



Atlanta Metro Life!

From Pastor Paige



Hey Metro Family!

As our quarter for discipleship comes to an end I'd like to ask us all the reflective question: **"Am I a Disciple?"**

Remember as I preached earlier in the quarter that that isn't a question we should be scared to answer.

For if we are disciples we should in summery love our neighbors, be students of the Word, and doers of the Word.

As the quarter ends I'd like us all to remember these Words found in John 14: 15, **"If ye love me, keep my commandments."** Family, let's be intentional to be Christ's disciples everyday. Remember, the best marketing for discipleship to the World around you is the love you show everywhere you go.

Sincerely,

Pastor Paige

"Secrets of the Geeks' from Kim Komando"
See Pages 8



ATLANTA METRO LIFE!

Forgiveness * Mercy * Discipleship * Sacrifice

Sharing the love of Jesus and building a stronger community together.

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555 Hemlock Cir

ATLANTA, GA 30316

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SEPTEMBER 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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Tell me the Story of Jesus



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



@atlmetroda | admin@atlmetroda.org

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NEED GROCERIES?
WE'RE CONNECTING NEIGHBORS
IN NEED WITH FOOD.
CALL (478) 394-4547

COMMUNITY FOOD CENTER

ATLANTA METRO
SOUTH FULTON

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



CONNECTING SENIORS TO RESOURCES & COMMUNITY

WHAT WE OFFER!

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



CONTACT US TODAY!

- 404-329-0010
- info@southfultonseniorservices.org
- www.facebook.com/southfultonseniorservices

admin@atlantametrosda.org

WWW.ATLMETROSDA.ORG



American History – BLACK HISTORY

Labor Day, African Americans Moves for Equity and A. Philip Randolph



Labor Day is a holiday of Parades, picnics, and rest – but hidden workforce of a glamorous industry. they carried luggage, made beds, shined shoes, and endured long hours, low pay, and always carried a deeper charge. A humiliating treatment – including being called “George” instead of their names. Randolph gave them something more unfinished struggle to turn labor into dignity, and dignity into justice.

The holiday itself emerged from the labor movement of the late 1800s. The first Labor Day parade was held in New York City on September 5, 1882, and the day became a federal holiday in 1894. It was meant to honor workers, yet Black workers often found themselves standing outside the circle of recognition, essential to the nation’s labor force but denied full respect on the job and in the unions meant to protect them.

That contradiction set the stage for one of the great figures in American labor history: A. Philip Randolph. Born on April 15, 1889, in Crescent City, Florida, Randolph came of age in a country that promised freedom but delivered segregation and exploitation. In Harlem in the 1910s, he and Chandler Owen launched “The Messenger”, using journalism as a weapon against racism and economic injustice. Randolph understood early that the fight for wages, hours, and working conditions was inseparable from the fight for Black freedom.

His most famous battle began in 1925, when Black Pullman porters asked him to lead their organizing drive. On August 25, 1925, the Brotherhood of Sleeping Car Porters was formed in New York City. The porters were the hidden workforce of a glamorous industry.

The fight was brutal and slow. The Pullman Company resisted, and the porters faced fear, surveillance, and retaliation. But Randolph did not break. In 1935, the Brotherhood won AFL affiliation, and in 1937 Pullman finally recognized the union and granted a contract that improved wages and hours. It was a victory for Black labor and a warning to America that Black workers would no longer remain silent in the shadows.

Randolph’s struggle expanded far beyond the railroads. In 1941, he threatened a massive march on Washington to protest discrimination in defense hiring. The pressure worked. On June 25, 1941, President Franklin D. Roosevelt signed Executive Order 8802, banning discrimination in defense industries. Randolph had forced the nation to confront its own hypocrisy; democracy abroad could not coexist with racism at home.

He returned to the national stage in 1963 as a chief architect of the March on Washington for Jobs and Freedom, proving that civil rights without economic justice was incomplete. The same man who fought for fairness in the railroad car also fought for jobs and freedom for millions.

(Continued Below Newsletter)



COMMUNITY SERVICES & STEWARDSHIP

Community Service Plans:

Community Services needs you to help plan and organize service projects. Please contact Serita at 404-265-8402. 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's true the congregation needs each one of us 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

WE ♥ OUR MEMBERS!

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 Delorie Walker @404-316-7228.

