Grandparent
by Lieve Boons

I remember soft and gentle hands
Reaching out to dry my tears
I remember warm and loving arms
That chased away my fears
Someone that I could run to
Who always made sure they were there
An ear that would patiently listen
Someone who always cared
There's something rare and wonderful
Gold placed in a grandparent's heart
Something they knew a child would need
Right from the very start
Heaven has a place reserved
For grandparents sweet and kind
But I had a little Heaven on earth
In the grandparents I called mine
From the Pastor’s Desk
Rev. Dr. William T. Newkirk, Sr.

“A Tribute to My Grandmothers”

This issue of Oak City News is dedicated to grandparents. Unfortunately, I never knew either of my grandfathers personally, but I was blessed to get to know and love both grandmothers and two great grandmothers. It seems strange, but to me, grandmothers appear to be more loving, kind, and generous than anyone else in the family. That was the case with one of my great grandmothers as well.

I can remember how one of my grandmothers always repeated the 23rd Psalm when I would visit her on her sick bed. She loved the Lord and always pronounced God’s blessings upon my life each time we were together and just as I was departing. I believe I am enjoying some of those blessings she spoke into my life even now.

I offer this tribute to my grandmothers and great grandmothers who are resting in glory now, with an exegesis of Psalm 23:

The Lord is my Shepherd..............................Perfect Salvation
I shall not want..............................................Perfect Satisfaction
He maketh me to lie down in green pastures..............Perfect Rest
He leadeth me beside the still waters..................Perfect Refreshment
He restoreth my soul........................................Perfect Restoration
He leadeth me in the paths of righteousness........Perfect Guidance
I will fear no evil................................................Perfect Protection
Thou art with me...............................................Perfect Company
Thy rod and Thy staff they comfort me...............Perfect Comfort
Thou preparst a table.................................Perfect Provision
Thou anointest my head...............................Perfect Consecration
My cup runneth over....................................Perfect Joy
Surely goodness and mercy shall follow me.........Perfect Care
All the days of my life, and I shall dwell ...forever........Perfect Destiny

To all of my generational parents, I love you forever!

Pastor Newkirk
God's Most Precious Gift: Grandchildren

One of the most challenging problems a child has is learning to love him/herself just the way God has made them. Each has been made "fully equipped" to complete life in the lane/path God has placed him/her in. All He wants you to do is seek Him and learn of His Promises with your name on them. God wants you to develop and celebrate the gifts given to you without you being jealous of others. Be you and be satisfied being the best you that God has called and equipped you to be. Each of you is anointed in your own way. Be secure and happy in your own skin knowing always that you are a child of the Most High God! Walk into your destiny making a difference that only you are able to make.

"Imagine with me, God writing the following letter to his grandchildren!"

Dearest child of mine,
You are a precious soul. I want you to always remember how dear you are, for you are so very special. I'm watching you every day; you are my dearest treasure.

Never forget you have been sent to this earth to share all you have... to love your family and your neighbor... the stranger walking by.

They all need you as much as you need them. For each of you can help each other make it through life's paths.

The gifts you have been given:
  your talents
  your strengths
  your compassion
  your love...

Share them with all you know.

You are my wonderful child, a blessing to many. I know your heart and your mind; you have so much to offer.

Give the gift of yourself and your blessings will grow even stronger.

Love,
God

Just Think! You are here not by chance, but by God's choosing. His Hand formed you and made you the person you are. He compares you to no one else – You are one of a kind!

Roy Lessin

Trusting and believing,
Lady K
Ideas on How to Celebrate National Grandparents Day
Alice McCoy and excerpts from Esther Kane  https://seniorsafetyadvice.com/national-grandparents-day/

1) **Learn Something from Them**
   Whatever your grandparent is skilled at or has spent a lifetime learning – why not take the “free course” that they can offer you?

2) **Go to Where They’ve Been**
   Take trips via Google Earth to where they grew up, where they got married, where they were during a war or their first job, etc. It’s a great way to not only learn about the life your grandparent(s) lead but also a little bit about history and what the world they grew up in was like.

3) **Unite Through Music**
   Just about everyone loves music and of course, we all love (for the most part) the music that we grew up with. Your grandparent(s) are no different. Spend some time listening to the music they grew up (via CD’s or YouTube) and they may give you some stories surrounding that time in their life. And who knows, you may find out that you really like some of their old-time favorites.

