



Atlanta Metro Life!

From Pastor Paige



Hey Family! Spring is just around the corner, and what a wonderful time of year. However sometimes it's hard to dress during spring.

I'm writing this to you on March 17 and it's 55 degrees. Yesterday it was 73 degrees! For a methodical one track mind like mine, that can make things challenging because I want to get comfortable with one way of dressing.

However, that's Spring weather for you. That's a lot like life isn't it? There are ups and there are downs. How to we "dress" our spirits for those ups and downs? You remember the words of Jesus found in Matthew 6: 34, "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Focus on the day your living in now, and you'll be able to find comfort now matter what the weather is.

Sincerely,

Pastor Paige

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



ATLANTA METRO LIFE!

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

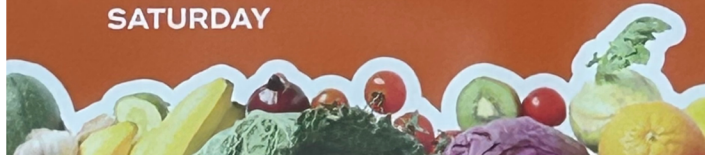
MONDAY 10:00 a.m. - 1:00 p.m. &
3:00 p.m. - 6:00 p.m.

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



SOUTH FULTON SENIOR SERVICES



CONNECTING SENIORS TO RESOURCES & COMMUNIT

WHAT WE OFFER!

- ☒ Senior Centers
- ☒ Home Delivered Meals
- ☒ Health & Nutrition Services
- ☒ Case Management & Resource Referral
- ☒ Volunteer Opportunities



CONTACT US TODAY!



404-559-0070



info@southfultonseniorservices.org



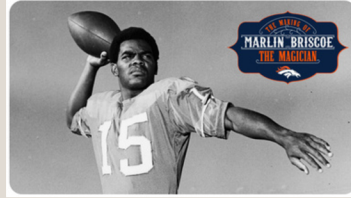
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AMERICAN HISTORY IS BLACK HISTORY

Quarterback “Why Does It Matter”

APRIL 2026



(Compiled; various YouTube sources, Black Hist Chronicles YouTube, Wikipedia, Ect.)

Why are there still those who promote racial bias in sports, especially professional football and the position of quarterback? Unfortunately, there is a long history of manufactured narratives of overtures and undertones to create a superiority and inferiority based on racial bias.

Why does it matter? We can look back to Shedeur Sanders and compare his treatment to Drake Maye or any other rookie who isn't black. It was the year 2025, and almost no one had Shedeur Sanders rated no less than the first round, with most ranking him the number one or number two pick. While some had him number three or number five, and a few in the second round, but none in the fifth round. Then he was picked in the fifth round. Yet, he was not a fifth-round pick quarterback when ranking by character, Football IQ, or playing abilities. He didn't even get to play with the first team until midway in the tenth game of the season. Other quarterbacks would have played about five to seven months with the first team by then. He played seven full games and won three.

The sad thing is all of the dishonest dialogue Sanders received for his play that only focus on a negative result, even when not due to him. The same people give reasonable

comments about another quarterback named Drake Maye that played 13 games in his rookie season and only won three. Maye had first team reps from his arrival and throughout the season but only won three games. In order for us to really understand the dilemma surrounding this issue, we need to look back at the history of the quarterback in the National Football League (NFL). There have been numerous comparable cases. In this article, you'll see one that stands out to reflect the history and picture of the real situation.

Prior to the NFL draft of 1968, Dallas Cowboys chief talent scout Gil Brandt thought Marlin Briscoe had limitless potential as a pro quarterback. “Marlin has the greatest quickness of any college quarterback we’ve ever seen.” Brandt told the World-Herald (via [DenverBroncos.com](https://www.denverbroncos.com)) in 1968. “He’s as good as any big-time quarterback in college right now and just one heck of a football player.” The first occurred in Denver; they didn't like it, uncomfortable; the Denver Broncos were desperate. Their season was collapsing. Their restless quarterback, a young man from Omaha, fast and fearless, his was, Marlin Briscoe. He was a black man playing and throwing under pressure, displaying strategy with both his arm and his mind. They called him “The Magician” because every Sunday he made the impossible look effortless. When he started winning,

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



COMMUNITY SERVICES, STEWARDSHIP & HEALTH SPRING & SUMMER ACTIVITIES ARE COMING

APRIL 2026

Community Service Plans:

Community Services needs you to help plan and organize service projects. Please contact Serita at 404-263-8492. There's also need for organizing donations, planning, or marketing.

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

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



Stewardship Wisdom
Proverbs 3:9

Honor the LORD with your
wealth and with the first
Fruit of all your increase:



WHAT IS LIFE SPACE ??

