

# ON THE LEVEL

Volume 3, Issue 2

March 2004

## Greetings From Brazil

February 29, 2004

Dear Mt. Level Church,

Greetings from Londrina, where the temperature is well above 90° F and our new school year at SATS is finally under way. Our classes got off to a good start two weeks ago and we are eager to see what the rest of the semester has in store both for our students and for us. In a nutshell, here's what's been going on lately:

- We got our last set of documents completed this week. Now all that's left is Sam's permanent visa, which should be stamped in his passport in about 6 months.
- At SATS Rosalee is teaching two full courses, one in biblical interpreta-

tion and the other called "Church, Culture, and Society in Latin America." She is also supervising about 5 students in directed study courses. Sam is co-teaching a New Testament course with Dr. Julio Zabaterio, the Academic Dean at SATS. By August his Portuguese will be such that he'll be teaching courses on his own. He is also on the chapel worship team and plays soccer on Saturdays with a group from the seminary and local churches.

- James is in preschool and loves it. His favorite "subjects" are painting with toothbrushes and playground time. Isabella will be 9 months old on March 9 and already weighs 20+ lbs. She's a very happy child and a blessing to all of us. We have a wonderful young woman named Nilda that helps us with childcare during the hours we both are away from home. James and Isabella really love her and her assistance has been a real answer to prayer



James, Isabella and Nilda

for us.

We're getting things ready to receive our first student (maybe even two students) from Duke Divinity School this May. There are a number of field ed opportunities here for the student and we're excited to see what God

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## Mount Level's Mission

by Nancy Bumgardner



Nancy Bumgardner & David Broadway

*The Missionary Department will sponsor Mt. Level's Annual*

*Mission's Day on Saturday March 27. We are inviting persons from the community to share a hot meal and take home some groceries. Our vans will be transporting persons from Oxford Manor and from Hoover Road Apartments. This event is open to the entire Durham community.*

All Mt. Level is encouraged to

participate. We need your help stocking the food pantry and volunteers are on that day to serve and to be hosts and hostess to our visitors. You can bring food items for the pantry at any time prior to March 27. You can also purchase an angel food box for the food pantry. Pick up an order form from the vestibule and put "food pantry" on the

*(Continued on page 2)*

(Continued from page 1)  
Mount Level's Mission

name line. Turn that and a check for \$25 to any Senior missionary by Sunday March 7.

The Women's Prison Ministry is extending it's collection of deodorant through March. We hope that on Missionary Anniversary March 28 we will be able to announce that Mt Level will have collected 1,000 containers of deodorant. If each family brings 5 deodorants, we will pass that goal.

If you want to volunteer for Mission's Day, please give you name to Sister Sharon Hall. You can also make a donation to help purchase food for the pantry and the meal and/or to purchase deodorant. Checks, made out to Mt. Level, can be given to either Sharon Hall or to Nancy Bumgardner.



#### HE AIN'T HEAVY HE'S MY BROTHER

The road is long with many a winding turn  
That leads us to who know where,  
Who know where,  
But I'm strong,  
Strong enough to carry him.  
He ain't heavy, he's my brother.  
So on we go.

His welfare is of my concern.  
No burden is he to bear,  
We'll get there.  
For I know  
He would not encumber me.  
He ain't heavy, he's my brother.

If I'm laden at all,  
I'm laden with sadness  
That everyone's heart  
Isn't filled with the gladness  
Of love for one another.

It's long, long road  
From which there is no return.  
While we're on the way to there,  
Why not share?  
And the load  
Doesn't weigh me down at all.  
He ain't heavy, he's my brother.

He's my brother.  
He ain't heavy, he's my brother...

Russell & Scott

*\*\*\*The Missionary Department would like to remind you of these words during the month of March as we prepare for Missionary Sunday March 28<sup>th</sup>.\*\*\**

### Pre-Missionary Anniversary Activities

On March 25, the Missionary Department will be in charge of activities in anticipation of Mission Day on Saturday, March 27 and Missionary Anniversary on Sunday, March 28.

### News From The Training Director, Rev. Melanie R. Stafford

**Wednesday Bible Study...** "Therefore Being Justified: A Study in Romans" begins March 31, 2004 and will end April 28, 2004. There will be 5 sessions. Romans is arguably the most comprehensive "outline" of Christian doctrine in the New Testament. Booklets will be available two weeks before the study begins to allow those participating in the class an opportunity to read and prepare. Rev. Dr. Turner will teach this series. **"The Passion of Christ"....**Several persons have inquired about having a discussion session centered on the movie and the issues it has raised. Tentative plans include a discussion sometime during this Lenten Season. **Ministerial Intern.... First Place™**..Rev. Adrienne Denson, the ministerial intern from Duke Divinity School for this academic year, has been leading a group of approximately 15 persons in a Bible study dealing with issues of control in health, diet and weight loss. The class began on January 17 and will end on April 10. Supporting her, along with Sunday School and various other departments to help her identify areas of service and growth in her ministry.

