

## Health Emphasis: Sun Safety

Most parents understand that using sun block is important and they try their best to avoid letting their kids get sunburned.

Unfortunately, no matter how careful they are, they are sometimes left with a sunburned child or a child with a deep, dark tan.

Avoiding common mistakes that parents make when using sun block can help you avoid painful sunburns. These mistakes include:

1. **Not using sun block.** This is especially common early in the spring or summer, when you don't think it is sunny enough to get a burn. Parents also sometimes forget to use sunscreen when it is late in the day, when they underestimate how long their kids will be outside, or when it is cloudy outside.
2. **Not using enough sun block.** The average person uses less than half the recommended amount of sun block when they do apply it on their kids. So apply a thick layer to each section of your child's body, to the point that it is actually hard to work it all in.
3. **Missing areas of their child's body when they apply sun block.** Many kids, especially younger ones, don't like to have sun block put on them. This can make applying sun block quite the battle, making it easy to miss a shoulder, thigh, or nose.
4. **Not reapplying sun block every few hours, especially when your kids are in the water or sweating a lot.** Even sun block that is waterproof should be reapplied often.
5. **Waiting too long to put sun block on.** Remember, to be effective, sun block should be applied about 30 minutes before your kids go outside. If you wait until your kids are already outside, they will be unprotected for about 30 minutes until the sun block is most effective, which is more than enough time to get a tan or sun burn.
6. **Letting their kids play outside when the sun is strongest, between 10:00 am and 4:00 pm.**
7. **Not providing kids with shade.** To avoid the sun and help keep kids from getting overheated, some shade can be helpful.

HAVE A SAFE, FUN FILLED SUMMER!

[www.Sunsafety.com](http://www.Sunsafety.com)

### About Friendship Missionary Baptist Church

3400 Beatties Ford Road  
Charlotte, NC 28216  
Office - 704.392.0392  
Fax-704.391.5800

Prayer Line - 704.391.3880  
[www.friendshipcharlotte.org](http://www.friendshipcharlotte.org)

**Worship Services**  
7:30a; 9:30a; 11:30a

**Church School** - 9:30a—10:30a

**Adult & Youth Bible Study**  
Wed., 7:00p

# A Celebration of Worship

## Health Emphasis Sunday



Dr. Clifford A. Jones, Sr.,

**July 13, 2008**

**Invocation**

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**Opening Hymn**

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**Welcome**

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**Scripture Reading**

Deuteronomy 7:17-26; Acts 12:6-11

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**Gloria Patri**

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**Intercessory Prayer**

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**Ministry of Music**

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**Pastoral Reflections/  
Announcements**

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**Offertory/Ministry of Music**

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**Proclamation**

Pastor Jones

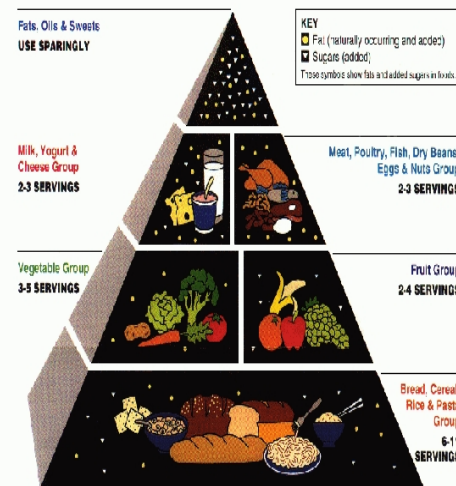
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**Invitation**

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**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**

## We're Marching to Zion

Text: Isaac Watts, 1674-1748

Tune: MARCHING TO ZION, 6 6 88 5 with refrain; Robert Lowry, 1826-1899

Come, we that love the Lord,

And let our joys be known,

Join in song with sweet accord,

Join in a song with sweet accord,

And thus surround the throne,

And thus surround the throne.

Let those refuse to sing

Who never knew our God;

But children of the heav'nly King,

But children of the heav'nly King,

May speak their joys abroad,

May speak their joys abroad.

The hill of Zion yields

A thousand sacred sweets

Before we reach the heav'nly fields

Before we reach the heav'nly fields

Or walk the golden streets,

Or walk the golden streets.

Then let our songs abound,

And ev'ry tear be dry;

We're marching through Immanuel's ground,

We're marching through Immanuel's ground.

To fairer worlds on high,

To fairer worlds on high.

### Refrain:

We're marching to Zion, beautiful, beautiful  
Zion;

We're marching upward to Zion, the beautiful  
city of God.

## I'm Blessed Just To Be Here

Text and Music: V. Michael McKay

I'm blessed just to be here

Just to be in the land of the living

I've got another chance to testify

Just how good God's been to me.

I may not be able to sing like the angels

I may not be able to preach like Paul

I've got another chance to testify

Just how good God's been to me.