4) **Virtual Get Togethers**
   We can’t always be physically with our grandparent(s) but these days – there’s always a virtual way to do it. There are several ways to do a video call such as: Amazon’s Echo Show, Zoom or Skype to name a few.

5) **Begin A New Tradition**
   Give your grandparent(s) the ultimate gift – the gift of your time on a regular basis.

6) **Make A Video**
   Put together a series of questions and turn on that video camera (or cell phone) and begin the interview. You may learn some amazing stories about your family, past and present.

7) **Introduce Your Grandparents to Your Life**
   Take your grandparent(s) with you on a typical day. Running errands, working at home or just visiting some of your favorite places. Even if you’re just staying home to stay safe, having them there with you to share in your day – can be of great benefit to you and to them.

8) **Scrapbooking can be an Ongoing Project**
   It takes time and energy to put together a proper scrapbook – especially when you have lived so many years.

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**Remembering Your Grandparents**

If your grandparents have passed away – then National Grandparents Day is a wonderful time to take a few moments to remember them. Some ideas are...

1) Go through some photos of them and their lives
2) Spend time with your parents to talk about their parents
3) Light a candle in their honor (say a prayer)
4) Talk to your children about your grandparents

All in all – if you are lucky enough to have your grandparent(s) here with you, then make an effort to spend time with them, learn from them and about them. In some way, they have contributed to who you are today and a great way to becoming a better person is to understand where you came from.

Thank you for honoring our Oak City grandparents; whether they are still with you or gone on to be with the Lord. They are and were very important figures in our lives.

September 13, 2020 is National Grandparents Day. Oak City Baptist Church grandparents were asked to submit their favorite recipes they cook for their grandchildren. On the following pages are a few of those recipes, enjoy, mmmmm; I am getting hungry typing these up for the newsletter! 😋
Oak City’s Grandparents Recipes

Kitty’s Grandkids Cold Oven Pound Cake
1 8 oz cream cheese room temp
3 sticks of butter room temp
3 cups of sugar
3 cups of stiffed Pain flour
1/2 teaspoon of baking powder
7 EXTRA large eggs room temp add 1 at a time
1 teaspoon of butter flavor

Optional but great
1/4 teaspoon of orange flavor
1/4 teaspoon of lemon flavor

Cook on 350 for 1 1/2 hours oven temps vary

Icing option
1 8 oz cream cheese
1 stick of butter
1 box of confectionary sugar
1 teaspoon of vanilla
Add milk to form the consistency desired

Mimi’s Cornbread
2 boxes of jiffy cornbread mix
1 cup of Wesson oil
8 oz of sour cream
4 eggs
1 can of cream corn
Optional: a little added sugar and a lot of Mimi’s Love

Mix together and bake in a 9X13 pan at 400 degrees for approximately 20 minutes or until golden brown.

Jacquelin Fitts Seafood Pasta Salad
1 cup small Pasta Shells
1 lb. Large Shrimp (clean and deveined)
1 pkg of Imitation Crab Meat
¾ cup Pickle Relish
¾ cup finely Chop Celery
1 cup Mayo
11/2 tablespoon of sugar
1 teaspoon of vinegar
Salt to taste
Old Bay seasoning

Cook pasta shells in salted water until soft, set aside to cool.
Season shrimp with Old Bay seasoning and stir fry in olive oil and butter until done.
Set aside to cool.
Chop or shred Crab Meat.
In a mixing bowl add pasta shells, shrimps, crab meat, relish, celery, mayo, sprinkle sugar and add vinegar. Mix well, then add Old Bay Seasoning to taste. Refrigerate at least an hour before eating.