**Health Disparities Data Collection....** Mt. Level has been asked to be one of 25 churches in the area to participate in an information and recruitment session on a health data collection project at Shaw Divinity School. This is part of the UNC-Shaw Partnership to Eliminate Health Disparities. They call it Data Collection/Data Distribution Center or (DC)<sup>2</sup>. We hope that this will help Mt. Level identify areas of training (similar to the HIV/AIDS training currently going on) related to health issues that we can do here. Hopefully, the Nursing Committee will lead us in this effort.

## Living Through Giving

*From Keys to Happiness  
PROJECT: Steps to Christ, Inc.*

*We can join the angels in bringing happiness to others.*

God is the source of life and light and joy to the universe. Like rays of light from the sun, like the streams of water bursting from a living spring, blessings flow out from Him to all His creatures. And wherever the life of God is in the hearts of men, it will flow out to others in love and blessing.

Our Saviour's joy was in the uplifting and redemption of fallen men. For this He counted not His life dear unto Himself, but endured the cross, despising the shame. So angels are ever engaged in working for the happiness of others. This is their joy. That which selfish hearts would regard as humiliating service, ministering to those who are wretched and in every way inferior in character and rank, is the work of sinless angels. The spirit of Christ's self-sacrificing love is the spirit that pervades heaven, and is the very essence of its bliss. This is the spirit that Christ's followers will possess, the work that they will do.

When the love of Christ is enshrined in the heart, like sweet fragrance it cannot be hidden. Its holy influence will be felt by all with whom we come in contact. The spirit of Christ in the heart is like a spring in the desert, flowing to refresh all, and making those who are ready to perish, eager to drink of the water of life.

Love to Jesus will be manifested in a desire to work as He worked, for the blessing and uplifting of humanity. It will lead to love, tenderness, and sympathy toward all the creatures of our heavenly Father's care.

The Savior's life on earth was not a life of ease and devotion to Himself, but He toiled with persistent, earnest, untiring effort for the salvation of lost

mankind. From the manger to Calvary He followed the path of self-denial, and sought not to be released from arduous tasks, painful travels, and exhausting care and labor. He said, "the Son of man did not come to be served, but to serve, and to give His life a ransom for many." *Matthew 20:28*. This was the one great object of His life. Everything else was secondary and subservient. It was His meat and drink to do the will of God and to finish His work. Self and self-interest had no part in His labor.

So those who are the partakers of the grace of Christ will be ready to make any sacrifice, that others for whom He died may share the heavenly gift. They will do all they can to make the world better for their stay in it. This spirit is the sure outgrowth of a soul truly converted. No sooner does one come to Christ, than there is born in his heart a desire to make known to others what a precious friend he has found in Jesus; the saving and sanctifying truth cannot be shut up in his heart. If we are clothed with the righteousness of Christ, and are filled with the joy of His indwelling Spirit, we shall not be able to hold our peace. END



### Youth Vulnerable After School's Out

*The Herald Sun  
Editorials  
Thursday, February 5, 2004*

Of all the budget requests made during Monday's City Council meeting, perhaps none is more essential to the welfare of Durham than the request for more funding to subsidize after-school programs. All the council has to do is to look at the young ages of recent murder suspects and their

victims to know the request is important.

More after-school programs run by tough, caring adults might be just what Durham needs to reach troubled youth before they are swept into the gang culture. Durham Congregations, Associations and Neighborhoods member, Mike Broadway is right when he says national studies show that juvenile crime peaks between the hours of 3 and 6 p.m.

That's when many youngsters—those in middle school and high school especially—are left alone to fend for themselves. Unfortunately, too many of them make bad decisions. Sometimes they don't have a choice because gangs put a tremendous amount of pressure on youth to join or else. The "or else" can be a severe beating or even a bullet.

In addition to more funding for after-school programs, residents also asked for money to clean up dilapidated housing: The Durham Affordable Housing Coalition wants the city to hire five more inspectors and two support staffers so the city can inspect 1,000 additional rundown houses every year. Also, a request was made to raise the city's "living wage" — which applies to city employees and employees of city contractors and vendors — from \$9.12 to 9.51.