GOD FIRST

I PROMISE:

- | | | |
|---|--|--------------------------|
| 1 | TO RETURN THE WHOLE TITHE (10%) TO GOD, GIVING HIM THE FIRST FRUITS OF MY LABOR AND INCOME AS TAUGHT IN SCRIPTURE. | ☐ |
| 2 | TO RETURN MY STEWARDSHIP (HOLY) OFFERINGS TO SUPPORT CHURCH BUDGETS. | ☐ |
| 3 | TO RETURN MY (NON-HOLIDAY) FAITH (LOCAL) OFFERINGS TO SUPPORT. | ☐ |
| 4 | TO RETURN HOLIDAY OFFERING IN HONOR OF CHRIST'S LIFE, DEATH, AND RESURRECTION (HANDBELL, EASTER, ETC.) | ☐ |
| 5 | TO GIVE TO HUMANITARIAN SERVICES (LOCAL, NATIONAL, AND GLOBAL) TO SUPPORT THOSE IN NEED. | ☐ |
| 6 | TO GIVE MY TIME, TALENTS, AND SERVICE TO ADVANCE THE GOSPEL. | ☐ |
| 7 | TO BRING ONE SOUL TO CHRIST THROUGH SINCERE WITNESSING. | ☐ |

WITH GOD'S HELP, I WILL:



STEWARDSHIP MINISTRIES



The Storm in the Old Storage Room

(Discovery Mountain)



A storm had been building all afternoon over Discovery Mountain, rolling in slow and dark behind the peaks. By sunset, the wind was moaning through the pines, rattling the windows of the lodge, and the whole mountain seemed to be holding its breath.

Inside, the campers crowded near the fireplace while Mrs. Morales tried to calm everyone with hot cocoa and a brave smile. But Milo couldn't sit still. Something about the storm felt wrong. Not dangerous exactly—just wrong, like the mountain was trying to warn them.

Then the lights flickered.

Once. Twice.

And went out.

A hush fell over the room.

From somewhere in the dark hallway came a sound: a soft thump, then another, as if someone—or something—was moving through the lodge without a light. Josh whispered, "Did you hear that?"

Milo took a step forward. His flashlight beam shook across the wall, catching a trail of muddy footprints leading away from the front door and toward the old storage room that no one ever used anymore.

"Why would anyone be in there?" Amber asked.

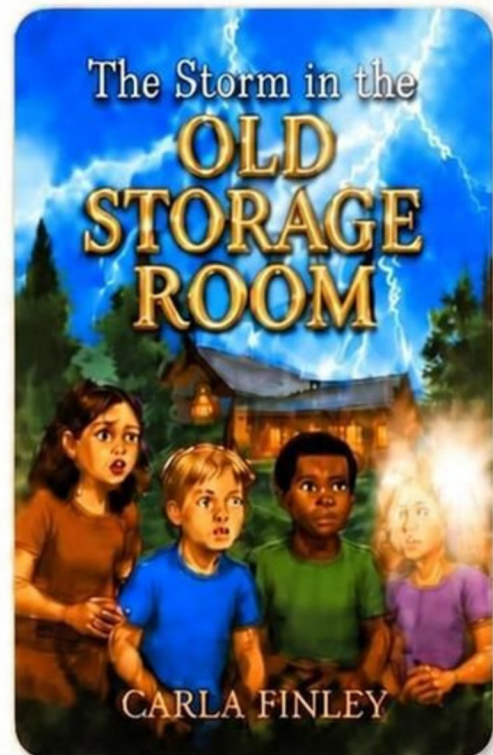
No one answered.

When they opened the door, the air inside was cold and smelled like cedar and dust. Shelves lined the walls, stacked with old lanterns, maps, and forgotten boxes. At the very back sat a small tin case, the kind used for letters or valuables. It had been hidden behind a pile of blankets. Milo reached for it just as thunder cracked outside.

(Continued Below Newsletter)



SEPTEMBER 2026



WHAT IS LIFE SPACE ??

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

What is the Life Space Market Place?

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?

