then he fell to the ground in worship and said: 'Naked I came from my mother's womb, and naked I will depart. The Lord gave and the Lord has taken away; may the name of the Lord be praised'" (Job 1:20-21 NIV).

Tell God exactly how you feel. Pour out your heart to God. Unload every emotion that you're feeling. Job did this when he said, "I can't be quiet! I am angry and bitter. I have to speak" (Job 7:11 GNT).

He cried out when God seemed distant: "Oh, for the days when I was in my prime, when God's intimate friendship blessed my house" (Job 29:4 NIV).

God can handle your doubt, anger, fear, grief, confusion, and questions. You can take everything to Him in prayer.

Pastor Rick Warren
www.pastorick.com

Happy Birthday to our September Birthday Celebrities!

Ann Williams (3rd) • Seanni Dinguall (6th)
Janice Campbell (7th) • Jameca Cotton (9th)
Patricia Thompson (9th) • Myra Davenport (11th)
Grace McFadden (12th) • Allene Owens (12th)
Lawrence Clark (13th) • John Hodge, Sr. (13th)
Gloria Prescott (13th) • James Ellis (19th)
Reginald Davis (28th) • Sarah Devane (28th)
Leona Johnson (30th)

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

The Coronavirus Has Mutated: Learn How to Protect Yourself and Your Family

The coronavirus continues to loom across the United States and is spreading like an uncontrolled wildfire. According to data provided from the Johns Hopkins University Coronavirus Resource Center, new COVID-19 cases have reached 4.7 million, with more than 155,000 deaths. Many Southern states have surpassed the infection rates of New York, the initial hot spot for the U.S.

Potential Reason for Spread

What is the reason for this spike in coronavirus cases? Many states re-opened too soon as the virus had not reached its peak in those states. Some states were slow in mandating the necessary requirement of wearing masks, and many Americans are not following public health recommendations that would help mitigate the spread of this deadly disease.

There may be important science-related pieces to this puzzle. Recent data provides evidence that the original coronavirus, scientifically known as D614, has mutated or changed to a G614 form of the virus. Scientists are still trying to understand what this mutation means; however, they have found that the D614, which is the original form of the virus, is virtually gone across the globe, and has been replaced by the G614 form of the virus in almost every nation and region. Scientists speculate that this mutated form of the virus allows the virus to bind more easily to normal cells within the human body.

Increased Transmission from Person to Person

According to a recent study published in *Cell*, the new mutation may allow easier transmission from person to person. Unlike the original version of the coronavirus, which multiplied in the lungs, the mutated form of the virus, appears to thrive and multiply within the upper respiratory track causing a higher viral load and transmissibility. Consequently, when individuals sneeze, cough, talk, or sing they emit more virus particles via respiratory droplets from the nose, throat, and sinuses. Researchers attribute ease of transmission to this change of location in the body where the virus multiplies.

Additionally, a new study published on July 30 finds that children may carry coronavirus at very high levels. Researchers found that children infected with COVID-19 have as much of the coronavirus in their upper respiratory tract (nose, throat, and sinuses) as infected adults. Surprisingly, children younger than 5 years of age may host 10 to 100 times greater amount of virus in their upper respiratory tract than children older than 5 years of age and adults. These findings suggest that children with mild to moderate symptoms have similar viral loads as adults and in some instances, higher viral loads than adults and may be more likely to transmit the coronavirus to other children and adults. This is important information to consider concerning transmissibility of the virus between individuals within the household and considerations on opening in-person classes.

Airborne Transmission

Recent data suggest that because the SARS-CoV-2 (COVID-19) respiratory droplets are lighter, the spread is more by airborne transmission than by contact on surfaces. Airborne transmission means that the coronavirus droplets are lingering in the air for longer periods of time. This allows the coronavirus to travel further than the original CDC-recommended 6 feet social distancing. A recent article in the *Journal of American Medical Association Network*, indicates that speaking and coughing produces a mixture of both droplets and aerosols. These secretions can travel together up to 27 feet which allows the mutated coronavirus to remain suspended in the air for hours. Investigators also suggest that the virus can now be recovered from air samples in hospitals, and that poor ventilation prolongs the amount of time that aerosols remain airborne.

A New COVID-19 Crisis: Domestic Violence

In the midst of the COVID-19 pandemic, domestic violence is on the rise. If you or someone you know is experiencing domestic violence and needs support, call 1-800-799-7233 or 1-800-787-3224 for TTY. If you're unable to speak safely, there is an online chat. You can visit: <https://thehotline.org> or text LOVEIS to 22522.

