



# THE LAY EXPRESS



*Second Episcopal District ~ African Methodist Episcopal Church*  
**WESTERN NORTH CAROLINA CONFERENCE LAY ORGANIZATION**

Website: <http://wncclay.org/>

VOLUME V

JULY 2019

ISSUE 7



From  
*the desk*  
of...

*Penny S. Oliver, President*

Jesus commissioned His disciples to “go therefore into all the world and make disciples of all nations, baptizing them in the name of the Father, Son and Holy Ghost, teaching them to observe everything that I have commanded you, and lo, I am with you always, even unto the end of the world” ~ Matthew 28:19-20. This Word was not only given to the clergy, it was given to the entire church, clergy and laity – you and I. The Advancing of God’s Kingdom will not be fulfilled in the AMEC if we leave the fulfillment only to the clergy. Advancement of God’s Kingdom must be a partnership between the laity and clergy of the Church. When Jesus spoke to His disciples, he spoke to clergy and laity as both were there in the crowd. In order to fulfill this commission, we must be Christ-centered leaders, and we must first respond to the call of Jesus to pick up our cross and follow him. The change MUST START with ME, not my Sisters and Brothers but with ME.

To be Christ-centered we must possess the attributes and characteristics of Christ. Others must see Jesus in us. We must be compassionate, kind, understanding, loving, patient, considerate, committed, and tolerant. We must study to show ourselves approved unto God. We must be workers who are not ashamed. As Christ-centered leaders and trainers, we must reach out, personally and collectively and must with tolerance, love and understanding make ourselves available to our youth and young adults. We must catch the spirit and support the vision of our Christ-centered leaders, while at the same time passing on the tradition we received. We must move from Membership to Discipleship.

We are to be the change that moves our church forward in advancing the kingdom. If we train the next generation and listen to them, they will be empowered to continue advancing the kingdom of God.

In Mark 16:15 it reads *And he said to them, “go into all the world and proclaim the good news to the whole creation.”*

In the Book of Ephesians 4:11-13 it reads *“The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until ALL of us come to the unity of the faith and knowledge of the Son of God, to maturity, to the measure of the full stature of Christ.”*

Clergy and laity are not competitors, we are partners. As partners we rise together, as partners we achieve together. We must present a united front to businesses and governments, showing them that we stand for justice and fair-play. Our effectiveness as a church is in a healthy partnership of clergy and laity.

We look forward to you joining us on August 10, 2019 at Mt. Sinai AME Church, Pittsboro, NC, at 10 am for our regular conference lay meeting.

Thank you for your willingness to serve!

# CONGRATULATIONS!

*Western North Carolina Conference Delegates and Alternates for the 2020 General Conference as elected at the 2019 Annual Conference*

**Elected as listed**

## *DELEGATES*

1. Penny Oliver
2. Florence Avery
3. Woodrow Winchester
4. Barbara Smith
5. Azzie Conley
6. Dwight Patterson
7. Alice Hillman
8. Jessie Cardwell
9. Christin Betty (youth)

## *ALTERNATES*

1. Emma Devine
2. Sonia Barbre
3. Tasha Duell
4. Niki Allen
5. Barbara Myers
6. Diane Foy
7. Preston Thomas
8. Ernest Dark
9. Tamara Ervin

# THE MIRRORING PROJECT

## PHASE THREE

Blessings my Sisters and Brothers in Christ!

First, let me thank the Presiding Elders, the Pastors and the laity for working as a team to complete the second phase of the Mirroring Project. I say thank you to the Pastors for trusting the laity to work without you in answering the questions in each section of the mirroring project (*conversions, accessions, stewardship, spiritual growth, and openness to change*) and I thank the laity for not using this time as a time to “bash” the Pastor. Laity, thank you also for sharing the mirroring summary with the Pastor and the Pastor for sharing the results with the entire church family.

Now it is time for us to move forward with the next steps of the mirroring project. In this phase, the congregation (*Laity and Pastor*) will meet to review the mirroring document (*that was completed by the laity, presented to the Pastor, and shared with the congregation*) and determine what's next. Follow the next steps listed on Page 3, identify goals, and set the goals using the S.M.A.R.T. exercises. Please use the template on Page 4 to capture your information.

