

Burney experiences Spanish culture

Leah Burney recently returned home from San Juan, Puerto Rico, where she spent part of her summer studying the Spanish language and culture.

The rising senior was one of three students from Johnson C. Smith University selected to study at Universidad del Sagrado Corazón (The Sacred Heart University) in Santurce. As part of the student exchange program, Burney studied Spanish Grammar and Puerto Rican, Caribbean and Latin American Culture.

"Before I left I did not know what to expect and I was nervous," remembered Burney, a member of Antioch and the daughter of Bro. Ruben Burney, Sr. and Sis. Angela Burney.

The experience, however, proved to be unforgettable. Although the program required intensive studying, Burney said she had the opportunity to travel the island, to enjoy its music, taste its food and meet its people.

"The study abroad was a perfect environment for me to practice

Spanish which is my second language," she said. "Taking the bus, calling a taxi, and buying food were all activities that enhanced my ability to use the language."



While in Puerto Rico, she visited Ponce, a historical city of its nationalist party; Viejo San Juan, a historic site for its ports and tourist attractions; and the University of Puerto Rico. One of the most memorable trips was to El Yunque, a rainforest filled with numerous trees, cascades and the coqui, a popular little frog and the island symbol named for the sound it makes.

"I enjoyed going to the beaches, shopping and sampling various cuisines such as pinchos, which are bits of barbecued chicken on a stick," she said. "Tostones, which are fried plantains, and beans and rice were my favorite."

Burney said that while she hasn't chosen a career that may require her to be bilingual, the opportunity to study abroad will help her understand her professors and course work on an accelerated level.

"I stand in awe at the way God works"

She was the valedictorian of the Tri-Cities High School class of 2006.

And so it may not come as a surprise to many that Nivek Anderson has been twice named a Presidential Scholar since entering the University of Georgia two years ago.



The honor recognizes students who have earned a 4.0 grade point average and 14 hours of credit during the preceding semester.

"While in high school, I knew that God wanted me to be valedictorian of my class," Anderson said. "However, I was doubtful about my

success in college, a new territory with different people and a different atmosphere.

"But God does not change. No matter where I go, He is there. Because he did it for me in high school, I believed that God could equip me to do the same in college."

Anderson, the daughter of Deacon Clarence and Deborah Anderson, has been a member of Antioch for 10 years and is a member of the MADD for Christ Choir and the Youth Orchestra Ensemble.

At UGA, she is a member of the Delta Epsilon Iota and Sigma Alpha Lambda honor societies; and recipient of the Virginia Wilbanks Kilgore and the Atlanta Chapter of the Recording Academy scholarships and the EXCEL Award.

"I stand in awe at the way God works," Anderson said recently. "I told Him 'wow, you're doing it again.'"

Anderson is majoring in Child and Family Development and pursuing a certificate in music business.

After graduating from UGA, she plans to attend graduate school.



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August 2008

Volume 1, Issue 6

Alexander inducted into hall of fame

Men playfully bowed at his feet but in a lot of ways the salute was quite fitting.

After all, the Rev. Cameron Madison Alexander, long a man of influence in Metropolitan Atlanta, was about to be inducted into the Atlanta Business League's Legends Hall of Fame.

He has pastored Antioch Baptist Church North since 1969. He is president emeritus of the General Missionary Baptist Convention of Georgia. He organized and led Macon's black pastors and churches in the first test case to integrate the Macon Bibb County Transit System. In his years at Antioch, he established Antioch Urban Ministries, which provides apartments for the working poor; homes for people who are HIV-positive; and created a joint venture program with Clark Atlanta University to help non-violent, first time offenders avoid incarceration.

Hundreds, including his

Continued on page 3



A. Young, N. Mandela and Rev. Alexander at an event at Antioch

Gospel with an international reach

More than a preacher, teacher, and pastor to the Antioch family, Rev. Dr. Cameron M. Alexander is an international philanthropist whose vision surpasses 540 Kennedy Street in Atlanta, GA. His mission, "to serve the least of these", is one that has transcended city, state, and national boundaries.

