



Worship: 10:00am
Bible Study: Tuesdays at 7:00pm
Christian Foundations Institute: Sundays at 11:00am (For children ages 3-12)
Fasting and meditation: Each Wednesday

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OCTOBER 2009

Volume 3, Issue 10



ABUNDANT HOPE CHRISTIAN CHURCH
Rev. Mark-Anthony Middleton, Pastor

FROM THE PASTOR

Beloved,

This month my favorite childhood book will hit the big screen. Maurice Sendak's "*Where The Wild Things Are*" chronicles the fantastic journey of a boy named Max to a place where mythical creatures roam. As a child it was the eye popping graphical content of the book that captured me; as an adult the fact that Max had a loving parent waiting to welcome him home after his journey reminds me of the love of Christ. As a part of our ongoing series on Jesus: Who He Is, What He Said and Why He Matters, I would like to invite all of you and your families to see the movie with me this month. I want us to watch it not only for entertainment value but also as a parable. I look forward to sharing this special outing with all of you.

One of the many things I love about our ministry is that it is multi-generational and diverse. In an effort to better serve our congregation, I want to break bread and fellowship with the different demographic groups we have here at Abundant Hope. We are of course "one body" but we have "many members." This month I want to have lunch with our "senior" members. After much prayer, (and arguing with advisors) we will define a senior as 55 years and older. We will discuss ways to make our ministry to our senior saints more responsive and effective.

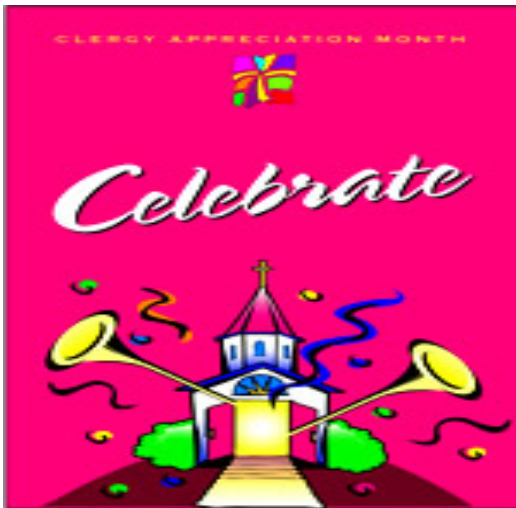
As October begins many of us will begin thinking about the holidays. There are festivals and a state fair to claim our attention. It's very easy to get busy but I want us to stay focused on what truly matters. Let's make this fall season one in which our devotion to Christ compels us to serve Him, each other, and our communities in a more excellent way. I love you and I love being your pastor.

PM

PASTOR'S UPCOMING
ENGAGEMENT

Pastor Middleton will be the guest preacher for One Love's Fall Revival Wednesday, October 14 at 7:00pm. One Love Ministries is located at 1107 Holloway Street, Durham. *Note: Bible study will be cancelled on Tuesday, October 13. Those who attend Bible study are asked to meet at One Love instead.*

SPEAKING OF HOPE



OCTOBER IS PASTOR/CLERGY APPRECIATION MONTH!

Pastors and their families live under incredible pressures. Their lives are played out in a fishbowl, with the entire congregation and community watching their every move. They are expected to have ideal families, to be perfect people, to always be available, to never be down and to have all the answers we need to keep our own lives stable and moving forward. Those are unrealistic expectations to place on anyone, yet most of us are disappointed when a pastor becomes overwhelmed, seems depressed, lets us down or completely burns out.

That's why God has instructed us to recognize His servants.

"The elders who direct the affairs of the church well are worthy of double honor, especially those whose work is preaching and teaching" (1 Timothy 5:17).

The good news is that we can make a difference! Clergy Appreciation Month is one way we can counter the negative erosion in the lives of our spiritual leaders with the positive affirmation they need.

Let's celebrate on October 18, immediately following morning service!

SERMON SERIES

OCTOBER 2009

JESUS: WHO HE IS, WHAT HE SAID, AND WHY HE MATTERS

THE GOSPEL OF MATTHEW

FALL FUN NIGHT 2009

ABUNDANT HOPE'S

ALTERNATIVE TO HALLOWEEN

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

FRIDAY, OCTOBER 30

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), bottled 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 OFFICE. DONATIONS CAN BE DELIVERED TO THE CHURCH OFFICE OR RECEIVED AFTER WORSHIP SERVICE.



October is ...