I've got a song that the angels can't sing

It's a song of salvation full and free

I've got another chance to testify

Just how good God's been to me.

## Guest Artists—9:30a and 11:30a

Award-Winning Producer Donald Lawrence and QuietWater Entertainment present

### THE MURRILLS

A unique family of talented vocalists and instrumentalists, **The Murrills** are endowed with the ability to reach and rebuild broken spirits through the ministries of song and prayer. With an amazing chemistry that can only be shared between six close knit siblings, **The Murrills** have already wowed audiences through their work with the famed Tri-City Singers. Their debut CD, **FAMILY PRAYER**, was released June 2008 on Zomba Gospel. **FAMILY PRAYER** is produced by Grammy Award winner Donald Lawrence, who first worked with the group as part of his celebrated choir The Tri-City Singers.



Comprised of Darwin, Damion, Donnell, Andre, Roger and sister Arnetta – who was a featured Tri-City lead vocalist - **The Murrills**, guided by their mother, began singing together as children and **FAMILY PRAYER** is replete with songs that bring to life the old adage “the family that prays together, stays together.” Their music beautifully emphasizes the love and strength, ups and downs of family – with faith and togetherness being the central themes. “If only by the example we show of the unity and power of the family, I believe we can be a force for healing and reunification,” says Arnetta. “We want our lives and music-as a strong, close, loving family -to count for something meaningful.” Roger Murrill adds, “if the way we live, and the music we make, will help ease anyone’s pain, heal anyone’s brokenness, we will have accomplished something long lasting and important.”

**For More Information, Contact Zomba Gospel Publicity:**  
**Kymberlee Norsworthy/212-833-6640/Kymberlee.Norsworthy@sonybm.com**  
**Jamie Clark/212-833-6649/Jamie.Clark@zomba.com**

Copies of their new CD "Family Prayer" will be on sale  
in THE GALLERY AT FRIENDSHIP following all services.

### Music and Arts

7:30a - Congregational Singing; Orchestra 3301

9:30a - Congregational Singing; Orchestra 3301; **The Murrills**

11:30a - Congregational Singing; **The Murrills**

If you or someone you know is going into the hospital.....

If you have lost 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

## Exercise Classes

### NEXT SESSION OF RAPTURE FITNESS, starting now...

Orientation - Monday July 21 & Tuesday July 22, 2008 in 3301 Conference Room. Assessments, Friday July 25, 2008 at McCrorey YMCA. Orientation and assessment required of new members before start of class. First class session Monday July 28, 2008 throughout September. Contact Robin Austin at 704-241-5322 or [rapturefitness2@yahoo.com](mailto:rapturefitness2@yahoo.com)

### ANOTHER AFRICAN DANCE OPPORTUNITY!

Join us for fun, culture and exercise on **July 26, 1:00p-2:00p** for African Dance. Bring the whole family for laughter and learning. [www.lifearartproductions.com](http://www.lifearartproductions.com). Fee is \$10 per person. Please make payments at The Gallery Tues.—Thurs. 11a – 7p. For more information contact Cassandra Harding, Parish Nurse at **704-391-3856**.

## Community Events

### SUMMER EDUCATIONAL SERIES – HOLD THE DATES!

**July 19, 11:00a** – Herbal Medicine Safety – Dr. Michael Gum  
**July 19, 1:00p** – 10 Principles of Personal Health Empowerment - Dr. Danner  
**July 26, 1:00p** - African Dance \$10.00 – April Turner – 3400 Gym  
**Aug. 9, 1:00p** – Personal Emergency Preparedness – Ms. Kathleen Heberle

Contact Cassandra Harding at **704-391-3856** or  
**charding@friendshipcharlotte.org**

**Sat., Sept. 13, 8:00a–3:00p**

### Friendship Missionary Baptist Church BUSINESS EXPO

Register **TODAY** to attend the Business Expo. The first 75 registrants will receive a complimentary Financial Empowerment Kit from Black Enterprise Magazine. Your \$20 registration includes all business development workshops, luncheon with Reggie Hubbard, the CEO, roundtable discussions and access to the exhibitor. **Visit the Business Solutions tables after worship services.** For more information, contact **704-391-6687** or **businessexpo@friendshipcharlotte.org**

## Acknowledgements Received from...

*Sis. Patricia Albritton*

*Thanks to all who donated canned fruit on Sunday July 6, 2008.  
 1850 lbs of goods, plus \$406.33 were received by:*

*Loaves & Fishes*

*Macedonia Baptist Church, Charlotte Food Pantry*

## From the Pastor...

### **“The Lord Will Make A Way!”**

Word for the Month - **“ENERGIZED”**

Scriptures for the Month - Exodus 23:20-21:4; Ecclesiastes 7;  
 Acts 12:1-18

Thought for the Month: **Then for Them, Now for Us!**  
 Invitational Hymn of the Month: **Jesus, The Light of the World**  
 #217 – African American Heritage Hymnal

### **“Additional Readings”**

Mon., July 14	Ecclesiastes 7:5-10	Something to think about
Tues., July 15	Exodus 23:25-30	The value of small steps
Wed., July 16	Joshua 2:8-14	The power of a testimony
Thurs., July 17	Joshua 3:2-17	Stepping into the unknown-Faith
Fri., July 18	II Corinthians 12:1-10	Finding strength from the point of weakness
Sat., July 19	Philippians 4:8-13	I can do all things through Christ

**Point to Ponder:** There is never sufficient strength and resources to confront, manage and master on your own. We will always be in need of assistance. Thank God for family, friends and resources but always remember the ultimate Source!

