

The Testament

October 2013

Lincoln Memorial Baptist Church

Durham, NC

Power Within: A Sound Mind

- by Sis. Chanetta Evans



Although I do not have kids of my own, I have a host of nieces and nephews. This year my oldest niece has just gone off to college. I'm sure just as any parent you want the best for your child. You have hopes that they will make all the right choices that you have so graciously instilled within them. With my niece, I am having challenges trusting that she will make all the right decisions. I am constantly checking up on her, and when she tells me about her experiences I am always putting my two cents in. I have noticed that after every time she and I have spoken, my heart gets heavy, my mind becomes bogged down with worry, and that has started to take a toll on me. This same cycle of worry is the same when it comes to other things that I simply have no control over. What I do have control over is how I react or respond to a situation. I realize that I have to trust or have faith that she will make the right choices for herself, and even if she doesn't, I still have no control to make decisions for her.

Fear has played a reoccurring role in the lives of many and, according to dictionary.com, fear has been defined as something that causes feelings of dread or apprehension; a distressing emotion aroused by impending danger, evil, pain, etc.; concern or anxiety; or to be afraid or worried. I have often heard fear referred to as "False Evidence Appearing Real" when dealing with the spiritual. Just to set the record straight, I am not speaking of fear in the sense of a phobia as in being scared of spiders, or of heights, which can tie in as well. However, I am making reference to fear that is caused by doubt because of

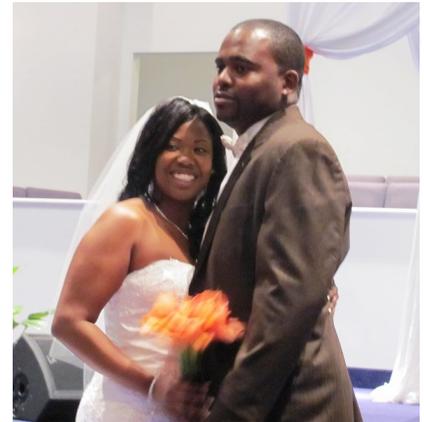
a lack of faith. It is the fear that we experience when the enemy tries to magnify negative situations over what is true.

Do you ever feel any of those emotions when dealing with things that you have no control over? I remember dating this young fella in high school who planted fear in me because of his rage. I became so afraid to even speak around him just to avoid him getting upset. This situation alone has made it difficult for me to verbally express my feelings to anyone in fear of the response, something else I have no control over. This, too, is a cycle of fear that has played over and over again in my life.

Paul wrote to Timothy, "But God has not given us the spirit of fear, but of love, and of power and of a sound mind." 2 Timothy 1:7. A sound mind is interpreted here as self-controlled or sober minded according to Strong's. We have the power within to deal with fear through love, power and through self-control. If we recap last month's Power Within, we read that greater is He that is in us, than he that is in the world. So with that being said, things on the outside of us cannot dictate to us who we will be, unless we allow it to. When we give place for the enemy to sow seeds of fear inside us, we begin to focus more on the negative than the positive in the situation, which can cloud our minds. Having self-control or a sound mind in every situation allows us to pull from the power within, instead of being dictated by the enemy's vices on the outside of us, which only present the negative.

It takes one experience, one situation, one idea, one thought, one encounter, one person, one thing to

**What God hath
joined together...**



**Congratulations
Mr. & Mrs. William T.
Mayfield, Jr.**

SAVE THE DATE!!

Wednesday, October 2nd
Financial Services Presentation
Durham Regional Financial Center
7:00pm

Saturday, October 19th
Stop the Silence to
Domestic Violence Program
3:00pm

Sunday, October 20th
Annual State Fair Outing
Following Morning Worship Service

Saturday, October 26th
Trunk-A-Treat
4:00pm

Sunday, October 27th
Family and Friends Day
Celebration

change your life forever, if you let it. Next month, we will go behind the power of one, to see how the loneliest number has so much power. In the meantime, stay positive with a sound mind.

The Vision

Habakkuk 2:2-3

“And the Lord answered me, and said, Write the Vision, and make it plain upon tables, that he may run that readeth it. For the Vision is for an appointed time, but at the end it shall speak and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.”



Let's Build the Community in the Church

1. A New Sanctuary
2. Burn the Present Mortgage within 4 Years
3. Let's All Get Debt Free (in every sense)
4. Be Faithful Stewards (Time, Talent, & Treasure)
5. Every Member Operating in their Spiritual Gift(s)
6. Break Ground within 5 Years
7. Total Church Commitment to Bible Study and Prayer

Acts 4³¹ And when they had prayed, the place was shaken where they were assembled together; and they were all filled with the Holy Ghost, and they spake the word of God with boldness.³² And the multitude of them that believed were of one heart and of one soul: neither said any of them that ought of the things which he possessed was his own; but they had all things common.

