



In honor of the Greensboro 4 and the historic sit-in, Pastor Middleton was recognized at NC A & T's Unsung Hero Ceremony January 29, 2010. See story on Greensboro 4, pg. 2.

Worship: 10:00am

Bible Study: Tuesdays at 7:00pm

Christian Foundations

Institute: 2nd, 3rd & 4th Sundays at 11:00am (For children ages 3-12); Teen Sessions held 2nd & 4th Sundays (for youth ages 13-18)

Fasting and meditation: Each Wednesday

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FEBRUARY 2010

Volume 4, Issue 2

Speaking of Hope

ABUNDANT HOPE CHRISTIAN CHURCH

Rev. Mark-Anthony Middleton, Pastor

FROM THE PASTOR

Beloved,

Black History Month is a special time at Abundant Hope. Some of you may say "uh yeah obviously"; but it's not special simply because of our demographics. It's a special time because we believe that ingenuity, creativity, and accomplishments are meaningless if they are not subjected to the will of God, and aimed at His glory. This is why in our logo the Cross of Christ towers over and stands in front of the pyramid which is an enduring symbol of achievement. The celebration of Black History is a wonderful time to remember the question of our elders - "if it had not been for the Lord on our side, tell me where would I be?"

It seems that history is in the air. Sunday, January 31st was the first time in history our church did not worship due to inclement weather. Sunday, February 7th will be the first time in history we have had a guest preacher on a Communion Sunday. Monday, February 1, marked the 50th anniversary of the historic sit in at the Woolworth's lunch counter in Greensboro by four North Carolina A&T students. As part of the university's celebration of this event, I was moved to have several of you from AHCC present to celebrate my receiving an unsung hero award from my Alma Mater on Friday, January 29th along with several others whose company I simply did not deserve to be

in. I was awestruck to have present at that ceremony the surviving three members of the Greensboro Four.

The Greensboro Four engaged in ministry that mattered in 1960 and still matters to this very day. As I looked at; and listened to these giants of the Civil Rights Movement I reflected on the importance of doing things not just for the moment but for the ages. This is why we're focusing on our spirituality, health, finances, and relationships in 2010. These aren't just right now type issues; but if we deal with them right now then we will bear fruit as individuals and as a community for years to come. I invite you to join me this month in the spirit of the Greensboro Four to be heroic in our efforts to break chains and open doors for all people whether anybody sings our praises or not. **"Facing the rising sun of our new day begun, let us march on till victory is won."** I love you and I love being your pastor.

PM

PASTOR'S UPCOMING ENGAGEMENT

Sunday, February 28 at 5:00 pm
Compassion Worship Center
177 W 12th Street, Weldon, NC 27890
Bishop Wallace Cherry, Pastor



On February 1, 1960, four friends sat down at a lunch counter in Greensboro. That may not sound like a legendary moment, but it was. The four people were African American, and they sat where African Americans weren't allowed to sit. They did this to take a stand against segregation. Franklin McCain, Ezell Blair Jr. (later known as Jibreel Khazan), Joseph McNeil, and David Richmond were freshmen at the Agricultural and Technical College of North Carolina (now North Carolina A&T State University). The students wanted to protest segregation laws that prevented African Americans from entering certain public places. They agreed to stage a sit-in at Woolworth's, a variety store that had an eating area. African Americans could shop in the store and eat at a stand-up snack bar, but they could not sit at the lunch counter. "We didn't want to set the world on fire," Khazan said. "We just wanted to eat." Khazan and his friends would become known as the Greensboro Four.

The students hardly slept the night before the sit-in. They knew their actions would make some white people angry. They were afraid they would be arrested, beaten, or even killed. But they were determined to stand up for their rights and the rights of all African Americans.

The next day they went to Woolworth's. When they sat down at the lunch counter, a waitress told them that blacks weren't served there. They placed their orders anyway. The store manager asked them to leave. When they stayed in their seats, the manager called the Greensboro police chief, who said that he could do nothing as long as they remained quiet.

The store closed early, and the four students left peacefully. They were happy that they hadn't been arrested or bullied.

The Greensboro Four

That night they asked the members of several campus groups to join them, and many agreed. The next afternoon more than twenty African American students showed up at Woolworth's. Some white bystanders harassed them, but there was no violence. More students joined the demonstration each day. Soon black students from other colleges and some white students who supported the cause joined the sit-in. When the lunch counter filled up, the protesters picketed outside Woolworth's and began a second sit-in at a nearby store. Some of them were harassed and received threatening phone calls, but no one was harmed.

Students in other North Carolina cities started their own sit-ins. The peaceful protests soon spread to other states in the South. African Americans began picketing Woolworth's and other stores with segregated lunch counters in the North, too.

The Greensboro Woolworth's finally began serving blacks at its lunch counter on July 25, 1960, six months after the sit-in began. The first people served were the lunch counter employees themselves. In the first week, three hundred African Americans ate at that lunch counter.

The Greensboro Four became famous for fighting discrimination. Because of their courage, principles, and persistence, they have become legends in North Carolina and United States history.

