



Atlanta Metro Life!

From Pastor Paige



Hey Metro Family,

I hope you have been enjoying this spring weather. I was out with some friends this past weekend and the day started off cold. Then it got hot.

However, since I was dressed in layers I was comfortable the entire day. Spring is really like life isn't it?

The temperature goes up and down but as long as you are prepared to adjust you'll be fine.

The greatest tool to help is no matter the temperature is the Word of God! No matter what's going on never forget to open the Word and receive encouragement and direction.

Remember Psalms 119:105, "Thy word is a lamp unto my feet, and a light unto my path"

Sincerely,

Pastor Paige

““Commemorating Mother’s Day”
See Pages 8



ATLANTA METRO LIFE!

MAY - 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



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 & CLOSED
SATURDAY



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

www.facebook.com/southfultonseniorservices



“American History - BLACK HISTORY First African American Woman MD

MAY 2026

As the first African American woman, to receive a Medical Degree (MD) in the United States, Dr. Rebecca Lee Crumpler resisted the prejudice that prevented African Americans and women from pursuing medical careers. Despite her achievements, very little is known about Dr. Crumpler and her life story is still being written.

Dr. Rebecca Lee Crumpler was born Rebecca Davis in 1831 in Christiana, Delaware to Absolum Davis and Matilda Webber. Her childhood was spent with an aunt in Pennsylvania. Her aunt frequently cared for sick neighbors, and Crumpler accompanied her aunt on these trips. In her book, published in 1883, Crumpler wrote about the experiences with her aunt, the one, that inspired her to go into medicine. Crumpler stated, “Having been reared by a kind aunt in Pennsylvania, whose usefulness with the sick was continually sought, I early conceived a liking for, and sought every opportunity to be in a position to relieve the sufferings of others.”

By 1852, Crumpler had moved to Charlestown, Massachusetts to begin her medical career as a nurse. In the early 1850s, there was no formal school where one could become licensed as a nurse (the first one opened in 1873), so she performed her medical duties without any formal education. Crumpler assisted several doctors in the Boston area for eight years. Her life in Massachusetts also included a husband; Crumpler married Wyatt Lee, a Virginia laborer, in 1852 in Charlestown. In 1860, Crumpler became the first—and only—African American woman accepted to the New England Female Medical College in Boston. The College, established in 1848, was the first to award MD’s to women. It was also unique in

that it allowed Crumpler to attend as most medical schools barred all African Americans, both men and women, from attending. Crumpler attended the school on a scholarship from the Wade Scholarship Fund created by Ohio abolitionist Benjamin Wade. Crumpler worked diligently at her studies but had to take a leave of absence after two years to attend to her sick husband. After Wyatt died of tuberculosis in April 1863, Crumpler asked to re-enroll. Some of the faculty expressed worry regarding the amount of time it was taking her to finish her studies and were hesitant to let her come back, but several of the school’s patrons who were all abolitionists advocated for Crumpler. On March 1, 1864, Crumpler received a “Doctress of Medicine” from the New England Female Medical College. She was 33 years old. She remains the only African American woman to receive a medical degree from the school, since in 1874 it merged with Boston University Medical School. Dr. Crumpler began practicing medicine in Boston. According to historian Vanessa Northington Gamble, at the time Dr. Crumpler received her degree, there were 54,543 physicians in the country; 270 of them were women—all white—and 180 were African American men. In 1865, Dr. Crumpler married Arthur Crumpler in Boston. Arthur was a fugitive slave who had arrived in Boston in 1862 and then served in the Union Army during the Civil War. The Crumplers would have one daughter, Lizzie Sinclair Crumpler, in 1870, but it is believed she died young. Arthur would go on to work as a porter at West Newton English and Classical School.

(Continued Below Newsletter)



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

MAY 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
#LIFESPACWELLNESS

LifeSpaceWellness.org



**"The First Seven Days of School;
Chapter 12.** (Online Guide Magazine)

MAY 2026



Jack and Abby both looked at each other with concern as Sophie explained to them what she had heard.

"While you two went over to Emma I wandered off to see what that girl was talking about."

Sophie said as she pointed to the group of kids who were listening to a girl speak. "Emma is spreading rumors saying that she saw Jack give you a gift and then hold hands, which she says proves that you have a crush on each other." As soon as Sophie said this, Jack and Abby stepped away from each other.

"I am not surprised," Abby said.

"Well what are we supposed to do about it."

Jack asked. Abby looked at Jack surprised at his calm reaction. Jack smiled at Abby. He knew what she was thinking.

"I know what you're thinking," he began, "and yes I am angry but after what just happened. I don't want to give Emma the pleasure of knowing she got under my skin." Suddenly Abby got an idea.