National Breast Cancer Awareness Month

According to the **American Cancer Society**, one out of **eight women** will be diagnosed with some type of [breast cancer](#), during their lifetime.

Breast cancer is the most common cause of [cancer](#) in women and the second most common cause of cancer death in women in the U.S. While the majority of new breast cancers are diagnosed as a result of an abnormality seen on a [mammogram](#), a [lump](#) or change in consistency of the breast tissue can also be a warning sign of the disease. Heightened awareness of breast cancer risk in the past decades has led to an increase in the number of women undergoing mammography for screening, leading to detection of cancers in earlier stages and a resultant improvement in survival rates. Still, breast cancer is the most common cause of death in women between the ages of 45 and 55. Although breast cancer in women is a common form of cancer, [male breast cancer](#) does occur and accounts for about 1% of all cancer deaths in men.

Breast cancer is a heterogeneous disease. What does this mean? Simply stated, it means that the disease is different and progresses differently in every woman, who has been diagnosed with it.

- The causes of breast cancer are not yet fully known although a number of risk factors have been identified.
- Breast cancer is diagnosed with self- and physician-examination of the breasts, mammography, ultrasound testing, breast MRI and biopsy.
- Treatment of breast cancer depends on the type and location of the breast cancer, as well as the age and health of the patient.

The American Cancer Society recommends that a woman should have a baseline mammogram between the ages of 35 and 40 years. Between 40 and 50 years of age mammograms are recommended every other year. After age 50 years, yearly mammograms are recommended.

2009 H1N1Flu (Swine Flu)

What You Can Do to Stay Healthy

- **Stay informed.** This website will be updated regularly as information becomes available.
- Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.
- **Take everyday actions to stay healthy.**
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.
- Find healthy ways to **deal with stress and anxiety.**
- Call 1-800-CDC-INFO for more information.



ABUNDANT HOPE CHRISTIAN CHURCH

Worship Space:

Pearsontown 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

THERE IS HOPE IN CHRIST!

We're on the Web:
www.abundanthopecc.com

AHCC Logo Christmas Ornaments on Sale Now!!

AHCC logo Christmas Ornaments will be on display and for sale beginning this month. The ornaments are priced at \$10.00 each with proceeds going toward the Nehemiah Building fund. Please visit the display table outside the worship space after service or contact Sister Vinnia McCoy to purchase your ornaments.

COMMUNITY OUTREACH

Pettigrew Rehabilitation & Healthcare Center

You are invited to come for 1 hour of fun and fellowship at Pettigrew Rehabilitation & Healthcare Center Saturday, October 10 at 1:00 pm. Pettigrew is located at 1515 W. Pettigrew Street.

Ronald McDonald House

Community Outreach is seeking a team of 8 disciples to serve dinner for the Ronald McDonald House on Wednesday, October 28. Dinner is served at 6:00 p.m. Please see Sister Paulette Scott after Sunday service or call her at 806-1787 to volunteer.

IHN Week—Mount Sylvan October 25-30

Feel free to join us Sunday, October 25 at 4:00 to prepare the living quarters for the residents and/or Friday, October 30 at 5:30 for dinner and fellowship at Mt. Sylvan United Methodist Church. For more information please see Sis. Gail Lloyd or email her at GL6732@aol.com

CELL PHONES CAN HELP DURHAM CRISIS RESPONSE CENTER

Put that old cell phone to work as something other than a paperweight. Most everyone has at least one sitting around, so don't throw it away! You can donate your cell phone(s). Durham Crisis Response Center will distribute the cell phones (911 ready) free of charge to high-risk victims of domestic violence and sexual assault. A collection container will be set-up at the back of the worship space each Sunday.



Meetings & Rehearsals

Adult Choir: Thursdays, 7:00 pm at church office; Praise Team ONLY on Oct. 22. All AHCC members are welcomed to join.

Alliances of Hope Leaders: Sunday, **October 18**, after service in the Pearsontown Cafeteria.

Men's Ministry: Saturday, **October 31**, 9:00am at church office

Usher's Ministry: Sunday, **November 1**, 8:30am in Pearsontown cafeteria

Women's Ministry: Saturday, **October 17**, 10:00 am at church office.

Youth Choir: October 6 & 20 at 7pm (during bible study); **October 22** at 7pm (church office).

Youth Praise Dance: October 10 & 24, TEENS: 10am-12pm; Children: 11am—1pm. All will minister at One Love October 14 at 7:00pm.