

# Shape notes: songs of black culture



Note singing in America dates back to the turn of the 19th century.

But by the early 1970s, the art seemed to be dying along with the old Negro Spirituals.

When that fact came to the attention of the Rev. Cameron Madison Alexander, pastor at Antioch Baptist Church North, during a music workshop, he was inspired to revive the art and formed Antioch's Note Singing Choir.

According to Sis. Wendolyn Harding, the group's current director, the choir was led by the late Susie Carter. Sis. Carter, Harding said, was already an active shape note singer with various north Georgia community groups.

"She had the knowledge, experience, old fashioned solo voice, and the energy to make the experience exciting," Sis.

Harding said.

When Sis. Carter became ill and later passed away, the Antioch group floundered and eventually disbanded.

Sometime in 2000, Pastor Alexander sought to revive Note singing at Antioch and tapped Sis. Harding for the task.

Some 75 members turned out for the first meeting, Sis. Harding recalled recently. Enthusiasm was high, she said, until they realized they'd "actually have homework before we'd sing one note before the congregation."

It was important, for instance, to learn the shapes, scale, sound, intervals and rhythms of the art.

A shape note scale is written differently from the familiar European oval note scale, said Sis. Harding. There are 7 notes in the scale, but each sound has

its' own shape. "Do" looks like an arrow-head, she said for instance. "Re" looks like a shirt pocket and "mi" looks like a diamond.

Differentiating between the notes was a struggle. Members became discouraged. Two months later, the number of note singers was down from 75 to 15 but Harding preserved.

The Note Singers now stand 30 strong and Tuesday night rehearsals are fun and spirited, said Sis. Harding. The group recently added three new members, including a young adult and two elementary school age children, a first.

"They are as excited to come and learn as we are excited to have them," said Sis. Harding. "Watch out for them, for they will be leading their own song soon."



## Bible Quiz Answers

- 1) B - 20 (Genesis 37:28)
- 2) D - Potiphar (Genesis 39:1)
- 3) A - Butler and Baker (Genesis 40:2)
- 4) C - 7 (Genesis 41:3)
- 5) A - Silver cup (Genesis 44:2)
- 6) D - Money (Genesis 44:1)
- 7) D - Spoke roughly to them (Genesis 42:7)
- 8) B - Jacob (Genesis 35:22-24)
- 9) A - Ephraim and Manasseh (Genesis 48:1)
- 10) C - Egypt (Genesis 50:22)

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*The deadline for  
the October issue  
contributions is  
September 14, 2009.*

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Connecting  
People  
to Christ



# The Church at Antioch

Bible-based, Christ-centered, Holy Spirit-led, Mission-bound • Fellowship, Evangelism, Doctrine, Stewardship

September 2009

Volume 2, Issue 9

## On the battlefield, prayer keeps a soldier safe

Sis. Mary Gunn's co-workers call her the "good luck charm."

And for good reason.

Gunn, a U.S. Army captain, has spent much of the past five years dodging gunfire and explosions in Iraq.

"There would be explosions either in front of me or behind me," she said. "Everyone's prayers have gone answered in a place where the devil is throwing everything at you."

Gunn, who grew up at Antioch Baptist Church North, was a high school senior, a battalion commander for the Junior ROTC when she first raised her hand for military duty. Protecting the country and winning wars seemed an honorable career path and something she'd be good at.



Captain Mary Gunn in uniform

"All my life I planned to go to Spelman, become a bio-chemist and live my life," she says. "But how many minority

females get a chance to go to West Point." And so after graduating from Benjamin Mays High

School in Atlanta, she headed to the U.S. Military Academy. She was on her way to graduation when the attacks of Sept. 11, 2001, happened, and life as she knew it suddenly changed.

Every member of her graduating class knew they were about to join the war on terror. Instructors had so much as warned them.

"I'd raised my hand," she says, "and whether I liked it or not, this is what I was trained to do."

