

ABUNDANT HOPE CHRISTIAN CHURCH • 2003 - 2008 • MARK-ANTHONY MIDDLETON, PASTOR

IN THIS ISSUE:

5 Years of HOPE 2

SPIRIT 3

Meetings &
Rehearsals 4

Community Outreach 4

Worship Space:

Pearson Elementary School,
4915 Barbee Road Durham, NC

Office Location:

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

Phone:

(919) 806-1610
(919) 806-1225

Fax:

(919)-806-1002

E-mail:

abundant.hope1@verizon.net

Web site:

www.abundanthopecc.org

AHCC Weekly

Sunday Worship: 10:00am

Bible Study: Tuesdays at 7:00pm

Christian Foundations Institute:
Sundays at 11:00am (For children
ages 3-12)

**No CFI on 1st Sundays

**Weekly time of fasting and
meditation:** Every Wednesday

**REMEMBER...THERE
IS HOPE!**



PASTOR MIDDLETON'S UPCOMING ENGAGEMENT

*Pastor Middleton will be the guest
speaker for S.A.L.T. Ministry's (Single
Adults Living Triumphantly for Christ)
Discovering Your Spiritual Gifts
Workshop **Saturday, May 17** at the
Hatcher Grove Christian Academy
Multi-Purpose Room, 3404 Davis Drive,
Cary, NC. This workshop is for All
Adults!*

*Cost: \$10/person
Continental Breakfast: 8:30am
Workshop: 9:00am*

*Contact: Chantelle Davis (919) 624-4498
or 301.343.1119 (cell) ,
queenchannie@clearwire.net,
or Carla Moore 919.741.9117*

Happy Mother's Day!

The Men's Ministry will honor the Women of AHCC with a breakfast on Mother's Day from 8:45 - 9:45am in Pearson's cafeteria. We ask that you join us in our recognition of you and your efforts. In order to ensure adequate food, please sign up in the vestibule after service.

Sermon Series for May

CONTINUATION OF
THE
GROWN UP SERIES

Don't Forget to



**NC PRIMARY
TUESDAY,
MAY 6, 2008**



COUNTDOWN TO CELEBRATING 5 YEARS OF . . .

HERALDING THE GOSPEL
OUTREACH IN THE COMMUNITY
POLITICAL PARTICIPATION
ECONOMIC EMPOWERMENT

ROMANS 8: 24 - 25



JUNE 16 - 22, 2008 (42 MORE DAYS)

<i>Monday, June 16</i>	<i>Family Night Supper Musical Concert</i>	<i>6:30 p.m. 7:30 p.m.</i>
<i>Tuesday, June 17</i>	<i>Worship Service</i>	<i>7:00 p.m.</i>
<i>Wednesday, June 18</i>	<i>Baptismal Service at Antioch Baptist Church</i>	<i>7:00 p.m.</i>
<i>Thursday, June 19</i>	<i>Empowerment Night</i>	<i>7:00 p.m.</i>
<i>Friday, June 20</i>	<i>Black Tie Heritage Gala at the Durham Hilton (Tickets—\$55 each) LAST DAY TO PURCHASE TICKETS TUESDAY, JUNE 10</i>	<i>6:30 p.m.</i>
<i>Saturday, June 21</i>	<i>Family & Friends Day</i>	<i>11:00 a.m.</i>
<i>Sunday, June 22</i>	<i>Anniversary Worship Service</i>	<i>10:00 a.m.</i>

FULL OF HOPE

Full of Hope will be Abundant Hope's Cookbook. In order to complete this keepsake we need you!! Please ask family, friends, and co-workers to contribute their favorite recipes to our cookbook so they can be represented in our memorable collection. You can view an example of a completed cookbook at one of the tables in the foyer. At the same time you can pick up and drop off your recipe collection sheets.

Once completed, all proceeds will go towards the Nehemiah Building Fund. If you have any questions please contact, Melissa Butler.

The **Pearl Alliance** of Hope will host its monthly **Bake Sale** on **May 11** immediately following church service in the cafeteria. If you would like to preorder your favorite sweet treat, please send your request to twig3129@aol.com.

MAY IS "BETTER SLEEP MONTH"

Sleep is part of a healthy lifestyle and gives your brain the opportunity to collect the day's learning into memory and invigorates the body. While you may not be aware, there is a direct correlation between getting a good night's rest and your overall health. Higher stress, increased mistakes and difficulty concentrating are often a few affects of sleep deprivation. It can also impede your work performance and cause undue irritability within relationships. Not getting a good night's sleep? Here are a few ways to increase your chance of getting the 7.5-8.5 hours of sleep as recommended by the Better Sleep Council.