To facilitate this mission across the waters, Rev. Alexander created AIMM, the Antioch International Macedonian Missionaries based on Acts 16:9-10 - And a vision appeared to Paul in the night: a

man of Macedo'nia was standing beseeching him and saying, "Come over to Macedo'nia and help us," And when he had seen the vision, immediately we sought to go on into Macedo'nia, concluding that God had called us to preach the gospel to them.

"The purpose of AIMM is to be responsive, as dictated by the scriptures, by becoming foreign missionaries, serving our brothers and sisters abroad," said Sis. Linda Harper, ministry coordinator.

Deacon Joe Beasley, Direc-

Continued on page 6

MADD choir receives nomination

We at Antioch know the youth choir and vocalist Zebulun Ellis can really sing.

The folks who run the Youth Gospel Entertainment & Arts Awards have recognized their talent as well.

The MADD for Christ Youth Choir has been nominated for Atlanta's best youth choir. Ellis is nominated for best male vocalist. The winners will be announced at the Atrium, 5479 Memorial Dr., Stone Mountain, from 5-11 p.m.

The mission for awards is to reach and uplift youths by making a positive impact in their lives through entertainment and arts. The Youth Gospel Entertainment & Arts Awards will exemplify the character of the 'Most High' and show youths that they are appreciated and play an important role in shaping the future.

Due to the success of the 1st Annual Youth Gospel Entertainment & Arts Awards, this event has expanded to a

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FROM THE PASTOR'S DESK

Dear Christian Friends:

As I celebrate my 39th year as your undershepherd, I am deeply moved by the memories of years of great experiences and relationships that have led to the development of this great fellowship. I ponder the little church on the corner that grew to this magnificent edifice, still on the corner. The congregation is filled with those whom I have baptized and their children and grandchildren whom I now baptize. The presence of those long gone or recently departed lingers on in our worship, our fellowship, and in our hearts – Dea. Harding, Dea. Parham, Dea. Willis, Dea. Harris, Mother Jackson, Mother Bowie, Mother Robinson, Mother Troutman., Mother Phillips, to name a few.



These 39 years have been filled with excitement and joy - breaking new ground with innovative concepts to maximize our services to "the least, the less, and the lost," implementing new ministries to reach "the forgotten and forsaken," reaching out to bring new souls in. These and more have been at the forefront of everything these 39 years have encompassed.

I want to thank you for joining me in doing His work. God called me to the pulpit; you came willingly to Him and brought with you your gifts, talents, and resources to be used by Him in building His church in the wilderness. Take a look and see what God has done over these past 39 years.

- Membership increase from 500 to 15,000
- Budget increase from \$38,000 to 5 million
- Auxiliaries/ministries increase to include the School of the Bible, SWAT and E.T.F.
- New worship center complex
- Land acquisitions to accommodate expansion
- Nine mission churches
- Wednesday Night Prayer Service/S.N.A.C.K.S. (Spiritual Nourishment and Christian Kare – Selah!)
- Outreach ministries managed by Antioch Human Services, Antioch Urban Ministries, Inc. and Bethursday Development Corporation.

These blessings are a testament to God's love for us and our love for Him. My prayer is that we may continue to commit ourselves to His Word and dedicate our lives to His service, so that this "little" church on the corner will continue to be a beacon of light to the lost and lonely and a haven for the worn and weary – God's purpose being fulfilled.

Selah!

God bless each and every one of you, and may He keep you forever in His care.

And the disciples were called Christians first in Antioch. Acts 11:26

Yours in God's service,


Rev. C. M. Alexander, Pastor

Youth attend Education Congress

The week of July 21-25 was exciting for twenty-one Antioch youth, who traveled to Fort Valley Georgia for the Christian Education Congress of General Missionary Baptist Convention.

Youth participated in devotions, Bible drills and talent competitions. Two of them, Brandis Rencher and Victoria Stovall auditioned for the oratorical competition.

Twice during the convention, Mother Gladys Phillips, who died recently, was remembered for her tireless work at the annual convention.

"It was a very moving time," said Sis. Barbara Barnes. Barnes said Antioch youth "were on point throughout" the Great Debate, capturing four oratorical awards.

Participants included Nadja Marks, Brea Quinn, Osarius Stephenson, Devin Hunter and Nivek Anderson.

