

***Watch Night Service - Dec. 31***  
***7:00p - at Friendship***  
***10:00p - Friendship at Mount Carmel***

***Deacons on Call***

Calvin Colson	704-523-1030; 704-614-4067
Edward Fox	704-568-8519
Tonya Hudson	704-766-1111; 704-616-9646
Douglas Jones	704-375-8188; 704-578-8827

If you or someone you know is going into the hospital.....  
 If you have experienced the loss of a loved one.....  
 If you need counseling.....  
 If you have a Prayer Request.....  
 If you need to add or remove a name from the Sick and Shut-In List.....

Then... **call 704.391.3884 or**  
**e-mail:**  
**sicknshutin@friendshipcharlotte.org**

***About Friendship Missionary Baptist Church***

3400 Beatties Ford Road Charlotte, NC 28216 Office - 704.392.0392 Fax-704.391.5800 <b>Prayer Line - 704.391.3880</b> www.friendshipcharlotte.org	<b>Worship Services</b> 7:30a; 9:30a; 11:30a <b>Church School - 9:30a—10:30a</b> <b>Adult &amp; Youth Bible Study</b> Wed., 7:00p
---	---

***Dr. Clifford A. Jones, Sr.,*** Senior Minister

***A Celebration of***  
***Worship***  
***Health Emphasis,***  
***Third Sunday of Advent***



***Dr. Clifford A. Jones, Sr.,***  
Senior Minister

***December 14, 2008***

***Invocation***

\*\*\*\*

***Opening Hymn***

\*\*\*\*

***Welcome***

\*\*\*\*

***Lighting of Advent Candle***

\*\*\*\*\*

***Scripture Readings***

Psalm 22:22-28; Acts 10:9-16

\*\*\*\*

***Gloria Patri***

\*\*\*\*

***Intercessory Prayer***

\*\*\*\*

***Pastoral Reflections/  
Announcements***

\*\*\*\*

***Offertory/Ministry of Music***

\*\*\*\*

***Proclamation***

*Pastor Jones*

\*\*\*\*

***Invitation***

\*\*\*\*

***Benediction***

*We invite persons with prayer requests to go to Room 209 immediately following each service. A minister will be there to have prayer with you.*

***From Engagement to Engaged***

## ***O Come, O Come, Emmanuel***

Text: Latin 9<sup>th</sup> C., tr. St. 1, 4, by John Mason Neale, 1818-1866;  
st. 2, 3, by Henry Sloane Coffin, 1877-1957

Tune: VENI EMMAUNEL, LM with refrain; adapt. By Thomas Helmore, 1811-1890

### **ALL**

O come, O come Emmanuel,  
And ransom captive Israel,  
That mourns in lonely exile here  
Until the Son of God appear.

### **MEN [ONLY]**

O come, thou Wisdom from on high,  
And order all things, far and nigh;  
To us the path of knowledge show,  
And cause us in her ways to go.

### **WOMEN [ONLY]**

O come, Desiree of nations, bind  
All peoples in one heart and mind;  
Bid envy, strife and quarrels cease;  
Fill the whole world with heaven's peace.

### **ALL**

O come, thou Dayspring, come and cheer  
Our spirits by Thine advent here;  
Disperse the gloomy clouds of night,  
And death's dark shadows put to flight.

### **REFRAIN:**

***Rejoice! Rejoice! Emmanuel  
Shall come to thee, O Israel!***

### ***Music and Arts***

***7:30a - Hymn Choir, Alive 4 Christ Choir, Orchestra***

***9:30a - Church Choir, Orchestra***

***11:30a - Mass Choir***

## ***Children, Youth and Singles***

The Parent Ministry, in conjunction with Mecklenburg County Department of Social Services/Youth and Family Services is having an orientation for individuals interested in becoming foster and/or adoptive parents **Tues., Dec. 16 from 6:00p to 8:00p in Room 359 and 360**. If you are interested in providing a safe and loving home to a child, if you have patience and wisdom to share, if you are willing to learn about fostering or adoption, you could be the parent for a child who truly needs you. Feel free to call Tammera Nelson at **704- 336-5437** if you have questions.

***Girl Scouts* meeting will be held on **Sat., Dec. 20****

### **Are You African American?**

#### **Does high blood pressure run in your family?**

We are conducting a study sponsored by National Institute on Aging with African Americans and their adult family members who have blood pressure.

We are interviewing **African American adults** (you must be at least 30 years old) and how you take care of your high blood pressure. To be eligible, you must enroll as a pair, with each pair consisting of an **adult parent and an adult child**. Each person will receive a \$20 gift card from Target, Walmart, Food Lion, or Home Depot for a completed interview.

