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Happy Holidays!

Connecting People to Christ



The Church at Antioch

Bible-based, Christ-centered, Holy Spirit-led, Mission-bound • Fellowship, Evangelism, Doctrine, Stewardship

July-September 2019

Volume 9, Issue 3

Dr. Shay: "It Goes Down in the DM"

Antioch Baptist Church North was encouraged to lean and depend on each other to get through the emotional pain we're often confronted with and to seek professional help for mental health when necessary.

"This is the Mission of the church, and it is way past time to address," said Dr. Shatavia Alexander Thomas. "Too many are suffering in silence when we can find support through our church fellowship. Get your mind checked out."

Thomas was the keynote speaker Sept. 8, the day set aside to raise awareness about mental health issues at Antioch.

If there was any doubt about the need to focus on mental health, Thomas offered statistics from Mental Health America of Georgia and the Centers for Disease Control:

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David Henderson



Zoe Jones



Gillian Y. Johnson



Malcolm Stephney

Antioch Youth ready to lead

As it has done so for years, Antioch Baptist Church North turned the spotlight on her youth allowing them to lead the Sept. 22 worship service.

They did not disappoint.

The annual Youth in Action Sunday featured speakers Sis. Gillian Johnson, Sis. Zoe Jones, Bro. David Henderson and Bro. Malcolm Stephney, who offered their take on "W.A.R. – We Are Ready."

The theme was based on Ephesians 6:11-18, which calls us to "Put on the whole armour of God, that ye may be able to stand against the wiles of the devil."

Inside you will find their "sermons," edited for length.

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Rev. Cain's life on the big screen

From Poor to CEO: The Incredible Journey of Herman Cain had its debut July 1 at the Regal Theater in Atlantic Station.

The documentary film chronicles Rev. Cain's life from his early days as a child growing up poor to his rise to corporate American and his run for the president of the United States.

Dozens of Antioch Baptist Church North members, including Cain's wife of 51 years, Sis. Gloria Cain, and his daughter Melanie Gallo, attended the premiere.

Rev. Cain said the documentary was not his idea. Barry Tolli, director/producer, came to him with the idea, and he agreed when Tolli said the story of Cain's life would inspire young people.

Although the film is about his life, family, career and faith, Cain said his story is

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A Message From The Pastor



Dear Antioch Family,
Antioch has the best membership this side of heaven! I love our members, and I am proud to be your pastor. As you read the newsletter and recount our involvement in a variety of services both as the church gathered and individually, you will see that we are truly “about our Father’s business.”

Our youth are phenomenal. The display of giftedness as they sang, danced, played instruments, ushered, and spoke during the Youth In Action Sunday are evidence that our future is in good hands.

Honoring the legacy of 50 years of pastoral excellence as we celebrated the pastorate of our late pastor, my father, the Rev. Dr. C.M. Alexander, was heartwarming and befitting of his preaching and teaching excellence, administrative prowess, total dedication and love for this congregation.

Our Mental Health Weekend was outstanding. “Breaking Barriers,” in partnerships with CareSource, went a long way toward helping to remove the stigmas that remain around mental health. I appreciate the transparency of those who admitted to having received counseling. We have a wealth of resources within our congregation. Dr. Shatavia Alexander Thomas filled out our weekend with an impassioned and informative message on Sunday morning. The attentiveness of the congregation gives me hope that we will be more aware of the signs of mental issues and more willing to access the resources to address them.

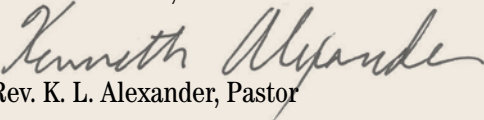
AUMI provides food and clothing to an ever-growing population of people in need. At the 40th Anniversary of the Atlanta Food Bank, Bill Bolling acknowledged Antioch’s 35-year participation and said that the Food Bank would not be where it is today had it not been for Antioch. Our Back-to-School Giveaway addressed another crucial need, allowing a large number of youth to get the right start as they return to school. You, the Antioch family, responded to the clarion call of the Youth Department and provided funds for the pre-packaged kits. A special thanks to members of the Womanhood Ministry, who prepared the kits for distribution. The fellowship exhibited at the 5th Annual Sundress and Sandals Soirée was still evident as they worked. Antioch also responded quickly and in abundance to our call to help provide relief for the Bahamas.

The 12th Annual CMA Golf Classic held at Lanier Islands Legacy Golf Course had a record number of participants. We enjoyed good-natured fellowship as attendees vied for bragging rights after showing off their golfing skills. We had a fun time for a great cause as the proceeds go to AUMI.

During this quarter, we were privileged to fellowship with several other churches. I was in revival at First Corinth Baptist Church, where the Rev. Eddie L. Jones is pastor. We also enjoyed grand fellowship with the sons of Antioch as they celebrated pastoral anniversaries.