If you have any questions, please contact me at [penny.oliver52@yahoo.com](mailto:penny.oliver52@yahoo.com) or 336-348-3269.

*This phase of the mirroring project MUST be in my email on or before October 27, 2019.*

*Thank you for your willingness to serve.  
Sister Penny Oliver*



# MIRRORING PROJECT



# NEXT STEPS



**TOGETHER WE CAN!**



**BASED ON MIRRORING REPORT:**  
 Congregation meets to review mirroring document and determine what's next

**STEP 1**

**CHOOSE VIABLE OPTIONS:**  
 Does the church want to:  
 Change?  
 Grow?  
 Merge?  
 Close?

**STEP 2**

**WRITE A SHARED "OUR VISION":**  
 Where do we want our church to be in 5 years?  
 2019, 2020,  
 2021, 2022, 2023

**STEP 3**

**OUR MISSION:**  
 How will we become our vision? What is the best way to move forward?

**STEP 4**



**IDENTIFY GOAL(S)** – areas needing improvement identified through the mirroring process (conversions, accessions, stewardship, spiritual growth, openness to change).

## SET YOUR GOALS THIS WAY



Specific	Measurable	Attainable	Relevant	Time-Bound
„in terms of actions to be accomplished. Goals should be focused with a tangible outcome. Identify resources you plan to use to achieve your goals.	...in number of activities or results desired. This will help you evaluate your progress and keep you on track.	...given the resources at hand. This step can reveal any potential roadblocks that you need to overcome to meet your goals. Outline your steps to achieve your goal.	...to the objective.  Get real about It!  Make sure your goals are relevant.	Every goal needs a target date, something that motivates you to really apply the focus and discipline necessary to achieve it. Set a realistic timeframe to avoid discouragement. Final date to turn in Mirroring Project is <b>Oct. 27, 2019.</b>

# AFRICAN METHODIST EPISCOPAL CHURCH

## SECOND EPISCOPAL DISTRICT

Western North Carolina Conference

2019-2020

*Mirroring Project ~ Phase Three*



**Church Name & Address:** \_\_\_\_\_

**Presiding Elder & District:** \_\_\_\_\_

**Pastor's Name:** \_\_\_\_\_

**VIABLE OPTION** (select one below): \_\_\_\_\_  
 (Does your church want to Change, Grow, Merge, or Close?)

**AREA OF FOCUS** (select one below to work on): \_\_\_\_\_  
 (Conversions, Accessions, Stewardship, Spiritual Growth, Openness to Change)

**Goal 1:** \_\_\_\_\_

**Goal 2:** \_\_\_\_\_

**Goal 3:** \_\_\_\_\_

**Goal 4:** \_\_\_\_\_

***Please use additional sheets of paper, as needed***

ACTION	MEMBERS/MINISTRY RESPONSIBLE	TARGET DATE	COST

***Please use additional sheets of paper, as needed***

	# Members Participate	# People Receive Evangelism Material	# People Touched	Total Conversions	% Toward Goal
JULY '19					
AUG '19					
SEP '19					
OCT '19					
NOV '19					
DEC '19					
JAN '20					
FEB '20					
MAR '20					
APR '20					
MAY '20					
JUNE '20					
<b>Totals</b>					

Please **EMAIL** this form to Sister Penny Oliver at [Penny.Oliver52@yahoo.com](mailto:Penny.Oliver52@yahoo.com)

by **OCTOBER 27, 2019**

# AFRICAN METHODIST EPISCOPAL CHURCH SECOND EPISCOPAL DISTRICT

Western North Carolina Conference

2019-2020

*Mirroring Project ~ Phase Three*



## \*\* TEMPLATE EXAMPLE ONLY \*\*

**AREA OF FOCUS** (select one below to work on): \_\_\_\_\_

*(Conversions, Accessions, Stewardship, Spiritual Growth, Openness to Change)*

Goal 1: To provide seven classes about evangelism

Goal 2: To have 50% of church members participate in evangelism efforts

Goal 3: To have 15 conversions every month/180 conversions a year

Goal 4: To distribute 1000 door hangers in the community

ACTION	MEMBERS/MINISTRY RESPONSIBLE	TARGET DATE	COST
Provide evangelism training			
Create evangelism budget			
Design evangelism material			
Choose Dates			

