



Atlanta Metro Life!

From Pastor Paige



Hey Metro Family!

Can you all believe we are past the halfway mark of the year? God has been good. He has protected, provided, and produced so much in our lives.

As we have reached the middle of the year, I reflected on the progress of some of my goals. Maybe you will consider doing the same?

You may be discouraged because you haven't made the progress you

thought you would have by now. The discipline was low. Life started "lifing". Maybe unexpected issues arose.

I want to tell you that it's not too late to give your effort to your goals! Start today even if you have to start small and work your way up from there. James 1:12 says, "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him."

Persevere and win the prize!

Sincerely,

Pastor Paige

"Tech Tips from Kim Komando"
See Pages 8



ATLANTA METRO LIFE!
AUGUST - 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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*American History **BLACK HISTORY**
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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

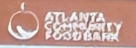


NEED GROCERIES?

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



SOUTH FULTON SENIOR SERVICES



Getting To The Heart Of The Matter

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



SEPARATE AND UNEQUAL

*George McLaurin: The life and legacy
of the first black student at OU*

George W. McLaurin was already an experienced educator when he stepped into one of the most important civil rights battles in American history. Born on September 16, 1894, he devoted his life to education, studying at Langston University and later earning a master's degree from the University of Kansas. He taught for years at Langston University, but he wanted to continue his own education and pursue a doctorate at the University of Oklahoma. In the late 1940s, that simple goal brought him into direct conflict with Oklahoma's segregation laws.

In 1948, McLaurin applied to the University of Oklahoma, but because he was Black, the state's laws prevented him from being admitted alongside white students. Rather than accept the rejection, he challenged it in court. A federal court ruled that he had to be admitted, making him the first Black student at the University of Oklahoma. That should have been a historic victory on its own, but the university did not treat him as an equal once he arrived.

Even though McLaurin was now a student, the university forced him to live the reality of segregation every day. In class, he had to sit apart from everyone else. In the library, he was assigned a separate area. In the cafeteria, he had to eat in a designated space away from white students. He was physically present at the university, but the school's rules made sure he was isolated from the normal life of learning, conversation, and academic exchange.

McLaurin understood that education was more than just being allowed into a building. Real learning depended on the ability to talk with classmates, engage professors, exchange ideas freely, and participate fully in academic life. So he went back to court, arguing that the university's treatment denied him equal education even though he had technically been admitted. His case reached the U.S. Supreme Court as *McLaurin v. Oklahoma State Regents*.

In 1950, the Supreme Court unanimously ruled in his favor. The justices recognized that the segregation imposed on him was not a minor inconvenience; it damaged his ability to study, learn, and interact with others in ways that were central to graduate education. By separating him inside the university, Oklahoma had given him an education that was clearly unequal. The ruling declared that this violated the Equal Protection Clause of the Fourteenth Amendment.

(Continued Below Newsletter)



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



Discovering Tithe & Offering (Online Guide Magazine)

During my devotional one day, I

was faced with a conundrum. I was learning about tithes and offerings and why they were so important to be of free will and why everyone should contribute what they could. But my study journal posed a question that once again asked me to dig deeper (which is what that devotional had been designed to do and had been efficiently doing since day one). It asked, "Should a poor person really be expected to return a tithe on his means?" I paused for a long, long moment. The question wasn't that difficult, was it? So I wrote down these words, "I know the usual response is, 'The widow gave her two mites,' but WHY? Why was it important for her to give? Did she just want God's favor? No, surely not. I wish I knew exactly what had been running through her head. Maybe to her it just meant that much to her to love, honor, obey, and praise her Lord?" That's where I ran out of room, but my thoughts carried on. And maybe this was why she gave. I suppose we'll never really know for sure. But we can speculate, and here's how it might have happened. . . .----

Jemimah was a widow with dwindling means. Every day she passed by the temple and saw the religious leaders dumping loads of money into the offering bowls. It seemed to her like they had endless supplies of money! She only had a few mites, and she was quickly running out.

She could find no work for there wasn't much that a widow could do. She scrounged for what little she could. Sometimes she found some dropped coins, but people were careful enough about their money that that wasn't often.

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Yet as long as I am blessed with food every day, she determined, I shall give back to Him who sends it.

Every week Jemimah went to the temple. She made her way to where she could give her offering—the most inconspicuous one that was available—gave her offering, turned, and went away. The sight and sound of the generous donations brought tears to her eyes. (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

Metro SDA & Praise Team extend thanks & gratitude to those that attended, participated and, watched online in making "An Evening of Praise", a great success. Giving Glory & Honor to God



Bernita L. Long, Praise Team Leader

www.atlmetrosda.org



AUGUST 2026

KIM KOMANDO : “TECH ALERT”

TECH ALERT The second sting



- **Scammers are impersonating the FBI to target people who already lost money to fraud once.**
- **They use AI-generated videos of real FBI officials, fake agent profiles and cpycat versions of ic3.gov to look legitimate.**
- **If you or someone you love has ever reported a scam or lost money to one, you're exactly who they're looking for.**

Read time: 2 minutes

This is alarming. Scammers are impersonating the FBI itself, specifically the people who handle Internet Crime Complaint Center reports. And they hunt one group above all others: Americans who already lost money to a scam. The pitch sounds like mercy: We recovered your funds. We can help you file to get them back. Simply cover the fee.

Why it looks so real

The bureau updated this alert, and the upgrade is the ugly part. Criminals run AI-generated videos of senior FBI officials. They build social media profiles for agents who never existed. They stand up cpycat sites that mimic the complaint center's hub at ic3.gov,

issue official-looking case reference numbers and move it all to Telegram. A security firm spotted one Facebook page calling itself “Ic3 Scam Recovery Inc.,” complete with invented testimonials promising a professional case assessment.

Here's how they find you. They read the public posts. Somebody vents in a Facebook group about losing eight grand, and within a day, a polite stranger slides into their direct messages.

The numbers explain the effort. The IC3 logged more than a million complaints in 2025 with losses topping nearly \$21 billion, a 26% jump in a single year. Americans 60 and older absorbed more than \$7.7 billion of that. Government impersonation alone drew over 32,400 reports and nearly \$800 million in losses.

Burn these four rules into your brain One. The IC3 has no social media presence. None. Any Facebook page, X account or Instagram profile claiming to be IC3 is fake, full stop.

Two. The FBI will not call, email or text you offering to recover your money. That call is a scam.

Three. Type ic3.gov into the address bar yourself. Skip the search results, especially the sponsored ones.

Confirm the address ends in .gov before you type a single detail.

Four. Nobody legitimately charges you a fee to get your own money back. The second somebody mentions crypto, gift
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 –

‘AUGUST

Birthdays’

**Aleece Holliman	Aug	7
**Dante Alfinda	Aug	9
**Joseph Jones	Aug	9
**Serita Walker	Aug	22
**Bernita Long	Aug	24
**Sasha Bracey	Aug	26
**Danielle Green	Aug	26
**London Walker	Aug	29

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

Level Up: Empowering “You”th

For Better Choices - August 1, 2026

Women’s Day - August 8, 2026

Stewardship - Sept 20, 2026

Praise & Paint - TBD - Sept 2026

Fall Festival - 10/11/26

Blankets & Biscuits Oct. 2026

Holiday Can Drive (Nov./ Dec.)

HEALTH MINISTRY

Often called “NEUSTART,” 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**

*"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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Let Us Know!

What has been a blessing?

What can we do better?

admin@atlmetrodda.org





Atlanta Metro Life!

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404-627-2970 — atlmetrosda.org —