Please accept my heartfelt gratitude for my birthday celebration. Fish fried to perfection and an abundance of delicious sides and the great fellowship made it a high point in my life.

In God’s Service,


Rev. K. L. Alexander, Pastor

Continued from cover



Sis. Gloria Cain, wife of the Rev. Herman Cain and long-time member Antioch Baptist Church North.



also about America, where she has been and where she is now.”

Antioch North figures prominently in the film, with some of the footage having been shot on location in the sanctuary. Rev. Cain’s father, Dea. Luther Cain, Rev. Dr. C.M. Alexander, Rev. Kenneth Alexander and Dea. Leo Walker are prominent in the film.

Pre-orders for the DVD, which will be released on November 26, 2019, are available at www.hermancainmovie.com

JULY

Williams named Fulton County Youth Commissioner

Antioch Youth Usher Michael Langston Williams has been named a Fulton County Youth Commissioner for the 2019-2020 academic year.

His accomplishment was recognized by Pastor Kenneth Alexander during a July worship service.

Youth chosen to serve on the commission have exhib-

ited excellence in leadership and community service and receive certification and recognition by the Board of Commissioners for outstanding contributions to their schools and community.

The program seeks to encourage leadership and self-empowerment, enhance public speaking and presentation

skills, and develop critical thinking skills. During their term, youth commissioners learn the functions of government and the legislative processes. They are expected to speak out on behalf of Fulton County youth and help the local government better understand the issues facing youth.

Developing advocacy skills,

the youth are introduced to how to shape public policy, especially policy, procedures and legislation that impact children, youth and families in Fulton County.

Michael, a tenth-grader at Holy Innocents Episcopal School, is the son of Michael and Lisa Williams.

Ladd celebrates 10 Years

Dozens of Antioch Baptist Church North members traveled to Chattanooga in July to celebrate the 10th anniversary of one of her sons, The Rev. William Terry Ladd, III, pastor of the historic First Baptist Church.

While a decade of service might seem easy, the Rev. Kenneth Alexander assured those gathered that it is anything but easy.

"People with any sense ran from pastoring until they couldn't run anymore," Alexander said, preaching from Jeremiah 3: 12-15. Churches declare the pulpit vacant and solicit resumés and bios. But, he said, we were taught that the Holy Spirit operates the church, so if the pulpit is vacant, that is not a church.

"Being a pastor is not a position but a calling, not a title but an assignment given by God, and Rev. Dr. Ladd has been diligent on his post, in his assignment, for ten years," the Antioch pastor said. He continued



Rev. Alexander greets Rev. Ladd

that committees who want to vet pastor "candidates" would have rejected Moses, David, Noah and Peter.

"God does not take preachers from the top shelf but scoops them from the bottom of the barrel, so they cannot take credit for accomplishments but must give God the glory," preached Pastor Alexander. "God is the CEO, Jesus Christ is the CFO, and the Holy Spirit is the COO of this "Upon this Rock" business."

He said that God provides full-time employment with a detailed employee handbook that covers every challenge you will meet and excellent retirement benefits paid in full on Calvary.



Youth Rally Choir - Sylvia Lester Directing

Antioch youth shine

Antioch youth and youth leaders dominated much of the General Missionary Baptist Convention of Georgia, Inc. 57th Congress of Christian Education, held July 22-26 at Northside High School in Columbus, Georgia.

From welcoming delegates to participating in the youth rally their talents were on full display.

Justin Thomas received rousing applause for developing the YAPP app, putting all Congress information at one's fingertips and helping the GMBC Congress become good stewards of our earth by saving paper. And when a challenge was issued to the youth to upload a video of their experience at the Congress to social media, Elizabeth Scott won the prize for her video of our youth delegates with Pastor Kenneth Alexander.

Antioch's State and National Oratorical Winner, Rachel Henderson read the scripture at President Benjamin E.V Lett's Address.

Logan Kirkland placed second in Division 1 and Michael Henderson garnered a first place win in the senior division of the oratorical contest. Michael will compete in the National Baptist Oratorical Contest in 2020.

"Talkin' 'Bout What I'm Talkin' 'Bout," written and directed by Sis. Homerzelle Gentry, paid tribute to our late pastor and former GMBC President, Rev. C.M. Alexander. It ended with his favorite Youth M.A.D.D. for Christ Choir song, "I'm Walking in Authority."

NBC a smorgasbord of business, worship

Antioch had its largest delegation in recent history at this year's Annual Session of the National Baptist Convention USA, Inc.

A group of ushers joined other delegates in order to take advantage of the training offered during the session and in support of Dr. Brenda Eason, who serves as vice president of the NBC Ushers. They not only attended training seminars but ushered at each worship service.

