

The Testament

July 2026

Lincoln Memorial Baptist Church

Durham, NC

A timeless message from the archives...

They Keep Moving The Cheese!

- by Bro. Dean Jernigan

Every so often, I reread the classic book, *Who Moved My Cheese?* It's an awesome and thought provoking book that deals with adapting to change. Reviewing it helps to restore balance to my perspective as I adjust to the various changes that occur along life's highway.

In this book, cheese is used as a metaphor for happiness or for the things/settings that bring comfort to our lives. As long as we have our cheese, life is good. But when change comes along, it disrupts our happiness. When the sights, settings and routines that are familiar to us are no longer present, a sense of uneasiness creeps into our lives and causes some of us to worry, have doubt or become apprehensive. In the best case scenarios, the discomfort caused by change is gradually replaced by acceptance of the new way. This "new way" becomes our new cheese and once again life is good! In the worst cases, we struggle with change and life becomes an unpleasant and agonizing chore.

How do you adapt to change? In *Who Moved My Cheese?*, some of the characters are good at sensing change. They adjust quickly and move forward with the change as soon as it arrives. Others take longer to adjust, but they eventually make the transition and life again becomes good. Sadly, some never adjust to change and find themselves in a constant state of resistance, denial and/or unhappiness. Which character resembles you?

Change is an ongoing and unavoidable fact of life. None of us can allow ourselves to be distracted or tormented by the discomfort that often comes with change. When viewed in its most favorable light, change can be looked upon as a purposeful part of God's grand design for our lives. God allows change to happen in our lives. Some of the changes are pleasant and

others are not desirable at all. The changes that impacted Job's life serve as a powerful illustration of this fact.

When coping with change, we must be ever mindful that it is our Heavenly Father's desire that we live a life full of joy and happiness. Our God is a joyous God and His desire is to share that joy with each of us. *These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. (John 15:11)*

God wants us to succeed and He always has our best interest in His Will. Living a life of fear, stress and uncertainty as a result of change is not part of His Will.

As you try to restore the happiness that was displaced by change, I invite you to find your "new cheese" in God's Word. His Word can provide comfort during the midst of change. It serves as a lamp unto our feet and a light upon our path as we stumble in the darkness of change. (Psalm 119:105) It affirms God's desire for peace and prosperity for each of us and tells of His undying love for His most prized creation. *For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end. (Jeremiah 29:11)*

Hold on to God's unchanging hand during periods of change. Trust in His time tested Word and anticipate the sweet taste of restoration as you move toward that expected end of happiness that God has in store for you.

Regardless of the changes that you face in life, you'll find a permanent place for joy and fulfillment in God's Word. Never allow anyone or any change to take God's joy away from you. Center the desires of your heart on the promises found in His Holy Writ. Know, understand and appreciate that in God's Word is where you will always find the cheese!



Congratulations Dre!



Bro. DeAndre Evans enjoys the moment with his grandparents, Deacon Eugene and Deaconess Joan Lofton, as they celebrate his graduation from Jordan High School. We pray for God's continued blessings upon DeAndre as he enters into the next chapter of the wonderful life that our Heavenly Father has prepared for him. Congratulations DeAndre!

Congratulations LaSheka!



Congratulations to Sis. LaSheka Wilks on her graduation from Safe Haven Interdenominational Bible College and Training Institute. May God continue to order her steps as she strives to do His Will in the Kingdom!

Around Lincoln...

“The Church in the Community”



Deacon Joe Hilliard shows the spirit of community by assisting our neighbors with transportation to their church's Vacation Bible School services. The neighbors live nearby in the Eleven Hundred and Twelve Hundred blocks of South Street.

And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

Romans 8:28 (NKJV)



Deacon on Duty for the month of July:

*Deacon Tony Williams
(919) 625-2829*

Book Signing - “Broken, But Not Forgotten...”

Family members and friends turned out to help Sis. LaSheka Wilks celebrate the release of her first book, *Broken But Not Forgotten - The LaSheka Melvin Story*. In addition to the signing portion, attendees were treated to remarks by Sis. Wilks that provided an insight to her thoughts as she was writing her book. The event also provided a wonderful opportunity for fellowship with like-minded supporters! We pray for God's continued blessings upon Sis. Wilks and this exciting new chapter for her.



