

ON THE LEVEL

Volume 3, Issue 6

JULY 2004

The Spirit of the Lord Was Here!

By
Deborah Eaton

This year Mt. Level celebrated the annual church revival June 28-Jul 2, 2004 with the theme: *“Renewing the Fruits of the Spirit Through Revival.”* Each year as this time rolls around I ask myself, “What is Revival? What does this mean for me? What does it mean for the church? What does it mean for the pastor? My answer is the short response. Revival is a time of reflection, evaluation, re-evaluation, consecration, dedication and re-dedication. Webster’s New Collegiate dictionary depicts revival as meaning a highly emotional evangelistic meeting. This year I learned that revival is far more than any of these descrip-

tions. The preacher and evangelist for this year’s revival was Dr. James C. Forbes, Sr., Senior Minister and founding Pastor of Christian Faith Baptist Church of Raleigh, North Carolina. Dr. Forbes has studied extensively at several universities and earned several degrees including his Doctor of Ministry Degree from United Theological Seminary in 2001. Dr. Forbes, a self-proclaimed and demonstrated disciple of Jesus Christ, proved to be an eloquent speaker and a very moving preacher as he spoke, sang, danced and even played piano during the revival! It was obvious that Dr. Forbes felt right at home at Mt. Level. He and Reverend Turner have shared a relationship for over forty years that, according to Forbes,



Reverend Dr. James C. Forbes, Sr.

“began in the church.” The Turner and Forbes families have shared a long time of fellowship and friendship. It was, without a doubt a rich blessing from the Lord to have Dr. Forbes as the preacher for revival!

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By
Janice McIntyre



God looks after us even when we are dealing with the small things in life. Last week I had to attend a conference out of town and left much later than expected. By the time I could wrap things up at work and begin my trip, it was way

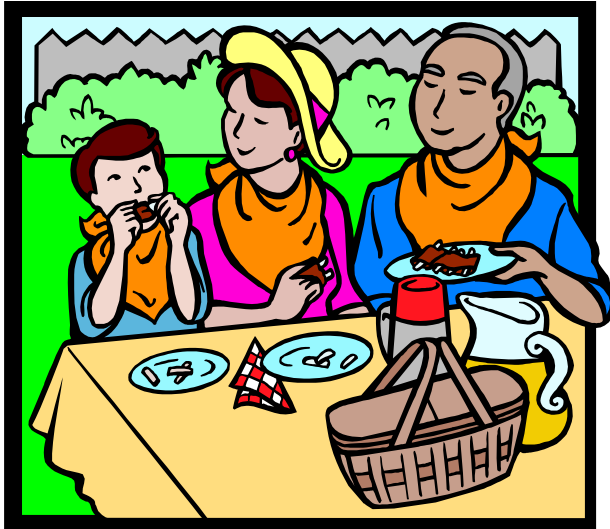
God Answers

past six o’clock which meant I would be traveling at night...the one thing I hate to do especially when traveling alone and going to a location for the first time.

I did not reach the hotel until after nine-thirty. I pulled into the parking lot and immediately noticed the dim lighting and the large number of cars. It looked as if there were no parking

spaces close to the building, so that meant, after registering, I would have to park the car and walk back to the building alone. Fear started to enter into my thoughts. As I felt my hands tightening on the steering wheel of the car, I took a deep breath and prayed as I slowly exhaled. I had asked God to take control of the situation, my hands no longer

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Mt. Level's Annual Picnic!
August 7, 2004
10:00 A.M to 5:00 P.M.
(See Schedule Below)

Edison Johnson Recreation Park
600 West Murray Avenue

Lots of Food and Lots of things to do!

- 11:00 a.m.—1:00 p.m. - Arts and Crafts
- 11:00 a.m.—4:00 p.m. - Museum of Life & Science Opens
- 11:00 a.m.—1:00 p.m. - Clowns, Balloons, Face Painting
- 11:00 a.m. - 1:00 p.m. - Racquet Ball

- 12:30 p.m.—1:00 p.m. - Gospel Artist Performance
- 1:00 p.m. - Prayer and Blessing of the Food
- 1:05 p.m.—3:00 p.m. - Lunch
- 2:00 p.m.—2:30 p.m. - Gospel Artist Performance
- 2:30 p.m.—3:00 p.m. - Introduction of New Members
- 3:00 p.m.—5:00 p.m. - Swimming
- 3:00 p.m.– 5:00 p.m. - Bingo with prizes

If you plan to attend, complete the registration form found in the Sunday bulletin.

