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Happy Easter
He is Risen!



The Church at Antioch

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

January - March 2012

Volume 4, Issue 11

“Women of Antioch changed by the hand of God”

7:45am Service “Genuine Transformation”

Caterpillars will never win any kind of beauty contest in the animal kingdom or garner awards for celebrity of the year.

It does not fly through the air with the grace of an eagle or captivate us like a swan moving across a lake.

“This little animal is unattractive,” Sis. Margaret Weaver told those gathered for the morning culmination service March 25. “It is not pretty but one day

Continued on page 3



Women’s choir declares, “I’m gonna put on my robe...”

11:00am Service Change, Changes, Changed

In an effort to become better stewards, the women of Antioch Baptist Church North have spent the past two years focused on living God’s way, being transformed.

But what does that really mean?

Sis. Janetta Booker, the keynote speaker at the 11 a.m. culmination service and wife of Deacon Calvin Booker, told a packed house on March 25 that transfor-

Continued on page 3

Women’s Conference: Be ye transformed

Even though it rained, Antioch Baptist Church North’s 590 building filled to capacity Jan. 21 for Part I of the Women’s Transformation Prayer Breakfast.

Women’s spiritual, emotional and physical health

was the focus of the spirited and uplifting gathering.

“God loves you just the way you are, but He refuses to leave you that way,” Dr. Robin Dennis told the women as the day’s panel discussion got underway.

Dennis served as moderator of the panel, which included Dr. Shatavia Alexander Thomas, Psychologist and Marriage & Family Therapist, and eldest granddaughter of Pastor Cameron and Sis. Barbara

Alexander; Dr. Rogsbert Phillips, nationally renowned Breast Cancer Surgeon; Dr. Elizabeth Ofili, cardiologist and director of clinical research at More-

Continued on page 11

A Message From The Pastor



My Brothers and Sisters:

As pastor, I am delighted to share with you the newest copy of *The Church at Antioch*. It is a wonderful chronicle of events, activities, and personalities that have enlivened and enriched our Church Family during the First Quarter of Vision 2012. Under the very capable leadership of Sister Barbara Alexander, the Women of Antioch excelled immeasurably in strengthening our awareness and obligations to **STEWARDSHIP**. As the newsletter attests, the Women of Antioch have been transformed and changed by the hand of God.

I have been informed by Deacon Calvin Booker that the Men of Antioch gladly accepted the Torch of Leadership and Service to lead our congregation during the Second Quarter of **Vision 2012** with a primary focus on **EVANGELISM**. The brothers have chosen as their theme "*Men of Antioch North: About our Father's Business...Faithful Over a Few Things*", which means they stand in prayer and service over some of the most important things that matter most to men: our Church home, our Church family, our wives and children, and the brotherhood.

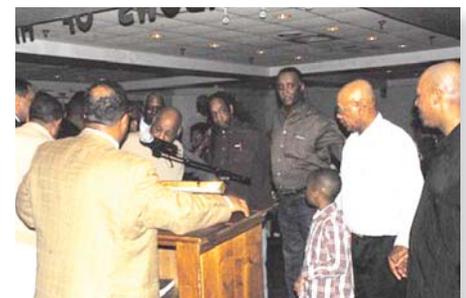
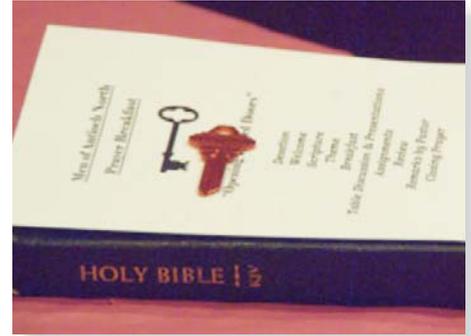
All too often I fail to acknowledge the wonderful work of our talented newsletter staff led by the Managing Editor, Sister Gracie Staples. This incredible team of writers, photographers, and the design editor continue to do a fantastic job in making *The Church at Antioch* a "best in class" publication. After you have enjoyed reading it, I encourage you to share it with family and friends who are not members of Antioch as an evangelistic tool for inviting non-believers to join with us in worship and fellowship. The newsletter is conclusive evidence that at Antioch, we are about God's business.