"They all did an outstanding job," said Barnes.

Stephenson and Hunter each captured a first place in their age division; Quinn placed second and Anderson landed in third place.

"We look forward to another year and the opportunity to bring back more trophies," said Barnes.

Continued from cover: MADD

weekend extravaganza.

Awards will be given to recipients who have made contributions to the community through their ministry. Categories for this year will include steppers, youth choir, praise team, holy hip-hop artists, Christian rock, producer of the year, gospel reggae and hip-hop dancers.

You can cast votes for the choir or Ellis by going online to www.ygea.net. For more info, call 404-269-7287.

Meet Deacon Alvin Murray...

"Do You Know the Man?"

It's a rhetorical question repeated often by Brother Alvin Murray during Sunday morning devotion, urging the congregation to consider if it knows Jesus Christ.

But how much do we know about Brother Murray, a member of the Male Quartet and long-time Antioch deacon?

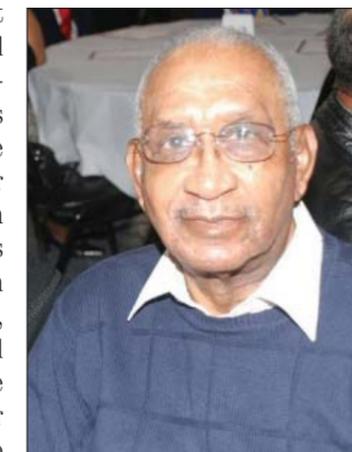
Here's some of what he had to say recently about himself and his ministry:

Q: How long have you served in the Deacon's Ministry?

A: I have served in Antioch's Deacon's Ministry for six years since I returned to Georgia. I was born and raised in Madison, GA, baptized at Calvary BC under Rev. Jackson. When I moved to New York City, I joined New Mt. Zion BC, Rev. Carl L. Washington, pastor where I was a member for 54 years. I was Chairman of the Diaconate Ministry there. I also organized the Department of Christian Education, the Bible Education Center, and served as the Superintendent of Sunday School. I am a member of the Christian Education Ministry here at Antioch, and I also teach the juniors in Sunday school. We have a motto in our Sunday school class that all the young people have to learn: "Good, better best, never let it rest, until the good is better and the better is best." Each of the young people knows the motto, and I have taught them to stand up and speak out. I don't take any stuff off of them; I'm firm, but they know I love them. I praise them for their accomplishments and get after them for their wrongdoings. I had a mother come to me and tell me that her son is a changed boy who now looks forward to coming to Sunday school. "

Q: What do you like most about serving in the Deacon's Ministry?

A: Doing the will of God, I am a servant as those called out in the book of Acts. I most love serving the sick and shut-in. We take communion out to them, and it's rewarding to all of us. One lady in particular, Sister Frances Jones at Auburn Avenue Nursing Home, is blind. When I first began visiting, she was bent over, slumped down in her wheel chair. The Lord gave me an idea to get a CD player and take CDs of the service to listen to with her. Now, when I come to the door and announce, "Antioch is here," she spruces right up. New life has come into Sister Jones, and as we sing "Lord, Remember Me" and "I Know It Was the Blood," and she listens to the services, she sings right along; she has a very sweet singing voice.



Q: What is your favorite hymn? Your favorite scripture?

A: My favorite hymn is "On Christ the Solid Rock I Stand" for certainly "my hope is built on nothing less than Jesus' blood and righteousness." My favorite scripture is the 23rd Psalm, for truly "The Lord is my shepherd." I read that and The Daily Bread along with my Bible each day.

Ward basketball camp wins games and souls

Eighty girls and boys attended the Charlie Ward Basketball Camp recently in Thomasville.

The popular camp was dedicated this year to the late Deacon William Harding, the founder and organizer and father-in-law of Charlie Ward, former New York Knicks, San Antonio Spurs and Houston Rockets point guard.

Ward, a native of Thomasville and former NBA star, is now coaching football at Westbury Christian School in Houston.

Unlike previous years when it would last just two days, this year's camp was extended to give participants more time to spend at



the schools.

The camp, in its 11th year, is for boys and girls in 4th-12th grade.

In addition to playing ball, the students had daily Bible lessons, morning devotion, and heard from inspirational speakers.