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

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



(678) 254-1940
LifeSpaceWellness.org

LifeSpaceWellness.org



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Faith & *Finances*



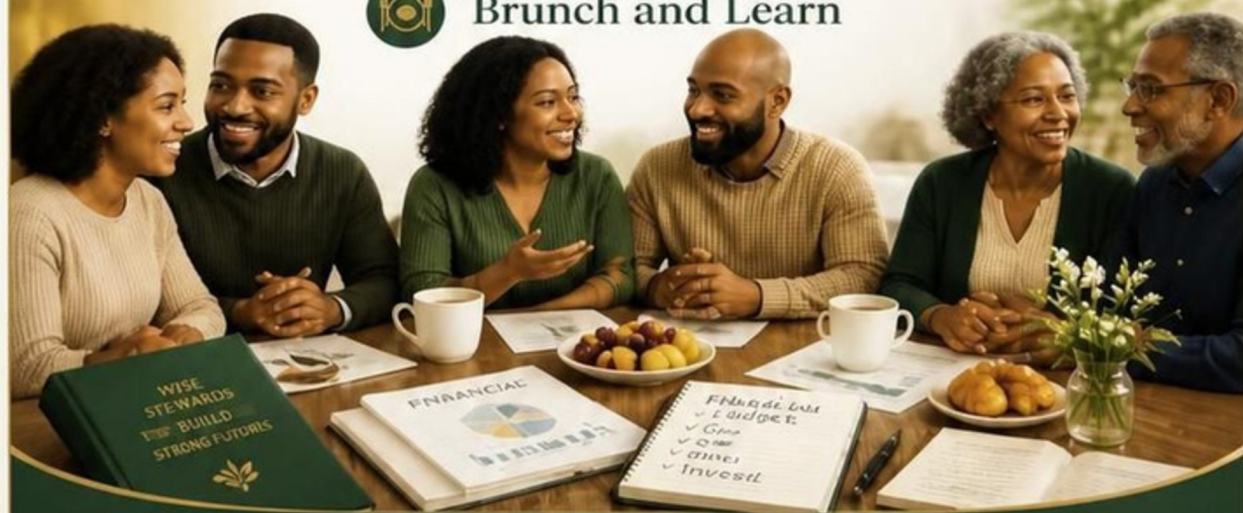
September 20, 2026



10:30 am - 2:00 pm



Brunch and Learn



Focusing on *debt free* living
and *continuous giving*



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Kim Komando: “Secrets of the Geeks”

Smart tech tips, insider secrets, and practical advice to help you get more from your devices and your day.



Image: ChatGPT/Kim Komando

WOW: *Your cable company charges about \$15 a month, forever, to rent a box you can own for \$60. The airline seat map showing “almost full”? It’s a sales floor, not an inventory list. And a \$12 part could revive that dead dryer. Six trade secrets, Round 2—free.*

Read time: 2.5 minutes

Every trade has secrets. When I wrote *fire repair-counter tricks* a few weeks back, your replies all said the same thing: More, please. Fair’s fair. Six new ones, straight from the pros, free of charge.

1. **The gate agent’s seat map.** All that gray doesn’t mean sold out. Airlines block seats for elite fliers, families and day-of assignment, then offer you the aisle for \$39. It’s a sales floor, not an inventory list. And always book direct. The federal 24-hour rule gives you a free cancellation window. Expedia bookings don’t count.
2. **The hotel’s front desk magic hour.** The 500 number reads a script. The actual front desk can 2b. comp late checkout, waive fees and hand out upgrades. Midafatenoon is the magic hour, after checkout and before the evening rush, when the desk knows what’s sitting empty. Call the hotel directly and say the words: “Is there any flexibility here?” Be kind. Clerks bend rules for kind.

3. **The cable guy’s confession.** That \$15-a-month “equipment fee” rents a box you can buy for about \$60. It pays for itself in four months. Over a decade, renting costs \$1,800. Check your ISP’s compatibility list, buy your own, return theirs and keep the receipt. Here is the [one I recommend](#).

4. **The appliance tech’s \$12 rule.** A “dead” dryer can often be resurrected with a \$12 thermal fuse. A “broken” dishwasher is usually the result of a clogged filter you never knew existed. Twist, rinse, done. Before booking the \$150 house call, type your model number and symptom into AI and see what comes back.

5. **The help desk’s sacred order.** “Have you tried turning it off and on again?” became a joke because it keeps working. A restart clears jammed memory and hung programs. The pro sequence: Restart first, reseal the cable second, panic never.

6. ♦♦ **The photographer’s #htrtaleave secret.** \



Continued in this issue



This Month's News

- We Are Family in 2026
- Forgiveness
- Mercy
- Discipleship
- Sacrifice



Church Calendar

Stewardship - Sept 20, 2026
 Fall Festival - 10/11/26
 Blankets & Biscuits-Oct. 2026
 Holiday Can Drive (Nov./ Dec.)



SEPTEMBER BIRTHDAYS

**Somonah Bailey 1
 **Joshua Gathers 3
 **Larry Germany 3
 **Aaron Brantley 4
 **Mark Green 7
 **Kyle Holliman 12
 **Checha Reddy 14
 **Dior Bracey 15
 **Tireon Rucker 17
 **Dawn Ross 20
 **Dawn Ross-Hurt 20
 **Latonya Rogers 21
 **Ashley Black 26

Let's celebrate your anniversary!

Share admin@atlmetrodda.org



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

66

"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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Prayer Meeting



WED. 7:30 PM
 Zoom Meeting ID:
 835-4344-3782
 Passcode: 540
Nightly Prayer 8 PM;
 Zoom Mtg ID 824 2545 1144,
 PC: 089712; or Ph. #
 901-715-6592 Mtg ID & pc.

Let Us Know!

What has been a blessing?
 What can we do better?



admin@atlmetrodda.org



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Stay Connected

WE'RE HERE FOR YOU.

At Atlanta Metro Life, we are committed to sharing God's love, building stronger relationships, and serving our community.

Whether you have a question, need prayer, or want to get involved, we'd love to connect with you.

“

Beloved, I wish above all things that thou mayest prosper and be in health...

– 3 JOHN 2



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