



Atlanta Metro Life!

From Pastor Paige



Hey Metro Family!

This past Sunday, my cousin and I went for a walk on the Beltline. It was a beautiful day, but the journey there got so crazy that it almost made me turn around. As we got closer to the park, it started raining cats and dogs! Now, with the storm, we have low visibility and the road is starting to flood. Remembering my driving instructor's lesson on what to do when driving through bad weather. He said, "Keep going because eventually you'll outpace the storm." I kept pressing on, and in the end, we had a beautiful day.

"Level Up" & "Fall Festival"
See Pages 8

My Sunday is a microcosm of what we go through in life. Storms pop up unexpectedly, and we are tempted to pull over. My word for you today is keep going, because you're gonna outpace this storm by the grace of God.

Remember we serve a God who commands storms! Luke 8: 24-25 says, "The disciples went and woke him, saying, "Master, Master, we're going to drown!" He got up and rebuked the wind and the raging waters; the storm subsided, and all was calm. "Where is your faith?" he asked his disciples.

In fear and amazement they asked one another, "Who is this? He commands even the winds and the water, and they obey him." Don't panic, just keep driving and God will get you past whatever storm you're going through.

Sincerely,
Pastor Paige



ATLANTA METRO LIFE!
JULY - 2026 – ISSUE

THIS MONTH'S NEWS
CONTINUED ON PAGE 9



Great Bible Courses
You can Study or invite
someone to study!
bibleschools.com/en/165

***Community Food Centers** (pg 3)
South Fulton Senior Services (pg 3)

*American History BLACK HISTORY
“Unless You Search, You Won’t Know
This About Albert Einstein” pg4

*Community Services, Stewardship &
Life Space Market Place pg.5

Youth and Children’s Place pg. 6
“Second Chance Summer Part 1”

Praise and Worship pg. 7

Health Ministry - pg. 9

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

@atlmetrodda | admin@atlmetrodda.org

www.atlmetrodda.org



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

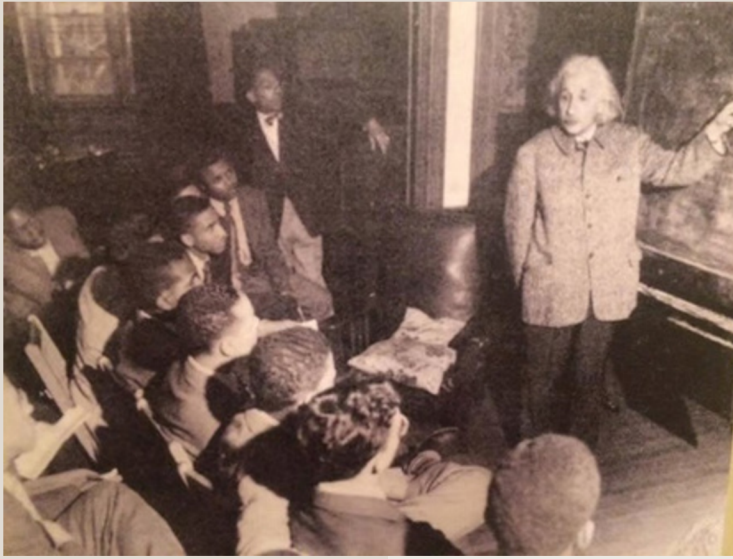


CONTACT US TODAY!

404-559-0070

info@southfultonseniorservices.org

www.facebook.com/southfultonseniorservices



Albert Einstein – Advocate for Racial Justice

Albert Einstein came to the United States in 1933 and became a U.S. citizen in 1940, after fleeing Nazi persecution. In his new home, he became a visible and outspoken supporter of African American civil rights—backing the cause in public, behind the scenes, and through groups and campaigns.

Writings and public statements

In 1946, Einstein published an essay called “The Negro Question,” where he called racism in the U.S. a “deeply entrenched evil.” He argued that the American promise of equality mostly applied to “men of white skins,” and he said he couldn’t accept staying silent while that reality persisted. That same year, at Lincoln University (a historically Black college), he received an honorary degree and lectured on relativity. He also made a remark that many people still quote today: racism, he said, was “a disease of white people,” and he added, “I do not intend to be quiet about it.” Mainstream newspapers barely covered his visit—most of the attention came from the Black press.

