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Duluth, GA 30096

Rev. Ronald L. Bowens
Pastor



FRIENDSHIP
BAPTIST CHURCH

MARCH 2019

Vol. 7, Issue 3

FRIENDSHIP'S VOICE

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CALENDAR

MARCH

- 20-22 Springfield Missionary Baptist Church
Lula, GA, Spring Revival 7:00pm nightly
- 24 FBC Ushers Anniversary 3:00pm

APRIL

- 6 Men's Meeting-FLC 10:30am-12:30pm
- 14 Palm Sunday
- 19 Good Friday Service 6:00pm
- 21 Easter
Easter Program 3:00pm
- 27 Sunday School Summit 9-11:00am
- 28 Pastor Speaking Engagement 3:00pm
Springfield Baptist Church, Morena, GA

FBC MISSION STATEMENT

"Exalt the Savior"
"Equip the Saint"
"Evangelize the Sinner"



Peace can be considered freedom from disturbance, tranquility, calmness, restfulness, lawfulness or order. When we accept Christ as our Lord and Savior, we can have this "Peace" even when the storms are raging around us because we can lean on God and rest upon his Word; in the midst of the storm, we can have contentment and calmness.

Believers should be civil, forgiving and loving towards each other for peace to reign among God's people—then we will see fertility in the church for the blessings produced by the Word of God.

Colossians 3:15: "And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful."

True Peace comes when we exercise the fruit of the Spirit and desire peace with God in a man's own conscience, produced by the Spirit of God, the effect of peace, quietness and tranquility of mind; also peace with men, with the saints and with all others.

Galatians 5:22-23: "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith. Meekness, temperance: against such there is no law."

The Apostle Paul charges us to follow or pursue peace and holiness. Pursuing anything requires energy; it can sometimes be very hard work. Peace is contrary to our sin nature, so we must try very hard to feed the fruits of the Spirit that we should be exercising daily so Peace can conquer and reign in our lives.

Hebrews 12:14: "Follow peace with all men, and holiness, without which no man shall see the Lord."

So Peace can only come about with good clean living and feeding on the Word of God. When we eat the Word of God daily, His characteristics will show in our walk and talk. Reminded by **Philippians 4:7, "And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."**

Hyacinth Chung
Communications Ministry

HYMN OF THE MONTH

“My God Is Real”



This song was written in 1944 by Dr. C. Michael Hawn and the music written by the Martin and Morris Company, which was then the oldest and continuously running Black Gospel music publishing company (1940-1988). Sallie Martin was a singer who worked with Thomas A. Dorsey, who is the composer of the classic Hymn “Precious Lord, Take My Hand” and Kenneth Morris was a music transcriber and composer in Chicago, IL.

“My God is Real” is dated almost two decades before the height of the civil rights movement. According to Horace Clarence Boyer, “African American church congregations know this song so well that they need neither the score nor the text to sing it.”

A possible reference to the segregation appears in the first stanza: “there are some places I cannot go.” In spite of the difficulties of life, the singer’s relationship with God is no less valid. The chorus validates the reality of God’s presence “Deep Within” because God has cleansed the singer through His blood and has thus been made whole.

The second stanza acknowledges God’s presence in the face of persecution and abandonment. The final stanza rephrases some of the ideas of earlier ones, stressing again “God’s Holy Power” in one’s life. Though coming from an African-American context, the message of the song extends to others.

Boyer notes that this is Morris’ most commercially successful composition. It has been translated into twenty-four languages and is sung all over the world. Among the many recordings of this song available today, one will find renditions not only by Mahalia Jackson, but also Pat Boone and Johnny Cash.

*Submitted by Hyacinth Chung
Communications Ministry*

My God is Real

There are some things I may not know;
There are some places I can't go,
But I'm sure of this one thing:
That God is real for I can feel Him deep within.

Chorus

My God is real, real in my soul
My God is real for He has washed and made me whole.
His love for me is like pure gold.
My God is real for I can feel Him in my soul.

Some folks may doubt; some folks may scorn;
All can desert and leave me alone,
But as for me I'll take God's part,
For God is real and I can feel Him in my heart.

Chorus

My God is real, real in my soul
My God is real for He has washed and made me whole.
His love for me is like pure gold.
My God is real for I can feel Him in my soul.

I cannot tell just how you felt
When Jesus took your sins away
But since that day, yes, since that hour,
God has been real for I can feel His holy power.

Chorus

My God is real, real in my soul
My God is real for He has washed and made me whole.
His love for me is like pure gold.
My God is real for I can feel Him in my soul.



INSPIRATION FROM THE PSALMS

Written By Evangelist Deloris Williams



HE HAS BROKEN THE CHAINS

A Psalm of Thankfulness - Psalm 107: 9-16 (KJV) Author Anonymous

“For he satisfieth the longing soul, and filleth the hungry soul with goodness. Such as sit in darkness and in the shadow of death, being bound in affliction and iron; because they rebelled against the words of GOD, and contemned the counsel of the most High: Therefore, he brought down their heart with labour; they fell down, and there was none to help. Then they cried unto the LORD in their trouble, and he saved them out of their distresses. He brought them out of darkness and the shadow of death, and brake their bands in sunder. Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men! For he hath broken the gates of brass, and cut the bars of iron in sunder.”

THE LAW OF ACTION: As we have read the Psalms, we have visited real life moans through the lives and events of the biblical roles of those who (depended) solely upon the mercy and grace of the ALMIGHTY. We see that the power of intervention by GOD *to act was (and yet is) an action in route to a release of the “Deliverance From” an act of “Supremacy Obeying”* annulations of anything, person, place or thing that is acting in a conflicting opposition against an Almighty, Sovereign Order or Law! What was just said is this: “The Mortal is DAVID, who qualifies and who has been set aside to *Edify the Announcement*” that someone Better, Bigger, Stronger, Wiser, and has Obeyed to the point of witnessing the miraculous saving grace of a “Favored People” lost, hungry, thirsty, and exhausted. Psalm 107 is, above all, a hymn commemorating the power of GOD.

THE MESSAGE OF PSALM 107: The purpose of making (the Lord’s works) known to humankind is so that they too can join in the praise of (the Lord). *This thought seems to point out that David has written a genius hymn thanking the Lord for enabling the Israelites to thank the Lord. These harmonious themes of enlightenment and gratitude reinforce each other throughout the psalm and, without a doubt, throughout the rest of the Book of Psalms heralding the “MOST HIGH” for his Sovereign Power to free the mortal from a hard labor of sin and its enslaving bondages acquainted with rebellion. The message of this Psalm is anyone who has not found the satisfaction that comes from knowing GOD of his/her lostness can receive the (present offer) of JESUS to satisfy these needs. JESUS today is the Way (John 14:6), the Bread of Life (John 6:33-35) and the Water of Life (John 4:10-14).*

INSPIRATION TO PONDER: Read this Psalm slowly and in its (entirety). Meditate on the opening of this Psalm with verses 1 and 2 as you ponder over the reality of its “Spiritual Finger” pointing out your period of grace and mercy, and of having been delivered from (stormy situations). What are the facts and testimony of GOD’s presence in your seasons of pain, a dark hour, or of how he delivered you? **What “OUT LOUD” praise can you “NOT KEEP UNTO YOURSELF” with a “VIGOROUS HALLELUJAH”!?**

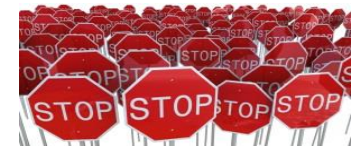
(Inspiration of the Psalms cont'd)

THE MORTAL'S GENERAL LIFE THEME: Verses 1-2 and 3-21. In this Psalm, a “Treasury Psalm of David,” his thesis is a “Sacred Romance” intensely writing a “Song of Praise” from a heart of having nothing but “Amazing Grace” and “Thankfulness” to have had a “Spiritual Thirst for Righteousness,” after a “Long-Aching Drought in The Abyss of Afflictions”! The writer has become a romantic of Worship and Praise; he has become an icon of “THANKFULNESS” in his own trials, witnessing deliverance of others. **HAVE YOU RECEIVED THIS LIFE GIVING OFFER?**

FROM ETERNAL BONDAGE: Out of the in-exhaustible economy of Heaven, this Psalm speaks to four types of people in distress, and we observe throughout this Psalm, as well as other Psalms, the compassionate GOD of deliverance. Of the four types of people were: Wanderers (107:4-9), Prisoners (107:10-16), the Sick (107:17-20), and the Storm-Tossed (107:23-30).