Although this year's them was fight to win, Ward said, it wasn't just about winning the game. It was about winning

souls, too.

"If we can win that battle," he said, "I know everything else will go according to plan."

Wisdom to live and lead by

Pastor Cameron Madison Alexander has been “father” to at least 100 ministerial sons over the past 39 years at Antioch. We asked them “what’s one of the best pieces of advice he’s given you?” It was a hard task. Most said the wisdom he has passed on them is both innumerable and immeasurable. Here’s a bit of what, some said, they have gained from him over the years:



Rev. Darrell Arnold

The preacher has to remember that he has a Coach in Jesus Christ, and he has a Play Book called the Holy Bible. The preacher can only play in this game of life by obeying Jesus Christ (The Coach) and His Play Book (The Bible) even if you have to play hurt.

The preacher, at best, is a glorified paper boy whose job is to deliver The Newspaper (God’s Word) to His subscribers (God’s Children). He is to throw (preach) the paper right regardless of the weather conditions (sunshine, rain, storms, cloudiness, etc) that may be going on his life because the subscribers and future subscribers are depending on the Good News from the Paper (The Bible). Therefore, he most always be sensitive to depending on the Holy Spirit. The preacher is not the owner of the paper. God is. He is not the Editor of the paper. Jesus is.



Rev. Scott Copeland

Think outside the box and look for God at all times and in all situations; don’t take yourself too seriously; learn how to laugh, even at yourself. Never make anyone your enemy. It’s too much work. And finally no matter what happens to you in this life, unless your hands and feet are literally nailed to a rugged cross and a crown of

thorns are placed on your head and your side is split you have come out better than Jesus Christ did.



Rev. Terry Ladd

Never use the pulpit for personal agendas. After a week of layoffs, cutbacks, and bad news, people come to church on Sunday to hear if there is any word from the Lord. Don’t be a fussing preacher. The preacher should always use the pulpit to preach the good news of Jesus Christ.



Rev. Sean Smith, Presiding Minister of the Antioch North Baptist Mission

One thing I try to live by is the three Ls of pastoral leadership, he shared with us regarding the congregation: Learn them, Love them and Lead them.



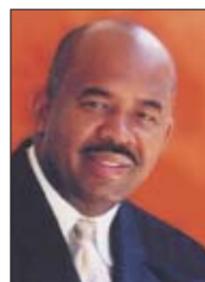
Rev. Fredrick Robinson, Pastor of Mount Gilead Missionary Baptist Church

Lead by allowing the people to feel like they are leading. It’s your vision but get them to buy into it and own it as their own. As a result they’ll help push it, share it and support it to the extent that it’ll move forward as if on automatic pilot. As a pastor, I’m learning how true that is.



Rev. Willie Rockward

Shortly after my marriage to Michele in 1992, he told me Rock stop asking all these questions and just love your wife. God didn’t ask you to figure all this stuff out. Just love your wife.



Rev. Rodney Turner, Pastor of Mount Vernon Baptist Church

Early in my ministry he told me never forget that the church belongs to Jesus Christ and that you can handle any situation if you keep Christ in the crisis.



Rev. Carlton Williams

Be a Man of your word. Mean what you say, and say what you mean.

Continued from cover: Pastor Alexander inducted into hall of fame

family and members of Antioch, had come to pay homage. They stood, applauding him so long Alexander quipped: “Now if you keep on I’ll lift an offering.”

Alexander, who this month celebrates 39 years as pastor of Antioch, was one of three the ABL honored recently at the second annual Men of Influence gala, held each year to recognize “living legends” for their trailblazing efforts.

The others were Sen. Leroy Johnson and James Paschal, who owned the famous Paschals’ Restaurant with his late brother, Robert.

“I shall be eternally grateful for this honor,” said James Paschal. “My only regret is that my (brother) is not here to share it.”



