

25th Anniversary & Homecoming

Southside Church of Christ
800 Elmira Avenue, Durham, NC 27707 · www.southsidecofc.org

HEART-TO-HEART

October 2007 · Volume 9 Issue 10

Twenty-Five Years (25) & Counting: *"Building A Legacy"*

Our Celebration of the Past

Today we are celebrating the 25th Anniversary of establishment of the Southside Church of Christ in Durham, NC. It is with thanksgiving to Almighty God that we share this jubilant occasion and milestone in our history with all our visitors, both locally and from around the country. "Holy Ghost Headquarters," a name coined by our Minister, is overflowing with joy. We are forever grateful to all the congregations near and far who have assisted us over the years both monetarily and spiritually.

The Southside Church of Christ officially began on the first Sunday in October 1982 with fourteen (14) members in attendance. Today we have over 600 active members. We moved into our current sanctuary in June 1991 and we completed the Multi-Purpose Center in 2003. Our Church sponsored Private School was opened in 1998 with only three (3) students; today we have nearly 100 students. Through the leadership of our Minister, William A. Stephens, four (4) Elders and nine (9) Deacons have been ordained to oversee and provide leadership of the congregation into the future. Also ministering to the needs of the saints are our Assistant Minister, Youth Minister and Women's Counselor and numerous special and very focused ministries.

All the great milestones we have achieved as a congregation are indeed worthy of celebration. Yet, we all understand that there is much more work to be done. We cannot rest on our past accomplishments neither dwell on our past mistakes, for we have only set a foundation for even greater things to come in Christ Jesus. We have to move on as Paul states in Philippians 3:13-14, *Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

Our Challenges in the Present Time

The greatest challenge we have as Christians today is to maintain a focus and contentment in our faith in God, never doubting that He will supply all of our needs and the needs of the Church. The religious world today deals in such deceitful rhetoric and tactics which undermine the authority and power of our Lord and savior Jesus Christ. Knowing this, we must study God's word and remain sound in the doctrine. The apostle Paul pleads in Roman 16:17-18, *Now I beseech you, brethren, mark them which cause divisions and offences contrary to the doctrine which ye have learned; and avoid them. For they that are such serve not our Lord Jesus Christ, but their own belly; and by good words and fair speeches deceive the hearts of the simple.*



Brother Otis Gambrell

We must pray for bold leadership and vision from our Ministers, Evangelist, Elders and Deacons in the Church of Christ today. As the apostle Paul said to the Galatians Church, Galatians 1:6, *I marvel that ye are so soon removed from him that called you into the grace of Christ unto another gospel. Unless we spend more time educating our members and those in the world in the doctrine of Jesus Christ, it becomes so easy for them to get carried away by the many doctrines that appeal to ones emotions, worldly prosperity (or the lack thereof), and human desire to belong.*

Building A Legacy For The Future

We will all face death at some time, but while we live we have the responsibility to build on our personal legacy and the legacy of the Church. We have a choice to either leave a legacy of giving, caring, edification and forgiveness, or leave a legacy of materialistic thinking, selfishness, lack of concerns and divisiveness. The

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Our Purpose & Mission

The purpose of the Heart-To-Heart Newsletter is to motivate, inform, enhance, uplift and spiritually encourage everyone who reads it.

Our mission is to achieve our responsibility of equipping the saints to do God's work and to build up His church, the body of Christ, until we come to such a unity in our faith and knowledge of God's Son that we will be mature and full grown in the Lord, measuring up to the full stature of Christ (Ephesians 4:12-13).

Praise Be To God. . . Amen.

Content Submission

Southside members, if you are interested in using your God-given talent to support this ministry through writing, drawing, photography, etc. then please speak with any Heart-To-Heart staff member for more information. Content may be submitted to the following e-mail address or any Heart-To-Heart staff member.

Heart-To-Heart

c/o Kristi Davis or Georgette Washington
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Please contact us for a copy of our content guidelines. Only content that adheres to these guidelines will be considered for publishing in this magazine.

History of the Southside Church of Christ

The Southside Church of Christ officially began on the first Sunday in October 1982 with 14 members in attendance. The first meeting place for the congregation was the historic Old St. Joseph's Church/Performing Arts Center. The idea for a congregation to serve the inner city originated during a monthly brotherhood meeting. Bro. Clifford Davis, the founder of the "Back to the Bible Crusade," along with the elders of the Olga Ave and Cole Mill Road congregations sponsored the campaign in Durham. Several congregations supported the crusade; however, the Cole Mill Road congregation served as the host and sponsoring congregation.

For several months in 1982, members from the Cole Mill Road, Olga Avenue, Greensboro, Winston-Salem and other congregations canvassed the streets of Durham conducting religious surveys and offering spiritual assistance. Bro. William A. Stephens along with several members of the Northside Church of Christ in Jacksonville, FL came to Durham to help conduct bible studies during the two-week gospel meeting. Bro. Clifford Davis delivered thought-provoking and challenging messages and Bro. Willie Ray Norwood would lead the congregation in soul stirring song selections. Bro. Davis extended the meeting for a 3rd week, and seven precious souls were saved during the gospel meeting.

Bro. William Stephens agreed to become the minister of this fledgling congregation. The Cole Mill leadership welcomed this new congregation with open arms. Approximately 8 members of the Cole Mill family agreed to work with Bro. Stephens to help build the new work. The Northside Church of Christ in Jacksonville, FL where Bro. Stephens served as the full time assistant minister to Bro. Charlie McClendon continued to pay his salary for the remaining months of 1982 (during that time, ten more precious souls were added to the church).

With the liberating knowledge of continued assistance from Northside in hand, Bro. Stephens was able to solicit future financial support from other places. God demonstrated His grace upon this congregation from the beginning, and blessed Bro. Stephens to receive financial support from eleven congregations, allowing him to serve in a much needed full-time capacity. Groups of faithful members of the Carver School Road (Winston-Salem) and the South English St. (Greensboro) congregations further supported the work by bringing bus loads each month to help encourage the members on Sunday. This encouragement from outside inspired in the congregation a desire to grow and develop spiritually. To this end, a Single's class, Family Enrichment class, and New Member's class were established, addressing the various needs of these groups and to supplement the pulpit ministry. An Acappella ensemble was also established in early 1983 to help spread the gospel

through song.

