

3375 Church Lane, Duluth, GA 30096 Ronald L. Bowens, Pastor

May 2021

CELEBRATING MOTHERS!

Vol. 9, Issue 5

FRIENDSHIP'S VOICE

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CALENDAR

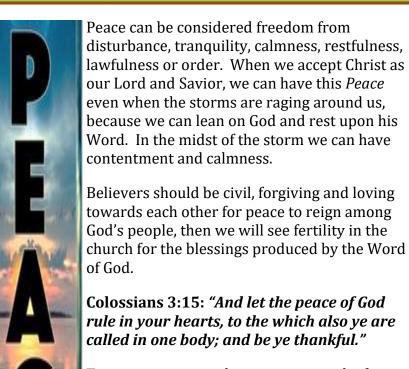
MAY

- 6 National Day of Prayer
- 9 Mother's Day
- 23 73rd Church Anniversary
- 31 Memorial Day

JUNE

- 19 Juneteenth
- 20 Father's Day
- 20 Summer
- 14-18 Vacation Bible School

Due to the COVID-19 virus, all in-person services, activities and events except the Friendship Market have been cancelled until further notice. Please visit fbcduluth.org for more information.



True peace comes when we exercise the fruits of the Spirit and desire peace with God in a man's own conscience, produced by the Spirit of God which is the effect of peace, quietness and tranquility of mind. Peace with man, with the saints and with all others is what God desires of us.

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."

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(Peace cont'd)

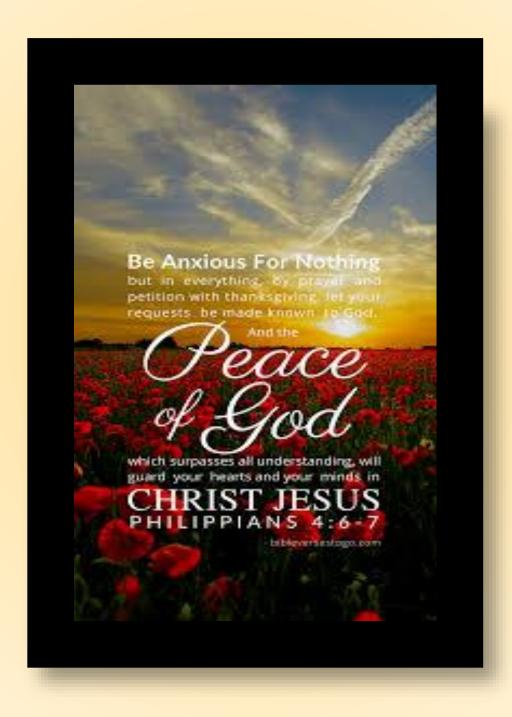
The Apostle Paul charges us to follow or pursue peace and holiness. Pursuing anything requires energy; it can sometimes be very hard work. Peace is contrary to our sin nature, so we must try very hard to feed the fruits of the Spirit, that we should be exercising daily so peace can conquer and reign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

Submitted by Hyacinth Chung Communications Ministry



SCRIPTURE OF THE MONTH



OUTREACH MINISTRY

Diana McGhee, Ministry Leader





For more information about the Outreach Ministry, please contact:

Diana McGhee

404-312-1232

dianaymcghee@bellsouth.net

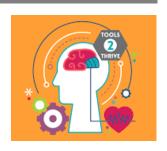
or Catherine Stafford 678-983-7587

HEALTH MINISTRY

Vickie Perry, RN/BSN, Ministry Leader

May is Mental Health Awareness Month

Mental health is essential to everyone's overall health and wellbeing, and mental illnesses are common and treatable.





- While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.
- The COVID-19 pandemic has had profound impacts on the mental health of people of all ages, and now more than ever it is critical to reduce the stigma around mental health struggles that commonly prevents individuals from seeking help.
- There are practical tools that everyone can use to improve their mental health and increase resiliency, regardless of the situations they are dealing with.
- It's important to accept the situations in life that we cannot change, actively work to process the mental struggles associated with big changes, manage anger and frustration, recognize when trauma may be affecting your mental health, challenge negative thinking patterns, and make time to take care of yourself.
- Knowing when to turn to friends, family, and co-workers when you are struggling with life's challenges can help improve your mental health.
- One way to check in with yourself is to take a mental health screen at MHAscreening.org. It's a quick, free, and private way for someone to assess their mental health and recognize signs of mental health problems.
- Living a healthy lifestyle and incorporating mental health tools to thrive may not be easy but can be achieved by gradually making small changes and building on those successes.
- Seeking professional help when self-help efforts to improve your mental health aren't working is a sign of strength, not weakness.
- The Tools 2 Thrive toolkit that works best for one person may not work for another. Recovery is a unique and personal journey that requires trial and error to determine what works best for each individual.

Tools 2 Thrive offers fact sheets on: Accepting Reality, Adapting After Trauma and Stress, Dealing with Anger and Frustration, Getting Out of Thinking Traps, Processing Big Changes, Taking Time for Yourself.

To learn more, go to: https://www.mhanational.org to access the 2021 toolkit Tools 2 Thrive.

YOUR HEALTH IS A LIFE-LONG JOURNEY:

- (1) Take care of your body and mind;
- (2) Get and stay active;
- (3) Manage a healthy weight; and
- (4) Practice good sleep habits.



COVID INFORMATION & PREVENTION TIPS



STAY AT HOME AS MUCH AS POSSIBLE



WASH HANDS WITH SOAP OR USE 60%+ ALCOHOL HAND SANITIZER



WEAR A MASK WHEN OUT AND ABOUT



STAY 6 FT APART DO YOUR PART

COVID-19 has a wide range of mild to severe symptoms which may appear 2-14 days after exposure to the virus.

TO ACCESS THE SYMPTOM CHECKER GO TO https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

REMEMBER WE ARE ALL IN THIS TOGETHER

TOGETHER WE CAN PREVENT THE SPREAD OF COVID-19

FREE DRIVE-THROUGH COVID-19 TESTING

Appointments available Monday-Saturday.

Call to schedule.
770-513-5631
Call center open Mon-Fri 8a-7p and Sat 9a-4p.



Individuals must have an appointment to be tested and should have transportation to and from the test site.