- We see how those in extreme calamity are delivered and humbled, we see a people weaned from the world's allurements (turn) back to GOD, a people whose prayers became vitalized—meaning, through spiritual disciplines, their prayers became energized; discipline caused them to (LIVE)! This Psalm is like a paint brush, painting a picture of the Celebration of the Jews' return from their exile in Babylon.
- **QUESTION: TODAY, ARE YOU “LISTENING ATTENTIVELY” TO THE MESSAGES OF THESE VERSES?** There are (STILL) these four types of people today. What category are you FITTING INTO instead of STANDING OUT? Any form of disobedience is spiritual up till the departing will result in eternal chains (107:9-11) – *“For he satisfieth the longing soul, and filleth the hungry soul with goodness. Such as sit in darkness and in the shadow of death, being bound in affliction and iron; Because they rebelled against the words of God, and contemned the most High.”* Contemned means: to treat someone with (contempt). In this case, mortals disobedience is as treating their Creator and Savior, and Holy Spirit with CONTEMPT?

INSPIRATION: There are “Spiritual STOP Signs” that can lead to ETERNAL IRONS!



TO INFINITE BONDING: PSALM 107:40-43: *“He poureth contempt upon princes, and causeth them to wander in the wilderness, where there is no way. Yet he sitteth the poor on high from affliction, and maketh his families like a flock. The righteous shall see it, and rejoice, and all iniquity shall stop her mouth. Whoso is wise, and will observe these things, even they shall understand the loving kindness of the LORD. JESUS CHRIST is the Bonding of the (heart) that allows a heart to return from an abyss of contempt, rebellion, and a deep darkness of carnal shackles.”*

THE EVIDENCE OF FREEDOM: There is nothing beyond the compass of GOD's understanding or penetration of the howling, haunting moan of a shackled soul, thirsting and in hope of an eternal sip of righteousness. This Psalm is a surety bond of those embracing the magnificence of GOD's understanding and intervention. To the clay mortal from the Cross of Calvary, Sin is a brutal laborer—it is a spiritual gulf intersecting with a (spiritual force) imprisoning the mind, body and soul to hard labor, with only the dividends of physical death, and then spiritual death! The blood from the Cross was a “Surety Bond” with an eternal bond that had, and has, an eternal clause to the freedom of being spiritually free from our imprisoned minds, and shackled souls due to the restraints of sin!

THE CONCLUSION: Acts 16:16-34 – Let us be reminded of Paul, Silas, and the slave girl whose spirit was chained by the spirit of divination BY HER SLAVE MASTER, and Paul, the Lord's church, in him; Paul's spiritual disciplines, a life of a revitalizing prayer life, and wisdom and his action-steps to rejoice, nevertheless, yet while in chains. Read how the “shackles” fail! What exactly does this mean? Simply, that GOD is never an injured party of “AMBUSH” or of his will! His-self, in himself, of himself is all there is and will be; he is freedom, and his Spoken Words are always creating, living, accomplishing, and ever fulfilling, and obeying until it is complete and Well Done!! How are we doing in the **“WELL DONE”** department?

WHAT'S HOLDING YOU IN BONDAGE BY (YOUR OWN) CHOICE?



78 Seeds of Faith

MORTGAGE ELIMINATION CAMPAIGN



FBC | FRIENDSHIP
BAPTIST CHURCH

THREE KEYS TO THE SEED OF FAITH CAMPAIGN:

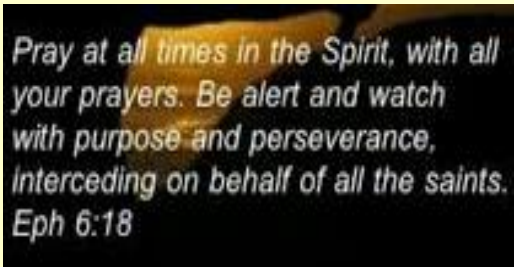
1. **Recognize that God is your Source** - Philippians 4:19 says, *"My God shall supply all your need according to His riches in glory by Christ Jesus."* God will use many different instruments to supply our needs—but He alone is the Source, and He alone cannot fail.
2. **Give first, so that it may be given back to you** - Luke 6:38 says, *"Give, and it will be given to you."* We must first plant a Seed of Faith so that God can multiply it back to meet our needs. Jesus is talking about giving in the deepest sense of the word—the giving of ourselves to God. This includes anything we can give: love, time, patience, forgiveness, finances, and our prayers. Please note that our giving reflects our Trust in God.
3. **Expect a miracle** - Mark 11:24 says, *"Whatever things you ask when you pray, believe that you receive them, and you will have them."* The moment we ask God for something—the moment we do our part and plant our Seed of Faith—we should believe God that the answer is on its way. It's important to expect our miracle so we can recognize it and reach out to take it when it comes.

How This Campaign Will Work: Over the next 78 weeks, we are asking every member and friends to sow a seed of \$26 over and above your tithes and offerings. If you are not able to give \$26, give what you can, and if you are able to give more than \$26, please do so. If you are blessed to give \$260 or \$2,600 per week, be obedient to God.

We are asking you to please utilize the blue envelopes located on the back of the pews. Using the blue envelopes will help our Finance Ministry greatly. This allows them to track and account for your seed offerings. So please each Sunday for 78 weeks, give God something to work with. No matter how little you think you have, sow it in Joy and in Faith, knowing you are Sowing Seeds so you, your family, our church, each ministry and our community may reap miracles from the seeds that are sown.

Remember – God is Our Source – Give so that it can be Given Back to you, and Expect a Miracle! Thank you and God Bless!

Prayer List



Remember with prayer, calls and visitations

Bro. James Agee
 Bro. Gabriel Bell
 Bro. Willie Benton
 Min. Karen Blacknell
 Rev. Kenneth Blacknell
 Dea. Hezekiah Bowens, Jr.
 Bro. Julius Brogdon
 Sis. Joyce Brooks
 Sis. Sherie Brown
 Bro. Tyler Caldwell
 Sis. Pearl Coles
 Sis. Nekka Dean

Sis. Doris Doyle
 Sis. Everlene Fisher
 Sis. Barbara Hall
 Sis. Crystal Ingram
 Bro. Willie L. Harris
 Sis. Charlotte Hayes
 Bro. Leroy Hurt
 Sis. Mary L. Jones
 Bro. Patrick Jones
 Bro. Dennis Kimmey
 Sis. Mabel Lawrence
 Bro. Edwin Logan

Sis. Sylvia Marrow
 Sis. Roxanne Motley
 Evg. Valerie Montaque
 Sis. Khuyen Nguyen
 The Palmer Family
 Sis. Gloria Peters
 Bro. Garvin Potts
 Sis. Carrie Rawls
 Sis. Peggy Rogers
 Bro. Benny Rollins
 Dea. Clarence Slaughter
 Bro. Antone Smith

Sis. Latisha Smith
 Sis. Valerie Smith
 Bro. Xavier Stephens
 Sis. Tiffany Stovall
 Bro. Julian Sydnor
 Sis. April Walker
 Sis. Mabel Thomas
 Rev. Dwight Wilkerson
 Min. Floyd Williams
 Dea. Clendon Wilson
 Sis. Sadie Wilson
 Bro. Victor Winston, Jr.
 Bro. Donald Wood



SIGNS OF THE SEASON

Christine Smith, Communications Ministry



“The breath of life” Genesis 2:7 KJV is what I’m reminded of when I think of Spring!

“Thou sendest forth thy spirit, they are created, and thou renewest the face of the earth.” Psalm 104:30 KJV

Spring breathes upon us the spirit of renewal, new beginnings, and new life. Spring is a sign to all of us whether you believe or not that God’s power and presence are evident. Just like Jesus rose Lazarus from the dead, He brings the trees, grass, and flowers back to life. Who else can claim to have that power? No one, not anyone but our awesome Lord and Savior!

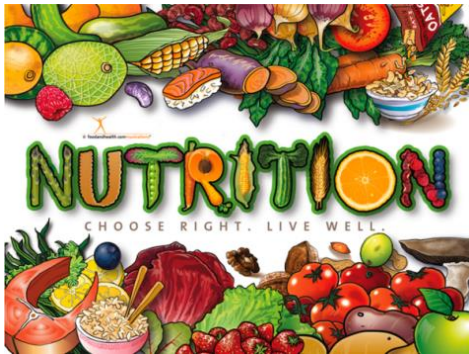
Easter (the Resurrection) is celebrated in the Spring time. This season represents new life like the winter represents death as we learned in the December issue of the FBC Newsletter.