Under the leadership of Bro. Stephens, God blessed the congregation to grow numerically and financially. In 1985, both minister and members stepped out on faith, becoming fully self-supporting. Several congregations still desired to continue support of Southside. Funds given were designated for the building program, and with this additional financial help we were able to purchase 5.3 acres of land in 1987.

During the years of 1983 – 1987 the congregation continued to grow. A New Member's class was started to help new converts develop. John Parker, who was not a member at the time, volunteered his time to assist with our young people. Our young people were very active with the Regional Youth Conference and community affairs. The Southside Acappella Ensemble became well known to the Durham community.

Due to a bond referendum and renovation plans for the St. Joseph's Historical Building, the congregation was forced to find a new meeting place. For approximately three months, the Cole Mill Road congregation shared their facilities with Southside, and this arrangement worked very well. On Sundays, Southside met during the afternoon and on Wednesday's bible classes were combined. In December of 1987, the congregation found a building to rent on Angier Avenue.

While worshipping at the Angier Avenue location, God continued to smile upon us. Although some made fun of us worshipping in the chapel of a funeral home, we continued to grow and develop. We refused as a congregation to allow the lack of resources to hinder us from doing the work of the Master. In July 1990, we were blessed to issue a \$350,000 bond program wherein all bonds were sold in approximately four months. We broke ground for the building of our new edifice in September 1990. In January of 1991 we began meeting at Shepard Middle School to be closer to our anticipated meeting place. It was a time that brought about excitement and revived the members of Southside. By the grace of the Almighty, we moved into our first church building in June 1991.

For a number of years the congregation had a special quorum of men selected by the congregation and appointed by the minister to assist him with the work. Without having elders and deacons, this was the most effective way for the congregation to handle its business affairs. To assist with the development of sisters for ministry, the Southside Ladies Involvement Ministry (S.L.I.M) was formed. In 1994, Ricki Fuller was added to the staff as Women's Counselor. The Koinonia Group Ministry was also put in place to assist with the caring of the members. As the congregation grew, the need for space became more demanding. Therefore, in August of

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Soul Food Daily Bible Readings®

September 2007

New Self-Confidence: "The confidence I receive from repeating a skill until I master it, from patiently using my cognitive, communicative, and coordinative skills to make God look good; knowing that every time I do so, the Holy Spirit uses my skills to show God's power, to proclaim God's name, and to make known God's glory!" -- Dr. Tony Roach

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Hebrews 10:35-36 Do God's will and receive His promise
2 Hebrews 3:5-6 <i>Christ is faithful over you! Be confident in everything.</i>	3 Hebrews 3:14 Christian arise in your heart. You are partaker with Christ. Hallelujah!	4 Galatians 6:9 <i>Keep the faith! In God's own time, you will reap the harvest of His</i>	5 Colossians 1:21-23 <i>In Christ you are holy & blameless! Continue to hope in His gospel</i>	6 Colossians 3:23-24 <i>Do everything as to the Lord. It is from Him you receive everything</i>	7 Psalm 19:7-11 <i>Reverence God and get your reward!</i>	8 I John 5:14-15 <i>Ask. He hears you. Know that He is giving what you ask for</i>
9 Ephesians 3:10-12 You are His church. Know & show His wisdom being confident in all things	10 Hebrews 10:38 You are just in Christ. Live confidently like it!	11 I John 3:18-24 Present your heart to God and know His confidence	12 Psalm 34:17 <i>Do you know that you are righteous in His eyes? Well, go on and live what you know</i>	13 John 9:31 In obeying the gospel & being a worshipper of God, you know God hears you! Talk with Him	14 Jeremiah 29:12-13 Glory Hallelujah! He is right there for you all the time	15 Luke 11:5-13 <i>Your importunity is opportunity for God to act on your behalf</i>
16 Genesis 32:26 Matthew 15:22-28 Ask with determination	17 Luke 18:1-8 <i>Be persistent in your asking</i>	18 Psalm 50:15, 118:5; Jeremiah 33:3; Matthew 7:7-8, 21:22	19 Hebrews 4:14 There is nothing wimpish about God. Be bold and confident	20 John 4:10 KNOW HIM and what He is capable of doing in your life!	21 John 14:13, 15:7 & 16 <i>Look what He can do & what He does</i>	22 Romans 9:17-23 His hand is on you for His purpose, pleasure and glory!
23 Romans 2:4 As you look back over your life seeing the goodness of God you have to repent	24 Ephesians 1:6-8, 18 After repentance you see even more of what He has done for you	25 Ephesians 2:4-10 How can you not have confidence with God doing so much for you?	26 Ephesians 3:14-21 O' What wondrous love He has for you!	27 II Thessalonians 1:10-12 Look what great treasure & expectation He has in you!	28 Romans 8:28-30 Obedient worshipper of God, you are in His will & He works everything for good	29 I Corinthians 1:9 Being in His will, live faithfully & in unity with all saints of the gospel of Christ
30 I John 1:3-7 Having fellowship with Him and His saints, your joy is full and your confidence sure						



Soul Food Daily Bible Readings®

October 2007

New Self-Worth: "The worth I place on my mental and physical well-being as a result of realizing my body is the temple of the Holy Spirit Who lives inside me; knowing that the Holy Spirit gives me God-worth, rather than other-worth and compels me to love and take care of my mind and body every day. " -- Dr. Tony Roach