Organizational work and alliances

Einstein wasn’t just a lone voice—he also worked

within civil rights networks. He was a member of the NAACP and supported its goals publicly. He joined efforts to push for federal anti-lynching legislation and partnered with prominent activists like Paul Robeson. Together, they co-chaired **anti-lynching campaigns** and collaborated on other civil-rights initiatives. He also publicly defended the Scottsboro Boys—nine Black teenagers who were falsely accused of rape in Alabama in the 1930s. Einstein used his platform to highlight these kinds of injustices and the broader patterns behind them.

Personal interventions and support

When contralto Marian Anderson was denied a hotel room in Princeton because she was Black, Einstein invited her to stay at his home during that visit—and again during later trips. In Princeton, he built ongoing relationships with the local Black community. He’d walk through neighborhood streets, talk with residents, give candy to children, and even paid tuition for at least one young student. He also spoke out against segregation in his adopted town—something Paul Robeson later described as “the northernmost town in the South.”

Legal and public-pressure support

Einstein also offered support through correspondence and advocacy. He worked closely with W. E. B. Du Bois. In 1951, when Du Bois was indicted for failing to register under the Foreign Agents Registration Act tied to the Stockholm Peace Petition, Einstein offered to appear as a character witness. His willingness to vouch for Du Bois helped persuade the judge to drop the case.

Even during the late 1940s and 1950s—when a

(Continued Below Newsletter) 4



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 Promise

Malachi 3:10 New International Version

10 Bring the whole tithe into the storehouse, so that there may be food in my house. Test me in this," says the LORD Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it.

Church Family

Stewardship Ministries encourages members to take the God First I PROMISE commitment. Join me in taking this challenge and see the goodness of the Lord. If anyone has questions about Stewardship or would like to join the Stewardship team, contact Deloris Walker @404-316-7228.

GOD FIRST

I PROMISE:

	To SET APART the first moments of each day to commune with the Lord through PRAYER , the STUDY of the Bible, the Spirit of Prophecy and the Sabbath School lessons, and in FAMILY WORSHIP .	☐
	To IMPROVE my RELATIONSHIPS : growing in faithfulness, forgiveness, and loving by principle.	☐
	To ESTABLISH one new HEALTHY HABIT , to better serve the Lord with my mind: _____	☐
	To DEVOTE regular time each week to WORK for God, spreading the good news to others through Bible studies, small groups, etc. (TMI).	☐
	To KEEP the SABBATH , preparing for it accordingly on Friday, keeping its limits, right thoughts, and activities.	☐
	To FAITHFULLY RETURN the Lord's TITHE (10% of my income).	☐
	To DEDICATE a percentage (____ %) of my income as a regular OFFERING to the Lord.	☐

WITH GOD'S HELP: _____ DATE: _____

STEWARDSHIP MINISTRIES



"Second Chance Summer - Part 1 (Online Guide Magazine)

JULY 2026

The hallways filled with students, walking to their classes. Jordan shifted his backpack to his other shoulder. The air was hot and stuffy. "Typical." He muttered.

Logan bumped into him.

"Oh, hey man. Logan said. Got any plans after school?"

Jordan barely looked up. "Oh, Hi. My plan is to get through school, go home and sleep."

"Sounds depressing."

"It's called peace."

"That's the same thing." Logan shrugged.

"Anyway, Brad and I were going to hangout at the skate park. Wanna come?"

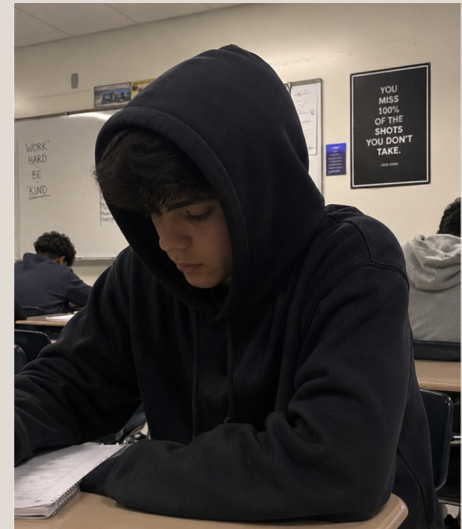
Jordan finally looked up and sighed. "Nah, I'm good."

"Bro, you never want to hangout." Logan looked down.

Jordan yawned. "No, I guess I'm just busy."

"You literally said that you were gonna sleep. You always shut people out man." Logan said.

Jordan's head snapped up. "Maybe because I don't want to talk to people. I just want to go home today. Got a problem?"



"I didn't mean it like that. I meant-"

Jordan scoffed and turned around and walked off.