Within days of graduating from West Point on May 31, 2003, Gunn got her orders. By January, the second lieutenant was in Baghdad, Iraq, managing communications

*Continued on page 6*

## Pastor Alexander named to HBCU Hall of Fame

When some deserving graduates of historically black colleges and universities are inducted later this month into the National Black College Alumni Hall of Fame, the Rev. Cameron Madison Alexander

will be among them.

Alexander, pastor of Antioch Baptist Church North, will be one of nearly a dozen HBCU graduates to receive the honor in a ceremony 6:00 p.m. Sept. 25 at the Hyatt Regency

Atlanta.

The ceremony is one of several events planned during the 24th Annual Hall of Fame Conference downtown through Sept. 27. This year's theme is "HBCUS: Still Rel-

evant, Still Needed."

The Hall of Fame Induction Ceremony highlights and honors deserving HBCU graduates for distinguished service to their country, Alma Mater

*Continued on page 2*

## FROM THE PASTOR'S DESK



### “Seek Ye His Face”

Rev. C. M. Alexander

The following are excerpts taken from Pastor Alexander's sermon on the tragic events of September 11, 2001.

We are experiencing something that is entirely new to us. The sight of the trade towers being demolished, the pentagon attacked, and the other tragedies say to us that we're being introduced to a new era of terror. I wish I had all of the answers but God has reserved some things to himself until we all get to heaven, so our prayers and our bereavement are with those who have loved ones, relatives, friends who have not been found.

While I do not know the answers, I know what the response is on the part of those who believe in God. We need to pray for our leaders as they struggle to find a response to what has happened.

We've been trying to put a face and a name to this tragedy because we know how to respond when we see a face or hear a name. I don't think this has a face or a name. I think the bottom line is sin, and one of the step children of sin is hatred.

It is time to get right with God and do it now. That has been our theme for the last 3 months. I didn't know, until yesterday, why God gave it to us . . . and do it now.

I don't know about you but when things happen, I first seek God's direction through prayer and then I ask the Lord to guide me to His word. You have to trust God. When you get to where you can't go any farther, you have to trust God because he knows.

. . . . and I would like to recommend His word to you in 2 Chronicles 7:14 This is God's answer to Solomon's questions raised in the 6th chapter.

*If my people which are called by my name shall humble themselves and pray and seek my face and turn away from their wicked ways, then will I hear from heaven and will forgive their sins and will heal their lands.*

Those are the conditions. Then will I hear from heaven, not from the White House. I waited patiently to hear from the President, but while I was waiting for him to get some place safe, I heard from heaven. The God I serve can be called anytime, anywhere, under any circumstances. Thank God, Almighty, we are connected, connected to heaven. Heaven told me to read what I just shared in Chronicles. Remind people to take some time to hear from heaven. Let heaven talk to you. God has something else to say about this, and I am waiting unceasingly to hear from heaven.

*I will forgive their sins.* That's what we need and then we will hear from heaven.

Pastor C. M. Alexander  
September 16, 2001

### HBCU continued from cover

and excelling in their field of endeavor.

Rev. Alexander, a graduate of the Interdenominational Theological Center, is being honored for his contributions to the faith and theological community.

Other inductees are:

- Arts -- Ernest Eugene Barnes Jr. North Carolina Central University (posthumously)
- Athletics -- Edith McGuire-Duvall, Tennessee State University, and Arthur Shell, University of Maryland Eastern Shore
- Business -- Theophilus Boyd III, Tennessee State University
- Community Service -- Joyce M. Rochè, Dillard University
- Education -- Earl S. Richardson, University of Maryland Eastern Shore
- Government/Law -- The Honorable Bennie G. Thompson, Tougaloo College
- Industry -- Logan H. Westbrooks, Lincoln University
- Lifetime Achievement -- Samuel Jones, North Carolina Central University
- Medicine/Science -- Georgia M. Dunston, Norfolk State University

*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](mailto:gstaples@ajc.com).*

## Much more than a beauty queen

Breyuna L. Williams is a Christian, a lawyer, actor, motivational speaker, and community activist.