Volunteers are needed. Call Gaston Patterson at 471-1879.

UPCOMING EVENTS

Annual Youth Retreat

August 27-29, 2004
Mt. Shepherd Retreat Center
Asheboro, NC
Contact: Sharon Hall or Pat Edwards

Youth Judah Jam 2004

August 1, 2004
Van will leave Mt. Level at 3:15 p.m.
Contact: Sharon Hall / 765-9464 or
Vivian Johnson / 596-6156

Debutante and Boys 2 Men Program

2004-2005 Program
Registration begins June 27, 2004 and will
close July 31, 2004



The Personal Approach

"I must do something" will always solve more problems than "something must be done."

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Some initial remarks by Dr. Forbes were that revival is the effort of the church to recognize that we have a run-down spirit; it is an invitation by the Holy Spirit to renew and revitalize. It is a time for stirring the souls the Lord has found. Dr. Forbes said we need to recognize that the model for revival is Jesus Christ and not self-help books. He admonished us to consider the passion of Christ and to take off the weight of past abuse and the sin that separates us from Christ. He warned that the church must be aware that revival is a time of decision-making, stirring in our spirits; that we have to talk to the Holy Spirit and allow him to be the teacher.

Each night Dr. Forbes had a theme for the sermon and he opened with very striking words that are paraphrased here:

- *There are two kinds of people in the world. There are the saved and the unsaved. Which one are you?*
- *There are two great masters of this universe. There is Satan and the other one is the Lord. Which one do you serve?*
- *There are two ways of spending our time on this earth. We can spend our time idly and in sin or devotionally and in service to the Lord? How do you spend your time?*
- *There are two roads to travel. Which do you travel? The narrow road to eternity, or the broad to hell?*
- *There two types of death. One delivers us into sin and some people choose to die in the Lord. Which do you choose?*
- *There are two places to go when our time on this earth is over. Heaven or hell. Which do you choose?*

I have never seen the righteous forsaken, nor his seed begging bread.

This is the day the Lord has made. I will bless the Lord at all times! His praise shall continuously be in my mouth.

Bless his holy name!

On Monday night Dr. Forbes made it very clear that he would not give the benediction until Friday night explaining that sometimes the devil tries to give the impression that the revival is over if the benediction is given early in the week. Each night he told the congregation how to get ready, set and to go. Dr. Forbes said that one has to be tested in order to be set. If you want to be revived, sometimes you have to go for broke.

Later in the week, Dr. Forbes invited the congregation to "Heaven's Happy Hour." He talked about how important it is that we engage in enthusiastic worship. The week ended with "The Benefit of the Benediction!" Dr. Forbes explained that the benediction is arranged as a blessing from the Lord. He went on to say that there is essential information we need to have before we can understand the benefit of the benediction. First we must understand God as the benefactor and all of what that means. Next, we must understand who we are as beneficiaries and that we can think of it as paid up insurance. God has designated every single one of us as his beneficiaries. There is nothing you can inherit that can match being a beneficiary of God's grace in this world and beyond. Finally we need to know about the benefits. We tried this little experiment together as Dr. Forbes asked us to hold our noses and mouths at the same time. Next, we placed our hands on our hearts or a pulse point. At this point Dr. Forbes asked, "Supposed the Lord stopped that thing! What can I render to God for all his benefits?"

Below are just a few of the Benedictions Dr. Forbes shared or that appear in the *New National Baptist Hymnal* on page 604. I will meditate upon the words and think about them with a new perspective since revival.

The Lord bless thee and keep thee; The Lord make his face shine upon thee, and be gracious unto thee; The lord lift

up his countenance upon thee, and give thee peace.

And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

God be merciful unto us, and bless us; and cause his face to shine upon us; That thy way may be known upon earth, thy saving health among all nations.

Now unto him who is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy, To the only wise God our Savior, be glory and majesty, dominion and power, both now and ever. Amen!

