



May 28, 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!

THE CHURCH AND CHURCH OFFICE WILL BE CLOSED ON TOMORROW, MONDAY, MAY 29TH. ENJOY THE MEMORIAL DAY HOLIDAY.

LADIES ARE INVITED TO ATTEND THE WOMEN'S BAPTIST HOME AND FOREIGN MISSIONARY CONVENTION ON THE FINAL DAY, WEDNESDAY, JULY 26TH. PASTOR LAVARIN WILL BE THE GUEST PREACHER FOR THE CLOSING SESSION AT 10AM. THE EVENT WILL BE HELD ON THE CAMPUS OF FAYETTEVILLE STATE UNIVERSITY IN FAYETTEVILLE, NC. Email lindsay@firstcalvary.org to register and ride the Church Bus to the event. Please wear white and register today as seats are VERY limited. Car driving is welcome, however, please still send an email of your attendance as there will be reserved seating for First Calvary at the service.

WE ARE LOOKING FOR YOU...AND WE NEED YOU! Come join the **Emergency Response Team Security Unit.** If you are interested in or have a background in Security, join the team. Flexible schedule rotations to work with your availability. Please contact Brother Charles Currin at (919)448-8763 or the Church Office at (919)489-4184. Come join the team!!

ATTENTION HIGH SCHOOL SENIORS: All Graduating High School Seniors will need to make an appointment to have a zoom meeting with Pastor Marc Lavarin to receive their graduation stipend. **This meeting will need to take place the first week of June 2023.** Please contact Mrs. Lindsay at lindsay@firstcalvary.org to schedule your appointment.

ATTENTION ALL KINDERGARTEN, HIGH SCHOOL, COLLEGE GRADUATES, AND POST GRADUATES: The graduate information form for the upcoming 2023 graduates can be found on the Scholarship Ministry web page. Please fill out the form and submit it to scholarship@firstcalvary.org no later than May 28, 2023 at 5:00pm. Go to www.firstcalvary.org click on Ministries click on Discipleship then select Scholarship and you will see the 2023 Graduate Information Form.

ALL FCBC PARENTS/STUDENTS: Please complete a student achievement Form and return to the Scholarship Ministry email, scholarship@firstcalvary.org by Sunday, June 4, 2023. Accomplishments will be highlighted on Youth Sunday, June 25, 2023. Academic accomplishments of ALL children, teens, and adults are encouraged to be submitted. Thank you so much for your attention and participation. Go to www.firstcalvary.org click on Ministries click on Discipleship then select Scholarship and you will see the 2023 Student Achievement Form.

IT'S VACATION BIBLE SCHOOL TIME AT FIRST CALVARY BAPTIST CHURCH. Plan to be here June 14th – 16th. Children and youth from birth to 18 are invited with their families. Things start each night at 5pm for dinner. Our theme this year is Twists & Turns - Following Jesus Changes the Game" Psalm 25:4. Don't worry adults, we have a class for you too. This week of food and exciting learning opportunities is free of charge and open to everyone. Also, if you would like to serve during these three days as a teacher, teacher's

assistant, or work with Culinary Arts, please contact Sister Mary Gilmer at wibbie.gilmer@gmail.com or (919)358-9279.

CLOTHING GIVEAWAY: Spread the word, the Daughters of Calvary will have another Clothing Giveaway on June 10th from 8am-12noon at the Smith House, 1019 Cornell Street.

CALLING ALL OF OUR CHILDREN & YOUTH- Save the Dates! JUNE IS YOUTH MONTH AT FIRST CALVARY! June 10th - Kid's Day at the Durham Food Bank for children ages 5-12, 10am - 12pm. June 23rd-25th- Children and Youth Weekend Activities include: June 23rd- Sneaker's Ball, 6:30pm - 9:00pm; June 24th-Children/Youth Conference and Showcase, followed by Cookout, 9am - 3pm; June 25th-Youth Sunday - Join us in worship service at 9:30am led by our children and youth. Dress down in white shirt and denim jeans. Children and Youth, get ready for a power-packed month, celebrating YOU! Registration coming soon!