Although primarily held to conduct NBC business, opportunities for worship dominated the September session held this year in New Orleans, LA. Powerful preaching and sing-



ing could be heard from early morning to late at night. In addition to the larger body gathered for services, each auxiliary held business sessions and worship services.

The Music and Worship Arts auxiliary ended with a concert featuring the Atlanta Chap-

ter of the Atlanta Chapter of GMWA.. NOTE: If space does not allow the full name use Atlanta Chapter of GMWA.

Several partnerships were announced that will help increase the participation of African Americans in the census and at the polls and move-

ment toward a credit union is progressing as planned. Once fully operational, access to funding for building and renovation of churches is expected to be easier. A National Baptist Convention credit card has also been launched with a lower interest rate than its competitors.

Evangelistic outreach and mission are hallmarks of the session. The Women's Auxiliary sponsors Fashion Share, which provides a luncheon meal and clothes and gift cards to women in need. There is also plenty of time for fellowship, much of it occurring at breakfasts, lunches and banquets.

Annual Conference aims to enhance walk with Christ

Youth from throughout the Southeast Region were urged during their annual conference to maintain a deep belief in their own dignity and worth.

"Work towards your life's God-given purpose with excellence seeking to be the best you can be in all your endeav-

ors," Min. Jontae Nash told them.

Nash, of Macon, was charged with interpreting the conference theme: "Envision the Future Exceptionally Through Youth Learning, Leaning and Listening to God."

The three-day conference, which opened July 31, was

held in Augusta at Good Shepherd Baptist Church, where the Rev. Clarence Moore is pastor. It is considered the training ground for the National Baptist Convention, and youth participate in the planning of the conference and lead all services as the next generation of NBC leaders.

In addition to attending classes designed to enhance their Christian walk, youth participated in Scripture drills meant to show how well they know the Bible and the Great debate which challenges them to apply biblical principles to contemporary issues affecting young people.

UPCOMING

9TH ANNUAL SHUT-IN SUNDAY

In celebration of Antioch's 142nd Church Anniversary, the Anniversary Committee and the Care & Comfort Ministry encourage all members and auxiliary leaders to participate in the 9th Annual Shut-in's Sunday on December 8, 2019, immediately after the 10:00 a.m. worship service. On this day, the church will go out to visit, fellowship, pray, and worship with all members who are on the Sick & Shut-in list. Please sign up today in the narthex after the service or downstairs in Fellowship Hall after the Wednesday Night Prayer Service. On December 8th, all members who are participating are asked to meet in the Chapel after the service. For more information, please contact the church office at 404-688-5679.

AUGUST

Antioch's Bishop shows at the Rialto

In another nod to his artistic talent, Marcus Bishop's "Journey" was featured July 15 through August 24 at Atlanta's Rialto Center for the Arts. The exhibit, described as "a wistful quest of affection for the past with images evoking feelings of nostalgia," was part of the Rialto's Visual Arts Series.

Bishop, a Mississippi native, received his BFA in painting from Jackson State University in 1999, a BFA in Fashion Design and Fashion Marketing from American InterContinental University in 2001 and a Masters of Fine Arts in 2013 from the Savannah College of Art and Design.



Marcus greets Antioch members at his book signing.

But before making a name for himself in the arts, Bishop was well-known in the Atlanta and DeKalb County schools, where he spent 11 years as a kindergarten and middle school teacher. And so its understandable

that he often finds inspiration for his art not just from the books he reads or the documentaries he watches but his students and the people he encounters everyday on the streets of Atlanta.

His work is vibrant and vivid depicting Black life, natural scenes and much more. He strives to evoke a response to the depth of emotion he pours into each work, often depicting activities from everyday life with a depth that lifts them from the mundane.

In addition to the Rialto, his work has also been exhibited at Antioch Baptist Church North, where he is a member.

Comfort and Care goes out to the ball parks

Antioch Baptist Church North's Care and Comfort Ministry took a break from its normal duties last quarter to take in some popular metro-Atlanta sites.

First stop was the Mercedes Benz Stadium, home of the Atlanta Falcons.

Led by a guide named Loma, a local college student, members of the Antioch Baptist Church ministry were treated to a tour of the stadium and history of the surrounding community.

Stops included the Window to the City, Skybridges and 100 Yard Club. To their dismay, there was no cheerleader's locker room on the premises.

"We walked for what seemed to be ten fun-filled miles—taking selfies and other pictures along the way," one member said.

The tour concluded with one last photo—a group shot on the field with the Falcons logo visibly displayed.

But the sightseeing didn't end there.

The ministry also traveled to SunTrust Park to tour the home of the longest continuously operating franchise in Major League Baseball—the Atlanta Braves. Even though it poured—the rain could not dampen the energetic spirit of the large Care and Comfort turnout and there was plenty of Braves history to absorb!

