

## Special Interest Articles

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*There is hope in Christ!*



## From the Pastor

Beloved,

What an amazing summer we have had at Abundant Hope. From our Summer Series to our Revival In The Park this has been a season for the history books. It's time to get ready for our fall and a straight away charge into the holiday season. The Fall Festival, Fall Revival, Thanksgiving Service, and Christmas Program will be upon us before we know it so let's get ready for some spirit filled kingdom work. It's a wonderful thing to remember that

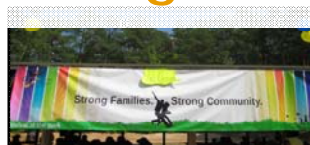
while we were on vacation the Lord remained at His desk.

I want to extend a special thanks and congratulations to our ministerial staff for a wonderful Trumpet Series. Minister Joe Harris, and Minister Tanya Johnson both taught and preached their hearts out during the month of August. God has blessed our church with gifted and committed leaders for which we are grateful. I'm personally looking forward to their increased ministry opportunities in the coming months.

This month in Preaching and in Tuesday Bible Study we will be continuing our consideration of Godly Leadership. Let's all read, study, and meditate on Exodus chapters 16 & 17 and get ready for the Lord to take our ministry to the next level. This is our 8th year and a time of reset and new beginnings. Remember that the past is a reference point and not a dwelling place. Let's get to work.

I love you and I love being your pastor.  
PM

## Strong Families, 2<sup>nd</sup> Annual AH Affair



For the second year in a row, AH celebrated its Strong Families, Strong Community event at Piney Woods Park.

With a welcomed mix of traditional singing, entertainment and information including mime, community speakers, spoken word, and rap artists, the event brought together old and young, from throughout the community.

The Hope even expanded its table to include vegetarian

options, as part of our goal to assist those who wish to take better care of their health.

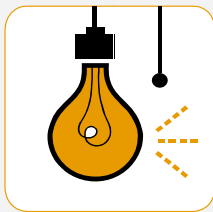
The Strong Families, Strong Communities event hosted by The Hope was assisted a great deal by corporate and private business sponsors, volunteers and participants.





**Lipoprotein profiles give information about your:**

- **Total cholesterol**
- **LDL (bad) cholesterol**--the main source of cholesterol buildup and blockage in the arteries
- **HDL (good) cholesterol**--helps keep cholesterol from building up in the arteries
- **Triglycerides**--another form of fat in your blood



## Cholesterol Ed Breaks Down Walls

September is National Cholesterol Education Month

### Why Is Cholesterol Important?

Your blood cholesterol level has a lot to do with your chances of getting heart disease. High blood cholesterol is one of the major risk factors for heart disease. A risk factor is a condition that increases your chance of getting a disease. The higher your blood cholesterol level, the greater your risk for developing heart disease or having a heart attack. Heart disease is the number one killer of women and men in the United States. Each year, more than a million Americans have heart attacks, and about a half

million people die from heart disease.

### How Does Cholesterol Cause Heart Disease?

When there is too much cholesterol in your blood, it builds up in the walls of your arteries. Over time, this buildup causes "hardening of the arteries" so that arteries become narrowed and blood flow to the heart is slowed down or blocked. The blood carries oxygen to the heart, and if enough blood and oxygen cannot reach your heart, you may suffer chest pain. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack. High blood cholesterol itself

does not cause symptoms, so many people are unaware that their cholesterol level is too high. It is important to find out what your cholesterol numbers are because lowering cholesterol levels that are too high lessens the risk for developing heart disease and reduces the chance of a heart attack or dying of heart disease, even if you already have it. Cholesterol lowering is important for everyone--younger, middle age, and older adults; women and men; and people with or without heart disease.

### What Do Your Cholesterol Numbers Mean?

Everyone age 20 and older should have their cholesterol

## Cholesterol...(cont)...

measured at least once every 5 years. It is best to have a blood test called a "*lipoprotein profile*" to find out your cholesterol numbers. This blood test is done after a 9- to 12-hour fast.