**Prayer:** Dear Lord, we are so fortunate to live with the assurance of your Divine presence. I confess that I do need you as I walk by faith through Jesus Christ my Lord. Amen.

## Deacons on Call

Reggie McAfee	704-553-0225; 704-634-4688
Daisy Walker	704-568-5869; 704-351-5072
Percy West	704-875-3186; 704-724-6873

## ***Discipleship and Christian Education***



**Wednesday Evenings - 7:00p - 8:15p** (Ecclesiastes)  
**Wednesday Evenings for Children/Youth - 7:00p - 8:15p**  
 Children - "Do We Deserve Everything We Ask For?";  
 Youth - "God Gives Us More Than We Deserve"  
**Thursday - 11:30a - 12:30p** (I Chronicles)  
**Thursday Evenings - 7:00p - 8:30p** (Genesis)  
**Every 1st and 3rd Saturday for Women - 3:00p** (Psalm 23)  
 (Book - A Shepherd Looks at Psalm 23 by Phillip Keller)

### **VACATION BIBLE SCHOOL—2008**

Kickoff - **TODAY from 9:30a—12:00p**

**Classes for preschool—adults;**  
**Mon.—Thurs., July 14-17 from 6:30p—8:30p.**

***Beach Party: Surfing Through the Scriptures***

### **MONTHLY PRAYER BREAKFAST**

**Sat., July 19, 7:00a**

Hosted by Philip and Phoebe

Contact Rev. Sandra Caldwell-Williams, **704-391-3854**  
 or [swilliams@friendshipcharlotte.org](mailto:swilliams@friendshipcharlotte.org)

## **ADULT MEMBERSHIP CLASSES**

<b>Mon., July 21</b>	Classes 201, 401	6:30p
<b>Mon., July 28</b>	Classes 101, 301	6:30p
<b>Tues., July 29</b>	Class 401	6:30p

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.

## **CHILDREN MEMBERSHIP CLASSES**

<b>Wed., Aug. 6</b>	Class 101	7:00p
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Upon completion of Class 101 and Baptism (if applicable), you will be eligible to receive the Right Hand of Fellowship.

**REGISTRATION IS REQUIRED FOR ALL CLASSES**  
**Alma Wynn Jones, 704-391-3860 or [www.friendshipcharlotte.org](http://www.friendshipcharlotte.org)**

## ***Brotherhood Ministry***

### **BROTHERHOOD MINISTRY**

**Mon., July 14, 7:00p—8:30p**  
 Contact Randy Waymer at **704-540-3731**

## ***Health and Wellness***

### **MEN'S CANCER SUPPORT GROUP**

First meeting - **Mon., July 14 at 6:30p in 3301 Conference Room.**  
 Please come and support others if you are willing to share your journey.  
 Contact Cassandra Harding, **704-391-3856.**

## ***Music and Arts***

### **HYMN CHOIR ANNUAL CELEBRATION**

**Sun., July 20 - 4:00p**  
 Contact Willie Holley, Hymn Choir Coordinator, **704-391-6672.**

## ***Friendship Community Development Corp.***

The Friendship Community Development Corp. is seeking **affordable housing units** for the Community Outreach Housing Initiative on the Beatties Ford Road Corridor. Our greatest need is for property that would be rentable in the \$450 range, near a bus line, and preferably include a stove, refrigerator and HVAC system. We are seeking properties that include single family and multi-family units. For more information regarding this Initiative please contact Lakeasha Parker at **704-391-3862** or on line at [lparker@friendshipcharlotte.org](mailto:lparker@friendshipcharlotte.org). This Initiative is part of the "50 House Project" initiated by Pastor Jones this year.

## ***Children and Youth***

### **GIFT CARDS FOR YOUTH!**

This year we will offer incentives to our youth who attend Friday Night Hangout and are seen doing things as GREAT young people. We need gift cards from local stores. Cards can be dropped off in the DeiVision of Children and Youth Office.

### **S.E.E.D. TUTORIAL**

The S.E.E.D. tutorial program will be doing a summer writing workshop for high school students. Interested students should contact Charlese Chapman at [charlese\\_c@hotmail.com](mailto:charlese_c@hotmail.com) or call **704-391-3876.**