

ABUNDANT HOPE CHRISTIAN CHURCH • REV. MARK-ANTHONY MIDDLETON, PASTOR
CELEBRATING 5 YEARS OF HOPE 2003–2008

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Worship Space:

Pearsontown Elementary School, 4915 Barbee Road
Durham, NC

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AHCC Weekly

Sunday Worship: 10:00am

Bible Study: Tuesdays at 7:00pm

Christian Foundations

Institute: Sundays at 11:00am (For children ages 3–12)

Weekly time of fasting and meditation: Each Wednesday



THERE IS HOPE!



THANK YOU PASTOR MIDDLETON!

You work vigorously, often neglecting personal needs to give us comfort and direction. You do so much, never expecting anything in return. During Clergy Appreciation Month, we take time out to acknowledge and celebrate the efforts of your leadership. Abundant Hope would not be the church it is today if we did not have a dynamic visionary and teacher.

May God bless you as you continue to guide us into a deeper relationship with Jesus Christ! We love you!

FROM THE PASTOR

Beloved,

Happy fall to you. Even as the season changes many of us find ourselves entering a new season in our lives. The same God that presides over the leaves changing colors is the same God that orders and purposes our lives, so take heart. I think it no coincidence that as many of us start looking towards the holiday season that our church would find itself in the middle of a gift unwrapping party. If you haven't gotten on board the great movement going on at AHCC surrounding spiritual gifts – it's not too late. Don't wait until January to start your New Year's resolutions. Grab your Bible NOW and come join the growing number of your brothers and sisters at Bible Study on Tuesdays at 7 p.m. If you can't make it on Tuesdays then stay tuned for small group discussions at the HOPE.

Speaking of gifts, I am excited to welcome an exceptionally gifted person to the AHCC team. Brother Elliott Williams will now officially serve as our lead musician. Let's warmly welcome this young man and his lovely wife and children in our midst. Elliott brings a passion for God, a heart for worship, and youthful energy to our music department. He will be a foundational piece in furthering the development of a ministry of excellence that is pleasing to God.

It's going to be a very busy and exciting fall season for our church. From clothing drives to voter registration; I want each of you in these coming weeks to think and pray about what it is God wants you to do in the life of your church. When 2009 rolls in I'm expecting a new generation of AHCC folk to be engaged and empowered in ministry. I invite you to travel with me to the next level that God has for us.

I love you and I love being your pastor.

PM

"The Gift Unwrapping Series" Continues This Month

*The Women's Ministry is proud to sponsor
"A Day of Enrichment"*



When: Saturday, October 18, 2008

Time: 10:00 am to noon

Where: The Cafeteria of Pearsonstown
Elementary School
4915 Barbee Road
Durham, NC 27713

Breast & Colon Cancer

Speaker: Sharon Bynum

Diabetes

Speaker: Davon Townsend

Children's Health

Speaker: Melissa Butler

Heart Disease

Speaker: Awanya Caesar

Exercise Class/Physical Activity

(15 minutes)

Who ever said physical activity is all work and no play? In fact, it can be just the opposite! There is no need to think of strenuous exercise or boring workouts. Instead, imagine doing fun physical activities you enjoy and watch the health benefits follow! Regular physical activity may help reduce your risk for many diseases including cardiovascular disease, type 2 diabetes, colon and breast cancers, and osteoporosis. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults. Despite the proven benefits of physical activity, more than 50% of American adults do not get enough physical activity to provide health benefits. 25% of adults are not active at all in their leisure time.

Healthy Refreshments will be served. Please wear comfortable clothing.

PASTOR'S UPCOMING ENGAGEMENTS

Thursday, October 9, 7:00 pm

Antioch Baptist Church

Church Anniversary Celebration

1415 Holloway St., Durham NC

Rev. Michael Page, Pastor

October 27—29 at 7:00 pm

Men's Fall Revival

**Asbury Temple United Methodist
Church**

201 S. Alston Ave., Durham NC

Rev. Shane Benjamin, Pastor

FALL FUN NIGHT 2008

ABUNDANT HOPE'S
ALTERNATIVE TO HALLOWEEN



**DON'T MISS A NIGHT FILLED WITH
FUN, FOOD & FELLOWSHIP!**



FRIDAY, OCTOBER 31

7:00PM - 9:30PM

PEARSONTOWN ELEMENTARY

***CHILDREN ARE ENCOURAGED TO DRESS AS
BIBLE OR OTHER HISTORICAL CHARACTERS***
Donations of hot dogs (chicken or beef), hot dog
buns, candy, chips, fruit (apples & oranges), bot-
tled water, canned soft drinks, and juice packs,
are needed.