Although the outing, organized by Elma and James McCutchen, included numerous stops, the "Hammerin' Hank Aaron" display and Jackie Robinson exhibit were highlights of the tour.

Aaron played twenty-one seasons for

the Milwaukee/Atlanta Braves in the National League and now serves as the senior vice president of the Atlanta Braves. He held the Major League Baseball record for career home runs for thirty-three years, and he still holds several Major League Baseball offensive records.

Robinson was the first African-American to be inducted into the Baseball Hall of Fame. Number forty-two is the only number to be retired (in perpetuity) across all of Major League Baseball. Each year on April 15th, baseball players wear the number 42 to honor Jackie's legacy. The Care and Comfort Ministry gathered for a picture around the statue to honor Robinson's legacy, also.

SEPTEMBER

Continued from cover: Dr. Shay

- One in four people experience mental illness during the year
- Half of the U.S. population is diagnosed with a mental health disorder.
- Georgia ranks 47th out of 50 states for access to services—limited hospitals in rural areas and limited beds resulting in a 1 in 5 chance of a person ending up in prison rather than a hospital.
- Georgia is one of the top 10 states for opioid deaths having a higher drug overdose rate than the US average.
- Georgia is one of the states where the suicide rate is higher than the homicide rate.

Although Georgia has higher rates of mental illness, Thomas said the state has limited access to services, lower mental health parity, lower quality of care and lower health insurance.

She blamed a lot of what is ailing us on what she called DMs: Defeated mentality that leads to suffering in silence; a depressed mood—or feelings of sadness and hopelessness and disrupted motion that results in substance abuse, negative thoughts and moving too much or



Dr. Shatavia Alexander Thomas

too fast.

To overcome these problematic DMs, Thomas said we should aim to dispel myths with divine meditation, prayer and faith.

“Meditate, do not medicate,” she said. “Exercise deep breathing, hydrating and using music and journaling as effective tools. Pray for discernment. Sometimes the healing is in tears. A cry out to ask for help is not a sign of weakness.”

Thomas said, “stay connected and work to have a merry heart and a smile that’s real.”

“Worry is a sign of not trusting God’s character,” she said. “Find a soft gaze and study the word of God. Sometimes we just need to go somewhere and sit down, then transfer to something positive.”

Pain is inevitable, but Thomas said remember whose we are not who we are.

“Focus on your strengths, resources and possibilities,” she said. “Remember your happiness is not about what is or is not happening. Be honest with yourself and above all, don’t give up.”

Thomas challenged Antioch to keep in mind the connection between thoughts, feelings and behaviors, the impact of stress on our physical health, and the importance of self-care and family therapy and positive social support.

“Check on loved ones via phone or in person,” She said. “Don’t just text DM or post.”

Dr. Shay’s speech is currently on Facebook at www.facebook.com/antiochbaptistchurchnorth (9/18/19, 10am svc)

Mental Health Forum: Breaking barriers

The Visitors Ministry hosted the second annual Mental Health Conference Sept. 7. Sis. Sandra Leavell and Bro. Adam Alexander guiding the audience through a wide range of topics, including forgiveness, depression and shame.

Here’s some of what you missed:

Dr. Beverly Dorsey on forgiveness

Forgiveness is a decision to let go of the negative. It is mentioned over 100 times in the Bible and is from the

heart and not the head. The decision to forgive can be hard and challenging but brings us closer to God. Ask God to give you the grace to forgive. When we pray for forgiveness, God stirs our heart and exposes us to us. We were born to love. God breathed it into us.

Unforgiveness is not of God and conceals anger and compassion. This negative energy is toxic; we won’t reach our potential. Secrets that are buried remain alive and unresolved.

Forgiveness shifts us from pain to a higher vibration fre-

quency of love. Have the willingness to act. Pray for those people who hurt you because you are not doing the person a favor, but you are becoming free. Forgive God, people and ourselves in order to be whole. The truth will set you free.

Dr. Lila Walker on depression and anxiety

Depression and anxiety affects 19 million people and yearly 6.7% of adults have had an episode. The rate is higher in women—8 versus 4.9 in men. Black children are diagnosed with something else

like social behavior rather than depression. Depression causes trauma and chemical imbalance. It is not a personal weakness or faithless issue.

Symptoms of depression are withdrawal, sad mood, hopelessness, loss of appetite, sleep problems, guilt, worthlessness, morbid thinking, depression and the blues. At least 2 weeks can seem like years and requires psychological/medical treatment.

Anxiety is an involuntary process which is the mind

Continued on next page

and body's reaction to stressful events. Social anxiety, phobias, and Post Traumatic Stress Disorder are terrifying events that can cause anxiety. The treatment for anxiety is medication and psychological interventions. Faith, positive affirmations, journaling, deep breaths, relaxation, stress management, ample sleep and proper diet can help to control anxiety.