These are important issues for the people making the requests, and they deserve the council's full consideration. But the council shouldn't view the request for more after-school programs as an option. They are a necessity. And no, more programs by themselves won't stop the emergence of gangs. That can best occur with tough, uncompromising police work.

But after-school programs can give willing youth a reprieve, albeit temporary, from the pressures of the mean streets. These programs must be managed by strong individuals willing to stand against the gang leaders trying to violently hijack the vulnerable hearts and minds of Durham's young people.



## MESSIAH'S HOUSE

by Rev. Joanne Jennings

This month, Messiah's House will begin its third year of ministry. We move forward with gratitude for the many good things God has done. We are thrilled most of all, that at least 60 children have heard a clear

presentation of the gospel during these years. In celebration of our anniversary, a video is being developed which highlights various aspects of this ministry.

As we move into our third year, our mission remains unchanged that it is to provide a place of worship, teaching, and service, that is specifically designed for children. However, our concern for the children has heightened. As we talk with them and pray with them we find that many of them are facing challenges which are beyond their emotional and spiritual development. Our children, all of them are at risk.

Many of our children have very little exposure to men who are committed to Christ. This is a sad deficit. Despite our pleas for male assistance, no new male volunteers have joined the children's church ministry team. We are grateful for the support of a few men who serve in this ministry. However, our children, especially our boys are being robbed of more models of male discipleship in a context that could significantly shape their lives.

The children's church staff remains committed to offering a ministry of excellence with the resources God has given us. Last week we began our first full 5th Sunday worship. The S.O.S. Puppet Team Ministry, guests from Goldsboro, gave a compelling gospel presentation of "Conditions of The Heart." It is our hope that in the next year we will begin to develop our own puppet ministry as a means of equipping our children for service.

As we move forward the necessity of more focused prayer is evident. We see a spiritual complacency enveloping our children. The staff realize that we need the assistance of prayer partners. This quarter we will focus on soliciting volunteers who will join with us in prayer for our children. We take seriously our mandate for this year from **Lamentations 2:19 "Pour out your heart like water before the face of the Lord,...lift up your face toward Him for the life of your young children!"**

We trust the church will join us in this season of focused intercession.

Rev. Joanne Jennings is the facilitator for Messiah's House.

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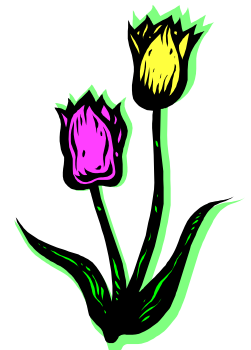
*Greetings From Brazil*

has in store for him or her through their work in Londrina.

We are so grateful to you for your faithful prayers and constant support. We could not be involved in God's work here without your help. We hope that soon some of you can come visit us here. Please email us with any potential plans or dreams for a future visit—we would love to have you here!

Grace & Peace,  
Sam and Rosalee Ewell

Having trouble getting your spring garden going? Maybe these web sites can help.



- [www.gutenberg.net](http://www.gutenberg.net)—find references to plants in literature
- [www.ncsu.edu/jcraulstonarboretum](http://www.ncsu.edu/jcraulstonarboretum)—J. Raulston Arboretum, Raleigh
- [www.ncbg.unc.edu/coker.htm](http://www.ncbg.unc.edu/coker.htm)—Coker Arboretum, N.C. Botanical Garden, Chapel Hill
- [www.stowegarden.org](http://www.stowegarden.org)—Daniel Stowe Botanical Garden, Belmont
- [www.nobleplants.com](http://www.nobleplants.com)—books, shopping and more
- [http://depts.washington.edu/hortilb/resources/gardening\\_on\\_net/whyuse.shtml](http://depts.washington.edu/hortilb/resources/gardening_on_net/whyuse.shtml)—University of Washington Elizabeth C. Miller Library
- [www.earthaven.org](http://www.earthaven.org)—Earthaven Ecovillage
- [www.carolinafarmstewards.org/index.html](http://www.carolinafarmstewards.org/index.html)
- [www.cix.co.uk/~museumgh](http://www.cix.co.uk/~museumgh)

**CHECK IT OUT, CHECK IT OFF—FIND THE BOX AND MAKE A DIFFERENCE**

*Submitted by Rev. Dr. Turner*

If you haven't filed your N.C. tax return yet, please pay special attention. A bipartisan group of former N.C. governors and Supreme Court judges, civic, leaders, and good-government advocates is asking you to (1) search hard and find a new check-off box on the N.C. tax form called the N.C. PUBLIC CAMPAIGN FINANCING FUND; then (2) check the box YES for fair courts and elections.