It’s time to get out and enjoy the splendor of God; plant a tree or tidy up the yard. Maybe you need to “Spring clean” around the house or garage. Out with the old and in with the new. What do you need to clean out of your life? What areas in your life do you need to renew? In this wondrous season, it’s a great time to open yourself up to the renewal, rejuvenation, and energy only God can provide. What will you do this Spring?



HEALTH MINISTRY

Vickie Perry, Ministry Leader



National Nutrition Month is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Food

- Making the smart food and nutrition choices is a necessary part of everyone's daily life.
- Navigate grocery store aisles, make healthful choices and get nutritious meals to the table.
- Learn about types of vitamins, nutrients and minerals and when supplements might be needed.

Health

- Holidays, vacations, travel and cultural traditions don't have to derail your healthy nutrition goals. Build an eating plan with your unique lifestyle and nutritional needs in mind.
- Learn about the different types of allergies and intolerances, how to avoid foods that make you sick, food alternatives and more.
- Healthy weight is about balancing food intake with physical activity, and small changes can make a big difference.
- If you have a chronic condition, a carefully planned diet can make a difference. With certain diseases, what you eat may reduce symptoms. In other cases, diet can improve health.
- Throughout childbearing years, diet plays a role in fertility and healthy pregnancies. Get tips for nutrition before, during and after pregnancy.
- Eating right and being physically active are keys to staying healthy throughout life.

Fitness

- Regular physical activity is just as important to a healthful lifestyle as smart eating. Get workout ideas, nutrition advice and tips for family exercise.
- Fuel your body the right way for optimal performance in sports and athletics.
- Nutrition is an important part of training, whether you're building muscle, increasing cardio or preparing for a race.



HEALTHY FOODS

HEALTHY HEART

FITNESS

FLC GYM AND FITNESS CENTER HOURS OF OPERATION:		
Mornings	Monday – Friday	9:00 am – 12:00 noon

OUTREACH MINISTRY – “ONE BODY SAVED TO SERVE”

Diana McGhee, Ministry Leader

OUTREACH CENTER HOURS:

Mondays & Saturdays: 11:00 am - 1:00 pm

Wednesdays: 1:00 pm - 3:00 pm

For more information about the Outreach Ministry:
Contact Diana McGhee at 404-312-1232 or by email at dianaymcghee@bellsouth.net or
Catherine Stafford at 678-983-7587.



IT'S PROM TIME AGAIN! We have gowns and after-five attire available for our young ladies for the Prom. We are also accepting gown and tuxedo donations. Please contact Sis. Pamela Stodghill at 504-710-6990 for more information. You may also bring donations to the Outreach Center.



The “**Friendship Market**” food distribution project needs more **MALE VOLUNTEERS** **between the hours of 9:00 a.m. and 5:00 p.m. on Fridays.** If you can volunteer for any hours during that time, please contact Diana McGhee at 404-312-1232.

FRUIT & PRODUCE HOURS:

Wednesdays: 1:30 pm - 2:30 pm

Fridays: 4:00 pm - 5:00 pm

Saturdays: 11:30 am - 12:30 pm

Items will be distributed in the Fellowship Hall on Fridays and from the Outreach Center on Wednesdays and Saturdays. First Come, First Served.



The FBC Outreach Ministry offers a Care Community to support foster care parents and information on becoming a foster parent. We also offer training to members who wish to become Care Community volunteers. Please contact Venda Young at 219-688-1365 or Linda Milton at LBmilton1@charter.net for more information.



Did you know that the Outreach Ministry hosts a mid-week worship service at noon every Wednesday in the Fellowship Hall? **JOIN US!!**



Friendship Marriage Class – Valentine's Dinner

Mark 10:9: "Therefore what God has joined together, let no one separate."

On Friday, February 15, from 7:00 pm-10:00 pm, the Marriage Class at Friendship, led by Deacon Michael and Martha Bailey, gathered together for a night full of laughter and love at the Embassy Suites Hotel located at Satellite Boulevard in Duluth.

The night began with the men serenading their wives with the famous song "Knocks Me Off My Feet" by Stevie Wonder. They were all lined up with their backs facing the anticipating audience of women and when they turned around, they were all wearing sunglasses and began to sing while moving their heads from side to side.



After the ice breaker, Host Tony Sanford began the introduction in the room of couples and shared how he met his wife, Violet Sanford. After sharing his story, he encouraged the couples to get acquainted with the other couples at the table and share the details such as how they met, how many years they were married and how many children they had. He also mentioned that those questions would come up again and we needed to be ready to answer questions related to the other couples at our table.

Dinner was served and as the couples enjoyed chicken, wild rice, tossed salad, etc., the couples began to interview the other couples at their tables, while also listening to Love Ballads in the background.

(Marriage Ministry cont'd)



After everyone had feasted, it was time for more entertainment and gift giveaways!! Co-Host couple, Ronnie and Vernell Timmons visited each table with the following questions and one couple won the gift for the question.

1. Who has been married the shortest amount of time? **Winner: Randel and Latrell Carr**
2. Who has the most children? **Winner: Duane and Denise Jackson**
3. Who dated the longest? **Winner: Ben and LaRahn Walden**
4. Who drives the farthest to church? **Winner: Rommell and Kindell May**
5. Who traveled the farthest distance to get married? **Winner: Ricky and Joyce Bowens**

Before the evening was over, all the couples moved to the dance floor dancing to love songs and a few line dancing songs for the ladies.

The night ended with a toast to marriage with a glass of sparkling juice and cupcakes.

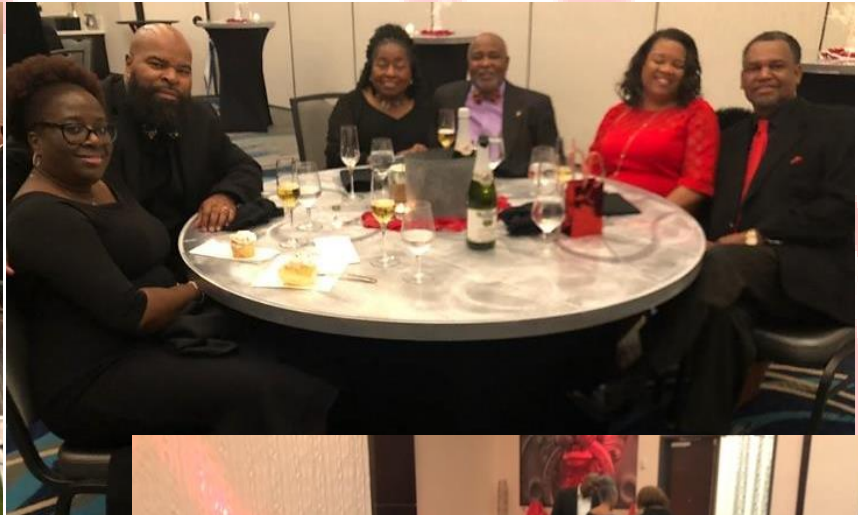


Following are a few Precious Moments from the Night of Love!!
Ecclesiastes 4:12: "Though one may be overpowered, two can defend themselves.
A cord of three strands is not quickly broken."

(Marriage Ministry cont'd)



(Marriage Ministry cont'd)