SUN	MON	TUE	WED	THU	FRI	SAT
	1 I Corinthians 6:19-20 Look at how much you are worth to God!	2 I Corinthians 5:14-18 Run for your life! You are worth more than the world	3 II Corinthians 6:14-18 Remember your worth in Christ & what He sacrificed for you	4 Ephesians 2:19-22 Check out your citizenship. You are worth it!	5 I Peter 2:1-6 Turn to the word you spiritual house & never be put to shame	6 I Kings 20:4 Know that God is right & over all. Give your all & best back to Him
7 I Chronicles 29:11-14 Your worth is from Him. Praise Him above all!	8 Psalm 115:1-3 Praise Him for His mercy and His truth! Great is the Lord Who lives in You!	9 Psalm 100 Go on and praise Him. He made you	10 Psalm 139:13-24 What worth? You are fearfully and wonderfully made	11 Romans 14:7-9 You belong. You are worth the Lord's time and sacrifice	12 Ephesians 2:18-22 As fellow citizens of the household of God, you have ready access to Him	13 I Corinthians 3:16-17 The temple of God is holy. You are His holy temple
14 Hebrews 3:6 Stay in the faith of Christ rejoicing to the end	15 Ezekiel 36:27 He did just what He said He would do (See John 14:16, 26; Acts 2:38)	16 John 14:12-21 He loves you so much that He made sure you can live victoriously	17 I John 4:11-13 Love pleases God and secures your worth in Him	18 Romans 8:11-17 Glory Hallelujah! Look at the worth He places on/in you! What power!	19 II Timothy 2:19-24 Be a vessel of honor	20 Matthew 6:23-33 Get the GRIP – God's Reality, Initiative, Provisions
21 Ephesians 4:17-32 Put off the old & be renewed in your mind. Your body will follow	22 Ephesians 5:1-11 Study the word and imitate God through Jesus Christ	23 I Corinthians 3:16-23 Not man's way, but God's way. You are Christ's & all He has is yours!	24 Luke 11:34-36 Being full of light & love from God makes you healthy in Him	25 Hebrews 12:1-2 Remain healthy in Him to run this race victoriously in Christ putting off the weights of sin	26 James 1:19-22 Stay healthy. Lay aside the evil. Study and do the things of the word of God	27 II Samuel 9:1-13 Be like David & honor your promises. It makes you honest & free in the LORD!
28 II Samuel 19:24-30, Mephibosheth forgave Ziba. Who do you need to forgive so you can enjoy Christ?	29 Exodus 23:1-8 Be honest, gracious, possess your soul & lead others to possess their souls	30 I Peter 3:8-12 In your new self-worth recognize that others are worthy also. Be kind like Christ	31 Hebrews 13:20-21 Now may the God of peace make you complete to His good pleasure!			

1996 we completed a \$250,000 addition/renovation to our building. Also in 1996, we purchased a 29 passenger bus. Christopher Turner was added to the staff to serve as Young Boys Minister in 1997, although he works diligently with all the youth. Karon Johnson was also hired as full-time secretary.

The men who served as the quorum continued to mature and develop. Therefore, we were blessed to ordain six deacons in 1998. In order to handle our finances in a professional manner, we added James Grant as bookkeeper to staff. In 2003, the Lord blessed us to ordain four elders and seven deacons while reaffirming two deacons. In 2006 Bryan Moss was added to staff to serve as Assistant Minister. Several programs and committees were also established to address the requirements of the congregation. In addition to our Ministers, Elders and Deacons, we have 24 Koinonia Group leaders, an effective and vibrant Southside Ladies Involvement Ministry which is directed by our Women's Counselor and six dedicated advisors, a thriving Educational Department with a director and several hardworking department heads; a very focused and committed youth department directed by our Youth Minister and four determined advisors, a very productive girls ministry, and a motivated College Campus Program directed by the Assistant Minister. Some of our other ministries include: Communications, Community Outreach, Door-Knocking, Health Ministry, Marriage

Enrichment, Music, Single Mothers, Singles, Substance Abuse, Tutoring and much, much more. Every ministry has been established with the sole purpose of helping to save souls.

In our efforts to help develop the total man, we began a school in 1998, grades K-5. This is a private school which began with 3 students and had 6 by the end of the year. We housed the school in the fellowship hall of our building. As the congregation and school grew, God blessed us to erect a 1.3 million dollar multi-purpose building. As of August 2007, we have approximately 98 students, 17 full-time employees and 9 part-time employees. This year we were approved to expand to the 8th grade. From our humble beginnings to the present, the Lord has added more than 1500 souls through baptism while several others have placed membership.

Today we are averaging in attendance approximately 200 in Sunday school, 525 in AM worship, 240 in PM worship, 230 in Mid-Week studies and are charged with an annual budget of more than one million dollars. Future plans include baptizing, retaining and restoring members, expansion of our school, acquisition and development of other properties, opening of childcare services, elderly daycare services, soup kitchen, low-income housing, and homes for unwed mothers, job placement services, additional staff and building of a new worship facility. As always, in reference to past accomplishments, present blessings and the fulfillment of future plans we say, "To God Be the Glory!"

Key Things To Remember When Making Your Will

By Brother Moses Bethea, Jr.

You, the principal, grant someone else, your attorney-in-fact or agent, the power to act in your name. The term attorney-in-fact means whomever you appoint to act on your behalf under the power of attorney. The power of attorney spells out the specific powers that you grant to your attorney-in-fact. The powers might be very limited, such as granting someone the power to sell your car while you are overseas. This is known as a limited power of attorney. The powers might be very broad, such as the power to buy and sell your property, lend and borrow money in your name, start and settle lawsuits, and so forth.

With few exceptions (e.g., power to vote in elections, power to get married), a principal can grant very broad powers to an attorney-in-fact. This is known as a general power of attorney.

Normally the attorney-in-fact can exercise a power only if the principal is capable of exercising the same power. This rule prevents an attorney-in-fact from acting when the principal is incapacitated. For example, a principal in a coma is unable to sign a contract, so the attorney-in-fact is unable to sign a contract for the principal. However, when a power of attorney is made *durable*, this obstacle is overcome. By placing some very specific language in the power of attorney, making it durable, the attorney-in-fact is enabled to exercise the powers granted by the principal even after the principal becomes disabled.

Power of Attorney Ends at Death

Durable or not, all powers of attorney terminate on the death of the principal. For example, if Mom grants you a durable power of attorney to handle her bills, at the moment of her death your power terminates. You can no longer write checks on Mom's account under the durable power of attorney.