I asked both Dr. Forbes and Reverend Turner to share their thoughts about the revival and both graciously agreed.

Reverend Turner's comments:

What are your reflections about the work of God for the revival?

"I would say the revival was confirmation of months of prayer, preaching, and study. I sensed that there was a good spirit in the house. I believe we are on the threshold of a time of refreshing. We are ready a n d s e t t o G o ."

What do you feel God wants from the people of Mt. Level as a r e s u l t o f r e v i v a l ?

"God wants steadfastness from those who have consecrated themselves to the work. But there are others who are still "holding back," and "following from a distance." It is time for us to move as "one body."

Are there any specific highlights, points, or comments that you would like to make about the revival?

"I would continue to reiterate:

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ready, set, go!"

Dr. Forbes' comments:

As the Revival speaker for Mt. Level, how did God work with you in preparation for your sermons?

"As soon as Pastor Turner called me, some months ago, to ask that I be evangelist for the revival, I immediately began to weave into my prayers and devotional time an intentional request of the Lord that I be suited and prepared just for Mt. Level during that week. I asked the Holy Ghost to guide me in the scriptures and messages to use."

What do feel that God wants of the people of Mt. Level as a result of revival?

"I feel certain that the revival was diagnostic and a call for the disciples of Christ at Mt. Level to step up a few notches in their commitment and be empowered to be a special congregation in Durham, this state, and nation. I know that the Lord was in the revival and that the people of Mt. Level also leaned into the revelation which the revival provided."

Are there any specific highlights, points, or comments that you would like to make about the revival?

"With regard to any specific observations that I would make, I was amazed by "the preparation" which your Pastor, the leaders and the people had made for revival. I sensed that the folks were primed for visitation of the Holy Ghost, and He sho' nuff showed up! I have known your Pastor and his family for almost forty years. I very much relished the opportunity to spend fresh time with him, his mother, and his people at Mt. Level. I felt

especially affirmed in your context . . . at ease in Zion. Preaching came easy!"

Is there a particular message to Reverend Turner as the Shepard of Mt. Level from the Revival?

"I wish to applaud Pastor Turner for leading the revival, and for leading the people in spiritual encounter. I know that the Lord will continue to lead him to lead the sheep as close to Christ as possible. I know, too, that he has a mammoth vision for Mt. Level. I pray that the sheep not seek to lead him but get behind him as he remains behind Christ. I rejoice to see the hand of the Lord on Mt. Level in such special ways. I rejoice to see a plurality of your church family open to the Holy Ghost! Right on! and God bless".

Revive Us Again

(Words by William Paton Mackay)

We praise Thee, O God!
For the Son of Thy love,
For Jesus Who died,
And is now gone above.
Hallelujah! Thine the glory.
Hallelujah! Amen.
Hallelujah! Thine the glory.
Revive us again.
We praise Thee, O God!
For Thy Spirit of light,
Who hath shown us our Savior,
And scattered our night.
Hallelujah! Thine the glory.
Hallelujah! Amen.
Hallelujah! Thine the glory.
Revive us again.
All glory and praise
To the Lamb that was slain,
Who hath borne all our sins,
And hath cleansed every stain.
Hallelujah! Thine the glory.
Hallelujah! Amen.
Hallelujah! Thine the glory.
Revive us again.
All glory and praise
To the God of all grace,
Who hast brought us, and sought us,

And guided our ways.
Hallelujah! Thine the glory.
Hallelujah! Amen.
Hallelujah! Thine the glory.
Revive us again.
Revive us again;
Fill each heart with Thy love;
May each soul be rekindled
With fire from above.
Hallelujah! Thine the glory.
Hallelujah! Amen.
Hallelujah! Thine the glory.

(Continued from page 1)

gripped the steering wheel. I continued to slowly maneuver through the parking lot to the front of the building. As I turned around the corner, my eyes immediately saw an empty parking space directly in front of the building! I smiled, looked up towards the sky and said "Thank you."

A simple testimony to say, "God looks after us at all times." It is a matter of trusting, believing and waiting. Those things that are hardest for humans to do. God doesn't always answer our prayers immediately or in the way we want them to be answered, however, if we let go of our human self and patiently wait with our hearts filled with trust and belief, he answers with all that is best for us.
Wait on the Lord; be of good courage, and He shall strengthen your heart; wait I say on the Lord! Psalm 27:14 NKJV

This poem is a good reminder.

