



February 26, 2023
9:30 a.m.

CHURCH NEWS

FROM PASTOR LAVARIN: DISCOVER THE VISION HAPPENS EVERY WEDNESDAY, at 7PM. This is at Bible Study time, but it's so much more than Bible Study! In-Person (please wear a mask) and on Zoom and Facebook. Join in the discussion and let's "Discover the Vision" together! **AND....THIS WEDNESDAY, MARCH 1ST, WE WILL HAVE THE FIRST "VISION HUDDLE"!** This is where we come together and share what the Vision is to us and where we see God taking us as a Ministry....what have we learned? **Please be there and give your input!**

The HBCU Waling Museum, sponsored by the Youth Council, will be held today immediately after worship! Come down to the lower level and get some HBCU history, while supporting our youth!

WE ARE FIRST CALVARY: Watch the full video of the "We Are First Calvary" Segment featuring Deaconess Marquita Jones on the First Calvary YouTube Channel: Youtube- @FCBCDurham. Learn about a member of your church family and their FCBC and Young Adult Ministry journey... and remember that together, WE ARE FIRST CALVARY.

NEW MEMBER CONNECTION: ALL NEW MEMBERS OF FIRST CALVARY ARE INVITED TO THE NEW MEMBER CONNECTION EVENT ON SATURDAY, MARCH 4TH, 9:00 A.M. TO 12:30 P.M. Come learn more about your church and meet others in your church family. Look for an email to register. If you are a new member and have not attended an NMC yet, WE ARE LOOKING FOR YOU TO BE THERE.

FIRST CALVARY IS SEEKING NEW EMPLOYEE TEAM MEMBERS. Positions are available for both a Director of Children & Youth AND a Director of Media & Communications. Apply by March 15, 2023. Please visit the church website, www.firstcalvary.org, for more information.

THERE WILL BE NO CHILDREN'S CHURCH OR SUNDAY SCHOOL ON TODAY. BOTH WILL RETURN ON NEXT SUNDAY.

RIDGECREST 2023—(July 17-21) **REGISTRATION IS NOW OPEN TO MINISTRY LEADERS.** The Family Conference is designed to encourage, equip, and inspire members and leaders. Please Minister John Carter at carter@firstcalvary.org for details. Availability is limited and openings will be granted on first come first served basis. Registration is open until all slots are filled. The last day to be considered is **May 21, 2023.**

CHILDREN & YOUTH AT RIDGECREST: Children and Youth (ages 5-18, in high school) and Adult Chaperones: If you are interested in attending Ridgecrest 2023 Black Church Leadership and Family Conference please complete the interest form at <https://bit.ly/2023Ridgecrest> by March 5, 2023 to be considered. Availability is limited and openings will be granted on first come, first served basis. If you have any questions, please contact Deaconess Janet Squires at (919)606-4801 or email youthministry@firstcalvary.org

YOUTH COUNCIL: WE NEED YOUR HELP!!!! Please come join the **Youth Advisory Council.** We need volunteers-parents/guardians, youth, adults and at least (1) representative from various ministries that interacts with children/youth to join our team (i.e. Christian Education, Ushers, Scouting, Recreation, Scholarship, Music, Children's Church, etc.) Our meetings are held on the 1ST Thursday of the month via Zoom. Next meeting is on March 2, 2023 at 7:30pm. YC Zoom Info: Meeting ID: 865 0318 4321 Passcode: YC2023

Any questions, please contact Sis. Demisha Grimsley at (919)724-1307 or youthministry@firstcalvary.org.

FROM THE COMMUNITY: Golfers...join the 24th Annual WECF Golf Tournament, March 18th, 8:30am. Males and females are invited! Call Pastor Emeritus Fredrick A. Davis at (919)616-4819 for details.

FROM THE COMMUNITY: Mature Adults, age 65 and above! You are invited! Come to the Community Family Life and Recreation Center at Lyon Park each Friday from 12p-1pm for the Creative Engagement Program. Activities just for YOU! Sponsored by the West End Community Foundation, Inc. in collaboration with Dementia Inclusive Durham and Duke University. The activities are facilitated by Duke students.