If you are in a domestic violence crisis, go to a safe place and call 911.

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.

Vote 2020!!

- submitted by Sis. Kathy Williams

The best places for information on voting:

NC State Board of Elections (NCSBE.gov)
Center for Voter Information.org
and Rockthevote.org

Because the Republicans are trying to suppress your right to vote by mail, if you decide to go that route please do it as early as possible so as not to overwhelm the postal service. If you wait until the deadlines that are posted it is almost guaranteed that your vote will not be counted.

Here is a summary of the information that I got from the NCSBE.gov website:

- ◆ All registered voters may request an absentee ballot for the November 2020 general election.
- ◆ No special circumstance or reason is needed to receive and vote a mail-in absentee ballot.
- ◆ Voters who want to vote by mail must request a ballot.

There are two parts to voting by mail-you need to fill out a form requesting an absentee ballot and send it in to the county board of elections. Then you will receive the ballot that also needs to be filled out and sent to the county board of elections.

How do I request my absentee ballot by mail?

Fill out an official State Absentee Ballot Request Form, available for download at NCSBE.gov, or pick one up at your county board of elections office (Durham County Board of Election, 201 N. Roxboro St, Durham, NC 27701). You may also contact your county board of elections and request that one be mailed to you (Durham County Board of Elections, Attn: Absentee Ballots, PO Box 868, Durham, NC 27702).

By September 1, an online absentee ballot request portal will be available on the State Board of Elections' website, NCSBE.gov.

After completing the request form, you may return it to your county board of elections by fax, email, mail, or in person.

Request the Absentee Ballot Form ASAP and fill it out as soon as you get it and send it to the County Board of Elections.

When will I receive my absentee ballot for the 2020 general election?

Beginning September 4, 2020, ballots will be mailed by county boards of elections to voters who have returned a request form.

After September 4, if you request a ballot and do not receive it within about a week, contact your county board of elections.

Can I pick up my ballot in person or does it have to be mailed to me?

The ballot must be mailed.

How many witnesses do I need for my absentee ballot?

For the 2020 general election, only one witness is required for an absentee ballot. The voter is required to mark the ballot in the presence of the witness.

If I've received my ballot by mail, may I still vote in person?

Yes. You may still vote in person as long as you did not return your absentee ballot.

Can I vote the ballot and return it to the county board of elections, but change my mind and cancel my ballot and vote on Election Day instead?

No. Once you return your ballot, you may not change or cancel your ballot.

May two people return their ballots in the same envelope?

No. The returned ballot envelope is specific to each voter and must contain that voter's ballot.

May I hand-deliver my voted absentee ballot to my county board of elections office?

Yes. If you are delivering your voted ballot in person, it must be returned to your county board of elections office before 5 p.m. on Election Day. You may also return it to any early voting site in the county.

May I hand-deliver my voted absentee ballot to the polls on Election Day?

No. You may return your ballot to any early voting site in your county during the early voting period (October 15th through October 31st), but not to your polling place on Election Day (Nov. 3). One-Stop early voting ends at 3 p.m. October 31.

If you drop off a sealed absentee ballot at an early voting site, do you have to wait in line?

Yes. If you do not want to wait in line, you can mail your ballot.

How much does it cost to mail my ballot in?

55 cents (one first-class stamp) or one Forever Stamp

If you are not registered to vote, you can do so on-line: www.ncdot.gov

I strongly urge you to go to the NCSBE.gov site to double check on any information I've provided and for additional information.

Please urge all of your friends, acquaintances, and family to vote and vote early-let's not take anything for granted. Please do not be complacent get comfortable based on the polls!! WE MUST VOTE!!!

KIDZ ZONE

-submitted by Sis. Earleen Sharrock



Scripture: *Looking at his disciples, he said: "Blessed are you who are poor, for yours is the kingdom of God. Blessed are you who hunger now, for you will be satisfied. Blessed are you who weep now, for you will laugh. Blessed are you when men hate you, when they exclude you and insult you and reject your name as evil, because of the Son of Man. Luke 6:20-22 (NIV)*

I am sure that everyone has experienced the joy of blowing bubbles. It is amazing to me that something so simple could bring so much happiness to so many people. It isn't just for kids either! I have even seen teenagers and adults laughing and having fun blowing bubbles and trying to catch them.