Black History Spotlight

Historically Black Colleges and Universities Series



Virginia State University

Virginia State University was founded on March 6, 1882, when the legislature passed a bill to charter the Virginia Normal and Collegiate Institute.

The bill was sponsored by Delegate Alfred W. Harris, a Black attorney whose offices were in Petersburg, but who lived in and represented Dinwiddie County in the General Assembly. A hostile lawsuit delayed opening day for nineteen months, until October 1, 1883. In 1902, the legislature revised the charter act to curtail the collegiate program and to change the name to Virginia Normal and Industrial Institute.

In 1920, the land-grant program for Black students was moved from the private Hampton Institute, where it had been since 1872, to the Virginia Normal and Industrial Institute. In 1923, the college program was restored, and the name was changed to Virginia State College for Negroes in 1930. The two-year branch in Norfolk was added to the college in 1944; the Norfolk division became a four-year branch in 1956 and gained independence as Norfolk State College in 1969. Meanwhile, the parent school was renamed Virginia State College in 1946. Finally, the legislature passed a law in 1979 to provide the present name, Virginia State University.

In the first academic year, 1883-84, the University had 126 students and seven faculty (all of them Black), one building, 33 acres, a 200-book library, and a \$20,000 budget. By the centennial year of 1982, the University was fully integrated, with a student body of nearly 5,000, a full-time faculty of about 250, a library containing 200,000 books and 360,000 microform and non-print items, a 236-acre campus and 416-acre farm, more than 50 buildings, including 15 dormitories and 16 classroom buildings, and a biennial budget of \$31,000,000, exclusive of capital outlay.

Virginia State University is proud to be a Historically Black College and University (HBCU), a designation established under the Higher Education Act of 1965. This federal recognition highlights the University's long-standing commitment to providing educational opportunities for African Americans and its role in advancing access to quality education for all.

<https://www.vsu.edu/about/history/>

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

Willie Murphy • Joan Lofton
Marva Atkins • William Mayfield • Apryl Jernigan
Earleen Sharrock, Editor • Dean Jernigan, Chair

Food For Thought...

"Pearls of Wisdom"

You Say - God Says
Bible Promises

You say: "It's impossible"
God says: All things are possible
(Luke 18:27)

You say: "Nobody really loves me"
God says: I love you
(John 3:16 & John 3:34)

You say: "I can't go on"
God says: My grace is sufficient
(2 Corinthians 12:9 & Psalm 91:15)

You say: "I can't figure things out"
God says: I will direct your steps
(Proverbs 3:5-6)

You say: "I can't do it"
God says: You can do all things
(Philippians 4:13)

You say: "I'm not able"
God says: I am able
(2 Corinthians 9:8)

You say: "It's not worth it"
God says: It will be worth it
(Romans 8:28)

You say: "I can't forgive myself"
God says: I Forgive you
(1 John 1:9 & Romans 8:1)

You say: "I can't manage"
God says: I will supply all your needs
(Philippians 4:19)

You say: "I'm not smart enough"
God says: I give you wisdom
(1 Corinthians 1:30)

<https://www.heavensinspirations.com>

Happy Birthday to our

July Birthday Celebrities!

Willie Murphy (1st) • Shekina Wooten (5th)
Angela Brodie (10th) • Dorothy Reid (10th)
Latisha Johnson (14th) • Joe Toomer (16th)
Willa Clark (17th) • Justin Brodie (18th)
Peggy Brodie (18th) • Myles Brodie (19th)
Earleen Sharrock (23rd) • Sean Dinguall, Jr. (23rd)
Robert Belcher (24th) • Gwen Perry (29th)

Happy Anniversary!

