

# WEEKLY MEDITATION

BY COLIN DOUGLAS

"In quietness and in confidence shall be your strength." —Isa. 26:15.

We all make a real effort to relax when we lie down at night or sleep. And most of us try to relax when we sit down. But how many of us seek relaxation in the midst of activity? That is really the time to relax, for we do our best work, even as we do our best resting, when we relax.

Whenever you find yourself plunging into some task with every nerve and every muscle tense and fast, try to remember to pause and relax. If you are rushing down the street, try to slow down. Whatever you may be doing—mowing grass, weeding the garden, washing dishes, playing baseball or golf, holding a business conference—you'll perform it much easier and much more efficiently if you learn and practice the art of relaxation.

A tight, tense, worry-filled mind is not an efficient mind. There really is plenty of time for everything. There is nothing to be excited or worked up about. Just remember that God is in charge of His universe and everything in it. The easiest way to operate or to cope with any little problem or situation in life is to lift your vision inward and upward toward God, and to keep it there—in complete trust and in unwavering faith.

The secret of perfect poise lies in the possession of a mind and heart filled with faith in God's presence and power. When we trust God completely, we are never out of control emotionally. A relaxed, peaceful mind is a happy mind. Let us keep faith in prayer. Let us say to our mind, our nerves, our body—"Peace, be still."

"God is my salvation; I will trust, and will not be afraid." —Isa. 12:2.

## TWO MINUTES WITH THE BIBLE

BY CONSULIUS R. STAN, PRES. OF GREAT BIBLE SOCIETY CHICAGO 24, ILLINOIS



### DON'T TELL HIM A THING

Many years ago the writer's father, then a city missionary, received a telephone call from a prominent clergyman.

"Peter," said the clergyman, "I've got a young man out in the outer office who seems to be in great distress. He says he feels he's so great a sinner that he's overstepped the line and God won't forgive him. Now you've had a lot of experience with such people. What shall I tell him?"

"Don't tell him a thing; I'll be right over," and dad, and he left immediately to deal with the young man himself.

Dad knew very well what was the matter with this young lad. The Holy Spirit had convicted him of his sin (John 16:8). The lad had come to see himself as he really was—as God saw him, and sees any unsaved person, no matter how religious.

No person ever comes to see his need of a Savior until he has first

come to see himself as a condemned sinner before God. And it is only when we come to see ourselves as we are in the sight of a holy God that there is hope of salvation.

The self-righteous do not see their need of a Savior. What would He save them from? What have they done that is so wrong? This is the way their reasoning goes.

It is only when we began to appreciate the holiness and righteousness of God that it dawned upon us that our condition is hopeless without a Savior.

Strange, is it not, so many people have pictures of our Lord crowned with thorns or hanging on a cross, yet do not really know Him as a SAVIOR, THEIR OWN SAVIOR.

But when we have been convicted of our sin and our hopeless condition before God, we are ready to take in the words spoken by Paul to the trembling jailer at Philippi: "Believe on the Lord Jesus Christ, and thou shalt be saved" (Acts 16:31).

## Cape Fear "A" Sunday School Convention Closes In Wade

BY MRS. E. M. MINTERS

The 71st Session of the Cape Fear "A" Sunday School Convention of the United Free Will Baptist Church was held at the Mount Olive Free Will Baptist Church recently with delegates, visitors and members from many sections. The Rev. M. N. McLean is pastor of the host church.

The motto of the convention was "And yet there is room." Convention flowers, gladiolas and lilies. The Rev. Mrs. Margaret Williams of Fayetteville, preached the introductory sermon. She was assisted by Rev. Mrs. Rosetta Elliott of the Piney Grove section.

Sermons were delivered by the Rev. Witt Hicks, president of the Sunday School Convention of the Cape Fear "B" Conference; Annual

Conference, and the Rev. W. L. Jones, 1st vice moderator of the General Conference of Greenville.