WWW.GNRHEALTH.COM/COVID-19-INFO.



- All individuals 16+ are eligible for the vaccine
- Walk-ins cannot be accommodated.
- Appointments cannot be made by visiting or calling our health centers.
- Appointments are required for scheduling online only at this time.

Schedule an appointment for the vaccine online at one of the website below

https://www.gnrhealth.com/covid-vaccine-scheduling https://myvaccinegeorgia.com/

New Vaccine and Testing Location:

Former Sears – Gwinnett Place Mall 2100 Pleasant Hill Road Duluth, GA 30096

Drive-Thru Testing. These appointments are not for COVID vaccine.

Demand for COVID-19 testing is extremely high. All testing is performed by appointment only through Mako Medical. Pre-register at:

https://mako.exchange/scheduler/registration/?location=4016

Testing is available at no cost to you. The Health Department will file your insurance, if available, to cover the cost of the test and support continued testing; however, this will not result in a charge for you.

Individuals must be over 12 months old to be tested at one of our locations.

Appointments can be made up to three days in advance.

If you have questions about Health Department testing locations, please call 770-513-5631.



DOCTORS NURSES TRUCKERS
HOSPITAL STAFF POLICE SERVICES
DOCTOR'S OFFICE STAFF PARAMEDICS
SMALL BUSINESS OWNERS AND STAFF
DENTISTS AVAILABLE FOR EMERGENCIES
FIRE DEPARTMENTS MAIL CARRIERS
SOCIAL WORKERS SANITATION WORKERS
CHILDCARE PROVIDERS GAS STATION STAFF
PUBLIC TRANSIT WORKERS DELIVERY DRIVERS
GROCERY CLERKS AND STAFF
RESTAURANT AND TAKE-OUT STAFF

AND ANYONE PUTTING THEIR HEALTH AT RISK DURING THESE UNCERTAIN TIMES.

MAY GOD BLESS AND PROTECT YOU!

2021 NATIONAL PRAYER FOR AMERICA

Lord, we look up and see the billions of stars
You created, and we praise You. We look
around and see the billions of people You
created in Your image; uniquely, fearfully,
wonderfully, and we thank You. Wrap us in Your
Spirit and unite us in Your family, Lord.

Thank You for loving us first. In Your love for the whole world, You sent Your Son to save us.

Jesus, in You alone we have abundant and everlasting life. Thank you for teaching and leading us to love and live, fruitful, and faithful. In Your life, death, resurrection, and ascension You are our Lord, our love, our life, and our liberty. You came to "bind up the brokenhearted, To proclaim liberty to captives and freedom to prisoners." You have freed us from the penalty and shame of our sin; free to live life as You designed and Your destiny for our Nation.

Spirit search us, convict us, as we repent for our sin and the sins of America. Please cleanse, fill, and send us. We rejoice, knowing that Your forgiveness makes us acceptable and effective vessels for Your love, life and liberty in our family, church, education, workplace, military, government, art, entertainment, and media.

We pray that America will be united in love to serve You with all our hearts, all our ways, and all of our days. Unite us to pray, love; to live and walk by the Spirit. Conform and transform us as we pray and proclaim, "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is liberty."

We pray this is the name of Jesus, Amen.

Kathy Branzell
President, National Day of Prayer Task Force





Pray at all times in the Spirit, with all your prayers. Be alert and watch with purpose and perseverance, interceding on behalf of all the saints. Eph 6:18





REMEMBER THE SICK AND SHUT-IN WITH PRAYER AND CALLS WHILE THE SHELTER-IN-PLACE ORDER REMAINS IN EFFECT

Bro. Willie Benton
Min. Karen Blacknell
Rev. Kenneth Blacknell
Dea. Willie Blake
Sis. Joyce Brooks
Sis. HaLynn Brown
Sis. Sherie Brown
Bro. Dwayne Bynum
Bro. Nicholas Caldwell
Sis. Sherita Caldwell
Sis. Sterita Caldwell
Sis. Erika Crosby
Sis. Nekka Dean

Sis. Doris Doyle
Sis. Essie Foy
Sis. Marlon German
Sis. Barbara Hall
Sis. Crystal Ingram
Sis. Charlotte Hayes
Bro. Emanuel Hazell
Sis. Dorothy Jamison
Bro. Patrick Jones
Miss Quincie Joyner
Bro. Dennis Kimmey
Sis. Mabel Lawrence
Dea. Jack Leverett

Bro. Laceem McCall
Bro. Quintrell Melancon
Sis. Roxanne Motley
Evg. Valerie Montaque
Sis. Mary Myers
Sis. Ruthie Nelson
Sis. Gloria Peters
Bro. Garvin Potts
Sis. Vanessa Pratt
Sis. Catherine Pressley
Sis. Carrie Rawls
Sis. Peggy Rogers

Dea. Clarence Slaughter

Bro. Antone Smith
Sis. Latisha Smith
Bro. Xavier Stephens
Sis. Tiffany Stovall
Sis. Mabel Thomas
Bro. Seth Tyler
Sis. April Walker
Rev. Dwight Wilkerson
Min. Floyd Williams
Dea. Clendon Wilson
Sis. Sadie Wilson
Bro. Victor Winston, Jr.



Happy Mother's Day!

a local grant glocal grant gra

to...

young mothers
old mothers (or "seasoned" mothers)
grandmothers
step mothers
biological and nonbiological
those with babies in heaven
those with mothers in heaven
those who have stepped into the role
those who have a mothering heart



What Should a Christian Mother Be Like According to the Bible?

The first mother mentioned in the Bible is, of course, Eve. Genesis 3:20 says, "The man called his wife's name Eve, because she was the mother of all living." "Eve" means life or living; "mother" is the Hebrew 'em. In the Old Testament, 'em is translated "mother" 218 times. But it also carries with

it the hint of "point of departure or division " (see *parting* in **Ezekiel 21:21**). It represents a nurturing source from whence those of similar character disseminate. In English, this is seen in such terms as "motherland," "mother-ship," and even "mother board."

In the biblical worldview, the mission of parents is to raise children to follow God. To that end, God designed the family as the primary unit by which children are cared for, loved, trained, and empowered. This requires both kindness and discipline. Being a Christian mother encompasses a great degree of tension. She must be kind but still uphold biblical expectations, and she must know when to let go of the children she nurtured.