Fifteen percent of major depressants attempt suicide. They want to end their pain, not their lives. The National Suicide Prevention line is 800-273 TALK. www.suicidepreventionlifeline.org

Dr. Margaret Weaver on dealing with stress

It is enough, end of rope, done! Kings 1:19, the prophet Elijah said these words to his God. He had become stressed out.

Stress can lead to depression and anxiety. Remember stress, depression and anxiety are in the Bible. Stress is no joke. Blood pressure goes up, but these areas are supposed to come back to normal.

We are not designed for chronic stress, something will give.

Holmes RAHE Inventory stress test of 300 and over carries a prediction that within 5 years you will have a major illness. Meditation is helpful, but we have allowed Eastern religions to have our meditation. When you worry, you're questioning God's character. Counter negative thoughts with the word—journal, don't internalize.



Dr. Margaret Weaver

Satan will accelerate you when he realizes he can't stop you. There are people who add stress to your life, so always remember that "No" is a complete sentence and does not require an explanation.

There are 30 ways to manage stress. They are Pray, Read and Study the Word, Meditation, have Devotion, Praise and Thanksgiving, Renew your Mind, Journal, Walk/Exercise, Breathe deeply, Sleep, Diet, Know your Limits, Maintain Boundaries, Learn to say No, Maintain a good support system, Be Accountable, have Hobbies and Recreational Activities, Laugh, Learn something new, Vacation, Declutter, Don't hurry, Manage finances, Monitor television time, Monitor social media time, Have a go-to place, Differentiate urgent/important/unimportant, get Counseling and enjoy Sabbath rest.

Everything is not urgent. God rested. We should, too.

Sis. Caudie Grissom on guilt and shame

Guilt- you do something. ex. "I did something bad." Shame is internal. Someone

does something to you. ex. "I am something bad." Often we criticize the person instead of what they did, and this can be the beginning of shame. ex. "Can't you do anything right?"

The accumulation of negative thoughts eventually becomes shame and can also lead to substance abuse. Sometimes it's how we say things or the fact that we don't say anything which can place shame on others.

We can contribute to the shaming of others simply by the way we say things to them. Often others try to make you feel ashamed. Our emotional behavioral and physical issues need to be checked on. Social media can be negative and contributes to shaming. Ask yourself, What are my strengths? We need to be aware of our strengths to create the foundation for us to build on. We should always surround ourselves with a support network.

Seven steps to overcome shame: (1) Ground yourself in the present, (2) Create a vision, (3) Make the decision, (4) Get honest, (5) Make it bigger than yourself, (6) Find the silver lining and (7) Get support.

Recovery begins when we change our minds. Since we cannot change the past, we should drown ourselves in the present and anticipate a brighter future. Believers should Believe!

Dr. Adair White Johnson on living and coping with chronic illness

After a lupus diagnosis in

college, Dr. Johnson persevered and was still able to complete her education in record time at the age of 22. In addition, she has written thirteen books and one screenplay.

Focus on changing the way that you think. How full is your emotional cup? Are you always mindful and self-aware? What is your belief system?

We should think things through and discover the possibilities for nurturing ourselves. In doing so, we get the proper rest/relaxation, feel the freedom for expression, welcome companionship, focus on good health and build our spirituality, which leads us to live our best life.

Dr. White suggests subscribing to her belief system and practicing the seven steps to "Get Over It."

B – Birth Control. Stop birthing negative thoughts.

E – Emancipating. Letting go of things.

L – Listening and Leadership. Program our brains to listen.

I - Internal Leadership. Overcoming odds. Create vision board.

E – Evolution of Emotions
V – Victory or Victorious, Strive for it and claim it.

E – Know when to start and when to stop.

Rev. Alexander provided closing remarks with a passionate recap of the event and encouraged the more than 200 attendees to seek help and be comfortable facing mental health issues with grace through the help of our Lord and Savior Jesus Christ.



Walk to end alzheimer's:

In memory of Antioch Baptist Church North's late first lady, Sis. Barbara Alexander, dozens of members participated in the Walk to End Alzheimer's held Sept. 28 at the Battery in Sun Trust Park. Team Honey was organized by Sis. Alexander's daughter, Maria Alexander Hunter. Proceeds from the walk, which raised nearly \$625,000, benefit those affected by the disease. There were over 3,000 participants carrying flowers of different colors: purple for those who've lost someone to Alzheimer's, blue for those living with the disease, yellow for caregivers, orange for supporters and white for hope. At the end of the walk, the flowers were "planted" in a Promise Garden, signifying the promise of the end of the disease.



Sis. Barbara J. Alexander

Walk held in Piedmont Park

Antioch Baptist Church North's Womanhood Ministry led members of the congregation in another walk in July to raise awareness about breast cancer.