Deacon Eugene and Deaconess Joan Lofton (16th)
Bro. Sean and Sis. Tennille Dinguall (30th)
Deacon John and Deaconess Vera Hodge (31st)

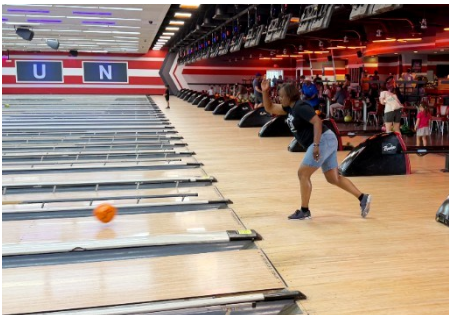
Ordination - Rev. Antoinette Daye!

Dedicated to her calling and faithful in her service to God's people, Min. Antoinette Daye was ordained as ***Reverend Antoinette Daye*** on Sunday, June 7, 2026. Ministers of the gospel provided words of encouragement and guidance during the service. In a show of spiritual support, the Ordination Service featured a powerful "Laying on of Hands" prayer. We pray that God will continue to guide and direct Rev. Daye's path to grow our Heavenly Father's Kingdom! ***Congratulations Rev. Daye!***



Couples Bowling

Striking out for an afternoon of fun and fellowship, several couples in the Lincoln family gathered for a bowling outing organized by our Couples Ministry. The bowling pins didn't stand a chance of staying upright as the members showcased an impressive display of bowling skills. Despite an occasional one-off gutter ball, nothing stood in the way of an outstanding afternoon of fellowship! Hats off to our Couples Ministry for planning this engaging activity!



A cheerful heart is good medicine, but a broken spirit saps a person's strength.

Proverbs 17:22 NLT

Youth Day!

Youth Day is just one of the many ways that the Lincoln family carves out to show love, encouragement and support for youth. It provides an opportunity to note their accomplishments during the past school year and learn of their goals and aspirations for the future. Congratulations to our youth for all of their successes! We pray for God's ever-present love, protection and guidance for them!



Under His Wings

He shall cover thee with His feathers, and under His wings shalt thou trust.

Psalm 91:4

*Under His wings I am safely abiding,
Tho the night deepens and tempests are wild;
Still I can trust Him-- I know He will keep me,
He has redeemed me and I am His child.*

*Under His wings, what a refuge in sorrow!
How the heart yearningly turns to His rest!
Often when earth has no balm for my healing,
There I find comfort and there I am blest.*

*There will I hide till life's trials are o'er;
Sheltered, protected, no evil can harm me,
Resting in Jesus I'm safe evermore.*

*Under His wings, under His wings,
Who from His love can sever?
Under His wings, my soul shall abide,
Safely abide forever.*

- by William O. Cushing

<https://www.wholesomewords.org/poetry>

Vacation Bible School

Lincoln adults met virtually to study and discuss a 5-part lesson on “God’s Plan on Salvation”. The Youth Class of our Vacation Bible School enjoyed a wonderful week of Bible study. The class concluded their week by traveling to Kittrell, NC, to join with other youth from Shiloh Missionary Baptist Church and Saint Mary’s AME Zion Church. As an added activity, the Black Cowboys Club members brought horses for the kids enjoyment. This was a wonderful experience for our youth, and a great opportunity for fellowship! Special thanks to our adult members who carved out time to assist our youth during this valuable learning and fun opportunity!



Men's Day Weekend!

To kick-off the Men's Day Weekend and our theme, "Remember When!", Lincoln men and invited guests gathered on Saturday for a "Roundtable Discussion" led by Bro. Hank Speller, where "Remember When!" thoughts were shared followed by a conversation on the role of men within God's Kingdom and everyday issues that men face as fathers, husbands and brothers in Christ. This was a wonderful opportunity for fellowship among the brethren in our church family! Our Sunday Worship Service featured words of encouragement and support by our very own Rev. Roderick Vereen. May God continue to bless the men in our church family. We pray for their strength and commitment as they strive to do God's Will.



The Cracked Pot

A water bearer in India had two large pots, each hung on each end of a pole which he carried across his neck. One of the pots had a crack in it, and while the other pot was perfect and always delivered a full portion of water at the end of the long walk from the stream to the master's house, the cracked pot arrived only half full. For a full two years this went on daily, with the bearer delivering only one and a half pots full of water in his master's house. Of course, the perfect pot was proud of its accomplishments, perfect to the end for which it was made. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do.