	# Members Participate	# People Receive Evangelism Material	# People Touched	Total Conversions	% Toward Goal
JULY '19	7	75	50	13	86%
AUG '19	13	200	39	18	106%
SEP '19	8	38	25	13	86%
OCT '19					
NOV '19					
DEC '19					
JAN '20					
FEB '20					
MAR '20					
APR '20					
MAY '20					
JUNE '20					
<b>Totals</b>					



## The Artistic Interpretation of the Connectional Lay Organization Theme

The Lay theme is: *“Laity walking humbly with God to do justice and to love kindness.”* The supporting scripture is: *“And what does the Lord require of you but to do justice, to love kindness, And to walk humbly with your God?” Micah 6:8 (NASB)*

In reading the article in the latest issue of “We Speak” magazine, May 2019 edition, the artistic graphic design, Mr. Arron Pighee, has created the design using his gifts and creative abilities.

**The Circle** – Symbolizes that the laity of Episcopal Districts 1 – 20 are connected as followers of Jesus Christ who are committed to the keeping alive the bible teachings and liberating faith of Bishop Richard Allen and the founding members of the A.M.E. Church. We share common interest and are blessed to have rich relationships regardless of gender, country of origin, age or race.

**The Wheat** – Symbolizes our Belief in Christ, Humility, Faith, Love and Charity. We are humble and faithful servants committed to “loving our neighbors.”

**The Dove** – Symbolizes peace through our walk, service, and interactions with each other and communities where we live.

**The Globe** – Symbolizes the African heritage of the denomination’s founders and reminds us of our international ministry and presence on five continents. We are the laity from the cobblestone streets of Philadelphia, USA, the beautiful hills of Port-au-Prince, Haiti, the fertile soil of Freetown, Sierra Leone and all places near and far.

**The Anvil** – Symbolizes our humble beginnings in the blacksmith shop on 6<sup>th</sup> and Lombard Street in Philadelphia. We are shaped and molded by God to be effective servant leaders.

**The Cross** – Symbolizes the sacrificial death of Jesus by crucifixion, His resurrection and eternal life through Him. We are reminded that we have a deep commitment to Christian discipleship in our thoughts, words and actions.





The Fifth Episcopal District Lay Organization  
 (California, Desert Mountain, Midwest, Missouri, Pacific Northwest, Southern California)  
 of the  
 African Methodist Episcopal Church  
 hosts the

# 36<sup>TH</sup> BIENNIAL SESSION OF THE CONNECTIONAL LAY ORGANIZATION

**JUNE 30 - JULY 5, 2019**

(SEATTLE, WASHINGTON)

**Hyatt Regency Bellevue**  
 900 Bellevue Way NE, Bellevue, Washington, USA, 98004



*Welcome*

(Reception location)

**Meydenbauer Center**  
 11100 NE 6th St, Bellevue, WA 98004

**5th District Lay Host:**  
 Biennial Session of the AME Lay Connection Opening Reception

**COST FREE**

**Monday, July 1st**  
 7PM - 9PM



**African Drum Group:** Thione Diop



**Seattle's:** Dolls and Gents Drill Team



**(DJ) Khun Luv**





**2019 SUMMER SUMMIT**  
 SHERATON NORFOLK WATERSIDE HOTEL, NORFOLK, VA  
 Planning Meeting • Minister's Retreat • Christian Leadership and Training

*“Modeling Authentic Kingdom Living”*

MONDAY, JULY 8-THURSDAY, JULY 11, 2019

[WWW.AME2.COM](http://WWW.AME2.COM)

Second Episcopal District African Methodist Episcopal Church  
 James L. Davis, Servant Bishop | Mother Arelis B. Davis, Episcopal Supervisor