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"GOOD POSTURE"

By Sister LaTonya Robinson

Confidence is being in a position of assurance; one of reliance. In my line of work (Nationwide Insurance), I sell the fact that if you ever need recovery from a misfortune, we will be on your side. In other words, when trouble comes, we will not only give you relief from the problem; we will put you back in a position as if trouble never came your way. In the insurance world it means to indemnify the client. In this Christian race, we can rely on the fact that Christ will always restore us back to our rightful position. We can walk around confident that God will not only administer relief but he will also remove any debris, evidence that trouble came to our house. Total redemption.

I like the fact that I can be confident in knowing that no matter what comes my way, God can make it alright. As a matter of fact, it's good to know that He will not let anything come my way, which He hasn't equipped me to handle. When the test comes, just knowing God Himself has approved it breaths confidence. It also shows that He is confident in me to weather the storm.

However, what I've noticed about me is that I put my confidence in others and in myself, which is totally ridiculous. I know that I can't trust myself. I know for certain that others can't be trusted. I know that I am going to disappoint myself and/or be disappointed by others, but over and over that is where I put my confidence. The strange thing is in my mind I tell myself that I trust the *God in* me or in them. But in reality, I am putting my confidence in their humanity or my morality. I have had the audacity to be the God in my life. In so many words, I tell God, I can handle this or that. I imagine the humor God must have when He ask "How many times have you messed things up?" And until I get it, He is going to show me that confidence and true reliance can ONLY be put in Him.

In my studies for the "Under Construction" seminar, one of the main things that I took from 1 Philippians 1:6 was that God promises me conversion, sanctification, justification and glorification. He is the one that has begun the good work in me. I'm assured that what He starts in me He will complete. All I need to do is trust Him and walk in His purpose for my life.

This Christian life is filled with peaks and valleys, and sometimes the valleys are so deep that we never ever think that we're going to climb out of them. There are always

going to be struggles here. We live in a fallen world. The devil knows our weaknesses but more importantly, God knows our strengths. In I Corinthians 10:13, it states: there hath no temptation taken you but such as is common to man: but God is faithful who will not suffer you to be tempted above that ye are able; but will the temptation also make a way to escape, that ye may be able to bear it. All you need to remember is that God will never let you down; He'll never let you be pushed past your limit; He'll always be there to help you come through it. Isn't that Good news?



I can have poise and upright posture in Christ. I know that He is doing a great work in me. He won't start anything He won't finish. However, I must get out of the way.

I encourage you also let God lead and you follow. That is the only way our faith and confidence will grow. Let God develop you. Stop thinking you have all the answers, because if you are anything like me you'll never have the confidence you need to walk through this life successfully.

Sister LaTonya Robinson

(Continued from page 1)

foundation of the Church's legacy is each of its members. It's not merely how we view ourselves, but how the world views us as professed Christians based on the life we live, that is what will determine the legacy of the Church.

At the Southside Church of Christ our basic precept in all we do is that we stand sound in the doctrine of our Lord and Savior Jesus Christ. The leadership and every member must be involved in helping create the legacy for this Church. Indeed, we have great plans to continue to bring souls to Christ, expand our physical facilities, grow the school and better serve the overall community here in Durham, N.C. Only God knows what the future holds. The Church here in Durham has been blessed to have come such a long way and we all must work daily building a legacy knowing that, "The Best Is Yet To Come" for those in Christ Jesus.

Brother Otis Gambrell, Elder

Key Things To Remember When Making Your Will

By Brother Moses Bethea, Jr., Deacon

There are a few basic things you should be sure to think about when drawing up your will in order for it to be legally sound and best able to represent your wishes.

Executors

Being an executor is a big job. This person gathers all your assets and makes sure they are distributed as you directed in your will. This person also pays your debts, funeral bills, taxes, life insurance, deals with creditors, sells your property, and whatever else needs to be attended to with respect to settling your affairs. Depending on the size and complexity of your estate, this can be a huge responsibility, so be sure to choose this person carefully.

Often, the executor receives a fee for his or her work. The amount of the fee may be stated in the will, but the court may limit the fee to a set percentage of the estate as commission according to state law. Usually, an independent executor, such as a lawyer or bank, collects between two to five percent of the estate's value, depending on the amount of assets and the complexity of the case. You might want to negotiate a fixed fee or an hourly rate fee in advance.

The probate court may require your executor to take out a surety bond, sometimes called a fidelity bond, which insures your estate against problems with your executor. The cost of this bond can be substantial, but it can alleviate a lot of pressure if you are unsure of your executor selection.

Beneficiaries

Think long and hard about who your beneficiaries will be. Designate them clearly and try to describe the property you are leaving to them in detail to alleviate any potential discrepancy. Remember, it is your beneficiaries who will receive the fruits of your life's labor. It's key to your peace of mind that you select the most appropriate people for each of your assets being distributed.

You can allocate benefits as specific

dollar amounts, (e.g., \$10,000 to my friend Joan), as a percentage of the estate (e.g., fifteen percent to Joan), or as a residual claim (based on the remaining assets after other specific orders have been filled (e.g., fifteen percent of the residual of my estate to Joan).

Guardians

If you are a parent, your will should designate your children's legal guardian. This may be one of the most important decisions you make. This person will raise your children if you and your husband pass away while your kids are minors.

You can choose one guardian to both care for the children and look after their financial affairs, or alternatively, you can choose to have two guardians -- one to care for the children and another to look after their finances.

State laws dictate that the guardian may use any assets left to the child for child support, maintenance and education only. A periodic accounting is required by the court to ensure that this is indeed the case.

Witnesses

Every time you sign a will or power of attorney, make sure there are two to three witnesses present that are not associated with the document itself. In most states, you should not have someone who is a potential beneficiary witness your signature.

Updates

Revising your will every five years or so helps keep it up-to-date. You can either revoke the earlier will and replace it with a new one or add a codicil (an amendment to the earlier will). If you add a codicil, make sure it is signed and dated so that it is clear when the new changes were adopted and held with the original will.

Failing to update your will can result in your money being left to beneficiaries you would not have chosen at the time of your death. For example, if you get

divorced and do not update your will, chances are many of your assets will go to your ex-spouse.

If you issue a new will, make sure that you destroy the earlier one so that there is no confusion after your death.