LET US PRAY: MATURE ADULTS, AGE 60 & UP, join "Noon Day" midweek prayer & devotion, **EVERY WEDNESDAY at 12:00 p.m.** Call **712-432-1000**, enter access code **616729948#**. Others are invited to attend as well.

TIME FOR THE "MID-WEEK TUNE UP"! Join the Prayer Conference Call on Wednesdays at 7:00 a.m., **712-432-1001**, code "494132935#". **This call is led by Pastor Lavarin.** Please **ONLY** use the above listed number for this Wednesday call. **Additionally... AND THIS IS VERY IMPORTANT....PLEASE MAKE SURE THAT YOUR PHONE IS MUTED ON THE CALL AND YOU CANNOT BE HEARD.**

Come to Intercessory Prayer on the 4th Sundays, 7:00 a.m.- Zoom Access: Meeting ID: 874 6010 4604, Passcode: 386584.



YOUNG ADULTS-in your 20s & 30s: COME JOIN YAM! The Young Adult Ministry is looking for YOU! Use the QR code to register and become an active part of the Young Adult Ministry at FCBC!

HEALING AND RECOVERY

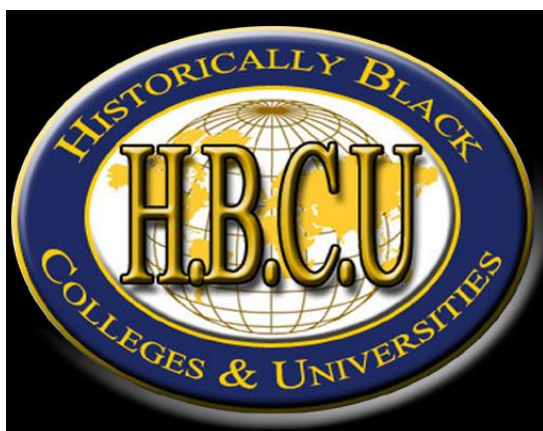
Remember our sick & shut-in members with prayers, cards, visits, & calls and share this information with the Pastor and Deacons. Contact the church office with sick & shut in information.

HOSPITAL & CARE FACILITY		
Sis. Rochelle Nelums	Pruitt Health	
	Erwin Road 27707	
Bro. Michael Wilson	Tower Rehabilitation & Nursing Center	
	3609 Bond Street Raleigh, NC 27604	
AT HOME CARE		
Sis. Mary Bailey	1505 Palmers Grove Church Rd, Hillsborough	27278
Bro. Danny Blackwell	1 Lucas Drive	27703
Sis. Iris Blackwell	1 Lucas Drive	27703
Sis. Betty Borden	718 Wortley Drive	27713
Sis. Wilhemenia Foster-Long	309 Pearson Drive	27713
Sis. Shirley Jackson	2420 Glenbrook Drive	27707
Sis. Louise Jones	1218 Cornell Street	27707
Sis. Mary Liverman	4302 Stonehenge Rd., Greensboro	28406
Bro. Frank Lloyd	7 Gwendolyn Circle	27703
Sis. Princess Matthews	1127 Briar Rose Lane, Apt. 103	27704
Sis. Bettie Sanders	323 Crooked Creek Parkway	27713
Dea. John Smith	1405 Timber Wolf Drive	27713
Dea. Calvin Squires	856 Ember Drive	27703
Sis. Conya Thorpe	2801 Ross Road	27703
Sister Zandra Turner	816 Tumeric Lane	27713
Bro. Kevin Young	1027 Moreland Avenue	27707

MINISTRY MEETING SCHEDULE

CFLR –Community Family Life Center at Lyon Park
CFR –Conference Room **CRM** -Choir Room
CR I -Classroom 1 **CR II** -Classroom 2 **CR III** -Classroom 3
FH – Fellowship Hall **LIB** – Library **Sanct**-Sanctuary