Sis. B. Williams

And now, you can add beauty queen to the list.

On Aug. 3, Williams, a member of Antioch Baptist Church North, represented the District of Columbia in the Miss Black USA 2009 pageant held in Washington, D.C. Williams competed with 28 other ladies from across the country in the areas of interview, fitness, evening gown, on-stage question and answer and talent.

She placed in the top 15 percent, won a \$5,000 scholarship from State Farm's 50 Million Pound Challenge, the People's Choice Award and a Community Service Award.

During her reign as Miss Black District of Columbia USA, Williams worked with hundreds of youth and young adults to help them understand their purpose and build confidence through her platform F.O.C.U.S. (Finding Out that I am Created and designed with a purpose, Unique and Special.)

"You cannot begin to talk to youth about making decisions to not abuse themselves mentally and physically or that will effect the rest of their lives," said Williams "when they don't care about themselves and what will ultimately come out of their life."

Williams holds a Bachelor of Business Administration degree from the University of Miami and a Juris Doctorate degree from Howard University School of Law. She is also a consultant with Think Big Global Consulting, LLC and is working to start a non-profit. She is the daughter of Deacon Benny and Mrs. Bonita Williams.

## Youth share fun and Christian education at Antioch North

Young people from across the South came together for everything from Christian Education classes and forums to drama and dance during the Southeast Region Youth Conference.

Antioch Baptist Church North served as host to the youth conference of the National Baptist Convention, USA, Inc. The conference consisted of Christian Education classes, forums, mission



Sis. Alaila McKinney

place. outreach, evangelism training, worship services and biblical knowledge. Youth also had a chance to participate in debate, drama, liturgical dance, step, mime, and drill team competitions. Activities included a choir explosion, state basketball playoff, talent show, along with movies, a state souvenir swap, photography, newsletter reporting, the Rose Pageant/Book Award/Scholarship Banquet, and Brunch.



Sis. Amira Davis

Antioch youth, other young people from Georgia, Florida, North Carolina, South Carolina, and Virginia also came together to form a Conference Choir, Drama Team, Step Team, and Dance Group sharing their talents with one another.

"The support from my fellow Antiochans was phenomenal," said director Sister Karen S. McKinney. "Every detail was attended to and the delegates constantly commented about how helpful and friendly everyone was."

Three Antiochans competed in

the Rose Pageant, and all placed: Alaila McKinney won first place in the 6-8 Rosebud category; Chelsea Lester was second-runner up in the 9-12 Rose Petal category; and; Amira Davis was first-runner up in the 13-18 Rose category. Georgia, mostly represented by Antioch youth, won the basketball playoff. The Antioch Drill Team took second

This year was an election year for the conference. Amira Davis, of Antioch, was elected as Network Coordinator and will be responsible for keeping the young people across the region connected through electronic media throughout the year.

In addition to learning a lot and having fun, conference attendees had good things to say about their time at Antioch:

a Prayer

"Ms. [Bonita] Williams' class on evangelism helped me understand

that evangelism is not just for adults to go out on the street witnessing, but I can tell people about Jesus in my everyday life."

"I really felt like I was helping people when we went to the [AUMI] Mission; I never saw that many hungry and homeless people before. We need to help more."

"I liked the kids that spoke together [Youth Verse Speakers] and the bells [Youth Bell Choir]. Thanks Antioch for a job well done—as always."

Participants





Youth attending the Southeast Region Youth conference help to fill boxes of food at Antioch's Food Bank. For the week ending August 14, 2009, the Food Bank distributed 374 boxes of food at a cost of \$9,025 (average cost per family is estimated at \$48/box if purchased retail), and totals 8,139 pounds of food distributed. Also, 671 meals were served to AUMI residents.