Teach Me, Lord To Wait

By Stuart Hamblen

Lord, to wait down on my knees
Till in Your own good time You answer my plea;
Teach me not to rely on what others do,
But to wait in prayer for an answer from You.

They that wait upon the Lord shall renew their strength,
They shall mount up with wings as eagles;
They shall run and not be weary,
They shall walk and not faint.
Teach me, Lord, teach me, Lord, to wait.

Adjusting to College Life

Courtesy of Saint Mary's College



The first year of college is a time of great change and adjustment. Chances are you didn't take a class in high school to help you prepare for the changes and challenges. The experience can be both exhilarating and daunting, particularly for the first-time college student. It is normal to experience anxiety and fear among the many different emotions you'll feel in the first year. While your greater sense of freedom may in many ways be a welcome change, it can also be stressful, or bring about confusion, sadness and loneliness. This is especially true if you move away from friends and family to attend college. As a new student, expect to be challenged in many areas, both personally and academically. Your college counseling center and academic advising offices, among other services, can assist you as you deal with the new situations you'll encounter. Here are some resources

that might help you adjust to your new living environment.

Time Management: Talk to students who are in their 2nd, 3rd or 4th years about what they've learned about the best ways to manage their time in college.

- Put your schedule down in writing and try to stick to it, as much as possible, being mindful that this won't always be possible for one reason or another.
- Prioritize your activities.
- Determine your optimal environment that is conducive to concentration and with the least chance for disruption.
- Identify the times of day when you have the most energy and schedule to do your most important work at those times.
- Learn to set boundaries. Set times to study and tell friends that this is the time you'll be working.

Stress Management: Expect some stress. Both negative events and positive events can elicit stress. Sometimes stress is normal and healthy but sometimes it can become overwhelming. Look for signs that you're under too much stress: appetite or sleep disturbances; unusual degrees of sadness, worry, irritability; anxiety, panic or sense of doom; feeling that you just can't cope with the demands put upon you. Take active steps to minimize stress:

- Eat a balanced diet (keeping blood sugar stable with highly nutritious

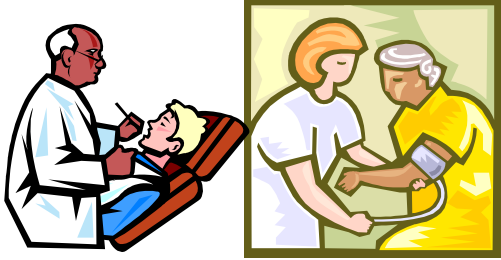
foods like fruits and vegetables can help both your brain and body function more efficiently).

- Avoid caffeine and other stimulants (it might help in the short run but ultimately it can cause further irritability and anxiety).
- Take frequent study breaks to refresh yourself.
- Balance time for work and play.
- Get enough sleep and keep your sleep schedule as consistent as possible.
- Develop mutually supportive friendships and relationships. It can help to talk out your worries with someone you trust and respect.
- Focus on what you need to do to succeed, as opposed to what could cause you to fail.

Study Skills: Be proactive—do something BEFORE you fail the exam—get help, talk to teachers, seek tutoring, etc. Join a study group right away—you'll meet people this way as well as get a leg up on your studies. Get to know college resources; go on orientation tours if you haven't already. Talk to librarians about how to use available resource; take library tours. In general, find out what is on campus to serve you.

Budgeting Your Money: Be aware of those credit cards for students. While they might be effective ways to establish credit they can also be very tempting to use and often before you know it you've run up a nasty bill. Set yourself a budget to use them in such a

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Staying Healthy To Serve God

Fight the Bite! The West Nile Virus

Centers for Disease Control and Prevention



West Nile virus (WNV) is a potentially serious illness. Experts believe WNV is established as a seasonal epidemic in North America that flares up in the summer and continues into the fall.