*Day One: Monday, July 8, 2019*

Room Assignment	Start Time	End Time	Event/Activity
	8:00 a.m.	5:00 p.m.	Registration
International Ballroom	8:00 a.m.	4:00 p.m.	Planning Meeting/Business Session (see planning meeting agenda)
TBA	9:00 a.m.	12:00 p.m.	Special Activities (Ages 4-7) (Sis. Desiree Gordon, Facilitator)
TBA	9:00 a.m.	10:00 a.m.	General Assembly/Orientation (Youth and Young Adults Ages 11-39) Reverends Paul Evans, Akil Dickens, Vernon Ware, Brent Edwards and Sheleta Fomby
*Virginia Beach Field House	10:30 a.m.	1:30 p.m.	Basketball Tournament
TBA	10:30 a.m.	11:00 a.m.	Glory Choir Rehearsal
	11:00 a.m.	3:00 p.m.	Lunch Break
	1:30 p.m.	4:30 p.m.	Service and Witness Day (Ages 11-39)
	1:30 p.m.	2:00 p.m.	Arrive at designated sites
	2:00 p.m.	2:30 p.m.	Orientation and Assignments
	2:30 p.m.	3:30 p.m.	Session 1/Group A - Service -Church Clean-Up Beautification Session 1/Group B - Neighborhood Witnessing
	3:30 p.m.	4:30 p.m.	Session 2/Group A - Neighborhood Witnessing Session 2/Group B - Service - Church Clean-Up Beautification
	4:35 p.m.	4:45 p.m.	Depart for Sheraton Norfolk Waterside Hotel
	4:45 p.m.	6:00 p.m.	Dinner (on your own)
*Virginia Beach Field House	5:00 p.m.	6:30 p.m.	Basketball Playoffs/Championships
International Ballroom	7:15 p.m.	10:00 p.m.	Debutante- Masters Ceremony Rite of Passage

\*Virginia Beach Field House • 2020 Landstown Centre Way, Virginia Beach, VA 23456 • [www.beachfieldhouse.com](http://www.beachfieldhouse.com)

VISIT

[www.ame2.com/2019-summer-summit](http://www.ame2.com/2019-summer-summit)

To Access the Complete Schedule for ALL Summer Summit Events

DIGITAL EVANGELISM  
WORKSHOP

# DOES YOUR CHURCH NEED TO REACH MORE PEOPLE?

CONNECT WITH YOUR COMMUNITY.  
IMPACT MORE LIVES.  
EXPAND YOUR REACH.

**JULY 20, 2019 @ 9:00 AM**  
SPRINGDALE A.M.E. CHURCH  
5554 S NC HWY-62, BURLINGTON, NC 27215

This workshop will guide you and your church team into how to develop and maximize an online web and social media presence, use technology to enlarge your territory, and the right way to harness the power of the internet to get your mission, message and ministry heard!

**Get practical step-by-step instructions, complete how-to workbooks, and easy to implement strategies to engage the congregation in an effective digital evangelism campaign.**

#### **WE WILL EXPLORE:**

- How to develop an online presence and harness the power of social media
- How to get your church noticed online in the midst of all the online clutter
- How to use simple online tools to create a visitor follow up system

AND SO MUCH MORE

**SMALL GROUP FOR ONE-ON-ONE  
ATTENTION**

**SPACE IS  
LIMITED**



## DIGITAL EVANGELISM WORKSHOP

REGISTRATION:  
[WWW.SPRINGDALEAME.ORG/EVENTS/DEWORKSHOP](http://WWW.SPRINGDALEAME.ORG/EVENTS/DEWORKSHOP)



# APPLICATIONS ARE NOW AVAILABLE FOR THE FOLLOWING SCHOLARSHIPS AT:



[www.wncclay.org](http://www.wncclay.org)

## 2019 KITTRELL-ALLEN-ADAMS SCHOLARSHIP Second Episcopal District A.M.E. Church

1. This scholarship is limited to students who are current members of an African Methodist Episcopal Church in the 2nd Episcopal District.
2. Signed Application with all of Part 1 completed (including income information)
3. Biographical Essay as required in Part 2
4. Official Copy of high school or college transcript in sealed envelopes
5. Two current letters of recommendations from nonrelatives  
One of your recommendations must be your pastor or a church official. Your second reference can be any nonrelative who can speak to your character and your involvement in church, community, or school.

