

The Testament

October 2020

Lincoln Memorial Baptist Church

Durham, NC

A timeless message from our archives...

Finding A Voice

- by Bro. Dean Jernigan

In May of 2010, I had the pleasure of attending the graduation ceremony for my one of my nieces at UNC. My sister-in-law and other in-laws beamed with pride as Kevonda entered the stadium along with the other graduates in a sea of Carolina blue. To top it off, it was also Mother's Day and the graduation was viewed as a gift of love from Kevonda to her mom for the many sacrifices that she made to support her during her college years.

Once we were seated, I was pleasantly surprised to learn that the speaker for the occasion was John Grisham, the successful author whose books frequently topped the New York Times list of best-selling books in the country. Having read several of his books, with *The Firm* being my favorite, I was eager to hear what words of wisdom he would share with the graduates. As it turned out, his words reached far beyond the listening ears of the graduates eager to receive their diplomas. They struck a chord with many of us in stands and provided food for thought for success in our lives as well.

The theme of Mr. Grisham's speech revolved around the idea of finding a voice for their life's work. He noted that just as in written works of literature, a voice in life has three key elements. Those elements are clarity, authenticity and veracity.

Clarity is defined as cleanness as to perception or understanding and the lack of ambiguity. As Christians, clarity plays an essential role in our lives. It has to be crystal clear to us that there is only one God and that His Word is supreme. And even though His Word as presented in the Bible may not always be clear upon our first reading of a passage of scripture, we know that through regular and diligent Bible study and teaching, that we will come to understand His Word by and by. *Now we see things imperfectly, like puzzling reflections in a mirror, but then we will see everything with perfect clarity. (1 Corinthians 13:12 NLT)*

Authenticity speaks to how genuine and real we are when presenting ourselves and our values to others. It means saying what we mean and not simply offering up empty words just to please the ears of someone else. To this end, I'm reminded

of the meaningful quote from William Shakespeare's play *Hamlet*: "This above all: to thine own self be true". Essentially, in finding your voice, say what you mean and mean what you say.



Veracity walks hand in hand with clarity and authenticity. It is a measure of our truthfulness and accuracy. It reflects on our character and is an essential quality for gaining the trust of others as we take our daily walk of faith along life's highway. Veracity is all about the truth and from our study of the Word, we know that truth and our Savior also walk hand in hand. *Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me. (John 14:6)*

How's your voice? Is it clear and true? Does it line up with the principles in God's Word. Does it reflect your values and the qualities of the direction that you are moving toward in life?

In today's world, full of noise from the enemy and amplified by his henchmen named fear, doubt and despair, it is imperative that we find our voice from within the confines of God's Word. Everything that we need to develop and strengthen our character can be found in His Word. The directions that we need to guide our youth to a better and brighter future can be found in His Word. Sustaining our church and instructions on working the works of God to grow His Kingdom can be found in His Word. Finding a voice to glorify God can be found there as well. *Open my eyes to see the wonderful truths in your instructions. (Psalm 119:18 NLT)*

Beloved if you haven't done so already, find your voice in God's Kingdom. Seek guidance and directions from those you trust while you're discovering that voice. Once you find it, don't be afraid to use your voice. As in all things with God, **your voice was meant to be!**

Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

Ephesians 4:29 ESV

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.**

Early Voting October 15th - 31st

Monday - Friday
8:00am - 7:30pm

Saturday
October 17th and 24th
8:00am - 7:30pm

Sunday
October 18th and 25th
2:00pm - 7:30pm

Saturday
October 31st
8:00am - 3:00pm

Following is a partial listing of Early Voting location sites in Durham. Please see the insert for a complete list and addresses:

**NCCU Turner Law Building
Durham County Main Library
North Regional, South Regional
and East Regional Library
Durham Tech Main Campus
Southern High School
The River Church
Hope Valley Baptist Church
Greater Emmanuel Temple
of Grace
Mt. Sylvan United Methodist
Church
Eno River Unitarian
Universalist Fellowship
Duke University Karsh
Alumni Center
Please Vote!!**

Around Lincoln...