## BIBLE QUIZ *Joseph*

- 1) How many shekels did the brothers sell Joseph for?  
A-10, B-20, C-30, D-40
- 2) Who did Joseph get hired as a slave by?  
A-Laban, B-Jacob, C-Barnabus, D-Potiphar
- 3) While in prison Joseph met two prisoners who had dreamed dreams. What were the prisoners' jobs before they ended up in prison?  
A-Butler and Baker, B-King and Priest, C-Baker and Priest, D-King and Butler
- 4) How many thin cows came out of the river in Pharaoh's dream?  
A-1, B-2, C-7, D-20
- 5) What object of Joseph's was placed in Benjamin's sack?  
A-Silver cup, B-Gold cup, C-Spoon, D-Fork
- 6) What else was found in Benjamin's and all the brother's sacks?  
A-Sword, B-Spoon, C-Fork, D-Money
- 7) What did Joseph do when he first saw his brothers in Egypt?  
A-Blessed them, B-Cursed them, C-Spoke gently to them, D-Spoke roughly to them
- 8) Who was Joseph's father?  
A-Esau, B-Jacob, C-Abraham, D-Isaac
- 9) Who were Joseph's two sons?  
A-Ephraim and Manasseh, B-Jacob and Esau, C-Abraham and Issac, D-Peter and James
- 10) Where did Joseph live until he died?  
A-Canaan, B-Israel, C-Egypt, D-New York

**Answers on page 8**

## Continued from cover: On the battlefield

for the 3rd Corps Artillery.

On the eve of another anniversary, Capt. Gunn talked about her experience in the eight-year-old Iraq war and the prayers that have kept her safe during two tours of duty in Iraq.

Sis. Gunn, 29, remembered, for instance, being shot at during the three-day drive from Kuwait to the Iraqi capital,

sometimes having to sleep on top of their Humvee vehicles, and days when they had no running water.

There were close calls. Bombs that just missed her killed other U.S. and Iraqi soldiers. Once as she walked back to her trailer, rockets smashed it like a can of sardines.

Not every memory is a bad

one. Gunn traveled to Babylon, the city where the legendary tower of Babel once stood. She set foot inside the palaces where former Iraqi dictator Saddam Hussein lived. She went to Ur, the birthplace of Abraham.

"That was very sobering to be in places that you read about in the Bible," she said.

Recently she returned home

to Antioch, where Pastor Alexander welcomed her during a Sunday worship service and told stories about her childhood. Capt. Gunn is now at Fort Hood in Texas, where she is preparing for her next unspecified mission in South Korea in November.

To her family at Antioch, Sis. Gunn has two words.

"Thank you."

## 2nd Annual CMA Golf Classic

It wasn't the Masters, and none of the players could have their golf game mistaken for Tiger Woods. But more than 40 golfers gathered on Aug. 21 in Henry County for a good cause, the Antioch Urban Ministries, Inc.

The 2nd Annual CMA Golf Classic was held at the Heron Bay Golf and Country Club in Locust Grove. AUMI was formed from the inspired vision of Pastor C.M. Alexander, whose sole purpose is to serve those who can't help themselves. As Rev. Alexander puts it, "AUMI is for the least, the less, and the lost."

Rev. Alexander, AUMI chairperson, was present for the day, providing banter and words of encouragement for the golfers. Taking a break from the greens, Rev. Alexander marveled at the calm and serene setting of the golf course.

Ten teams competed under clear skies and a bright sun. The teams include players from Antioch, Walmart, George's Motor Coach and Lovett Insurance Company.

Deacon Donald George and his team took first prize with a score of 59 (13 under par). Second place was claimed by the team from Lovett Insurance with a score of 65 (7 under par). State Representative Virgil Fludd and his team came in third with a score of 67 (5 under par). Golfer David Pinckney won a special award for having the longest drive. Ron Shipman won the award from coming closest to the pin.

