Atlanta Metro Life!

From Pastor Paige



Hey Metro Family!

Happy October everyone! Can you believe we're in the final quarter of the year? Our theme this year has been **We Are Family**, and what a blessing the year has been.

Our final Quarter theme is **Sacrifice.** Every healthy family has members in it willing to sacrifice for one another. I'll be specifically continuing to preach through the seven churches specially this week starting with Thvaira, Jesus addressed these churches and He's also addressing us in these last days.

Therefore as you prepare prayerfully ask the question, "ı light of Christs sacrifice for me, what can I do for Him?" Romans 12:1 says, "I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship."

As we go through this final quarter seek for ways to serve the Lord more intentionally. We have a great opportunity coming up with our **Fall Festival**, the **It Is Written Evangelism** meetings at Southside, and there are plenty of other ways to serve right here at Metro.

As my Grandmother would say,
"Only what we do for Christ will last."

Sincerely,

Pastor Paige

"I Spy with My Eye" from Kim Komando
See Page 8

WE Are FAMILY

ATLANTA METRO LIFE!
ATLANTA METROPOLITAN SDA CHURCH
555 HEMLOCK CIR.
ATLANTA, GA 30316
404-627-2970 · ATLMETROSDA.ORG

ATLANTA METRO LIFE!
OCTOBER–2026

THIS MONTH'S NEWS
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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: 853-443-3792
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

Support for Healthy, Connected Living

Local resources for food assistance, senior support, and community connection.

NEED GROCERIES?

WE'RE CONNECTING NEIGHBORS IN NEED WITH FOOD.

CALL (478) 394-4547

COMMUNITY FOOD CENTER

FEEDING AMERICA

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 SERIVICES

Getting To The Heart Of The Matter

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!

404-559-0070

info@southfultonseniorservices.org

www.facebook.com/southfultonseniorservices

THE LIGHT THEY TRIED TO BURY

An Educational Historical Drama in Three Acts

History is not just dates and names; it is the heartbeat of people, the rise and fall of cities, the triumph of knowledge, and the courage to look beyond the limits imposed by others.

This three-act historical drama brings to life true stories of brilliance, resilience, and faith that shaped our world—stories they tried to bury, but history refuses to forget.



The city breathes at night. That is the first thing strangers notice — that a city this large, this alive, is illuminated after dark. Miles of paved roads catch the torchlight and throw it back against whitewashed walls.

There are street lamps here. There are street lamps in Córdoba in the 10th century, while London is mud and timber and the smell of animals. While Paris has not yet learned to pave a road.

A traveler from the north — a German nun named Hrosvitha — will later write home calling Córdoba "the gem of the world."

> ***History is more than what we were taught.***

A NOTE BEFORE THE CURTAIN RISES

What follows is historical drama — meaning the facts are real, the events happened, and the people lived. The dramatic framing is a vehicle, not a decoration. Some dialogue is reconstructed from what is documented in recorded history. Some is imagined in the spirit of what we know was true.

Everything else — the science, the cities, the books, the burning — is documented history. Pay attention. Because history, it turns out, is *not* what most of us were taught.

A CITY OF LIGHT AND LEARNING

Córdoba in Al-Andalus was more than beautiful — it was brilliant. Under the wise leadership of scholars and rulers who valued knowledge, the city became the intellectual heart of the world.

Here, people of different faiths and backgrounds studied together. Libraries held hundreds of thousands of books at a time when the largest in Europe held only a fraction.

There were 70 public libraries, the largest holding 400,000 books.

There were 900 public baths, parks with trees and fountains, and hospitals where physicians practiced medicine using advanced texts translated from Greek into Arabic and improved upon.

In the markets, merchants used something new — Arabic numerals. Among them, a concept so powerful it rewrites the mathematics of the entire planet: zero.

At the heart of it all stood the **House of Knowledge** — a great library where Muslim scholars, Jewish philosophers, Christian mathematicians, and others warked side by side, discovering things that would not reach Northern Europe for anntther two centuries.

Continued Below Newsletter

Community Service Plans

Community Services needs you to help plan and organize service projects. Contact Serita at **404-263-8492.** We also need support organizing donations, planning, and marketing.

