

Special Interest Articles

For Your Knowledge:
Domestic Violence
Awareness

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Hope In Action:
Communities Need You

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Leading and Following:
Pastor's Words of Hope

Pg 4



There is hope in Christ!



Community Outreach
seeks a team of 8.

Serve dinner for the
Ronald McDonald
House:

Wed, Oct 19 at 6pm

For more info, see Sis
Paulette Scott.



From the Pastor

Beloved,

Blessed Autumn to all of you. As the air takes on a chill and the Earth gets dressed up in vibrant colors we push full steam ahead into our fall schedule here at Abundant Hope. While I know there is much anticipation about the State Fair and Fall Festival, I want to focus on two very important issues that are observed this month – Breast Cancer and Domestic Violence.

As I write this, two members of my family are engaged in a battle against breast cancer.

I am reminded of the thousands of fellow citizens and their loved ones (some of them in our congregation) that also bravely face this disease. The pink ribbon is not merely a fashion accessory; it is a reminder that there are real people with real

names that often times in quiet are waging a life and death struggle against breast cancer. I'm asking that every member of Abundant Hope pray for all people touched by this disease. In addition, let us all encourage the women in our lives to educate themselves about the importance of self examinations and mammograms.

Yes I know that men can get breast cancer as well but the overwhelming majority of the cases occur in women. Please pray for my mother and sister-in-law in their battle against breast cancer and know that they are praying for you.

While breast cancer is an issue that strikes from within there is another one that attacks from the outside. Domestic violence is an issue that we have been

silent about in church for far too long. Sometimes the silence has been fueled by the fact that perpetrators frequently hold key positions in the church from the pulpit to the back door. There is also the rule that you don't get into people's business that goes on in their house.

Oftentimes victims are literally frightened for their lives and choose to remain quiet in attempts to "keep the peace" and to sometimes maintain lifestyle. Whatever the reasons this is an issue about which we will not be silent at Abundant Hope.

While we often focus on female victims it should be said that there are significant numbers of men that are also victims of domestic violence.

Con't on Page 4

Clergy, Highest Regards in October

Clergy Appreciation Month is a special time to honor pastors, pastoral families and associate clergy for their hard work and sacrificial dedication.

God trusts them with a most precious assignment — the spiritual well-being of His flock. Whenever eternity is in the balance, we should all be concerned.

Pastors and clergy live under incredible pressures. They are held to unrealistic expectations, yet most of us are disappointed when they become overwhelmed, seem depressed, let us down or burn out. This is 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 Tim 5:17).

Paul wrote:

"Now we ask you, brothers, to respect those who work hard among you, who are over you in the Lord and who admonish you. Hold them in the highest regard in love because of their work..." (1 Thess 5:12-13)

Good news! 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.

How can I help?

Figure out what you can do personally to recognize and honor these leaders.

A simple card, an invitation to lunch, a promise to pray for them, or an offer to babysit, wash a car or mow a lawn make wonderful statements. The sky is the limit!

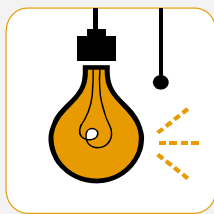
Join us on Sunday, October 30 at 10am for a special service and recognition.
See Tony Williams or Leslie Jones for more details.



What Is Domestic Violence?

Domestic violence is a relationship between intimate partners in which **one individual seeks to assert power and control over the other.**

Recently, more same-sex partners and male victims of violence perpetrated by women are reporting their victimization. **The abuser may use many different types of abuse to assert this power,** and the overall framework in which the abuse occurs may follow a pattern called the *cycle of violence*.



Beat Breast Cancer with Awareness



Be Aware of Domestic Violence

October is National Domestic Violence Awareness Month.

Cycles of violence: Violent events occur in a variety of patterns - the victim may experience ongoing, nonstop abuse, or the abuse may stop and start.

One pattern of abuse often seen in a violent relationship begins with a tension-building phase, followed by the actual abusive act, and then a calm, making-up phase often called the *honeymoon phase*.