Submitted by Tina Patterson & Violet Sanford

MEN'S MINISTRY

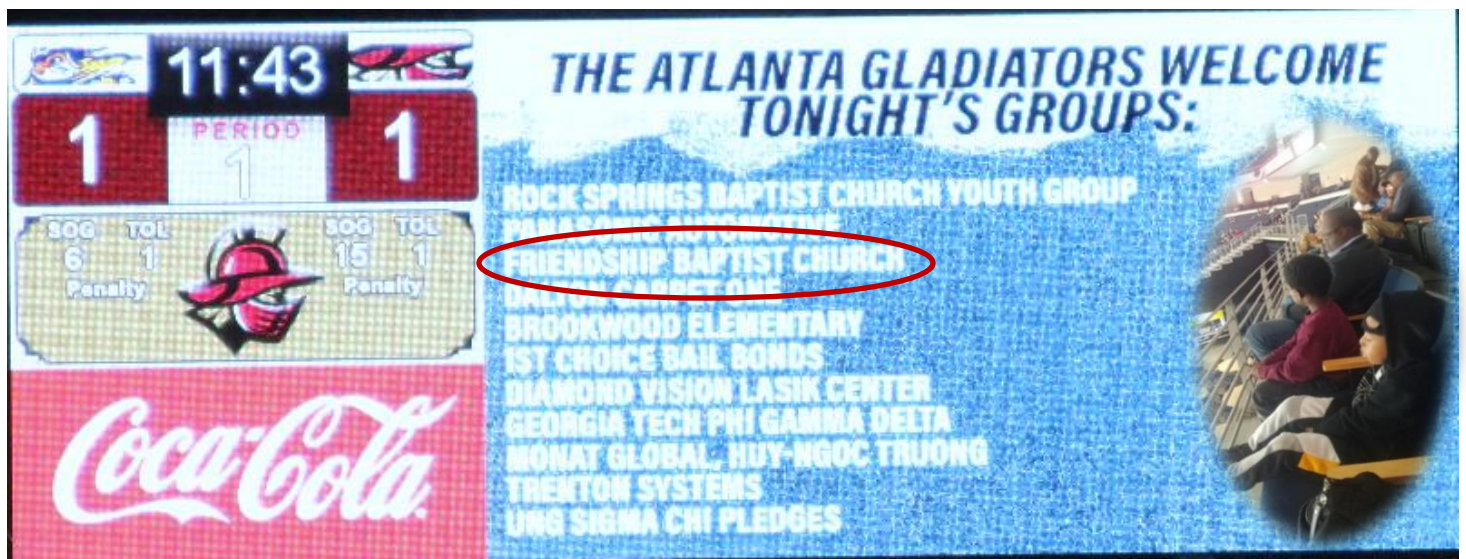
Brandon Owens, Ministry Leader



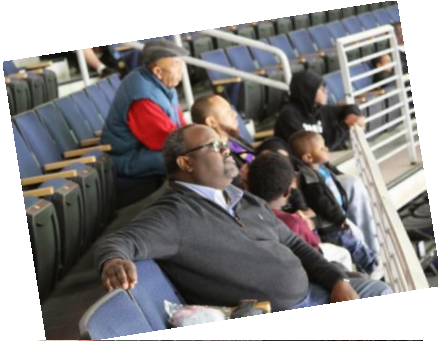
On Friday, March 1st, the FBC Men's Ministry hosted a fellowship outing at an Atlanta Gladiators hockey game at the Infinite Energy Arena. 20 men and young men enjoyed an exciting fast paced game as the hometown team beat the Greenville Swamp Rabbits 3-2.

For most of the FBC members in attendance, this was their first time ever going to a hockey game; especially for those from the South. However, the game provided a great opportunity for fathers to bond with their sons, others to develop mentoring relationships with young men, and an opportunity for Christian men to model the ministry's scripture outside of the church (Proverbs 27:17 *"As iron sharpens iron, so one man sharpens another."*) As its reputation precedes it, hockey game's most exciting moments happen when a goal is scored or a legal fight breaks out during the game. Both instances happened on Friday night which gave the teens plenty of opportunities to capture pictures for their social media handles. There was also an instance when one player was penalized for arguing with a referee over a call. This play gave the men an opportunity to teach the young men an important life lesson (Romans 13:1 ESV – *"Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God."*) All in all, it was a great experience watching the Gladiators get closer to clinching a playoff spot. Thank you to all who attended and we look forward to building on this platform in future meetings.

One of the goals of the Men's Ministry is to support and help drive other ministries forward to help execute FBC's overall mission. Volunteers are still needed for the following ministries: Male Ushers, Parking Lot Ministry, Family Life Center volunteers, and drivers for the shuttles. The Outreach Ministry is also in need of male support on Fridays—any availability will be much appreciated. **Also, please join us for a day of Fellowship, Learning, Encouragement and Fun on Saturday, April 6 from 10:30am-12:30pm in the Family Life Center.** We will have our General Meeting Session, Keynote: Financial Planning Session and Open Court Basketball. If you have questions or would like to participate in any of the above, please contact Brandon Owens at [205-503-1715](tel:205-503-1715) or Rommell May at [770-715-6117](tel:770-715-6117).



(Men's Ministry cont'd)



WOMEN'S MINISTRY

Cheryl Alford, Ministry Leader

The theme for our February Fellowship:



Since February is the month of love and Valentine's Day is celebrated during this time, the women were greeted with hand-made hearts inscribed with quotes on love. At the onset of our fellowship, the women were also welcomed in French since it is the language of love: "*Bonjour, bienvenue notre communion sur l'amour.*"

After our opening prayer led by Geraldine Powell, Karen Omar and Alice Burnes read scriptures from the Old and New Testaments (Lamentation 3:22-23 and 1 Thessalonians 5:11-13, respectively).

The following Birthdays and Anniversaries were acknowledged even though all were not present:

Birthdays: Gail Newton (2/27), Halynn Brown (2/28), Rose Minter (2/27), and Martice Moore-Stuart (2/28)

Anniversaries: Vickie Chambers (2/21) and Halynn Brown (2/28)

The ministry also welcomed first-time attendees and guests of which there were a total of nine. All names were not readily available to share in this article, but we sincerely appreciate the fact that each chose to spend their morning in fellowship with this ministry and our hope is that all will continue to join with us as we strive to unite together in one band of love and purpose.

Throughout the morning, we were uplifted in songs played by our resident music technician, Dranita Morrow. Included were "*Jesus, We Love You*" by Isabel Davis, "*No Ordinary Worship*" by Kelontae Gavin and "*Reckless Love*" by Cory Asbury. Each song was significant and contributed to the atmosphere of our fellowship. We were also led by Gerri Wright in the reading of our covenant which is an important part of our ministry and one that will continue throughout the year.

Leading into our discussion, Lynne Alford came forward to share a few words on "Love."

It was the hope of the ministry to have the women assemble into eight groups to tackle eight different topics that would address the theme question. While we were able to converse on five, three were omitted. The topics **not discussed** were Sacrificial, Unconditional and Forgiveness. We were able to hold table talks on **Longsuffering, Obedience, Victorious, Elohim** and **Kindness**. Each is a necessary component in true love, and it was pointed out that the first four actually formed an acronym for "**LOVE.**"

Each table received at least two questions for discussion and was asked to provide scripture references. Tables were also provided several pages of scripture to assist them. It was amazing to see the women as they worked together to address their topic. Upon observation, it seemed that everyone at every table was engaged in discussion.

After about 15 minutes of conversation, one person from each table provided a summary so that all attendees could be privy to what had been discussed. Below is a very brief summary of comments shared:

Longsuffering: Important to seek and wait on God while waiting for a job or dealing with issues concerning family members as well as helping others. The women spoke about the importance of prayer and one scripture referenced was Psalm 37:7.

Obedience: Important to hear from God and trust Him and do as He says. Disobedience brings suffering and death. Scripture references were John 14:15 and 1 John 2:3-6.

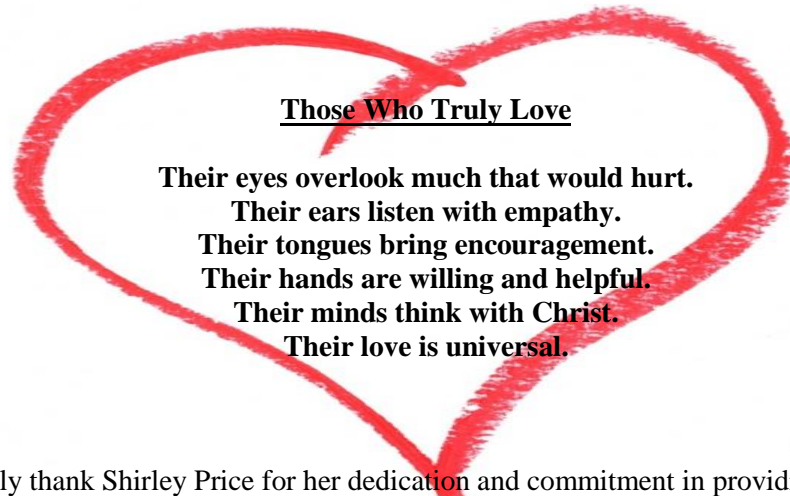
Victorious: Important to walk in the Spirit and trust that victory comes through the Lord. The ladies at this table shared Galatians 5:15 and Proverbs 4:7.

(Women’s Ministry cont’d)

Elohim: Means God. He is our Creator. He is Almighty and Supreme. 1 John 4:8; John 3:16 and 1 Corinthians 13 were just a few of the scriptures shared.

Kindness: This group summed up their discussion by reminding us to love our neighbor as we do ourselves. They referenced Galatians 5:22.

In the opinion of this writer, this was time well spent and believed to have been enjoyed by all. After being spiritually nourished, the women had a light breakfast. Before we dismissed in prayer led by Min. Karen Blacknell, Shirley Price shared the following poem by Mary Gemma Brunke:



We would like to sincerely thank Shirley Price for her dedication and commitment in providing framed photos for all of those who attended the January fellowship. If you did not receive yours, please see her at your earliest convenience.