SUNDAY		
7:00 am	Intercessory Prayer Service (4 th Sun)	Sanct
1:15pm	Health & Wellness Ministry (2 nd Sun)	CR I
1:15 pm	Evangelism Ministry (2 nd Sun)	CR II
1:15 pm	Daughters of Calvary (3 rd Sun)	CR II
1:15 pm	Computer Ministry (2 nd Sun)	CR III
4:00 pm	Associate Ministers (each 2 nd Sun)	CR II
5:00 pm	Deacons & Trustee Ministry Mtg. (2 nd Sun)	CR III/LIB
6:30 pm	Official Leadership Team (2 nd Sun)	FH
MONDAY		
6:00 pm	Tots of Praise Rehearsal (after 1 st)	CRM
6:30 pm	Psalms 150 (after 3 rd & 4 th Sun)	CRM
6:30 pm	Young Adult Choir (after 2 nd Sun)	CRM
6:30pm	Children's Church Committee (after 2 nd Sun)	LIB
6:30 pm	Sunday School Teachers (1 st Mon)	CR I
6:30 pm	Calvary's Anointed/Vessels of Praise	FH/Sanct
7:00pm	Entrepreneur Ministry (TBA)	CR III
7:00pm	Visionary Ministry (3 rd Mon)	LIB
7:30pm	Male Chorus (after 2 nd & 3 rd Sun)	CRM
7:30pm	Young Adult Choir (before 3 rd Sun)	CRM
TUESDAY		
6:00pm	Scouting Ministry (every other Tues)	ALL AREAS
6:30pm	Hospitality Ministry (2 nd Tues)	CR I
6:30pm	Praise Team	CRM
6:30pm	Circle of Care (COC) (2 nd Tues-Quarterly)	LIB
6:30pm	Beauty for Ashes	LIB
7:00pm	Male Summit (Tuesday after 3 rd Sun)	LIB
7:30pm	Music Council (2 nd Tues)	CR II
7:30pm	The Encouragers (1 st Tues)	CR III
WEDNESDAY		
12:00pm	Noon Day Prayer	Conf. Call
6:30pm	Youth Bible Study	Zoom
7:00pm	Bible Study	Zoom/FB
THURSDAY		
6:00pm	Nursery Ministry (1 st Thurs)	Nursery
6:30pm	Calvary's Anointed/Vessels of Praise	FH/Sanct
6:30pm	Beautification Committee (2 nd Thurs)	CR I
6:30pm	Couples' Ministry (4 th Thurs)	CR II
6:30pm	Youth Council (4 th Thurs)	CR I
6:30pm	ACT Ministry (3 rd Thurs)	CR I
6:30pm	Young Adult Ministry (3 rd Thurs)	CR II
6:30pm	Emergency Response Team (ERT)	CR II
7:00pm	Singles in Love with Christ (4 th Thurs)	LIB
7:00pm	Sunday Service Choir Rehearsal	CRM
7:30pm	Drama Ministry	CR III
SATURDAY		
9:30am	Pearls of Praise (2 nd Sat)	CRM
10:00am	Scholarship Ministry (before the 2 nd Sun)	CR II
10:00am	PROJECT F.I.N.E.	CFLR
10:00am	Onesiphorous Prison Ministry (3 rd Sat)	CR I
10:30am	Deaconess Ministry (1 st Sat)	LIB/Sanct
11:00am	Senior Missionary Ministry (3 rd Sat)	LIB
11:00am	Senior Usher & First Aid Ministry (2 nd Sat)	CRM/ Sanct
11:30am	Culinary Arts Ministry (4 th Sat)	LIB



FROM THE PASTOR'S DESK

Today is HBCU Sunday! We celebrate the over 100 Historically Black Colleges and Universities in our country. I am looking out over the congregation today and seeing the HBCU Love...we are representing these important cultural and education institutions. Whether you attended and graduated from one of the HBCUs...or you were just visiting on the yard and going to the party or Homecoming...we all have been a part of the rich history that is and continues to be our Historically Black Colleges and Universities legacy.

The music ministry of the Worship and Praise Inspirational Mass Choir from North Carolina Central University is blessing us on this HBCU Sunday. Our Music team has done an excellent job in getting our guests here and, along with our young adults, will be hosting them today. We are excited about their presence and their singing in worship. Welcome, WPI....sing the songs of Zion!