- ⇒ There are no medical tests or drugs involved.
- ⇒ We will come to you for the interview.
- ⇒ The interview will take about 90 minutes to complete.
- ⇒ Interviews will be conducted separately so your answers remain confidential.
- ⇒ Both people must have high blood pressure.

For more information and to see if you are eligible, call **704-687-7910** or email [jwarren1@uncc.edu](mailto:jwarren1@uncc.edu).

This study is conducted by the Department of Public Health Sciences at the University of North Carolina Charlotte and sponsored by the National Institute on Aging (1 RO3 AG030523-01A1). Human Subjects Protocol #08-03-21.

# Fitness Ministry Schedule

## **SENIOR CHAIR AEROBICS**

**Thurs., 9:45a—10:30a at 3400 Fitness Center.**

Each session is \$3.

Contact the Seniors Hotline at **704-391-6696** or **just show up.**



## **RAPTURE FITNESS -**

**Mon. and Wed., 6:00p—7:00p – Adult Fellowship Hall**

**Fri. 6:00p—7:00p – McCrorey YMCA.**

New and general members cost is \$240 for 8 weeks, advanced cost is \$160 (2 days a week, Wed. and Fri.). Contact Bro. Robin Austin at **704-241-5322**. Activity level increases during the 8 weeks so new members are admitted at the beginning of each new series. Please contact instructor for specifics.



## **WALK AWAY THE POUNDS WITH REV. HUGHES**

**Mondays and Wednesdays, 7:00p-8:00p; Fridays, 5:00p—6:00p**  
in the Adult Fellowship Hall at 3301 Beatties Ford

Low impact aerobic to old school R & B and Gospel greats.  
Contact Rev. Paxton Hughes at 704-391-3882 or just show up.

## **CHAIR AEROBICS**

**Tues. and Thurs. from 6:00p—7:00p in the Adult Fellowship Hall.**

Each session \$3, contact Bro. Mitchell Smith at **704-606-1018** or just show up.

\*\*\*\*\*

Classes are ongoing but may have periodic breaks over holidays and major church events, so please contact instructors for class schedules. Please get medical clearance and wear comfortable and appropriate activity wear and athletic shoes for all classes. Don't forget to bring a bottle of water and a towel. All other equipment provided.

## ***Friendship's Employee Profile***



*Cassandra Harding*

[charding@friendshipcharlotte.org](mailto:charding@friendshipcharlotte.org)

704-391-3856; 3301 Beatties Ford Road

Position: Parish Nurse

Facilitates the congregation in achieving healthier lifestyles through a wholistic approach to health; integrating physical, mental and spiritual wellbeing. Serves as advisor for the Health and Wellness and Fitness Ministries.

- Care Coordinator
- Health Educator
- Counselor
- Liaison
- Support Group Facilitator
- Referral Resource
- Community Partner

## ***From the Pastor...***

### ***“WE ARE ALL GOD’S FAVORITE!”***

Psalm 22:22-28; Acts 10:9-16

**Word** for the Month - **“CHARGED”**

**Scriptures** for the Month - Exodus 33:12-23; Ecclesiastes 12:1-14; Acts 10:9-48

**Thought** for the Month: ***We are all God's favorite!***

**Invitational Hymn** for the Month: ***Joy to the World***

**Pastor's Book of the Month:** ***How the Grinch Stole Christmas!***  
**by Dr. Seuss**

### ***“Additional Readings for the Week”***

Mon., Dec. 15	Psalm 116:12-19	Remember the benefits.
Tues., Dec. 16	Exodus 33:7-11	Standing before Divine Presence.
Wed., Dec. 17	Ecclesiastics 12:7-8	God's gift - life for a season.
Thurs., Dec. 18	Genesis 2:7; 3:19-20	Work and living go hand in hand.
Fri., Dec. 19	Psalm 22:22-28	The congregation needs to hear your praise.
Sat., Dec. 20	Mark 1:4-11	God's Amen!