West Nile virus affects the central nervous system. Symptoms vary. Approximately 80 percent of people who are infected with WNV will not show any symptoms at all. Up to 20 percent of the people who become infected will display mild symptoms, including fever, headache, and body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms typically last a few days. About one in 150 people infected with WNV will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent. Less than 1 percent of people who are bitten by mosquitoes develop any symptoms of the disease and relatively few mosquitoes actually carry WNV. People over the age of 50 are more likely to develop serious symptoms of WNV if they do get sick and should take special care to avoid mosquito bites. People who spend a lot of time outdoors are more likely to be bitten by an infected mosquito. They should take special care to avoid mosquito bites. People typically develop symptoms between 3 and 14 days after they are bitten by the infected mosquito.

Generally, WNV is spread by the bite of an infected mosquito. Mosquitoes are WNV carriers that become infected when they feed on infected birds. Infected mosquitoes can then spread WNV to humans and other animals when they bite. In a very small number of cases, WNV also has spread through blood transfusions, organ transplants, breastfeeding and even during pregnancy from mother to baby. WNV is not spread through casual contact such as touching or kissing a person with the virus. The risk of getting WNV through blood transfusions and organ transplants is very small, and should not prevent people who need surgery from having it. If you have concerns, talk to your doctor before surgery.

There is no specific treatment for WNV infection. In cases with mild symptoms, people experience symptoms such as fever and aches that pass on their own. In more severe cases, people usually need to go to the hospital where they can receive supportive treatment including intravenous fluids, help with breathing and nursing care. Mild WNV illness improves on its own, and people do not necessarily need to seek medical attention for this infection.

If you develop symptoms or severe WNV illness, such as unusually severe headaches or confusion, seek medical attention immediately. Severe WNV illness usually requires hospitalization. Pregnant women and nursing mothers are encouraged to talk to their doctor if they develop symptoms that could be WNV.

PREVENTION. The easiest and best way to avoid WNV is to prevent mosquito bites.

- When you are outdoors, use insect repellents containing DEET (N, N-diethyl-meta-toluamide). Follow the directions on the package.
- Many mosquitoes are most active at dusk and dawn. Consider staying indoors during these times or use insect repellent and wear long sleeves and pants. Mosquitoes may bite through thin clothing, so spraying clothes with repellent containing permethrin or DEET will give extra protection. **Don't** apply repellents containing permethrin directly to skin. **Do not** spray repellent containing DEET on the skin under your clothing.
- Make sure you have good screens on your windows and doors to keep mosquitoes out.
- Mosquitoes lay eggs in standing water. Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill drainage holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren't being used.
- Mosquito breeding sites can be everywhere. Neighborhood clean up days can be organized by civic or youth organizations to pick up containers from vacant lots, parks and to encourage people to keep their yards free of standing water. Mosquitoes don't care about fences, so breeding sites anywhere in the neighborhood are important.
- If you find a dead bird, don't handle the body with your bare hands. Contact your local health department for instructions on reporting and disposing of the body.

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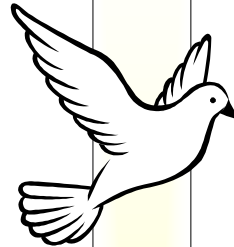
way as to pay off each purchase as soon as possible. Try to limit use to emergencies only. Balance your checkbook regularly and keep tabs on what you spend in general.

Getting along with Roommates: If you are having difficulty with your roommate, be proactive. Initiate conversation about conflicts before they explode into major disagreements. Get help or advice about conflict resolution from resident advisors as well as older students who've lived with roommates and who might be able to give you some tips about communication.

Feeling Lonely, Sad or Homesick: Expect some of these feelings to arise as part of the normal adjustment to college life, but learn to recognize the signs that these feelings have become or are near debilitating. If you are concerned about such thoughts or feelings, talk to someone—friends, family, Resident Advisors, professors, etc., and or seek help from the campus Counseling Center or Campus Ministry.

Multicultural and Diversity Issues: Most colleges have organizations to help students with these issues by providing a place to meet other students concerned about similar things and/or act as a clearing house for local resources. Take advantage of these services, which are listed in your campus directory.

Spiritual Renewal: Find a church where you will be able to worship and fellowship. **READ YOUR BIBLE OFTEN.**



Corner of Prayer

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.

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.mtlevelbaptist.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.mtlevelbaptist.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

Mount Level Missionary Baptist Church
316 Hebron Road
Durham, North Carolina 27704