Also on today, you have to come down to the lower level and experience the HBCU Walking Museum, sponsored by the Youth Council! It is going to be enlightening and entertaining as our youth highlight some of our HBCUs and speak to their legacy and history. Kudos to the Youth Council for the work that went into putting this event together. Church Family, we must show our support and continue our HBCU Sunday celebration by going to the museum at the end of service today. As we move through and peruse the exhibits, both Children's Church and

Sunday School will take a break and both will return on next Sunday. It's a good day here, thank you for being a part of it. And now....we worship and celebrate!

Because of Calvary,
Pastor Marc

THE DEACON'S MESSAGE

"But as for you, Israel my servant, Jacob my chosen one, descended from Abraham my friend, I have called you back from the ends of the earth, saying, 'You are my servant.' For I have chosen you and will not throw you away. Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand." Isaiah 41:8-10, NLT. That is where we find the Children of Israel. They were experiencing prolonged separation from their native land, their homes and the environment that made them feel comfortable and secure. Simply put, they were discouraged. It is hard to imagine hope's sunrise when dusk's disappointment is at your door. Though they duel for prominence, the night will never overthrow the day. No matter how dark it gets, sunrise is just around the corner from the impossible, the improbable and the inconceivable. Don't lose hope. God will never abandon you.

STEWARDSHIP STATISTICS

Our **Tithes & Offerings** must be \$36,810.84 per Sunday to meet our budget. Thank you for giving!

February 19, 2023

Discover the Vision **92** Sunday School **81** New Members **3**
In-Person Worship **295** Worship Service (Streaming) **245**

Tithes and Offering	\$11,991.55
Sacrificial Offering	\$480.00
Food Pantry	\$359.00
Scholarship	\$367.00
Children's Church	\$22.00
Sunday School	2.00
Returned Check Fee	\$15.00
Online Giving	\$13,776.00
Total Giving	\$27,012.55

REMINDER: The FCBC Food Pantry always welcomes donations of non-perishable food items!

Types of Items Needed: rice, beans, jelly, peanut butter, cereal, pasta, pasta sauce, canned veggies & fruit, tuna, pickles, soup, ramen noodles, hot dogs, small packs of hamburger, etc.

(This is a great community service project for your job or school...or even a great family project!)

The Church Office and Building are still on limited access during the week. **YOU WILL NEED TO STILL WEAR A MASK WHENEVER YOU COME TO THE CHURCH.**

**COME BACK TO CHURCH FOR WORSHIP ON SUNDAYS!
PLEASE WEAR A MASK TO CHURCH.
WE WILL ALSO CONTINUE TO LIVE STREAM WORSHIP
VIA THE CHURCH WEBSITE AND FACEBOOK AT 9:30 A.M.
EACH SUNDAY UNTIL FURTHER NOTICE.**

AFRICAN AMERICAN HISTORY MONTH

February 2023

WED 1	7 PM	"DISCOVER THE VISION" In-person/Zoom/Facebook
4	9 AM	NEW MEMBER CONNECTION
SUN 5	9:30 AM	Worship Service Stream on Facebook & Website
	11 AM	Sunday School on Zoom
8	7 PM	"DISCOVER THE VISION" In-person/Zoom/Facebook
10-11	6 PM & 10 AM	COUPLES XO SIMULCAST
SUN 12	9:30 AM	SCHOLARSHIP SUNDAY Worship Service Stream on Facebook & Website
15	7 PM	"DISCOVER THE VISION" In-person/Zoom/Facebook
18		YOUNG ADULT BRUNCH
SUN 19		YOUNG ADULT SUNDAY
	9:30 AM	Worship Service Stream on Facebook & Website
	11:00 AM	Sunday School on Zoom
22	7:00 PM	"DISCOVER THE VISION" In-person/Zoom/Facebook
SUN 26		HBCU SUNDAY
	9:30 AM	Worship Service Stream on Facebook & Website
	11:00 AM	HBCU Museum

TODAY'S MINISTRY THROUGH SERVICE

Music:	Praise Team
Director of Music Ministries:	Minister Michael Dotson
Guest Musician:	Brother David Cannady
Percussionist:	Brother Andre Sanders
Saxophonist:	Brother Lynwood Jones
Videographers:	Sister Hilary Fearington/ Dr. Toni McIntosh/ Sister Gail Hendricks
Audio Team (1 per Sunday):	Brother Ivan Holloway/ Deacon Darryll Gadson/ Deacon Xavier Cason/ Brother Michael Hill/ Deacon Calvin Squires/ Brother Derrick Garrett

FACEBOOK: First Calvary Baptist Church, Durham, NC

If you are having a medical procedure, or are sick at home for over a week, please contact the church office so that Pastoral contact can occur as soon as possible or at your request.

