

Special Interest Articles

For Your Health:

June is Men's Health Month.

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Community Service Interest Sought:

AH Needs You!

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Keeping the Faith:

Trouble Don't Last Always

Pg 4



There is hope in Christ!

Did You Know...

IHN Dinner & Fellowship
June 3, 2011 @ 5:30pm

**AHCC 3rd Annual
Mother/Daughter Tea**
June 11, 2011 @ 2pm

AHCC 8th Anniversary Events

6/21 – Baptism @ Antioch Baptist Church

6/23 & 6/24 – Revival Days

6/25 - Friends and Family Day @ Sandling Beach

6/26 – Anniversary Service & Culmination



From the Pastor

Beloved,

Happy Anniversary and congratulations on another year of service to the King of Kings! Our theme for this year is simply "Reflection". We look back on what God has done for us and from where the Lord has brought us. We also, however, consider the reflection that we cast. When we look into the mirror what image do we see of ourselves and how much of God do we reflect to the world around us? As part of our celebration, I will

be sharing some of the challenges I have experienced, and insights I have gained as Hope's leader. In essence, I will be sharing some of my personal journal entries this month during preaching as part of our anniversary celebration. I want to thank all of you that have played a role in this unfolding journey we call Abundant Hope. There's always a temptation to want to say something big and grand on momentous occasions but there's an important lesson that I've learned.

When facing a magnificent sunset, a thunderous waterfall, or a soaring eagle, it's best to just be quiet and embrace it. Some things weren't meant to be described – they're just to be beheld and celebrated. The past 8 years are beyond description for those of us that have shared this journey. So I just recommend that for a moment we just joyously, reverently, and sometimes even silently behold what the Lord has done. There is still Hope in Jesus Christ. Happy Anniversary!
PM

8 Years of Hope & More Coming



Happy 8th Anniversary, AHCC!

This month, AH celebrates 8 years of touching lives, bringing hope, faith and Christ to the City of Durham, surrounding areas, and those that we've been honored to reach across the world.

With this celebration comes a slew of events open to all who care to enjoy this time with the AH family.

Join us for:

Baptism Service on June 21st
@ 7pm. This service takes place at Antioch.

Two days of **Revival on June 23rd-24th**.

Our annual **Friends & Family Day on June 25th**. This year, the outing will be held at Sandling Beach. We'll be glad for all to come out and celebrate with us.

And finally, the week culminates with **Sunday service on June 25th**.

We welcome all disciples, past and present, as well as

neighbors, friends, family and the community at large, to participate with us in this excellent time of looking back and moving forward.

We love and welcome you to Abundant Hope.

Just a friendly reminder: AHCC's worship and Bible studies are held at:

VFW Post 2740,
3707 Dearborn Drive
Durham, NC 27704.

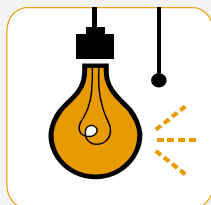
The office remains at Executive Park.



The Women of AHCC will honor the Men of AHCC immediately after service:

Father's Day, June 19.
All are welcome.

Women: Contact Leslie Jones or Minister Christine to help make this a successful fellowship.



Race for the Cure
Sat. June 11 @ 8am

Please contact Sis. Patricia Townsend for more details.

Healthy Men Know Their Particulars

June is Men's Health Month.

Prostate health is an important factor that most men are uncomfortable discussing. Considering the fact that more than 30 million men suffer from prostate conditions that can negatively affect quality of life, it is extremely important that we stay as educated as possible.

- **Over 50% of men in their 60s and as many as 90% in their 70s or older have symptoms of an enlarged prostate (BPH).**

- **Each year over 230,000 men will be diagnosed with prostate cancer and about**

30,000 will die of it.

- **Prostatitis is an issue for men of all ages and affects 35% of men aged 50 and older**

BPH (Benign Prostate Hyperplasia) BPH is a condition associated with aging, probably due to hormonal changes. Among men over 50, prostate enlargement may continue through the rest of their lives. Just as BPH symptoms vary with the individual, they also differ as the condition progresses. The discomfort and complications associated with an enlarged prostate are related to a combination of problems

that develop over time. In the early phase of prostate enlargement, a man may find it increasingly difficult to urinate because the bladder muscle has to work harder to push urine through the narrower urethra. This extra force may eventually thicken the bladder muscle, making the bladder overly sensitive to the presence of fluid and resulting in an urgent and frequent need to urinate. Over time, the bladder muscle may weaken, so that urine is not completely excreted. Any unusual variation or difficulty in the pattern of urination is a red flag that a prostate problem may exist. Although it is possible to have both conditions at the same time, there is no known link

Healthy Men...(con't)...

between BPH and prostate cancer.