- *Avoid caffeine products, nicotine and alcohol prior to bedtime
- *Make your bedroom a "haven" for rest- avoid using the computer, or looking at television
- *Invest in a good, comfortable mattress based on your preferences
- *Create a sleep regime and try to go to sleep at the same time
- *Avoid eating at least (4) hours prior to sleep-time

-REGISTER AT THE MEDIA TABLE FOR A BSC RECOMMENDED SLEEP PILLOW- TO BE DISBURSED ON SUNDAY, MAY 25TH-

*information from www.bettersleep.org

CONTRIBUTED BY THE BALM WELLNESS MINISTRY



CONVERSATION OVER A CUP

with Pastor Middleton

SUNDAY, MAY 18

6:30 PM

**Bexley at Briercreek
Clubhouse**

CATCH THE SPIRIT

Singles Persevering In Righteousness & In Truth

SPIRIT BIBLE CLASS

Come join us Sunday, May 18 at 9:00am for our quarterly Bible Class in the cafeteria. Parents and guardians there will be activities for your children while bible class is in session. Refreshments will be served. Hope to see you out!

Save the Date

"Building Kingdom Men and Women" Union Baptist Church Single's Retreat
Have you ever wanted to know and understand your purpose in God's Kingdom? Well, we have a treat for you! Join us for this time of spiritual growth, fellowship and teaching about your purpose as single men and women living for God.

Date: July 10-13, 2008 in Atlanta at the Atlanta Renaissance Hotel.

Reverend Patricia Castle will be facilitating. More details will be forthcoming.

DON'T GET LEFT OUT OF THE LOOP!!

If you do not currently receive emails about events for singles please email

mbuter13@nc.rr.com

to get on the list. Don't use email? Please give your contact information to Melissa Butler, so we can keep you informed.

Ministry Meetings & Rehearsals

Adult Praise Dance Rehearsal:
May 10 & 24, 9:00-11:00am
Those interested in joining are welcome.

AIDS Care Team (Gold):
Tuesday, May 6, at 6:30 p.m. before
Bible Study.

Alliances of Hope Leaders:
Monthly meeting with Sister Gail Lloyd,
Sunday, May 11 after service in the
Pearsontown Cafeteria

Christian Education Ministry:
Tuesday, May 6, 6:30 pm at
Pearsontown

Community Outreach Ministry:
May 13, 6:30pm in the Pearsontown
cafeteria

Men's Ministry:
Saturday, May 31 9:00am in the church
office —All AHCC men are encouraged
to attend.

Nehemiah Ministry:
May 9 & 23, 7:00pm at the church office

TEEN Rap Session:
Saturday, May 31—Please email Pam-
ela Thompson (eric.pamela@gmail.com)
for details. All teens ages 13-19 are
invited!!!

TOPAZ Alliance: Sunday, May 11

Usher's Ministry:
Sunday, June 1, 8:30am in the
Pearsontown cafeteria. Youth, Teen and
Adult ushers should attend.

Youth Praise Dance Rehearsals:
May 3, 17 & 31 from 11am-1pm

Media Ministry:

**All CD's and tapes are
\$5.00.** Order any AHCC
Sermon on CD or Tape. All
orders placed/paid by
Wednesdays will be avail-
able on Sundays.



Community Outreach Ministry

Tuesday, May 13

Community Outreach will meet at
6:30 for our monthly meeting at
Pearsontown Elementary School
in the cafeteria.

Saturday, May 10

Durham Ridge Assisted Living Center at 1:00

Community Outreach invites you
to come for 1 hour of fun and fel-
lowship with the residents of Dur-
ham Ridge Assisted Living facility
on Saturday, May 10. Durham
Ridge Assisted Living Center is
located on 3420 Holloway Street.

Ongoing Community Outreach Efforts

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 Sis.
Shajuana McMillan.

(COMMUNITY OUTREACH continued) Tab Collection

Save your tabs from soda, vege-
table, soup, and pet food cans
and bring them the 4th Sunday of
each month. If you need a per-
sonal receptacle for your tabs,
pick one up on the 4th Sunday of
each month.

The Ronald McDonald House
uses the tabs to carry out its mis-
sion to provide a "home away
from home" for families of seri-
ously ill children receiving treat-
ment at nearby hospitals. Thank
you to each disciple that consis-
tently donates tabs.

Cell Phone Donations for the Durham Crisis Response Center

The Durham Crisis Response
Center works with the community
to end domestic and sexual vio-
lence through advocacy, educa-
tion, support and prevention. To
support this effort, the Commu-
nity Outreach Ministry encour-
ages you to bring your cell phone
donations on the 4th Sunday of
each month to assist the Durham
Crisis Response Center.

THE WOMEN'S MINISTRY
has begun a "stock pile" donation for
college students. When you buy for
your home, buy an extra for the col-
lege student "stock pile".

Items to stockpile:

- ◆ 10/12 pack juices
- ◆ 24 count of bottle water
- ◆ box of hot chocolate
- ◆ 8/10 count package of chocolate bars
- ◆ 8/10 count package of "little" cakes Pringles "chips"
- ◆ 12/24 count packages of "different chips"
- ◆ chewing gum
- ◆ breakfast bars
- ◆ packages of hot chocolate