Nana Glenda’s Chicken and Pastry

Ingredients
• 1 Whole Chicken,
• 2 cups of Self-Rising Flour
• 4 teaspoons Chicken base for broth
• ½ teaspoon Black Pepper or to taste
• Salt, to taste, if needed
• Water OR Broth

Instructions
1. Cut the chicken into pieces
2. Place cut chicken in a large stock pot, cover with about 6 inches of water.
3. Place on Medium-High heat and let come to a boil.
4. Boil chicken about 45-55 minutes or until done.
5. Remove chicken from water, place pieces in a pan to cool.
6. Turn the heat off under the pot while the chicken is cooling.
7. Allow chicken to cool enough to handle and remove chicken from bones
8. Remove ¾ cup of broth from the pot and set aside.
9. Place the bones back in the pot and add water to cover about 2 inches.
10. Let simmer on Medium-Low heat while you make the pastry dough.
11. In a medium bowl, add flour and one teaspoon of salt. Sift together.
12. Make a well in the middle of the flour and add the ¾ cup of the chicken broth.
13. Mix together until you have a slightly moist dough ball.
14. Generously flour your table, countertop or large cutting board.
15. Using a rolling pin, roll the dough out to about ¼ inch thick.
16. Use a sharp knife and cut the dough into strips about 1 inch wide.
17. Cut each strip into sections about 2 inches long.
18. Let the dough pieces rest for about 30 minutes to dry out some.
19. Remove the chicken bones from the stock pot.
20. Add chicken base
21. DO NOT STIR.
22. Add the shredded pieces of chicken to the pot.
23. Add Black Pepper to taste.
24. Test the pastry before adding any additional salt. Add salt if needed and stir gently.
25. Simmer for about 15 minutes until dough pieces are fully cooked and tender.
Oak City’s Grandparents Recipes

**Geraldine McNair Cheddar Cheese Burgers**
prep time 10m.
2 lbs lean ground beef
2 cups medium salsa dividend
1 cup crushed tortilla chips; divided.
1 Tbsp garlic salt.
1 Tbsp chili powder.
1 cup chopped green onions; divided.
8 slices Cheddar cheese.
8 hamburger buns.
Combine beef, half the salsa and half the tortilla chips. Mix in seasonings and half the onions.
Shape into 8 burgers. Place foil on grill and add burgers. Grill 5 minutes on each side or until temperature reaches 160°F in center. Add cheese; place on buns. Top with salsa tortilla chips and onion! Make 8 servings.

**Geraldine McNair Sausage Pizza**
1 pkg beef sausage
2 pkgs. (14 oz. each) 12 inch Italian pizza crusts
2/3 cup prepared barbecue sauce
¼ cup plum tomatoes, chopped
1 cup red onion; thinly sliced
1 green bell pepper; chopped
3 cups (12 oz) mozzarella cheese; shredded
1/4 cup (1 oz) parmesan cheese shredded.
Heat oven to 425°F. Cut sausage in ¼ slices; place crust on baking sheets spread 1/3 cup barbecue sauce on each crust.
Top each pizza with ½ each of sausage, tomatoes, red onion, bell pepper and both cheese.
Bake 20 minutes or until crust is crisp and cheese is lightly browned. Cut pizza in 8 slices.
Makes 8 servings.

**Skylar Ben-Jungles Drumette Chicken**
First, we wash our hands for 20 seconds

**Ingredients:**

- Slap Your Mama (Cajun Seasoning)
- Dash (Original)
- Lawry’s Season Salt
- Sprinkle of Black pepper

Retrieve your broiler pan
Spray pan with oil, or olive oil (this is to keep the chicken from sticking)
Put your chicken on the pan (neatly)
Sprinkle your mixture of ingredients on chicken
Cook chicken for about 35-40 mins and there you have it

**Carter, The Macaroni Salad Lover**

**Ingredients:**

- Elbow macaroni (obviously)
- Sweet pickles
- Red pepper
- Celery
- Red onion
- Hard boiled eggs or shredded or diced cheddar cheese
- A homemade mayo-based macaroni salad dressing

You can obviously add your favorite additional add-ins or make substitutions (I know some people prefer sliced green onions to red onion and some people like to add paprika to their dressing)

**KeVon and Dominique’s Cheese and Frank Crescents**

8 hot dogs
4 slices American cheese
1 can (8 oz) Pillsbury refrigerated crescent dinner rolls
Heat oven to 375°F. Cut hot dogs the long way down the middle and put half a slice of cheese in each hot dog.
Separate dough into triangles. Wrap each dough triangle around each hot dog. Place them on an ungreased cookie sheet, with the cheese side up.
Bake for about 12 to 15 minutes or until golden brown.