The Scholarship Committee must receive a completed application packet by:

**July 22, 2019**

Return all materials to:

Gail P. Radcliff

9285 Berry Road

Waldorf, MD 20603

301.870.8492





*The 13th Annual*

**PRAYER**  
*Breakfast*



Western North Carolina Conference  
**LAY ORGANIZATION**



Saturday, September 14th @ 10am



Tickets are \$20 per person and have been mailed to all churches. For additional tickets, please contact Sis. Jackie C. Kanipe, Director of Lay Activities at [jconleyk@bellsouth.net](mailto:jconleyk@bellsouth.net)

**Macedonia AME Church**

4164 Yarboroughs Mill Road ~ Milton, NC 27305

*Reverend Kelvin Royster, Pastor*

*Sister Joan Brandon, Local Lay President*

Hotels are filling up quickly so please book your rooms soon!

WESTERN NORTH CAROLINA CONFERENCE  
OF THE  
2ND EPISCOPAL DISTRICT  
AFRICAN METHODIST EPISCOPAL CHURCH

PRESIDING  
ELDER  
REV. DR. ANITA  
THOMPSON



# Eastern District

C O N F E R E N C E

## SEPTEMBER 19TH - 21ST, 2019



H O S T S

REV. WAYNE & SIS. FREDIA  
JOHNSON

### HOTEL INFORMATION: (BOTH INCLUDE BREAKFAST)

- ▶ Hampton Inn & Suites (I-40 @ Exit 105)  
115 Bush Drive  
Morganton, NC 28655  
(828) 432-2000  
Rates: \$119.00 King - \$119.00 Double  
Code: Eastern District AME
- ▶ Comfort Inn & Suites (I-40 @ Exit 103)  
1273 Burkemont Avenue  
Morganton, NC 28655  
(828) 430-4000  
Rates: \$109.99 King - \$119.99 Double  
Code: Eastern District AME

HOST CHURCH:  
SHILOH AME CHURCH — 1323 N POWERHOUSE RD  
MORGANTON, NC 28655 — (828) 584-3962

PLEASE VISIT THE EASTERN DISTRICTS WEBSITE SITE FOR THE  
LATEST INFO ON WHAT IS HAPPENING AT:  
[EASTERNWNCC2NDAMEC.ORG](http://EASTERNWNCC2NDAMEC.ORG)

Send Event Information for the  
Eastern District to Webmasters:  
Rev. Tamara Kersey at: [tamarakersey4@gmail.com](mailto:tamarakersey4@gmail.com)  
&  
Sister Angela Elam at: [allendur@aol.com](mailto:allendur@aol.com)



# Teachable Moment



As we continue to organize our churches for the conference year, let us make sure that we include our Lay organizations. As you know, The Doctrine and Discipline of the African Methodist Episcopal Church and the Constitution of the Lay Organization state the local church elects officers each conference year. On the conference level the election is done every two years; the Episcopal District every four years and the Connectional, every four years. By the way 2020 is the year for the election of officers for the Western North Carolina Conference Lay Organization.

Let us focus on the local church election of officers for our Lay Organization. Our pastors are not in position to appoint the president or any other officers for the organization. The officers are elected annually by the members of the Lay Organization. Some of our organizations may do it with the use of the Nominating Committee and the others may still have nominations from the floor. Whatever the process please be sure that you are following the guidelines of the Lay Organization Constitution and Robert's Rules of Order (latest edition).

Officers that are required to be elected for the local organizations are as follows:

President, First Vice-President, Recording Secretary, Treasurer, Chaplain, Director of Lay Activities, Young Adult Representative. Other positions may be elected at the discretion of the division.