Also, volunteers are needed for setup, cleanup &
monitoring activities.

**PLEASE SIGN-UP AT BIBLE STUDY, AFTER
WORSHIP OR CALL THE CHURCH OF-
FICE. DONATIONS CAN BE DELIVERED TO
THE CHURCH OFFICE OR RECEIVED AFTER
WORSHIP SERVICE.**



FROM THE TOPAZ ALLIANCE

The Shoe drive is moving along nicely. We are scheduled to have our first load picked up on October 10th and we are excited to see how many pounds we have gathered thus far. Remember we earn 22 cents per pound and our goal is to gather 30,000 pairs of shoes during the drive but we need everyone's help. Each one of us have at least one pair of shoes we no longer need. Summer is over so recycle those sandals. Don't forget to check with your co-workers and your family for their shoes. This fundraiser does not cost you one cent, only your time to gather and bring in your gently worn shoes that you were no longer using or going to give/throw away. Remember not only are you cleaning your closets out but your contribution will be a blessing to someone else.

If you forget to bring them in on Sunday, you can drop them off at Pearsontown from 9am-12noon on October 11th and 25th.

Thanks for your continued support!

FULL OF HOPE

"Full of Hope", Abundant Hope's Cookbook is now on sale for \$12.50.

The Abundant Hope immediate and extended family contributed their favorite recipes to our memorable collection, so pre-order a copy for yourself, family members, and friends. Full of Hope will make a great gift!

NOTE: Because all proceeds will go to the Nehemiah Building Fund, **presales** are necessary to send our cookbook to print. If you have any questions please contact, Melissa Butler.



AHCC'S WOMEN'S MINISTRY RAISING AWARENESS IN OCTOBER

The following articles address issues that hit close to home for many women.

What is Domestic Violence?

Domestic violence is about one person getting and keeping power and control over another person in an intimate relationship. The abusive person might be your current or former spouse, live-in lover or dating partner. A psychologist and law school professor who is an expert in domestic violence has described it as "a pattern of behavior in which one intimate partner uses physical violence, coercion, threats, intimidation, isolation and emotional, sexual or economic abuse to control and change the behavior of the other partner."

Domestic violence happens to people of all ages, races, ethnicities, and religions. It occurs in both opposite-sex and same-sex relationships. Economic or professional status does not indicate domestic violence - abusers and victims can be laborers or college professors, judges or janitors, doctors or orderlies, school-teachers, truck drivers, homemakers or store clerks. Domestic violence occurs in the poorest ghettos, the fanciest mansions and white-picket-fence neighborhoods.

Who does Domestic Violence happen to?

About 95% of victims of domestic violence are women. Over 50% of all women will experience physical violence in an intimate relationship, and for 24-30% of those women, the battering will be regular and on-going. Every 15 seconds the crime of battering occurs. (National Coalition Against Domestic Violence General Information Packet). Most abusers are men. They may seem gentle, mean, quiet or loud, and may be big or small. There is some evidence that shows boys who grow up with domestic violence often become abusers as adults, however, many abusers are from non-violent homes, and many boys from violent homes do not grow up to be abusive.

What are the laws against domestic violence and can they help me?

The law defines domestic violence in very specific ways. Every state and U.S. territory has laws that allow its courts to issue protection orders, as do many Indian tribes. Each state, territory or tribe decides for itself how to define domestic violence and how its laws will help and protect victims, so the laws are different from one jurisdiction to another. Although you may be a victim of domestic violence, the laws in your jurisdiction may be written in a way that does not include or protect you. This does not mean that you are not a victim, and it does not mean that you should not seek help.