Please join us next month as we continue to honor our purpose of encouraging one another as we strive to grow in our relationship with one another and our Lord.

*Article by Cheryl Alford with supporting notes by Harriett Hairston
 Photography by Shirley Price*



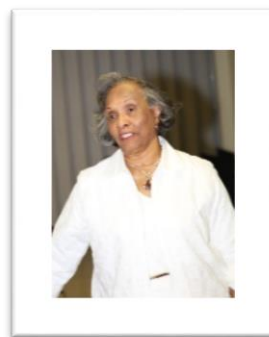
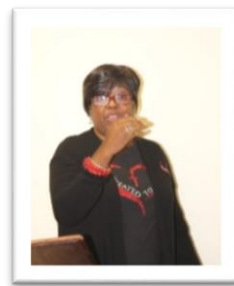
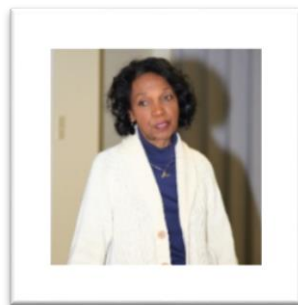
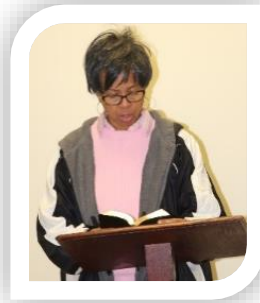
(Women's Ministry cont'd)



SENIOR'S MINISTRY

Rev. Eugene Graves, Ministry Leader

On Saturday, January 26, 2019, the FBC Senior's Ministry held its first fellowship of the new year. The ministry also celebrated six years in existence. Praise God! We thank God for His guidance and direction over the years. Due to an increase in membership, we had everyone state their name and where they were from. We then heard from our guest speaker, Min. Roslyn Long, who reminded us that we, as children of the most High God, are "overcomers." We then enjoyed refreshments and discussed first-quarter calendar activities.



We are...

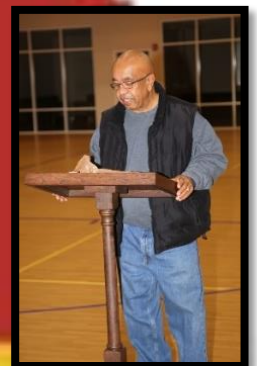
Overcomers!

(Senior's Ministry cont'd)

Our February 23, 2019, the Senior's Ministry fellowship meeting took place in the Family Life Center. Rev. Eugene Graves opened with a welcome. We welcomed three new members to the ministry. Mary Blackburn read the scripture, followed with prayer by Charles Bailey.

Since it was Black History Month, we asked our members to come dressed in African attire and to bring a dish to share. Sheryl Bailey read a published letter regarding the 1963 church bombing and murder of the four young girls in Birmingham, Alabama. Duane Jackson spoke about his knowing entertainer, Sammy Davis, Jr., and shared a picture of them together when Bro. Duane was a young boy. We played a trivia game and had two winners—Geraldine Powell and Mary Blackburn, who both received a gift. We also discussed trips planned for March and April. We had a delicious feast and a wonderfully blessed fellowship. We closed with prayer by Cheryl Alford. Photos were taken of the group as well as individually by Shirley Price.

Submitted by Brenda Graves



BLACK HISTORY CELEBRATION

Photography by Shirley Price, Communications Ministry



Black History
Did you know...

THE TEXAS WESTERN MINERS (1966)

POSTED ON FEBRUARY 28, 2016

CONTRIBUTED BY: CECILIA GUTIERREZ VENABLE



The 1966 championship game for the National Collegiate Athletic Association (NCAA) basketball tournament came down to a test between a small southwestern institution, El Paso's Texas Western College Miners, and an accomplished four-time NCAA tournament winner, the University of Kentucky Wildcats. This game, however, proved to be more than just a challenge by the Miners, a multi-racial team that had joined the NCAA just three years earlier, and an all-white opponent, the Wildcats, widely considered the strongest basketball team in the nation. This game, according to many sports observers, forever changed major college basketball. The Miners' unexpected victory demonstrated that African American players had the skill to control the game as well as a white team, and ultimately better than the best white team.

The 1966 Miners consisted of seven African Americans: Bobby Joe Hill, Orsten Artis, Willie Worsley, Willie Cager, Nevil Shed, Harry Flournoy, and David Lattin; four Anglo Americans: Jerry Armstrong, Louis Baudoin, Dick Meyers, and Togo Railey; and one Mexican American, Dave Palacio. The opposing team contained all Anglo Americans, which was not surprising since many African Americans gained access to Southern colleges only in the 1960s. While some southern white campuses desegregated and blacks could attend classes, they were still usually excluded from team sports. No major white institution in the South or Southwest recruited black basketball players.

In contrast to other Texas colleges and universities, as well as most universities throughout the South, Texas Western experienced integration more than a decade earlier. The Miners' coach, Don Haskins, recruited the best players, regardless of their hue. Adolph Rupp, on the other hand, the legendary coach and strategist of the Kentucky Wildcats, admitted he did not seek black players for his team.

The Miners arrived in Kentucky for the championship game on March 19, 1966. The sports announcers and writers expected an overwhelming win for the Wildcats. However, Haskins understood the pressure his team faced and sent in his best players, all African Americans. At first, Kentucky gained the advantage, but soon the Miners captured the lead during the first half and ended the final quarter with a Miner 72-65 win. This victory, according to sports writer and historian Charles Martin, "was a watershed event" because it encouraged other schools to recruit African American players.

In 2006, the movie *Glory Road*, depicting the significance of this game, was released. The following year, the team was inducted into the Naismith Memorial Basketball Hall of Fame. On February 6, 2016, the now University of Texas El Paso Miners held a reunion for the 1966 players at the Don Haskins Center. The opening ceremony heard an address from President Barack Obama, which included these words: "...by becoming the first team to win an NCAA title with five black starters, the Miners weren't just champs on the court: They helped change the rules of the game. They didn't know it at the time, but their contribution to civil rights was as important as any other..." "...Go Miners!"

"The significance of the black history is that in 1965, the white coach of the high school girl basketball team, Don Haskins, is invited by the Texas Western Miners to be their coach. Despite a lack of budget, Haskins see the chance to dispute the NCAA and moves with his wife and children to the college dormitory. He recruits seven talented and rejected Black players to play with five Caucasian players and formed a legendary team. The conservative townfolk balk at the new racially diverse lineup despite the fact the team was winning all their games. When black players, Bobby Joe Hill and team captain Harry Flournoy begin to dominate the court with flashy moves, the racial tension increased, jeopardizing the future of the team. Coach Haskins decided to start an all-black squad of five players and continued an all-black team throughout the entire final championship NCAA game. The Texas Western Miners won the 1966 NCAA Championship against the powerful and all-white University of Kentucky team, under the coaching leadership of legendary, Adolph Rupp."

Contributor-Wanda Hall, Communications Ministry

TECH CORNER

Shatina Patterson, Communications Ministry



“The ‘Momo challenge’ isn’t a viral danger to children online. But it sure is viral.”

The “Momo Challenge” (St. John’s County Sheriff’s Office/Facebook)
By Abby Ohlheiser, March 1

If you’re a parent of a young child, chances are that someone on Facebook has sent you an alarming post about the “Momo challenge,” a game illustrated by a disturbing photograph of a woman, in which participants are blackmailed into completing increasingly dangerous tasks. Maybe that post says that Momo is the latest “trend.”

Momo was perfectly tuned to set off alarms in the mind of any parent: There’s something online that you don’t know about, and it’s about to kill or traumatize your child. Just one problem: There’s little evidence to confirm that the Momo challenge is real. Although multiple deaths are often attributed to the challenge in warnings about it, none has been confirmed.

The panic over Momo followed a familiar pattern established by other supposedly viral “challenges” — the condom challenge and Tide pod challenge, for example — that caused a lot of hand-wringing but few, if any, documented injuries. The viral spread of this kind of story may say less about the danger these challenges pose to young people and more about the fear that the Internet inspires in parents.

[The ‘Momo Challenge’: A sinister threat to young people or an urban myth?] On Feb. 17, a parent anonymously sent in a warning about the Momo challenge to a Facebook group for the town of Westhoughton, England. “I’m deeply alarmed I have discovered when I collected [my kid] today ... the teacher asked to talk to me. She said [my kid] had made three kids cry by telling them that ‘Momo was going to go into their room at night and kill them.’” The post contained a description of the challenge and urged other parents in town to talk to their kids about bad people online.

