



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



September 2021

FRIENDSHIP'S VOICE

Vol. 9, Issue 9

CALENDAR

SEPTEMBER

- 6 Labor Day (Church office closed)
- 12 Grandparents Day
- 18 Walk-A-Thon

OCTOBER

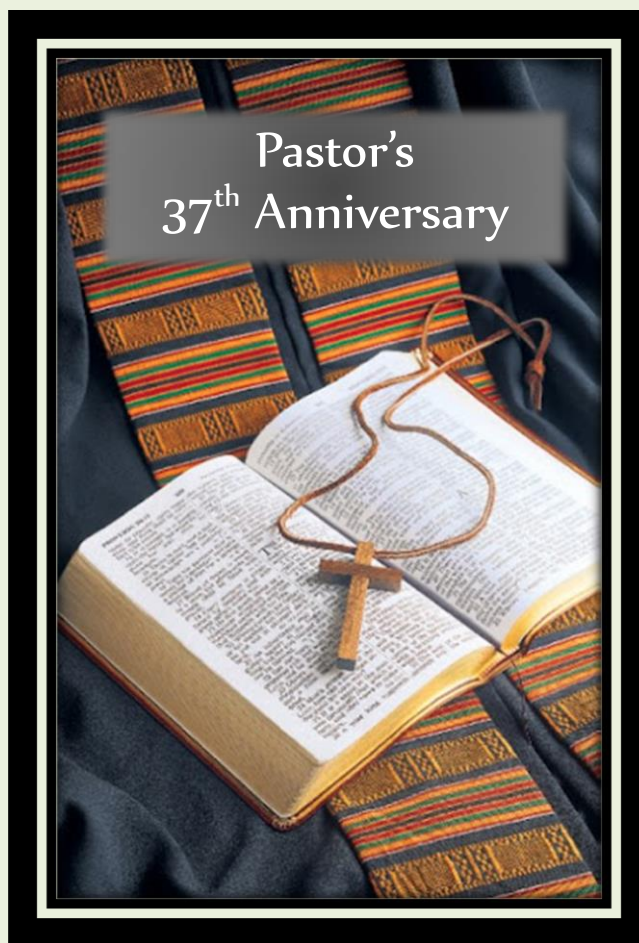
- 10 37th Pastoral Anniversary

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WELCOME BACK!

Seating is limited, reservations required.
Go to fbcduluth.org/reopening/ for information and registration.



Please mark your calendars

October 10, 2021 @ 1:00 p.m.

You are cordially invited to join us following the 11:00 a.m. morning service for our 2nd Year Drive-by Pastoral Celebration 3375 Church Lane, Duluth GA 30096

Our desire is to glorify God in all we do.

* More details to follow *

37th PASTORAL ANNIVERSARY

Friendship Baptist Church

Pastor Ronald L. Bowens and Sister Debbie Bowens

Pastor and Sis. Debbie have dedicated their lives to delivering the Word and serving the people of God especially the congregation and community. They've cared for others, lifted us up in prayer, dedicated babies, buried loved ones and stood at the altar marrying couples. Pastor also kneels at the altar for those who give their life to Christ. They work effortlessly in the vineyard.

Thirty-seven years of service is a great accomplishment. As God's people, we are to love and care for those that are in the service of God. We have a unique Pastor as well as our First Lady. We appreciate all their devotion and sacrifices.

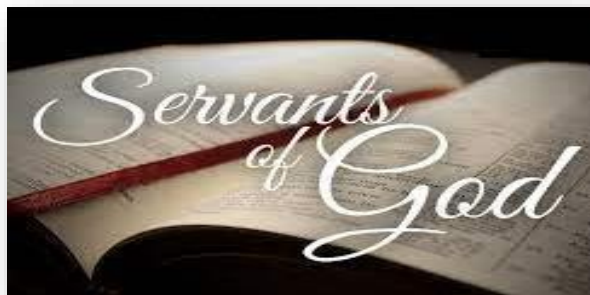


We Love You

We encourage all of our church members, their families and friends to make a special effort to help celebrate this great milestone. We'd love for the entire congregation to send letters, cards, and drive by on October 10th with tokens of appreciation for our Pastor and Sis. Debbie.

Hebrews 13:17 KJV
"Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that is unprofitable to you."

Vickie Chambers
 Shepherd's Care Ministry
 Servant Leader



Salvation

The secular meaning of salvation is: lifeline, preservation, conservation. In other words, it is a means of escape or a source or means of being saved from harm, ruin or loss.

The Christian meaning of Salvation is: redemption, deliverance, saving, help and reclamation. It is deliverance for sin and the consequences of sin that is brought about by faith in Christ. Death is the price we pay for sin, so if we are saved from sin, we have the re-assurance of eternal life through Christ Jesus.

John 3:16-17 *"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him."*

To gain salvation, we must exercise faith in Jesus and demonstrate that faith by obeying His commands (Acts 4:10 and 12, Romans 10:9-10, Hebrews 5:9).

The Bible shows us that you must have works or acts of obedience to prove that your faith is alive (James 2:24-26). However, this does not mean that we can earn salvation.

Salvation is God's gift based on his undeserved kindness or grace. *"For by grace are ye saved through faith; and that not of yourselves: it is the gift of God. Not of works, lest any man should boast."* (Ephesians 2:8-9)

Salvation in a nutshell is an eternal, spiritual deliverance. Jesus equates being saved with entering the kingdom of God (Matthew 19:24-25). Paul also told the Philippian jailer what he must do to be saved, (Acts 16:30-31).

Our sin has separated us from God and the consequence of sin is death (Romans 6:23). Salvation is our deliverance from the wrath of God and the removal of sin. Only God can save us, so he sacrificed Christ to die on the cross to bear our sins and resurrected Him so that when we are saved and start living a Godly life, He can see Christ in us.

It is clearly stated in Ephesians 2:5,8 that salvation is the gracious, undeserved gift of God and is only available through faith in Jesus Christ. (Acts 4:12).

We can only receive salvation by first hearing the good news of Jesus' death and resurrection, then we must believe, fully trust the Lord Jesus. This involves repentance, turning from our sinful ways and calling on the name of the Lord.