Please know that there is a term limit of eight consecutive years in the same office for all elected officers, regardless of the division. Since this rule is in place, I will not be eligible to run for Director Of Lay Activities (DOLA) for the WNCC Lay Organization, 2020. Check out the Lay Constitution and The Doctrine and Discipline of the African Methodist Episcopal Church 2016 Bicentennial Edition.

Local Presidents, please remember to communicate with your Pastor about the Lay Organization. Be sure to invite him or her to your meetings and all activities that you are sponsoring.

Should you encounter a problem with your local church election, please do not hesitate to contact President Penny Oliver [penny.oliver52@yahoo.com](mailto:penny.oliver52@yahoo.com), Eastern District Coordinator Bettie Duell [Bettie\\_duell@yahoo.com](mailto:Bettie_duell@yahoo.com), Western District Coordinator Sonia Babre [spbarbre@hotmail.com](mailto:spbarbre@hotmail.com), or myself (828-433-8424) [jconleyk@bellsouth.net](mailto:jconleyk@bellsouth.net).

*Sister Jacqueline C. Kanipe, Director of Lay Activities  
Western North Carolina Conference Lay Organization*





# History of Dickerson Chapel African Methodist Episcopal Church

The congregation of Dickerson Chapel AME Church was organized in 1851, under the leadership of Rev. Job Berry and Rev. Billy Payne. In 1845, the old courthouse was purchased by Elias Dobson, a white Baptist minister, and it was moved to its present location at the corner of Queen and Churton Streets. It served as the first Baptist Church of Hillsborough until the church and property were sold to George Bishop in 1862. Ellerton P. Morris, Anthony M. Krinton, and Richard Cadberry of Philadelphia, Pennsylvania, designated as “friends of the colored free man” of Hillsborough, went on to purchase the church and land for twelve hundred dollars (\$1200). At first acquisition, these Quakers used the building as a school for Black children, and was then sold to Rev. Job Berry and the members of Dickerson Chapel in 1866 for eight hundred dollars (\$800).

At the time of this purchase the church was known as the AME Church of Hillsborough. It was later renamed after Bishop William Fischer Dickerson (1845-1884), of Woodberry, New Jersey, who was the thirteenth Bishop of the AME Church. It is known that the Bishop was a soul stirring preacher who helped spread African Methodism in South Carolina and Georgia. At the early age of 36, he became the youngest Bishop to serve in the African Methodist Episcopal Church. When William Fischer Dickerson died after only 4 years of service, Bishop W. J. Gaines reckoned that the church had lost one of its foremost leaders, the race for one of its most brilliant pulpit orators, advocates, and humanity at large friend...for he was a large-souled, warm-hearted man to whom narrow views and prejudice were strangers.

In 1866, the year the church was purchased by Rev. Job Berry and his congregation, the trustees were Sam Whitted, Bill Ellison, Jim Nichols, Frank Turrentine, Charles Day, J. Hooker, and J.T. Wallace. The following ministers have pastored at the Dickerson Chapel Church: The Reverends Job Berry, Wilson, P.J. Jordan, G. Hunter, Crowder, Wilson, G.S. Grant, Millet, William Hunter, Palmer, Reed, A.W. Jones, A.J. Holman, J.R. Bridges, JST Decher, Nathaniel Gaylor, P.O. James, C. Arrington, Pittman, Robinson, M.I. Edwards, Carrington Carter, C.S. Robinson, Howard Johnson, Leroy Miller and Donald Holman, Sr.

The structure that would become the home for the Dickerson Chapel Church family for some 96 years later, was built in 1790 as the third courthouse of Orange County. Some of the beams used in the original construction of the courthouse were uncovered when the fellowship hall was added on to the church. Those exposed beams can still be seen in the ceiling at the junction of the original structure of the fellowship addition. Nails in the original structure date back to the 1600's.