Today on this beautiful Easter Sunday, Antioch celebrates our beloved savior, Jesus Christ, coming back to life after dying on the cross to forgive the sins of the world. Jesus' victory over sin and death and our own salvation through Him give us all reasons for great rejoicing. After all, His death and His resurrection gave us the right to eternal life. That is good news worthy of our historic Holy Week traditions.

Yours in God's service,

Reverend C. M. Alexander, Pastor

MAN Prayer Breakfast



Continued from cover: 7:45AM Service

something happens to this little animal.”

With that, Weaver, a psychologist by trade and long-time member of Antioch Baptist Church North, launched into a stirring message encouraging the congregants to allow the Holy Spirit time it needs to do its work and transform them.

Early in her remarks, Weaver said it has been an honor for more than 30 years to call the Rev. Cameron Alexander her pastor.

“I thank God for the impact of his ministry on my life, on Antioch Baptist Church North and beyond,” she said. “And Mrs. Alexan-

der, we’re grateful to God for you and the blessing you have been on all our lives here at Antioch and beyond.”

Noting that the Women’s Division’s focus for the past quarter was on the importance of transformation, she drew inspiration from 2 Corinthians 5:17: “Therefore if any man be in Christ, he is a new creature: old things are ways away; behold all things are made new.”

Weaver told the congregation that there comes a time in the life of a caterpillar when a silk-like substance envelops it until it forms a cocoon.

At first glance, she said,

you’d think the caterpillar were better off in the cocoon.

“It could go anywhere,” she said. “It could do whatever it wanted.”

But once enveloped, it seems like its movement is restricted, that it is imprisoned.

“So it is with us when God has us in his spiritual cocoon, when he is trying to transform us,” Sis. Weaver said. “We may desire to do what we used to do but something inside says do it God’s way.”

Weaver said that being transformed by God may be challenging and uncomfortable, but hold on and resist



Dr. Margaret Weaver

the temptation to settle for reformation.

Reformation means being renovated or improved upon but transformation means being changed at your foundation.

“There’s nothing wrong with reformation but, if you have a choice, be ye transformed,” she said.

Continued from cover: 11:00AM Service

mation begins with an honest assessment of our lives and is carried out by the Holy Spirit, who changes us into the image of Christ.

“In order to be transformed, we must first realize that we have some issues,” said Booker, drawing Amens. “I don’t care who you are. I don’t care what status you hold. There is still something in your life that needs to be cleaned up.”

Before launching into her remarks, Booker thanked Pastor Cameron Alexander for being a strong leader and his wife, Sis. Barbara Alexander, for being an ex-

ample women want to follow.

Sis. Alexander is leader of the Women’s Division.

Booker is a Sunday School teacher and indicated she is more comfortable in that role than as a speaker.

Hence, she said, she viewed the opportunity handed her as a teaching moment, a time to talk about “change, changes and changed” that in this instance spanned both the Old and New Testaments.

She began in Genesis, establishing our sin problem and the changes we often go through because of bad choices.

But she said this is not about us.

There “has been a warfare between God and Satan since creation,” Sis. Booker said. “I suggest you chose God’s side.”

Then moving to 2Corinthians, she explained the great unveiling about which the Apostle Paul wrote.

“Transformation moves from I and me to He,” Sis. Booker said. “He is my salvation. He is my morning star. He is my battle ax.”

To get to that point, Booker said that we must study God’s word, our instructions to get from here to heaven; and be willing to



Sis. Janetta Booker

reveal who we really are so that others will see God’s work in us.

“It is not how good I am that witnesses to the reality of Jesus,” she said.

By taking off the veil that hides our weaknesses, Booker said people get to see Jesus.

She said, “Let him change your life.”

JANUARY

The 1st Seven Words of Christ Preached

On January 4th, the first Wednesday of the year, seven sons of Antioch Baptist Church North delivered messages on the first seven sayings of Christ as recorded in the Bible. Here's a brief synopsis:



Min. John Byrdsell

Scripture: Luke 2:49

Sermon: At the age of 12, Jesus is in the Temple making His earthly right of passage into manhood, “putting away childish things in his humanity” and fully acknowledging that he is “the Messiah and He has a heavenly agenda, being obedient to His Father.