The law is a useful and important tool for increasing safety and independence, but it is not the only tool. In addition to legal assistance, you might benefit from safety planning, medical care, counseling, economic assistance and planning, job placement, childcare, eldercare or pet care assistance, or many other types of practical help and advice. You can seek assistance from advocates, shelters, support groups, the National Domestic Violence Hotline, and perhaps even your religious leader or doctor.

October is... National Breast Cancer Awareness Month

National Breast Cancer Awareness Month is an opportunity for women to remember to practice good breast health throughout the year. While more than 182,000 women are diagnosed with invasive breast cancer annually, research has shown that the earlier the disease is detected, the greater the chances for successful treatment and survival.

Breast Health 101

I never thought learning about [breast cancer](#) would rank up there in importance with the big sale at Saks, but I just got one whopper of a wake-up call. Did you know that breast cancer is the second leading cause of cancer deaths in women today (after lung cancer)? It's estimated 1 in 8 women will develop breast cancer in her lifetime! Yikes! They say 182,800 new cases of invasive breast cancer ([Stages I-IV](#)) will be diagnosed among women in the U.S. this year. And another 39,900 women will be diagnosed with [ductal carcinoma in situ](#), a non-invasive variety (the earliest form of breast cancer, confined to the mild ducts). That's a lot of women.

I've been reading up about breast cancer, how to detect and how to avoid it. I know I usually dish out more fun and fashionable scoop, but this stuff is pretty important. I've broken it up to keep things as simple as possible...

[What Young Women Should Know About Breast Cancer/ Breast Health](#)

**Breast Cancer Increases With Age.
Get To Know Your Breasts.**

Know The Risk Factors.

[What Young Women Should Know About Their Mother's Breast Health \(Ages 40 to 60\)](#)

Screening Mammograms Can Help Detect Breast Cancer Early.

Self-Exams Should Supplement Mammography.

Know the risk factors.

[What All Women Should Know About Breast Cancer Prevention, Diagnosis, and Treatment](#)

Guidelines For Early Detection

The Biopsy

Breast Cancer Treatments

Breast Cancer Is Not A Death Sentence.

Breast Health 101 was created by she she me (www.shesheme.com) and Imaginis.com. For more information contact us via email at: breasthealth101@imaginis.com



The Threat and Signs of Heart Disease in Women

An American Heart Association survey taken several years revealed that women tend to underestimate their risk of heart disease and mistakenly believe that they are at greater risk of dying from other disease, such as breast cancer. However, it is important to note [coronary artery disease](#) is the number one cause of death in the United States among both men and women.

Over 500,000 (one-half million) American

women die of cardiovascular disease each year. This is twice the number of deaths from all cancer combined; lung cancer, the leading cause of cancer deaths, claims approximately 65,000 deaths per year, and breast cancer kills around 40,000 women. Other statistics from the American Heart Association:

- ✦ One in five women have some form of heart or blood vessel disease.
- ✦ 38% of women who have heart attacks die within the first year compared to 25% of men.
- ✦ 35% of women have a second heart attack within six years of the first attack compared to 18% of men.
- ✦ Over 60,000 women die of stroke each year; approximately 60% of stroke deaths occur in women.

Men have a greater risk of heart attack than women and are more likely to have heart attacks earlier in life than women. However, women are also at risk for heart disease. As a woman ages, her risk of heart disease increases: 9,000 American women under age 45 have heart attacks each year versus 250,000 women over age 65. Medical experts are unsure why the risk of heart disease increases in older women but some believe it may be related to the depletion of the female hormone estrogen at menopause.

As men age and their arteries become blocked, the body develops new arteries to serve as back-up blood routes; these back-up routes are called collateral blood supplies. However, women do not develop these collateral blood supplies as they age since, with estrogen, their blood vessels can expand to accommodate blockage. Thus, the thought is that when a woman's estrogen production decreases significantly at menopause, her arteries tend to lose their flexibility and her risk of heart disease increases significantly since no collateral blood supply is developed. This may also explain why more women are likely to die within a year of a heart attack than men.

Many of the risk factors for heart disease are the same for women and men. These risk factors include: high blood pressure, high cholesterol, diabetes, high fat diet, excessive weight, lack of physical activity, smoking, and a family history of heart disease. However, other risk factors for women include menopause (specifically, loss of estrogen at this time) and the use of oral contraceptives among smokers or those with high blood pressure.