Copies

Keeping copies of your will is an important defensive strategy. Once your will is complete, keep a signed original and several unsigned copies. If all copies are signed, no one will know which is the final one in case of changes!

Many people store their will in safe deposit boxes. Keep in mind that in many states these rented boxes are sealed when you die. If it is sealed, the distribution process may be delayed. For a small fee, you can keep a copy with the probate registrar at your county courthouse, or your attorney, executor or primary beneficiary may keep the will.



The information contained in this article is provided in the spirit of public education. This information is not, nor is it intended to be legal advice. For any questions or concerns you may have regarding any legal issues, please call your Attorney.

*Inspired by the sermon "When Water Thirsts" delivered by Bro. William Stephens,
December 12, 2006. This poem was written the same evening.*



Selah

Written By: Kirtisha Jones

*Sweeter than sweet
Kinder than kind
More loving than love
And more timeless than time
A friend so dear
Above any I know
If any care on my heart
Only to you I go
Because when you thirst
All was fulfilled
Because only through you
All things are revealed*

*You are light above darkness
Right above wrong
You are the sight and the sound
The words to my song
The life that I lead
Is because of your grace
All made possible
Because you took my place
On a cross of condemnation
Though innocent and pure
All pain and all curses
All hurt you endured*

*So that I can stand
And proclaim to all
These words on my heart
As your name I call
You are sweeter than sweet
Kinder than kind
You're more loving than love
And more timeless than time
Selah.*

Sister Kirtisha Jones

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Revoking a Power of Attorney

You can also revoke the power during your life. To revoke your power of attorney, you notify your attorney-in-fact in writing that the power of attorney is revoked. It is also a good idea to notify any person or institution where your attorney-in-fact has used your power of attorney that the power of attorney has been revoked. You can also revoke a power of attorney by specifying in the document itself that it expires on a certain date.

Springing Power of Attorney

Powers of attorney can be written to "spring" into effect at a predetermined time or event (usually when you become disabled). This is known as springing power of attorney. A springing power of attorney that goes into effect upon your disability prevents your attorney-in-fact from using the powers while you are able to exercise them yourself.

One large difficulty is that your attorney-in-fact has to be able to prove to the person or institution where the powers are being used that you are, in fact, disabled and unable to act. This would normally be accomplished with a statement from your attending physician that you are disabled.

The problem that arises is that when the physician's statement is several days old, the question may be raised whether you are still disabled, requiring a "fresh" statement from the physician.

'Effective Immediately' Power of Attorney

A power of attorney may also be written to be effective immediately when signed, without requiring that you be determined incompetent. This type of power of attorney would likely be appropriate if you were being deployed overseas and would be unavailable for an extended time to handle your financial affairs. Many JAG officers routinely write immediately effective durable powers of attorney that expire in one year. While that may be appropriate, you should consider that your deployment may be extended. Or, if you were injured and incompetent or missing when the power of attorney expired, you would not be able to renew the document and your attorney-in-fact would have to obtain court approval to continue managing your affairs.

Medical Powers

A durable power of attorney also may be used to grant your attorney-in-fact the power to make medical

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"My 911 Experience: Part III"

By Sister Monique Stallings

As the evening wore on we heard and felt two loud trembling earthquakes, which were the top halves of each building falling to the street below. My cousin was still out searching as thousands of other families were trying to find their relatives. I remember finally trying to drift to sleep by midnight in the midst of confusion with ambulances, police cars and military trucks riding throughout the neighborhood. *When Jacob awoke from his sleep, he thought, "Surely the LORD is in this place, and I was not aware of it." Gen28:16*

I woke up the next morning, hoping it was just a really bad nightmare, but when I saw the reality of all of us that slept over and faced the fact that we were successfully attacked by terrorists, this was no nightmare. I checked on my cousin who had been crying all night as we found no information regarding the whereabouts of her husband. When I felt she was temporarily settled and got some rest, I wanted to try to get home as best I could and just continued to dwell on all that happened. I remember walking 50 blocks to the first available open train station. What I saw in the streets of lower Manhattan reminded of the days when I used to watch the news and saw Lebanon or Israel bombed. There were no people walking but police, firemen and the military. I saw concrete, cars, and other smaller buildings in the area demolished. It was **never quiet** in New York, but there was no sound and I thought this must be the sound of death. *See, I set before you today life and prosperity, death and destruction. Deut. 30:15; This day I call heaven and earth as witnesses against you that I have*

set before you life and death, blessings and curses. Now choose life, so that you and your children may live. Deut 30:19

After 30 minutes of witnessing the remains of a war zone, I made it to the train station. I just remember feeling like I was in shock with no emotion. In my mind during my train ride home, I tried to analyze what we all experienced. I got home, took a shower and laid on the couch to watch the news. After a few minutes I heard a plane flying over my home and I broke down in tears. No planes had been allowed to fly overnight except military and I just remember that was the last sound I heard as I watched the 2nd plane land into the World Trade Center. I just cried and prayed continuously because so many had died or suffered. I thanked God for leading me the entire day on 9/11/01 to safety and prayed for all those that did not survive. For some reason, I didn't take the train that morning to exit on Cortlandt Street under the World Trade Center. For some reason, I made it upstairs to my office to see all that I had occurred with my own eyes. For some reason I was released 2 hours later to go to my cousin's home and try to comfort her. Her husband Mario Santiago, was one of the last 12 found under the first building in January 2002. Both his family and mine held a memorial service to honor his heroic deeds.

Now six years later, I am still thanking God as I am still here to reflect, remember and remind all the people that stood together and unified for that moment in time. The unification should have never stopped. We still have thousands of troops in Iraq and several hundred that have passed with the war. All the churches, the people and the

governments came together to try to put the pieces of New York and DC back together. I tried to watch United 93 about a month ago and was not able to finish without crying again. I have never to been able watch any documentary or movie about 9/11.

Back then, I didn't understand why God allowed that to happen to us, but it wasn't God, it was man. As Moses stated in Deuteronomy 31:29, *"For I know that after my death you are sure to become utterly corrupt and to turn from the way I have commanded you. In days to come, disaster will fall upon you because you will do evil in the sight of the LORD and provoke him to anger by what your hands have made."*

This is my memory of 9/11 that reminds me daily to pray without ceasing.