“We cannot forget about our Father’s business becoming entangled with the things of the world; we can’t ‘mind our own business’; we, too, must be about our Father’s business and follow the ‘must call;’ we must tell others about the redeeming love of Christ.”



Min. Craig Johnson

Scripture: Matthew 3:15

Sermon: Jesus, who was sinless, came to John to be baptized “in order for Jesus to identify Himself with you and with me. Since Jesus was willing to identify with us, we definitely should be willing to identify with Him.” An outward symbol of an inward cleansing, Jesus said about baptism, “suffer it to be so now.” For each believer it is time to “live right, now; walk right, now; get right with God, now.”



Min. Kelvin Turner

Scripture: Matt. 4:4

Sermon: The devil tempted Jesus, trying to get Him to satisfy a natural need by supernatural means. While many people “will do the wrong things to satisfy a natural need,” Jesus teaches through example that God will supply all our needs if we have faith. “When we know a storm is coming, we rush to the store to buy bread and milk,” when God saw the storm of sin in the Garden of Eden that would shut man up in hell forever, through His Son, Jesus Christ, He sent us “the bread of life and living water because He knew milk would spoil.”



Min. Scott Copeland

Scripture: Matthew 4:10

Sermon: From Genesis to Revelation, the devil is busy, and if one is not careful, he will give the devil more power than he deserves. The

devil “has a way of making poison look good.” Jesus came as part of God’s redemption plan to defeat sin and the devil, and only through Him can we put the devil in his place.”



Min. Ken Jelks

Scripture: Matthew 4:7

Sermon: The devil “went to Bible Study and came out with a portion of God’s Word and used it to tempt Jesus; his agenda was to get Jesus to prove Himself.” Trying to copy Jesus by saying “it is written,” the devil quoted Psalm 9:12 to Jesus, but he left out verse 11 that lets us know that Jesus [and we] are on God’s agenda,” which means that God’s got a good things in store for us if we will follow Jesus’s example and not respond to the devil but simply stand on God’s word.



Min. Eddie Bright

Scripture: Matthew. 4:17

Sermon: Repentance is to return to God sorrowfully about sin you have committed. You will never acknowledge a need to be fixed if you don’t acknowledge that you’ve been broken. “If we come to God without a request [to be forgiven], we’re likely to leave without an answer,” and Satan will convince us that God does not hear our prayers. We are not worthy of God’s mercy, but He is just to forgive, and “repentance is soul healing.”



Min. Willie Rockward

Scripture: Matthew 4:19

Sermon: This verse has to parts: the following process and the making process. Our only purpose is to follow Jesus, not to think. Believers are to follow in the steps of Christ and not make up their own way. Sometimes God has to “cut you, prune you, and pluck you up” from the weeds. “The following is in you and me; He’ll do the making.” God has given us all something to do. “When you’re fishing, you only have to cast the net; God’s the hook, line, and sinker; He’ll catch [men], reel them in, and clean them.”

Youth experiencing God

Dozens of Antioch Baptist Church North youth gave up their Saturdays recently to participate in a 10-week Bible Study designed to teach them the seven realities of God and how they relate to their lives.

The Experiencing God session, held October through December, was the brainchild of the Youth Parent Advisory Committee.

Pam Alexander, a parent facilitator, said the sessions averaged 23 teens each week. Some 32 signed up for the classes.

Alexander said the sessions were so successful, more will be offered later in the year. Dates will be announced.

The seven realities of God, participants learned, are: God is always at work around you; God pursues a love relationship with you; God invites you to become involved in his work; God speaks by the Holy Spirit

through the Bible, prayer, circumstances and the church to reveal himself, his purposes and his ways; God's invitation to work with him leads to a crisis of belief that requires faith and action; You must make major adjustments in your life to join God in what he is doing; and You come to know God by experience as you obey him

"We often forget that some of the issues our teens deal with are significant," Pam Alexander said. "They too need to include God in their day-to-day decisions, knowing that nothing is too small to ask for God's advice."

Students praised the study sessions.