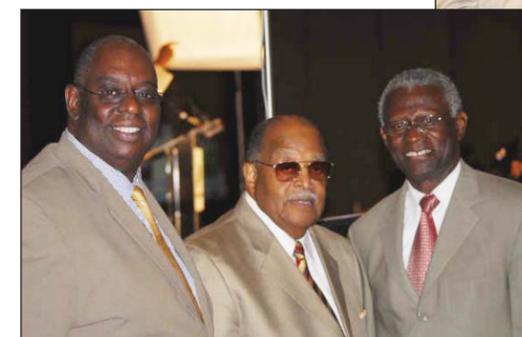
James Paschal, Sen. Leroy Johnson and Rev. C. M. Alexander

Alexander told the crowd his soul was blushing.

“To be portrayed in the same magazine as Dr. (Benjamin) Mays is quite humbling,” he said.

As is his custom, he heaped praise on his wife of 54 years, Barbara J. Alexander, a former majorette.

“I used to watch her legs through the trombones,” the



former saxophone player said, “and I’m still excited.”

But Alexander told the audience he never wanted to be a preacher because his father was a preacher and he didn’t like what he saw in the church.

“My daddy couldn’t do anything. He couldn’t go anywhere. He couldn’t play bid whist,” he said to laughter.

And while he wasn’t sure why the ABL had chosen him for this honor, Alexander said it dawned on him that he is involved in the greatest business of the world – God’s business.

“I’ve been an anchorman at Antioch 39 years,” he said, “and the news is still good.”



BIBLE QUIZ ANSWERS: 1. Truth (John 1:17), 2. Dove (Matthew 3:16; Mark 1:10; Luke 3:22; John 1:32), 3. Soul (Matthew 16:26), 4. Spitfire (John 9:6-7), 5. Sabbath (Luke 12:40), 7. Blindness (Mark 10:46-52)

Wedding Ministry offers couples a healthy foundation, a day to remember

The Scriptures teach that marriage is an institution established by God, and that it is a lifetime commitment.

That is the message found in Ephesians 5:21-32 and an understanding of that biblical foundation is essential for any couple considering marriage, said Sis. Rosa Jean Tomlinson,



Sis. Rosa Jean Tomlinson

who for more than 30 years has been Antioch's wedding coordinator.

As couples prepare for marriage, Tomlinson said, there's so much to consider, including setting a date. While July is one of the most popular summer months for a wedding, she said couples must adhere to the rules of the church and the process set up to ensure that each marriage starts on a solid foundation.

Couples wanting to get married can pick up an application from the church office. Upon completing the wedding application, couples meet with Tomlinson for an orientation session that includes guidelines and procedures for having a wedding at Antioch.

Interested couples are required to attend and complete two 2-hour counseling sessions conducted by Rev. Cameron Alexander, pastor, and other ministers of the church. The counseling is not only fulfilling but also Bible-based so that the husband

and wife know what is expected in a marriage; and understand that positive communication and a commitment to working together will make a good solid marriage.

Tomlinson and the ministry remain in close contact with the couples to ensure that forms are completed and deadline dates are met.

As for planning of the wedding itself, the bride may select her own wedding director or a member of the wedding ministry can serve in that capacity.

In addition to making sure a solid foundation is set, Tomlinson is available to meet the photographer, florist, musicians, or just come by the church to check out the lighting and other details that are important to making the wedding ceremony and the wedding day one to remember. Members of Antioch's wedding ministry also help with programs, bridal attire and other necessities.

The services are all part of making one of the most important days in a couple's life THE most memorable.

We extend our BEST WISHES to NADINE McKINLEY and JERMAINE TYLER who were united in marriage on Friday, May 9, 2008. CONGRATULATIONS, MR. & MRS. TYLER from your Antioch Baptist Church North family



The following students will begin a new chapter in their lives this month. As they head to college, we at Antioch extend our heartfelt prayers and love and wish you all the best.

- Deshion R. Cochran, *Clark Atlanta University*
- Michael J. Evans, *Hampton University*
- Jasmine Garrett, *University of Richmond*
- Tiffany Hall, *Auburn University*
- Kameon S. Prather, *University of Georgia*
- Nelson E. Rhodes, *University of North Carolina*
- Jeremy V. Spikes, *Middle Georgia College*
- Sameatrice West, *University of Georgia*
- Ronald R. Wilbur, *University of Kentucky*

AUGUST BIBLE QUIZ

One-Word Answers (New Testament)

1. "For the law was given by Moses, but grace and _____ came by Jesus Christ."
2. When Jesus was baptized, the Spirit of God came down in the shape of a _____.
3. "For what is a man profited, if he shall gain the whole world, and lose his own _____?"
4. Jesus cured the blind man with clay made from dirt on the ground and _____.
5. What day was it that Jesus healed the blind man?
6. Jesus said: "The Son of man cometh at an hour when ye _____ not."
7. Bartimaeus' affliction, cured by Jesus at the roadside as he went out of Jericho: _____.

