

Special Interest Articles

For Your Health:

March is National Nutrition Month.

Pg 2

Give & Take: Forgiveness

Pg 3

Church on the Move:

AH is Moving & More! Pg 4



There is hope in Christ!

Lent 2011: March 9- April 20

Lent offers us all a very special opportunity to grow in our relationship with God and to deepen our commitment to a way of life, rooted in our baptism. In our busy world, Lent provides us with an opportunity to reflect upon our patterns, to pray more deeply, experience sorrow for what we've done and failed to do, and to be generous to those in need.



From the Pastor

Beloved,

Praise God From Whom All Blessings Flow. I want to welcome each of you to the next phase in Abundant Hope's development. This month marks a monumental change for our church as we are now worshipping in the community in which our future compound will be located. This is a time of great excitement and possibility for us and my prayer is that each of you will share in the renewed spirit of expectancy that now **embraces our ministry.**

Change can be challenging for many of us. As our church enters this season of change there may indeed be

challenges of distance, adapting to a new neighborhood, "breaking in" a new building, and anxiety about when we will be in our permanent home. Let me assure you that there is no doubt in my heart nor mind that this is the right thing at the right time for Abundant Hope. The Lord has brought us physically closer to where we will build our house but desires to see what foundation we first lay in our new community. There should be no doubt that we are beginning our building process now! Let us seize this opportunity that is before us with courage and the belief that God has not brought us this far to leave us. God told Joshua **"as I was with Moses so shall I be with**

you." The God who watched over us at Pearsontown shall also be with us here in Northern Durham.

As we move forward there will be those who will not stay, but make no doubt there will be new lives that will come. Like a child on Christmas Eve we have much to anticipate: more services, adult Sunday school classes, new relationships and in the not too distant future - a view of our steeple in the distance! The Lord declares **"Behold I am doing a new thing."** May we all receive this new movement of God with the faith of our ancestors and the expectancy of our children. Let us begin...

PM

Have Faith and Hope Travels

Amongst other exciting news, Abundant Hope will be moving its worship space (and Bible study) closer to the future site of our campus.

Beginning Sunday, March 6th, worship services and Bible study will be held at VFW Post 2740, at 3707 Dearborn Drive Durham, NC 27704. Our offices will remain at the Executive Park at this time.

As always, we invite you to continue helping us spread HOPE throughout the community. See you during services at our new spot!

Upcoming March events include:

*IHN Week - Mt. Sylvan
United Methodist Church*

*Sun, Mar 13 - Fri, Mar 18
Mar 13 @ 4:00 - Prepare living quarters and/or*

*Friday, Mar 18 @ 5:30 -
Dinner and fellowship.
For more info, see Sis Lloyd.*

The Great Human Race 5K

Sat, Mar 26 @ 8:30am
Registration before March 24th is \$25, \$30 thereafter.

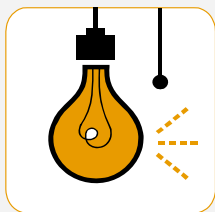
www.greathumanrace.org

Kentucky Trip for Rev. King's 1st Pastoral Anniversary

Sat-Sun, Apr 16-17
Please register your intent to travel with the designated AH volunteer so that AH may make arrangements given the projected group size.



“Many restaurants serve huge portions, sometimes enough for two or three people. Order menu items that contain fewer calories and eat a smaller portion.”



You are the light of the world—like a city on a hilltop that cannot be hidden. Matt 5:14

Eat for Nutritional Value

Eating at a restaurant does not have to compromise a healthy diet. Here are some helpful tips on how to eat healthy nutritious meals when dining out!

Use smart-eating strategies

1. Plan ahead
2. Consider the menu and choose foods carefully to keep you on your plan:

Preparation

- Have a plan.
Eat a light dinner if you ate a big lunch that day.

-If you know ahead of time that you're going to a restaurant, cut back on calories during other meals that day.

-Knowing menu terms and cooking basics makes ordering easier, especially if you need to

Nutritional Value...(con't)...

-Substitute. Ask for a side salad with low-fat dressing to replace fries in a combination meal.

-Many restaurants honor requests, so don't be afraid to be assertive, ask menu questions and make special requests to meet your nutritional needs.

-Many restaurants serve huge portions, sometimes enough for two or three people. Order menu items that contain fewer calories and eat a smaller portion. Bring leftovers home for another meal.

Eating

-Eat slowly. It takes about 20 minutes for your brain to get the message from your stomach that you are no longer hungry.

control calories, fat and other nutrients.

- Look for foods that are steamed, broiled, baked or grilled, and limit fried and sautéed items or foods described as "crispy," "rich" or "au gratin."

Choosing a Restaurant

-Think ahead.

-Consider meal options at different restaurants and look for places with a wide range of menu items.

Ordering

-Balance your meal by including foods from all the different food groups: meat, dairy, fruits, vegetables, and grains.

-Look for freshly made entrée salads that give you "balance in a bowl." For example, entrée salads with chicken, cheese or almonds provide protein along with fiber and vitamins. If you are counting calories, use a low-fat dressing or skip some of the extras, like croutons.

-For sandwich toppings, go with low-fat options like lettuce, tomato and onion; use condiments like ketchup, mustard or relish; and low-fat for fat-free dressings.

-Round out your meal by ordering healthy side dishes, such as a side salad with low-fat or fat-free dressing, baked potato or fruit. Boost the nutritional value of your baked potato by topping it with vegetables, salsa or chili.

pick one.

- Let kids order their familiar favorites when they eat out.

- Calcium is important at all ages, but especially for growing bones.