This year, North Carolina is launching a new way to elect the judges on our top courts, with a voter guide and voter-authorized public financing. This historic program, a first for the nation, is widely praised—but it won't work unless you do your part.

You can put your mark on history when you fill out your N.C. income tax form. You'll see a new question on the tax form—a \$3 "check-off" box for the N.C. PUBLIC CAMPAIGN FINANCING FUND.

When you mark "Yes" for the PUBLIC CAMPAIGN FINANCING FUND, it costs you nothing; your tax or refund stays the same. But your mark tells the N.C. Revenue Department to send \$3 of the taxes you are already paying to the Fund.

The new Fund pays for: an independent Voter Guide, prepared by the State Board of Elections, that helps you cast an informed vote in statewide judicial elections (N.C. Supreme Court and Court of Appeals); an independent source of campaign funds for candidates in statewide judicial races who accept restrictions on fundraising to avoid the appearance of "justice for sale."

If you use a tax consultant, be sure to tell him/her to mark "Yes" on the \$3 box for the N.C. PUBLIC CAMPAIGN FINANCING FUND. It will not increased your tax or reduce your refund!! (Warning: The question is often hard to find and is described in different ways on different software; look for the key words, PUBLIC CAMPAIGN FINANCING FUND.)

Please help spread the word! Please send this message to friends, family, church and club members, etc. Say YES to provide better information in judicial elections and to promote judicial fairness. For more, call 1-888-OUR-VOTE or <http://www.democracy-nc.org/improving/checkoff.html>.

**Prom Night Safety Tips**

*Source: Teen's Health*

Soon, many high school students across our community will be attending their big night, THE PROM! The perfect dress and shoes, the well-fitted tux, the most beautiful flowers, washed and waxed cars, and plans for after-prom activities. But, have you and your parents planned for your safety?

You can have a blast on prom night without putting yourself at risk. There are lots of choices you'll need to make, but drinking or doing other drugs before or after the prom shouldn't be one of them. For one thing, they impair your judgment in ways that you could deeply regret later. You could risk making a fool of yourself—or worse. It's not worth putting yourself in a situation where your memories of the prom may be damaged by an evening that got out of hand.

Here are some safety pointers:

- Don't do anything that makes you feel uncomfortable.
- Don't accept food or drinks from someone you don't trust.
- Make sure you have a safe way to get home.
- Make sure your parents know where you are.
- Adopt the buddy system. Go to a party with a friend and make sure you leave with that same friend.
- Don't hesitate to call 911 if there's a medical emergency.
- Act responsibly. If you get caught doing something illegal, you'll have to face the consequences. And if you're underage, your parents may also be charged.

The prom is but one night a year.



**Top 25 Colleges/Universities for African-Americans**

*Source: Black Enterprise*

1. Morehouse
2. Hampton University
3. Spelman College
4. Howard University
5. Xavier
6. Florida A&M
7. Stanford University
8. Columbia University
9. Georgetown
10. Clark Atlanta University
11. Harvard
12. Duke
13. Berea College
14. Williams College
15. University of N.C.
16. Oberlin College
17. Emory University
18. Wesleyan University
19. N.C. A&T
20. University of Maryland
21. Tuskegee University
22. Fisk
23. University of Pennsylvania
24. George Washington Univ.
25. Cornell



## Staying Healthy To Serve God

### Food plus medicine Be careful how you mix them

*From The Triangle Tribune / Health  
Sunday, April 9, 2000 (Wire Reports)  
Article Submitted by Teeroe Alexander*

**NAPS**—The aches, pains and health problems people face can often be improved with a pill— whether it’s prescribed or purchased over-the-counter. However, many of these medicines interact with food. The can affect how well nutrients such as some vitamins and minerals are absorbed and used in your body. They can affect how they are removed or excreted from your body. To the same degree, foods can interact with medicines altering their active ingredients and effectiveness.

You can make the most of both the foods you eat and the medicines you take by understanding how they interact.

**Changes in Absorption:** Some foods bind with a medicine, causing it to be poorly absorbed. Milk and dairy foods tie up certain antibiotics such as tetracycline, reducing its ability to attack bacteria. High fiber foods and “bulk forming” agents can also bind with some drugs such as digoxin (used for an irregular heartbeat), making it less available and less effective. Certain foods and medicines can change the acidity of your stomach. That, in turn, affects how nutrients and drugs are digested and absorbed into your system. Foods can also change how quickly or slowly a drug moves through your intestines. This can affect timed-released types of drugs such as blood pressure or antidepressant medications that are developed to be “discharged” at different rates into your body.