The tension-building phase includes increasing anger on the part of the abuser

coupled with attempts by the person being abused to avoid violence. On the other hand, the victim may also attempt to bring on the violence to "get it over with."

The episode of acute abuse may include various forms of abuse and may occur for an indefinite amount of time.

The honeymoon phase that follows the abuse often includes both excuses for the abusive episode and expressions of love for the injured party.

The abuser may deny the violence or blame his or her actions on themselves or on

the victim.

The abuser may promise that the abuse will never happen again.

Types of abuse: Domestic abuse is a broad term and involves physical, psychological, economic, and sexual abuse, as well as attempts to manipulate the victim through the use of his or her children.

The abuser may also seek to isolate the victim from other people who may provide assistance.

Be Aware...(con't)...

Physical abuse: Includes pinching, tripping, beating, pulling hair, slapping, shoving, biting, twisting arms, kicking, using a weapon, choking, hitting, pushing, etc.

Psychological abuse: Includes making or carrying out threats to do something to hurt the victim emotionally. For example, in gay, lesbian, bisexual and transgender relationships, threatening to expose ("out") the victim's sexual orientation.

Other behaviors may include threatening suicide,

taking or harming the children, or family of origin, threatening to report a person to a governmental agency (ie: the IRS or INS), or threatening to harm pets, etc.

Emotional abuse: Includes putting a person down (ie: commenting about perceived shortcomings or name calling), making a person think he/she is crazy, feel bad about his/herself, playing mind games, mistreatment, etc

Isolation: Controlling what the victim does (ie: financially, monitoring

activities, limiting access to others, controlling activities outside the home.

Sexual abuse: Sexual activities against the victim's will, treating victim as if a sex object, etc.

Using children: Making the victim feel guilty about the children, using visitation as a means of harassment, etc.

Economic: Prevention from getting or keeping work, making the victim ask for money, etc.

Domestic violence has many faces. Learn to recognize when you see one.

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 October's issue of SOH.

Brain Teaser of the Month:

Solve this puzzle.

Horses is to equine, as cattle is to bovine, as sheep is to ovine, as deer is to _____?

September's Winner is: Tony Williams

Congratulations, Mr.

Williams. You are the Master of the Brain for September. Don't forget to get your free prize from AHCC!

AH thanks all participants for their efforts.

September's BM Solution: Its Canada!

Fun, fun, fun!

Fall Fun Night
 Abundant Hope Christian Church's
 Alternative to Halloween

DON'T MISS A NIGHT FILLED WITH FUN, FOOD & FELLOWSHIP!
 FRIDAY, OCTOBER 28
 7:00PM – 10:00PM
 Veterans of Foreign Wars (VFW) Post 2740
 3707 Dearborn Drive, Durham NC

CHILDREN ARE ENCOURAGED TO DRESS AS BIBLE OR OTHER HISTORICAL CHARACTERS

Donations of hot dogs (chicken or beef), hot dog buns, candy, chips, candied apples, bottled water, canned soft drinks, and juice packs are needed.

Also, volunteers are needed for setup, cleanup & monitoring activities.
 SIGN-UP AT BIBLE STUDY, AFTER WORSHIP OR CALL THE CHURCH OFFICE.

Good Medicine

Comics reprinted with permission.

"I know it's early, Pastor,
 but I figured you'd be up praying."

Gospel Explosion!

Remember...

October is
 National
 Breast Cancer
 Awareness
 Month

ONCE YOU
 CHOOSE

HOPE

ANYTHING'S
 POSSIBLE

Special Presentation
 Sunday, October 23

1st Annual AHCC Gospel Explosion
 Special MC's: Elder Mark Gibson and Sis. Sonya Johnson

When: Saturday February 18, 2012
 Where: Hayti Heritage Center
 804 Old Fayetteville Rd
 Durham, NC 27701
 Time: 4:00pm – 8:00pm
 Purpose: Fundraiser for AHCC's Building Fund
 & Community outreach efforts.

Volunteers, contact any committee leader after service or
 via email at: ahccgospelexplosion@gmail.com

Programming: Johnetta Britton
 Advertising/Marketing: Daria Harris
 Logistics: Ketty Thelemaque
 Food/Concession: Sharon Heckstall
 Event Coordinator: Davon Townsend
 Assistant Event Coordinator: Daria Harris

Celebrating Everything Gospel!