"God has revealed I need 'more faith, to follow him,'" one youth said.

And he realized, too, that he needs to be a leader and not a follower, to pray more and share God's word with others.'



Antioch youth attend "Experiencing God" class

Another said the series encouraged her to become a better Christian and "listen to God's voice for guidance."

Youth who attended seven or more sessions received certificates of completion. Those with less than seven received certificates of attendance, Alexander said.

Freddie Ross, Janetta Hill, Joshua Carpenter, Omari Washington, Jordan Branch, Julius Wilson, Nadera Harris, Adam Alexander, April Simmons, Christian Richburg, Daniel

Johnson, Kalyn Marks, Kennedy Marks, Morgan Martin, Nebrina Harton each received certificates of completions.

Those receiving certificates of attendance were Alexis Rockward, Andre' Harton, Auston Collier, Brandon Cannonier, Chanel Stribling, Chantil Echols, Charles Collier, Christian Walker, Jacori Brown, Marcus Simmons, Nevin Harton, Shannon Byrdsell, Amber Ponder, Chelsea Lester and Faith Rockward.

Antioch holds leadership conference, installs 2012 officers

Antioch ministry leaders were installed on the first Saturday in January, when the church staff and past and in-coming ministry leaders gathered to better understand Vision 2012, become knowledgeable about general leadership skills, and understand Antioch's Standard Operating procedures.

The Rev. Kenneth Alex-

ander and Deacon Jerome Trimble presented principles of good leadership - the Antioch Way. Several ministry leaders spoke about how they interact with the members in their ministry, stressing the need for communication.

Wedding Coordinator Rosa Tomlinson shared how she implemented the "Three Deep" training principle,

a practice Pastor Cameron Alexander has asked each auxiliary leader to do, training others, including youth, to lead so ministries will be able to continue to function during their absence.

Pastor Alexander spoke about specific responsibilities, including when the sons preach.

"No one is up next to preach," he said. "If I am

physically or psychologically or geographically unable to preach, then I have to be led by the Holy Spirit to assign somebody to do what my assignment is to do."

Pastor admonished ministry leaders to "serve the Lord with gladness."

"When you lead an auxiliary, walk in there, and let them see you happy," he said.

FEBRUARY

National Baptist Convention

The Mid-Winter Board meeting of the National Baptist Convention USA, Inc. convened in Nashville, TN, January 16-19 January.

Although a business meeting to update the membership and provide information about upcoming events, it is a high time of worship and praising God with worship services from early morning until late night.

Several members of Antioch Baptist Church North serve as officers in the NBC and were instrumental in promoting Atlanta as the gathering place for the 2012 Annual Session.

Plan now to participate September 3rd – 7th, 2012, when the NBC will be in Antioch's backyard at the World Congress Center.

MLK Celebration



Moments in Black History

1920s - The Harlem Renaissance was a way for African Americans to express their new found freedom. This cultural movement took place in Harlem, New York where African Americans flourished intellectually through art, music, literature and more.

1947 - Legendary baseball player Jackie Robinson broke the color barrier in baseball becoming the first African American to sign with a major league team.

1955 - Rosa Parks courageously refused to give up her bus seat to a white man, setting in motion the Montgomery bus boycott.

1963 - Martin Luther King wrote "Letter from Birmingham Jail" to advocate non-violent civil disobedience. On August 28th, King gives his "I Have a Dream Speech."

Teaching through basketball

Good sportsmanship and camaraderie are hallmarks of Antioch Baptist Church North youth basketball.

Organizers say its all part of training and encouraging youth and were never more apparent than when the Antioch Panthers took on the New Life Presbyterian Church and Sandtown Park girls teams at Burdett Gymnasium in February.

"This was unfamiliar territory for most of the boys," said Coach Lynn Roberts. "They had never competed against an all-girls team but both teams played responsibly and fairly."