There is just one problem with the happiness that comes from blowing bubbles -- it doesn't last! The minute you reach out and touch one of the bubbles, it will burst. Many times we chase the bubble, but it is always just out of reach and as soon as it touches the ground, the bubble bursts.

I think this is the way it is in the lives of many people today. A lot of people are chasing after happiness, but like the bubbles, happiness is always just out of reach. Or, just when we think we have it, our bubble may burst. What are some of the things that people are chasing in their search for happiness?

Money -- Many people think that money will bring them happiness, but it doesn't. Once you spend it, it is gone, and you still don't have happiness.

Food -- We live in a day when many people seek happiness in food. They eat because they are sad or depressed and they think that food will make them feel better. It doesn't. After they eat, they are still unhappy, but now they are over-weight which makes them even more unhappy!

Entertainment -- Many people think that laughing and having a good time is the same thing as being happy, but it isn't. Many people who are laughing on the outside are crying on the inside.

Popularity -- Some people think that being popular with other people will bring them happiness. They will do anything or say anything to make other people like them, but popularity doesn't last. It is here today and gone tomorrow. There is no lasting happiness in popularity.

Jesus knew that people often look for happiness in the wrong places. He even suggested that we might be happier if we were poor, hungry, crying, and disliked by others. Why would Jesus suggest such a thing?

- When we are poor, it may be easier for us to trust in God to supply everything we need instead of depending on our own wealth.
- When we are hungry for God and his righteousness, we realize that only He can satisfy our hunger.
- When we are crying, we can trust in God to comfort us and ease our pain.
- When we think we have no friends, we have a friend in Jesus. Jesus is a friend who will never leave us.

Do you want to find happiness in life? Don't spend your time chasing bubbles. Look to your Heavenly Father. He is the source of true happiness.

Dear Father, Help us to realize that we can never find happiness in the things that this world has to offer. You alone are the source of true happiness. Amen.

KIDZ ZONE

-submitted by Sis. Earleen Sharrock



PROJECT HAPPINESS

This worksheet is intended to help you identify your idea of happiness and to encourage you to be happier. Be honest with yourself and complete the prompts below.

Define Happiness

Favorite Happy Quote

Positive Affirmation



Be Happy Quiz

1. Do you have a hobby? Yes or No
2. Do you celebrate the success of others? Yes or No
3. Do you have a positive mantra or motto?
Yes or No
4. Are you assertive with others? Yes or No
5. Do you express gratitude and kindness? Yes or No

Happy people may do all of the above.

3 People Who Make You Happy

3 Places That Make You Happy

5 Songs On Your Feel Good Playlist

5 Things That Make You Happy

What gets in the way of your happiness?

September 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
		1	2 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study	3 1:00pm RTTC Community Group Mass Choir Voices of Praise	4 7:00pm Seventh Day Adventist	5 Seventh Day Adventist (All Day) 10:00am Trustees 12:00Noon Women of Faith 1:00pm Missionary Ministry
		<i>Virtual Revival 7:00pm Nightly Facebook Live/Church Website</i>				
6	7 6:00pm Durham Ushers Union 6:30pm Music Committee	8 6:30pm Pastor's Aide 6:30pm Sounds of Joy 7:00pm Seventh Day Adventist	9 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	10 1:00pm RTTC Community Group 6:00pm Christian Education 6:30pm Sounds of Joy	11 7:00pm Seventh Day Adventist	12 Seventh Day Adventist (All Day) 10:00am Deaconess
13 8:00am Deacons 3:00pm Youth Missionaries	14	15 6:30pm Voices of Praise 7:00pm Seventh Day Adventist	16 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	17 1:00pm RTTC Community Group 6:00pm Voices of Praise 7:00pm Church Conference	18 7:00pm Seventh Day Adventist	19 Seventh Day Adventist (All Day) 9:00am Layman's League
20	21 6:00pm Health & Wellness	22 6:30pm Male Chorus 7:00pm Seventh Day Adventist	23 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	24 1:00pm RTTC Community Group 6:30pm Male Chorus	25 7:00pm Seventh Day Adventist	26 Seventh Day Adventist (All Day)
27 Ushers Meeting After Service	28	29 6:30pm Mass Choir 6:30pm Computer & Technology 7:00pm Seventh Day Adventist	30 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	<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>		