ANSWERS on page 10.

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Twyman returns as principal of West Manor Elementary School

When the school bell rings this month at West Manor Elementary, one of its former students who grew up here at Antioch will return as principal of the Fulton County school.



Cheryl Tomlinson Twyman was recently named principal of the school, where she was enrolled as a child.

Sis. Twyman attended Jean Child's Middle School, formerly Southwest Middle School, and graduated from Benjamin E. Mays High School. She went on to receive her Bachelor of

Arts degree at Clarke College and her Masters in Education and her Leadership Administration Certification at Central State University.

Born to Norris and Rosa Jean Tomlinson, she has been a member of Antioch her entire life, serving in the Adult Choir,

the Deacon's Wives ministry and on the church scholarship advisory board.

Sis. Twyman is a member of the Alpha Kappa Alpha Sorority and numerous educational organizations.

She is married to Dea. Van Twyman and they have two children, Chervell, 15, and Malcom, 12.

Well done, Cheryl. We are proud of you.



CONGRATULATIONS!

Congratulations to Dea. Ronald Smith, recipient of Antioch's Man of the Year Award, presented recently at the 25th Annual Salute to Black Fathers sponsored by The Concerned Black Clergy of Metropolitan Atlanta, Inc.

The Church At Antioch is looking for you! Proud of the job you do or want to nominate your sister or brother in Christ to be featured in an upcoming issue of *The Church At Antioch*? E-mail your story idea to Sis. Gracie Staples at gstaples@ajc.com.



Come and see what's new with ACE!

Visit the site at antiochnorth.org/ace.htm



If you are a member of Antioch and own a business or service, you're already a member.

Our next meeting is August 26th at 6:30pm!

Antioch sisters go the distance for Pink Ribbon Breast Cancer Walk

A year ago, Sister Janet Hill had not heard of Sisters...By Choice, Inc. or the Pink Ribbon Walk.

Then Hill, a face or perhaps hands familiar to Antioch as she signs the worship services for the deaf, was diagnosed with breast cancer.

In memory of her mentor Ms. Daisy Lee Arnold, who died from the disease, Hill founded The Victorious Daisies team to walk the 8K course.

Team members were among some 2,000 cancer survivors, supporters, and others who turned out recently for the Pink Ribbon Walk. Organized by Dr. Ragsbert F. Phillips, one of the country's leading surgeons specializing in diseases of the breast, Sisters By Choice seeks to raise awareness, provide support, and donate funds for research. A major effort of the group is to procure a mobile unit to provide mammograms for those who cannot afford them.

Yearly mammography after age 40 and monthly breast self-exams offer the best chance for survival. With early detection, there is a 96 percent survival rate, but the survival rate among African-American women is only 74 percent because they do not

receive treatment in the earliest stages.

Sister Hill and survivors Mother Emma Kelly and Sister

Karen S. McKinney have joined forces to encourage Antioch members to take the steps for early detection that will increase the survival rate among African-American women. Although foot surgery prevented Mother Kelly from joining the walk this year, she was fully supportive.

Two years ago, Kelly said, she stood before the Wednesday night prayer service with a bald head from the effects of the chemotherapy as a testimony to God's healing power. When someone recently told her she looked good, she quipped, "I'm supposed to look good; I'm God's child."

She said, "People automatically equate cancer with death, but my God turned that "d" into defeat of cancer."

Sister Hill echoed that sentiment saying, "Every day is a new opportunity for victory through Christ; that is why I included victorious in the name of the team."

Other team members included her daughter, Johnetta, Sisters Jennifer and Alleia Stokes, Estella Naibratt, and other familiar Antioch faces.