As most Christian mothers can attest, it is difficult to balance the natural instinct to protect one's child from harm with the necessity to equip the child for life as an adult. Mothers are reminded to love their children (Titus 2:4)—to feel affection for them, to approve of, like, and to have a kind attitude toward them. At the same time, a mother is to train her children to live godly lives (Psalm 78:5-6) and discover how they, personally, can contribute to God's kingdom (Proverbs 22:6). This is not an easy task.

Jesus expressed a motherly heartbreak in Luke 13:34 when He said, "O Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often would I have gathered your children together as a hen gathers her brood under her wings, and you were not willing!" Part of a Christian mother's responsibility in equipping and training her children is to explain and embody the character and holiness of God (Deuteronomy 6:4-7), even if the child rejects everything to do with God. It's comforting to know that Jesus also struggled with rebellious children.

Another serious tension in Christian motherhood is that of being a life-giver as well as a place of departure. Genesis 3:20 describes Eve, the first mother, as the source of life. In Genesis 17:16, God promised Abraham that his wife Sarah would become the mother, or source, of many nations and kings. But God also told Eve's children to "fill the earth" (Genesis 1:28), which would require them to leave her. And Sarah's children include everyone who follows Christ—certainly a diverse and widespread group. Similarly, mothers need to remember that the purpose of mothering is to develop a strong, independent adult (Genesis 2:24). Even if that adult child resides geographically close, she must allow him the freedom to live as an adult, taking his mother's wisdom into account (Proverbs 31:2) but still making his own decisions—even decisions she doesn't understand or agree with (Mark 3:20-21, 31).

In order to hold the tension of motherhood, God expects Christian mothers to have two specific characteristics. The first is inferred in Proverbs 1:8-9: "Hear, my son, your father's instruction, and forsake not your mother's teaching, for they are a graceful garland for your head and pendants for your neck." In order for a child to trust his mother's wisdom, the

(A Christian Mother According to the Bible cont'd)

mother must actually be wise. Mothers need to follow God and rely on the promises in 2 Peter 1:3, which says, "His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence." But Christian mothers should also keep in mind Ephesians 6:4: "Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord." Discipline and training are greatly undermined when they are given without respect or affection. Add the two together, and you get Ephesians 4:15—speak the truth in love.

The Bible does not reserve motherhood only for women with biological children. Judges 5:7 identifies the prophet and judge Deborah as "a mother in Israel," but she was also a mother to Israel. She provided wisdom (Judges 4:5) and, under God's leading, showed Israel the way they were to go (verse 6). She even tried to encourage her "grown child" to follow God on his own, without her constant presence (verses 8-9). Because of Deborah's wisdom and guidance, Israel enjoyed a rare period of peace (Judges 5:31). All women can follow Deborah's example to encourage, nurture, and train those around them to live mature, effective, and God-honoring lives. Source: compellingtruth.org

Motherhood in The Bible

Motherhood is spoken of throughout Scripture as a high and important calling. Children are viewed as a blessing—"a heritage from the Lord… a reward from Him" (Psalm 127:3). And motherhood is also viewed as a blessing—but one that is at God's prerogative to grant, and one that brings with it high responsibility. It is intended to bring happiness (Psalm 113:5-9).

Mothers in the Bible

The Bible teaches God is ultimately the one who places children in families (Psalm 113:5-9): God often granted motherhood to unlikely candidates, to show the surprising nature of his grace. At many points in Jesus' lineage, God intervened to give an infertile woman a child. Consider Abraham's wife, Sarah; Isaac's wife, Rebekah; Hannah, the mother of Samuel; Elizabeth, the mother of John, and of course Mary, the virgin mother of Jesus.

Advice for Mothers from the Bible

Motherhood is a responsibility and calling from the Lord—one of the ways we can glorify and serve Him (1 Timothy 5:10). The Bible teaches that it is vital for moms to be women of faith who teach children to love the Lord. It contains examples of mothers who had both positive and negative influence on their children, depending on their own lifestyles and parenting. Scripture teaches mothers to point children toward Christ by praying for them, modeling faith and character, and training them in wisdom (Proverbs 1:8, 29:15).

The Bible offers great hope for what godly motherhood is able to accomplish, in that children of character tend to become assets to their communities and to God's kingdom. Proverbs 22:6 conveys the general principles that if we "Train up children in the way they should go, even when they are old, they will not turn from it."

Mother's Love... What It Does & Why It Matters So Much

"Be a mother who is committed to loving her children into standing on higher ground than the environment surrounding them. Mothers are endowed with a love that is unlike any other love on the face of the earth."

Quote by MP Hinckley.

A mother's love is like nothing else in the world.

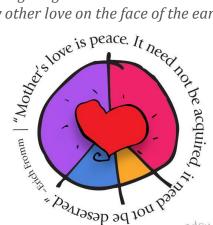
It's both strong and gentle.

Loud and quiet.

Unrelenting and yielding.

Protecting and releasing.

Demanding and unassuming.



It's one thing in one moment, and another in the next moment. It changes with a child's needs, but is always there. Unmoving. Founded on the rock of the mother/child bond.

A mother's love is different than flimsy affection

The love of a mother goes to extremes. She requires her children to read two books a week then submit book reports to her which she marks up, hoping they won't notice she can't read.

The love of a mother sacrifices her own security. After an adoption loss, she uses her own home as collateral to fight for her child.

The love of a mother is primal. When faced with grave danger she will stop at nothing – and spare no one – who threatens the lives of her children.

The love of a mother is sobering. rose colored glasses give way to fear, worries, and doubts for her children's safety because, now, life is about more than having a good time.

A mother's love is different in different seasons

The love of a mother turns her attention to her little ones and away from former hobbies, interests, and pursuits that are too costly and self-focused.

The love of a mother makes time to pour into herself, knowing it's the best thing she can do for her family.

The love of a mother says I will do that big thing later because, right now, I have more important work at home

The love of a mother doesn't use children as an excuse to put off the scary task she is called to do right now, knowing that the choices she makes now affect all her children's futures.