Submitted by Hyacinth Chung
Communications Ministry



SCRIPTURE OF THE MONTH



HYMN OF PRAISE: “**Glory to His Name**”

Written by Elisha A. Hoffman in 1878

Lyrics

- | | |
|--|--|
| <p>1. Down at the cross where my Savior died,
Down where for cleansing from sin I cried,
There to my heart was the blood applied;
Glory to His Name!</p> <p>2. I am so wondrously saved from sin,
Jesus so sweetly abides within,
There at the cross where He took me in;
Glory to His Name!</p> | <p>3. Oh, precious fountain that saves from sin,
I am so glad I have entered in;
There Jesus saves me and keeps me clean;
Glory to His Name!</p> <p>4. Come to this fountain so rich and sweet,
Cast thy poor soul at the Savior's feet;
Plunge in today, and be made complete;
Glory to His Name!</p> |
|--|--|

Refrain:

Glory to His Name, Glory to His Name:
There to my heart was the blood applied;
Glory to His Name

These lyrics were based on the scriptural passage of Matthew 26:28, “*For this is my blood of the new testament, which is shed for many for the remission of sins.*”

Submitted by Hyacinth Chung, Communications Ministry

SIGNS OF THE SEASON – AUTUMN: THE COOLING-OFF SEASON

Autumn, sandwiched between blazing summer and chilly winter, is the "cooling off" season. Nighttime arrives earlier, temperatures begin to drop and most vegetative growth decreases. Animals begin to prepare for the dearth of food that generally comes during the winter, gathering supplies or traveling to warmer climates.

It is often called fall in the United States because leaves fall from the trees at that time. As the autumn season sets in so do some beautiful changes. It's a time when colors change, moods change, and weather changes. The trees change color and look really pretty – yes with the changes in temperature you will notice the leaves starting to turn a beautiful orange and yellow welcoming the changing season.

Autumn has a peculiar personality of its own which is powerfully attractive. ... It is a time to get out and enjoy the last rays of sun which can warm your skin, to hear the crisp sound of dried leaves under our feet, to go for a walk on a foggy morning, the smoke of wood fire that drifts to our nostrils.

Outdoor decorations become a thing. It seems like every street gets a little more festive during the falls months as people put pumpkins on their porches or hang wreaths on their doors. Of course, holiday decorations also start popping up to get you into the spirit.

The stunning foliage is not only beautiful, but also fun to play in.

There are pumpkin patches to visit. Nothing screams fall like pumpkin picking. It's the perfect fall date activity or trip with the kids.

Fall is the perfect time to go camping, and with camping obviously comes a cozy campfire and delicious s'mores.

Fall cuisine is a category all its own. Peak season for apples, pears, squash, and sweet potatoes, fall might be the best time of the year for food. Whether you're getting outdoorsy and going apple picking, or noshing on seasonal dishes at a restaurant, your taste buds are sure to love fall. And, hot chocolate becomes a totally acceptable order. Although hot chocolate is delicious year-round, the chilly fall weather makes it that much better.

Fall sees a lot of epic festivals around the world, like Oktoberfest, and then there is Thanksgiving! Thanksgiving means quality time with family, great shopping deals, football, and, of course, a belly full of turkey. Source: The Insider

[Isaiah 40:8](#) *"The grass withers, the flower fades, but the word of our God will stand forever."*

[Ecclesiastes 3:1](#) *"For everything there is a season, and a time for every matter under heaven."*

Submitted by Paulette Tapp, Communications Ministry

OUTREACH MINISTRY

Diana McGhee, Director



“One Body Saved to Serve”

FBC Outreach Ministry

is here to **HELP** during these
challenging times!

Drive through

on

Fridays

3:00pm-4:00pm

and

Saturdays

11:30am-12:30pm

to get **FREE** groceries

(Meat, Produce, Dairy & More)

FIRST COME, FIRST SERVED !!!



Friendship Baptist Church ~ 3375 Church Lane ~ Duluth, GA 30096

Phone ~ 770-497-8227 ~ Email ~ friendshipduluth@att.net

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



PRAY AWHILE

OUTREACH MINISTRY

The FBC Outreach Ministry will host a *Prayer* focused Walk-A-Thon on **Saturday, September 18th, 2021 at 8:30 a.m.**

Theme: "We Walk by Faith, Not by Sight" II Corinthians 5:7.

We invite you to "Walk A Mile, Pray Awhile." Households are invited to walk and pray together. Masks are required and social distancing guidelines will be in place. Registration available online at www.fbcduluth.org. Refreshments will be served.

Remember – we are all in this together!

Contact Diana McGhee at 404-312-1232 or Catherine Stafford at 678-983-7587 for more information.

HEALTH MINISTRY

Vickie Perry, RN/BSN, Ministry Leader



National Prostate Health Month (NPHM), also known as National Prostate Cancer Awareness Month, is observed every September in North America by health experts, health advocates, and individuals concerned with men's prostate health and prostate cancer. This year, more than 174,600 men will be diagnosed with prostate cancer, and more than 31,600 die from the disease. Most prostate cancer is diagnosed in men older than 65. Research has found risk factors that increase your chances of getting prostate cancer. These risk factors include—

- **Age:** The older a man is, the greater his risk for getting prostate cancer.
- **Family history:** Certain genes (passed from parent to child) that you inherited from your parents may affect your prostate cancer risk. Currently, no single gene is sure to raise or lower your risk of getting prostate cancer. However, a man with a father, brother, or son who has had prostate cancer is two to three times more likely to develop the disease himself.
- **Race:** Prostate cancer is more common in African-American men. It tends to start at younger ages and grow faster than in other racial or ethnic groups, but medical experts do not know why.

Researchers are trying to determine the causes of prostate cancer and whether it can be prevented. They do not yet agree on the factors that can influence a man's risk of developing the disease, either positively or negatively.

There are usually no symptoms in the early stages. Some men do not have symptoms at all. Some symptoms of prostate cancer may include—

- Difficulty starting urination.
- Weak or interrupted flow of urine.
- Frequent urination, especially at night.
- Difficulty emptying the bladder completely.
- Pain or burning during urination.
- Blood in the urine.
- Pain in the back, hips, or pelvis that doesn't go away.



Two tests are commonly used to screen for prostate cancer—

- **Digital rectal exam (DRE):** A doctor or nurse inserts a gloved, lubricated finger into the rectum to estimate the size of the prostate and feel for lumps or other abnormalities.
- **Prostate specific antigen (PSA) test:** Measures the level of PSA in the blood. PSA is a substance made by the prostate. The levels of PSA in the blood can be higher in men who have prostate cancer. The PSA level may also be elevated in other conditions that affect the prostate.

As a rule, the higher the PSA level in the blood, the more likely a prostate problem is present. But many factors, such as age and race, can affect PSA levels. Some prostate glands make more PSA than others. PSA levels also can be affected by—

- Certain medical procedures.
- Certain medications.
- An enlarged prostate.
- A prostate infection.