The sanctuary was remodeled in 1891 when Rev. P.J. Jordan was pastor, and again in 1947, when Rev. P.O. James was pastor. The irreplaceable stained glass windows restoration was initiated under the leadership of Rev. Carrington Carter and completed under the director of Rev. Christopher Robinson in 1986. Under the leadership of our current pastor, the Rev. Donald Holman, Sr., the carpet has been replaced, the pews have been cushioned, upholstered altar pillow has been installed, the chairs in the pulpit have been restored and upholstered, an entrance way wheelchair accessible ramp has been built, a church van has been purchased, the outside brick veneer has been repaired, the church steeple has been restored; and the congregation are working diligently toward raising funds for the implementation of a new fellowship hall that will provide much needed updated facilities. In 2012, the renovation of our fellowship hall was completed.



***\*\*The church continues to be recognized as one of the county's historic sites and is featured each year at Christmas on the Candlelight Tour of historic places.\*\****

# Mark Your Calendars For These Upcoming Events Around the Connection



June 30, 2019 - July 4, 2019 ..... **Connectional Lay Organization Biennial 2019**  
Seattle, WA

July 20, 2019 ..... **9AM** ..... **Digital Evangelism Workshop**  
Springdale ~ Burlington, NC – Rev. Dr. Bridgette Gloster, Pastor

July 21, 2019 ..... **11AM (DINNER TO FOLLOW)**.....**Revival**  
Johnson Chapel ~ Mebane, NC – Timothy Boone, Pastor & Messenger

July 22-24, 2019 ..... **7PM** .....**Revival**  
Johnson Chapel ~ Mebane, NC – Timothy Boone, Pastor  
Rev. Steven Lyons, Pastor, Mt. Zion AME, Hillsborough, NC ~ Mon. Revivalist  
Rev. Kendall McBroom, Pastor, Turner’s Chapel AME, High Point, NC ~ Tues. Revivalist  
Apostle Faiger Grea Blackwell, Jr, Pinnacle Ministries, Burlington, NC ~ Wed. Revivalist

July 23, 2019 - July 27, 2019 ..... **YPD Quadrennial Convention 2019**  
Columbus, OH

July 27, 2019 - August 1, 2019 ..... **WMS Quadrennial Convention 2019**  
Columbus, OH

July 27, 2019 .....**5PM**..... **Sons of Allen (Multitude of Men)**  
White Cross– Efland NC – Rev. Myraette McGibboney Pastor

August 10 2019 .....**10AM**..... **WNCC Lay Organization Meeting**  
Mt. Sinai ~ Pittsboro, NC – Rev. Camelia Pearson, Pastor

September 14, 2019 .....**10AM**..... **WNCC-LO Annual Prayer Breakfast**  
Macedonia– Milton, NC – Rev. Kelvin Royster, Pastor  
Sis. Joan Brandon, Local Lay President  
Tickets \$20/person—*Mailed to each church*

July 8-20, 2020 ..... **AMEC 51<sup>st</sup> Quadrennial Session**  
Orlando, FL

# Friendly Reminders!

## TOP TIPS TO BEAT THE HEAT

**H<sub>2</sub>O to go**

Take a bottle of cold water with you when you're out and about.



**Avoid**

Alcohol, tea, coffee and hot, spicy and salty foods can make dehydration worse, so think about avoiding them during hot weather.



**Be cool**

Make use of fans or air-conditioners set to cool.



**Rest**

Make sure you get enough sleep and rest if you feel tired.

**Dress down**

Wear lightweight, light coloured, loose-fitting clothes made from natural fibres, like cotton or linen.



**Enjoy**

Try eating more cold foods, like salads and fruits. They contain water and are more refreshing in hot weather than hot foods.



**Soak**

Take a cool shower or bath to help you cool down when you feel hot.



**Shade**

Wear a hat or take an umbrella with you for shade if you're outside on a hot day.

**WATCH OUT**



- Be on the lookout for any symptoms of heat related illness.
- See your GP if you are unwell.
- In a medical emergency, call 000.

[www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)



Government of South Australia  
SA Health

**WE NEED YOUR "CHURCH HISTORY",  
"YOUTH FOR JULY SPOTLIGHT",  
& "CHURCH EVENTS"**

**BY JULY 26<sup>TH</sup>**

FOR PUBLICATION IN THE UPCOMING NEWSLETTER.

Angela Elam, *Director of Public Relations* ~ [allendur@aol.com](mailto:allendur@aol.com)