(A Mother's Love cont'd)

A mother's love helps her do the absolute best she can, and that's good enough

The love of a mother nourishes her baby at her breast day to day – sometimes hour to hour – though she hasn't had a full night's rest in years.

The love of a mother accepts her child needs more nourishment and nutrients than she has to give, and thanks God that sometimes formula is best.

The love of a mother carefully selects ingredients and meals for her children to help them grow strong, healthy, and boost their immune system.

The love of a mother serves canned fruit and processed meals, balancing the worry that fresh food would be better, but \$20 only goes so far.

A mother's love means different things to different women

The love of a mother helps her stay in a hard marriage when it's best for the kids because she knows the security and well-being of her children is more important than feeling butterflies.

The love of a mother gives strength to overcome fear of the unknown and flee the family home for the sake of her children's safety.

The love of a mother spends thousands of dollars each year to give her children the best opportunities and education money can buy.

The love of a mother sees her child's spirit withering at school, and decides to homeschool her in a place of safety and belonging.

The love of a mother says I will keep you, raise you, and love you though I am neither prepared nor ready for this job.

The love of a mother carries to full term only to give her baby to those who'll raise him in a way she knows she cannot.

A mother's love looks different in different places.

The love of a mother will place her family on a boat to flee a war torn country, risking peril in hopes of finding safe haven.

The love of a mother suppresses guilt and jealousy as she drops her baby off each morning at care. Wishing she could do that work, instead of the work that puts a roof over their heads.

The love of a mother sustains her when there is barely enough food to feed her children, much less leftovers.

(A Mother's Love cont'd)

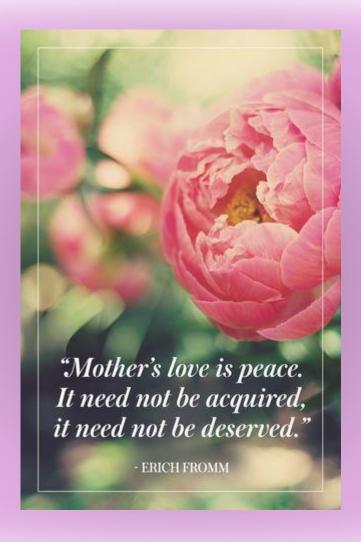
The love of a mother says I will birth, love, and cherish you though my government considers you inferior.

The love of a mother says I don't care what other people think or say about my choices. I will do what I think is best for you, even if it isn't popular, because popular only counts in high school.

And I'm too old for that.

The love of a mother looks different in each woman, but deep down... it's what unites us.

Source: Rachel Norman, www.amotherfarfromhome.com





Be a Sarah ~ Age doesn't matter, Trust and believe That all things are possible in God's perfect Time and season.

Be a Rebekah ~ Never forget that true Beauty lies within. Draw all your loved ones closer to God through your Christ-like Character.

Be a Rahab ~ Whatever the conditions or circumstances Believe in the Power of God's Word. Give your best to him and he will remember you and your household.

Be a Ruth ~ Loyal in all your Relationships, walk the extra mile and don't quit when things get tough. Someday, you'll see why it was all worth the effort.

Be a Hannah ~ Never cease to pray, it will never be in vain.

Be an Abigail ~ Remember how each decision can turn your life around for good or bad. Be wise.

Be an Esther ~ Bold and Courageous to stand for the truth, to voice your opinion and fight for the good of others, even when it means to sacrifice yourself. If God has put you in a position, it is for a purpose. Never be afraid to heed to the inner voice.

Be a Mary ~ Humble and submissive. You don't have to be great for God to use you, you just need to obey.

Be an Elizabeth ~ Never doubt what God can do, He's the God of many Miracles.

Be a Mary Magdalene ~ Never let mistakes or the judgment of other people stop you from experiencing the joy of God.

Be a Lydia ~ Let your homes be open, let your hands be generous, let your hearts be big enough to help anyone in need. Joy is the greatest when shared.

Be a Dorcus ~ Use your talents, however small it may seem. It can put a smile on someone's face and be a blessing to many.

We are living in a special time. We have been wondering if there were similar situations in the Bible that could be comforting. These women came to mind. In order to remain strong. We must adjust the new situation as quickly as possible.

So, the best thing we can do is to trust in God for everything.



"The Earth is the Lord's and the fullness thereof; the world and they that dwell therein." (Psalm 25:1)

Many things have changed since the end of March 2020. I have only been inside the church once. I have also



Rev. Garfield Garner Associate Minister

only been inside my office in downtown Atlanta once. Remote teleconferences and teleworking at home have become the norm. It seems like I have to make constant changes due to this virus called COVID-19. Conditions have changed, circumstances have changed, but Jesus Christ is the same yesterday, today, and forever more. Because I am certain of that, like the Apostle Paul said, "I have learned to be content in whatever state I find myself." I have found myself constantly rejoicing over the fact that God is in control. Everything moves by the power of God. Consider two examples seen in the movements and flight patterns of birds.

Scientists have determined that geese, when migrating, always fly in a V formation in order to conserve their energy. Each bird flies slightly above the bird in front of it, resulting in a reduction of wind resistance. From the first

bird, to the last birds in the V, each bird helps the other by causing it to use less energy. The birds take turns being in front, falling back when they get tired. In this way, the geese can fly for a long time before they must stop and rest. Flying in that formation also makes it easy to keep track of every bird in the group. Since we know that birds cannot convene a meeting, and map out a strategy, it appears that God, when He designed the Universe, came up with this design for the flight of geese.

God is in control as we see in another group of birds. Every year, around the 23rd of October, hundreds of birds called cliff swallows of San Juan Capistrano, California, head to their wintering ground in Argentina, 6,000 miles away. On the exact same day, March 19th of each year, they complete their 6,000 mile return to San Juan Capistrano. Considering the sovereign designing of God, I believe this is no coincidence. God is in control of everything. Everything moves by the power or God.

Finally, let us look at the unprecedented thing that happened a few weeks ago in the United States. A storm suddenly hit half the country at the same time, 25 states, with ice, snow, and freezing weather. Never had so many states been affected by a storm at the same time. Again, we must look at God's control of the universe. Many people, myself included, have been praying for almost a year that God would somehow stop the spread of the virus—say to the COVID-19 virus storm, "Peace, Be Still."