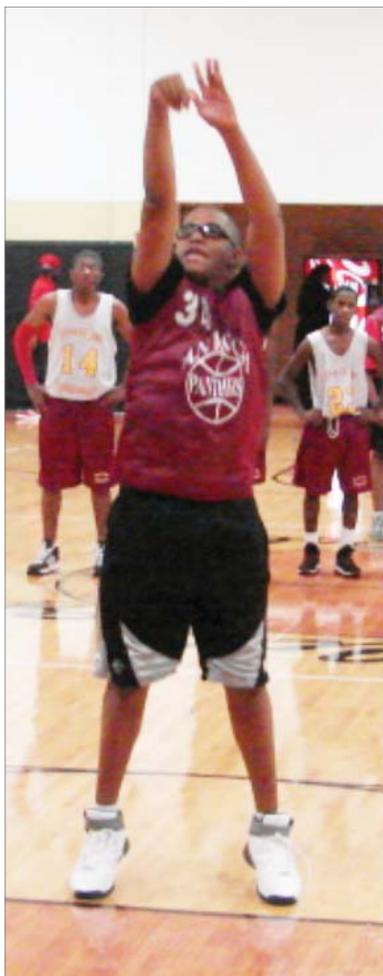
Roberts said the boys learned how to keep a sense of respect while still playing to the best of their ability.

Panther cheerleaders also deserve kudos, said Cheryl Huff.

"They are at every game and are always encouraging the players and our Antioch family and fans," she said.

The Panthers worshipped together during both first Sunday services in February, when they presented a team jersey to Pastor Cameron Alexander for his continued support of the team.

The Antioch teams are led



Derrick Johnson shoots freethrows

by coaches Fred DeVaughn, Rev. Skip Walker, Don Garner, Bobby Herrington, Kentrell Porch and William Huff.

"We will honor and glorify God in all we do," said Huff.

Happy Anniversary!

We congratulate our anniversary couples and wish them many more!

January

Dea. Nesby and Sis. Ritha Cain, 58 years
Bro. Kevin and Sis. Deidre Carraby, 6 years
Rev. Willie and Sis. Michelle Rockward, 20 years
Bro. Marcus and Sis. Paula Lee, 13 years
Dea. Milton and Sis. Jacque Dodson, 22 years

February

Bro. George and Sis. Mickey Austin, 5 years
Bro. Charlie and Sis. Dianne Williams, 38 years
Bro. Kevin and Sis. Teresa Landry
Rev. Scott and Sis. Loressa Copeland, 8 years
Bro. Arthur and Sis. Pamela Starks, 7 years
Bro. Ronnie, Sr. and Sis. Phyllis West, 35 years
Bro. John and Sis. Janice Smith, 40 years
Rev. Oscar, III and Sis Candace Scott, 10 years
Bro. Shaun and Sis. Narsha Graham, 7 years
Bro. James and Sis. Renee Calhoun, 19 years

March

Rev. Eddie and Sis. Vivian Bright, 23 years
Bro. Derek and Sis. Karyl Clayton, 10 years
Dea. Clarence and Sis. Mary Hicks, 20 years
Dea. Jerome and Sis. Virginia Trimble, 26 years
Bro. Donald and Sis. Anita Farmer, 34 years
Bro. Preston and Sis. Shandra Snowden, 6 years
Dea. Vernon and Sis. Laura Woods, 11 years
Dea. Johnny and Sis. Cathy Dudley, 38 years
Bro. Paul and Sis. Cora Graham, 53 years
Bro. John and Sis. Selina Walton, 9 years

Moments in Black History

1964 - The Civil Rights Act is signed by President Johnson to put an end to discrimination based on race, color, religion and national origin.

1965 - President Johnson established Affirmative Action to end discrimination in education, business and employment.

1968 - Martin Luther King Jr. is assassinated. The Civil Rights Act of 1968 is signed by President Johnson to put an end to discrimination.

1997 - Tiger Woods was youngest and first African American to win the U.S. Masters Tournament.

2008 - After a year campaigning, Barack Obama made history when he was elected the first African American president of the United States.

Antioch's Griffin invents OsciStand

Randall Griffin was watering his lawn one day in 2004 when he realized he was burning through time and money he didn't have.

"I thought to myself there's got to be a better way," the 50-year-old father of two recalled recently.

The more he thought about it, the more he believed God would provide.

By the time the summer of 2005 arrived, Griffin, a long-time member of Antioch Baptist Church North and Sunday School teacher, had devel-

oped the OsciStand, a portable sprinkler system that would not only save money but cut the watering time.