Because many factors can affect PSA levels, your doctor is the best person to interpret your PSA test results. Only a biopsy can diagnose prostate cancer for sure. Source: Preventcancer.org

COVID-19

THE STATE OF COVID-19 IN OUR COMMUNITY

The virus no longer makes a distinction based on illness, based on age or even ethnicity...it makes a distinction based on who is vaccinated and not. *Dr. Danny Branstetter, Medical Director of Infection Prevention, Wellstar*

During this surge of the Delta variant, we are seeing a significant increase in our children and teens than at anytime in the pandemic. The best way to protect our kids is to get vaccinated, that means everyone 12 and older. It is the way out of the pandemic right now. *Dr. Jim Fortenberry, Chief Medical Officer, CHOA*

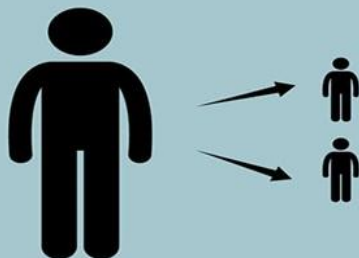
We are seeing many nurses and clinicians leave the profession or pause their careers because of the stress of the pandemic. If we are unable to curb the spread of COVID accessible and critical care may be much harder to receive. *Sharon Pappas, Chief Nurse Executive, Emory*

96% of the patients we are seeing in our hospitals are unvaccinated, 97% of the patients in our ICU are unvaccinated. Vaccines are the very best way you can protect yourself, your loved ones and your family. We need your help, the publics' help, get vaccinated, please do the right thing. *Dr. Andy Jaffal, Chief Medical Officer, Piedmont*

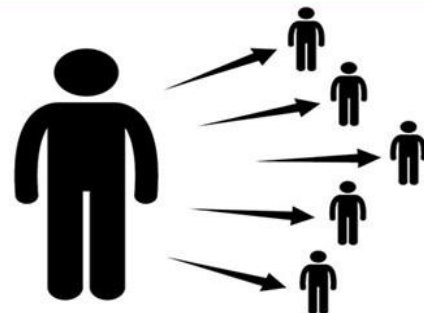
Don't delay your need for care of non COVID health issues. To prevent and decrease the risk of COVID the 3 w's wear a mask, wash your hands, watch your distance, if you can avoid large gatherings to avoid unvaccinated people and asymptomatic carriers. *Dr. John Delzell, VP Medical Education and Incident Commander, Northeast Georgia Health System*

The Delta variant is more contagious than previous strains—it may cause more than 2x as many infections

ORIGINAL COVID-19 STRAIN



DELTA VARIANT



Vaccines protect you from hospitalization, severe infections, and death



cdc.gov/coronavirus

HOW TO ACCESS A COVID VACCINE



- 1 ONLINE**
Make an appointment on line at www.gnrhealth.com/covid-vaccine-scheduling
- 2 BY PHONE**
Make an appointment by calling 888-457-0186

- 3 WALK-UP**
Walk-up at one of our mass vaccination sites
Monday-Friday 9am-5pm
 - Lawrenceville Health Center, 455 Grayson Hwy, Suite 300
 - Norcross Health Center, 5030 Georgia Belle CourtMonday-Friday 9am-4pm
 - Gwinnett Place Mall, 2100 Pleasant Hill Rd

COVID INFORMATION & PREVENTION TIPS



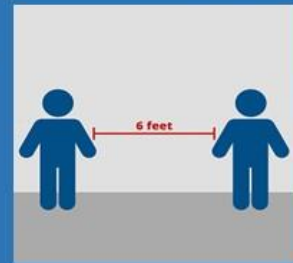
STAY AT HOME
AS MUCH AS
POSSIBLE



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



WEAR A MASK
WHEN OUT
AND ABOUT



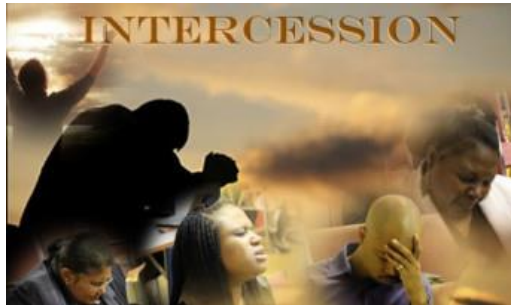
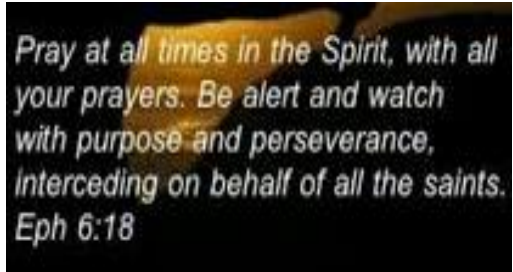
STAY 6 FT APART
DO YOUR
PART

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

Prayer List



REMEMBER THE SICK AND SHUT-IN WITH PRAYER AND CALLS

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

Sis. Essie Foy
 Sis. Minnie Fry
 Sis. Marlon German
 Sis. Barbara Hall
 Sis. Crystal Ingram
 Sis. Charlotte Hayes
 Bro. Emanuel Hazell
 Sis. Dorothy Jamison
 Bro. Patrick Jones
 Bro. Dennis Kimmey
 Sis. Mabel Lawrence
 Dea. Jack Leverett
 Bro. Laceem McCall

Sis. Thelma Matthews
 Bro. Quintrell Melancon
 Sis. Roxanne Motley
 Evg. Valerie Montaque
 Sis. Mary Myers
 Sis. Ruthie Nelson
 Sis. Gloria Peters
 Bro. Garvin Potts
 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
 Amonte Tolbert
 Bro. Seth Tyler
 Sis. April Walker
 Rev. Dwight Wilkerson
 Min. Floyd Williams
 Sis. Sadie Wilson
 Bro. Victor Winston, Jr.



National Grandparents Day *(Contributed by Paulette Tapp)*

Sunday, September 12th, the first Sunday after Labor Day, is Grandparents Day. This year the holiday is expected to grow in significance over the next decade and beyond as the number of grandparents in the United States rises from 65 million in 2011 to over 80 million in 2021 as a result of the baby boom. Grandparents in America are also increasingly responsible for child care and support. (Wikipedia)

If you have a grandparent, ask them to show you one of their favorite hobbies. Let your grandparents teach you a skill, like how to fish or sew. Or, perhaps they enjoy garden walks or nature hikes. If your grandparent would prefer a calm day, ask them to show you their favorite classic movie.