In many of the affected states, people had refused to heed the warnings of the Center for Disease Control (CDC) to social distance themselves and wear masks. God who controls everything, caused millions of people to be quarantined by the weather. God moves in a mysterious way, his wonders to perform. Therefore, as we take one day at a time, we must remember that GOD IS IN CONTROL. He hears and answers prayer. This too, COVID-19, shall pass!





Luke 7:47 Wherefore, I say unto thee, her sins, which are many, are forgiven; for she loved much: Isaiah 43:1-3.

¹But now thus saith the LORD that created thee (Me), O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called [thee] by thy name;

thou [art] mine. ²When thou passest through the waters, I [will be] with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.³ For I [am] the LORD thy God, the Holy One of Israel, thy Saviour.

Are you Jacob or are you Israel? (Genesis 32:28) Have you gone to the well in the middle of the day, for fear of being exposed, looking for love? (John 4:1-30) Are you a parent waiting and looking for your prodigal child to return home? (Luke 15:11-32)

Have you cried like Hannah or Rachel for a child only to hear the enemy taunt you about your barrenness? Maybe like Peter in Acts 10:34, you think, "I have served the Lord" yet in the circumstances of life, you miss the Lord working in your life? Maybe like Abraham and Isaac mounting Mount Moriah to worship God, you're walking through life unsure but determined to be obedient, to seek God in every area of your life. You lay everything at the altar, your life, health, career, marriage and yes your children. (Mark 10:29-30)

I've come to share my testimony today that no matter where you are in your journey of life, "hold on, God is able." He is real and he saves. This is my story of how God saved me, and he will save you. Acts 10:34 says "God is no respector of persons" simply put, God can do for you and me what he did in the days of old.

My first encounter with the Lord began at about 12 years old at a tent revival meeting in St. Catherine, Jamaica, W.I. The movie *The Burning Hell* was showing. The presence of the Holy Spirit filled the place that evening. I don't know what happened to me, but I remember I began reaching to the sky for the presence that I saw. It was like the clouds opened and a hand was reaching down to me, and I kept stretching and reaching for the hand. I remember I got out of my seat and I began crying out loud and reaching toward the sky as I walked to the altar for the altar call. I don't remember what happened after that.

Later, when I regained my consciousness and I realized where I was, the meeting was over. My aunt who had taken me and my cousins was sitting there waiting for me. She explained that I had encountered the Holy Spirit. The Lord had planted a seed in my heart. As a child up to that time in my life, I was always sick with asthma. From that encounter with the Holy Spirit, I never had to go to the hospital for any asthma attacks until the attacks of 9/11 in New York City.

I began going to church after my first encounter with the Lord. I moved to Canada shortly after and continued to attend church with my parents while growing up there. I then moved to the United States and began going to church sporadically. I drifted from the Lord and partied in the clubs during my young adult life. I traveled from carnival to carnival around the world until one Good Friday night in St. Ann's,

(My Story cont'd)

Jamaica, W.I. The Lord called me again, but this time I met him on the dance floor and I noticed my movements changed. I was no longer dancing to the music, I was dancing in the Holy Spirit. I noticed a fire coming up from behind the mountains where I was. The fire was bright, white and yellow in color. The mountains were right there and so was the fire. I began screaming and jumping as again the heavens seemed to open, a hand reached down and I tried to take the hand. I tried to hold on... I kept reaching and reaching, but I couldn't reach the hand. I left the dance floor and could not go back no matter how I tried. For the remainder of the night, I sat and pondered what happened. I asked my cousin "did you see the fire," she said "no, what fire?"

I recognized as Peter did in Acts 10:34 that God had called me again and had saved me from asthma and the world of the clubs and partying for His purpose. Years later, I went back to a club and walking into the darkness, there was the fire again, and I ran out. I could not stay. I had been changed. I never went back to the clubs. My desire for the darkness was gone.

I began to read the word of God and study the Bible. I started to see the changes in my life that the Lord was doing. After I moved to New York I went back to college and completed my Bachelors degree. At that time, the journey in my life took me through some losses of dear family members. The pain of losing five loved ones in a year caused me to struggle. At that time, I was tethering to know who God is and learning to live through difficult challenges in life and I questioned my faith. Again, the Lord showed up. God comforted and carried me through the grief.

After getting married, my husband and I tried to start a family. I was told I would not be able to conceive or even carry a child. While I struggled with this word I had been given, I began to pray earnestly. I cried out like Hannah! Have you ever been taunted by your enemy like Hannah was by Peninnah? (1 Samuel:1) People would ask me "How long have you been married, when are you going to have a baby, is something wrong with you or your husband?" Everyday you see the enemy and life looks great for them but not for you. But God, as he remembered Hannah, Sarah and Rebekah, God remembered me. I conceived, but at 22 weeks, our first child was still born. I was angry with God. I asked, "How could a God who loved me hurt me by letting the child die?" My father and my mother stayed close to me and prayed for me. When I said "There is no God, if he was real he wouldn't let my baby die." My father wept. He hugged me, soothed and comforted me. My mother, the prayer warrior, would encourage me to keep praying but I did not want to pray. They prayed for me, and the Lord kept me, held me close and brought me through. I conceived again and bore two children a boy and a girl. Thank you Lord.

In 2007, I conceived a third child. The doctors were amazed because they said I had no cervix and could no longer carry a child, yet there I was pregnant. My son was 12 and my daughter 10 years old. I struggled with this decision because I was older, high risk, and I knew I would have to go on disability, and bed rest. I had reached the point in my career that I desired. I had the title, the salary, and the job I asked God for, and now I would have to give it up. This time, however, I was confident the Lord would see me through no matter what. I mounted Moriah so to speak. I went on disability, and everywhere I went for medical care, five different people prophesied about my unborn child. I pondered what I heard. This baby was due to be born in September, the same month that our first child was still born. It was a difficult time in my life as my husband and I both lost our jobs. But I clearly heard the Lord say, "Trust me, Ingrid, this child is your overflow. Bring this child, I will take him to term, so you will know it's me. You will not go back to Wall Street to work, you will work for me."