THERE WILL BE NO SUNDAY SCHOOL ON SUNDAY, JUNE 4TH.

FROM THE COMMUNITY: Want to see families in our community thrive? Come alongside The Village Durham, a local nonprofit organization dedicated to supporting families in crisis in an effort to keep kids out of foster care. Sign up for our next volunteer training at www.thevillagedurham.org. For more information about The Village Durham and how you can help, contact Sister Meaghan Langston at connect@thevillagedurham.org or (919)308-1244.

Hey Parents, the Guest Room/Family Room on the balcony level is now available for baby changing and baby nursing during worship service. Also, remember, other restrooms throughout the facility have baby-changing tables available.

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. Blanche Burgess	3901 Hulon Drive	27705
Sis. Wilhemenia Foster-Long	117 Briarhaven Drive	27703
Deacns. Cynthia Gadson	708 Ainsley Court	27713
Sis. Anita Hill	19 Juliette Drive	27713
Sis. Shirley Jackson	2420 Glenbrook Drive	27707
Sis. Deborah Jolly	904 Arnette Avenue	27701
Sis. Mary Liverman	6 Warfield Court, Greensboro	27406
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
Sis. Lillie Trice	1 Duck Pond Court	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

PRAISE & ADORATION

Praise & Worship.....Praise Team
 Scripture.....Minister
 Prayer..... Deacon
 Hymn.....#315....."Spirit of the Living God"

CHRISTIAN STEWARDSHIP

Church News
 Offertory Prayer
 Offering/Giving
 Offertory Song

CARE & CONCERNS THROUGH PRAYER

Pastoral Concerns/ Recognition of Sick/Prayer Concerns

Altar Call & Prayer

The Word in Song

WORSHIP THROUGH INSTRUCTION

****The Sermon.....Pastor Marc A. Lavarin**

*Invitation to Christian Discipleship/ Invitational Selection
If you would like to unite with our Church Family, you can do so during the Hymn of Invitation following the sermon. You may join by Baptism, Christian Experience, Letter, or as an Associate Member.

*Benediction

***PLEASE STAND IF YOU ARE ABLE and remain standing.**

****Please refrain from walking during The Sermon.**



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

FROM THE PASTOR'S DESK

Discover the Vision happens on Wednesdays and you are invited to come join in the sessions. Thank you for being present, even as I am out on Paternity Leave during the week and on Saturdays. It has been a beautiful time for Barbara and I as we get further accustomed to our roles in parenthood.

Today we celebrate **Pentecost Sunday** and we thank God for the presence of the Holy Spirit. As we move to the month of June, we look forward to Vacation Bible School training and VBS itself, with Family Fun Day to culminate the 3-day event. We also look to celebrate with our graduates of all levels and with our youth during Youth Weekend. I invite all of our new members to attend the next New Member Connection event on this coming Saturday, June 3rd. We look for you to be there to learn more about Ministry life at your church. Please plan to attend, RSVP today. New members, on the Sunday you join us, you should receive a postcard with a QR Code for registration or look for an invitation via email. You can also contact the Church Office to register.

Because of Calvary,
Pastor Marc



THE DEACON'S MESSAGE

"So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever" (2 Corinthians 4:18, NLT). Focusing on Christ does not mean we forget about our troubles. Our daily devotion to him helps us understand there is purpose in everything we experience. Because of Christ, our lives will extend beyond the troubles we face. Every day we live is a gift from God. We do not know the contents of the gift until we open it, until we boldly step into the day God has given us. If we are intent on worrying about everything, we will miss the blessings of the day and the hope the day provides for our future. Living with Christ eternally is perfection. We cannot see what that looks like now, but we have the faith God has given us to know our greatest dreams will come true. Even though we may face difficult days, each day we walk in faith with Christ brings us closer to our true home. Every day we conquer we are closer to approaching perfection, approaching the Utopia Christ promised to us through salvation.