Prostate Cancer

Prostate cancer is the most common cancer in men, and the second leading killer of men, behind lung cancer. Prostate cancer is generally very slow growing and most men die with prostate cancer rather than from it. It kills approximately 30,000 men each year. If detected early, it can be cured. In the early stages, prostate cancer usually doesn't cause symptoms. However, as the disease progresses, symptoms may develop. The lack of early symptoms and the overlap of symptoms with non-cancerous

conditions make prostate cancer difficult to diagnose. That's why it is essential to get screened regularly by your physician.

Prostatitis

Prostatitis is an inflammation of the prostate that may be caused by an infection. It's the most common prostate problem in men under 50. Diagnosis is usually made during a DRE (digital rectal exam), where the physician inserts a lubricated, gloved finger into the rectum to feel the prostate, or by examining fluid from the prostate under a microscope. Some doctors use a symptom index questionnaire developed by

the National Institutes of Health. Still, diagnosing prostatitis isn't easy, so the most important diagnostic tool your doctor has is you and your detailed descriptions of your symptoms. Prostatitis is not considered a serious disease, and it doesn't lead to cancer. But it's painful, extremely inconvenient, and sometimes difficult to cure. There are a number of treatment options that usually provide relief.

Reference: 2005 Men's Health Network!

-- Dr. Davon Townsend

Brain Master: Exercise Your Mind

Give your brain the workout it requires!

The first person to email the correct solution for the brain teaser to: info@abundanthopecc.com will receive a free prize from the AHCC swag bag!

The Brain Master solution will be displayed in June's issue of SOH.

Brain Teaser of the Month:

A father took his son to the hospital for emergency treatment after an accident. The doctor greeted them, but on seeing the boy, exclaimed, "I can't operate on him - he's my son!"

How can this be? (The son was not adopted, nor a

step-son.)

May's Winner: No One!
All were stumped in May!
AH thanks all participants for their efforts.

May's BM Solution:
Dead & Green. Dead doesn't belong because its the only one that's not a color. Green doesn't belong because its the only one that's not a sea.

Mother-Daughter Tea



One sip of this will bathe the drooping spirit in delight, beyond the bliss of dreams. ~Milton

Join: The Mothers, Daughters & Women of AHCC featuring Evangelist Sharon Hasty McLendon.

When: Saturday, June 11 @ 2pm
Where: Lakeside Elementary School

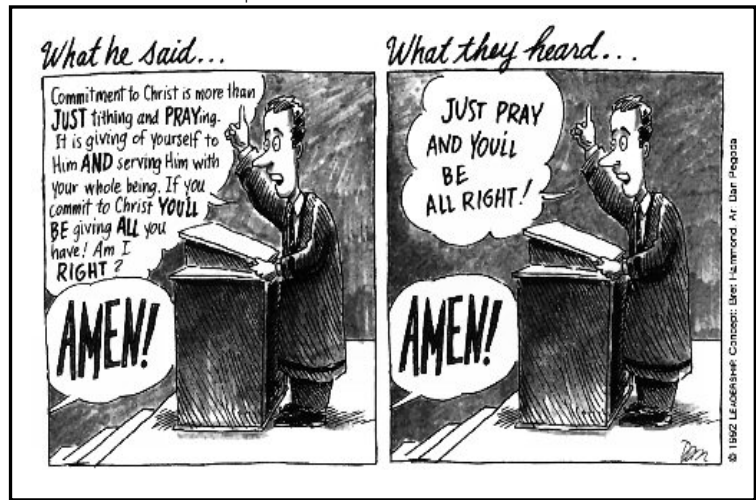
Vending Available:
 8 slots left. Table with meal -\$30. Without meal - \$25. All proceeds go to the Nehemiah Building Fund. Turn in monies by Tuesday, June 7.

Care to Volunteer? Bring a Teapot or Cupcakes for our Daughters to ice.

For More Info: Minister Johnson at 919-806-1610.