**KeVon and Dominique’s Watergate Salad**

3 oz box Jello Pistachio Pudding
20 oz can of crushed pineapple with the juice
1 cup of miniature marshmallows
8 oz Cool Whip
*Nuts of your choice (optional)*

Combine pudding mix, pineapple (with juice), marshmallows and nuts in a large bowl and mix well. Blend in Cool Whip and chill until ready to serve.
Youth on the Move

Youth Fundays
Glenda D. Sandlin

This summer, we had two Youth Fundays on Zoom.

Our first Funday was a Friday night in June and then on a Sunday afternoon in July.

The youth said they enjoyed playing the Kahoot game online. We asked the Youth Ministry Leaders to submit ten questions each for the game and we had a number of categories to choose from. We had first and foremost Bible Trivia, along with Sports, Black History, Current events, Science, and Mathematics. Just for fun we added our graduating seniors to the questions.

We had a total of twenty-four youth and six leaders. Some of our youth had several family members on the call. Last month in June, we had nineteen youth and eleven leaders; so, we are heading in the right direction with keeping our Youth active and growing in discipleship.

Our winners were: McKenna 1st place; Kiki and Jada (a guest who joins our Youth Sunday School and Prayer Line on Saturday).

Sister Sams, Morene, and Vernon were our hosts and had the music playing when the youth signed on to the song of "When Jesus says Yes nobody can say No". All of these activities were a testament to the fun we had!

Thank You for saying Yes Oak City family and friends.

Glenda D. Sandlin
Youth Ministry

Oak City’s Grandparents Recipes

Pork Recipe: McKenna Vernon’s Grandma Paulette Plummer Vernon

Ingredients
5 lbs. pork
1 tsp garlic powder
1 tsp all-purpose seasoning
4 oz lime/lemon juice-or-1 whole fresh lime/lemon
4 oz vinegar
2 Tsp soy sauce
1/2 tsp black pepper
1 tsp paprika
1 tsp dried thyme or a sprig of fresh thyme
2 tsp cup olive oil
1 medium onion
1/2 of a large bell pepper
1 medium tomato
1 Tbs tomato ketchup

Instructions
Step 1. Wash meat with water, lime juice & vinegar.
Step 2. Season with soy sauce, black pepper, all-purpose seasoning, paprika and garlic powder.
Step 3. Heat cast iron or heavy stainless-steel pot. Add olive oil, fresh garlic and meat to hot pot.
Step 4. Brown meat on both sides turning and adding a little warm water occasionally to prevent sticking.
Step 5. When both sides are brown, add enough water to cover meat. Cover pot and set on medium heat.
Step 6. When meat is almost done, add onion, bell pepper, thyme, tomato and ketchup.
Step 7. Simmer until excess water has evaporated, meat is tender to the touch and gravy has collected at the bottom of the pot.

Optional: use bread crumbs to thicken the gravy.

Fried Plantains: McKenna Vernon’s Grandpa Franklin Dawkins

Ingredients
2-3 very ripe plantains peeled and sliced
1/4 cup olive oil

Instructions
Step 1. Heat a large skillet over medium heat, then add olive oil.
Step 2. Add the plantains - be sure to not crowd the pan.
Step 3. Allow the plantains to fry for about 3 minutes, or until they are golden.
Step 4. When the plantains are golden, flip them using a pair of tongs so they can fry on the other side.
Step 5. Additional oil can be added as needed to prevent sticking. Fry until they are golden and nicely caramelized.
Step 6. When the plantains are golden, remove them from the pan using a pair of tongs, and place them on a plate lined with paper towels to cool.

Notes
Tip: To make fried sweet plantains, the plantains need to be very ripe, meaning mostly black. If they are still green, or just yellow, the plantains will not be sweet after you fry them. You'll need to wait for the green/yellow plantains to ripen, or turn black, sitting on your counter several days before you can make sweet plantains.
Youth on the Move

7 Ways to Better Prepare Kids for Virtual Learning

By Maressa Brown


Parents, teachers and students scrambled to figure out remote learning once the COVID-19 pandemic began. Here's what experts say parents can do to be ahead of the game for the 2020-2021 school year.

1) Reflect on Last Year in a Formal Way

Chris Rim, the CEO of Command Education, a college admissions consulting company, encourages parents and kids to each set aside time for self-reflection. "Depending on how they best process and communicate information, you can ask them to create a list or drawing of what they think worked and what they think didn't."