Member Spotlight

-by Sis. Marva Atkins



Bro. Justin Bailey

Brother Justin Bailey has been a member of the Lincoln family for ten years. Justin was born in Durham, North Carolina where he attended Charles E. Jordan High School; he also attended North Carolina A & T University. Justin is currently attending Ashford University pursuing a degree in History. In his spare time Justin enjoys watching sports and playing video games. Justin is the son of Charles and Joyce Bailey and he has two brothers - Charles Bailey Jr. and Patrick Bailey.

Happy Birthday

to our

October Birthday Celebrities!

Wilma Mayfield • Brittany Salaam

Cassandra Stone • Joshua Corley • Love Valentine

Brenda Atwater • Kathy Williams • Keanna Brodie

Jacqueline Campbell • Jocelyn Campbell

Cynthia Turrentine • Doris Mims • Ollie Baines

Dollie Israel • Ed Crawley • Lakesha Slade

Ariel Daye • Wanda Crawley • George Harris

Karen Boone • Remi Smith • Nekeita Battles

James Huff • Pamela Jernigan

Best Wishes For Many More!!

The Testament is produced monthly by our Newsletter Committee. Please send articles, photos or other items for publication to newsletter@mylmbc.org by the 3rd Sunday of each month.

Newsletter Committee

Chanetta Evans • Gloria Manley

Reginald Davis • Willee Murphy

Joan Lofton • Marva Atkins

William Mayfield • Earleen Sharrock

Dean Jernigan, Chair

Food For Thought...

I Love To Tell The Story

*I love to tell the story
of unseen things above,
of Jesus and his glory,
of Jesus and his love.*

*I love to tell the story,
because I know 'tis true;
it satisfies my longings
as nothing else can do.*

*I love to tell the story,
'twill be my theme in glory,
to tell the old, old story
of Jesus and his love.*

*I love to tell the story;
more wonderful it seems
than all the golden fancies
of all our golden dreams.*

*I love to tell the story,
it did so much for me;
and that is just the reason
I tell it now to thee.*

*I love to tell the story;
'tis pleasant to repeat
what seems, each time I tell it,
more wonderfully sweet.*

*I love to tell the story,
for some have never heard
the message of salvation
from God's own holy Word.*

*I love to tell the story,
for those who know it best
seem hungering and thirsting
to hear it like the rest.*

*And when, in scenes of glory,
I sing the new, new song,
'twill be the old, old story
that I have loved so long.*

- Katherine Hankey

The Family Business

- by Deacon Dean Jernigan

In 1942, entrepreneur John Johnson realized his dream of owning a publishing business when he started his "Negro Digest" magazine. Years later, he created "Ebony" and "Jet" magazines and became a wealthy and influential individual. After many decades of success, Mr. Johnson transferred the leadership and management of his company over to his daughter, Linda Johnson-Rice, and the company continues to prosper.

Like Johnson, Earl Graves dreamed of converting his entrepreneurial aspirations into success. In 1970, Graves started his "Black Enterprise" magazine as a means of providing information designed to promote economic prosperity in the Black community. His success extended into radio and television as well. Consistent with the actions of Mr. Johnson, Mr. Graves transferred the leadership of his company over to his son, Earl "Butch" Graves, Jr., to continue the growth and legacy of the family business that he nurtured to prosperity.

If you stay in a room long enough with John C. "Skeepie" Scarborough, III, he will be sure to tell you about his role in the enduring legacy of

Scarborough and Hargett Funeral Home here in Durham. Born into the family business and walking in a path that was also traveled by his father, Mr. Scarborough represents the fourth generation of leadership at the funeral home. For over 140 years, their formula for success has been to provide "A Dignified Service in a Sympathetic Way" to each family in need of their services during a time of bereavement.

Each of the individuals named above has assumed a meaningful role in promoting the growth of their individual family businesses. Success and prosperity have been the blessings bestowed upon them for their efforts.

As Christians, we too belong to a family business and it is in constant need of our help in order to grow. It is a business that was started by our heavenly Father when he transformed the dust of the earth into the flesh of man. We're in the soul-saving business and our primary responsibility is to lead the unsaved to Christ. Equally important is our duty to help our saved brothers and sisters fight off the enemy of God and

to stay on the path that leads to salvation and eternal life.



It can be a tough and trying responsibility, but by being grounded in the Word and fueled by faith, each of us can make a positive contribution to ensuring the success of our family business. Our heavenly Father has strengthened us in special areas and placed spiritual leaders among us to provide guidance and support. "But unto every one of us is given grace according to the measure of the gift of Christ. And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers; for the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ." (Ephesians 4:7;11-12)

If you're not already doing so, make it your purpose to become actively involved in the family business. There is always plenty of work to do and the compensation package is out of this world! See you at work - out on the battlefield for our Lord!