A variety of things can affect cholesterol levels. These are things you can do something about:

- **Diet.** Saturated fat and cholesterol in the food you eat make your blood cholesterol level go up. Saturated fat is the main culprit, but cholesterol in foods also matters. Reducing the amount of saturated fat and cholesterol in your diet helps lower your blood cholesterol level.

- **Weight.** Being overweight is a risk factor for heart disease. It also tends to increase your cholesterol. Losing weight can help lower your LDL and total cholesterol levels, as well as raise your HDL and lower your triglyceride levels.

- **Physical Activity.** Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels. It

Things you cannot do anything about also can affect cholesterol levels. These

include:

- **Age and Gender.** As women and men get older, their cholesterol levels rise. Before the age of menopause, women have lower total cholesterol levels than men of the same age. After the age of menopause, women's LDL levels tend to rise.

- **Heredity.** Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.

*Reference: NIH (National Institute of Health)*

-- 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](mailto:info@abundanthopecc.com) will receive a free prize from the AHCC swag bag!

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

**Brain Teaser of the Month:**

*Can you find the hidden country in this sentence?*

If a Dalmatian can catch four balls in four minutes, can a Dalmatian catch two balls in two minutes?

**August's Winner: No One!**  
Come on! There must be more masters of the mind

up for ripping this little challenge to shreds! Think hard!

**All were stumped in August!**  
AH thanks all participants for their efforts.

**August's BM Solution:**  
They were each playing other people.

## Yard Sale & Car Wash



Do your fall cleaning & come out for fun, food, and fellowship. 'Treasure hunt!!!

**RENT TABLES:** Sell Your Own Items -- **YOU KEEP PROFITS!**

OR

**DONATE ITEMS:** Donate items to the AHCC tables. Proceeds from donated items go to the Church's Nehemiah Building Fund.

\$20 Per Table, if purchased on or before 8/30/11; \$25 thereafter. Tickets for table can be purchased on the day of the yard sale.

Don't miss the humongous  
Fall Blowout  
**SALE!**

Saturday, September 24,  
7am - 1pm  
Rain Date: 10/1/11

**AHCC  
Fall Yard Sale & Car  
Wash**

**EVENT LOCATION:**  
Hillside High School  
3727 Fayetteville Street  
Durham, NC 27707

In the main parking lot  
AHCC Office 919-806-1225

In the event of inclement weather, event will be rescheduled and rent monies collected will be held until the reschedule date.

## Good Medicine

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## Girls Rule!

**AH Youth Girls Outing**  
@Jelly Beans & Monkey Joes

Friday, September 16, 2011

All girls ages 4 -18, interested in attending,  
Contact Davon or Johnetta:

[dmtownse@gmail.com](mailto:dmtownse@gmail.com) or [tweetygirl4sure@aol.com](mailto:tweetygirl4sure@aol.com)



**AH 2011 Women's Retreat**  
Kingston Plantation Resort,  
Myrtle Beach, SC  
Fri. Oct 14 - Sun Oct 16<sup>th</sup>, 2011



Contact Leslie or Patricia:  
[jonesleslie@gmail.com](mailto:jonesleslie@gmail.com) or [ptown410@aol.com](mailto:ptown410@aol.com)

## Heavenly Perspective

*"From then on Jesus began to tell his disciples plainly that it was necessary for him to go to Jerusalem, and that he would suffer many terrible things at the hands of the elders, the leading priests, and the teachers of religious law. He would be killed, but on the third day he would be raised from the dead.*

*But Peter took him aside and began to reprimand him for saying such things. 'Heaven forbid, Lord,' he said. 'This will never happen to you!'*

*Jesus turned to Peter and said, 'Get away from me, Satan! You are a dangerous trap to me. You are seeing things merely from a human point of*

*view, not from God's."*  
**Matt 16:21-23**

We all fall short of God's glory. This is why we need Him.