2) Set Up More Social Learning Opportunities

The pandemic has made it clear to many parents that it really does take a village to raise a child. Thinking ahead about ways their child might be able to get more support from fellow students or friends. "Don't shy away from asking for help," he advises.

Work with the school to match your child with an older student who can help virtually tutor them in a particular subject they struggle with, or encouraging your child to do their schoolwork with friends over FaceTime or Zoom. "You can reach out to other parents and students to schedule weekly homework dates or study dates." "Social opportunities are one of the main losses students will suffer from continuing remote learning."

3) Help Kids Create a Designated Workspace

Now's the time to help kids set up an area that is devoted and conducive to focused, effective learning.

4) Focus on Physical Activity as Much as Possible

Research suggests that increasing physical activity and physical fitness may improve academic performance.

5) Make Time for Reading & Math Practice

Daily reading—whether you read aloud or take time to dive into books individually—can build critical thinking skills. Discussing a news article a day as a family is a great way to practice respectful dialogue, open conversations about current events, and build critical reading skills in older children. Engage students in practice of math skills and facts. "Some kids love workbooks but, for others, parents might try building a grocery list based on weekly menus and a budget," says Janet Wolfe, head of The IDEAL School of Manhattan. "This is a great way to practice reading and writing, financial literacy, and executive functioning skills, while reinforcing basic math concepts."

6) Dive Into Meaningful Passion Project

Learning in a hands-on way and making a difference for others during this difficult time offers students a break from at times monotonous virtual learning, while rejuvenating their spirit and energy for the next school year.

7) Keep the Lines of Communication Open

Let them express their fears and concerns openly. We assume children know we as adults are there for them, but open conversations are simple and natural reminders of the security we as adults can offer in difficult times."
Youth on the Move

How to build a virtual classroom and structure your children’s day
http://newsroom.k12.com/how-to-build-a-virtual-classroom-and-structure-your-childrens-day/

The COVID-19 pandemic is sparking school closures all across the United States. It’s impacting more than 37 million public school students in at least 37 States so far. So how can parents create a virtual school day at home?

The Director of Leadership Development at K12 online schooling, Joel Medley offered some practical virtual learning tips for parents to help ensure that their students don’t fall behind in their education while they’re at home.

1. **Set up a space devoted solely to academics**
The first is to make sure that you set up a space that is purely devoted to education. This room should be separated from all other distractions.

2. **Create a schedule together**
The second tip is to build the schedule of your day with your children. You know your children better than anyone, so work with them to figure out what their passions are and make learning an exciting thing for them.

3. **Show and tell**
Kids have a knack for telling you that they’ve done some work, but anyone who’s been a parent for a period of time knows that, sometimes, that doesn’t mean they’ve done all the work that they’re supposed to do.

Thus, having your kids to actually show you the work they’re doing helps encourage them to do it wholeheartedly and ensures that they’re getting the most out of their lessons.

4. **Resist the urge to help immediately**
It’s natural as a parent to want to help our kids when we see that they’re struggling with something. This is a good thing to do, but it’s important for students to work through their educational problems on their own. It’s okay to let them wrestle with a difficult math problem. That’s how they learn.

You can certainly provide a guiding hand, but when you do come alongside to help them, don’t take over the problem. Rather, ask them good questions that lead them to correct answer. Then, not only do they get to come to the conclusion on their own, but you get the joy of being able to see them work.

When is the best time to do homework and how long should students work? Joel’s children do school work for about six hours a day throughout the week. Some days are longer because there could be a struggle with some of the classes.

And the best time to do it, really, it’s up to them and you. You know your children best, so structure their day at times when they’re going to be best suited to learn. But routine is important. Students are unlikely to have the discipline to do their work on their own so you, as a parent, need to structure their day accordingly. But there is some freedom to be able to adjust the schedule to meet what they need to do with breaks in the day.
Oak City Baptist Church Members and the Pandemic

Oak City Baptist Church Asks:
How Have You Spent Your Time During Quarantine?
Cheryl Lucas

The onset of the Coronavirus (COVID-19) Pandemic, and the issued Stay at Home Orders that followed, resulted in the cancellations of events and closure of restaurants, theaters and other establishments. Suddenly, many people were faced with the question: “What is there to do with this extra time on our hands?” After hours of binge-watching movies on Netflix and a few (or several) trips to the refrigerator, here’s what a few of our beloved church members have been up to during quarantine.

