



Atlanta Metro Life!

From Pastor Paige



Hey Family!

My allergies have been out of control recently family! It's often a sign that spring is on the way. In order to combat my allergies my mom reminded me of the critical nature of medication rhythm. What I mean is that it matters not only that you take the meds, but when you take the meds. Mom reminded me that I have to take the meds when I wake up, and then before I go to sleep. If that's how I have to take my meds, how much

more vigilant should we be with the Word of God? I encourage you to get on a rhythm of having your devotional first thing in morning and before you go to bed at night. Talk to God before you talk to the world which is now readily at our finger tips. Talk to God before you sleep on the hard pillow not comprised of concrete but rumination and stress. Get into that rhythm and you will see a difference almost immediately in your day. Remember the words of the psalmist, "Thy word is a lamp unto my feet, and a light unto my path." Follow the light and you'll experience a difference in your day, and peace at night.

Sincerely,

Pastor Paige

Looking For Leaders - Making Disciples
"Spread The Word" See Pages 8



ATLANTA METRO LIFE!
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Great Bible Courses

You can Study or invite
someone to study!

bibleschools.com/en/165

***Community Food Centers** (pg 3)
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***American History BLACK HISTORY**
Unsung Heroes of Thomasville pg.4

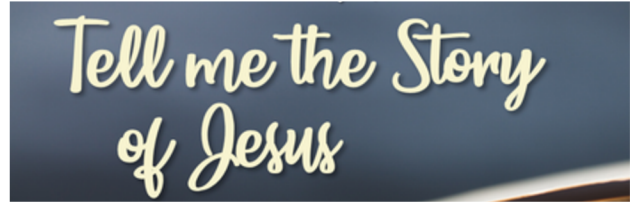
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ATLANTA METRO LIFE!
ATLANTA METROPOLITAN SDA CHURCH
555 HEMLOCK CIR.
ATLANTA, GA 30316
404-627-2970 - [ATLMETROSDA.ORG](https://atlmetrodda.org)



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.
CALL (478) 394-4547

**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 & SATURDAY CLOSED



STEWARDSHIP WISDOM

PROVERBS 3:9
HONOR THE LORD WITH
YOUR WEALTH AND WITH
THE FIRSTFRUITS OF ALL
YOUR INCREASE;



AMERICAN HISTORY IS BLACK HISTORY MARCH 2026

"The Power of One - Unsung Heroes of Thomasville, GA"



This month's history comes from my aunt, Dr. Gertrude Horne transformed thousands of people's lives by creating entrepreneurs in Georgia and Florida. Danny Wells

The Power of One: A Celebration of Black History Month and the Unsung Heroes of Thomasville, GA.

Black History is American History

Mrs. Gertrude Horne is the First Black Woman to open a Beauty Culture School in Thomasville, Georgia in the late 1940's. She was president of the Thomasville Beauty Culturist League in 1954. She was a pioneer that insured to all her students that they would pass the State Board test after the completion of her school and would receive their State License. - Posted on Feb 16, 2018

As part of the City of Thomasville's celebration of Black History Month, we'd like to announce our next unsung community hero...Dr. Gertrude Horne.

Dr. Horne was a trained cosmetologist and the owner/operator of LaCharme Beauty School located on Railroad Avenue. LaCharme was the first beauty school to be established in Thomasville. Dr. Horne received her Bachelor of Science degree from State Rite Beauty School in Tallahassee, FL and her Master's degree and Ph.D. in Cosmetology from the National Beauty Institute of Cosmetology.

Andre' Hadley Marria is Dr. Horne's great niece- though she was more like a beloved granddaughter than a niece. She recalls Dr. Horne's home and beauty school being the center of the Black cultural community. Morria says that Dr. Horne was quite the disciplinarian, not only at home but at her Beauty School as well. She was very particular about how her students dressed and expected all of them to bring their own equipment to class and to maintain that equipment to the highest standards.