Fortunately, God is truth and his reality is based on views which are much broader than our humanly ones.

When Peter heard Jesus' words, he didn't want them to be true, but Jesus was

fully aware of the implications of his actions from a heavenly vantage point.

Jesus' open rebuke of Peter reminds us that we're either on the side of truth, or we're on the side of untruth (Satan)—

Moving forward in the knowledge of truth is an awesome responsibility. Thank God, His views aren't limited like ours.

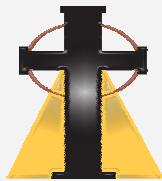
**ABUNDANT HOPE  
CHRISTIAN CHURCH**

**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 (Every 4<sup>th</sup> Sunday)*

*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](http://www.abundanthopecc.com)  
[www.abundanthopecc.org](http://www.abundanthopecc.org)

## The Freedom in Truth

*"The earth is the LORD's, and everything in it. The world and all its people belong to him."  
Psalm 24:1*

If you could perceive God's view of our existence, you might start to understand how completely dependent upon Him we are. But even if you can't, this verse makes perfectly plain that nothing on this planet belongs to us. It's all God's, all of it, including us.

When we realize that He is the source of all, we can relax in the freedom this truth provides.

While stewardship and management responsibilities should be done well, we should also exercise our ability to come to him for all of our needs, and for all of our concerns.

Work is good for us, and the job is sometimes tough, but its no mistake that when we stand on His creativity and resourcefulness, and in the knowledge that He is always sufficient, He

proves that He's got us covered. After all, he did create everything.

So when *the* Creator goes out of the way to get us to pass the burden back to Him, he clearly knows some things that we don't.

As complicated as we often make things, relying on Him is the simplest and best thing we can do for ourselves. After all, He knows what He's doing.

Try Him.

## 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 & PRAISE TEAM**  
THURSDAYS IN SEPTEMBER @ 7PM.  
Meet at the VFW.  
Contact Davon - [dmtownse@gmail.com](mailto:dmtownse@gmail.com).

**YOUTH CHOIR**  
TUESDAYS, SEPTEMBER 13 & 20 @ 7PM. Meet at the VFW Café.

THURSDAY, SEPT 22 @ 7PM. Meet at AHCC office.

**AMBASSADOR CHOIR**  
TUESDAY, SEPTEMBER 6 @ 6PM. Meet at VFW.

THURSDAY, SEPTEMBER 8 @ 6PM. Meet at AHCC OFFICE.

**ADULT PRAISE DANCE**  
SEPTEMBER 4 & 25, After service. New members are always welcome! Contact Nashanta' - [nashantaw@gmail.com](mailto:nashantaw@gmail.com)

**YOUTH PRAISE DANCE**  
SEPTEMBER 11 & 18, After service. SEPT 24 @ 10AM. Location TBD.

**CHRISTIAN EDUCATION MINISTRY**  
TUESDAY, SEPT. 6 @ 6PM. Meet at the VFW.

**CHRISTIAN FOUNDATIONS INSTITUTE (AGES 3-17)**  
SUNDAYS @ 9AM

**MEN'S MINISTRY**  
SATURDAY, AUG 24, CARWASH. Contact Brian or Tony to make this event a success: [Harrisbrothers05@yahoo.com](mailto:Harrisbrothers05@yahoo.com), or [adwilli@us.ibm.com](mailto:adwilli@us.ibm.com)

**WOMEN'S MINISTRY**  
SEPTEMBER 17 @ 10AM. Lakeside Garden Apartment, MLK Pkwy. All women welcome.

**USHER'S MINISTRY**  
NO SEPT 4 MEETING due to Labor Day. Meet OCTOBER 2, after service in VFW Café.

**GOING FORWARD:**

SEPTEMBER 24 AHCC Yard Sale & Car Wash @ Hillside HS  
OCTOBER 14-16 Women's Retreat - Kingston Plantation Resort, SC  
FEBRUARY 18, 2012 AHCC Gospel Explosion