Deacon Robert Batts—
I’m still going to work, praise the Lord. But I’ve also gotten some yard work done.

Kyara Leslie—I have been reading my Bible more and listening to different types of music. I have developed a liking for painting, practicing knitting and also developing teaching skills from leading Sunday School and prayer call.

Jackie Fitts—I have worked the entire time during the pandemic, but with the extra time at home I assembled a 1000 piece jigsaw puzzle.

Eline Pope—I have been spending time at the altar in prayer. Also Rev. Pope and I have worked on projects around the house, like our patio and a double deck, which has been a dream project of mine.

Juanita Alston—I traveled to see my son and spent time planting flowers and maintaining the yard.

Billy Ferrell—I am enjoying the time at home.

Lucy Jones—I visited my sisters while they were in the hospital, missionary work, and cleaning out my house.

Whitney Battle—My quarantine hobbies: Cooking, meditating, learning new hairstyles, watching documentaries, listening to music/dancing, and chatting with family & friends on FaceTime.

Jackie Ndome—I am still working full-time, but I’m studying the Word of God more and participating in the programs with the church through Zoom.

Carolyn Banks—I have continued to work my job through quarantine, but I really enjoy tuning into Zoom Bible Study and Sunday School each week.

Trustee Barrington Taylor—For me, it’s been business as usual.

Deacon Rudolph Loftin—I’m still working at the car wash part-time, but I’m spending the rest of the time at home.

Deacon William Brown—I have continued to work full-time, but I’ve also helped our neighbors by hauling discarded items to the dump and with the “curb appeal” in their front yards. It’s really been a blessing to help others out during this time. Deacon Brown has also worked on projects around the house and still makes time for cycling on the weekends.

As mentioned from all the respondents, they are staying on the move and staying connected during this pandemic by interacting in virtual church activities, creative pursuits, and making improvements in themselves and their surroundings, but more importantly through acts of service—even from a distance. Thanks to all of the participants that shared a glimpse into their lives during this pandemic.
3 Yoga Poses That Help You Relax

The ancient practice of yoga, which combines physical poses, breathing exercises, and meditation, can decrease stress and help you relax. Here are three simple poses that can help bring more Zen to your day.

**Benefits for Body and Mind**

Besides feeling more at ease, yoga can also help you:

- Lower blood pressure
- Improve balance
- Increase flexibility
- Breathe better
- Strengthen muscles
- Relieve low back pain
- Reduce insomnia

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**Mountain Pose**

1. Stand with feet hip-width apart.
2. Ground your feet downward into the floor and elongate your spine up through the top of your head.
3. Extend your arms alongside your body, reaching your fingertips toward the floor.
4. Stay for five deep breaths.

**Child’s Pose**

1. Start on all fours.
2. Bring your big toes together, with the tops of your feet on the floor.
3. Separate your knees as wide as is comfortable for you.
4. Sit your hips back toward your heels.
5. Walk your hands out in front of you until your arms are straight.
6. Rest your forehead on the floor, if possible.
7. Hold for three to five breaths.

**Spinal Twist**

1. Lie on your back with your knees bent and your feet flat on the floor, wider than hip-width distance apart.
2. Open your arms to a T position.
3. Gently lower your knees to the left and turn your gaze to the right.
4. Hold for three to five breaths.
5. Move your legs to the right side and turn your gaze to the left.
6. Hold for three to five breaths.
   
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SERIOUS SUPPLIES. Whether you’re a budding yogi or exercise machines are more your style, you can find all kinds of exercise equipment and accessories at your local Costco warehouse or online at costco.com.
UpComing Events
(Events may be virtual via Zoom)
Check your emails and other church announcements

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<td>Missionary Ministry Anniversary</td>
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<td>Praise and Worship</td>
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<td>9/22-24</td>
<td>Church Annual Revival</td>
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Inspirational Words of Wisdom

Children’s children are the crown of old men, And the glory of children is their father.

Proverbs 17:6 (NKJV)

“Honor your father and your mother, that your days may be long upon the land which the Lord your God is giving you.

Exodus 20:12 (NKJV)