Good Medicine

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Recognition of Excellence

Presented to: 2011 AHCC Graduates & Student Achievers
 From Abundant Hope Christian Church

Sunday, June 12, 2011
 Graduates submitting recognition forms by June 9th, please arrive by 9:45am, wearing caps & gowns.

A reception in your honor will follow service.

Way to Go!

AH Seeks Your Interest for Service in the Community

Volunteer with AHCC

-Ladies interested in being a part of a search committee for spiritual outings;

-Persons interested in working on a special program for:

-Breast Cancer Awareness

-Domestic Violence Awareness

-Women's Health Coalition.

We have several survivors and ladies dealing with these issues, and we'd like to gauge interest to focus

on these communities.

Please contact Sis. Leslie for more information.

Thursday, June 16, 2011
 Community Outreach seeks a team of 8 disciples to serve dinner for the Ronald McDonald House. Dinner is served at 6:00 p.m. For

more information, please see Paulette Scott.

**ABUNDANT HOPE
CHRISTIAN CHURCH**

Worship Space

VFW Post 2740
3707 Dearborn Drive
Durham, NC 27704

Office Location

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

Tel 919. 806.1610

Tel 919. 806.1225

Fax 919. 806.1002

E-mail

info@abundanthopecc.com



There is hope in Christ!

Spare Change for Hope - Supports the building fund for our new house of worship

Cell phones - Support battered women and children

Tabs- Support the Ronald McDonald House for extremely ill children



We're on the Web!

Visit us at:

www.abundanthopecc.com

www.abundanthopecc.org

Trouble Don't Last Always

"Will those who do evil never learn? They eat up my people like bread and wouldn't think of praying to the LORD.

Terror will grip them, for God is with those who obey him.

The wicked frustrate the plans of the oppressed, but the LORD will protect his people."

-Psalm 14:4-6

Sometimes people who are evil get away with underhanded deeds, for awhile. Sometimes, they discourage the plans of the oppressed. Sometimes they make it seem like God is not concerned with your well-being, or maybe, He's not even there.

But He is.
God sees this and doesn't

allow it to continue forever.

God is with those who obey him; he protects those who trust him. He protects those who are his.

Trust God even when evil appears triumphant.

God controls now and forever, and He will cut evil people off in time.

This, you can rely on.

About The Hope

Abundant Hope Christian Church is a non-denominational body of Christians focused on bringing the *tension of the gospel of Jesus Christ to bear on the culture in which we live and in our*

personal lives. We're a humble and growing group of folks who strive to know all that God has for us, and to share His grace through engaging worship, in-depth Bible study, regular fellowship and practical

living. We encourage all people to come out and worship with us exactly as is. Jesus loves you, we love you, and we know that you'll find hope in Jesus Christ.

AHCC MEETINGS & REHEARSALS

ADULT CHOIR

THURSDAYS IN

JUNE @ 7PM.

Meet at the VFW.

Contact Davon -

dmtownse@gmail.com.

YOUTH PRAISE DANCE

JUNE REHEARSALS TBD.

New members

welcome.

Contact Sis. K.

Thelemaque

WOMEN'S MINISTRY

TUESDAY, JUNE 14 @

6:15PM AT THE VFW. All

women welcome.

USHER'S MINISTRY

SUNDAY, JUNE 5,

Immediately following

service. Meet in the

VFW kitchen area.

Interested are

welcome.

YOUTH CHOIR

TUESDAYS, JUNE 7 & 14

@ 7PM. Meet at the

VFW Café.

**CHRISTIAN EDUCATION
MINISTRY**

TUESDAY, JUNE 7 @

6PM. Meet at the

VFW.

THURSDAY, JUNE 16 @

7PM. Meet @ AHCC

Office.

MEN'S MINISTRY

SATURDAY, JUNE 25

@9AM. Meet at

Sandling Beach to

setup for 8th Annual

Family & Friends Day.

VISION OF HOPE

WEDNESDAY, JUNE 7 @

6:15 PM. Meet at AHCC

Office.

GOING FORWARD:

JUNE 11

JUNE 11

JUNE 12

JUNE 19

JUNE 21-26

July 19

Susan Komen Race for the Cure @ 8am

3rd Annual Mother/Daughter Tea @ 2pm, Lakewood School

Graduate & Student Recognition Sunday

Father's Day Celebration following service

AHCC Anniversary Week Events

AHCC Summer Series Featuring Kim Arrington