The OsciStand has been featured at the National Lawn and Garden Show held annually in Las Vegas and as the Editor's Choice in Lawn and Garden Magazine.

The product, now available for the introductory price of \$19.99, may be ordered from Griffin's website www.oscistand.com or directly from him at gandc@bellsouth.net.



Currently the OsciStand® is in the Walmart [getontheshelf.com](http://www.getontheshelf.com) contest at the following link [athttp://www.getontheshelf.com/product/255/The-OsciStand®](http://www.getontheshelf.com/product/255/The-OsciStand®).

Griffin is married to Delvin and they have two son, Randall and Emanuel.

GMBC holds Bible School workshop

Each year, the General Missionary Baptist Convention of Georgia holds a workshop to acquaint churches with the wide variety of materials available for Vacation Bible School.

On March 17th, at Lizzie Chapel Baptist Church in Macon, the Rev. Benjamin Lett, director of Christian Education for the National Baptist Convention's southeast region, pre-

sented an analytical review of the lessons, giving the strengths and weaknesses of each so that churches could select the material best suited to their needs.

Lett encouraged churches to support one of the two African-American publishers.

After reviewing the materials, Sis. Brigitte Hill, head of the Chris-

tian Education Ministry at Antioch Baptist Church North, will make a recommendation to the pastor, Rev. Cameron Alexander.

Look for announcements about Vacation Bible School and plan to be a part of an exciting week of fun, fellowship and in-depth Bible study, with classes for every age group from nursery to senior citizen.

GMBC holds adjourned session

It is fitting that this year's Adjourned Session of the General Missionary Baptist Convention of Georgia held Feb. 20-22 was hosted by the Rev. Winfred Hope and the Ebenezer Baptist Church West.

Hope is dean of the GMBC Congress of Christian Education, and the Rev. Benjamin Lett, is director of Christian Education at Ebenezer West, Chairman of the Board of Christian Education for GMBC.

In addition to the Mission Institute held at every session, the GMBC sessions have been certified by the National Baptist Convention to offer courses in the Certificate of Progress Program.

C.O.P.P. provides extensive training in Christian education for pastors, ministry leaders, and lay people who want to broaden their knowledge of the Bible and service areas such as music, ushering, and working with youth.

Another addition announced is the National Week of Evangelism, the week following Resurrection Sunday, April 9th-13th. Antioch's Saints with a Testimony began after the Rev. Cameron Alexander, pastor of Antioch Baptist Church North organized the witnessing movement on the state level during his tenure as President of GMBC. Training is still offered during GMBC sessions, and

S.W.A.T. members take to the streets in the host city and hold baptism on the closing night. Those interested in training can begin by accessing www.ustream.tv (type reconciliation21311 in the search box and select the video "Soul Winning—Fishing for Men").

Rev. James Baker, Executive Director of the Rebuilding Walls Ministry held on the C.M. Alexander Land of Promise in Culloden, GA, have begun to follow the model set by Pastor Alexander of putting the men who complete the program to work in the church, thereby giving them a supportive environment, job training, and a place to continue their Christian growth.

ADDED MEMBERS

JANUARY BAPTISM NAMES/BIRTHMONTH

Sonia T. Stephens February
 Corey White, September
 Justin Walker, December
 Lauchon Lewis, June
 Amanda Fleming, June
 Nicholas Foster, September
 Chad Jones, August
 Angels Thomas, February
 Camryn Edwards, October
 Sarah Reynolds, June
 Katie Brown, September
 Rachel Kelly, December
 Joshua Kelly, July
 Sherita Ward, July
 Jacuez Ward, August
 Kimmera Weldon, September
 Blair Kearns, January
 Cameron Kearns, September

JANUARY CHRISTEN EXPERIENCE

Yolanda L. Walker, December
 Glynn Walker, March
 Nigel Walker, February
 Leander Greenwood II, August
 Brenda Graves, September
 Elmer Sapp Jr., July
 Laqretta Reynolds January

