

March 2020



# NEWSLETTER

2700G WINCHESTER RD, HUNTSVILLE, AL



## *Greetings Family,*

The COVID-19 pandemic news floods every media platform. Daily news is overwhelming with increasing lockdowns, death toll of more than 7,000 people across the world, and direct hit to the global economy.

If there is ever a time, we need the Lord, we sure do need Him now. In this time of crisis, we need to look to Christ.

The bible records in the gospels of Matthew, Mark, and John, but excludes in the gospel of Luke a time when Christ dwelt among men in human form.

Christ's disciples are in a boat sailing on the sea, night falls, windstorm arises, boat is about to break when Jesus appears walking on the water through the storm. Jesus tells His disciples, "Be not afraid". When Jesus enters the boat, the wind ceases, and they reach the shore.

This story highlights three points:

1. This story highlights the need to look to Christ rather than the crisis.
2. This story highlights that a crisis is an opportunity to increase faith in Christ.
3. This story highlights Peter's desire to walk on water, later sinking in the sea, and crying, "Lord save me," is our need of perpetual reliance on Jesus.

My prayers are with you as collectively we deal with coronavirus pandemic. Let's continue to pray for those afflicted by the virus, families of afflicted, bereaved families, health care workers, first responders, government leaders, church leaders, fellow church members, our families, neighbors, and friends. We love you. God bless you!

*-Pastor Alexander Lampkin*

## *Prioritizing Your Health*

A former colleague once told me that the various things in our lives are glass or rubber balls. Rubber balls bounce back, but glass balls shatter and may lead to severe, life-altering consequences. Let us look at our health as a glass ball; and take daily steps to boost our overall well-being. Start incorporating the eight NEWSTART principles into your life today!

As you apply these principles, journal the changes or additions you are making and the noticeable results (clearer thoughts, more energy, weight loss, restful sleep, etc.). You may also ask a friend or colleague to join you on this journey. Be encouraging to each other and pray for each other along the way.



- \* Nutrition
- \* Exercise
- \* Water
- \* Sunlight
- \* Temperance
- \* Air
- \* Rest
- \* Trust in God

*Steven and Linda McClellan* are relatively new to ALM. Since joining the ALM family just over two years ago, Steven and Linda have become actively involved in various ministries and community outreach. They believe in serving others and are committed to being used by God wheresoever He leads.

Steven, a third generation Seventh-day Adventist from Chicago, Illinois, currently serves as the ALM Head Deacon alongside his brothers on the Deacon Board. He first served as a deacon at the Oakwood University Church (OUC) and was ordained there in 2015. Steven considers his role in ministry as an opportunity to help advance the gospel commission, collaborate with his fellow man, and partner with other leaders to foster effectiveness and efficiency. He considers his gift for fixing and building items in multiple fields, including automotive, electrical and woodworking, as a multi-faceted ministerial tool which perfects his character and showcases God's matchless power.

Linda is also a third generation Seventh-day Adventist who hails from the beautiful island of Barbados. She is a lifelong learner and enjoys serving others, experiencing varied cultures, travelling, teaching and helping others to realize their potential/goals. Linda believes in education through mentorship and the sharing of knowledge and ideas. She considers "the village" to be one of society's most influential tools for empowering persons to realize their true potential, gain a better understanding of themselves and develop a community-minded focus on life.



Steven and Linda have actively served in various Family Life ministries at the Oakwood University Church (OUC) over the years. They love serving others and consider each day above ground as an opportunity to help others and give persons their "roses" while they can be enjoyed. The couple have been married for over 12 years and thank God for allowing them to serve together in His vineyard and for the village God has appointed to them. Steven is the father of two adult sons, Christopher and Justin.



**Deacon Steven McClellan provides training and coaching to junior deacon Nafolit Shiferaw at First SDA Church of Decherd, TN**

### *Profile of a Strong Family*

- \* *Appreciation*— giving compliments, demonstrations of approval and appreciation
- \* *Dealing with Crises*— willing to take a bad situation, see something positive in it and focus on that
- \* *Time*— structure schedules to spend time together
- \* *Commitment*— promoting each other's happiness, and welfare, investing energy in each other and making family a priority
- \* *Good Communication*— spend time talking with each other, listening well, showing respect
- \* *Religious Orientation*



# ALM Tutorial Program

The fourth Sabbath in February, the ALM Tutorial Program was spotlighted with two of the students presenting posters of African American Inventors who have impacted our daily lives. A third student presented her poster on the contributions of Maya Angelou. Each student was tasked by their respective teacher to develop a poster for Black History Month. The tutors helped each student develop his/her poster and gather facts for their presentations.