Life Space is a new community-centered wellness hub in West Atlanta focused on whole-person wellness—body, mind, and spirit.

What is the Life Space MarketPlace?

A **monthly pop-up wellness experience** held on the **4th Sunday of each month** while the Life Space Wellness Center is being remodeled.



What does Life Space offer?

- Outpatient medical care*
- Plant-based foods, juices, and herbs
- Wellness coaching and fitness support
- Massage and alternative therapies
- Shared workspace
- Legal Aid and Resource Library
- Repair Café

*Provided by Southside Medical Center

How can I get involved?

- Attend a monthly MarketPlace
- Volunteer your time or services
- Make a donation at lifespacewellness.org
- Become a vendor or community partner
- Follow us on IG @Life_SpaceWellness
- Like us on FB @LifeSpaceWellness



(470) 634-1649
#LIFESPACEWELLNESS

LifeSpaceWellness.org



**"The First Seven Days of School;
Chapter 11.** (Online Guide Magazine)

APRIL 2026



Abby had to go to the hospital that day. The doctors checked her out and gave her some medication for the pain. She would have to come back for a checkup, but she felt fine and the worst was over. When she got home Mrs. Perce sent her up to bed to rest. The next morning Abby was feeling a lot better. Every once in a while her head would hurt a bit, but she was feeling much better than she had been before. When she got to school Sophie was there. They had a back-and-forth conversation about the accident that had happened the day before. Sophie asked if Abby was ok and she said yes. Sophie also said that after the accident she hadn't seen Jack. Abby was disappointed, of course she had already made up her mind to forgive him but he didn't know that yet.

So after an annoyingly cheerful study on diagramming, Abby was relieved when recess came. She was pretty good at diagramming so the lesson came easy for her. Now if only she could find Jack – that would make her day even better. Abby and Sophie looked for Jack all over the playground but didn't find him. At last they gave up and headed over towards the jungle gym. When they got there, Abby started hanging upside down. Sophie was a bit concerned about Abby's carefree spirit after the accident but Abby reassured her that she was fine and went back to hanging upside down. Suddenly Abby saw Jack in a corner. He was standing there holding a small paper envelope looking for someone. When he saw Abby he quickly walked over, his face pale. "Um, ah, look Abby I'm really sorry for pushing you," he said "I was just so mad at Emma. I've been feeling terrible ever since then.

" Jack took a deep breath then added, "I hope you can forgive me. I got you a gift to show my sincerity." Jack handed Abby the envelope. Abby carefully lifted the paper, hoping she would not damage the gift inside. When she opened it, there, lying on the paper, was a hand painted bookmark. Abby gasped. The bookmark was painted beautifully. It had two peacocks on each side with flowers delicately painted around them. "How – where did you get this." Abby said in utter amazement wondering where Jack would get such a beautiful bookmark. Jack smiled.

"My mom used to like to paint and decorate things. It wasn't something she did often though. One of the things she used to paint were bookmarks. She had a whole collection of them and I thought you might like one."

Abby gave Jack a big hug. "Come on, I'll put it in my locker to keep it safe. And don't worry. I just had a headache." As Abby carefully put the bookmark in her locker she said. "I wish I could have met your mom she sounds so interesting" Jack nodded and his face clouded

"Me too" then his face brightened and he said, "I least I've got you to look at every time I miss her." The group laughed.

When they returned to the playground Abby saw Emma talking to some girls.

"This your chance Jack" she said pulling Jack's arm

(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





APRIL 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 – April

Birthdays'

**Michelle Mitchell	Apr	2
**Aaryn Coleman	Apr	9
**Bryce Dallas	Apr	10
**Dwayne Wilson	Apr	11
**Keyera Coleman	Apr	13
**Elizabeth Spellen	Apr	13
**Tricia Glass	Apr	14
**Rachel Loyd	Apr	18
**Margaret Walker	Apr	22
**Quintin Bracey	Apr	25
**Adam Rocker	Apr	25

Let's celebrate your anniversary;

Share admin@atlmetrodda.org

PRAYER MEETING: WED. 7:30 PM

Zoom Meeting ID: 853-4344-3792

Passcode: 540222

Church Calendar - 2026

Stewardship - TBD

VBS - June 24 - 27, 2026

**Women's Day & Night of Praise -
July 11, 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**

Let Us Know!

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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ATLANTA METROPOLITAN
SDA CHURCH
APRIL - 2026– ISSUE
555 HEMLOCK CIR.
ATLANTA, GA 30316
404-627-2970 –
ATLMETROSDA.ORG



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





Atlanta Metro Life!

Atlanta Metropolitan SDA Church -APRIL 2026 — ISSUE

555 Hemlock Cir. Atlanta, GA 30316

404-627-2970 — atlmetrosda.org —