The welcome program was held on Thursday evening. Deacon Henderson, choir, the Mount Olive Church; Mrs. Marie McKeithan, the business enterprises; Mrs. Carrie McLean, other churches; and Mrs. E. P. McMillan, the school. Mrs. Eva M. Minter of Dunn, made the response to the welcome program.

A special question and answer period "What Youth Wants to Know" was conducted by Mr. Curtis C. Ray, Mrs. Mary Brinson, and the Rev. J. T. King. Mr. Ray, superintendent of the Dunn Chapel Church Sunday School, received the convention banner for reporting the highest amount of money in the model Sunday School which was

## Church Chuckles by CARTWRIGHT



"Could you spare two-bits for a pot of tea? I'm giving up coffee for Lent!"

## Burial Group Plans 100G Site For Aged

MIAMI (NPD) — The Grand United Order of Fallbearers of America, Inc., an organization founded in 1937 to bury the Negro dead, announced during its 37th annual convention here last week that its chief purpose now is to construct a \$100,000 home for the aged.

The organization, which holds its sessions in St. John's Baptist Church, boasts a membership of 8,000 in the state, with about 3,000 in the Miami area. It operates solely in Florida.

Speaking of the order's plan to shift from burials to providing living accommodations for the elderly, Mrs. Myrtle Brown, secretary of the order, said, "We have two acres at Fort Pierce and we hope to begin building next year."

"The order is now a charitable organization," Mrs. Brown noted. "We take care of the sick, assist in burying the dead and give financial assistance where needed."

The treasurer, Joseph Paris of Fort Pierce, pointed out that the order's name came from its original purpose—burying the dead. He said that years ago tenant farmers were just put into the ground and covered up with dirt when they died.

"People banded together and started paying dues of 40 cents a month so they could be sure of a decent burial."

As the years passed, the lot of the Negro improved, and the order shifted its attention to other projects.

## Rev. Bollinger Accepts Post At Bennett College

GREENSBORO — The Rev. Charles Bollinger, of Liverpool, N. Y., has been named director of development at Bennett College and will assume the post on September 1.

Recently retired from the active ministry after serving since 1937 as administrative assistant for Christian Higher Education of the Syracuse Area of the Methodist Church, the minister is a graduate of Williamsport Dickinson Seminary (now Lycoming College), Syracuse University and has studied further at Garrett Biblical Seminary, Evanston, Ill.

In his Christian Higher Education post, he led Methodists of Central, Northern and Western New York in raising \$300,000 to endow the Bishop W. Earl Ledden professorship of religious education at Syracuse University. He is a trustee of both Syracuse and Bennett.

## FSC Ready For 500 Students

FAYETTEVILLE — Fayetteville State College is now preparing to receive 500 new students who will begin their classroom matriculation on September 16. Dormitories will be open to freshmen and transfer students on September 6 at which time formal orientation procedures will begin. Upperclassmen will return on September 13.

Football players will begin to return on August 30. All players will be required to be present on August 31. Official practice begins on September 1. Faculty members will report on September 1.

The orientation period for new students will extend from Monday September 7 to Friday September 11. Registration for new students will be held on Saturday, September 12. Registration for former students will be held on Monday, September 14 and Tuesday, September 15. Classes will begin Wednesday, September 16 at 8:00 A. M.

\$42.00. He also presented a film, "Yesterday, Today and Forever." The film portrayed the evils of strong drinks.

Music was furnished by the Convention Choir, the Mount Olive Junior and Senior Choirs and the Lillington Star Junior Choir.

Teachers who served in the model Sunday School were: Mrs. Christine Black, Mrs. Florine Smith, Mrs. Roberta Dewer, Miss McLean, Mrs. Spicy Brewington and Mr. Curtis C. Ray. Each teacher received a reward for his or her untiring efforts.

Reports from delegates, schools and members of the convention were heard Friday. The field workers also made their reports.

The convention went on record as humbly and prayerfully accepting the passage of the Civil Rights Bill and asked that we implement the same by trying to measure up in all areas.

Efforts of freedom fighters on the local, state and national levels were extolled by the convention. The next convention will be held at Smith Temple Free Will Baptist Church, Raleigh in 1965.