Sis. Grace McFadden is all smiles as she enjoys the moment while celebrating her 96th birthday!! What a blessing of longevity from our Heavenly Father and we are truly blessed to have her in our midst! We pray for God's continued blessings for Sis. McFadden and for many more birthdays!



Welcome Miss Ella Rose!! Bro. Cecil and Sis. Earleen Sharrock share the joy of the moment as they greet their new granddaughter Ella Rose. Children are indeed a blessing from above and we pray for God's everlasting love and protection for Ella Rose, her parents and her loving grandparents!

Minister's Corner

- by Rev. Patricia Lee

WONDERFUL REMINDERS

Psalms 24:7-10

Verses 7-8

Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in. Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle.



We as God's beloved creations seem to be forgetting who our God is. He isn't a little God. He is a strong, mighty God.

Verses 9-10

Lift up your heads, O ye gates; even lift them up, ye everlasting doors; and the King of glory shall come in. Who is this King of glory? The Lord of hosts, he is the King of glory.

So do we understand what these 4 verses of scripture really mean?

Let me answer this the way we silly kids use to tease our scared friends. We would ask them if they were afraid of something and they would tearfully admit their fear. Then we would call them a scary cat. I wonder, if we truly know who the King is why do we walk in distrust and unbelief. Are we afraid of these man made leaders who can only do to us what God allows them to do.? We may lose a battle but it isn't ours. It's the Lord's. He allows the battle to be lost for our own growth. Remember He never loses the war. So let's get rid of this defeated spirit. Let's go to war with the King of glory.

Another great reminder is He never leaves you. Never. Even if in your Christian battle you become overtaken in death, it's not the end but the beginning of your life. He is with you because He is also the ruler, the conqueror over death.

One last reminder that I must quote, **"THE LORD IS MY SHEPERD AND I SHALL NOT WANT."** *That is good news and these are excellent and needed reminders.*



Deacon on Duty for the month of October:

**Deacon Joseph Hilliard
(919) 961-3710**

Black History Spotlight



William H. Gray, III
Minister/Congressman/Activist

William Herbert Gray, III, was born in Baton Rouge, Louisiana, on August 20, 1941. His mother, Hazel Yates Gray, was a high school teacher. His father, William Herbert Gray Jr. was a Baptist Minister and over his career, the president of two Florida colleges. Upon taking a job as pastor of Bright Hope Baptist Church in Philadelphia, Pennsylvania, William H. Gray, Jr., moved his family to the Philadelphia area.

Following in his father's footsteps, Gray became an assistant pastor of a church in Montclair, New Jersey, after graduating from Franklin and Marshal College in 1963. Gray received a master of divinity degree in 1966 from Drew Theological School. As a Baptist minister Gray became involved in the fair housing campaign in New Jersey.

After his father died in 1972, William Gray returned to Philadelphia and became the minister of Bright Hope Baptist Church. Four years later, campaigning on fair housing, Gray made his first run for Congress in 1976. He lost, but ran again in 1978 and defeated incumbent Pennsylvania Congressman Robert Nix.

As the representative of Pennsylvania's 2nd congressional district, Gray served on the House Foreign Affairs and Budget Committees, and became the first African American chair of the committee in 1985. He played a prominent role in shaping the African policy of the United States, and led the cause to employ sanctions against South Africa's apartheid government, ultimately winning passage of anti-apartheid resolutions over President Ronald Reagan's several vetoes. Gray also served as vice-chair of the Congressional Black Caucus. In 1989 he became the Democratic Party's majority whip, making him the highest ranking African American ever to serve in Congress.

William H. Gray announced his retirement from Congress in 1991 in order to become president and CEO of the United Negro College Fund (UNCF). He served in this position until 2004, helping increase funding and expand the organizations programs and services. Gray was also a member of Alpha Phi Alpha fraternity.

William Herbert Gray III died suddenly in London, England on Monday, July 1, 2013 while attending the Wimbledon Tennis Championships. He was 71 at the time of his death.

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

October Sunday School Lessons

Unit 2 - Inclusive Love

4th - Love and Devotion to Others

1 Samuel 19:1-7

11th - Love Your Enemies

Luke 6:27-36

18th - Loving Your Neighbor

Luke 10:25-37

25th - Love Devine

1 Corinthians 13

LMBC Online

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.