If your grandparent does not live nearby, give them a phone call and make them a card! Even if the card doesn't arrive by Grandparents Day, they'll always appreciate a handwritten card which shows your thoughtfulness.

Most grandparents don't care what activity they do—they just want to spend time with their grandchildren. No matter what, the best Grandparents Day activity involves you and your grandparents together, celebrating your family and each other.

Our hearts go out to those who have lost their grandparents (and other loved ones) in 2021. Let's celebrate grandparents—the ones who are nearby, who are far away, who are our biological and adopted grandparents, and who are in our cherished memories.

HAPPY GRANDPARENTS DAY! It really is the thought that counts—just make sure your grandparents know that you're thinking of them.



MEN'S MINISTRY

Marvin Whitfield, Ministry President



GENTLEMEN, PLEASE JOIN US FOR OUR MONTHLY ZOOM MEETINGS EVERY FIRST SATURDAY @ 10:30 AM AT THE FOLLOWING LINK:

<https://us02web.zoom.us/j/86809041871?pwd=YkdxWDFoREs1YzZbDBIL3RHRTI4UT09>

The Men's Ministry met Saturday, August 7th, at 10:30 am. Deacon Young opened the meeting with prayer and Marvin Whitfield read the scripture taken from Psalm 20:4 KJV "*Grant thee according to thine own heart, and fulfil all thy counsel.*"

Dallis Hairston and Dale Hill gave the secretary and treasurer reports, respectively. After which Dallis Hairston gave a very informative presentation (included below) regarding the black culture influence on the game of golf.

Randy Dendy spoke about an upcoming Game Day event to bring everyone together and gather the kids to build some relationships. Projected date is 2nd week in October pending approval.

Acknowledgement made to Deacon Young celebrating a birthday and anniversary in August.

Minister Eugene Graves closed the meeting with prayer.

The Game of Golf

- The modern game of golf originated in 15th century Scotland. The 18-hole round was created at the Old Course at St. Andrews in 1764. Golf's first major, and the world's oldest tournament in existence, is The Open Championship, also known as the British Open, which was first played in 1860 at the Prestwick Golf Club in Ayrshire, Scotland. This is one of the four major championships in men's professional golf, the other three being played in the United States: The Masters, the U.S. Open, and the PGA Championship.
- Every round of golf is based on playing a number of holes in a given order. A "round" typically consists of 18 holes that are played in the order determined by the course layout. Each hole is played once in the round on a standard course of 18 holes. The game can be played by any number of people, although a typical group playing will have 1-4 people playing the round. The typical amount of time required for pace of play for a 9-hole round is two hours and four hours for an 18-hole round.
- The underlying principle of the rules is fairness. *Play the ball as it lays, play the course as you find it, and if you cannot do either, do what is fair.*
- A maximum of 14 clubs is allowed in a player's bag at one time during a stipulated round. The choice of clubs is at the golfer's discretion, although every club must be constructed in accordance with parameters outlined in the rules.

Golf Popularity

- The NGF count showed 24.8 million golfers in the U.S. in 2020, an increase of 500,000 and 2 percent over 2019. It is the largest net increase in 17 years. New players (both beginners playing their first round and lapsed golfers coming back to the game for the first time in years) numbered 6.2 million,

(Men's Ministry cont'd)

- the highest that number has ever been. Last year also saw the largest percentage increase in beginning golfers and the biggest gain in youth golfers coming to the game since Tiger Wood's 1997 Masters win.
- One of the main reasons why golf is so popular is that it can be played by so many people. Golf can be played at any time of year, at any age, at any skill level, and at any fitness level.
- But people play golf for many different reasons. Most people tend to play golf simply because they enjoy it. Love it in fact!
- It's hard to talk about golf's popularity without mentioning Tiger Woods. Just as Jack Nicklaus inspired so many people in his prime, so has Tiger Woods.
- Tiger has helped make golf popular in the 21st Century.
- He inspired so many young people to start playing the game. He was certainly my favorite player when I was first learning to play. It's safe to say that he made golf popular to a whole generation of youngsters.
- His determination, charisma, and athletic ability transcends golf and helps to introduce new people to the sport. Golf certainly owes a lot to Tiger Woods.

Golf Black Cultural Influence

- Nowhere has the game been played with more determination "and under more imposing odds" than with the African-American population in the United States. Blacks were assumed to caddie for their slave masters in the South in the days of slavery, and they took up the game in large numbers in the early 1900s.
- The golf tee, in fact, was invented by African-American George F. Grant in 1899. Grant was a dentist by trade and he took up golf after the Civil War. The patent office gave him a trademark on his invention of the tee, but he never marketed it. He shared some with friends and playing partners, but most he kept squirreled away in his home. He died in 1910 without accumulating much wealth from the invention, leaving those who followed him to amass the fortunes from the golf tee.
- John J. Shippen, Jr., was an early golfing pioneer who played in the second U.S. Open. The son of a Presbyterian minister, he was only 16 years old in 1896 when the Open was played at Shinnecock Hills on Long Island. His father was sent by the church to minister to the Shinnecock Indians, and young Shippen met Scottish pro Willie Dunn when he was just 12 years old.
- Shippen became quite a proficient player, rising to the position of assistant pro at Shinnecock Hills under Dunn. When the Open came to Shinnecock, he decided to enter after much prodding from members. The field of 35 was almost entirely foreign-born. When they learned Shippen, who was a light-skinned black, was in the field, a boycott immediately was planned.
- Two reports are given on the solution offered by Theodore Havemeyer, the president of the USGA. One is that Havemeyer claimed Shippen was half Shinnecock Indian, which made his race of less importance. Another is that Havemeyer told the golfers that, yes, Shippen was black, and if the competition included but one player and that was Shippen, it would go on.
- Another prominent early African-American was Joe Bartholomew, who grew up in New Orleans and entered the caddie ranks by the age of seven in 1887. He became an exceptional player, attended college in New York to study golf course architecture, and eventually returned home to play his trade.