(Continued Below Newsletter)

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



PRAISE AND WORSHIP

JULY 2026



PRAISE & *Worship*

SAVE THE DATE

AN EVENING OF PRAISE

JULY 18, 2026; 6 PM – 7:30 PM

Atlanta Metropolitan SDA Church
555 Hemlock Circle SE
Atlanta, GA 30316

An evening of Praise, Worship & Fellowship

Bernita L. Long, Praise Team Leader



WE Are
FAMILY
atlmetrosda.org c 2026

www.atlmetrosda.org



JULY 2026

LEVEL UP & FALL FESTIVAL

Level Up: Empowering "You"th for better choices!

555 Hemlock Circle SE
Atlanta, GA 30316
August 1, 2026 7 pm

Calling all Middle & High School students - Let's Discuss Topics affecting "you"th.

See below for details

Fall Festival -

A Day of faith, family and fellowship -
October 11, 2026
2:30 - 6:00 pm

555 Hemlock Circle SE
Atlanta, GA 30316

Taste and see that the Lord is good.
Psalm 34:8

See below for details

LEVEL UP:
EMPOWERING "YOU"TH
FOR BETTER CHOICES!

AUGUST 1ST, 2026 | 7PM
555 HEMLOCK CIRCLE, ATLANTA

The Health and Temperance Department presents:
LET'S DISCUSS TOPICS AFFECTING "YOU"TH
(CALLING ALL MIDDLE AND HIGH SCHOOL STUDENTS)

SOCIAL MEDIA SAFETY
SUBSTANCE ABUSE
VAPING

REAL TALK. REAL ISSUES. REAL IMPACT.

GUEST SPEAKER ERIC GIBSON
CERTIFIED PEER SPECIALIST IN ADDICTIVE DISEASE AND MENTAL HEALTH

DON'T MISS IT!
BRING A FRIEND. BE THE DIFFERENCE.

LIGHT REFRESHMENTS TO FOLLOW AND THE PERSON WHO BRINGS MOST GUESTS WILL WIN A SPECIAL PRIZE!

ATLANTA METROPOLITAN SDA CHURCH
HEALTH AND TEMPERANCE
FAITH • FELLOWSHIP • FOOD • FUN

ATLANTA METROPOLITAN SDA CHURCH
FAITH • FELLOWSHIP • FOOD TRUCKS/VENDORS • FUN

FALL Festival
A DAY OF FAITH, FAMILY & FELLOWSHIP

OCTOBER 11, 2026
2:30 PM - 6:00 PM

FAMILY FUN **GAMES & ACTIVITIES** **FOOD TRUCKS/VENDORS** **PRIZES** **MUSIC** **FELLOWSHIP**

EVERYONE IS Welcome!

Come Celebrate the Blessings of the Season!

"Taste and see that the Lord is good."
PSALM 34:8

555 HEMLOCK CIR SE, ATLANTA, GA 30316

THIS MONTH'S NEWS

We are Family in 2026

FORGIVENESS

MERCY

KINDNESS

SACRIFICE

*Celebrating the Birthdays and
Anniversaries of our members -*

Happy Birthday – JULY

Birthdays'

**Sirak James	July	7
**Cephia Holliman	July	11
**Mark Copeland	July	12
**Ednalyn Atchison	July	13
**Keith Ruybalid	July	14
**Jaylon Green	July	16
**Claudia Knight	July	19
**Loghan Walker	July	19
**Stephen Thompson	July	23
**Alexis Coleman	July	27
**Aaron Brantley Jr	July	31

Let's celebrate your anniversary;

Share admin@atlmetrodda.org

PRAYER MEETING: WED. 7:30 PM

Zoom Meeting ID: 853-4344-3792

Passcode: 540222



Nightly Prayer 8 pm; NEW Zoom

Mtg ID 812 5047 8428; PC: 488912; What Has Been A Blessing?
or Ph.# 312-626-6799 Mtg ID & pc. What can we do better?
admin@atlmetrodda.org

Church Calendar - 2026

***Communion July 4, 2026; 11:30 am**

***Evening of Praise - July 18, 2026,
6:00 - 7:30 pm**

***Health AY - Aug 1, 2026 7 pm**

***Women's Day - Aug 8, 2026 11:30 am**

***Praise & Paint - Sept 2026**

***Stewardship - Sept 20, 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

*"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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SDA CHURCH
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Atlanta Metropolitan SDA Church - JULY 2026 — ISSUE

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