2026 Community Projects

- **Create 20 flood/emergency buckets for families in crisis/natural disasters**
- **Fall Festival**
- **Can Goods Drive**



Be blessed,

Serita Walker,
Community Service Ministry Leader

Stewardship Promise

Malachi 3:10 (NIV)

"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, we invite you to take the God First—Promise commitment. Join us in putting God first in every area of life and experiencing His abundant blessings.
If anyone has questions about Stewardship or would like to join the Stewardship team, please contact Deloris Walker at **404-316-7228.**

GOD FIRST — PROMISE

- **P — PRIORITIZE** God first by setting aside time each day for prayer, Bible study, and fellowship. ☐
- **R — RELATIONSHIPS:** Grow in Christ-centered relationships that encourage and build others up. ☐
- **O — OFFERING:** Give cheerfully and faithfully of my tithes and offerings to support God's work. ☐
- **M — MINISTRY:** Use my time and talents to serve God and make a positive impact. ☐
- **I — INTEGRITY:** Live with honesty, compassion, and respect in all that I do. ☐
- **S — SABBATH:** Keep the Sabbath holy as a day of rest, worship, and renewal. ☐
- **E — EVANGELISM:** Share God's love and hope with others. ☐

WITH GOD'S HELP — **DATE:** _____

An original October story inspired by the spirit of faith-filled mountain adventures

The wind stirred the golden leaves along Pine Ridge Trail as Mia hurried toward home. She had promised Grandpa she would be back before sunset—but now the sky was turning orange, and she was still carrying a basket of apples from Mrs. Harper's orchard.

"Why did I stop to help pick up those fallen branches?" Mia muttered. "Now I'm late."
A faint cry came from behind a cluster of bushes.

Mia stopped. **"Hello?"**
There, tangled in a patch of thorny vines, was a small brown dog with a red collar. It whined and pawed at the ground.

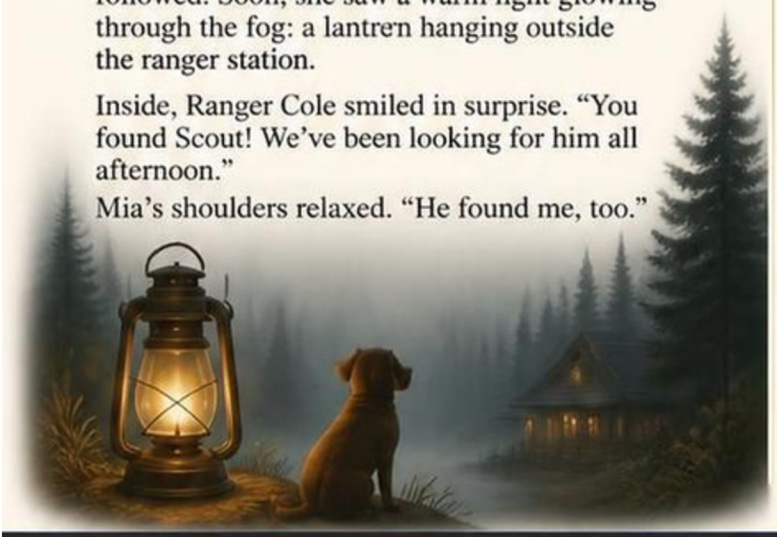
"Oh, you poor thing." Mia set down her basket. Carefully, she pulled the vines away one by one. The dog licked her hand and wagged its tail.

Just then, a thick fog rolled between the pine trees.
Mia looked down the trail. The path home had disappeared.
"I don't know which way to go," she whispered.

The dog trotted a few steps ahead, then turned back and barked. Around its collar was a tiny metal tag: Ranger Station—Pine Ridge.

"Do you know the way?" Mia asked.
The dog barked again and started down a narrow trail. Mia picked up her apple basket and followed. Soon, she saw a warm light glowing through the fog: a lantern hanging outside the ranger station.

Inside, Ranger Cole smiled in surprise. "You found Scout! We've been looking for him all afternoon."
Mia's shoulders relaxed. "He found me, too."



Community Wellness Spotlight



Continued Below Newsletter

Autumn Gold: Colors and Joys of the Harvest



In the rolling hills of Orange County, Virginia, the air in October carries a specific kind of joy that seems to spread everywhere. As the humidity of August fades into the crisp, amber-hued mornings of October, many of us think of pumpkin patches and apple cider. But for the African American community, the arrival of autumn has historically been more than a change in weather—it is a season of homecoming, a celebration of agricultural resilience, and a vital reclamation of joy. To understand the heart of these celebrations, we have to look back to the soil, across different lands and different eras.

