



Atlanta Metro Life!

From Pastor Paige



Hey Family!

As we get closer to Valentine's Day we always are bombarded with the commercialization of the holiday. Don't get me wrong I like the tart heart candies, and I love celebrating love, but that's not what holds lasting love up.

As my mentor Dr. King said, "all love stands on the pillars of respect and trust." As we celebrate this season, remember to show respect to one another. Remember to trust one another, and love will thrive

Ultimately, remember the words of Jesus, "The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

Mark 12:31 NIV

May we love each other as He first loved us.

Sincerely,

Pastor Paige

Story Behind the Song "Surely Goodness and Mercy" See Pages 8

(THE AUTHOR(S), DR. AL SMITH, LYRICS, MR. SINGSPIRATION, WITH JOHN PETERSON'S MUSIC, IN ROME, PENNSYLVANIA, WOULD WRITE THE SONG, SURELY GOODNESS AND MERCY, 1958.)



ATLANTA METRO LIFE!
FEBRUARY - 2026 – ISSUE

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Great Bible Courses

You can Study or invite
someone to study!

bibleschools.com/en/165

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ATLANTA METROPOLITAN SDA CHURCH
555 HEMLOCK CIR.
ATLANTA, GA 30316
404-627-2970 – ATLMETROSDA.ORG



Worship Service Streaming
Atlanta Metropolitan SDA Church
YouTube Channel

PRAYER MEETING: WED. 7:30 PM Zoom
Meeting ID: 853-4344-3792;
Passcode: 540222 – to strengthen your
connection with God.

Go to: **Adventist Learning Community**,
A classroom of 6 networks, resources
for members. www.alcpodcasts.com



History is Every Month
and so is Black History



NEED GROCERIES?

**WE'RE CONNECTING NEIGHBORS
IN NEED WITH FOOD.**

COMMUNITY FOOD CENTER



**APPOINTMENTS ARE REQUIRED.
WALK-INS ARE WELCOMED,
BASED ON AVAILABILITY.**

**CITAS SON REQUERIDO.
ACEPTAMOS VISITAS SIN CITAS
DEPENDIENDO DISPONIBILIDAD.**

(478) 394-4547

FOOD DISTRIBUTION HOURS

SUNDAY 9:00 a.m. - 1:00 p.m.

**MONDAY 10:00 a.m. - 1:00 p.m. &
3:00 p.m. - 6:00 p.m.**

**TUESDAY 9:00 a.m. - 12:00 p.m. &
1:30 p.m. - 4:00 p.m.**

WEDNESDAY 9:00 a.m. - 12:00 p.m.

**THURSDAY 9:00 a.m. - 12:00 p.m. &
1:30 p.m. - 4:00 p.m.**

**FRIDAY & CLOSED
SATURDAY**





AMERICAN HISTORY IS BLACK HISTORY

“7 Jamaicans Who Have Contributed to Black American History by Stephanie Korney - Jamaicans.com

In 1926, Carter G. Woodson, the African-American historian, author, and journalist who was one of the first people to study African-American history, established Negro History Week to make sure that Black Americans were recognized for their contributions and accomplishments. Since then, Americans like Jackie Robinson, Hattie McDaniel, Rosa Parks, Malcolm X, Martin Luther King, Jr., and others have been acknowledged and honored throughout the world. Many more such inspiring individuals still need to have their stories told, and among them are many Jamaicans. Below is a list of just a few of them and their contributions to Black American history.

1. Marcus Garvey - One of the leaders of the Pan-Africanism movement, Garvey was born in St. Ann's Bay, and during his life, was a publisher, entrepreneur, and civil rights activist. The self-taught political leader founded the Universal Negro Improvement Association and African Communities League. Today, his teachings, which were meant to ennoble people of African descent and to ensure economic, social, and political improvement in the Black community, are known as Garveyism.

2. Colin Powell - Retired four-star US Army General Colin Powell is the son of Jamaican immigrants. He served as the 65th US Secretary of State under President George W. Bush from 2001 to 2005. He is the first African-American to ever serve in that office. He is also the first African American

to serve as Chairman of the Joint Chiefs of Staff 1989 - 1993; while Charles Q. Brown is the first African American & 22nd Chief of Staff of the Air Force 2020 - 2023, the 2nd African American and 21st Chairman of the Joint Chiefs of Staff 2023 - 2025.

3. Angella Reid; Ms. Reid was appointed as Chief Usher of the White House in October 2011. She was born in St. Thomas and is the first woman and only the 9th person to hold this position. She began her career at The Half Moon Club in Jamaica before serving as general manager at the Ritz-Carlton, Pentagon City, in Arlington, Virginia. She has 25 years of hotel management experience.