I Refuse!

*I refuse to be discouraged, To be sad, or to cry;
I refuse to be downhearted, and here's the reason why:
I have a God who's mighty, Who's sovereign and supreme;
I have a God who loves me, and I am on His team.
He is all-wise and powerful. Jesus is His name;
Though everything is changeable, My God remains the same.
My God knows all that's happening; Beginning to the end;
His presence is my comfort; He is my dearest Friend.
When sickness comes to weaken me, To bring my head down low,
I call upon my mighty God; Into His arms I go.
When circumstances threaten to rob me of my peace;
He draws me close unto His breast, Where all my strivings cease.
When my heart melts within me, and weakness takes control;
He gathers me into His arms, He soothes my heart and soul.
The great "I AM" is with me. My life is in His hand.
The "Son of the Lord" is my hope. It's in His strength I stand.
I refuse to be defeated. My eyes are on my God;
He has promised to be with me, As through this life I trod.
I'm looking past all my circumstances, To Heaven's throne above;
My prayers have reached the heart of God I'm resting in His love.
I give God thanks in everything. My eyes are on His face;
The battle's His, the victory mine; He'll help me win the race.
I can do all things through Christ who strengthens me!!!!*

Domestic Violence Awareness

October is Domestic Violence Awareness month. The Lincoln family will host a series of events to enlighten our community to the harmful effects of domestic violence. Our “Stop The Silence to Domestic Violence Program” is held in honor of the Rev. Jeanetta Crawford and Sis. Latisha Williams, two departed members of the Lincoln family who lost their lives as victims of domestic violence.



Rev. Jeanetta Crawford



Sis. Latisha Williams

The list of planned activities includes the following:

Saturday, October 5th - Minister Lacha' Mitchell-Scott and Ms. Tammy Rodman will be guest speakers at the Women of Faith meeting. Both women are survivors of domestic violence.

Wednesday, October 16th - A special presentation will be made during our Bible Study time period by the Durham Crisis Response Center.

Saturday, October 19th - Our annual “Stop The Silence to Domestic Violence Program” will be held at 4:00pm. Minister Decembre Pierce will be the guest speaker. Min. Pierce is the author of several books and shares inspirational words of wisdom to assist women with avoiding the pitfalls of domestic violence.

From her biography, she writes: “I am a fighter! I don't believe in letting or allowing the devil to take away what God has designed for me to have! I walk by faith and NOT by sight. Sometimes, when things look bad, that's when you must begin to have faith that EVERYTHING will be okay! During bad times, you must speak LIFE into your situation! You must believe that GOD can restore you and make any situation that the devil has intended to be bad, to end up being good.”



Sunday, October 20th - Special presentation during morning worship service from Ms. Sandra Dubose. Known as “The Bald Beauty Queen of Self-Esteem”, she is an author, singer, songwriter and motivational speaker.

She is a radio personality on WSHA 88.9 FM in Raleigh N.C., and the author of *My Crown and Glory-It's NOT About the Hair*. Through her words and music, Sandra empowers others by sharing her expert strategies to build self-esteem, and by letting her light shine bright to lead the way to self-love and personal freedom.

Please contact Sis. LaSheka Wilks for additional information regarding our Domestic Violence Awareness Programs

Words of Wisdom and Encouragement

- by Sis. Gloria Manley

The love you gave to me,
your Mercy and Grace kept me
I love you Jesus, I'm so thankful and
very grateful for your love.
You've given me hope, faith for tomorrow
(love, peace and joy).

You died for me on Calvary
You shed your blood
You gave me love
You saved my soul
You made me whole
You set me free
When you died and rose for me on Calvary
(Calvary)
You and me
(Calvary)

I give you the utmost Glory, honor, and praise
during my good and bad days
I know your name, I'm not the same
You were there Jesus through my storms of
confusion, rain and pain
I'll never let you go
It's you Jesus I now know
There isn't any measure
My pot of Gold, my treasure
Your love lies in my soul deep within
(I found you Jesus)
You are my dearest and utmost best friend
I have hope and faith for tomorrow
Love, joy in my heart unfolds
It's you Jesus I behold
Your love lives in my heart and soul
A key to success and happiness unfolds.
Open up your heart for God
Love one another - we are all sisters and brothers
Descendants of Adam and Eve
This I know I believe
With love in our hearts
We can make a new start
We as a nation can stand bold and free
There is a great difference in me.
I can let the whole world know and see
(what the Lord has done for me!)

Health & Wellness Corner

Eat a variety of nutritious foods from all the food groups.

You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have vitamins, minerals, fiber and other nutrients but are lower in calories. To get the nutrients you need, choose foods like vegetables, fruits, whole-grain products and fat-free or low-fat dairy products most often.