Janet Hill, left



Janet and Alleia Stokes with T-shirt

Youth prayer breakfast: Beware of the Information Super Highway

If you had questions about the safety of the Internet and was lucky enough to attend the Youth Division's prayer breakfast last month, you probably got the answer you needed.

Thanks, of course, to Terrance Fisher, an FBI Agent whose responsibility it is to track and monitor the activity on the Internet.

Fisher is a co-worker of our own Lillie Mungin, a long-time employee of the agency a member of Antioch.

In addition to informing parents and youths about the dangers and benefits of the Internet, Fisher encouraged them to be ever vigilant for those who would seek to do harm.

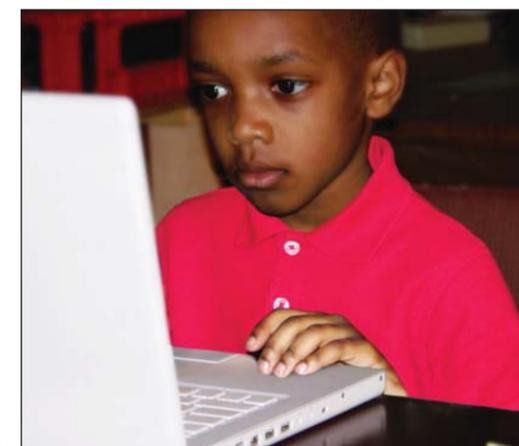
We are living in vulnerable times where we are in constant threat of someone stealing our identity and using our information for his or her purpose and wreaking havoc on our lives.

A video he presented showed just how easy it is for someone to reach out to our children through the many chat rooms made available on the Internet.

It is imperative, he said, that parents take the time to find out what their child is doing on the computer. We cannot assume that they are just playing some innocent game.

The number of the predators who seek children out everyday through this form of communication, Fisher said, is staggering.

Because of the various codes, technical terms, and numbers used, no information is private. If a computer hacker is looking, he will find it, especially at night when hackers prey on the information left from the day's logins and searches. Turn your computer off at night, he said.



continued from cover: serving the least of these across the waters

tor of Human Services here at Antioch, said the international mission began about fifteen years ago in Haiti, where there was little or no access to safe drinking water, inadequate medical care and little food.

Antioch sent two ambulances, built a school and church, opened a clinic, and sent a medical staff to provide care to the Haitian people. The drinking water came from one source, which the animals also shared. In response, Antioch built separate wells to allow for safe drinking water for the people.

Rev. Alexander, Beasley said, answered the call to help, reaching for the first time across international waters. Today, his vision has extended to nearly a dozen other countries, including South Africa, Columbia and Brazil, where AIMM facilitated



Pierre Nkurunziza, President of the Republic of Burundi

the opening of the first university for Black Brazilians, known as Afrobras and hosted the visit by former Senator Benidita da Silva and Pastor Gideon da Silva.

Pastor Alexander is scheduled to visit Turkey, Burundi, and Uganda later this year.

Here's a look at other contributions AIMM has made under Pastor Alexander's leadership:

In South Africa: During the struggle against apartheid and in the wake of Nelson Mandela's release from prison, Rev. Alexander led the campaign in America to raise money for Nelson Mandela. This financial support would prove to be effective in the election of Nelson Mandela as President of South Africa.

In San Andres, Columbia, AIMM partnered with MedShare to send over \$1 million in medical supplies. Antioch financially supported the agricultural project of the Christian University

focused on harvesting and marketing of plants and other live goods used for food.

In Istanbul, Turkey, AIMM continues to support the development of sustainable communities across the world. Antioch served on an ethics committee in Istanbul to develop and implement a global statement on ethics taken from the position of "the least of these."

In Zambia, Antioch partnered with Northside Hospital to donate over \$1 million in medical supplies. The church, through this established partnership, also sent medical supplies to Liberia.

Antioch is now sought out by international leaders to learn about our Human Services programs. International leaders visit Rev. Alexander and Antioch to benchmark our programs and to obtain guidance on how they can implement those programs in their countries.

Ongoing Goals for AIMM include:

- Increasing participation in the ministry through the recruitment and certification of members desiring to become Macedonian Missionaries.
- Providing continued support to the developing countries.
- Networking with the foreign missions ministries at the state and local conventions to increase participation in our work abroad.
- Developing a Student Exchange summer program to send students to work and study abroad for the summer.
- And developing a mission abroad.