Our Mission: E³
Empower spiritual lives, Enhance quality of life, & Evangelize the lost



"An Exciting Church Excited About Its Mission"

HBCU Sunday



African American History Month "Building Legacy"

February 26, 2023

Marc A. Lavarin, M.DIV.

Pastor-pastorlavarin@firstcalvary.org

Fredrick A. Davis, M.DIV., D.D.

Pastor-Emeritus-pastor@firstcalvary.org

1311 Morehead Avenue ♦ Durham, NC 27707

☎ (919) 489-4184 ♦ FAX (919) 489-3565

www.firstcalvary.org

**SUNDAY-Worship- 9:30am
Sunday School-11am**

**WEDNESDAY-Mid-Week Tune-Up Prayer Call-7am
Discover the Vision-7pm**

"BUILDING ON GOD'S FOUNDATION"

SERMON NOTES

DATE: _____ Text: _____
SUBJECT: _____



THIS WEEK:

“VISION HUDDLE”

Wednesday, March 1st, 7pm

In-Person (Please wear a mask)

Also via Zoom (Meeting ID: 932 281 4455,
Passcode: 573710)

or the Church Facebook page
(First Calvary Baptist Church, Durham, NC)

Reminder: WHEN YOU COME TO THE CHURCH, EITHER DURING THE WEEK OR ON SUNDAYS, PLEASE WEAR A MASK.



WHEN TO CALL OR EMAIL THE CHURCH OFFICE

*When you need to schedule an appointment to see the Pastor.

*When there is death in your family.
*To make a prayer request.

*When you are going to have surgery.

*When you a question regarding scheduling a room for a meeting.

*If you need to contact your deacon and you don't know who he is.

*When you have a baby or to arrange a Baby Dedication.

*To set up marriage or pre-marital counseling.

*If you desire your wedding ceremony to be performed by the Pastor.

*When you have questions regarding your financial giving.

*To change your address or telephone numbers when you move!

NOTE: Some of the above items are altered due to Church schedule and availability.

First Calvary Baptist Church • Marc A. Lavarin, Pastor



African American History Month
Did you know? 8 Facts...



1. James Weldon Johnson was a writer and musician that wrote the National Black Anthem, "Lift Every Voice and Sing"
2. Andrew Beard invented the automatic car coupler which revolutionized railroad safety.
3. Phillis Wheatley was a poet and master of the English Language. She write a poem in honor of George Washington and he praised her work.
4. Richard Allen founded one of the first African-American Christian Churches. The first church was called the Bethel African Methodist Episcopal Church (AME).
5. John Russwurm and Samuel Cornish founded the first black newspaper in America.
6. Dr. Shirley Jackson is an American physicist whose experiments in theoretical physics became the forerunner for the touch-tone telephone, the portable fax, caller ID, call waiting and fiber-optic cable.
7. Marian Croak holds over 135 patents and is responsible for voice over Internet protocol which is the set of rules that makes it possible to use the Internet for telephone and videophone communication.
8. Jack Johnson is the first black heavyweight champion of the world.

Celebrate Our Culture

Celebrate OUR History



HBCU Walking Museum- Today after worship



HBCU SUNDAY
Welcome to WPI Choir from NCCU!