Off the greens, golfers had an opportunity to win fabulous prizes provided by event sponsors. These prizes included The Meat Lovers Delight (24 prime steaks) from Meat Masters, a Night On The Town Limousine Tour courtesy of Mid-Georgia Executive Transportation and Limousine Service, Home Depot gift cards and tickets to an evening of jazz at Sambuca.

Next year's event promises to be an even greater success as Rev. Alexander and the golfers promised to spread the word and encourage others to join in the fun. Make sure you mark your calendars for the 3rd Annual CMA Golf Classic to be held August 2010.



Rev. Alexander tees off!



(Above) 1st Place Team, George's Motor Coach (Donald George in red shirt)



Longest Drive winner David Pinckney



2nd Place Team, Lovett Insurance Company

# Meet Dea. Juan Cochran...

Deacon Juan Stacy Cochran shares his advice on maturing as a Christian and raising children, and offers some words of wisdom for living.

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

**A:** It gives me the satisfaction of knowing that I am fulfilling God's plan and will for my life. To serve means that I have accepted the challenge and the responsibility to work with the pastor to insure that the congregation is fully aware and in touch with the functions of the church.

**Q:** What is your favorite hymn, scripture. What advice

do you have for maturing as a Christian?

**A:** "What a Friend We Have in Jesus," and Psalm 121.

To grow, you must submit and let God have control. Pray and ask the Lord to help you grow spiritually as you seek His guidance. Do not only learn of Him but get to know Him as your wonderful savior and give Him honor and praise in all that you do.

**Q:** What are your children's names, and what advice do you have for raising children?

**A:** I have two sons, Nigel and Deshion, and a grandson, Nigel Jr. The first step in raising children is to keep your heart



Dea. Juan Cochran

recipe for the family which is His blueprint for the world. To bear good fruit you must plant a good seed. Let God order your steps.

**Q:** What is your profession and what are your hobbies and talents?

**A:** I am an employee at Hartsfield-Jackson International Airport in customer service. My hobbies include sports, reading, movies, and all outdoor activities.

**Q:** Do you have words of wisdom that you have lived by that may help someone else?

**A:** We must "seek ye first the Kingdom of God," and respect and love one another.

and mind on what the Bible says in Deut. 6:6-7. In doing so, you set the bar for how the family should act. God gives a

September Events			
(ACE)Antioch Christian Entrepreneurs Meeting	Thurs., Sept 3	6:30pm	Fellowship Hall
Real Talk	Sat., Sept 5	10am-12pm	Fellowship Hall
911 Observance	Sun, Sept 6	7:45am & 11am	Sanctuary
National Baptist Convention, USA, Inc.	Sept 7-11	-	Memphis, TN
Baptism/RHF(July & August)	Wed, Sept 16	7pm	Sanctuary
Communion Sunday	Sun, Sept 20	7:45am & 11am	Sanctuary
Youth Division FAMILY Revival	Sept 22-23	6:30pm	TBD
55/40: Pastor Alexander inducted into Black Alumni College Hall of Fame	Fri, Sept 25	6pm	Hilton Hotel
C.R.O.N.K. for Jesus: Youth Retreat/Lock-in	Sept 25-26	6:30pm	-
Youth Div. Culminating Service	Sun, Sept 27	7:45am & 11am	Sanctuary
Rev. Rodney Turner, 6th Pastoral Anniv.	Sun, Sept 27	3pm	
Mt. Vernon Baptist Church			
October Events			
ACE Fall Symposium	Thurs., Oct 1	6:30pm	TBD
Real Talk	Sat., Oct 17	10am-12pm	Fellowship Hall
Communion Sunday	Sun, Oct 18	7:45am & 11am	Sanctuary
Pre-Revival Concert	Sun, Oct 25	5pm	Sanctuary
Fall Revival	Oct 26-30	7pm	Sanctuary