After two years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream. "I am ashamed of myself, and I want to apologize to you." "Why?" asked the bearer. "What are you ashamed of?" "I have been able, for these past two years, to deliver only half my load because this crack in my side causes water to leak out all the way back to your master's house. Because of my flaws, you have to do all of this work, and you don't get full value from your efforts," the pot said.

The water bearer felt sorry for the old cracked pot, and in his compassion he said, "As we return to the master's house, I want you to notice the beautiful flowers along the path." Indeed, as they went up the hill, the old cracked pot took notice of the sun warming the beautiful wild flowers on the side of the path, and this cheered it some. But at the end of the trail, it still felt bad because it had leaked out half its load, and so again it apologized to the bearer for its failure.

The bearer said to the pot, "Did you notice that there were flowers only on your side of your path, but not on the other pot's side? That's because I have always known about your flaw, and I took advantage of it. I planted flower seeds on your side of the path, and every day while we walk back from the stream, you've watered them. For two years I have been able to pick these beautiful flowers to decorate my master's table. Without you being just the way you are, he would not have this beauty to grace his house."

Moral of the story... Each of us has our own unique flaws. We're all cracked pots. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. Remember to appreciate all the different people in your life! We need to take each person for what they are, and look for the good in them.

There is a lot of good out there. There is a lot of good in you! Don't be afraid of your flaws. Acknowledge them, and you too can be the cause of beauty. Know that in our weakness we find our strength. Every day we look in the mirror, we can wonder what flowers we'll unknowingly be watering that day.

Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me.

2 Corinthians 12:9 (NLT)
<https://timburt.org/blog>

Are You the Same Person Wherever You Go?

God blesses those whose hearts are pure, for they will see God.

Matthew 5:8 (NLT)

Are you working to build your life on values that last? If you are, you need to learn to live with integrity.

The Bible says in Matthew 5:8, "God blesses those whose hearts are pure, for they will see God" (NLT).

To "see God" means to experience the presence of God. Believers who have pure hearts get to feel the power of God. They experience the pardon of God. They get to know the purpose God has for their lives. They get to live in the peace of God.

Do you want to be one of those people? We don't talk a lot these days about being pure in heart, but instead we use a word with a similar meaning: integrity.

To have integrity does not mean you are perfect, because if it did, none of us would have it! So what does it mean to have integrity?

Integrity is wholeness.

A lot of people think of their lives like a pie, and the different parts of their lives are the pieces of the pie. Someone might describe their life like this:

"This slice of the pie is my career. This is my work life. This is my spiritual life. Then this is my family life. That one is my social life. Then over here is my secret life - my compulsions, addictions, and secret sins - the things nobody else knows about."

When you segment your life like that, you lack integrity because your life is not a whole. Integrity means you're the same person everywhere and with everybody—in your speech, actions, and motives - no matter which part of life you're walking through.

Integrity is uncorrupted motivation.

When you have integrity, you do the right thing for the right reason. You have unmixed, pure motives. You're sincere and straightforward in every area of your life and with all people. You pray so you can talk with God, not so you can impress other people.

The Bible says, "The Lord detests people with crooked hearts, but he delights in those with integrity" (Proverbs 11:20 NLT).

We're interested in image, but God is interested in integrity. We're interested in reputation, but God is interested in character. Reputation has to do with what everybody thinks you are; integrity is what you really are. Your reputation is connected to who you appear to be in public; integrity is connected to who you are when you're all alone with God.

Have you been more concerned about your image and reputation than your character and integrity? Commit to being a person of integrity today.

Pastor Rick Warren
www.pastorrick.com

KIDZ ZONE

-submitted by Sis. Earleen Sharrock



What you believe about yourself, others, and God will guide the way you think, speak, and act. Your beliefs are like the invisible map you follow every day. If you believe good and true things, you'll grow into the best version of yourself. If you believe things that aren't true, they can hold you back from becoming who you were made to be.

Do you know why beliefs matter?