More Details Coming Soon!!!

HOPEful Things to Do...

**Ushers, Choir, Ambassadors
 & AH Family, You're Invited!**

On Sunday, October 16th
 at 3pm, Pastor Middleton is
 preaching for the:

**Pastoral Anniversary of
 Rev. Dennis Davis**
 Pilgrim Baptist Church
 2420 S. Roxboro Street
 Durham, NC, 27707

**October Schedule for the
 Cast of the Christmas Play**

Sun, Oct 9 @ 9am (VFW)
 Tues, Oct 11 @ 7pm (VFW)
 Sat, Oct 15 @ 10am (AHCC
 Office)
 Tues, Oct 18 @ 7pm(VFW)
 Sun, Oct 23 @ 9pm (VFW)
 Tues, Oct 25 @ 7pm (VFW)
 Sun, Oct 30 @ 9am (VFW)

**AHCC's Youth & Family
 Outing at the NC State Fair**

Meet us at the entrance of
 the gate at 11am on
 Saturday, October 22nd.

AHCC youth ages 5 and
 under are admitted free of
 charge.

AHCC youth between the
 ages of 3 -16 will be

covered by the church.

Parents, sign your kids up
 by Wednesday, October
 12th!

**Clergy Appreciation
 Month Celebration**

Join us Sunday, October
 30th immediately following
 morning service!

**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

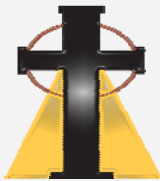
Tel 919. 806.1610

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 4th 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
www.abundanthopecc.org

From the Pastor, con't...

Stay tuned for a special presentation this month on this very important issue.

So Fall is officially here! Our fall festival, thanksgiving service, and holiday preparations are all on the agenda and will require our full enthusiasm and participation.

As the festivities of the season start to claim our attention,

let us stay committed and focused on what are the most important things we do - worship and bible study.

We continue this month journeying with the children of Israel as we consider leadership and followership. I hope you'll enjoy this issue of Speaking of Hope and will take care to read it from cover to cover as this is a very busy time for us.

However, let us never confuse being busy with being blessed. Our blessings flow from loving, supporting, and encouraging each other.

If we get that right, everything else will fall into place.

I love you and I love being your pastor.
PM

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 OCT @ 7PM. Meet at the church office.

AMBASSADOR CHOIR
OCTOBER 4 @ 6PM at the VFW. Before Bible Study.

OCTOBER 6 @ 6PM at the church office.

YOUTH CHOIR
OCTOBER 18 & 25 @ 7PM. During Bible Study at the VFW.

OCTOBER 27 @ 7PM at the church office.

AMBASSADOR MONTHLY MEETING
TUESDAY, OCT 18 @ 6PM, Before Bible Study. Meet at VFW.

ADULT PRAISE DANCE
OCTOBER 2 & 30 After service. New members are always welcome! Contact Nashanta' - nashantaw@gmail.com

YOUTH PRAISE DANCE
OCT 16 & 23 After service. Oct 29 @ 11AM. Location TBD. New members always welcome.

CHRISTIAN EDUCATION MINISTRY
TUESDAY, OCT. 4 @

6PM. Meet at the VFW.

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

MEN'S MINISTRY
FRIDAY, OCT 8 @6PM. Assisting Fall Festival in lieu of meeting. Don't be late!

WOMEN'S MINISTRY
OCTOBER 18 @ 6:15 PM @ VFW. All women welcome.

USHER'S MINISTRY
OCTOBER 2, after service in VFW Café. Ushers and interested encouraged to come.

GOING FORWARD:

OCTOBER 14-16	AHCC Women's Retreat - Kingston Plantation Resort, SC
OCTOBER 22	AHCC Youth & Family Outing at the NC State Fair
OCTOBER 28	AHCC Annual Fall Festival
NOVEMBER 12	AHCC Dinner Theatre
FEBRUARY 18, 2012	AHCC Gospel Explosion