Morning Worship Service

Church Website: www.mylmbc.org

Or via Facebook Live

(Facebook-LMBC)

Happy Birthday

to our

October Birthday Celebrities!

Wilma Mayfield (3rd) • Joshua Corley (7th)

Brenda Atwater (8th) • Necole Demery (8th)

C'Asia Johnson (10th) • Shakalah Higgs (11th)

Randolph Johnson (13th) • Kathy Williams (18th)

Walter Best (19th) • Jacqueline Boone (20th)

Jocelyn Thompson (20th) • Sean Dinquall, II (20th)

TaVera Hodge (21st) • Cynthia Turrentine (21st)

Janice Horton (23rd) • Doris Mims (23rd)

Lakesha Slade (23rd) • Ed Crawley (26th)

Wanda Crawley (27th) • Ariel Daye (27th)

Pamela Jernigan (31st)

Best Wishes For Many More!!

Health and Wellness

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



- submitted by Sis. Betty Jay, Chair

**October is
Breast Cancer Awareness Month**

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.

Self-Advocacy Starts With You: Breast Cancer 101

**Thursday, October 8, 2020
6:30 - 7:45 p.m.**



In this session, medical experts will provide an overview of breast cancer with a focus on how women of color can be empowered through knowledge about the disease.

Webinar Goal: To have women be their own best advocates for breast health.

Registration is free and opens at 3:00 p.m. on **Tuesday, September 8, 2020**, and closes at 3:00 p.m. on the day of the event. Register at <https://niehs.nih.gov/whad>. **Zoom link will be provided prior to webinar.**

COVID - What's eating you, that's making you eat?

- submitted by Sis. Janice Campbell

COOKING

Earlier we discussed how this global pandemic has taken a toll on American's waistlines. Roughly 60% of people surveyed on WebMD mentioned stress eating as a reason for weight gain. This is totally understandable. In addition to the fear of catching COVID19 or dealing with job loss or change, some people endure the added stress of having kids return to school, return remotely, OR having to find childcare for their children. Other families may be dealing with children going off to college, or taking care of, or not being able to visit their elderly parents. It's enough to send anyone to the freezer for a pint of Ben and Jerry's.

Why We Overeat

Experts have a few theories on why people eat when they're stressed. Anxiety and stress result in the release of a hormone called cortisol, which impacts appetite. High cortisol levels related to stress increase appetite and cravings for traditional comfort foods high in sugar and fat, which is why chips, baked goods, and ice cream may appear so tempting. Ghrelin, a hormone which is produced in the stomach, is also impacted and can increase the urge to overeat.

The other thing to consider is that eating gives us pleasure and may help us relax. Psychologists have linked anxiety and overeating for years. Since feeling tense, afraid, worried, and anxious are uncomfortable, eating is often used as a coping mechanism. Food may be used to reduce, numb, distract, soothe, avoid, or mask anxiety.

Stress-busting Tips

While the stressors of the world will come and go, it's our reactions to stress that makes us resilient. We all experience stress and anxiety differently, but a few coping mechanisms may help to reduce stress hormones that spur us to overeat.

- **Get adequate sleep.** We need regular sleep to calm our brains and restore our bodies. Adequate sleep (between 7 to 8 hours per night) regulates mood, improves concentration, and strengthens decision-making capability. It also keeps cortisol levels in check, which impact appetite.
- **Recognize hunger.** When the urge to eat hits because you're upset or anxious, stop and ask yourself if you're even hungry. If not, find something positive to do. Clean out a closet, call a friend, paint your nails. Get out of the kitchen. Eat when you're hungry, not under stress.
- **Don't forget to breathe.** Taking time to stop and breathe may help quiet your mind during stressful times. Meditation allows your body and mind to take a break. It creates a space in your brain to recognize what's essential and to quiet unnecessary noise. Studies show that meditation reduces stress by triggering your body's relaxation response.

Lisa Andrews, MEd, RD, LD

A Message From Dr. Alfiee

- submitted by Sis. Kathy Williams

MENTAL HEALTH MATTERS



BACK TO SCHOOL + COVID-19?