-To get more calcium, drink low-fat or fat-free white or chocolate milk or add a slice of cheese to their sandwich.

-Choose dairy-based treats like yogurt, a milkshake or frozen dairy dessert.

Restaurants may be intimidating to people trying to stick to a healthy diet, but with preparation and confidence, you can enjoy your restaurant meal without abandoning healthy eating.

-- Davon Townsend,
PharmD Candidate 2011

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 April's issue of SOH.

Brain Teaser of the Month:

You're riding a horse. To the right of you is a cliff and in front of you is an elephant going the same pace as you and you can't overtake it. To the left of you is a hippo running at the same speed and behind you is a lion chasing you.

How do you get to safety?

February's Winner: No One! All were stumped in February!

AH thanks all participants for their efforts.


February's BM Solution: Its possible because he made a perfect copy of a counterfeit bill.

Church on the Move

Abundant Hope Christian Church
 invites you to come worship with us at our new location!
 VFW Post 2740
 3707 Dearborn Drive
 Durham, NC 27704
 (Services to be held weekly)

First Worship Service
 March 6, 2011
 Sunday - 10 am

First Bible Study
 March 8, 2011
 Tuesday - 7 pm



Reverend Mark-Anthony Middleton, Pastor
 www.abundanthopecc.com ~ info@abundanthopecc.com ~ 919-806-1610

Behold, I am doing a new thing;
 now it springs forth, do you not perceive it?
 I will make a way in the wilderness
 and rivers in the desert.
 Isaiah 43:19

Good Medicine

Comics Reprinted with Permission



Technically Speaking



Media Ministry

The recording and distribution of our preaching and teaching series

is an important part of spreading the gospel and effectively doing the work of HOPE.

In 2011, we want to consider exploring the mediums of radio, internet, & TV.

For Interest, questions, and recommendations, contact PM.

Christian Foundations Institute (CFI)

Gifted at teaching? Have a heart for young people? Willing to be coached?

Help instill valuable life lessons into our young people's lives.

Join the corps of dedicated CFI volunteers today.



On Your Mark...Get Set...GO!!!

The Great Human Race
 5K Run and Community Walk
 Saturday, March 26, 2011 8:30 AM @ DBAP

Challenge your fitness, raise funds AND support AHCC as we expand our capacity to spread HOPE throughout the community.

Get Involved: Run, Walk and Raise Money!!!
 See Sis. Patricia Townsend for participation info.

Give & Take: Forgiveness

"If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins." Matthew 6:14-15 (NLT)

Can you imagine an existence where God doesn't forgive you or provide salvation in Jesus Christ? It's really tough to

consider, but the choice to forgive others is one that people make every day. In Christ, sometimes we forget just how crucial extending forgiveness is to our eternal lives. This is a grave mistake. This verse gives a very simple standard by which we are to inform our actions when others have caused us offense. God will

cover us by faith through his grace, but we also have to forgive others because grace, (not our offense), should be our focus.

If there is someone, who you haven't forgiven, resolve that you will today.

Think about how many times you've failed the

grace extended you, and know that none of us would be here if we weren't forgiven.

Pray that God helps you forgive that person or persons, even though you may be the wronged party. Realize that without God doing the same for you, you would be eternally lost.

**ABUNDANT HOPE
CHRISTIAN CHURCH**

Worship Space (as of 3/6/11)

VFW Post 2740
3707 Dearborn Drive
Durham, NC 27704

Office Location

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

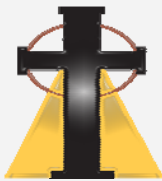
Tel 919. 806.1610

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

Relationship-Building Model

"Pray like this:

Our Father in heaven, may your name be kept holy. May your Kingdom come soon. may your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation, but rescue us from the evil one."

to make it obedient to Christ."
Matt 6:9-13 NLT

The Lord's Prayer is a wonderful template for how our lives are to be lived when we are appropriately aligned with God. He assures that we are provided for in every way, and directs us in a manner that guides us to focus on him.

First, we get right by acknowledging who and

where he is. ('Our father in heaven...')

Then we confess that his will is above all. ('...Your will be done...').

After that, he covers our spiritual and material needs (forgiveness and deliverance above all).

As a result of this relationship-building our rescue manifests. --GW

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
MARCH @ 7PM.
Meet at the Church Office. Interested?
Contact Davon -
dmtownse@gmail.com.

YOUTH CHOIR
MARCH REHEARSALS
TBD. Tuesdays &
Thursdays @ AHCC
Office.

VISION OF HOPE
WEDNESDAYS, IN
MARCH @ 6:30 PM.
Meet at AHCC.

ADULT PRAISE DANCE
MARCH 12 & 26.
New members are all welcome!

YOUTH PRAISE DANCE
MARCH REHEARSALS
TBD. New members welcome. Contact Sis. K. Thelemaque

CHRISTIAN EDUCATION MINISTRY
MARCH MEETING. TBD
See you next month!

MEN'S MINISTRY
MARCH - No Men's meeting due to the Great Human Race! All men are encouraged to run/walk & contribute financially.

WOMEN'S MINISTRY
MARCH MEETING TBD.
All women welcome.

USHER'S MINISTRY
SAT. MAR 6 @ 8:30AM.
&
SAT. APR 3 @ 8:30AM.

Ushers and interested members, meet at VFW Cafeteria

GOING FORWARD:	MARCH 6, 2011	First Sunday Service @ at the VFW
	MARCH 13 - 18, 2011	IHN Week
	MARCH 26, 2011	Great Human Race (5k Run & Walk Fundraiser)