**OUR HISTORICALLY BLACK COLLEGES
AND UNIVERSITIES**

By State

Alabama

Alabama A&M University- Huntsville
Alabama State University- Montgomery
Bishop State Community College - Mobile
Gadsden State College- Gadsden
J.F. Drake State Technical College-
Huntsville
*Lawson State Community College-
Birmingham*
Miles College- Fairfield
Miles School of Law- Fairfield
Oakwood University- Huntsville
Selma University- Selma
Shelton State Community College-
Tuscaloosa
Stillman College- Tuscaloosa
Talladega College- Talladega
Tuskegee University- Tuskegee
H. Councill Trenholm State Community
College- Montgomery

Arkansas

*University of Arkansas at Pine Bluff- Pine
Bluff*
Arkansas Baptist College- Little Rock
Philander Smith College- Little Rock
Shorter College- North Little Rock

Delaware

Delaware State University- Dover

District of Columbia

University of the District of Columbia
Howard University

Florida

Bethune Cookman University- Daytona
Beach
Edward Waters University- Jacksonville
Florida A&M University- Tallahassee
Florida Memorial University- Miami Gardens

Georgia

Albany State University- Albany

Carver College- Atlanta*
Clark Atlanta University- Atlanta
Fort Valley State University- Fort Valley
Interdenominational Theological Center-
Atlanta
Johnson C Smith Theological Seminary-
Atlanta*
Morehouse College- Atlanta
Morehouse School of Medicine- Atlanta
Morris Brown College- Atlanta
Paine College- Augusta
Savannah State University- Savannah
Spelman College- Atlanta

Kentucky

Kentucky State University- Frankfort
Simmons College of Kentucky- Louisville

Louisiana

Dillard University-New Orleans
Grambling State University- Grambling
*Southern University and A&M College-
Baton Rouge*
Southern University New Orleans- New
Orleans
Southern University-Shreveport- Shreveport
Xavier University- New Orleans

Maryland

Bowie State University- Bowie
Coppin State University- Baltimore
*University of Maryland- Eastern Shore-
Princess Anne*
Morgan State University- Baltimore

Mississippi

Alcorn State University- Lorman
Coahoma Community College- Clarksdale
Hinds County Community College- Utica
Jackson State University- Jackson
*Mississippi Valley State University- Itta
Bena*
Rust College- Holly Springs
Tougaloo College- Tougaloo

Missouri

Harris-Stowe State University- St. Louis

Lincoln University- Jefferson City

North Carolina

Barber-Scotia College**- Concord
Bennett College- Greensboro
Elizabeth City State University- Elizabeth
City
Fayetteville State University- Fayetteville
Hood Theological Seminary*- Salisbury
Johnson C. Smith University- Charlotte
Livingstone College- Salisbury
North Carolina Central University- Durham
North Carolina A&T State University-
Greensboro
Shaw University- Raleigh
St. Augustine's University- Raleigh
*Winston-Salem State University- Winston
Salem*

Ohio

Central State University- Wilberforce
Payne Theological Seminary- Wilberforce*
Wilberforce University- Wilberforce

Oklahoma

Langston University- Langston

Pennsylvania

Cheyney University- Cheyney
The Lincoln University- Lincoln University

South Carolina

Allen University- Columbia
Benedict College- Columbia
Claflin University- Orangeburg
Clinton College- Rock Hill
Denmark Technical College- Denmark
Morris College- Sumter
South Carolina State University-
Orangeburg
Voorhees University- Denmark

Tennessee

American Baptist University- Nashville
Fisk University- Nashville
Knoxville College**- Knoxville
Lane College- Jackson
LeMoyne Owen College- Memphis

Meharry Medical College
Tennessee State University- Nashville

Texas

Huston-Tillotson University- Austin
Jarvis Christian College- Hawkins
Paul Quinn College- Dallas
Prairie View A&M University- Prairie View
Southwestern Christian College- Terrell
St. Philip's College- San Antonio
Texas College- Tyler
Texas Southern University- Houston
Wiley College- Marshall

US Virgin Islands

University of the Virgin Islands- St. Thomas
& St. Croix

Virginia

Hampton University- Hampton
Norfolk State University- Norfolk
Virginia State University- Petersburg
Virginia Union University- Richmond
Virginia University of Lynchburg- Lynchburg

West Virginia

Bluefield State College- Bluefield
West Virginia State University- Institute



Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.¹ Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including: Biological factors, such as genes or brain chemistry, Life experiences, such as trauma or abuse, Family history of mental health problems

It's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted.

Early Warning Signs

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little

- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting dressed

988 Suicide & Crisis Lifeline

We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

988

—CDC, -mental health .gov