Officers for 1964-65 are as follows: Rev. J. C. Smith, Raleigh, President; Rev. G. D. McNeill, Dunn, vice president; Mrs. Victoria Daniels, Raleigh, secretary; Mrs. Minnie Freeman, Dunn, assistant secretary; Mrs. Lena Bell, Fayetteville Treasurer; Rev. M. N. McLean and Rev. R. T. Fowler, trustees.

Convention field workers elected were: Mrs. Margaret Mintz, Mrs. Lula McNeill, Mrs. Mary J. Baker, Mrs. Annie Council, Mrs. N. A. Harrington, Mrs. Minnie McCoy, Mrs. Rosetta Elliott, and Deacon Russell Freeman.

# With Faith...

# You Are Never Alone

# Attend Church Regularly

## STRIKE IT RICH!

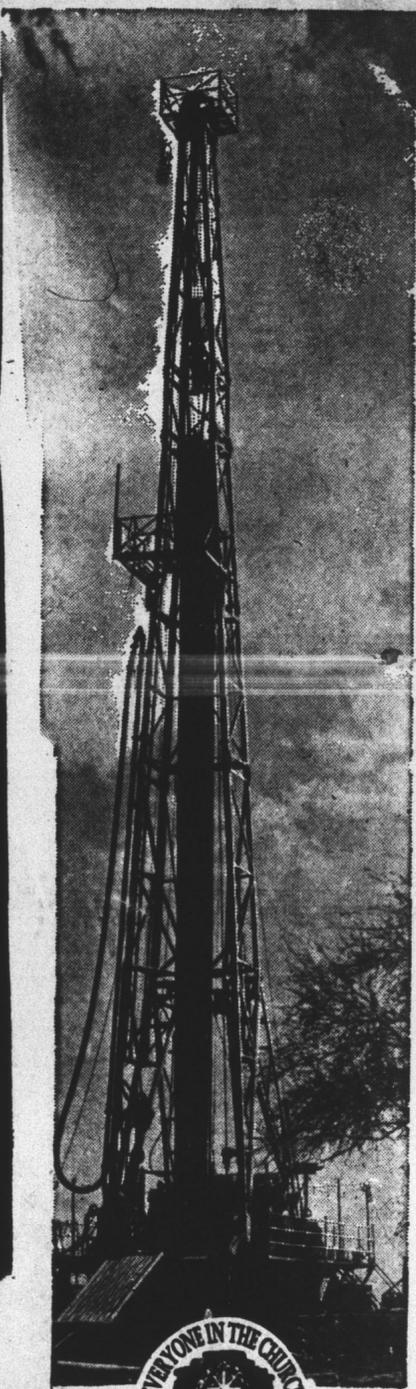
The oil well is truly a symbol of financial richness... the Church is

the symbol of spiritual richness.

That he would grant you according to the riches of his glory, to be strengthened with might by his Spirit in the inner man, that Christ may dwell in your hearts by faith, that ye, being rooted and grounded in love, may be able to comprehend with all saints what is the breadth, and length, and height, and to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God."

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The Church is God's appointed agency in this world for spreading the knowledge of His love for man and of His demand for man to respond to that love by loving his neighbor. Without this grounding in the love of God, no government or society or way of life will long persevere and the freedoms which we hold so dear will inevitably perish. Therefore, even from a selfish point of view, one should support the Church for the sake of the welfare of himself and his family. Beyond that, however, every person should uphold and participate in the Church because it tells the truth about man's life, his destiny; the truth which alone will set him free to live as a child of God.



THIS INSPIRATIONAL MESSAGE APPEARS EACH WEEK TO HELP MAKE THIS INCREASINGLY A CHURCH-MINDED AREA. IT IS OFFERED FOR YOUR CONSIDERATION BY THE GENEROSITY OF PUBLIC- SPIRITED INDIVIDUALS AND BUSINESS FIRMS.

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## FAITH...

Faith is to believe, on the word of God, what we do not see, and its reward is to see and enjoy what we believe.

Augustine

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