Dr. Horne served in all capacities of the Beauty Cultural League on the local, state and national levels. Marria recalls the Beauty Cultural League having fashion shows at The Ritz Theater on West Jackson St.

In addition to the Beauty Cultural League, Dr. Horne was also a member of the American Beauty Chapter 214 EOS, the Business and Civic League, Kelly Rose Temple #1005 and NAACP.

More about this amazing woman and how her "Power of One" made a lasting impact on our community.



The Power of One: A Celebration of Black History Month and the Unsung Heroes of Thomasville, GA. - Posted on Feb 19, 2018

The rest of this story continued below the March 2026 Issue of "Atlanta Metro Life."



COMMUNITY SERVICES - SPRING & SUMMER ACTIVITIES ARE COMING MARCH 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 10. (Online Guide Magazine)**

"Jack, wait! Let's talk this through!"

Abby yelled to Jack who was already halfway across the cafeteria. Jack didn't stop. Instead, he walked faster towards Emma's table. Abby didn't like where this was going. Jack's old character was coming back and wasn't going to be pretty. Abby ran after Jack with Sophie close behind her, but it was too late, Jack was already right in front of Emma.

"Well, isn't it the beast. Oh, and there is beauty right behind him," Emma said, before stopping to take a sip of her juice box, "So did you find anything good in the paper?" Even with Jack's dark complexion you could still see his face getting redder and redder. Abby had never seen Jack this way, sure she was pretty mad too, but this was too much.

"I've been trying to change my character," Jack said not-so-nicely to Emma, "but all you want to do is amuse yourself by embarrassing others!" Jack raised the newspaper in the air, "Well, no more of this,"

Abby was quite sure that Jack was going to hit or throw the newspaper at Emma. Abby grabbed Jack's arm, hoping to stop him.

"Jack, can I have a moment with you?" But Jack didn't listen, instead he pushed Abby away quite hard. Abby, who was quite surprised at this, fell backward. Jack swung around and tried to grab Abby's hand before she fell but was too late. Abby looked at Jack's face, a look of regret and fear was shown on it. Before the impact, Abby heard only one thing from Jack. "I'm sorry," he said

Everything seemed to move in slow motion after that. Abby kept falling and then wham! She hit her head on the table. Suddenly everything turned black and then she heard faint voices. Abby opened her eyes, feeling

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"dizzy and confused. When she looked up, Sophie was next to her, calling her name. Suddenly Abby felt a shock of pain in her head. She gasped for a moment making everyone jump around her. Sophie helped Abby off the floor.

A group of kids began to surround them. Suddenly a teacher pushed her way to Abby and asked if she was okay. Abby nodded and said that she had just tripped and had fallen backwards. After making sure Abby was completely okay, the teacher sent the group of kids back to their tables. Sophie helped Abby back to their table.

Abby noticed that Emma had taken another picture of her. Even though she was quite fed up at Emma, she didn't really feel like talking to her. Back at their table Abby looked for Jack, he wasn't anywhere in the cafeteria. Rubbing her head, she said to Sophie, "Do you see Jack anywhere? He seems to have disappeared."

Sophie shook her head, then said, "How come you didn't tell the teacher that Jack's the one who pushed you?" Abby thought for a while, then said "Well Jack is just starting to change, and I know he didn't want to hurt me on purpose, so no reason to get him into trouble." Suddenly another shock of pain rang through her head that almost knocked her down. Abby held her head, taking shaky, deep breaths trying not to gather attention to herself.

(Continued Below Newsletter)



PRAISE & *Worship*

Singing about the truth of God can have profound effects on both the mind and the heart. Engaging in spiritual music not only uplifts the spirit but also influences brain chemistry by releasing endorphins and reducing stress levels. This act of worship can shift one's emotional state from despair to hope, as the lyrical content often emphasizes themes of love, grace, and redemption. The communal experience of singing with others in a faith setting can further enhance feelings of connection and support, creating a sense of belonging and purpose. Ultimately, the transformative power of music, especially when intertwined with spiritual truths, lies in its ability to heal and inspire, offering a pathway from darkness to light.