4. Lester Holt - The lead anchor of the NBC Nightly News, Holt's Jamaican heritage comes through his grandparents. His newscast was the most-watched news program in the US in 2015. He is the first African-American to be a lead anchor on a broadcast television weekday nightly news program. In 2012, Holt traveled to Jamaica to trace his ancestry and reconnect with family members who live on the island today.

5. Maurice Ashley - The first African-American to achieve the rank of International Grandmaster in Chess, he was born in Kingston in 1966.



The rest of this story continued below the February 2026 Issue of “Atlanta Metro Life.”



COMMUNITY SERVICES - HELPING FAMILIES

FEBRUARY 2026

Community Service Plans:

We want to ensure that we continue to serve our community and members, giving everyone the chance to get more involved.

Community Services needs a team so we can plan and organize service projects more efficiently and be better stewards of our time. If you would like to join the Community Service Team, please contact Serita at 404-263-8492. Whether it's with organizing donations, planning one of the projects, or marketing so we can get the community involved, we welcome anyone who would like to help.



The following projects are the goal for this year:

- Create 20 flood/emergency buckets to donate to families in a crisis/natural disaster.



- School Supply Drive
- Health Fair
- Fall Festival
- Can Goods Drive
- Blankets for Biscuits
- Toiletries Kits

Again, we would like to say thank you to everyone who supported the Community Service Ministry last year. Praise God for our loving church family! It takes the congregation as a whole to support and uplift the community around us, and I am excited about what God has in-store for us in the upcoming year!

Be blessed,
Serita Walker
Community Service Ministry Leader





"The First Seven Days of School; Chapter 9. (Online Guide Magazine)

The next morning, while on the

bus, Abby told Sophie about Jack.

"That is so sad," she said, "I never really realized it, but I guess even bullies have feelings too."

Abby nodded.

"Jack has decided to change but it won't be easy after he has built this huge wall of the practice of bullying. Tearing it down will not be easy."

Sophie paused, then said, "How do you tear down a wall then?"

Abby thought for a moment, then said, "Well, I guess go for the foundation. You know that's how the leaning tower of Pisa got its tilt because the soil was soft and unstable. Also, there are some less famous leaning towers in the area as well." Sophie's eyes got wide, then she said, "Cool, how do you know all this stuff anyway?" Abby smiled.

"My great grandmother was from Italy and so is my grandmother who was born there, so I know quite a bit."

"Even cooler!" Sophie exclaimed. "I guess if you're going to tear down a wall you could go for the foundation, but that could take quite a while. For me, I would go with a battering ram, bombs, dynamite, rockets, that sort of stuff." Abby repeated the stuff Sophie listed but stopped at rockets.

"How are rockets going to bring down a wall?" Sophie thought about this, then said, "I would launch the rockets from a side, that way it would hit the wall. There! Problem solved."

Abby smiled for she wasn't completely sure how rockets were going to help their situation, but it was quite creative. When they got off the bus, they saw Jack holding the door for two girls.

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"Good morning, ladies, and how are you today?" he said in a cheerful voice.

The girls looked at Jack in shock, then one of them said, "We're fine, but what's wrong with you?" Then they walked off without another word. Jack's face fell. You could tell he was trying to be polite, but nobody seemed to be paying attention at how hard he was trying. Jack tried again. He took a deep breath, closed his eyes, then said the same thing he had said before. That was a mistake. By accident, he had greeted one of the boys in his own gang. The boy looked at Jack in shock but soon the shock was replaced by laughter. The boy called Jack names like Captain Courtesy and Mr. Manners. Jack's face turned bright red; you could see the embarrassment in his eyes.

Finally, Abby had enough. She marched right over to the boy and looked at him right in the eyes. Now one thing that Abby was good at was staring. Now this wasn't any ordinary stare; this was her own dark stare that made people think twice about what they were doing. Abby only did this stare rarely and had never done this on Jack. As soon as she did this, the boy froze, his laughter stopped, and he became quiet. His expression changed from fierce and taunting to scared and small. "Okay, okay," he said, "I'm sorry, just please don't hurt me!" the boy quickly reached for his sunglasses and ran off. Abby stopped staring and looked at Jack; her face had returned to the quiet and calm Abby.

(Continued Below Newsletter)



“PRAISE AND WORSHIP”

PRAISE & WORSHIP

Presented to you by the HOLY SPIRIT & METRO PRAISE TEAM

YOU MAY FEEL THAT PRAISE & WORSHIP IS JUST ABOUT THE SINGING, THE CLAPPING, REJOICING AND THAT'S PART OF IT BUT ITS ABOUT SO MUCH MORE.