The 15th Annual Pink Ribbon Run/Walk, sponsored by Dr. Rogsbert Phillips-Reed and Sisters by Choice, was held in Piedmont Park and is designed to raise money for the operation of their Mobile Breast Clinic.

The clinic travels throughout the state of Georgia providing breast health services to the underserved and uninsured.

In addition to providing more than 1,000 free mammograms and breast exams to uninsured, unemployed and homeless women each year, Sisters by Choice hosts free educational seminars and health fairs to help promote



breast cancer awareness in an effort to reduce the racial and economic disparity in the number of women with late-stage cancer resulting in more complications requiring more aggressive treatment and a higher mortality rate.



Ragins visits Antioch

Natalie Ragins, an accomplished musician, song writer, and producer, was Antioch's guest musician on Sept. 15. A renowned keyboardist, Sis. Ragins has traveled throughout the United States and many foreign countries. She has played with well-known artists, such as John P. Kee, Mary, Mary, CeCe Winans and Jennifer Holliday. She has also been the keyboardist for many of Tyler Perry's stage plays and movies, including serving as music director and recording a DVD. It is difficult to classify Ms. Ragins' style as she incorporates a variety of genres in her music. Her music is available for download on iTunes and other platforms. Antioch was blessed to experience her most important "gig"—guest organist playing hymns and gospel music.

THANKSGIVING/ CHRISTMAS DONATIONS



Members and friends are asked to please bring toys, canned goods, and non-perishable food items to fill our Thanksgiving and Christmas boxes, so that Antioch can help those less fortunate to experience their joyful holidays. The receptacles are placed around the church to receive the donations.

Dea. Pinkston named VUU Hall of Famer

Dea. Fred Pinkston has been inducted into the Virginia Union University Athletics Hall of Fame.

Pinkston, a member of the 1954-1957 VUU track team, was one of seven honored Sept. 20 by his alma mater in an induction ceremony during the Willard Bailey Classic/Hall of Fame Day football game.

The honor follows Pinkston's induction into the Florida Track & Field Hall of Fame in

1994. After graduating from VUU with a degree in English Education, Dea. Pinkston entered the field of education spending 45 years as a teacher, guidance counselor, coach and assistant principal at the high school and college levels.

The first African-American head varsity coach of any sport in Broward County, Florida, Dea. Pinkston coached track & field and cross country. In 1984, the



Dea. Fred Pinkston

Fred Pinkston Relays were established in Broward County,

and he also served as president of the Broward County Track & Field Officials Association. During his 20 years as a coach, he coached two athletes to spots in the Olympics. Dea. Pinkston is the past President of the VUU National Alumni Association and current Chairman of the VUU-NAA Past Presidents Council. He was named the Alumnus of the Year in 2001 and was a member of the Virginia Union Board of Trustees.

Because of Calvary, we can turn to salvation

Turn.

It's a four-letter word in which God seems to give a lot of attention in both the old and new testaments of the Bible. God can turn grief into gladness; captivity into freedom.

"Over and over we see God has special interest in changing or turning people," the Rev. Kenneth Alexander told those gathered at the 16th pastoral anniversary of Antioch son, the Rev. Rodney Turner. "He specializes in turning people around."

Alexander, pastor of Antioch Baptist Church, was the guest speaker at the 3 p.m. service on Sept 11.

"We come today to celebrate someone who has turned around and helped turn others around," Alexander said. "Because (Turner) turned, he made me believe I could turn."

Alexander, who has publicly acknowledged his struggle with drug addiction, said that he is clean today because God used Turner, pastor of Mount

Vernon Baptist Church.

Turner served for more than 17 years as Antioch's Substance Abuse, AIDS, Prison Ministry and Outreach Coordinator and was director of both Ruth's Place, Antioch's first recovery residence for women, and Ananias House, the church's recovery residence for men. Turner is also founder of one of the nation's most successful recovery ministries, Product of the Power Ministry, a Christ-centered recovery program that addresses the needs of those suffering with substance abuse issues and other special behavioral disorders.

"We are here today because Jesus has the power to turn things around," he said. "Jesus can turn a frown upside down. He can turn a sinner into a saint. He can turn a drunk from the bottle and then the Bible."

And he can do it because one Friday they marched him up a hill called Calvary.

Calvary Hill celebrates pastor's anniversary

Antioch Baptist Church North showed up in large numbers to help celebrate the Rev. Craig Johnson's 5th Pastoral Anniversary, Sept. 22 at Calvary Hill Baptist Church.

The Rev. Kenneth Alexander, who drew his sermon from Romans 10:13-17, was the guest preacher.

Alexander, preaching "How Shall They Preach?" said there's a "problem in our churches that is getting stronger and worse when popular stars are being used to pack out a church."

People, he said, have a zeal for God but don't want to follow God's instructions.

"Like Burger King, they want to have it their way," Alexander said, but we must return to everything being done decently and in order, to respect for the church and reverence for God.