Metro SDA Praise Team

Bernita L. Long, Praise Team Leader





MARCH 2026

LOOKING FOR LEADERS - MAKING DISCIPLES: “FROM THE BOOK - SPREAD THE WORD”

“Our Evangelism training is to prepare you to do Just that ‘Spread The Word.’ The only question for you is will you answer Christ call come to Him and go to the world with the Word of hope, help, deliverance, and transformation by the renewing of your mind. The General Conference Sabbath School and Personal Ministries Department has prepared this following as a starting place.”

Spread The Word – This is what we are charged to do by our Lord and Savior Jesus Christ.

Jesus gave us a model for fulfilling the mission of the church when He used agricultural terminology to describe it. He referred to the soil, the seed, and the harvest to explain the process of making disciples. The soil of the heart must be prepared by friendship and service, the seed of God’s Word must be planted in various ways, spiritual interest must be cultivated with ongoing Bible study, decisions for Christ must be harvested with loving appeals, and the harvest must be preserved with systematic discipleship.

The primary aim of Spread the Word is to inspire, train, and equip local churches and their members to engage actively in the second phase of the disciple-making process—planting seeds of truth. Without this vital practice,

In the natural world there can be no crop to cultivate or harvest to reap without first scattering seed. In the same way, there can be no spiritual life or growth without the power of God’s Word planted in the heart. We are “born again . . . through the word of God” (1 Peter 1:23; see also 1 Peter 2:2). For this reason Jesus invites every disciple to become an active sower of the seed.

This book is designed for both members and leaders of local churches. It gives deeply spiritual and highly practical instruction for individual members, while also explaining how to develop and run active seed-sowing ministries in the local church. And while it will teach you how to find those interested in studying the Bible further, it will not explain how to give Bible studies or to conduct public evangelistic meetings. These training topics will be covered in the GROW Bible study resources dedicated to the cultivate and harvest phases of the disciple-making process (visit www.grow.adventist.org for more information). Additionally, while the practical instruction in this book is mostly universal, there may be occasions when it doesn’t fully apply to certain cultures or contexts without some adaptation.

It is our hope and prayer that after reading this —, you and your church
(Continued below this issue)

THIS MONTH'S NEWS

We are Family in 2026

FORGIVENESS

MERCY

KINDNESS

SACRIFICE

Celebrating the Birthdays and Anniversaries of our members -

Happy Birthday – March

Birthdays'

**Pamela Dallas	5
**Melony Green	5
**Bernice Murray	6
**Malia Phillips	11
**Moselle Bracey	14
**Harry Roseman	19
**Wayne Collymore	22
**Diaren Hurt	23
**Darin Ross Sr	23
**Antonie Fitzgerald Kelly	24
**Avielle Pearson	26
**Steven Harrington	27
**Patricia Brantley	28
**Yvonne Millington	29
**Margaret Taylor	31
**Emily Wells	31

*Let's celebrate your anniversary;
Share admin@atlmetrosda.org*

PRAYER MEETING: WED. 7:30 PM

Zoom Meeting ID: 853-4344-3792

Passcode: 540222

Nightly Prayer 8 pm; Zoom Mtg
ID 834 2543 1144; PC: 089712; or
Ph.# 301-715-8592 Mtg ID & pc.

Church Calendar - 2026

Stewardship - TBD

Women's Ministry - May 2026

Night of Praise - May 2026

VBS - June 2026

School Supply Drive - July 2026

Praise & Paint - Sept 2026

Fall Festival - 10/11/26

Blankets & Biscuits Oct. 2026

Holiday Can Drive (Nov./ Dec.)

HEALTH MINISTRY

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

“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@atlmetrosda.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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