(My Story cont'd)

In obedience, I kept the baby, and the Lord brought him to term. He was born in September which was one of the Holiest months on the Jewish calender with both the New Year and the Day of Atonement falling in the same month. It was God's promise to me "Behold I make all things new" (Revelations 21:5). Life was difficult, my new baby was sick all the time, and he was diagnosed with asthma. I was on my knees and I laid before God many days crying out to him. But God… He said to me "you will be my minister I have taken you like the Levite as my own. From this day, you will speak for me. You will go where I send you, you will serve me and I will keep you. I will provide for you, and I will protect you, and your seed." I didn't quite know what that meant.

In 2008, my parents moved from Canada to Georgia. As I visited them that Christmas I stood at the kitchen sink in their friends home lost in thoughts of God's call on my life. I was afraid of disappointing God, I was afraid of not having enough money to live the life I had. Did I hear from God or was it my own thoughts I was hearing? Suddenly one of my mother's new friends, a woman I had never met, whispered in my ear "Yes, God is calling you to serve Him. Do not be afraid." This must be God, I thought, for I told no one what I prayed. I learned the Holy Spirit will always confirm His word. Now I knew I had to be obedient and honor God's calling on my life. In March 2009 I was baptized, and I ministered my first message from Revelations 12: Protection in Sabbatical, The Woman and Her Son.

I continued to earnestly seek the Lord, to read, to study, learning who He is. I continued to follow Him. Several years later, I was diagnosed with a tumor, and in that affliction, I caught a glimpse of God's mercy. There I was in the dark room and the doctors came in to begin the biopsy. When I saw the knives on the tray, I was filled with fear. I called out to God. I said a simple prayer I prayed with my children daily: "Lord sometimes I'm full of fear, then I remember you're right here and in the dark when I cannot see I know Lord you keep your hands on me. Lord I want my own miracle. Save me for your purpose. Don't let them cut me, give me a miracle." After praying, they began searching my breast for the area to cut, but they could not find it. God heard me and he answered. Over 20 years later, thanks be to God, I am healed.

My next encounter with God was praying for my husband to be saved. I prayed for over 20 years. Truly a thousand years is like a day for God (Psalm 90:4). When my husband finally accepted the Lord, 20 years of prayer rolled away. It seemed like only a day.

I ran from God like Jonah, I cussed, and I feared, and I believed like Peter. I was barren like Hannah, I left home like the Prodigal son. Many days I felt ashamed of my past, but like the woman at the well, Abram, Jacob or the woman with the Alabaster box I am changed. I am learning daily who my God is.

I want to tell you that Jesus saves. God is real, His word is true. To quote Dr. Charles Stanley, "Obey God, leave all the consequences to Him." It is frightening when we're called, and we feel inadequate. But today, as I look back over my life, I can see the hand of God. He carries me. God manifested His presence in my life especially during the difficult days. He is with me on the mountain top, and in the valleys.

Call upon the Lord, He will answer, and you will see the goodness of God in the land of the living.

This is my story, in Jesus name, Amen. 署

Celebrating Our History

A people without the knowledge of their past history, origin and culture is like a tree without roots.

Attributed to Marcus Garvey









Coretta Scott King (April 27, 1927 – January 30, 2006)

Coretta Scott King was one of the most influential women leaders in our world. Prepared by her family, education, and personality she was ready for a life committed to social justice and peace. She entered the world stage in 1955 as wife of the Reverend Dr. Martin Luther King, Jr. and as a leading participant in the American Civil Rights Movement.

Mrs. King traveled throughout the world speaking out on behalf of racial and economic justice, women's and children's rights, and religious freedom. She lent her support to pro-democracy movements world-wide.

She consulted with many world leaders, including Corazon Aquino, Kenneth Kaunda, and Nelson Mandela.

(Black History cont'd)



ROSA LOUISE MCCAULEY PARKS (FEBRUARY 4, 1913 – OCTOBER 24, 2005)

Rosa Louise Parks was nationally recognized as the "mother of the modern-day civil rights movement" in America. Her refusal to surrender her seat to a white male passenger on a Montgomery, Alabama bus on December 1, 1955, triggered a wave of protest that reverberated throughout the United States. Her quiet courageous act changed America and its view of black people which redirected the course of history.





Alberta Christine Williams King (September 13, 1904 – June 30, 1974)

Alberta King worked hard to instill self-respect into her children. In an essay Martin Luther King, Jr., wrote that she "was behind the scenes setting forth those motherly cares, the lack of which leaves a missing link in life.



(Black History cont'd)

Louise Helen Norton Little (May 9, 1897–June 22, 1989)

Louise was educated in a local Anglican school in Canada and was fluent in English and French. While in Montreal in 1917 her uncle Edgerton Langdon introduced her to Garveyism and the Universal Negro Improvement Association (UNIA).

Through the UNIA in Montreal she met Earl Little, a craftsman and lay minister from Reynolds, Georgia. The couple married on May 10, 1919.

She was the secretary and "branch reporter" of the UNIA's local chapter. Sending news of local UNIA activities to the Negro World.

Earl and Louise instilled self-reliance and black pride in their children.







Anna Pauline "Pauli" Murray (November 20, 1910 – July 1, 1985) Author - States' Laws on Race and Color

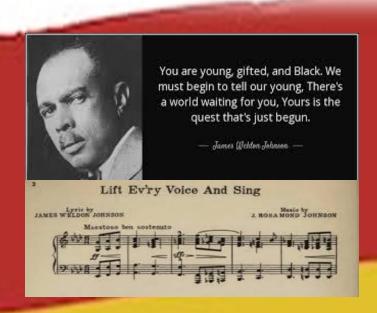
Thurgood Marshall, then NAACP chief counsel and a future supreme court justice, called Murray's book the "bible" of the civil rights movement. Her approach was influential to the NAACP arguments in Brown v. Board of Education (1954).





Diane Judith Nash (born May 15, 1938)

Nash's campaigns were among the most successful of the era. Her efforts included the first successful civil rights campaign to integrate lunch counters in Nashville. The Freedom Riders, who desegregated interstate travel. A cofounder of the Student Nonviolent Coordinating Committee (SNCC). A cointiator of the Alabama Voting Rights Project.