The Rev. C.M. Alexander taught us that a church is never vacant because the person who runs and manages the church is the Holy Spirit. Be-



Rev. Craig and Sis. Belinda

cause Calvary Hill prayed for a pastor, the Holy Spirit sent an under shepherd in the person of Rev. Craig Johnson.

He was sent, not selected, and his being here for five years is evidence.

"Five years of good preaching and teaching, marrying and dedicating babies, visiting the sick and imprisoned and responding to those who are struggling in life," Rev. Kenneth Alexander said. "He doesn't have to be a star because he preaches about the bright and morning star."

Continued from cover: Youth in Action

DAVID HENDERSON:
We're called to be advocates for change

In Jeremiah 1: 4-5, it reads, "The word of the Lord came to me saying: 'Before I formed you in the womb, I knew you; before you were born, I set you apart; I appointed you as a prophet to the nations.'" You could look at this in many ways, but in my view, Jeremiah was just a young boy, minding his own business when God spoke this to him. Before Jeremiah was born, God made him different from everyone else. He made him a prophet, someone who predicts the future to reveal it to the people of his community and the world.

When called by God, Jeremiah replied: "I do not know how to speak, I am too young." Just as Jeremiah responded, many youth feel as though we are too young and inexperienced.

As children of God, it feels at times that even if we are capable of successfully taking advantage of an opportunity, we tend to wrap it up like a leftover meal, put it in the fridge to eat later, without

GILLIAN JOHNSON:
Use your voice for good

The topic for this year is WAR - We Are Ready, taken from Ephesians 6: 10-18, which reminds us to put on the whole armour of God to fight against the evil of this world.

I've been a member Antioch my entire life, and one thing I've learned growing up in this church is that the armor of God is real and that it protects me from evil daily. I've also learned that God uses us, and we as Christians have to be willing to accept his call to serve.

God has done this for generations and continues to do this even to this day. Way back in the new testament, God used Mary to birth the son of God. Mary didn't understand her calling and

ever touching it again. We do this with God. Amen?!

God told Jeremiah not to say he was too young and to go "to everyone I send you to and say whatever I command you."

God reminded and reassured Jeremiah, that he was just as worthy, prepared, and ready to deliver His message, as anyone else in the world. We forget that a lot as youth because we may look at other people and say, oh well I'm not them or I don't have their skills, or I'm not as good as them. God reminds us that we are just as capable as anyone else to carry out His will. God told Jeremiah that he was chosen to rule over nations, to uproot and tear them down, to destroy and overthrow them, and to build and plant them. That is our job.

Some of us come from great environments and backgrounds, and some of us come from rough environments and backgrounds. But what God revealed to me is: When it comes to changing the world, ultimately, it only really matters where you come from to a certain

thought it was impossible when the angels came unto her and explained God wanted her to birth Jesus, the son of God. Sometimes in life, God puts us on a mission and has a plan for us. It may seem complex or impossible, but it's up to us to accept his call and let him guide so we can serve our purpose in life that he has planned for us.

Mary was just a teenager when her call came, which leads to the point that God uses us at all ages, because it's not about our age. It's about our hearts. For example, God used 9 black teenage students who we know now as the Little Rock Nine. These teenagers were the first black students to enter a racially segregated school. Because of what they did, they impacted the world and started

degree, because in every environment there is work to be done.

In the so-called "good" parts of town, there is still an Opioid epidemic, suicide, vaping, and believe it or not, poverty. Many may not want to believe it. I did not either until I moved to the so-called good part of town, but I see all of these things firsthand. And in the so called "bad" parts of town, poverty, jealousy, envy, greed and violence remain major issues.

But I have some good news! Just like God told Jeremiah, He is telling us that He has chosen us to go into our communities, become advocates for change, dig up as much baggage and hate as we can, get rid of it, and rebuild our communities as best we can. Being an advocate for change doesn't mean you have to be Dr. King, Malcolm X, or Dr. Cameron Madison Alexander, but God reminds us that it does mean you have to be willing to take a deep breath, shake off whatever nervousness you may have, face your fears and make a change.

a movement. This is one of many examples of how God can bless our lives and use us to make a change in the world.

As Christians, we also have to work against evil in today's world. In today's society, it is very easy for teens to get sucked into the evils of the world disguised as social media, subliminal messages in music, media, entertainment. Because technology and social media are so pervasive, it's easy for our generation to get distracted by it and lose sight of what's important, which is God.

It should be our mission as young Christians to redeem this lost generation of today, but the question is, how do we do that? Well, one way is by spread-

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ing God's word on the social media apps that we use. I mean we've all seen how a single hashtag can create awareness among millions about social and political issues and even the frivolous like a Popeyes chicken sandwich. As young

ZOE JONES:

Be courageous and stand against evil

I stand before you today to speak to you about how the story of Esther can inspire us to be ready for spiritual warfare in our own lives, but first, we need to know her story.