(Men's Ministry cont'd)

- He designed several courses in New Orleans, but because Bartholomew was black, many members of the courses refused to let him play what he had designed.
- The former heavyweight boxing champion, Joe Louis, worked his way into the white establishment because of his fame, playing in several tournaments in the 1950s. He had begun to play in 1935 and lost to Max Schmeling in 1936, many believe, because he was focused too much on golf and not enough on boxing. In 1948, Joe Louis was also the 1st black player to play in a PGA sanctioned event.
- Rumblings began, rumblings which one day would strike the clause down. Only three tournaments allowed black players to compete in the Canadian Open, the Tam OShanter All-American in Chicago and the Los Angeles Open. Tournaments which were heretofore known as Opens, meaning tournaments which supposedly were open to everyone, often changed their names to Invitationals to exclude black players.
- A provision in the PGA rules stated that anyone who finished in the top 60 was eligible to play the next week. Spiller and Rhodes did so in the 1948 L.A. Open and went on to Oakland, which was the next tour stop. They were incensed when they were not allowed to play and filed suit against the PGA.
- Their attorney, Jonathan Rowell, was persuaded by the PGA that the situation was about to change and dropped the case. It didn't. But Demaret, Jackie Burke and Leland Gibson constantly campaigned for the black players to their fellow pros. And in 1961, the Caucasians-only rule finally came to a head.
- The PGA finally bowed to the waves of negative publicity in November of 1961, canceling the clause. Charlie Sifford, Pete Brown, Lee Elder and many others were free to tee it up in a tournament. They endured much abuse and were refused many public services in the towns where they played, but played on regardless.
- Brown was the first African-American to win a tournament when he won the Waco Turner Open near Ardmore, Oklahoma, in 1964. Sifford won the 1967 Greater Hartford Open and the 1969 L.A. Open. Lee Elder in 1975 was the first black to play in the Masters.

The Caddie

- For decades, the black caddies at Augusta National Golf Club — required by the club's rules and treasured for their nuanced knowledge of the course's topography — stood as a striking symbol of the sport's segregated state.
- "As long as I'm alive," said Clifford Roberts, one of the club's founders in 1933 and a longtime Masters chairman, "all the golfers will be white and all the caddies will be black." (One of the reasons for the white boiler suits was the members in the early 60's wanted to make the poor black caddies look neat and smart!)
- In 1997, 20 years after Roberts' death, Tiger Woods, with a white caddie, [won the first of his four Masters championships](#), shattering the mirror that Roberts' vision reflected. Woods, who has won 14 majors, changed the face of golf in more ways than one. Not only is he the best non-white golfer of this era, Woods' success has helped push the black caddie to the brink of extinction.
- Their demise can be traced to other things as well — the ubiquity of the motorized golf cart and the subsequent slashing of caddie training programs, as well as this: the job is not as attractive to blacks who have more career opportunities than previous generations. For the older black caddies, the

(Men's Ministry cont'd)

situation is not without its bitter irony: when the prize money was modest, they were the standard; when the money became huge, they became disposable.

- But by the early '80s, several players had written to Augusta asking that they be allowed to use their own caddies. After rain suspended play of the first round in 1982, a misunderstanding about the next day's starting times caused several caddies to show up late. Players seized on that incident to pressure the club to make the change.
- As this day and time. I have only been able to locate two black caddies on tour now. As the purses grew, the black caddie faded away. It is no longer seen as a servant's job, but now a six-figure career.

The Game of Life

- Imperfectability - Life cannot be lived perfectly even as golf cannot be played perfectly.
- Penalty strokes are incurred. A tree blocks my next shot. I now have to choose my next shot carefully or I find myself in more trouble. As we all can attest, habits are not easily overcome. It requires a lot of work to fix and replace harmful habits. (SWINGS)
- For I have the desire to do what is right, but not the ability to carry it out. For I do not do the good I want, but the evil I do not want is what I keep on doing." (Romans 7:18-19) – Anyone who plays the game can apply this scripture to their golf swing.
- I could make the same statement about my own life and my golf game, too. We are imperfect people, living in an imperfect world, making imperfect choices, with imperfect outcomes. Yet God loves us in spite of our lack of perfection, and for some strange I still love the game of golf.
- While my golf game will never be perfect, God has provided a way for us to be perfected. He sent his son into the world to take upon himself the consequences of our sin so one day we can live in God's presence, perfect in Christ. What a glorious day that will be. But until then, I guess it's back to the golf course to work on some of those bad habits.

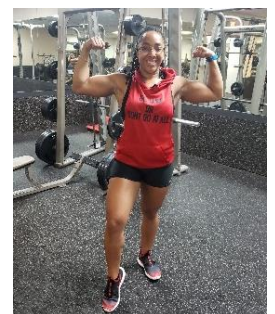




July 31, 2019, the day my new journey in life started. No, that is not the day I became saved, but it is a day that marked a transformation for my physical body. I've always been an active person that has been obsessed with and in love with sports, but over the years, I neglected having a good diet and solid exercise regime. In my mind, I always envisioned myself as a 6ft. tall, 136lb. all-muscled Queen. Although I look like my dad, I certainly wasn't blessed with his height. LOL. Now, when I look at myself in the mirror, the inward vision of myself is now visible on the outside—minus the height, of course. LOL. I want to emphasize that I always loved myself some me, but I'm grateful to have a healthier version of me.

So, the million-dollar questions that I get all the time is "how did I get started?" and "what motivates me to keep going so hard in the gym?" Like, I stated earlier, I was always an active person and I also had a gym membership years ago. I attribute my joining LA Fitness all to God. Long story short, I received a free 7-day pass along with a free fitness assessment. Due to insinuating circumstances, I never was able to schedule my fitness assessment and activate my pass with the employee that I met; he ended up leaving the gym altogether. I was upset that he kept cancelling on me, but God allowed me to use the pass, take a tour of the gym and do my fitness assessment. I always tell people that I joined the gym under "duress." The sales associate made his pitch and saw that I wasn't taking the bait, so he upped the ante. He said, "I know why you won't join, it's because you're scared." One thing about Kelly "Kellz", I ain't never scared, I just didn't want to spend the money. Anyways, I signed up for the basic membership and after the fitness assessment, I signed up for the personal training as well. And that's where the journey really took off.

At my first training session, my trainer asked me what goals I wanted to accomplish in my fitness journey. I was ready for that and told him with a straight face that I wanted arms like Angela Bassett, thick/strong legs like Serena Williams (pre-baby Serena), and abs like Teyana Taylor. He laughed, but I was dead serious. Fast-forward to today, I've accomplished everything except for the full development of my abs, but they're on the way 😊. We hit the ground running hard with building the foundation for my strength training program and lots and lots of cardio. I said earlier that one of the million-dollar questions I receive is "why do I go so hard?" It's simple—I'm a very competitive person and when I commit to something, I go all out. In addition to that, I didn't want to experience serious health issues as I got older and wanted my snapback body to be on point after the Lord blesses me with my children.