TOTAL OF 25 FELLOWSHIPED IN JANUARY

THERE WAS NO BAPTISM IN THE MONTHS OF FEBRUARY AND MARCH

APRIL BAPTISM NAMES NAME/BIRTHMONTH

Gina Clines, September
 Nijia Robinson, February
 Johnny Bonner, November
 Jadon Wooten, November
 Jacquelyn Grimes, June
 Brittany Melton, October
 Carl Melton, August
 Elijah Lewis, September
 Myah Williams, February
 Eli V. Washington, February
 Eric Body, January
 Ekira Body, December
 Angela Turner, January
 Ivan Walker, January

APRIL CHRISTEN EXPERIENCE NAMES / BIRTHMONTH

David Haynes, August
 Cleve Taylor, July
 Ron Baker, November
 Tony Johnson, May
 Terrence Lee, October
 Anita Jackson, April
 Michael Jackson, December
 Fred Mitchell, November
 Andric Copeland, March
 Quiana Hood, May
 Jessica Hardwick, April
 Okera Hanhaw, April

TOTAL OF 26 FELLOWSHIPED IN APRIL

Source: Sis. Bonita Hammond

NBC holds mid-winter board meeting

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Although a business meeting to update the membership and provide information about upcoming events, it is a high time of worship and praising God with worship services from early morning until late

night.

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Mt. Hermon Association Mission Institute held

Antioch Baptist Church North was well represented at the Mt. Hermon Association Mission Institute held in late March.

Sis. Francene Coleman, coordinator of Antioch's Missionary Ministries; Sis. Brigitte Hill, director of Christian Education, Mothers Harris, Eunice Harrison, and Frances Miles, and Sis. Francine Reeves were

all in attendance. The institute was held at Springfield Missionary Baptist Church, where the Rev. Arthur Carson is pastor.

Classes for children, lay men and women, and ministers were designed to give everyone a more in-depth biblical understanding of mission and ways to incorporate mission into each ministry in the church.

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.



Spotlighting Antioch Scholarship recipients

Scholarship Ministry makes annual appeal for support

More than 50 Antioch Baptist Church North students and their families benefit each year from donations made through the Scholarship Ministry.

Last year, some \$40,000 was

awarded to members, said Sis. Wendolyn Harding.

Harding said during a scholarship observance March 11 that the love of God that dwells in us, “compels us to do what he

did – give.”

This year, Harding said, members of Delta Sigma Theta Sorority issued a challenge for other greeks to join them in their giving. The Alpha Kappa

Alpha Sorority, Alpha Phi Alpha and Omega Psi Phi fraternities accepted.

In this issue, we highlight three students who’ve benefited from the ministry:

Kia C. Andrews

Kia C. Andrews, a student at Georgia Institute of Technology, is well on her way to accomplishing her goals.

The daughter of Mr. & Mrs. James Andrews and the granddaughter of Angel Ann Taylor, she is working on a Bachelor of Science Degree in Business Administration with a concentration in Informa-

tion Technology.

In the summer of 2010, Kia studied at Tianjin University and Shanghai Jiao Tong University in China. While there she studied Mandarin Chinese and completed course work in Electronic Commerce.

She has interned at AT&T and regularly communicates with industry professionals



from top company’s including Sun Trust, IBM and Chick-fil-a.

Kia, 20, attributes her success to her parents and church family. A member of Alpha Kappa Alpha Sorority, Inc., she is running for Vice President of Georgia Tech’s Student Government Association.

William Smalls

William Smalls, 21, is making his mark at Albany State University.

A business management major, he is captain of the Albany State baseball team and the reigning MVP of the SIAC conference and all SIAC shortstop.

A member of the Alpha Phi Alpha Fraternity Inc., he is perhaps best known on campus for founding Operation Phitness, a community service partnership that teaches young elementary students the importance of having a healthy body and making good



decisions.

It was through Smalls’ involvement in the “Each One Reach One” program, that he realize his talent in reaching out to youth to promote healthy living through healthy eating and getting regular exercise.

Ronald Wilbur

A 2008 graduate of North Cobb High School, Ronald Wilbur will soon graduate from the University of Kentucky but no one there will soon forget him.

Wilbur, son of Michelle Baker, has been able to do things he never thought possible, he said recently, thanks to Antioch’s scholarship ministry and the grace of God.

