

CHURCH

Sunday School lesson

A SOURCE OF INSTRUCTION (Psalm 119:97-105; 2 Timothy 3:14-17)

"Thy Word is a lamp unto my feet, and a light unto my path."
(Psalm 119:105)

With today's lesson we begin a series of three lessons under the title, "What the Bible is." The Bible, to believers, is practically an everyday habit, that is, it is most always in our thoughts as we go about our daily lives. That is as it should be; however, we should, from time to time, in our Bible study, consider "What the Bible is."

Our lesson for today says to us that the Bible, first, is our guide book for Christian belief and action. Mr. James G. VanBuren, writing for the Standard Publishing Co., Lesson Development, provides some interesting background about the Psalms portion of our Scripture lesson.

"Psalm 119 is divided into 22 sections, each section containing eight verses. Each of the eight

verses of each section begins with the same Hebrew letter, and each section features a different Hebrew letter, progressing from the beginning to the end of the alphabet.

"Thus, verses one through eight begins with the letter 'aleph,' the first letter of the Hebrew alphabet, verses nine through 16 begin with 'beth,' the second letter of the alphabet, etc."

ATTITUDE TOWARDS GOD'S WORD (Psalm 119:97)

Some people read the Holy Scriptures for its historical content. If we were to read the Bible, for no other reason than this, it would be worthwhile, for it is a record of God's work in the world.

God reveals Himself to man through the Scriptures. For those who pursue a serious course of Bible reading and study, it is indeed a source of gladness and delight. King David was one such reader, and it led him to exclaim,

"O how love I the law! It is my meditation all day."

INTELLECTUAL BENEFITS OF THE WORD (Psalm 119:98-100)

The Psalmist David speaks about the wisdom and understanding which he received from reading God's word. When one reads and studies the Bible he is lifted above the actions and machination of humanity, and he is able to get a bird's eye perspective.

It helps him to sort out the temporal, and latch onto and embrace those things which are good and long-lasting. It actually gives him more understanding than his teachers for he is able to lay the yardstick of God's truth upon all that is being taught and can measure it's value accordingly.

SPIRITUAL BENEFITS OF THE WORD (Psalm 119:101-105)

Look at these verses of

Scripture from the standpoint of steadfastness, delight, sensitivity and illumination, all great qualities when applied to our spiritual life.

These verses were written by one who was thoroughly in love with the Holy Scriptures, and the righteous precepts taught in them. So much so, that living a righteous life was a pure joy.

This speaks to us in a forceful, and yet appealing way. When we love God and learn to trust Him, His words come to us as expressions of one who loves us,

who cares for us. We want to respond with even greater depths of commitment.

CERTAINTIES FROM PAUL (2 Timothy 3:14-17)

This letter which Paul wrote Timothy, his young friend and fellow co-worker, is said to be the last letter Paul wrote before his death. Surely his words have lasting meaning. Paul tells Timothy many important things,

but we shall mention only two.

First, continue in the things which he had learned — the religious instruction he had received as a boy and the Holy Scriptures, which he had read and learned.

Secondly, that "All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness." (2 Timothy 3:16)

I wish to take this opportunity to thank everyone that helped in any way with the Benefit Supper given for me.

To each of you, your help and support was greatly appreciated.

E.L. HURDLE

A Word From Mt. Sinai

'Tis the season to be jolly; a time for revival of traditional values. The giving season will help us to think about each other, perhaps in some cases to agonize. What am I going to get for so and so?

It may be a good time to think about who instead of what. Who am I getting a gift for? How has this person so impressed my life that I want to express some gratitude this season?

An unselfish gift, without regard to material value, given without any thought of personal return, often has the most amazing results. Even those whom you feel have offended you could receive a gift of love, if it is only a card with a personal hand written expression of love.

Let's join together for a revival of traditional values of God, family and love to all.