"GOD'S WORD SPEAKS TO MUSIC"

*SING TO THE LORD, FOR HE HAS DONE GLORIOUS THINGS" (ISAIAH 12:5)

*SING AND MAKE MUSIC FROM YOUR HEART TO THE LORD" (EPHESIANS 5:19)

_____ Bemita L. Long, Praise Team Leader





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STORY BEHIND THE SONG: “SURELY GOODNESS AND MERCY” BILL DAGLE

One of my fond memories of Dr. Al Smith, Mr. Singspiration, is seeing him in a church in Rome, Pennsylvania. The time was July, and the occasion was another Phillip P. Bliss remembrance birthday celebration. Bliss was born on July 9, 1838 in Clearfield County Pennsylvania and would eventually call Rome his home. Each year, the Phillip Bliss Historical Society would celebrate Bliss's birthday with Dr. Al Smith sharing his "Hymn Stories." It would be the combination of a story about Bliss, the help of John W. Peterson, and the 23rd Psalm that would inspire Dr. Al to write his own hymn just as Bliss had done for so many years.

It all began when Dr. Al received a letter from a descendant of Mr. Bliss. In the letter, the story was told about the time when young Bliss attended his first day of school. Six years of age, a one room school house and a very pretty teacher, Miss Murphy, would impact the boy. Little Bliss never had seen someone so beautiful and was instantly love struck. As was the custom back then, the Bible was used in the classroom. Before the day was over, Miss Murphy chose to read the 23rd Psalm. When she came to the part, "Surely goodness and mercy shall follow me all the days of my life," little Bliss heard it just a little bit differently. Unable to read, young Philip thought for sure it said, "Surely good Miss Murphy shall follow me all the days of my life." Our young student

was heartbroken when, days later, he discovered that Miss Murphy wouldn't be making that journey after all.

Inspired by the story, Dr. Al, with John Peterson, would write the song, Surely Goodness and Mercy in a matter of hours. Added to the hundreds of songs already written by Dr. Al Smith, this one has gone down in the books as a classic. For years now, it has been sung to encourage those trusting in Christ that a better home is waiting in Heaven for them someday:

A pilgrim was I, awand'ring, In the cold night of sin I did roam, When Jesus the kind Shepherd found me, and now I am on my way home.

When I walk thru the darksome valley, My Savior will walk with me there; And safely His great hand will lead me. To the mansions He's gone to prepare.

Chorus

Surely goodness and mercy shall follow me All the days, all the days of my life; Surely goodness and mercy shall follow me All the days of my life.

Jesus said "In my Father's house are many mansions. I go to prepare a place for you." He also said "That He is the way, the truth and the life."

John 14:2-6

THIS MONTH'S NEWS

We are Family in 2026

FORGIVENESS

MERCY

KINDNESS

SACRIFICE

Celebrating the Birthdays and Anniversaries of our members -

Happy Birthday – February

Birthdays'

**Fabian Walker Jr	Feb	4
**Judith Thompson	Feb	6
**Andrea Dallas	Feb	8
**James Robinson	Feb	8
**Josiah Dyse	Feb	10
**David Jones, Sr	Feb	16

Let us celebrate your wedding anniversary with you; send dates to admin@atlmetrodda.org

February Anniversary(s)

PRAYER MEETING: WED. 7:30 PM

Zoom Meeting ID: 853-4344-3792

Passcode: 540222

Church Calendar - 2026

Stewardship - TBD

Women's Ministry - May 2026

Night of Praise - May 2026

VBS - July 2026

School Supply Drive - July 2026

Praise & Paint - Sept 2026

Fall Festival - 10/11/26

Blankets for Biscuits - Oct. 2026

Holiday Can Drive (Nov./ Dec.)

Often called “**NEWSTART**,” the SDA health message includes eight natural laws of health that promote physical, mental, and spiritual well-being.

N – Nutrition

E – Exercise

W – Water

S – Sunlight

T – Temperance

A – Air

R – Rest

T – Trust in God

February Health Focus: E – Exercise -

This month we highlight the letter E for Exercise in the NEWSTART health message. Regular movement—whether walking, stretching, or light activity—helps strengthen the body, lift the mind, and support overall well-being. Exercise is also an act of stewardship, reminding us to care for the body God has entrusted to us. Let's commit to simple, daily movement this February and experience the blessing of better health, energy, and joy in service. “Beloved, I wish above all things that thou mayest prosper and be in health...” — 3 John 2

What Has Been A Blessing?
What can we do better?
admin@atlmetrodda.org

"Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain."

1 CORINTHIANS 15:58

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