"That's it Jack!" she said excitedly

"What's it?" Sophie asked

"Remember when Jack confronted me on the playground and I stood my ground" Abby said.

"That's not one of my fondest memories," Jack said blushing a little. "I have to admit that once someone stands up to you, any further attempts are useless."

"That's what I'm thinking," Abby said. "Last time Emma did something embarrassing to us there was a big reaction. So maybe if there isn't a big reaction she'll stop."

"And what if that doesn't work" Sophie said. Abby stopped. She hadn't thought about that part.

"Well it can't hurt to try," Abby said.

"Any way," Sophie began, "you and Jack have

been targeted twice so I'm probably next on the target list."

"That's another thing:" Abby said. "It's seeming like it's me and Jack she's after, not you." Everyone was silent at what Abby had said for it was true. Emma had only tried to humiliate Jack and Abby, but not Sophie.

Abby wandered back over to the jungle gym and started hanging upside down again.

"Are you sure you should do that?" Jack asked. "– after the accident I mean."

"Don't worry," Abby responded, "I'm fine and even if I do fall, I have a hard head."

"In more ways than one." Sophie said joining Abby on the gym. Suddenly a voice called out.

"Hello Abby," Abby was so startled that she almost lost her grip and fell down.

"Oh didn't mean to startle you" said a boy who was climbing onto the gym too.

"How do you know my name?" Abby asked, confused that this boy knew her name and she had never spoken to him.

"Oh everybody knows your name," the boy began, "you're the reason I can now play at recess without worrying I'll get picked on by Jack. Ever since you stood up to him, everybody knows you. Rumor has it that even Emma Lopez is jealous." Abby looked at Jack and Sophie then turned back to the boy.

"So you're saying that I'm more popular than Emma?"

"Yep," The boy began. "The same thing happened to my sister when she went to

(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





MAY 2026

COMMEMORATING: “MOTHER’S DAY”

Mother's Day is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on different days in many parts of the world, most commonly in March or May. It complements similar celebrations honoring family members, such as Father's Day, Siblings Day, Children's Day, Parents' Day and Grandparents' Day. Countries around the world have a multi-century history of a day to celebrate mothers. In the United States, the modern version of the holiday began in the early 20th century at the initiative of Anna Jarvis. She organized the first Mother's Day service of worship and celebration at Andrews Methodist Episcopal Church in Grafton, West Virginia, which serves as the International Mother's Day Shrine today.[1] It is not directly related to the many traditional celebrations of mothers and motherhood that have existed throughout the world over thousands of years, such as the Greek cult to Cybele, the mother deity Rhea, the Roman festival of Hilaria, or the other Christian ecclesiastical Mothering Sunday celebration (associated with the image of Mother Church).[2][3][4][5] However, in some countries, Mother's Day is still synonymous with these older traditions.[6][7][8]

The American version of Mother's Day has been criticized for having become too commercialized.[9][10] Jarvis

herself, who began the celebration as a liturgical observance, regretted this commercialism and expressed that this was never her intention.[1][11]. In response, Constance Adelaide Smith successfully advocated for Mothering Sunday as a commemoration of a broader definition of motherhood in many other parts of the English-speaking world. [12].

Establishment of holiday

Andrews Methodist Episcopal Church, the site of the first Mother's Day religious service in 1908, is the International Mother's Day Shrine. Main article: Mother's Day (United States) § History.

The modern holiday was first celebrated in 1908, when Anna Jarvis held the first Mother's Day service of worship at Andrews Methodist Episcopal Church in Grafton, West Virginia. [1][13]. Andrew's Methodist Church now holds the International Mother's Day Shrine.[1]. Her campaign to make Mother's Day a recognized holiday in the United States began in 1905, the year her mother, Ann Reeves Jarvis, died. Ann Jarvis had been a peace activist who cared for wounded soldiers on both sides of the American Civil War, and created Mother's Day Work Clubs to address public health issues. She and another peace activist and suffragist, Julia Ward Howe, had been urging for the creation of a "Mother's Day For Peace" where mothers would ask that their husbands and sons were no longer killed in wars (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 – May

Birthdays'

**La'Rae Green	6
**Venus Bracey	11
**Darin Ross Jr	18
**Aleyse Thompson	18
**Sarita Rocker	24
**Larry Spearman	25
**Caleb Holliman	26

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

PRAYER MEETING: WED. 7:30 PM

Zoom Meeting ID: 853-4344-3792

Passcode: 540



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

VBS - June 24 - 27, 2026

**Women's Day & Night of Praise -
July 18, 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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