Sister Monique Stallings

"The Fitness Fear Factor"

By Sister Kim Fuqua

Do you remember that wacky television show called "Fear Factor" where the contestants were always challenged to some death-defying fete or forced to eat animal guts to stay in the game? Well, daily exercise is not nearly that heart-wrenching, but the way some of us approach it you would think it was!

When performed correctly, exercise is completely beneficial to the mind, body and soul. It relieves harmful stress, helps our internal organs to function more efficiently and aids our bodies in natural detoxification. However, so many of us will use every excuse to avoid it, including the fear of being sore or being too embarrassed to exercise our bodies in public. There are a few myths I would like to dispel regarding exercise:



Sister Kim Fuqua, Professional Fitness Trainer
Photo by Melvin Brown, SSCOC Living Word Media Ministry

MYTH #1:

"When you are working out at the gym, most of the people around you are staring at you and mocking your style of dress or exercise." Unless you are dressed in something completely inappropriate, this is completely false. There are always 1-2 people who are focused on everything in the gym but what they should be there to do - work out. But the majority of your fellow gym-mates are not there to ridicule others - they are hard at work trying to get their "sweat on", so they can feel and look better.

MYTH #2:

"You must join a gym to get a good work-out." Again, this is not true. You don't need a lot of space or expensive

equipment for a challenging work-out. Body-weight exercises (push-ups, sit-ups, yoga, Pilates) can be just as challenging (in some cases more challenging) than those that gym equipment can provide and the use of your body weight is completely and totally FREE! Skip the gym membership and invest that money in healthy organic fruits and vegetables!

MYTH #3:

"No matter how hard I work-out, I don't sweat." If you do not sweat after exercise, chances are you did not work hard enough or long enough and you are not garnering the benefits you could from a challenging work-out. When your exercise routine

is challenging, your body temperature rises (even if you are outside in cool weather) and your body is forced to sweat as a means of regulating your

body temperature so you don't "overheat". Don't be afraid to push yourself or get a friend to help challenge you or invest in a certified personal trainer or coach to develop an individualized exercise plan that will help you use your time efficiently while assisting you in reaching your fitness goals.

"Don't be *scurr'd!*" Set out to conquer your fitness fear factor today and watch the positive results that will manifest in your three-fold being and every part of your life!

Sister Kim Fuqua

(Continued from page 9, Key Things To Remember When Making Your Will)

decisions in case of your disability. Many people choose to have one power of attorney for financial and business affairs and a second one exclusively for medical care, even if they are appointing the same attorney-in-fact in both documents.

Choosing Your Attorney-In-Fact

Your designated attorney-in-fact should be someone you trust completely, and someone who understands how you handle your business affairs. Remember, a financial durable general power of attorney is like handing someone a blank check to all of your assets. An attorney-in-fact is a fiduciary. This means that the attorney-in-fact must manage your assets for *your* benefit—not their own. The person you name will be called upon to act under difficult circumstances. Your disability may be sudden, catching everyone by surprise, and may last for an extended period of time. However, with the power of attorney in place, you and your representative will be better prepared to address your financial concerns.

Brother Moses Bethea, Jr.

The information contained in this article is provided in the spirit of public education. This information is not, nor is it intended to be legal advice. For any questions or concerns you may have regarding any legal issues, please call your Attorney.

Confirming God Is Able

"By Being An Action-Servant"

By Brother Otis Gambrell, Elder

When you were growing up did you ever dream of visiting some place in a far away country, or getting to attend the college of your dreams, or being able to own the house or car that you always wanted? When your dreams finally came true, were you really surprised? Perhaps you were happy but probably not really surprised that you had moved from envisioning your dreams and goals to reality of their accomplishment. You succeeded in accomplishing your goals or dreams because you took the necessary actions. You did not depend on chance, but you kept the faith, used your God given talents and skills and worked through the obstacles, changes in plans, and unanticipated setbacks until you got the job done. We have all come to know as Christians, that with God on our side all our visions, hopes, dreams can and will come true if we trust Him and move in accordance with His purpose in our lives.

We have a vision here at the Southside Church of Christ that is daily coming closer and closer to reality. We don't really know whether all our plans for starting a pre-school, purchasing land or building a new sanctuary will happen just as we plan. In fact, we can be assured that things will not go day by day and month by month exactly as planned. That's just the way things work in this world.

What we do know is that we have God on our side. Romans 8:31-32 says, "What shall we then say to these things? If God be for us, who can be against us? He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?" The Church has a vision and a plan, but even more we all must have faith, and that faith has to be associated with each of our very specific actions. Our actions become evident in the small things we do daily toward reaching the established goals.

We as members of the body of Christ have a God given purpose and role to play in supporting the accomplishment of the goals and plans of God's Church. Since God will always do his part, then what is our part?

Keep Your Pledge To Give

We have all made promises and commitments that we did not or are not

keeping for what whatever reason. As good stewards of the material blessing God has given us, when we make a pledge to God there is no greater commitment we can make. In general, bad stewards base their life and giving on a worldly foundation and have a scarcity mentality that says there is not enough to go around. They worry about paying their bills. They lack faith and are overly concerned about their well being; they also lack self control in budgeting and spending. They doubt that God will do what He promises when He said He would take care of their needs. That lack of faith causes them not to execute on their pledges and commitment to give. 2 Corinthians 9: 8 says, And God is able to make all grace abound



Brother Otis Gambrell

Sample Saturdays

Aerobics Classes

For members of

Cedar Grove Church
Community Baptist Church
Faucette Memorial CME
First Calvary Baptist Church
Grace Church of Durham
Greater Emmanuel Temple of Grace
Healing & Peace Tabernacle COGIC
Mount Olive Baptist Church
North East Baptist Church
Orange Grove Missionary Baptist Church
Southside Church of Christ
Union Baptist Church

2007 Aerobics Sampler Schedule

October 6	Yoga/Pilates
October 13	Hip-hop Aerobics
October 20	Old School Aerobics
October 27	Zumba

All classes held at

Greater Emmanuel Temple of Grace

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9:00am - 10:00am

All classes are offered free of charge for
PEACE Project Churches listed above

For more information contact:

Denise Campbell at 686-3502 or Willa Allen 560-7771

"WHO OR WHAT MEASURES YOUR WORTH?"

