



Atlanta Metro Life!

From Pastor Paige



Hey Metro Family!

Around this time of year the Conference is preparing to do our GCC Camp meeting. It's a wonderful time of fellowship and shared worship on the campus of southern university. I look forward to it because on the way up I stop and see family, and I end up staying with friends who live in the area.

The fellowship really feeds my soul and spirit. It makes me think what life will be like in heaven! All of us will be gathered together and the

fellowship and worship will be incredible. In these last days there are so many things to distract us, but remember that your main focus is to be faithful to Jesus Christ by sticking close to the Word.

There is a temptation to even try to predict when Christ will return, however don't fall prey to that either. It's our job to be alert but not obsessed. Faithful but not extremist in our zeal. As we await the coming of Jesus follow His words, "Watch therefore, for you know neither the day nor the hour" (Matthew 25:13). Remain hopeful, faithful, and keep your eyes on Christ.

Sincerely,

Pastor Paige

"Commemorating Father's Day & Children's Day"
See Pages 8



ATLANTA METRO LIFE!

JUNE - 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

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www.atlmetroda.org



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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



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☒ 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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Clinton (Graves) Greaves and the Buffalo Soldiers

The Apaches had them pinned down in a shallow rocky gully. Lieutenant Wright's 10-man patrol was surrounded. Out-numbered nearly 5 to 1. Their carbines clicked empty. It was no longer a negotiation - it was a slaughter about to happen.

One man didn't reach for ammunition. Corporal Clinton Greaves threw his empty carbine over his head, brought it down like a battering ram, and charged into a wall of warriors. He swung the heavy rifle stock like an axe, cracking bone, pushing bodies, creating a gap. For 30 seconds, he was the only thing standing between his brothers and death.

Greaves swung until his arms gave out. When his comrades crawled through the bloody opening he had smashed into the Apache line, he was the last man out. He didn't stop fighting until the survivors were safe.

This is the story of a man born in chains who became one of the most decorated soldiers in the American West.

The Boy Who Escaped the Smallest Chain Clinton Graves – his real family name – was born in August 1855 in Madison County, Virginia, to an enslaved woman named Mary.

The plantation owner's ledger listed him as property. He was one of five children. His father, a free man named John Graves, could buy his own freedom, but not the freedom of his son. For the first decade of his life, Clinton watched his father walk through the front door as a free man while he remained behind the gate. By 1870, the family had escaped the Virginia plantation and settled in Prince George's County, Maryland. Here, Clinton learned that the war had changed the laws, but not the world. Free Black men were still expected to take the lowest jobs, suffer the

worst insults, and accept the smallest pieces of the American pie. But Clinton had watched his father bring himself up from nothing. He decided the best uniform to wear was blue. In September 1872, he walked into the recruiting station. The clerk wrote his name wrong on the paperwork - "Greaves" instead of "Graves" – but the young man didn't correct him. He figured they'd get it right later. They never did. But the Army didn't care about spelling. They just needed fighters.

The Buffalo Soldier

The Army assigned him to the 9th Cavalry Regiment, the legendary "Buffalo Soldiers." The nickname was given by the Cheyenne and Comanche warriors who respected the Black troopers' ferocity and curly hair. In 1870s New Mexico, the Apache had a different name for them: "The Devil's Men." They were the toughest fighters on the frontier.

By 1877, Greaves had fought his way to Corporal, stationed at Fort Bayard in the New Mexico Territory. The Apaches were on the warpath. In January, word arrived that a large band of Chiricahuas had massacred a group of settlers and were heading east toward the Florida Mountains. Lieutenant

Henry Wright grabbed a patrol of just 10 men: four other Buffalo Soldiers, a handful of infantrymen, and three Navajo scouts. They rode out to negotiate.

The Gauntlet

On January 24, 1877, Wright's patrol found the camp. But the Apaches weren't interested in talking. The warriors circled the white flag, pretended to negotiate, and then suddenly closed the perimeter. Wright realized the trap seconds too late.

(Continued Below Newsletter)



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

JUNE 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



Hey guys! This story is focused on an experience that happened to my sisters and I. (names have been changed)



Key Points

I was about 6 years old. My little sister, Clara, was five years old. We were both close friends with Mia, a four-year-old girl. We lived in a small town in Idaho. Practically, everybody knew everybody. “Hi Mia! I’m almost ready. Let me grab my shoes. Clara! Becca! Come ride with us!” I invited.

Mia shaded her eyes from the sun. “I see it coming. It’s coming!” She jumped up and down. The golf cart climbed slowly up the hill. “Come on! Lets go!” said Ms. Alice. She was my favorite. She had a British accent and her niece, Crystal, was my best friend. “Hi Ms. Alice! Hi, Lucas and Crystal! ” My sisters and I yelled. “Hop on, we are leaving!” We zoomed down the hill.