I know you're probably wondering, well how big was she and how did she lose all that weight? Prior to starting my journey, I weighed in at a whopping 170lbs. That may not seem like a lot, but on a 5'1.5" frame, it was. I had just completed the D Herbs raw foods cleanse before my LA Fitness membership and I was able to lose some weight, but needed more work to keep it off. I can attest that working out alone, even if you lift heavy weight, will not help you lose weight and feel good. A good diet is just as important, if not more, than lifting weight. My trainer knew that and got my diet right together. He didn't hold back when he ripped me to shreds on my first food journal; we still laugh about it till this day. I cut out all red meat, alcohol, sweets, dairy, you name it...all the good stuff. My

(From Fat to Fit cont'd)

trainer had my diet on lock, but the real test was the one cheat item a week. No, not a cheat meal, but one item. So, if I ate a donut on Sunday, then I couldn't eat another cheat item until the following Sunday and only after I worked out first. It took some getting used to, but now my body is trained to only tolerate certain foods and even my cheat items don't hit the spot anymore.



When people see me in the gym, they stop and stare at me while I'm doing my exercises. I can't lie, I love an audience and always relish the opportunity to put on a good show. When I'm asked what drives me to go so hard, I respond with "I only know one speed...HARD!!!" One of my favorite scriptures is Colossians 3:17, *"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him."* I interpret that scripture to mean go all out, don't hold anything back; if God gave me this ability and strength, then I'm going to use it until I can't use it anymore. That fire, along with my competitiveness makes me

unstoppable in the gym. I know there's a fine line between confidence and cockiness, but I believe it's ok to embrace and celebrate my success in the gym. Even if no one is proud of me, I'm proud of myself. I went from deadlifting 20lbs. to now well over 350lbs. God has been good to me on this journey. #WontHeDoIt.

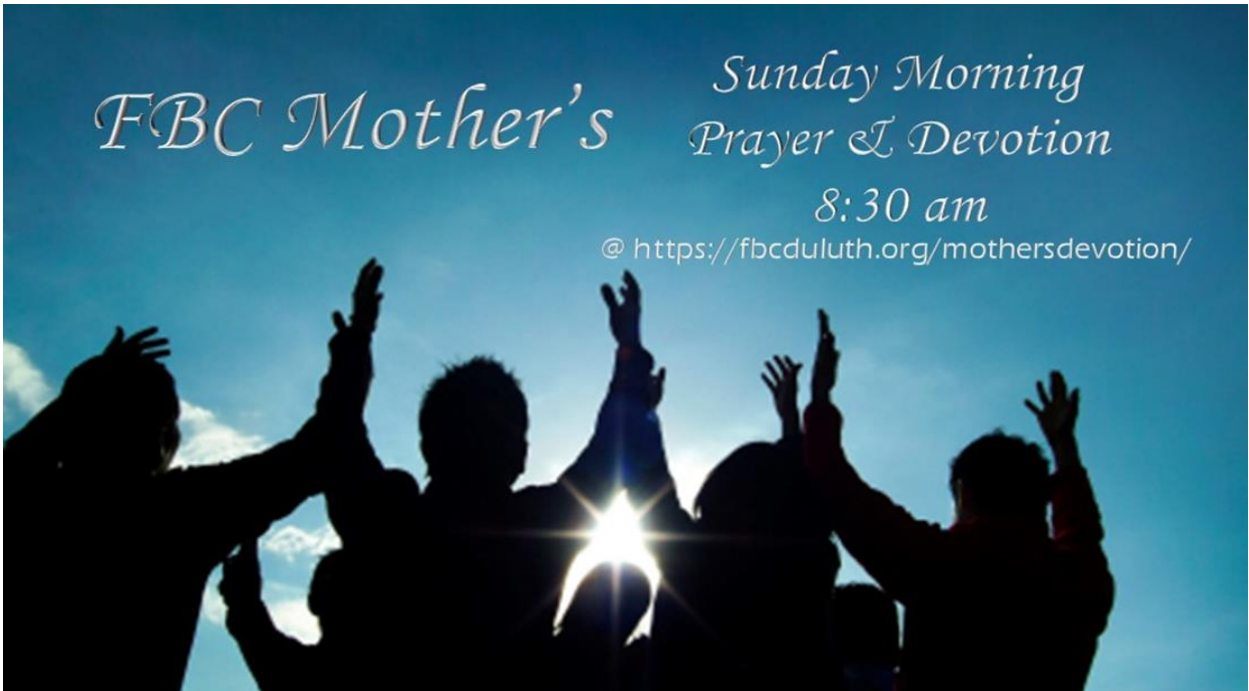
I didn't get to where I am in my fitness journey by myself. God blessed me with an awesome trainer and host of people that support me. I've had other great trainers and coaches before, but this one pushes me in a way that others haven't. He understands my competitive nature and strong will to succeed. When I look back at old pictures and videos, I sometimes have a hard time recognizing myself. It still baffles him as to how big I used to be. We laugh about it now, but in the beginning, my sessions were not a laughing matter. My trainer has coached and mentored me on how to get stronger, maintain my strength and crush opponents when the opportunity presented itself. LOL. I told my trainer up front to not take it easy on me. I'm stronger than my small frame appears; treat me like any other athlete. Along with my three main fitness goals, I just wanted to be well-rounded in the gym overall. I didn't want to be the person that only liked leg day and afraid of the bench press. People ask to work out with me all the time and when I tell them the game plan, they back off and say I'm doing too much. It's cool though, because my journey is catered to how I want it.

I've come along way during my fitness journey. Through many long hard-fought days and battles with my trainer in the gym, frustration, failure, a severe back spasm that tried to take me out along with other injuries, but through it all, God remained faithful and kept me, so that I can continue doing the thing I love. I hope to compete next year and reap even more benefits from this awesome journey. I want to encourage you, as you read my story, that it is never too late to start your own fitness journey. You don't have to be a bodybuilder or powerlifter, but get a game plan that works for you and the goals you want to achieve. A good, consistent exercise regime equipped with a great diet can change your life—again, I'm a living testimony of this. Be mindful of the foods you eat and how it can affect your body. If you plan on cutting back, I recommend slowly eliminating foods from your diet, don't just go cold-turkey unless you can really cut it off like that. If you don't like working out alone, grab a friend or two that will hold you accountable and willing to exercise with you. As I close, the best thing about my fitness journey is being able to encourage and inspire people, some of whom I have never even physically met, who felt like they could never get fit or even work out. Those messages make all my toughest days in the gym worth it. I strive to let people know that they can do it. It may take time and a lot of hard work, but with Christ, all things are possible. And for my second close, I am a preacher's kid after all, I want to leave you with this final thought: "Be the best You, that You can be!"