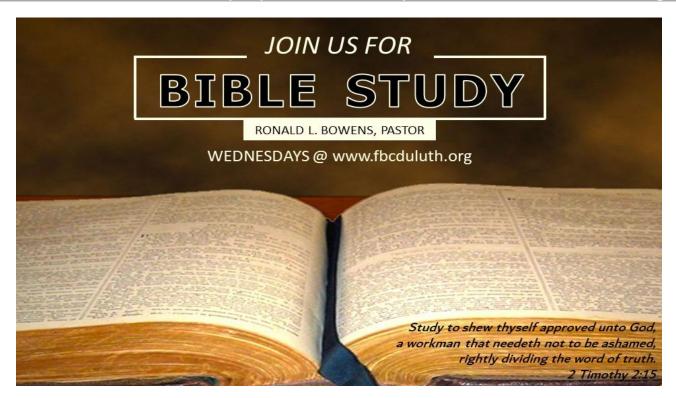


National Black Anthem

Lift every voice and sing, till earth and heaven ring,
Ring with the harmonies of liberty;
Let our rejoicing rise, high as the listening skies,
Let it resound loud as the rolling sea.
Sing a song full of faith that the dark past has taught us,
Sing a song full of hope that the present has brought us;
Facing the rising sun of our new day begun,
Let us march on till victory won.

Stony the road we trod, bitter the chastening rod,
Felt in the days when hope unborn had died;
Yet with a steady beat, have not our weary feet,
Come to the place for which our fathers sighed?
We have come over a way that with tears has been watered,
We have come, treading our path through the blood of the slaughtered;
Out from the gloomy past, till now we stand at last
Where the white gleam of our star is cast.

God of our weary years, God of our silent tears,
Thou who has brought us thus far on the way;
Thou who hast by Thy might, led us into the light,
Keep us forever in the path, we pray.
Lest our feet stray from the places, our God, where we met Thee,
Lest our hearts, drunk with the wine of the world, we forget Thee.
Shadowed beneath Thy hand, may we forever stand,
True to our God, true to our native land.



AT THE PLACE OF THE SEA - EXODUS 14

Have You come to the Red Sea place in your life,
Where, in spite of all you can do,
There is no way out, there is no way back,
There is no other way but through?
Then wait on the Lord, with a trust serene,
Till the night of your fear is gone;
He will send the winds, He will heap the floods,
When He says to your soul, "Go On!

And His hand shall lead you through, clear through,
Ere the watery walls roll down;
No wave can touch you, no foe can smite,
No mightiest sea can drown.
The tossing billows may rear their crests,
Their foam at your feet may break,
But over their bed you shall walk dry-shod
In the path that your Lord shall make.

In the morning watch, 'neath the lifted cloud,
You shall see but the Lord alone,
When He leads you forth from the place of the sea,
To a land that you have not known;
And your fears shall pass as your foes have passed,
And shall no more be afraid;
You shall sing His praise in a better place,
In a place that His hand had made.

Annie Johnson Flint, Shady Hill Baptist Church, Roxboro, NC

FBC Women's Ministry 2021 "We're All In!"

Come join us each month as we go after God with all our heart!

2nd Saturday @ 8:30 am

Zoom Meeting ID ~ 850 9570 8020 Passcode ~ 792408



For more information contact

Minister Monique Stroman (678) 357-8282 Sister Leslie Houston (770) 296-8874



I've Got This with JESUS

Vacation Bible School Save the Date!

June 14th - 18th 2021









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

<u>FBC Sunday School on ZOOM!</u> Please join one of our Adult online Sunday School classes every Sunday from 9:45 am – 10:45 am. Go to fbcduluth.org and choose your class. The study for this quarter will focus on "**Prophets Faithful to God's Covenant.**" Sunday school books are available for pick up from the Church office Monday-Friday, 10am-2pm.

CLASSES AVAILABLE

Men's Class Women's Class Marriage Class Conn3ct Class (Young Adults) Singles Class

From the April 25th lesson "A Plea for Restoration" Lamentations 5: <u>Liberating Lesson</u>: As a community, we have our part for action and inaction as it relates to the status of socioeconomic conditions where we live. We are empowered to make our communities safer and more economically sound by working cooperatively, and as in the past, the Church must lead the way. As a people, we have survived the atrocities of slavery, segregation, and systemic injustice with God as our source and strength. As a resilient people, we have to continue to pass down the heritage of how to strategically fight and pray—working across the generations— to realize the true transformation and restoration God promises when we look to Him.

Application for Activation: Life gets discouraging and lamenting on the ills of our world is a common natural response. But after acknowledging the pain, we must turn that complaint to action. There are so many ways for us to get involved individually and collectively to make a social impact. Get to know legislators at every level of government and keep them accountable to their campaign platforms. Develop faith-based programs that share the Gospel or join existing programs that serve the common good. As we engage in social media platforms, focus on solutions and help shift the conversation from the negative to how to make life better.





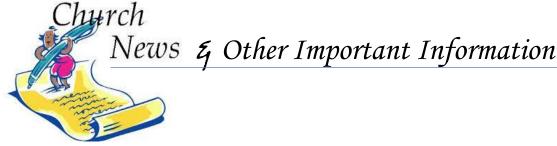
Sis. Charlene Benn, Ministry Leader











How to Apply for FEMA Funeral Funds up to

https://a.msn.com/r/2/BB1eN8iz?m=en-us&referrerID=InAppShare

\$7,000 - The Rules Explained Go to:

Employment Opportunity

Traffic Operations & Road Maintenance
The Gwinnett Department of Transportation has
16 entry-level vacancies in the Traffic Operations &
Road Maintenance Division. These are
Maintenance Technician I & II positions.
Maintenance technicians receive on-the-job
Commercial Driver's License training once they
earn their Commercial Learners Permit. Gwinnett
will cover the cost of the permit and the license if a
passing grade is received. To apply: Maintenance
Technician I or II - Transportation | Job Details tab
| Career Pages (governmentjobs.com)

Communications Ministry

FBC's newsletter, Friendship's Voice, is the voice of the people. Being sheltered in has changed many lives in a number of ways. Consider sharing a word for God's people, a testimony, an inspiration, a helpful tip for parents trying to balance working from home and helping their children with school work. "You can merely be a witness and share aspects of your experience while sheltered in." Are you doing something specifically to help others during the shelter in place order? Have you adopted a new hobby or some other activity you would like to share with your Friendship family? Please provide feedback and include your name, phone number and email address and send newsletter information to Paulette Tapp at ptapp1052@gmail.com or via text at 678-779-4661. If you need additional information about the Communications Ministry, please contact Louie Malone at tag49llm@aol.com.



https://abundant.co/fbcduluth/give

Go to fbcduluth.org and click on: "Giving" tab or text: fbcduluth to 73256

Contributions can also be mailed to:

Friendship Baptist Church P.O. Box 604 Duluth, GA 30096

Together in the Spirit Our buildings are closed but our church is not!