Esther was a godly young woman, who was raised by her uncle Mordecai. During that time, the King had a wife named Queen Vashti. One day, the King called upon his wife and she refused. In order to make an example of Queen Vashti for her disobedience, the King stripped her of her crown.

Esther, chosen to replace the queen, was instructed by Mordecai to keep her

Christians we can use that platform to create conversation about solving the issues and the evils in the world instead of posting and complaining about it. We can actually make a change and be leaders because as Philippians 4:13 says, we

Jewish heritage secret from the King.

When one of the king's officials made a decree to kill all Jews, God used Esther to save his people.

Although fearful of what the outcome could be, Esther requested to visit the King and in doing so exemplified what is needed to prevail against evil.

The most crucial thing that she had and that we also need is the full armor of God. We need to have on the armor at home, at school, at work, in the community, hanging out with friends, on social media, and even at church.

Youth of Antioch, Ephesians 6: 11-18 says, "Put on the full armor of God, so that you can take your stand against the

can do all things through Christ.

No matter how young you are, you have a voice that you can use for good, to help in changing the world and shape your future.

devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms."

In order to fight against the evils of the world today, we must do as Esther did. We must know God's word and understand it. We must be obedient to it. We must have faith that God will get us through any situation; and finally, we must be courageous so when evil comes, we will be able to stand our ground and fight against the evils of this world.

MALCOM STEPHNEY:

God doesn't have to do anything by Friday

Today I will speak to you on John 5 and 6.

John 5:3-9 says that when Jesus saw the lame man and realized he had been there 38 years, he asked "Do you want to get well." Sir, the invalid replied, I have no one to help me into the pool when the water is stirred. If I were the invalid, I would have said yes because I would not have wanted to stay sick any longer. How many times in life are we asked a

Yes or No question and we give excuses instead? The story ends with Jesus saying to the invalid, "pick up your mat and walk," and the man does.

In John 6: 1-14, Jesus looked up and saw a great crowd coming toward him. "Where shall we buy bread for these people to eat?" he asked Phillip. He asked this only to test him, but Phillip answered, "It would take more than a year's wages to buy enough bread for each one to have a bite." His other disciple Andrew spoke up. Here is a boy with five barley loaves and two small fish, he told Jesus, but how

far will they go among so many?

These disciples had been with Jesus all this time and were still questioning what he could do. They shouldn't have. Jesus fed all who were there and had more left over.

Two years ago, I was preparing for a test. Even though I prayed, I still doubted myself. This was no different from Andrew doubting Jesus after seeing all the miracles he performed.

Whatever your struggle is, just know that the Lord never has to do anything by Friday.

ANTIOCH FAMILY!

Proud of the job you do or want to nominate your sister or brother in Christ to be featured in an upcoming issue of *The Church At Antioch*?

E-mail your story idea to Sis. Gracie Staples at:
gstaples@ajc.com





L to R: Sisters Johnnie Thomas, Brandis and Olivia Rencher

The Antioch Womanhood Ministry celebrated the annual “Sundress and Sandals Soiree” July 12 at Garden Hills Recreation Center in Buckhead. Sis. Brandis Rencher was the Mistress of Ceremonies. It was a great turnout with nearly 100 attending. The night featured line dancing to a DJ and games of Antioch/Atlanta history trivia that included some fun facts about the late Rev. Cameron Alexander’s favorite sayings and some little known facts about some neighborhoods in Atlanta. To top it off, lots of prizes were raffled from ACE members Bo & Liv Vintage Consignments.

Evan Malbrough on the move

For as long as he can remember, Evan Malbrough has been surrounded by change-makers like his parents and Ambassador Andrew Young, people who worked to improve the lives of people in the community.

And so it’s not surprising, he has used his time at Georgia State University pursuing social justice inside and outside the classroom.

That has meant keeping a busy schedule which includes speaking engagements, music performances, and interning

with the U.S. Department of Defense the last three years.

“I don’t really feel comfortable unless I’m doing multiple things at once,” he said.

Malbrough, who grew up at Antioch Baptist Church North, is the communications director for the Student Government Association and a member of the Black Student Alliance. Additionally, he’s an ambassador for Georgia State’s Vote Everywhere. As a volunteer with Common Good ATL, he tutors at prisons across metro Atlanta.



Evan Malbrough

An Andrew Young School of Policy Studies rising senior, he’s had the opportunity to

analyze federal policies and laws through several rotations in the Office for Diversity, Equity, and Inclusion, Office of Personnel and Readiness, Office of General Council for International Law and the Office of Legal Policy.

It’s part and parcel of a lifelong goal to serve as a secretary of defense, secretary of state or attorney general on the federal or state level.

Ultimately, he said, he wants to address systems of inequality.

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