With a new season approaching, a lot of changes, shifts and pivoting will be taking place.

For many, this September specifically brings with it a shift that many of us are quite anxious about (i.e. heading back to school).

Like me, I'm sure you are thinking about how to help your kids adjust to a new learning environment while you yourself are trying to navigate this new way of working and living.

It's so easy to get caught up in these monumental changes and feel lost, but may I just share with you that it's totally OKAY to feel this way (trust me, I know this is a lot to deal with).

Here are a few affirmations I have been using lately to help me prepare for these changes:

- * *"I am confident, strong and brave"*
- * *"I have the power to create change I want to see"*
- * *"I am the parent my children need me to be"*
- * *"It's okay to start again"*

Friends, It's so important to remember that YOUR MENTAL HEALTH MATTERS. Above all else take care of your mind, body and spirit.

Wishing you love + light.

-Dr. Alfiee

**Dr. Alfiee will make a special presentation to the Lincoln family on November 9th. More details to come!*

Choose Faith Over Fear

By faith [Moses] left Egypt, not fearing the king's anger; he persevered because he saw him who is invisible.

Hebrews 11:27 (NIV)

Either we live by faith or we live by fear.

The Bible says of Moses in Hebrews 11:27, "By faith he left Egypt, not fearing the king's anger; he persevered because he saw him who is invisible" (NIV).

Moses teaches us that living by faith rather than by fear is a choice.

He went to the most powerful man in the world and said, "You know those slaves that are building all your pyramids? I'm taking them, and we're all leaving. You're not going to have slave labor anymore. Let my people go."

Moses had every reason to be afraid. He was going up against a powerful man who was considered a god, and whatever Pharaoh said, you had to do. What he said was the law. And here came Moses and declared, "We aren't going to do what you say anymore. I'm not afraid of you because I report to a higher authority." That took some guts!

Do you want that same kind of faith in your life so you can overcome your fear? The closer you get to God, the more you're going to be filled with faith. The further away you get from God, the more you're going to be filled with fear.

I cannot overemphasize the importance of faith for the rest of your life. The Bible says that whatever is not of faith is sin. How many times did you sin this week? A lot. So did I. Because anything I did that wasn't done in faith but was done in doubt was a sin. The Bible also says that without faith it is impossible to please God. How many times did you please God this week?

Do you want something to change in your life? Instead of complaining, start believing. God is not moved by complaints. God is moved by faith, a truth we see in these words of Jesus: "According to your faith let it be done to you" (Matthew 9:29 NIV). You get to choose what he does in your life.

Here's the key: What matters is not the size of your faith but the size of the God you put it in. A little faith in a big God gets big results!

*Pastor Rick Warren
www.pastorick.com*

KIDZ ZONE

-submitted by Sis. Earleen Sharrock



Christian character is the superstructure of the Christian life. It is what is below the surface and who we really are on the inside. It is the person we are when no one is watching or listening.

How can you tell if someone has good character? Character is the pattern of thoughts, acts, and feelings someone shows over time. Someone with good character believes they **should** make good choices and shows over time that they almost always make choices that are honest, respectful, fair, caring, and responsible. Making a mistake does not mean you do not have good character. Everyone makes mistakes and learns from them. But, when someone of good character makes a mistake, they take responsibility for it. They also show persistence, which means they will make good choices and they will do the right thing, even when it is hard.

EXAMPLES OF GOOD CHARACTER

- You break your mom's vase. Someone with good character will tell the truth (even if they are going to get in trouble) and shows caring by apologizing and trying to make the situation better.
- A new kid comes to school and dresses differently. A person with good character will not tease or be unkind. A person with good character will show caring and respect even when someone is different.
- You have a test tomorrow. You know it is important to study and do your best in school. You really would rather watch a new TV show you have been waiting for, but if you do that you will not have time to study. A person with good character acts responsibly and finishes their work.

The type of character you have is your choice. Therefore, why it was once said that "Your character is the sum total of your life choices." If you make poor choices, such as stealing, lying, or laziness, then you have poor character. You may not have a choice regarding the situations that you are confronted with, but you always have a choice concerning how you respond to those situations. When dealing with frustrating or disappointing circumstances, you can respond with anger or with patience. The choice is always yours to make, so your character is always a matter of your choice, and thus it is your responsibility.