The church does not close, only the building. Because we are the church, the living body of our Lord Jesus and we are everywhere.

Bible Word Search: MOTHERS IN THE BIBLE

All the words listed below are in the puzzle (left, right, up, down or diagonally). Print this page and circle each word you find. After you have found all the words, write down the leftover letters in the correct order to form the *mystery answer*.

Н Υ R A M E H JΑ K U В Α V Ε Τ Ε G R M Α Τ H A LI Α Н Α U R Ε Η Т S Ε Ν R 1 M O Α Ν В A A C Н Α Н Ε М Н S U R Ε Α D

ABI KETURAH SARAH
ATHALIAH MAACHAH
ESTHER MARY
HAGAR NAAMAH
JERUSHA NAOMI
JOCHEBED RUTH

Mystery Answer: _ _ _ (Answer on next page)



OPPORTUNITIES TO SERVE AT FRIENDSHIP

	WE	EKLY	Sanctuary Classes and Meetings Ontice Sanctuary Classes and Meetings Ontice Virtual until further notice	
Bible Study (Adult)	Wednesday	7:30 pm	Sanctuary Classes until furth	
Intercessory Prayer	Wednesday	6:30 pm	Sanctuary	
Mid-Week Service	Wednesday	12:00 noon	Lower Level Main Building	
New Members' Class	Sunday	9:45 am	Room 209 Family Life Center	
Sunday School	Sunday	9:45 am	Family Life Center	
Sunday School Teachers	Wednesday	6:30 pm	Lower Level Main Building	
Sunday Worship	Sunday	7:30 & 11:00 am	Sanctuary	
Teen Church	Sunday	7:30 & 11:00 am	Heritage Church	
Youth Church Bible Study	Wednesday	7:45 pm	Lower Level Main Building	
MONTHLY MINISTRY MEETINGS				

	MONTHLY MIN	ISTRY MEETIN	NGS
Communication's Ministry	3rd Saturday	11:00 am	Room 135 Family Life Center
Deacon's Meeting	Tuesday (1st & 3rd)	7:00 pm	Room 232 Family Life Center
Education Ministry	2nd Monday	7:00 pm	Room 303 Lower Level Main Bldg
Gatekeepers Ministry	4th Saturday	10:00 am	Room 130 Family Life Center
Gospel Choir Preparation	Tuesday before 1st & 3rd St	unday 7:00 pm	
Health Ministry	2nd Saturday	11:00 am	Room 303 Lower Level Main Bldg
Male Chorus Preparation	2nd & 4th Saturday	9:30 am	Sanctuary
Marriage Ministry	3rd Saturday 5:00 pm	Sunday 9:45 am	Room 239 Family Life Center
Media Ministry	1st Saturday	9:30 am	Room 130 Family Life Center
Men's Ministry	1st Saturday	10:30 am	TBA Monthly
Minister's Meeting	1st Saturday	3:00 pm	Room 232 Family Life Center
Money Matters	2nd Saturday	11:30 am	Fellowship Hall
Mother's Ministry	1st Saturday	9:30 am	Room 135 Family Life Center
Outreach Ministry	3rd Saturday	9:00 am	Fellowship Hall
Prison Ministry			
Seniors Ministry	4th Saturday	11:00 am	Fellowship Hall
Shepherd's Care Ministry	3rd Saturday	10:00 am	Room 202 Lower Level Main Bldg

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		

Tuesday before 2nd & 4th Sunday 6:45 pm

12:30 pm

7:00 pm

8:45 am



Singles Ministry

Usher Ministry

Women's Ministry

Youth Choir Preparation



4th Saturday

1st Tuesday

2nd Saturday

Get plugged in using your gifts, talent, skills and time serving God's people TOGETHER IN LOVE.

Mystery Answer: EVE

Lower Level – Heritage Church

Room 135 Family Life Center

Fellowship Hall

Communications Ministry

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Vice President

Tina Patterson

Secretary

Hyacinth Chung

Assistant Secretary

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Christine Smith

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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 to: www.fbcduluth.org

DEADLINE FOR MAY SUBMITTALS IS FRIDAY, MAY 21TH



Mission Statement

Exalt the Savior • Equip the Saint • Evangelize the Sinner

A PURPOSE-DRIVEN CHURCH

Friendly through Fellowship
Developed through Discipleship
Enlarged through Evangelism
Sharing and Caring through Servanthood
Stronger through God's Word and True Worship

Church Address and Contact Information

3375 Church Lane, Duluth GA 30096

Contact: Rita Bowens, Executive Assistant @ 770-497-8227

Office Hours: Monday – Friday 9:00am-5:00pm

Email: fbcduluth@att.net
Website: www.fbcduluth.org

Leadership

FBC Associate Ministers

Rev. Ken Blacknell
Min. Clyde Conerly
Min. James Cottingham
Elder Chris Evans
Rev. Garfield Garner
Rev. Eugene Graves
Min. Shurron Green
Rev. Artis Johnson
Min. Larry Jones
Min. James Redman
Rev. Timothy Twyman
Min. Floyd Williams
Rev. Stanley Williams
Rev. Alton Wilson

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Min. Karen Blacknell
Evg. Geneva Burse
Min. Erika Cottingham
Min. Roslyn Long
Evg. Valerie Montaque
Evg. Ruthell Morris
Min. Jada Redman
Evg. Kimberly Rogers
Min. Monique Stroman
Min. Nicole Walker
Min. Barbara Williams
Evg. Deloris Williams