- ◆ Vegetables and fruits are high in vitamins, minerals and fiber — and they're low in calories. Eating a variety of fruits and vegetables may help you control your weight and your blood pressure.
- ◆ Unrefined whole-grain foods contain fiber that can help lower your blood cholesterol and help you feel full, which may help you manage your weight.
- ◆ Eat fish at least twice a week. Recent research shows that eating oily fish containing omega-3 fatty acids (for example, salmon, trout, and herring) may help lower your risk of death from coronary artery disease.

Eat less of the nutrient-poor foods.

The right number of calories to eat each day is based on your age and physical activity level and whether you're trying to gain, lose or maintain your weight. You could use your daily allotment of calories on a few high-calorie foods and beverages, but you probably wouldn't get the nutrients your body needs to be healthy. Limit foods and beverages high in calories but low in nutrients, and limit how much saturated fat, *trans* fat, cholesterol and sodium. Read labels carefully — the Nutrition Facts panel will tell you how much of those nutrients each food or beverage contains.

As you make daily food choices, base your eating pattern on these recommendations:

- ◆ Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- ◆ Select fat-free, 1 percent fat, and low-fat dairy products.
- ◆ Cut back on foods containing partially hydrogenated vegetable oils to reduce *trans* fat in your diet.
- ◆ Cut back on foods high in dietary cholesterol. Aim to eat less than 300 milligrams of cholesterol each day.
- ◆ Cut back on beverages and foods with added sugars.
- ◆ Choose and prepare foods with little or no salt. Aim to eat less than 1,500 milligrams of sodium per day. Learn more about limiting sodium.
- ◆ Follow the American Heart Association recommendations when you eat out, and keep an eye on your portion sizes.

www.heart.org/HEARTORG/GettingHealthy

- submitted by Sis. Karen Boone

KIDZ ZONE

-submitted by Sis. Earleen Sharrock

BibleWise

The 10 Commandments

How well do you know your commandments? Fill in the banks to complete each commandment.

1. Thou shalt not have no other _____ before me.
2. Thou shalt not make unto thee any _____ image.
3. Thou shalt not take the name of the Lord thy God in _____.
4. Remember the _____ day to keep it holy.
5. Honor your _____ and your _____.
6. Thou shalt not _____.
7. Thou shalt not commit _____.
8. Thou shalt not _____.
9. Thou shalt not bear false _____ against thy _____.
10. Thou shalt not _____ thy neighbour's house, thou shalt not covet they neighbor's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbor's.

Try these words:

mother	vain	witness	covet	Sabbath	adultery
kill	gods	steal	graven	father	neighbor

October 2013

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12:00Noon Noon Day Prayer 6:30pm Pastor’s Aide Committee	2 6:00pm Sounds of Joy 6:30pm Intercessory Prayer 7:00pm Financial Presentation Dance Ministry	3	4 6:00pm Praise Team 7:00pm Voices of Praise	5 10:00am Trustees 12:00Noon Women of Faith
6 7:30am Deacons 3:00pm Youth Missionary	7	8 12:00Noon Noon Day Prayer 6:30pm Health & Wellness Ministry	9 6:00pm Sounds of Joy 6:30pm Intercessory Prayer 7:00pm Bible Study and Dance Ministry	10 6:00pm Christian Board	11 6:00pm Praise Team 7:00pm Voices of Praise	12 10:00am Deaconess 6:00pm Couples Ministry
13 3:00pm Youth Missionary Mtg	14 6:00pm Praise Team 7:00pm Voices of Praise	15 12:00Noon Noon Day Prayer 6:30pm Male Chorus	16 6:00pm Music Ministry 6:30pm Intercessory Prayer 7:00pm Bible Study	17	18	19 9:00am Laymen’s League 12Noon Male Chorus Rehearsal 3:00pm Domestic Violence Program
20 State Fair Outing <i>(After Morning Worship Service)</i>	21	22 12:00Noon Noon Day Prayer	23 6:30pm Intercessory Prayer 7:00pm Bible Study	24 6:00pm Neighborhood PAC 6:30pm YAC 6:00pm Male Chorus	25	26 10:00am Missionary Dept. Meeting 4:00pm Trunk-A-Treat
27 Family and Friends Day 1:00pm Usher Board	28 6:00pm Praise Team 7:00pm Voices of Praise	29 12:00Noon Noon Day Prayer 6:30pm Computing & Technology	30 6:00pm Sounds of Joy 6:30pm Intercessory Prayer 7:00pm Bible Study and Dance Ministry	31	<div style="border: 1px solid black; padding: 5px;"> <p><i>To add an event to the church calendar, please contact Sis. Jocelyn Campbell by calling the church at 688-1886. You may also reach her via email at churchcalendar@mylmbc.org.</i></p> </div>	