And for my third close, remember the **#FitnessJourneyContinues now go be great!!!!**

Kelly Wilson, daughter of Rev. Alton and Michele Wilson, is a member of the Communications Ministry.



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



We meet the 2nd Saturday each month!
Come join us as we go after God with all our heart!

Zoom Meeting ID: 827 8986 6699

Passcode: 903992

Min. Monique Stroman (678) 357-8282

Sis. Leslie Houston (770) 296-8874

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



Sis. Diane Russell, Black History Coordinator
Communications Ministry



Reuben E. Brigety II, 47 was named the first African American President of the University of the South in 2020



Dr. Kizzmekia S. Corbett, 35 is a research fellow and the scientific lead for the Coronavirus Vaccines & Immunopathogenesis Team at the National Institutes of Health (NIH), National Institute of Allergy and Infectious Diseases, Vaccine Research Center (VRC).



Amanda Gorman, 22 became the youngest inaugural poet in U.S. history.



Jason Wright, 38, first Black president of a National Football League team

(Black History cont'd)



Eden Bridgeman Sklenar, 34 recently became the new owner of Ebony and Jet under Bridgeman Sports and Media.



In May 2020, Nicholas Johnson, 23 was announced as Princeton University's first Black valedictorian in the school's 275-year history.



In November 2020, Noah Harris, 21 a junior from Hattiesburg, Mississippi became the first Black man elected to serve as Harvard's student body president in the school's 384-year history.




Rashida Jones, 39, MSNBC president and first Black executive to run a major television news network.



Sydney Barber, 21, U.S. Naval Academy's first Black female brigade commander in its 175-year history.



Cheick Camara and Ermias Tadesse, 20, co-founders of BlackGen Capital, Cornell University's first Black investment fund




You are young, gifted, and Black. We must begin to tell our young, There's a world waiting for you, Yours is the quest that's just begun.

— James Weldon Johnson —

2 Lift Ev'ry Voice And Sing

Lyrics by JAMES WELDON JOHNSON Music by J. ROSAMOND JOHNSON

Maestoso ben sostenuto

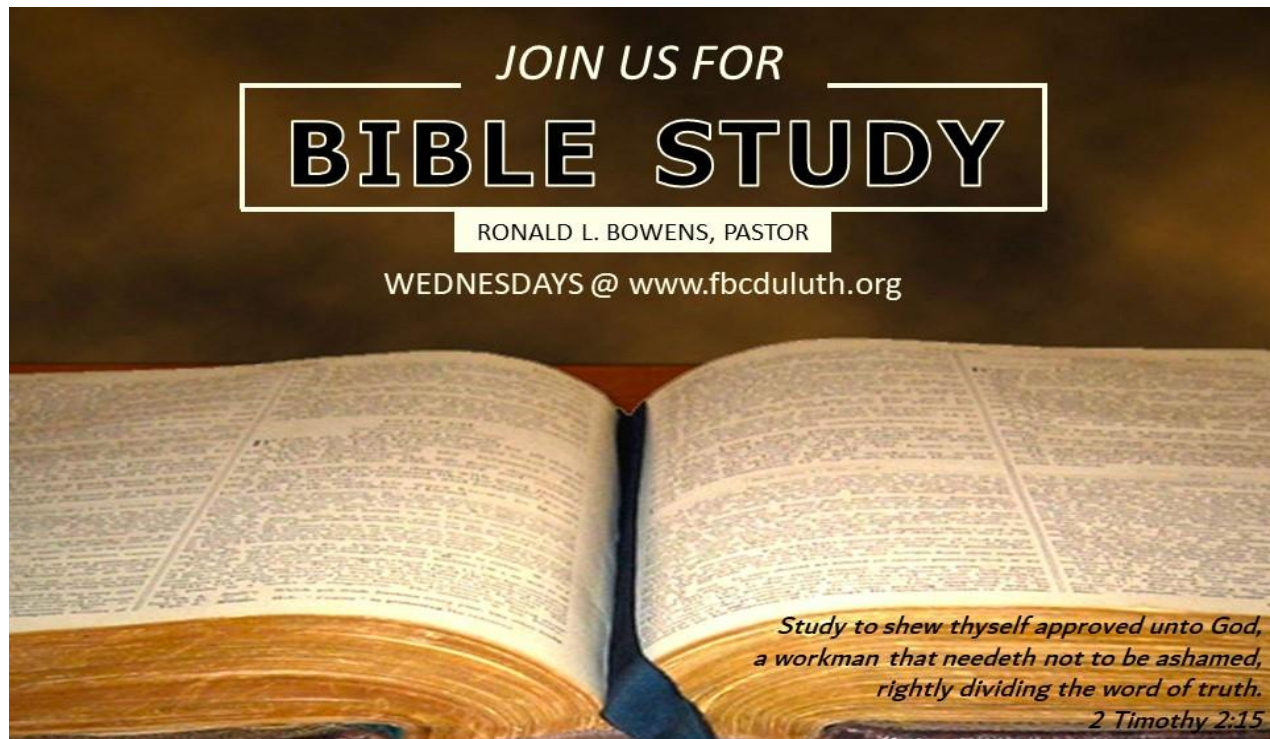


National Black Anthem

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.



THE JOURNEY IS SHORT

An elderly woman got on a bus and sat down. At the next stop, a strong, grumpy young lady climbed up and sat down beside the old woman, hitting her with her numerous bags.

When she saw that the elderly woman remained silent, the young woman asked her why she had not complained when she hit her with her bags?

The elderly woman replied with a Smile: "There is no need to be rude or discuss something so insignificant, as our journey together is so short, because I am going to get off at the next stop."

This answer deserves to be written in gold letters: **"There is no need to discuss something so insignificant, because our journey together is too short."**

Each of us must understand that our time in this world is so short. That darkening it with useless arguments, jealousy, not forgiving others, discontentment and bad attitudes are a ridiculous waste of time and energy.

- Did someone break your heart? Stay calm. The trip is too short.
- Did someone betray, intimidate, cheat or humiliate you? Relax. Don't stress. The trip is too short.
- Did someone insult you without reason? Shake it off. Ignore it. The trip is too short.
- Did a neighbor make a comment that you didn't like? Take a deep breath. Ignore him/her. Forgive and forget it. The trip is too short.