- Beliefs are like seeds — what you plant in your heart will grow in your life.
- If you believe "I can't do anything right," you might stop trying and miss out on learning new skills.
- If you believe "I am loved and capable," you'll try new things with courage and joy.
- The thoughts you choose to believe will eventually show up in your actions, your words, and even how you treat others.

What's the biblical connection? The following verses are translated to easily understand the original text:

- **Psalms 139:14** – "God made you in an amazing and wonderful way." This means you are not an accident — you are designed with care.
- **Philippians 4:13** – "With God's help, you can do all the good things He has planned for you." You are never alone in doing what's right.
- **Proverbs 4:23** – "Be careful what you think, because your thoughts run your life." What you believe in your heart will guide your choices.

Here's a simple and encouraging story to help understand how beliefs can shape who you are and how you live:

Imagine a small, trembling caterpillar, hiding under the leaf from the harsh world. This caterpillar was always scared, living in constant fear. Every rustling leaf and every shuffling wind sent shivers down its spine. It constantly pondered over its vulnerable state, feeling weak and insignificant.

One day, it saw its reflection in a drop of morning dew. It looked feeble, and it believed it was feeble. But then, something amazing happened. The pain of staying a fearful caterpillar became stronger than the fear itself. It decided to use its fear and pain as motivation.

"Enough is enough," it muttered. It refused to remain a helpless creature any longer. The caterpillar started to see itself as a creature of potential, not a creature of fear. It began to believe it could be more, do more.

Days turned into weeks. The caterpillar worked tirelessly, wrapping itself into a cocoon. And one sunny day, it emerged from the cocoon as a beautiful butterfly. No longer was it a scared caterpillar but a magnificent butterfly, flying high in the sky.

This transformation didn't happen overnight. It required time, patience, and a change in belief. The butterfly was a result of what the caterpillar believed it could be.

So, as you go through life, always remember:

- You are what you believe.
- What you believe matters.
- Choose to believe what God says about you: you are loved, valuable, and made for a purpose.
- Fill your heart with truth every day.

KIDZ ZONE

-submitted by Sis. Earleen Sharrock

Coloring, word search,
maze and tic tac toe grids!



July 2026

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>*Conference Call Prayer Line: Dial (605) 475-3235 and enter the pin - 20396# after the prompt.</i> <i>To add an event to the church calendar, please contact Sis. Cherelle Lee at cle9195@gmail.com.</i> <i>Please send articles, photos or information for The Testament to newsletter@mylmbc.org by the 3rd Sunday of each month.</i>			1 6:00am 12 Noon 6:00pm *Conference Call Prayer Line 7:00pm Bible Study	2 6:30pm Mass Choir	3	4 Seventh Day Adventist (All Day) 10:00am Trustees 12:00Noon Women of Faith 1:00pm Missionary Min.
5 8:00am Deacons	6 7:00pm Music Ministry	7 6:30pm Sounds of Joy	8 6:00am 12 Noon 6:00pm *Conference Call Prayer Line 7:00pm Bible Study	9 6:30pm Sounds of Joy	10	11 Seventh Day Adventist (All Day) 10:00am Deaconess
12	13 6:00pm Christian Education	14 6:30pm Male Chorus	15 6:00am 12 Noon 6:00pm *Conference Call Prayer Line 7:00pm Bible Study	16 7:00pm Church Conference	17	18 Seventh Day Adventist (All Day) 9:00am Layman's League
19	20	21 6:30pm Voices of Praise	22 6:00am 12 Noon 6:00pm *Conference Call Prayer Line 7:00pm Bible Study	23 6:30pm Voices of Praise	24	25 Seventh Day Adventist (All Day)
26	27 6:30pm Computer & Technology	28 6:30pm Mass Choir	29 6:00am 12 Noon 6:00pm *Conference Call Prayer Line 7:00pm Bible Study	30 6:30pm Mass Choir	31	

Photos Taken/Submitted by Deacon Joe Hilliard, Sis. Vera Hodge, Deacon Eugene Lofton, Deacon Tony Williams, Bro. James Ellis, Bro. Karl Brodie, Deacon Robert Brodie and Bro. Dean Jernigan