"The peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus our Lord." (Phillipians 4:7)

George Wilmore, Pastor
Mt. Sinai Baptist Church



Card of Thanks

I wish to thank each and everyone for the many cards, flowers, visits and prayers during my recent illness. May God bless each of you.

BOBBY WINSLOW

I want to say "Thank You" for all the nice things done for me while I was a patient in Chowan Hospital.

The cards, flowers, phone calls, visits, gifts and most of all your prayers that brought me through.

Your love and kindness will always stay in my heart. God Bless each one of you.

Love,
Eunice L. Twiddy

Church news

FIRST BAPTIST CHURCH

The First Baptist Church School begins at 9:45 a.m. Morning worship begins at 11:00 a.m. The Rev. J. H. London, pastor, will be preaching for Youth Day on the subject,

"Recognized and Responding to the Messiah."

The Young Adult Choir, under the direction of Bro. Larry Felton, organist, will be singing. The public is invited to worship.
SAUNDERS GROVE

BAPTIST CHURCH

Sunday School begins at 10:00 a.m. at Saunders Grove Baptist Church, Dec. McCarthy Mitchell is superintendent. The Rev. Clinton L. Walker will be bringing the message at the regular morning service at 11:30 a.m.

Music will be provided by Saunders Grove Junior Choir. The public is invited to attend.
PERQUIMANS UNITED
METHODIST CHARGE

Services for the Perquimans United Methodist Charge will be held at 9:00 a.m. at Epworth, 10:00 a.m. at Cedar Grove and 11:00 a.m. at Oak Grove. The Rev. David Goehring invites the public to attend.

Nutrition Site menus

The following is a list of menus for the Elderly Nutrition Program for the week of December 3 through 7.

The program, sponsored by the Albemarle Commission, is held at the Hertford Housing Project on Highway 17 Bypass, Hertford. It is for anyone 60 years of age or older. There is no charge for meals; however, donations are accepted.

For more information contact Darlene Harrell, Nutrition Project Director, at 426-5733.

Monday — Pimento cheese (sandwich), beef vegetable soup, carrot & raisin salad, bread for sandwich, oleo, ½ cup pineapple orange juice, milk.

Tuesday — Sliced turkey with gravy (3 oz.), sweet potato pattie (2), turnip greens, ½ cup dressing, oleo, ½ cup cranberry juice, milk.

Wednesday — Smoked sausage (3 oz.), white avy beans, collard greens, roll, oleo, fresh orange, milk.

Thursday — spaghetti with meatsauce (3 oz. meat, 8 oz. portion), ½ cup orange juice, 1 cup tossed salad with purple cabbage & carrots, Thousand

Island dressing, Italian bread, oleo, iced carrot cake, milk.

Friday — Salisbury steak with gravy (3 oz.), mashed potatoes, cabbage slaw, roll, oleo, cranberry crunch, milk.

The Pastor of First Baptist Church and his Anniversary Committee members wish to thank the area churches, the Albemarle Black Minister Conference, the Roanoke Missionary Baptist Association, and the many friends whom shared in the Sixteenth Anniversary of our and your pastor, the Rev. John H. London. Sunday November 25, 1984, was the day of the Holy Spirit and good food with old time fellowship.

THANK YOU

Sis. Coleline Modlin, Chr. Sis. Rosa Gibbs
Sis. Hattie Welch Sis. Barbara Lyons
Sis. Annie M. Rodgers Sis. Joan McNair
Sis. Laura Hudson Sis. Mattie Burkes

Wedding announced

HURDLE-HAMILL

Mr. and Mrs. Howard D. Hurdle announce the forthcoming marriage of their daughter, Rebecca Dare, to William Nelson Hamill on Saturday, December 1 at three o'clock.

The wedding will take place at Mt. Sinai Baptist Church. A reception will follow in the Winfall Community Building. Friends and relatives are invited.

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During this holiday season, as we think of our loved ones, it is a fitting time to remember those who have left this earth.

A Memorial stone expresses the love we still carry for those gone on, and displays an outward sign of the ongoing care.

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