

ON THE LEVEL

Volume 3, Issue 7

AUGUST 2004

What A Great Day For A Picnic!

On August 7, 2004, Mt. Level conducted its annual picnic at the Edison Johnson Recreation Park located at 600 West Murray Avenue in Durham. God provided a perfect day filled with plenty of sunshine. The day included good food, swimming, bingo, face painting, musical entertainment, and even a friendly game of pool. A good time was had by all!

Here is a recap of the day in pictures..



Safety Tips From The Experts

NC State Highway Patrol was at Mt. Level in the afternoon of May 26 to give advice on bike safety and to conduct a simulation of driving while intoxicated. Sergeant Arthur Waddell and Master Trooper Samuel Wagner traveled from Troop D, located in Greensboro, NC, to conduct



Trooper Wagner and Sgt. Waddell checking to see if things are in order.

the Safety Rodeo. This is one of the programs sponsored by the N.C. State Highway Patrol that is conducted throughout the state. Information on seatbelt safety and child car seat safety was also available.

First Sergeant Hicks stationed in Durham also stopped by to talk with participants. A special thanks to Sgt. Waddell and Trooper Wagner!



Driving the obstacle course while wearing special goggles.



Sis. Rosa Anderson getting driving instructions from Sgt. Waddell.



Waiting for bike riding instructions.



Riding the bike course..



Sunglasses, clickers and safety key chain lights courtesy of NCSHP.



First Sgt. Hicks talking with church members: Rosa, Annette, Constance, and Fred.

Bone Up

from
Carolina WOMAN, August, 2004

Female of all ages, should protect their bones. Here's how, according to the National Osteoporosis Foundation:

*Get enough calcium. The National Institutes of Health recommend 800 to 1,200 milligrams of calcium daily for females ages 11 to 24; 1,000 for women ages 25 to 50 and women ages 51 to 64 who are on hormone replacement therapy; 1,200 to 1,500 for postmenopausal women not taking HRT and all women 65 and older.

*Make sure your vitamin D intake is high enough....400 to 800 international units daily.

*Do weight bearing exercise at least four times a week. Examples are walking, jogging, step aerobics, stair climbing, dancing and weight lifting.

*Don't smoke. It's bad for your bones.

*Try to avoid alcohol, caffeine and salt, which in excessive amounts, can lower bone density or increase calcium needs.

A Question For Thought

If you could pick **one** material possession (religious symbols excluded) to represent your faith, what would it be?

The way we express the presence of Jesus Christ is by being responsible for what we've been given and responsive to the call of God.

According to KidsHealth, children are more successful in school when parents take an active interest in homework. Help your youngster by setting up a time to help with his or her homework...a regular study time together.



Ask The Church

by

Mary Scott

Question: *How are persons selected for the Praise Teams? Must you be a member of one of the choirs?*

Answer: Interested persons may contact the Music Director, Alma Jones to join the Praise Team. No it is not required of you to become a choir member, but the invitation is open to you.

Question: *Why isn't there a full choir at the 8 a.m. services each Sunday? We feel that the choir should take this seriously!*

Answer: According to the Director of Music, choir members are asked to attend and take part in the 8 a.m. services (which, by the way, are only on second and fourth Sundays). Greater emphasis is being placed on the 8 a.m. services and it is taken seriously. Persons who are not regular choir members may also support this service. For additional information, please contact Alma Jones at 383-7126.

Question: *Why has Mt. Level not started a day school, nursery, or day care for its members? Why do we (parents) need to seek other places for our children's day care?*

Answer: A response to this question will be forthcoming.

If you have a question, about the church, you would like answered, drop it in the "Question Box" located in the vestibule or give your question to Sis. Mary Scott.

Some church members asked about recipes for some of the dishes served at the church picnic. If you would like to share your recipe or a favorite recipe you think someone may enjoy preparing and eating, place it in the newsletter mailbox. It will be published in the newsletter.

SAVING OUR SISTERS FELLOWSHIP

August 29, 2004 at 3:00 p.m.
Olivet Missionary Baptist Church
Reverend Patricia Lee, Paston
502 Canal St
Durham, N.C.

*Bring your favorite dish!



The light of God surrounds us;

The love of God enfolds us;

The power of God protects us;

The presence of God watches over us.

Wherever we are, God is.

And all is well.

Corner of Prayer

Pray for those who are ill.

Sis. Viola Crowder, Treyburn Nursing Home

Sis. Janie Evans, 416 Mimosa Drive

Sis. Kathleen Gildon, Treyburn Nursing Home

Sis. Jamal Graham, 3116 St. Mary's Road

Sis. Essie Hall, 406 Oakwood Avenue

Sis. Iris Hall, 125A E. Cornwallis Road

Sis. Rochelle Joyner, 714 Justice St.

Sis Bessie Lipscomb, Magnolia Gardens

Sis. Roumanie Lipscomb, 4308 Denfield St.

Sis. Alma Mickens, Brookhaven Manor

Bro. Robert Proctor, LaSalle Nursing Home

Sis. Lydia Timberlake, 3040 Forrester St.

Sis Joyce Whitted, 302 Todd Street

Sis. Mary Yancey, Durham Village

316 Hebron Road
Durham, North Carolina 27704

Phone: 919-477-3893
Fax: 919-620-9229
Email: www.mtlevebaptist.org

The Nursery is open every Sunday. Parents are asked to bring children ages 12 months to 5 years old to the nursery during the church's greeting period. Parents of younger children are welcome to accompany them to the nursery.

Baby Dedication If you are interested in having your baby dedicated to the service for the Lord, please call Margaret Morrison at 383-0783 to schedule a date and time.

Mt. Level Sick and Distress Committee would like for members to contact the church when they are sick, have outpatient surgery, or will be hospitalized. This committee, under the leadership of Sis. Lillian Downey, desires to respond and show the church's concern.

Mount Level's Weekly Schedule

Each Sunday	9:30 a.m. Church School
	10:45 a.m. Morning Worship Service
1st Sunday (only)	10:30 a.m. Baptism / Communion
2nd Sunday	8:00 a.m. Worship Service / Breakfast
	10:45 a.m. Children's Church—Grades 1-6
4th Sunday	8:00 a.m. Worship Service / Breakfast
Wednesday	12:00 p.m. Noonday Prayer
	7:00 p.m. Prayer Service
	7:30 p.m. Bible Study

Membership Profile Questionnaire & Change of Address Forms: All members are asked to complete these forms and return them to the church office ASAP. Forms are on the table in the vestibule.

The URL for Mt. Level's website is www.mtlevebaptist.org. Book mark the site for easy access, and pass the new URL on to a friend.

The Funeral Committee would like to have every opportunity to minister to the bereaved members, family and friends of Mt. Level. We are asking that you allow us to acknowledge and give our support when you have lost a family member. In order for us to do this, we are asking that you call the Church Secretary and give all the pertinent information. If you will be traveling out of town, please give the necessary information so that we can be sure to make contact.

Newsletter Deadline Date

The deadline date for articles, announcements, etc. to be published in an upcoming issue will be the last day of the previous month. The newsletter will be distributed the week of the third Sunday. Thank you.

Newsletter Staff: Janice McIntyre, Editor; Dorothy Clark, Staff; Deborah Eaton, Staff

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