**132nd Church Anniversary Celebration – November 8, 2009**  
 THE CELEBRATION BEGINS NOW AND WILL CONTINUE THROUGH DECEMBER!  
**Theme: Selah! My, my, my. What about That? - Connecting the Dots of Antioch**

- Antioch – The History – Segments of our history presented each Sunday morning prior to worship (starting in September).
- Pioneers Observance – Sunday, November 1, 2009
- Antioch – From VHS to DVD – Services from the old church will be converted to DVD and CD and made available to the membership
- The Antioch Museum – Former pastors, deacons, members, and memorabilia
- "Our Church" - Wednesday Night Fireside Chat with long-time members
- Birthmonth Club Fashion Show/Tea Revisited
- Special Envelopes to recognize this momentous occasion

School of the Bible classes are held every Wednesday, 6:15pm - 7pm

Wednesday Prayer Meeting – every Wednesday, 7pm

The Good Grief Ministry meets every 2nd and 4th Tuesday, 6:30pm for families in bereavement.

## Antioch sons voice appreciation for pastor's ministry

Words always fall short when expressing my gratitude for the role that Pastor Cameron Alexander has played in my development in the ministry and maturing in the faith.



From the first moment I saw him minister during a Friday night revival service in 1981, I was drawn to his ministry. And so within just a few weeks of that night I joined Antioch and have been forever blessed.

Dr. Alexander helped me to wade through the waters of an uncertain future as a minister and through observation and direct counsel, he established for me a model of a Baptist minister that I embraced, and which has served me and the members of my congregations and communities well, for the past 28 years.

Only heaven will accurately record the tremendous impact he has had upon the Kingdom of God, and I will be forever blessed because of my association with such a great man of faith.

The Rev. Ronald Toney  
 Pastor, Lizzie Chapel Baptist Church

I have been witness and student to Pastor Alexander for 18 years. Licensed and ordained by the late Rev. Arnold McKinney, I consider myself both a grandson and son of Antioch North. The skill that I have learned from his administration and the wisdom he has shared with me takes me far beyond my years.

I presently serve in the United States Navy as chaplain and Pastor of the Foster Gospel Service in Okinawa, Japan. I am still amazed when situations arise and I see how the wisdom of his teachings unfolds in my daily ministry. Pastor Alexander is one who pours into his ministers and always admonishes us to boldly proclaim the word of God, reminding us that "he does not like scared preachers."

He is a Pastor that speaks truth to power, and it shows in the community God has led him to build in downtown Atlanta.

Pastor, may God forever smile upon you.

Your Grandson/Son in the ministry,  
 Chaplain Winston K. Paulk, Lt. US Navy

## Antioch in Brief

### The Pastor's Coming

Sundays can be a busy time for any church pastor, often making him appear aloof and unapproachable.

At Antioch Baptist Church North, Pastor Cameron Alexander has sought to overcome that and get closer to his flock through a ministry known simply as the "Pastor's Coming."

The ministry, conceived 10 years ago, is a chance for members to get up close and personal with Pastor Alexander and other members in the communities where they live.



The fellowship is scheduled to kick off once again starting November 20 in Cobb County. A place and time will be announced.

Don't live in or near Cobb County?

Don't worry.

Future dates and times for the "Pastor's Coming" will be announced for your community soon.

### From Trash to Treasure

When it was started two years ago, Trash to Treasure was launched to raise funds for Antioch Baptist Church North's 10 & 10 fund.

Members donated new and nearly new items and then came out to buy them.

"Items were sold at a very nominal cost," organizers said recently. "The event proved to be very successful."

That saying that "one man's trash is another man's treasure" rang true. Trash to Treasure became an annual event.

In late August, the second annual sale was held in the 590 building. It, too, was a big success with some unexpected benefits.

Not only did Antioch members get to fellowship with one another, they were able to rent stations to sell their own wares.