“As I near to the end of my undergraduate career, I know the opportunities are end-

less,” he said.

While at UK, Wilbur has trained to sing all types of music including classical, opera, and musical theater. He has been a featured soloist in various oratorio works; held roles in the such theatre’s productions as Romeo et Juliette, Pirates of Penzance, Porgy and Bess; and participated in the ensembles of La Boheme, Lucia di Lammermoor, and Cavalleria Rusticana.

In 2011, he was nominated



for the Francis Arnold South Musicianship Award and is a finalist in the Mid-South division of the National Association of Teacher’s of Singing

District and Regional Competitions.

He is now president and founding member of the Undergraduate Vocal Community, president of the University of Kentucky Men’s Choir, and a senior member of the UK Chorale.

This summer Wilbur plans to attend the Brevard, N.C., Music Institute, which provides young musicians the opportunity to strengthen and use their musical talents.

Transformed: What women are saying...



Rosa Tomlinson

The conference was educational, an awakening experience and very very spiritual. When I think about where I used to be and where I am now in my spiritual life, it is encouraging to know that I am a Christian Woman-Doing it God's Way.



Karyl C. Clayton

I experienced the love of the other women and that I am not alone in my problems and or situations.



Joyce Thompkins

The Women's Transformation Conference was extremely powerful. The information provided in the areas of personal financial responsibility and suggestions regarding making healthy lifestyle changes for physical and mental improvement was invaluable. In addition, it prompted a self-evaluation of yourself to determine your priorities and examine your relationship to God.

Continued from cover: Women's Conference

house School of Medicine; Antioch's own Sister Joyie Gibson, senior vice president of finance at Bank of America; and Andrea Riggs, a National Fitness Trainer who got everyone up and moving.

Thomas, a licensed marriage and family therapist, cautioned against the silent killers—resentment, bitterness, anger, and jealousy—and the stigma attached to mental health care in the Black community. She said that it is imperative that Black women re-evaluate what's important to take care of themselves and understand that “it is not a question of your faith if you are feeling down sometimes and need to be supported.”

Dr. Thomas encouraged women to nourish their spiritual lives and understand that “every situation you encounter—even mental health issues—are handled in the Bible.”

Phillips, who said she felt a calling to her specialty, said that breast cancer remains a difficult disease to cure because there is no one cause.

But she said women “have more control of this disease than” they think and must use all of their resources – spiritual and mental - to conquer it.

Philips said that early detection is the best defense, and the yearly mammogram from age 40 on is not negotiable.

The same is true for heart disease which kills one woman every minute, said Dr. Ofili.

That's the bad news. The good news is “women have a much better survival rate of heart dis-

ease than men.”

The key, Ofili said is recognizing the symptoms and getting health care immediately. She urged women not to ignore symptoms and to err on the side of caution because “getting to the emergency room within 3 hours of the onset of a stroke or heart attack will minimize the damage.” Additionally, using a website such as Microsoft HealthVault that keeps all of your medical information in one place can guide doctors in providing the best care.

The African-American community suffers health disparities for a wide variety of reasons, including access to health care, lifestyle choices, geographic location, and others, but many of these can be reversed, Ofili said.

Panelists also addressed women's fiscal health.

“Like your body, you need to take care of your money,” Sis. Gibson said.

She said that even in tough economic times, there are principles that one cannot abandon and methods that will help weather the storm.

“If you can wear it, see it, drive it, or carry it, it is not an asset.” Gibson said.

She suggested women set aside three to six months of expenses in an emergency fund.

“With 12-18 months of savings, you can walk out when a job downsizes with your head held high,” she said. “We must change our mindset about money. Live like a poor man, but behave like a wealthy one.”

Surprise! It's Your Birthday!



More than 30 Antioch Baptist Church North women, including daughter Maria Hunter, marked Sis. Barbara J. Alexander's birthday with a trip to the Big Apple on March 29 and 30. The "Layover in New York" included shopping, a tour of Harlem, and Memphis the Musical. From the moment Delta airlines pilots recognized the first lady, until the end of the trip on Saturday, Mrs. A was treated like royalty. Selah! My, my, my what about that!



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