Imagine a crisp evening in the late 19th century in the Lowcountry of South Carolina. The air is thick with the scent of salt marsh and roasting corn. A community has gathered in a clearing, far from the watchful eyes of the plantation overseers who once claimed their labor. There is a rhythm here—the steady beat of a drum and the call-and-response of a song that has traveled across an ocean and survived a century of hardship. Among them is a grandmother, her hands calloused from decades of tending the earth, stirring a massive iron pot of slow-simmered colllard greens and smoked meats. For her, this gathering is a quiet act of rebellion seeking peace through sharing. By sharing food they grew and music they preserved, they are asserting that they belong to one another and to the land, regardless of who claims to own the deed. This was the seed of the fall festival—a space where the survival of the spirit was celebrated as much as the survival of the crop.

As the decades turned, this spirit of resilience traveled from the marshes of the coast to the rolling hills of Orange County, Virginia, the air in October carries a specific kind of joy that seems to spread everywhere. In this land, where the beauty of the landscape often contrasts with the heavy history of the plantations that once dominated it, the harvest took on a new meaning. Imagine a Saturday morning in the mid-20th century: a father loading the old family car, the trunk smelling of burlap and anticipation. His chlldren are buzzing in the backseat, their Sunday best swapped for sturdy boots and oversized sweaters.

For this family, a trip to the orchards is a victory. In a region where Black families once labored on land they could never own, the act of visiting a farm for "pleasure"—to pick fruit for the sheer joy of it—is a powerful assertion of freedom. It is the sound of laughter echoing between the rows of trees, the sticky sweetness on a child's hands, and the promise of pies cooling on the windowsill that night.

> *"The fall festival is a space where the survival of the spirit is celebrated."*

Continued Below Newsletter

KIM KOMANDO: "I SPY WITH MY EYE"



Image: ChatGPT/Kim Komando

> ***WOW! Your cable company charges about $15 a month, forever, to rent a box you can own for $60...***

Read time: ***2.5 minutes***

Secrets from behind the counter

1. **The gate agent's seat map.** All that gray doesn't mean sold out. Airilnes block seats for elite flyers, 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 800 number reads a script. The actual front desk can work magic. Midafternoon (after cheokout, before the evening rush) is the best time to ask for upgrades and flexibility. Be kind. Clerks bend rules for kind.

3. **The cable guy's confession.** That "$15-a-month equipment fee" rents you 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 "bad" 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 proven sequence: Restart first, reseat the cable second, panic never.

6. **The photographer's shirtsleeve secret.** Hazy photos? The shirtsleeve trick: wipe the lens with a clean sleeve. It removes smudges and haze that soften your shot.

Continued below this issue

THIS MONTH'S NEWS

We Are Family in 2026

- FORGIVENESS
- MERCY
- DISCIPLESHIP
- SACRIFICE

October Birthdays

Name	Date
Johara Bracey	Oct 4
Michael Haynie	Oct 29
Rodney Johnson	Oct 19
Stephen Knight	Oct 7
Leonta Phillips	Oct 9
Amor Rocker	Oct 20
Berinda Taylor	Oct 25
Stacey Espinoza	Oct 27
Serita Walker	Oct 30
Dianne Jenkins	Oct 31

Happy Anniversary

Devon & Yvonne Steele	Oct 11
Danny & Emily Wells	Oct 24



PRAYER MEETING

Wednesdays, 7:30 PM

Zoom Meeting ID
853 4344 3792
Passcode
540222



NIGHTLY PRAYER • 8 PM

Zoom Meeting ID
812 5047 8428
Passcode 488912
Ph. 312-626-6799
Mtg ID & PC

CHURCH CALENDAR

- **Fall Festival — 10/11/26**
- **Holiday Can Drive** — Nov. & Dec. 2026
- **Caribbean Delight** —
  576 Lee St SW #8, Atlanta, GA 30310
- **Customer Appreciation** —
  Sunday, October 18, 2026
- Free Chicken Plate 1–4 PM
- Free Fountain Drinks
- Food Eating Contest
- Text to Enter 404-804-8463

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@atlmetrosda.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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