For AIMM membership information or to share your stewardship, contact Sis. Linda Harper at the church office.

Work Life Balance...There's no such thing

As the Secretary of the Health Ministry and an emergency physician at Grady and Emory hospitals, I have seen first hand the challenges we face trying to balance our professional and personal lives, particularly in this stressful economic time.

The oft-used term Work Like Balance is one way we try to juggle our lives. The reality is there is no such thing as Work-Life Balance but rather the more appropriate term Work-Life Integration.

The term Work-Life Balance was first noted 20 years ago as a way to explain the unhealthy life choices that many people were making. These unhealthy choices included the neglect of other important area of their lives such as one's spiritual base, family, friends, and hobbies in favor of work-related chores/goals. This leads to what we know as burnout.

Burnout is defined as "a condition that evolves slowly over a period of prolonged stress, wearing down and wearing out of energy, exhaustion born of excessive demands which may be self-imposed or externally imposed by families, jobs, friends, value systems or society which depletes one's energy, coping mechanism and internal resources."

In our great church, perhaps we have seen these behaviors in our church members or ourselves. Have you noticed, particularly in our struggling economy, that folks on your pew are missing or seem to be disengaged? If so, now would be the

time to check in with them. The body of Christ, also known as the Church, is the one key element that mitigates burnout and aids us with our work-life integration.



Sheryl L. Heron-Thomas, MD

Other ways to alleviate burnout include, "making correct lifestyle choices including diet, exercise and relaxation methods and reducing harmful habits and addictions, developing and maintaining a social support system, again a perfect role for our church family, becoming absorbed in meaningful tasks and learning to cope with stress. Though this is what is noted in various readings, we know in Church that prayer and a full commitment to God is the primary prescription.

Specific strategies to success include, learning to say "No" to things that don't help your spiritual life, setting realistic goals, remembering there are 24 hours in a day, getting rid of clutter or unnecessary items, doing a self-check on your spiritual, physical and mental health and using resources that are at your disposal.

In our health ministry which meets the First Thursday of each month at 6:30pm, we use this to not only do God's work to address the health issues that affect our community, but to also check in with each other to ensure we are well.

So take the time, to pause, pray, persevere and prepare for the true meaning of work-life integration. Simply, work to pull together your personal as well as your professional life.

Music with a mission: That's what the Antioch Orchestra is all about

You might say the mission of the Antioch Youth Orchestra is three-fold:

- First, it gives young people an opportunity to learn, listen and play together to bless the membership with beautiful music.
- Secondly, in addition to performing gospel music, the members explore genres of classical, hymnals and popular music.
- And finally, the orchestra group offers young people the opportunity to glorify God with their instruments, said Christian Harden.

Harden, who leads the ministry along with his twin brother Christopher Harden



Members of the Antioch Youth Orchestra

and Deacon Gilbert Bowles, said he enjoys serving with young people who understand how to read music and who are dedicated to excellence.

They know practice is nec-

essary and are committed to putting in the work, he said.

The Hardens, who both performed music as undergraduates prior to becoming educators, are responsible for

preparing the young people to perform. Christopher Harden is an assistant principal and Christian Harden is an administrative assistant in the Fulton County School system. Deacon Bowles is responsible for rehearsal time and booking playing opportunities.

They do not take their tasks lightly. Not only do they make sure the music selected will expand the level of musicianship for all performers, the team differentiates the music based on the performer's background, interest and type of instruments.

The result, of course, is music to our ears.

SEPTEMBER CALENDAR HIGHLIGHTS

9/6_Sat	9am	Churchwide Prayer Breakfast	Fellowship Hall
9/7_Sun	8/11am	9/11 Observance	Sanctuary
9/17_Wed	6:30pm	Baptism/Right Hand of Fellowship	Sanctuary
9/20_Sat	9am	Churchwide Prayer Breakfast	Fellowship Hall
9/22-23_Mon-Tue	7pm	Family Revival	Sanctuary
9/28_Sun	8/11am	Youth Culminating Service	Sanctuary