That post soon became an article in a local paper. It was then picked up by national tabloids like the Daily Mail and Daily Star. Many of those reports focus on a particularly dark detail from the legend of the challenge: that its ultimate goal is to persuade participants to kill themselves on camera. “Suicide game hits Britain,” read one of the Star’s headlines. As word of the Momo challenge spread, the Mail followed up with stories advising parents on how to handle it.

As local police stations and parents began picking up on the viral warnings and issuing their own, more legitimate outlets like the BBC also jumped into the fray. And then, the warnings spread to America. A Florida news station claimed Momo was “the latest trend on social media.” Kim Kardashian shared one of the posts going viral that warned about it.

Whatever the intention, the person who put up the anonymous Westhoughton Facebook post set off a chain of events that made warnings about the Momo challenge go viral even if there’s little evidence to suggest that the disturbing prank is popular at all among the kids that concerned parents are now rushing to protect. As New York Magazine wrote in an examination of the latest panic, it’s “a little strange that we’re once again talking about Momo in 2019. Strange, but given the way the web works, not that surprising.”

Momo has spread online not as a viral threat to children, but as a panic-induced news topic about a perceived viral threat to children. And like many viral challenges, Momo has spread on kernels of truth about the real dangers of the Internet for young children, appended to a repeated pattern of bad reporting on dangerous viral trends targeting children — which often turn out to be not trending at all.

It is true that an extremely creepy image of a woman with bulging eyes and black hair has become a modern monster of online culture, one that has been in and out of the news cycle as reports and warnings pop up about the challenge. But the details that bolster its legend as something parents should be worried about don’t hold up. As The Post reported in September, when the challenge previously made the news, three deaths were often attributed to the challenge, but none of those reports has a proven connection.

(Tech Corner cont'd)

Another warning, posted first to Facebook and then reposted to Twitter (where it has tens of thousands of retweets) claims that videos showing Momo are rampant on YouTube and YouTube Kids: "It doesn't come on instantly so it's almost as if it waits for you to leave the room then comes on in mid show. It's been seen on Peppa Pig, LOL DOLL, those surprise eggs, and a few others." But when The Post attempted to find any of these videos, we came up short. Instead, several popular YouTube videos warned about the possibility of a Momo scare in videos targeting kids. In others promising to show "proof" the rumors were real, the proof was often less than convincing.

But this warning, too, feeds off real concerns about what children are exposed to on YouTube. The Post reported earlier this week on parents who were finding disturbing, violent clips spliced into videos targeted to children on the platform. But there's no evidence that Momo videos trying to trick children into self-harm are viral on YouTube or YouTube Kids. If they exist at all, they're extremely hard to find. In a statement, YouTube also denied that Momo was spreading across their platform.

[*\[A pediatrician exposes suicide tips for children hidden in videos on YouTube and YouTube Kids\]*](#) "After much review, we've seen no recent evidence of videos promoting the Momo Challenge on YouTube," the statement reads. "Videos encouraging harmful and dangerous challenges are clearly against our policies, the Momo challenge included. Despite press reports of this challenge surfacing, we haven't had any recent links flagged or shared with us from YouTube that violate our Community Guidelines."

YouTube also announced that it would demonetize (or prohibit ads on) all videos about the Momo Challenge, including those from news organizations and YouTube creators commenting on the spread of the panic, the Verge reported.

As the Guardian noted, one of the more disturbing things about Momo's viral spread as a warning to parents is the seriousness of the underlying topic of suicide. Samaritans, a Britain-based suicide prevention organization, told the Guardian that they were concerned all the coverage of the Momo challenge was "raising the risk of harm" for vulnerable people. "These stories being highly publicized and starting a panic means vulnerable people get to know about it and that creates a risk."

According to the Centers for Disease Control and Prevention, risk factors associated with suicide may include mental disorders such as clinical depression, previous suicide attempts, a barrier to accessing mental health treatment, physical illness and feelings of hopelessness or isolation. Those who need help, including children, can call the National Suicide Prevention Lifeline at 1-800-273-TALK.

Food For Thought... "As a parent, this new viral craze has developed a new concern for me as I watch friends and family with small children sit down with them to monitor educational shows such as Peppa Pig to ensure that this newfound terror is not popping up on their televisions or mobile devices. When my kids were small, I would turn the TV to PBS or Nick Jr just to make them sit still for a while, as I tackled household chores, or just needed a deserved break."

Today, parents are finding it difficult to allow their small children to surf the net or watch TV shows alone in fear that something like this horrible image may pop up and traumatize their child. Parents **MUST** be aware of what their child is always doing when watching TV shows on mobile devices (i.e., You Tube) and/or surfing the internet. Alerts can be set up to send a message to the parent, via text to notify them that their child is visiting unauthorized sites. Parents **MUST** review the browsing history of the devices their children are using, especially personal devices that a child may possess, such as tablets, phones and laptops. Below are instructions on viewing the Internet Browsing history:

View your browsing history and delete specific sites

1. In Internet Explorer, select the Favorites button.
2. Select the History tab and choose how you want to view your history by selecting a filter from the menu. To delete specific sites, right-click a site from any of these lists and then select Delete.

Tina Patterson, Communications Ministry

March is Brain Injury Awareness Month – Concussions



The theme for [Brain Injury Awareness Month](#) this year is Change Your Mind. From the Brain Injury Association of America, "The #ChangeYourMind public awareness campaign provides a platform for educating the general public about the incidence of brain injury and the needs of people with brain injuries and their families."

Brain injury is more common than you might think. Being struck by another person or object is the [leading cause of unintentional injury](#) for teens and young adults ages 15 to 24, according to *Injury Facts*, and sports-related concussions are a significant contributor. Don't think it's just football players – or boys – who bang their heads. Girls actually suffer a higher percentage of concussions, according to a report by [Safe Kids Worldwide](#) that analyzed sports-related emergency room injury data for children ages 6 to 19 in basketball, cheerleading, football, soccer and 11 other sports.

An estimated 1.6 to 3.8 million athletes annually suffer concussion, according to the [Brain Injury Research Institute](#). Often, cases are underreported and undiagnosed. A study by the American Academy of Pediatrics shows the number of sports-related concussions is highest in high school athletes, but they are [significant and on the rise in younger athletes](#). Most concussions occur during games, not practices. Few result in loss of consciousness. Protect The Brain breaks down [sports concussion facts](#) for all age groups:

- 10% of all contact-sport athletes sustain concussions yearly
- Football injuries associated with the brain occur at a rate of one in every 5.5 games
- 5% of soccer players sustain brain injuries
- The head is involved in more baseball injuries than any other body part; almost half of injuries involve a child's head, face, mouth or eyes
- An athlete who sustains concussion is 4-6 times more likely to sustain a second concussion

Heady Stuff: Life Lessons and Warning Signs

If your child gets hit on the head, do not assume he just had his bell rung, or she was just dinged. Concussions are very serious and always require medical attention. Signs and symptoms of concussion include:

- Confusion
- Forgetfulness
- Glassy eyes
- Disorientation
- Clumsiness or poor balance
- Slowed speech
- Changes in mood, behavior or personality

TABLE 1 TYPICAL SYMPTOMS AND SIGNS OF CONCUSSION	
Typical symptoms	Typical signs
▪ Headache	▪ Loss of (or altered) consciousness
▪ Dizziness	▪ Poor coordination or balance
▪ Nausea	▪ Convulsive convulsion or impact seizure
▪ Loss of balance	▪ Unsteady gait
▪ Confusion	▪ Slow to answer questions or directions
▪ Lack of awareness	▪ Easily distracted or poor concentration of time period
▪ Feeling stunned or dazed	▪ Displaying inappropriate emotions
▪ Seeing stars or flashing lights	▪ Vomiting
▪ Ringing in the ears	▪ Vacant or glassy eyed
▪ Double vision	▪ Slurred speech
▪ Amnesia	▪ Personality changes
	▪ Inappropriate behaviour
	▪ Significantly decreased playing ability!

Research indicates most children and teens who have a concussion feel better within a couple of weeks. However, for some, symptoms may last for months or longer and can lead to short- and long-term problems affecting how they think, act, learn and feel.

(Concussions cont'd)

Following a concussion, athletes of all ages are advised to undergo a series of steps before returning to play: rest, then light exercise and sport-specific training. Only then should they be cleared to resume contact drills. Make sure all coaches know how to recognize the signs of a concussion and have a plan in case of emergency. Safe Kids offers this resource to teach coaches what they need to know.

Sometimes the Cost of Winning is Too High

The discussion about sports-related concussion and its long-term impact is being advanced by healthcare professionals, the media and even Hollywood. In the motion picture *Concussion*, which is based on a true story, actor Will Smith portrays a neuropathologist who identified chronic traumatic encephalopathy (CTE) in a retired National Football League star.