***During the month of February,
Abundant Hope Youth will present
famous African Americans :***

Alvin Ailey - choreographer

Ernie Barnes - artist

Althea Gibson - tennis player

Dr. Ben Carson - neurologist

Our theme is "Dreams Not Deferred."



From the Women's Ministry: February is American Heart Month

-Heart disease is the leading cause of death in the United States. About every

25 seconds, an American will have a coronary event. Heart disease is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2009, an estimated 785,000 Americans had a new coronary attack, and about 470,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one. The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future.

Diseases and Conditions That Put Your Heart at Risk

Other conditions that affect your heart or increase your risk of death or disability include arrhythmia, heart failure, and peripheral artery disease (PAD). High cholesterol, high blood pressure, obesity, diabetes, tobacco use, and secondhand smoke are also risk factors associated with heart disease. For a full list of diseases and conditions along with risk factors and other health information associated with heart disease, visit the American Heart Association.

Know Your Signs and Symptoms

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

-Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.

- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

- Other signs. These may include breaking out in a cold sweat, nausea, or lightheadedness.

Healthy Lifestyle: Diet and Nutrition, Exercise and Fitness

A healthy diet and lifestyle are the best weapons you have to fight heart disease. Many people make it harder than it is. It is important to remember that it is the overall pattern of the choices you make that counts. 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% 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 mg 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 2,300 mg of sodium per day. All persons who have hypertension, all middle-aged and older adults, and all blacks should consume no more than 1,500 mg of sodium per day.

-If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man.

-Keep an eye on your portion sizes.

Physical activity in your daily life is an important step to preventing heart disease. You can take a few simple steps at home, at work, and at play to increase the amount of physical activity in your life.

Women and Heart Disease: Quick Facts

Although heart disease is sometimes thought of as a "man's disease," it is the leading cause of death for both women and men in the United States, and women account for nearly 50% of heart disease deaths.

In 2006, heart disease was the cause of death in nearly 316,000 females.

Heart disease is often perceived as an "older woman's disease," and it is the leading cause of death among women aged 65 years and older. However, heart disease is the third leading cause of death among women aged 25-44 years and the second leading cause of death among women aged 45-64 years. Remember that many cases of heart disease can be prevented!



ABUNDANT HOPE CHRISTIAN CHURCH

Worship Space:

Pearsontown Elementary School,
4915 Barbee Road Durham, NC

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Executive Park
1920 Highway 54, Suite 110
Durham, NC 27713

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THERE IS HOPE IN CHRIST!

We're on the Web:

www.abundanthopecc.com

The Alliances of Hope will host a semi-formal event Saturday, February 13, 2010
7:00 pm - 11:00 pm
at Pearsonstown

Please join us for a "CELEBRATION OF LOVE". Ticket prices: \$75 per couple, \$40 per single and \$25 per child.



COMMUNITY OUTREACH

Ronald McDonald House

The Ronald McDonald House serves as "a home away from home" for families of ill children. At Abundant Hope Christian Church, we support the Ronald McDonald House of Durham in the following ways:

- Tab Collection
 - Aluminum tabs from fruits, vegetables, and beverages are collected on the 4th Sunday of each month. These tabs assist families pay their rent at the Ronald McDonald House.
- Meal & Fellowship
 - Many days the Ronald McDonald House does not have volunteer meals. As a result, many families go without meals. Abundant Hope will serve dinner and fellowship with the residents and their families at 6:00 on the following dates:

March 10, June 9, September 22, and November 10

Community Outreach needs a team of six disciples to help serve on each designated day. For more information and to volunteer, please see Sister Paulette Scott.

ALLIANCES OF HOPE

"Spare Change for Hope"

PURPOSE: The primary purpose of the "Spare Change for Hope" fundraiser is to support the building fund of Abundant Hope Christian Church.

HOW YOU CAN BE A PART:

All you need to get started is a collection container. During the month, collect loose change. At the end of the month (normally the last Sunday in each month), bring your change to the worship space and place it in the designated receptacle.

Meetings & Rehearsals

Adult Choir:

Thursdays, 7:00pm at church office. Interested in joining? Contact Sis. Davon Townsend (dmtownse@gmail.com) or Sis. Leslie Jones (alphadelta27@hotmail.com).

Adult Praise Dance:

February 13 & 27, 9:00-11:00am

Men's Ministry:

Saturday, **February 27**, 9:00am at Golden Corral. Focus of meeting: planning 2010 activities. All men of AHCC are encouraged to attend.

Usher's Ministry:

Sunday, **March 7**, 8:30am in Pearsonstown cafeteria. Parents of youth and teen ushers are invited to participate in the meeting.

Women's Ministry:

Saturday, **February 20**, 10:00am at Lakeside Garden Apartments, 820 Martin Luther King Jr. Parkway, Durham.

Youth Choir:

February 16 & 23, 7:00pm in media center during Bible study; **February 25**, 7:00pm at church office. The youth choir will sing Sunday, February 28 in black bottoms and red tops.

Youth Praise Dance:

February 13 & 27, 11:30am—1:30 pm