**Changes in Metabolism:** Foods can alter how drugs are broken down and used. The reverse is also true: drugs can alter how nutrients are absorbed. For example, grapefruit juice was recently found to increase the availability or potency of some types of heart medications. Consuming them together magnifies the drug’s action. If continued over time, it could eventually lead to toxicity problems. On the flip side, Levodopa, a drug used in Parkinson’s disease, has been shown to increase the need for vitamins B12, C and B6.

**Changes in Excretion:** Drugs can increase the loss of nutrients. Diuretics move potassium and magnesium out of the body. Certain steroids increase zinc, potassium and vitamin C losses. And, oral contraceptives are believed to increase vitamin B6 and folic acid losses.

**Alcohol:** Alcohol can have significant effects on drug utilization. It can cause all sorts of problems when combined with medicine. It can block the effects of some drugs and enhance the effects of others. If mixed with antihistamines, it causes extreme drowsiness. Coupled with non-prescription painkillers such as aspirin, alcohol can increase the risk for stomach bleeding. When combined with an antidepressant, alcohol intensifies sedation. Read medication labels for drug-alcohol interactions that may occur.

#### TIPS FOR MAXIMING YOUR MEDICINES:

- Keep a list of the medicines and supplements you are (including vitamins and herbs). Bring it with you whenever you visit your doctor or pharmacist. Inform them of your inventory and ask them to identify potential problems.
- Periodically ask your doctor to review your list of medicines to ensure they are in order and safely combined.
- Store medicines in a cool dry place. (Note: The traditional medicine cabinet in the bathroom is a warm humid spot—pick another area.)
- Do not stir medicines into foods, mix them into hot beverages or break them apart. These actions can alter a drug’s active ingredients.
- If you take a vitamin, mineral or herb supplement—take it at a different time than your medication. Some nutrients may bind with the drug or the drug with the supplement, decreasing the potency of both.

## ACTIVITIES & UPCOMING EVENTS

**Durham C.A.N. (Congregation, Associations, and Neighborhoods)** will be holding its Delegation Assembly on Thursday, March 25 at 7:00 p.m., at the Northgate Presbyterian Church at 2504 N. Roxboro Road. Call Mikael Broadway, Larry Bumgardner, Denise Rowson, or Delphine Sellars.

### Lenten Services:

- March 31, 2004—6:16a.m.—West Durham Baptist, 1901 Athens Street
- March 31, 2004—10:00a.m.—First Calvary Baptist, 1311 Morehead Ave.
- April 7, 2004—6:15a.m.—Mt. Gilead Baptist, 404 Dowd Street
- April 7, 2004—10:00a.m.—Peace Missionary Baptist, 2608 Apex Hwy.

**Mt. Level's Easter Egg Hunt**—April 10, 2004 at 12:00p.m. Participants should meet in the Fellowship Hall. Activities will include a special Easter message, face painting, and music. Prizes will be awarded to children finding lucky eggs. Refreshments will include hot dogs, hamburgers, punch, chips and deserts. Call Gaston Patterson, Jr. at 471-1879 to volunteer.

**3rd Annual Prayer Walk**—Saturday, April 10, 2004, at Mt. Level Missionary Baptist Church. The time is 8:30a.m. to 10:00a.m. Rain date is Saturday, April 17, 2004, same time. A repast will be served immediately following the walk.

**Pastor's Anniversary**— Sunday, April 18, 2004. The guest speaker for the 10:45a.m. service will be Dr. Erick Graux from Raleigh, N.C. A celebration dinner and fellowship will immediately follow morning worship service in the church Fellowship Hall.



### 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. Essie Hall, 406 Oakwood Ave.

Sis. Iris Hall, Duke Hospital

Sis. Rochelle Joyner, 714 Justice St.

Sis. Bessie Lipscomb, Magnolia Gardens

Sis. Roumanie Lipscomb, 4308 Denfield St.

Sis. Alma Mickens, John Umstead Hosp.

Sis. Ollie Moore, 801 Piper Street

Sis. Kathleen Gildon, Durham Regional

Sis. Lydia Timberlake, 3040 Forrester St.

Sis. Joyce Whitted, 302 Todd Street

Sis. Mary Yancey, Durham Village

Bro. Robert Proctor, LaSalle Nursing Home

*If you have a special prayer request, let us know and we will print it for you.*

316 Hebron Road  
Durham, North Carolina 27704

Phone: 919-477-3893  
Fax: 919-620-9229  
Email: [www.mtlevebaptist.org](http://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.

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**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.

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**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.

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The URL for Mt. Level's website is [www.mtlevebaptist.org](http://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; Deborah Eaton, Staff; Dorothy Clark, Staff

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