In her blog, Debra Houry, an emergency department physician and director of the Injury Center at the Centers for Disease Control and Prevention, wrote about broadening the conversation and suggested ways to prevent sports-related head injuries, including changing the win-at-all-cost mentality. She said young athletes deserve a chance to play sports in a culture that celebrates hard work, dedication and teamwork – in a safe environment.

The CDC's HEADS UP campaign is aimed at putting educational materials into the hands of coaches, parents, athletes, and school and health care professionals nationwide. The HEADS UP website offers survivor advocate stories, such as "Coach Saves Wrestler's Life by Knowing Concussion Signs and Symptoms."

From sports, children learn values they carry throughout their lives, including discipline, teamwork and how to handle winning and losing. A few bumps and bruises are to be expected, but head injuries should never be ignored.

Play the Safety Game at Practice, Too



While most concussions happen during a game, most injuries take place at practice (62%), according to the Youth Sports Safety Alliance. One possible explanation: Parents and coaches don't always take the same precautions for practice as they do for games.

The most common injuries involve sprains and strains, repetitive motion injuries such as stress fractures (girls are eight times more likely to suffer knee injuries than boys), and heat-related illnesses.

Many injuries can be prevented by making a few changes. Stretching before and after practices and games, for example, can release tension and prevent muscle tears and sprains.

The CDC suggests more steps to keep kids safer on the playing fields:

- Require the use of protective gear, including helmets, wrist guards and knee or elbow pads
- Make sure sports protective equipment is in good condition and worn correctly
- Teach children skills such as proper tackling techniques in football and soccer
- Allow kids time to gradually adjust to hot or humid weather and schedule water breaks
- Model good behavior by following rules and communicating positive safety messages

Source: National Safety Council – NSC Monthly News – March 2019



Church News & Other Important Information

Pastor's Speaking Engagement

You are cordially invited to Springfield Missionary Baptist Church, Lula, GA, for their Spring Revival beginning Wednesday, March 20 to Friday, March 22 at 7:00 pm nightly. The guest speaker will be our own Pastor Ronald L. Bowens. Friendship Family, Deacons and Choir are asked to Worship with us on Friday night.

Youth Department

Are you interested in working with the FBC Youth Ministry? We are looking for dedicated and gifted adult volunteers to work in our Youth Church on Sundays in the following areas: (1) Youth Church Administrative Staff and (2) Pre-K Teachers. Please contact Sis. Charlene Benn at cbenn527@gmail.com if you are interested or have any questions.



FBC Vacation Bible School – June 10-14, 2019

VOLUNTEERS NEEDED!! Please join the VBS Team as we plan a full week of exciting Bible Study, Praise & Worship and Fellowship for the entire family and community. The theme this year is the same as last year: Jesus, the Kingdom Builder...Building Strong Families, Churches and Communities. To sign up or for any questions, please contact the VBS Directors: Sis. Kindell May at kpmay03@yahoo.com, Sis. Madelyn Sharpless at madelynsharpless@gmail.com, and Sis. Nita Owens at janitamowens@gmail.com.

The FBC Ushers' Ministry Anniversary will be celebrated on Sunday, March 24, 2019 @ 3:00 p.m. Rev. Dr. William F. Sherman, Mt. Carmel Baptist Church, 1012 Pennsylvania Avenue, Clearwater, FL will be the special guest.

Women's Ministry

Please join the ladies of Creative Learning on Saturdays from 11:30 am–2:30 pm in the Lower Level Heritage building.

Transportation Ministry

Interested in being a driver? Dial 404-643-0755. Need a ride to the church? Dial 770-622-2797 and leave a message.

Gwinnett Alumnae Chapter of Delta Sigma Theta Sorority, Inc.

presents a Community Forum on Saturday, March 23, from 10:00 am to 3:00 pm at 95 Constitution Blvd., Lawrenceville, GA 30046. Topics: Mental Health, Teen Dating, Relationships and Safety at School. They are also accepting applications for the 2019–2020 Cotillion-Beautillion Program. Application deadline is April 12, 2019. Apply at cobeau.gwinnettdst.org.

Credit Wise Workshop

Alpha Kappa Alpha Sorority, Inc. - Psi Omega Omega Chapter is hosting this event on Saturday, March 30 from 10:00 am – 12:00 pm at Norcross High School. Attendees must register online at Eventbrite. We are asking all participants to bring their gently used eyeglasses for our partnership with Lions Club International. For additional information, please contact Sis. Christine Smith, Program Chairman, at 404-819-5381.

Job Opportunities

Get started with OS National, go to: <https://osnational.com/jobs> to check out and apply for OS National's current postings. OS National is a Title Company. For individual questions, you could also email: careers@osnational.com which will send an email to the HR team.

WEEKLY CLASSES

Sunday

Masterlife 1: "The Disciple's Cross" - FLC Room 130
 Masterlife 2: "The Disciple's Personality" - FLC Room 210
 Masterlife 3: "The Disciple's Victory" - FLC Room 211
 Masterlife 4: "The Disciple's Mission" - FLC Room 213
 GriefShare - FLC Room 234

Monday

"When Life Is Hard" Turning Your Trials into Gold. Join us Monday nights from 7:00 – 8:00 p.m. in the Fellowship Hall. Books are \$12.



Go to fbcduluth.org and click on "Giving" From your phone, text to: [fbcduluth](tel:fbcduluth) to 73256

NEWS AROUND GWINNETT

Youth Commission Class

Gwinnett County Government is recruiting high school students for the Gwinnett Youth Commission, a program to develop young leaders who can speak on behalf of youth in Gwinnett County and be engaged with the community.

The commission, launched in 2017, consists of an eight-week course on Gwinnett County Government, covering infrastructure, health and human services, public safety, courts, and recreation. Students will also receive leadership and personal development training.

To be eligible for the Youth Commission, students must be a resident of Gwinnett County, be a rising sophomore, junior, or senior at a Gwinnett high school, Buford City School, or a private or home school in Gwinnett. Interested applicants must submit a completed application and **typed essay by March 29, 2019.**

For more information, contact Nicole Hendrickson at nicole.hendrickson@gwinnettcountry.com or 770-822-8877, or visit the Gwinnett Youth Commission webpage.

Senior Perks: Exemption and Emissions

- Seniors 65 or older on January 1 can get an exemption. If you are 65 years or older as of January 1 and your taxable income is below \$91,912, you likely qualify for the Senior School Tax Exemption. Apply by **April 1, 2019**, to be eligible. Visit **www.gwinnetttaxcommissioner.com** to apply for exemption. For assistance, email **tax@gwinnettcountry.com** or call 770-822-8800.
- An emissions waiver is available for seniors 65+ whose vehicles are at least 10 years old and driven less than 5,000 miles per year. Visit **www.GwinnettTaxCommissioner.com/Seniors** to check eligibility and to apply.

Service Day Changes for Waste Pro Customers

Waste Pro, a hauler that serves residents in unincorporated southwest Gwinnett, is making changes to service days going forward for Gwinnett County customers that will take effect the week of **March 25**. Affected customers will receive a notice from Waste Pro by mail regarding the changes. Trash and recycling should be placed curbside before 7:00am on the new service day. Please contact Waste Pro at 770-777-1447 if you have any questions.

AARP Defensive Smart Driver Course

April 2 from 10:30am to 5:00pm. Learn defensive driving techniques and how to compensate for changes in vision, hearing, and reaction time. Check with your insurance agent for possible cost savings. Cost: \$15 for AARP members and \$20 for non-members. Payable at the door with cash or check only. In partnership with AARP organization. Be sure to bring a bag lunch. To request a reservation, email: events@gwinnettpl.org. Suwanee Branch of the Gwinnett County Public Library, 361 Main Street, Suwanee.

Earth Day

April 13 from 9:00am to noon. Help our County maintain a sustainable environment by volunteering at Gwinnett County's annual Earth Day event. Residents can bring paper, paint, electronics, and tires to recycle. Rain or shine event. Volunteers ages 14 and up are needed and should register at www.VolunteerGwinnett.net.

For more information, contact Gwinnett Clean & Beautiful at 770-822-5187 or email: gwinnettcg@gwinnettcg.org. Gwinnett County Fairgrounds, 2405 Sugarloaf Parkway, Lawrenceville.