By Sister LaTonya Robinson

New Self-Worth: "The worth I place on my mental and physical well-being as a result of realizing my body is the temple of the Holy Spirit who lives inside me; knowing that the Holy spirit gives me God-worth and compels me to love and take care of my mind and body every day." Dr. Tony Roach.

If you are anything like me, you have been guilty of placing your worth in the wrong things or in people. We put all our energy on proving we are worthy of being loved. We involve ourselves in activities just to belong, knowing those things are contrary to the word God and the Spirit that lives within us. As our spirit cries out for God, we continuously ignore or grieve it. We keep replacing God with things or people that will **NEVER** satisfy our craving to be love.

Have you ever been really thirsty? You know nothing quenches your thirst like a good glass of water. But instead, you go to the refrigerator pour a glass of soda, tea, juice etc...and after the consumption you're still thirsty? Only until you drink the water is your thirst quenched and satisfied. The same thing goes for your spirit. Nothing or no one is going to satisfy your hunger, your thirst, your craving to be loved but God, His Son and His Spirit.

I encourage you to examine the word of God in reference to your worth. One of my favorite passages of scripture is Psalms 139:14 it states: "**I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.**" The one thing we know is God's word is truth. God just can't lie. We have listened to the lies of the devil so long, that we believe him before we will believe our own creator. What sense does that make? God created us in His very image. You are God's masterpiece. You are His work. In Ephesians 2: 10 it clearly states: *For we are His workmanship, created in Christ Jesus unto good works, which God hath*

before ordained that we should walk in them. We are complete in Him. We are made worthy through and by Him. Why do we measure ourselves by ourselves? Why do we allow society to dictate if we are good enough or not? God has already proven we are worthy by giving us His Son. He gives us new mercies every morning.

What else does God have to do to show you that you are worthy?

I know for myself, I have always given power to people to validate me. My old self-love home base is "**Worthlessness**".

I always overcompensate to make others accept me. I'd go on crash diets with the hope that it would make me attractive. I'd buy "specific" outfits to get attention. I'd flirt with people if they would only give me that immediate gratification. I've accepted negative treatment just to remain in a relationship. "By any means necessary" to belong was the way I lived my life. But when I would be alone, my worth was gone. I realized that I felt worthless unless I was attached to someone else or a cause. What I later realized was that I am good enough just the way I am because God created me. He didn't create me to be anyone else or like anyone else. He knows **me by MY name**. He has given **ME** an assignment. I was walking outside of His will trying to be anything else but what He wanted me to be. I'd be mad at God for not making my temple like someone else's. Asking God "why didn't you give me this or that? Why can't I have a shape like Beyonce"? Then I'd rationalize with God that I'd be happier then and be able to do more for Him. I wouldn't me depressed all the time. I told Him I couldn't compete in this world. I'm sure He was laughing saying "that's the problem, you're too busy thinking of this world and not the world to come". God's providence could have meant that



(Continued on page 14)

(Continued from page 13)

He knew I'd stray away from Him, if I had everything the way I want it. I could have ended up in places not suitable for Christians. God knows better than I. So now I thank Him for making me the way He made me. I've stopped allowing others and society to put me in this box. I'm worthy because God says I am.

Romans 8:31-39 is great food for the soul. Please read it everyday if you have to. It says: "*What, then, shall we say in response to this? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who is he that condemns? Christ Jesus, who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered. No, in all these things we are more than conquerors through Him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."*

From this I will not allow anyone or anything to separate me from the love of God. Not even my own thoughts. I am going to replace the lies of the devil with the truths of God.

I often ask myself why do I worry about what others do or say when I know I have been redeemed in Christ. I love these passages in Ephesians 2: "*And you [hath He quickened], who were dead in trespasses and sins; Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience. Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others. But God, who is rich in mercy, for his great love wherewith he loved us, Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;) And hath raised [us] up together, and made [us] sit together in heavenly [places] in Christ Jesus. I love verse 6 because it tells me that I am already seated with Christ. So I have nothing to fear."*

It is my hope, plea and prayer that you allow God to give you worth. The Bible tells us we must guard our heart and mind. You can only trust Jesus to help you do this. Don't listen to the devil or his angels. You are somebody because **YOU BELONG TO GOD.**

(Continued from page 12), *Confirming God Is Able*

toward you; that ye, always having all sufficiency in all things, may abound to every good work. Trust in God and make the words in Malachi 3:10, become a reality in your life and receive the "overflow of blessing" God has for you.

Present Yourself for Service

There is always a core group of faithful Christian who are involved in the many ministries in the church. Contrastingly, there are some who have chosen to set on the sidelines and not get involved at all. Attendance at Sunday worship services is commanded, but our service can't end there. God requires

we serve him in a much greater way. Romans 12:1(KJV) says, I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. Other scriptural versions state that giving your body, your being, your talent as a living sacrifice is; "'your most sensible way to serve God", "your true worship that you should give Him", "your spiritual act of worship". Whatever you choose to get involved in, make the commitment to that ministry and contribute in whatever way you can. Don't wait to be asked but present yourself for service. We are all needed, "For the body is not one member, but

many"1 Corinthians 12: 14.

Pray Without Ceasing

Pray with an earnest and fervent desire that each member does his part day by day to contribute to goals of the church. Pray for the Church leadership that God will give them the wisdom to make the right decision day in and day out. Pray for all the ministries of the church. Church growth studies have shown that there is a clear correlation between the prayer life of a church and the growth in membership. A growing church is a praying church.

With God all things are possible and He can do what no man can do.