**Point to Ponder:** *Look around your house and take inventory of what you have. Now, be creative and “make do.”*

**Prayer:** *Gracious God, You are indeed a provider and so often blessings are all around us for which we are grateful. Today, I praise You for all that I do have in Jesus' name. Amen.*

*Today's advent candle will be lit by:*

*7:30a - Emma Davis and granddaughter, Laurin Davis*

*9:30a - William and Lena Pickens*

*11:30a - Julia Spann-Tabb and son, Andrew*

## Discipleship and Christian Education



Every 2nd and 4th Tuesday for **Seniors - 10:30a** (Lord's Prayer)  
 Wednesday Evenings - **7:00p** - (Romans)  
 Wednesday Mornings - **11:30a—3301 Beatties Ford Rd** (II Chronicles)  
 Wednesday Evenings for **Children/Youth - 7:00p**  
 Thursday Evenings - **7:00p - 8:30p** (Genesis)  
 Every 1st and 3rd Saturday for **Women - 3:00p** (Psalm 23)

### MARRIAGE ENRICHMENT ELECTIVE

Join Rev. O.T. Tomes and the Marriage Enrichment Group as they study "The Five Languages of Apology" **TODAY at 9:30a** in the **2nd floor Conference Room and again on Dec. 21 and 28**. If you are not able to attend the Sunday classes, the classes are offered on **Mon., Dec. 15 and 29 at 7:00p** at the 3301 Beatties Ford Road location. **Child care will be provided**. The Five Languages of Apology is available for purchase in the Gallery.

**Helen Kimbrough**, author of the children's book **Ocean Waves and Other Tales**, will be in the Gallery at Friendship **TODAY** after each worship service for a book signing.

Please stop by the Gallery, purchase a copy of **Ocean Waves and Other Tales** and meet the author Helen Kimbrough, who is also a member of our Friendship Missionary Baptist Church Family.

## Adult Membership Classes

<b>Class 201</b>	<b>TODAY</b> <b>9:30a, Room 357</b>	<b>Class 401</b>	<b>TODAY</b> <b>9:30a, Room 360</b>
<b>Class 101</b>	<b>Sun., Dec. 21</b> <b>9:30a, Room 360</b>	<b>Class 301</b>	<b>Sun., Dec. 21</b> <b>9:30a, Room 357</b>
<b>Class 201</b>	<b>Sun., Dec. 28</b> <b>9:30a, Room 357</b>	<b>Class 401</b>	<b>Sun., Dec. 28,</b> <b>9:30a, Room 360</b>

All classes must be taken in sequence beginning with C.L.A.S.S. 101 and all classes are required before receiving the Right Hand of Fellowship.

Upon completion of Classes 101, 201, 301 and 401 and Baptism (if applicable), you will be eligible to receive the Right Hand of Fellowship.

### REGISTRATION IS MANDATORY FOR C.L.A.S.S. 101, 201, 301, AND 401

Contact:

Alma Wynn Jones, 704-391-3860 or [www.ajones@friendshipcharlotte.org](mailto:www.ajones@friendshipcharlotte.org)

For questions concerning baptism or receiving the right hand of fellowship, please contact one of the following:

**Rita Franklin, 704-391-6624, [rfrankin@friendshipcharlotte.org](mailto:rfrankin@friendshipcharlotte.org).**  
**Andrea Betaudier, 704-391-3864, [abetaudier@friendshipcharlotte.org](mailto:abetaudier@friendshipcharlotte.org).**  
**Phyliss Caldwell, 704-391-3866, [pcaldwell@friendshipcharlotte.org](mailto:pcaldwell@friendshipcharlotte.org)**

**Blood Pressure Screening TODAY**  
**after each service in Conference Center B.**

**Pick up free information from the American Diabetes Association as you exit today**

## Health Emphasis for December '08

### African Americans are at Greater Risk for Diabetes

Did you know that your risk for diabetes is higher if you are of African American descent? Well you are! In fact, with increasing obesity Type II (Adult-Onset or Non-insulin Dependent) diabetes is increasing rapidly in the United States. Over 3.2 million African Americans over the age of 20 have diabetes. If you have been told that you have "sugar" or "pre-diabetes" you are already there or at risk for developing it.

Diabetes affects the way the body uses food by not allowing the nutrients you eat to reach your body cells. Insulin is required to do this. If your pancreas does not make enough insulin or only makes poor quality insulin nutrients cannot move from the bloodstream into the body tissues.

#### Consider if these risk factors are you:

- ✦ Overweight
- ✦ Little or no exercise
- ✦ Age 20 or older
- ✦ High Blood Pressure
- ✦ Family member with diabetes
- ✦ Female with a history of diabetes during pregnancy
- ✦ Female having a child weighing 9 lbs or more at birth

#### Do you have any of these symptoms:

- ✦ Persistent tiredness
- ✦ Frequent or constant thirst
- ✦ Unintentional weight loss
- ✦ Frequent urination

If you have any of the above symptoms without association with other causes please see your care provider immediately for screening.

For more information please contact the American Diabetes Association at [www.diabetes.org](http://www.diabetes.org) or **1-800-342-2383**, or Cassandra Harding, Parish Nurse at [charding@friendshipcharlotte.org](mailto:charding@friendshipcharlotte.org) or **704-391-3856**.