COME JOIN US

Every Wednesday Night for:

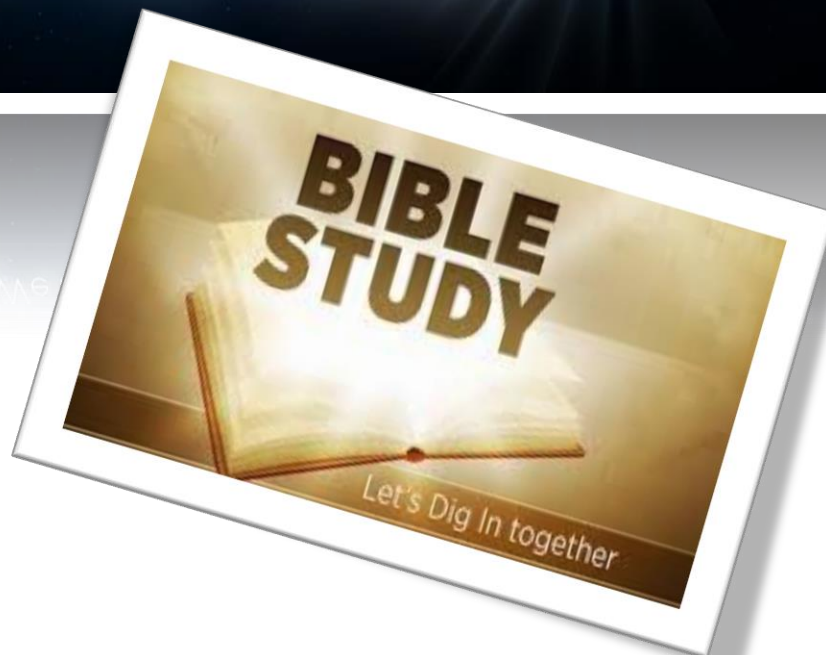
Intercessory Prayer

“Coming Together to Pray for Each Other and the World”

6:30 p.m. – 7:30 p.m.

Worship Service & Bible Study

7:30 p.m.



FBC YOUTH MINISTRY

gifted.
MIND+BODY+SPIRIT

**NURSERY - 5TH GRADE
7:30 AM & 11:00 AM SERVICES**



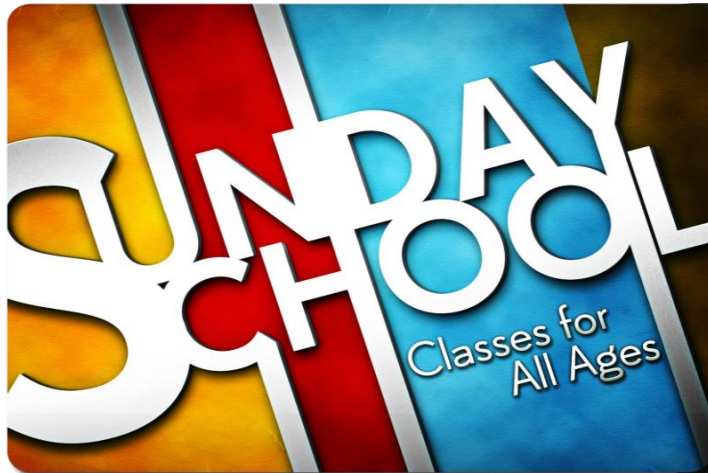
As each has received a gift, use it to serve one another,
as good stewards of God's varied grace
1 Peter 4:10

TEEN MINISTRY



HERITAGE CHURCH

**AGES 12 TO 19 (MIDDLE/HIGH SCHOOL)
7:30 AM & 11:00 AM SERVICES**



Bro. Dorian Rogers,
Superintendent
 4integrityauto@gmail.com
 770-309-6245

CLASSES LOCATED IN THE FAMILY LIFE CENTER:

Class	Room	Class	Room
Men's Class	131	In Teens (High School)	217
Survival Kit	135	Jesus and Me (Middle School)	219
Women's Class	139	CONN3CT (College age 19-29)	220
Basic Bible Study	208	IGNITE! (Singles and Young Adults 29 & Older)	221
New Member's Class	209	Marriage Class	233
Master Life 1: "The Disciple's Cross"	130	Single Parenting	220
Master Life 2: "The Disciple's Personality"	210	Note: Adult classes are combined on the 5th Sundays and meet in the Sanctuary	
Master Life 3: "The Disciple's Victory"	211		
Master Life 4: "The Disciple's Mission"	212		

CLASSES LOCATED IN THE LOWER LEVEL OF THE MAIN BUILDING:

- The Nursery (3 months-2 years old)
- Beginners (3-4 year olds)
- Primary (K-2nd Grade)
- Juniors (3rd-5th Grade)



OPPORTUNITIES TO SERVE

WEEKLY

Worship Services	Sunday	7:30 & 11:00 am	Sanctuary
Teen Church	Sunday	7:30 & 11:00 am	Heritage Church
Sunday School	Sunday	9:45 am	Family Life Center
Sunday School (Youth)	Sunday	9:45 am	Lower Level Main Building
New Members Class	Sunday	9:45 am	Room 209 Family Life Center
Deacons Meeting	Tuesday (1st & 3rd)	7:00 pm	Room 232 Family Life Center
Mid-Week Service	Wednesday	12:00 noon	Heritage Church
Intercessory Prayer	Wednesday	6:30 pm	Sanctuary
Sunday School Teachers	Wednesday	6:30 pm	Lower Level Main Building
Adult Bible Study	Wednesday	7:30 pm	Sanctuary
Youth Church Bible Study	Wednesday	7:45 pm	Lower Level Main Building
Recovery Ministry	7 days a week – 24 hours a day		Contact: Tim Sanford @ 678-598-1120

MONTHLY

Education Ministry	2nd Monday	7:00 pm	Room 303 Lower Level Main Bldg
Usher Ministry	1st Tuesday	7:00 pm	Room 135 Family Life Center
Men's Ministry	1st Saturday	7:30 am	TBA Monthly
Media Ministry	1st Saturday	9:30 am	Room 130 Family Life Center
Mothers Ministry	1st Saturday	9:30 am	Room 135 Family Life Center
Ministers Meeting	1st Saturday	3:00 pm	Room 232 Family Life Center
Women's Ministry	2nd Saturday	8:45 am	Fellowship Hall
Money Matters	2nd Saturday	11:30 am	Fellowship Hall
Male Chorus Preparation	2nd & 4th Saturdays	9:30 am	Sanctuary
Health Ministry	2nd Saturday	11:00 am	Room 303 Lower Level Main Bldg
Outreach Ministry	3rd Saturday	9:00 am	Fellowship Hall
Shepherd's Care Ministry	3rd Saturday	10:00 am	Room 202 Lower Level Main Bldg
Communications Ministry	3rd Saturday	11:00 am	Room 135 Family Life Center
Marriage Ministry	3rd Saturday	5:00 pm	Room 239 Family Life Center
Seniors Ministry	4th Saturday	11:00 am	Fellowship Hall
Singles Ministry	4th Saturday	12:30 pm	Lower Level – Heritage Church
Prison Ministry			
Gospel Choir Preparation	Tuesday before 1 st & 3 rd Sundays 7:00 pm		
Youth Choir Preparation	Tuesday before 2 nd & 4 th Sundays 6:45 pm		

SPECIAL MONTHLY SERVICES

Holy Communion	1st Sunday	7:30 & 11:00 am	Sanctuary
Baptism	3rd Sunday	11:00 am	Sanctuary
Baby Dedications	4th Sunday	7:30 & 11:00am	Sanctuary



Get plugged in and start serving today. Your gifts, talent, skills and time are needed.



CHURCH ADDRESS AND CONTACT INFORMATION

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FBC LEADERSHIP

FBC ASSOCIATE MINISTERS

Rev. Ken Blacknell

Rev. Garfield Garner

Rev. Eugene Graves

Min. Shurron Green

Rev. Timothy Twyman

Min. Floyd Williams

Rev. Stan Williams

Rev. Alton Wilson

FBC MINISTERS OF EVANGELISM

Min. Monique Stroman Allen

Min. Karen Blacknell

Min. Amelia Brown

Evg. Geneva Burse

Evg. Karen DeLee

Min. Roslyn Long

Evg. Valerie Montaque

Evg. Ruthell Morris

Evg. Kimberly Rogers

Min. Nicole Walker

Min. Barbara Williams

Evg. Deloris Williams

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Friendship Baptist Church has a newly-enhanced website to provide greater communication across all FBC Ministries. Improvements are ongoing. Feedback can be provided to the Communications Ministry at tag49llm@aol.com.

SUBSCRIBE today at: www.fcduluth.org.

Articles for the next newsletter are due the 1st Friday of the month. **NEXT DUE DATE: APRIL 5, 2019.**