(Continued on page 16)



Bro. Tony Goodman
Annapolis, MD
September 30th



Bro. Michael Dublin
Raleigh, NC
September 30th



Bro. Jessie Tolliver, III
Greensboro, NC
October 1st



Bro. Leroy Butler, Jr.
Valdosta, GA
October 2nd

Southside Church of Christ

25th Anniversary and Homecoming

September 30th - October 7th

"Living as Citizens of Heaven in 2007"

Acappella Concert

Saturday, October 6, 2007

6:00 PM

Cole Mill Road Church of Christ

1617 Cole Mill Road

Durham, NC 27705

Sunday, October 7, 2007

Homecoming Program

9:00 AM Worship

10:00 AM Worship

1:00 PM Lunch

3:00 PM Program

Special Guest
Rate at Hampton
Inn Brier Creek
\$89.00!!

Service Times

Sunday, September 30th

8:00 AM

9:30 AM Bible Study

10:30 AM

6:00 PM

Monday through Friday

7:00 PM

Call 919-484-0500
to reserve your
room. Mention
Southside
Church of Christ



Bro. Richard Barclay
Decatur, GA
October 3rd



Bro. Wesley T. Leonard
Orlando, FL
October 4th



Bro. Devins T. Jackson
Jacksonville, FL
October 5th



Bro. Darryl Bowdre
Tyler, TX
October 7th

"OLD-FASHIONED FITNESS"

By Sister Kim Fuqua

Living in a society where there is a fitness center on every other corner and countless fitness gadgets, programs, and schemes that promise to "slim you down" and make you healthier, it is hard to imagine a time when none of these existed. The irony is that over the past 50 years Americans have supposedly increased the amount of time, money and energy they invest in health and wellness, yet the overall quality of our health has decreased, while the size of our waistlines continue to increase! There is nothing wrong with the use of fitness centers and participating in safe weight loss programs, however, they are NOT required to live a healthy, fit lifestyle.

You can exercise in and around your own home (or condo, or apartment) without any special equipment and you don't need a lot of space. All you need is a little creativity and the "new self-discipline" to turn off the TV and computer and get out of your chair and move. Who needs a treadmill, when you have a sidewalk with fresh air? Why wait in line for the "Stairmaster" at the gym, when you have your own personal set of stairs in your home or apartment building? Americans spend billions of dollars each year on gym memberships that they don't use and diet pills that don't work, when all they really need to spend is time in their living room doing push-ups and sit-ups.

Here are a few tips on exercises you can do at home with little or no equipment and the use of items out of your pantry:

1) Push-ups - This is a body weight exercise that strengthens your chest and tightens your tricep (back of the arms) muscles. You can do them on the floor (knees down or up) or wall. Place your hands on a stable surface directly underneath your shoulders. Lower your body weight into the solid surface (floor or wall) bending your elbows and keeping your abdominal muscles pulled in. Push up back into your starting position.

2) Abdominal crunches - Lay on your back, with your knees up and feet on the floor (you may want to place your feet under a low chair, bed or sofa to keep them in place). Place your fingertips behind your ears and keep your elbows extended. Your chin should be pointed to the ceiling and your abdominal muscles

should be pulled in under your rib cage. Slowly lift your shoulders and upper back off the floor until your torso is at a 45 degree angle with the floor. Slowly return to starting position, but don't allow your shoulders to touch the floor.

3) Bicep curls - Holding a 14.5 can of food or a gallon container of water or milk in each hand, slowly lift the can or container from your thigh to your shoulder and back down to your thigh. You can alternate lifting and lowering on the right side and then the left or you can lift and lower both arms at the same time. Make sure the weight is heavy enough so that it is difficult to lift/lower after the 8th repetition and do not use momentum (swinging the arm) to lift - the lift should be a smooth, controlled motion.

Check out this website for more exercises you can do at home - www.fitstep.com/Library/Begin/exercises.htm

Kim Fuqua



Sister Kim Fuqua, Professional Fitness Trainer
Photo by Melvin Brown, SSCOC Living Word Media Ministry

(Continued from page 14), Confirming God Is Able

Ephesians 3:20 says, "Now unto HIM that is ABLE to do exceeding abundantly above all that we ask or think, according to the power that worketh in us." Our God is an Action-God! He is right now working things out for your good and for the good of the Church. God has given us the power of the Holy Spirit to do the work we need to do. We can confirm that God is able by taking the daily actions we have committed to take. Let's all become Action -Servants.

Brother Otis Gambrell, Elder
Southside Church of Christ

"CHRISTIAN WAYS TO REDUCE STRESS"

By Sister Bernice Mayfield

Never borrow from the future. If you worry about what may happen tomorrow and it doesn't happen, you have worried in vain. Even if it does happen, you have to worry twice.

1. Pray
2. Go to bed on time.
3. Get up on time so you can start the day unrushed.
4. Say No to projects that won't fit into your time schedule, or that will compromise your mental health.
5. Delegate tasks to capable others.
6. Simplify and de-clutter your life.
7. Less is more. (Although one is often not enough, two are often too many.)
8. Allow extra time to do things and to get to places.
9. Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together.
10. Take one day at a time.
11. Separate worries from concerns. If a situation is a concern, find out what God would have you do and let go of the anxiety . If you can't do anything about a situation, forget it.
12. Live within your budget; don't use credit cards for ordinary purchases.
13. Have backups; an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.
- 14 K.M.S. (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble.
15. Do something for the Kid in You everyday.
16. Carry a Bible with you to read while waiting in line.
17. Get enough rest.
18. Eat right.
19. Get organized so everything has its place.
20. Listen to a tape while driving that can help improve your quality of life.
21. Write down thoughts and inspirations.
22. Every day, find time to be alone.
23. Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try and pray.
24. Make friends with Godly people.
25. Keep a folder of favorite scriptures on hand.
26. Remember that the shortest bridge between despair and hope is often a good "Thank you Jesus."
27. Laugh.
28. Laugh some more!
29. Take your work seriously, but not yourself at all.
30. Develop a forgiving attitude (most people are doing the best they can).
31. Be kind to unkind people (they probably need it the most).
32. Sit on your ego.
33. Talk less; listen more.
- 34 Slow down.
35. Remind yourself that you are not the general manager of the universe.
- 36 Every night before bed, think of one thing you're grateful for that you've never been grateful for before. **GOD HAS A WAY OF TURNING THINGS AROUND FOR YOU.** "If God is for us, who can be against us?" (Romans 8:31)

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