Whatever problem someone has brought us, remember that our journey together is too short. No one knows the length of our trip. Nobody knows when it will arrive at its stop. Our trip together is short.

Let us appreciate friends and family. Let us be respectful, kind and forgiving. In return, we will be filled with gratitude and joy. After all, our trip together is very short.

Share your smile with everyone. Our trip is very short... Author Unknown



ADULT ONLINE
Sunday SCHOOL
9:45 am
@fbcduluth.org

Women's Class Marriage Class
Men's Class Conn3ct
Living Single for Christ

Sunday School Books
available in the Church Office
Monday-Thursday
10am-2pm



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

FBC Sunday School on ZOOM! 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 the fall quarter will focus on “Celebrating God.” Sunday school books are available for pick up from the Church office Monday-Friday, 10am-2pm.

From the August 29th lesson “Hope Eternal” 2 Corinthians 4:1-5:10 5:1 For we know that if our earthly house of this tabernacle were dissolved, we have a building of God, a house not made with hands, eternal in the heavens.

Liberating Lesson: Adversities can serve a definite purpose in our lives. C.S. Lewis, in his book *The Problem with Pain*, says, “God whispers to us in our pleasures, speaks in our conscience, but shouts in our pain: it is His megaphone to rouse a deaf world.” Think of our society today. Most of the world’s achievements have come through hardship and pain, including most professions, inventions, personal accomplishments, relationships, parenting, great leaders, and church ministries. Take time and talk about how pain has been a driving force even in your life. There is truth to the saying: “No pain no gain.”

Application for Activation: While we still do not like pain in our lives, we must see the value that it plays. Think of someone who is going through tough times. Think of ways you could encourage them. Spend time praying that God would give you the right words to uplift and motivate others.



Friendship Baptist Church

YOUTH SUNDAY SCHOOL

SUNDAYS
🕒 9:00 - 9:45 AM

Go to fbcduluth.org and click Online Youth Sunday School

Come fellowship and gain a much deeper understanding of God's Word so you can apply these scriptural truths to your everyday life.

YOUTH MINISTRY

Sis. Charlene Benn, Ministry Leader



TEEN MINISTRY

Rev. Stan & Min. Barbara Williams, Ministry Leaders

WORD SEARCH – SALVATION

All the words listed below are in the puzzle.

Print this page and circle each letter of the words you find left, right, up, down or diagonally.

After you have found all the words, unscramble the leftover letters to form the mystery answer to Salvation.

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

Atonement	Devotion	Life	Repent
Baptism	Forgiveness	Love	Resurrection
Bible	Grace	Luther	Righteousness
Commandments	Holiness	Morals	Sacraments
Commitment	Hope	Paul	Sacrifice
Confess	Humility	Peace	Shepherd
Conscience	Individual	Redemption	Soteriology
Deliverance	Joy	Regeneration	Works

Mystery Answer: _ _ _ _ _

Answer on p. 28



Church News & Other Important Information

Welcome Back! Friendship Baptist Church is open Sundays at 11:00 am. The opening is limited and reservations are required. For Information and Registration go to fbcduluth.org/reopening/.

“Behold, how good and how pleasant it is for brethren to dwell together in unity!” Psalm 133:1

For the protection of everyone:

- Maintain social distancing
- A face mask is required at all times
- Follow ushers and staff instructions
- Walk directly outside after service
- Adhere to the signs posted in the church

“Let all things be done decently and in order.”
1 Corinthians 14:40



<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

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 who are sheltered in? 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 and would like to be a part of the ministry, please contact Louie Malone at tag49llm@aol.com.

AROUND GWINNETT

GWINNETT NOW A PURPLE HEART COUNTY

As a sign of Gwinnett County's deep respect for men and women wounded or killed in defense of our country, the Board of Commissioners has proclaimed Gwinnett as a Purple Heart County.

Recipients of the Purple Heart are eligible for a 10 percent discount on park facility rentals plus admission to pools, open gyms, tennis centers, programs, and classes. They can also receive free pet adoptions and free radon or soil tests from UGA Extension Gwinnett.

The Purple Heart Medal is awarded to military personnel wounded or killed in combat. Purple Heart recipients should show their DD214 papers or a membership card from the Military Order of the Purple Heart to receive the discounts and benefits.



GWINNETT POLICE TO APPEAR ON 'THE FIRST 48' AND 'AFTER THE FIRST 48'

You may soon be able to see the Gwinnett Police Department on national TV. The Board of Commissioners approved a contract renewal with Kirkstall Road Enterprises to film and produce "The First 48" and its new spinoff series, "After the First 48."

Camera crews have followed detectives around since 2017. "The First 48" gives viewers a behind-the-scenes look at homicide investigations within the two days after the crime occurred. "After the First 48" revisits cases and goes beyond the initial investigation, interviewing victims' families, detectives, prosecutors, and defense attorneys. Episodes for both shows will air later this year and early next year.

Mystery answer: FAITH

OPPORTUNITIES TO **SERVE** AT FRIENDSHIP

WEEKLY

Bible Study (Adult)	Wednesday	7:30 pm	Sanctuary
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

Classes and Meetings are virtual until further notice

MONTHLY MINISTRY MEETINGS

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 1 st & 3 rd Sunday	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
Singles Ministry	4th Saturday	12:30 pm	Lower Level - Heritage Church
Usher Ministry	1st Tuesday	7:00 pm	Room 135 Family Life Center
Women's Ministry	2nd Saturday	8:45 am	Fellowship Hall
Youth Choir Preparation	Tuesday before 2 nd & 4 th Sunday	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 using your gifts, talent, skills and time serving God's people **TOGETHER IN LOVE.**

Communications Ministry

President

Louie Malone

Vice President

Tina Patterson

Secretary

Hyacinth Chung

Assistant Secretary

Kelly Wilson

Treasurer

Michal Patterson

Chaplain

Regina Gilbert

Deacon Advisor

Harold Mitchell

Newsletter Staff

Editor-in-Chief/Graphic Designer

Paulette Tapp

Editor/Proofreader

Christine Smith

Diane Russell

Photographers

Louie Malone

Shirley Price

Publisher

Louie Malone

Reporters/Writers

Hyacinth Chung

Jennifer Jones

Tina Patterson

Christine Smith

Kelly Wilson

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 OCTOBER SUBMITTALS IS
FRIDAY, OCTOBER 15TH**



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

FBC Ministers of Evangelism

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