WHAT DOES GOD SAY ABOUT CHARACTER?

God absolutely cares about character, so much so that it could be said that the Bible is a character textbook. It is filled with instructions on what it means to live righteously, that is, in a "godly" and upright manner. The Bible is also filled with stories of men and women who have done it right, and many who have not. These are for our learning so we can benefit from the examples of others.

The life of Christ teaches us great practical character lessons. Despite difficult circumstances and times of severe difficulty, He always responded in a godly manner by showing love, kindness, and gentleness. Yet, at the very same time, He was a man of great passion, strength, and fearlessness. And now, we too are told that this is how we can, and should, live.

<https://www.truthortradition.com/articles/the-importance-of-character>

God wants us to be

Obedient <i>To do what we are asked</i> Acts 5:29	Loving <i>To act in the best interest of someone else</i> John 15:12	Generous <i>To give much freely</i> 1 Timothy 6:18
Gentle <i>To act humbly</i> Philippians 4:5	Encouraging <i>To cheer someone on</i> 1 Thessalonians 5:11	Patient <i>To trust that God will do what He said</i> James 5:8
Kind <i>To act with love or mercy</i> Ephesians 4:32	Thankful <i>To appreciate what you have</i> Psalm 107:1	Enduring <i>To continue even when it is hard</i> Romans 12:12

Dear Heavenly Father, Help me to grow closer to You each day. I pray that You would guard my heart, strengthen my character, and teach me Your ways. In Jesus' name. Amen

KIDZ ZONE

-submitted by Sis. Earleen Sharrock

Name _____

GOOD CHARACTER WORD SEARCH

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

RESPECT CARING RESPONSIBILITY
 FAIRNESS HONESTY PERSEVERANCE
 FRIENDSHIP TRUSTWORTHINESS
 CITIZENSHIP SELF-DISCIPLINE COURAGE



Name: _____

My Character Traits

I'm responsible when _____

I could be better at _____

I show honesty by _____

but I really need to improve _____

I'm cooperative when _____ but to improve, I

could _____

I show respect by _____

but I need to remember to _____

I'm very helpful when _____ but

I could be more helpful by _____

I care about others. I show it by _____

I will strive to _____

My very best trait is _____ because _____

October 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
<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>				1 1:00pm RTTC Community Group 6:30pm Mass Choir	2 7:00pm Seventh Day Adventist	3 Seventh Day Adventist (All Day) 10:00am Trustees 12:00Noon Women of Faith 1:00pm Missionary Ministry
4	5 6:00pm Durham Ushers Union 6:30pm Music Committee	6 6:30pm Pastor's Aide 6:30pm Sounds of Joy 7:00pm Seventh Day Adventist	7 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	8 1:00pm RTTC Community Group 6:00pm Christian Education 6:30pm Sounds of Joy	9 7:00pm Seventh Day Adventist	10 Seventh Day Adventist (All Day) 10:00am Deaconess
11 8:00am Deacons 3:00pm Youth Missionaries	12 7:00pm Leadership Institute	13 6:30pm Voices of Praise 7:00pm Seventh Day Adventist	14 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	15 1:00pm RTTC Community Group 6:30pm Voices of Praise	16 7:00pm Seventh Day Adventist	17 Seventh Day Adventist (All Day) 9:00am Layman's League
18	19 6:00pm Health & Wellness	20 6:30pm Male Chorus 7:00pm Seventh Day Adventist	21 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	22 1:00pm RTTC Community Group 6:30pm Male Chorus	23 7:00pm Seventh Day Adventist	24 Seventh Day Adventist (All Day)
25 Ushers Meeting After Service	26	27 6:30pm Mass Choir 6:30pm Computer & Technology 7:00pm Seventh Day Adventist	28 6:00am *Conference Call Prayer Line 12:00Noon Noon Day Prayer & Bible Study 7:00pm Bible Study	29 1:00pm RTTC Community Group 6:30pm Mass Choir	30 7:00pm Seventh Day Adventist	31 Seventh Day Adventist (All Day)