N'Sonjai Baker was the first presenter. His poster was on Joseph H. Smith, the inventor of a lawn sprinkler with a rotational head. Smith later improved his sprinkler with a second patent where the sprinkler heads sprayed water in two directions. Although Smith was not the first to invent the sprinkler, his design is what is used today, especially for irrigating large crops. We had seen examples of the crop sprinkler a couple of miles up the road in the cotton and corn fields. N'Sonjai is a 5<sup>th</sup> grader at Riverton Intermediate School.

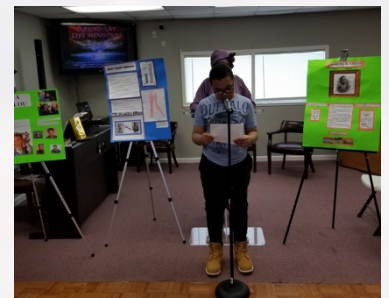


The second presenter was Zacaria Baker. Her poster was on John “Jack” Johnson, the inventor of the wrench. Johnson was a boxer who became the first African American heavyweight champion. He was sent to prison for one year for travelling with a white woman, which was against the law. While in prison he developed a design for the wrench that was patented and used today. It was not the first patent for the wrench, but his patent was the better version. The name was racially titled the “monkey wrench”. Zacaria is a 2<sup>nd</sup> grader at Riverton Elementary School.

N'ziah Powell was the last presenter on Maya Angelou. Her poster depicted Dr. Angelou as an African American woman with many talents: poet, singer, actress, civil rights activist. She published seven autobiographies, three books of essays, several books of poetry, and is credited with a list of plays, movies, and television shows spanning over 50 years. She received dozens of awards and more than 50 honorary degrees. Her first and best-known autobiography is, *I Know Why the Caged Bird Sings*. N'ziah ended her presentation with two memorable quotes by Dr. Angelou: ***“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel” & “When someone shows you who they are, believe them the first time”***. N'ziah is a 3<sup>rd</sup> grader at Riverton Elementary School.

Parental guests for the presenters included Tionia Baker, Shirilrica Taylor and Marvell Spearman. Guest siblings included Usir Powell (also a student in the Tutorial Program) and Marvell (MJ) Spearman, Jr.

The ALM Tutorial Program is coordinated by Pearline McReynolds. She has assembled an outstanding volunteer staff of tutors who are retired teachers, business owners and other retired professionals who are committed to the success of the students and this program



## Couples Ministry Celebrates Love Event

February 9, 2020



### Women's Ministries



The Women's Ministries Department of the North American Division of Seventh Day Adventists exists to encourage, equip, promote, and challenge Adventist women in their journey as disciples of Jesus Christ and members of His Church and to bring women's unique perspectives to the issues facing the Church.

**Primary Focus Areas: NURTURE, EMPOWER, OUTREACH.**

**Sabbath morning 9am "Sister Devotions" (during "social distancing" resulting from Coronavirus)**



**Amber Moore, 5th grade teacher at New Market Elementary School, expresses appreciation to ALM's Elder Gabrielle Alexis for the bread ministry which benefits her school's students**

**"ALM Women's Ministries Partners with BALM Foster Care Center for Excellence"**

#### **Tips to Supporting Foster Care Families:**

- Ask them what they could use help with.
- Offer to take their children to medical and/or other appointments.
- Provide childcare for a couple of hours.
- Invite the children for a sleepover for one night, or a weekend.
- Offer to take the children on outings to the park, special event, etc.
- Take the children out for lunch or dinner.
- Prepare a casserole or even a whole meal and deliver it to the family.
- Bless the family with a gift card to a grocery or other store.
- Purchase school supplies and/or clothes for the children.
- Offer to tutor the children.
- Offer to provide haircare (cuts and/or styles, braiding).
- Share your gifts and talents by teaching them to the children.

**Do whatever else you think would be a blessing!**