Women also tend to have different heart attack symptoms than men. The following chart summarizes these differences: **Heart Attack Symptoms**

- | In Both Men and Women | More Often in Women Only |
|--------------------------------------|--|
| ✦ Pain/squeezing in middle of chest | |
| ✦ Shooting pain/numbness in left arm | |
| ✦ Sweating/nausea | ✦ Pain in the back, neck, or other areas |
| ✦ Exhaustion/shortness of breath | |
| ✦ Stomach upset/indigestion | |
| ✦ Feelings of anxiety | |

Ministry Meetings & Rehearsals

Adult Choir:

October 9 (at Pearsonstown) 6:30pm-8:30pm; **October 16 (at church office)** 6:00pm; **October 18 & 25 (church office)** 12:30pm—Praise Team & youth

Adult Praise Dance:

October 18, 9:00-11:00am

Alliances of Hope Leaders:

October 19 after service in the Pearsonstown cafeteria. This meeting with Pastor Middleton and the Nehemiah Ministry will replace the regular monthly Alliances of Hope Leaders' briefing and will last no more than one hour. Light refreshments will be served

Christian Education Ministry:

October 7, 6:30pm at Pearsonstown

Men's Ministry:

Saturday, **October 25** 9:00am in the church office —All AHCC men are encouraged to attend.

Nehemiah Ministry:

October 9 & 23, 7:00pm at the church office

Usher's Ministry:

November 2, 8:30am in Pearsonstown's cafeteria

Women's Ministry:

Saturday, **October 18**, 10:00am at Pearsonstown's cafeteria

Youth Choir:

October 7- 7pm -8:30 (during Bible study); **October 14-** 7pm -8:30 (during Bible study) **October 18-** church office 12:30pm (praise team and youth); **October 21-** 7pm -8:30 (during Bible study); **October 25-** church office 12:30pm (praise team and youth)

Youth Praise Dance:

October 11, 18 & 25 from 11:00am-1:00pm



OUTREACH IN THE COMMUNITY

**Saturday, October 11
Durham Ridge Assisted Living
Center at 1:00**

Community Outreach invites you to come for 1 hour of Bible study and fellowship with the residents of Durham Ridge Assisted Living facility on Saturday, October 11. Durham Ridge Assisted Living Center is located on 3420 Holloway Street.

**Wednesday, October 22, 2008
Ronald McDonald House**

Community Outreach provides another opportunity for the Abundant Hope Family to serve the residents at the Ronald McDonald House in Durham, NC. We are seeking a team of eight to serve dinner on Wednesday, October 22 at 6:00 p.m. The Ronald McDonald House is Located at 506 Alexander Avenue, Durham. Be there by 5:30 to help with setup. Contact Paulette Scott at 806-1787. COMMUNITY OUTREACH - PROVIDING HOPE!!

**Magazines for Durham VA
Medical Center**

Do you have magazines that you have from 2008 that you have read and are no longer being used? Please consider donating them to the Durham VA Medical Center. Magazines can be brought weekly and given to Sister Shajuana McMillan.

Tab Collection

Donate tabs to the Ronald McDonald House. Save your tabs from soda, vegetable, soup, and pet food cans and bring them the 4th Sunday of each month.

The Ronald McDonald House uses the tabs to carry out its mission to provide a "home away from home" for families of seriously ill children receiving treatment at nearby hospitals. Thank you to each disciple that consistently donates tabs.

Cell Phone Donations

The Durham Crisis Response Center works with the community to end domestic and sexual violence through advocacy, education, support and prevention. To support this effort, the Community Outreach Ministry encourages you to bring your cell phone donations on the 4th Sunday of each month.

DURHAM CAN

Durham CAN (Congregations, Associations, and Neighborhoods) is seeking volunteer groups to join the Durham Public School Campaign. Needed: Groups of 3 to 4 people who will be committed to do physical school tours in the Durham Public Schools. Time required : approximately 2 hours per visit Youth members are encouraged!

This is an opportunity to make a positive impact on making Durham public schools better for all children!!

For more info. contact Minister Tammy Rodman at 638-5163.