Ms. Alice pulled me on her lap. “Wanna steer?” I nodded happily. We drove off. That’s one of many things we would do. After we would go to Mia’s house to play. Then, for some strange reason, we didn’t see them as much. Life continued as normal. We missed them. Then one Friday evening, it all changed. “May I have your attention please? It is our sweet girl Mia. Please pray..”

“Mom, listen. They’re saying something about Mia!” I strained my ears to hear the words that would change our friendship forever.

“Our sweet girl, Mia, was diagnosed with a brain tumor. Everybody, please pray!” People sucked in their breath. Women gathered

Women gathered around Mia’s mother, Audrey, showering her with hugs and words of comfort. My mom and I had started to walk up the hill towards our home. I froze. I just remember being shocked. My arm felt shaky. I didn’t cry, I was still in shock and I was scared for my friend. My friend, Mia Vance, now had a brain tumor. The next few days went on normally except for the fact that lingered in everybody’s mind. Mia had a brain tumor on her brain stem. That was almost fatal. I don’t remember crying much. I mean, there were sometimes where I would cry at night. I guess the fact just didn’t fully wrap around my mind. I would still hang out with Lucas and Crystal. I hugged them both.

Crystal would tell me about how soaked her pillow was from all the tears that she’d cried. Sometimes her big brown eyes would water while she was talking. Years passed this way, with Mia in serious condition. Crystal and I grew older and became even closer. My other friends that lived nearby, hadn’t known her as much but wanted to help. The best we could do was donate money to pay for the expensive treatments that she was being given. We would make little stands, selling lemonade and rosemary, We’d pick the rosemary and make the lemonade on our own. We also gathered all of our toys that we didn’t use and had a sale. I knew it wouldn’t make a big change but we did it anyway. My

(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





COMMEMORATING: “FATHER’S AND CHILDREN’S DAY”

Father’s Day, holiday in honor of fathers that is celebrated in many countries around the world. It originated in the United States, and credit for the holiday is generally given to Sonora Smart Dodd. Dodd’s father, a Civil War veteran, raised her and her five siblings after their mother died in childbirth. The first Father’s Day was held on June 19, 1910, the month of the birthday of Dodd’s father. It became a U.S. national holiday in 1972, when Pres. Richard Nixon signed legislation designating the third Sunday of June as Father’s Day. It is celebrated with cards, gifts, and family meals, among other activities.

While many other countries also celebrate the holiday on the third Sunday of June, some mark the observance at other times of the year. Notably, a number of Catholic countries celebrate it on March 19, the feast day of St. Joseph, the earthly father of Jesus.

Origins

In 1908, a service to honor fathers took place in Fairmont, West Virginia, following the Monongah mining disaster. It was organized by Grace Golden Clayton, whose father was killed in the accident. She asked that a special church service be held to commemorate her father and others who had died. While some consider this to be the first Father’s Day service, the event garnered little attention outside Fairmont, and it was not held the following year.

(Continued below this issue)

Children’s Day, any of the various holidays in honor of children that are celebrated on different dates in countries throughout the world. In general, Children’s Day festivities promote children’s human rights and welfare, recognize children’s contributions to society, and celebrate the joys of childhood. These holidays often emphasize the importance of educating children and of protecting them from harm. A significant proportion of countries celebrate the holiday in early June or mid- to late November. Countries have various local traditions regarding special food, dress, and activities on Children’s Day.

In the United States
In the United States, Children’s Day is sometimes said to be observed on the second Sunday of June, although dates have varied widely. Despite the popularity of similar holidays around the globe, the holiday has not caught on in the popular imagination in the U.S. The unofficial holiday’s origin lies in a church observance held in 1856 (some sources claim 1857) by pastor Charles Leonard of the Universalist Church of the Redeemer in Chelsea, Massachusetts. Over time, a few other American communities adopted his idea. Like Children’s Days in other countries, the holiday is dedicated to children’s welfare and rights and a recognition of their contributions. American parents are
(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 – JUNE

Birthdays'

**Steven Monfort	June	2
**Alfred Price	June	6
** Danny Wells	June	6
**Marilyn Conley	June	8
**Christina Williams	June	8
**Jahmir Dyse	June	8
**Christopher Dallas	June	11
**Devon Steele	June	15
**Jessica Smalls	June	15
**Alvin Bruton	June	17
**Dorothy Dixon	June	20
**Victor Rocker	June	21
**Ebony Boyd	June	30

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 & Evening of Praise -
July 18, 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

Kim Komando TIPS

Below Newsletter

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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