STEWARDSHIP STATISTICS

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

May 21, 2023

Discover the Vision **27** Sunday School **N/A** New Members **N/A**
In-Person Worship **231** Worship Service (Streaming) **150**

Tithes and Offering	\$9,419.00
Sacrificial Offering	\$395.00
Food Pantry	\$135.00
Scholarship	\$129.00
Children's Church	\$25.67
Sunday School	\$33.00
Online Giving	\$14,873.02
Total Giving	\$25,009.69

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., call 712-432-1001, enter 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.



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.

PLEASE REMEMBER: YOU WILL NEED TO STILL WEAR A MASK WHENEVER YOU COME TO THE CHURCH.

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

REVIVAL & EVANGELISM MONTH

May 2023

3	12:00 PM	PRAYER CALL-MATURE ADULTS DISCOVER THE VISION
6	9:00 AM	NEW MEMBER CONNECT
SUN 7	9:30 AM	Worship Service Stream on Facebook & Website
10	11:00 AM	Sunday School on Zoom
	12:00 PM	PRAYER CALL-MATURE ADULTS DISCOVER THE VISION
	7:00 PM	
SUN 14	9:30 AM	MOTHER'S DAY Worship Service Stream on Facebook & Website
	11:00 AM	Sunday School on Zoom
17	12:00 PM	PRAYER CALL-MATURE ADULTS DISCOVER THE VISION
	7:00 PM	
20	11:30 AM	Honoring Our Elders Drive Through Event
SUN 21	9:30 AM	Worship Service Stream on Facebook & Website
24	12:00 PM	PRAYER CALL-MATURE ADULTS DISCOVER THE VISION
	7:00 PM	
SUN 28	9:30 AM	PENTECOST SUNDAY Worship Service Stream on Facebook & Website
	11:00 AM	Sunday School on Zoom
30		MEMORIAL DAY Church Closed
31	12:00 PM	PRAYER CALL-MATURE ADULTS DISCOVER THE VISION
	7:00 PM	

TODAY'S MINISTRY THROUGH SERVICE

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

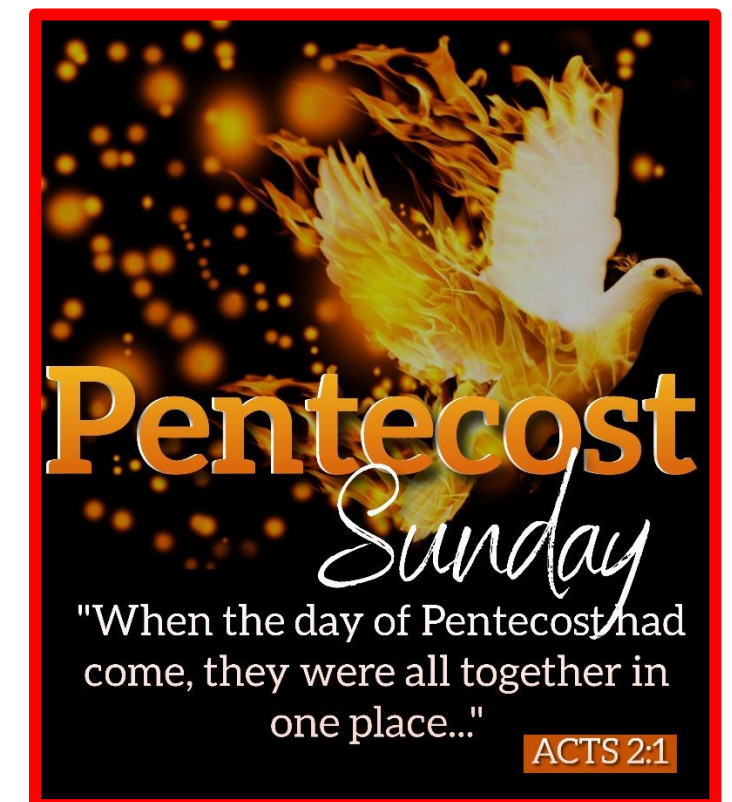
FACEBOOK: First Calvary Baptist Church, Durham, NC

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.



"An Exciting Church Excited About Its Mission"

Pentecost Sunday



"When the day of Pentecost had come, they were all together in one place..." **ACTS 2:1**

Revival & Evangelism
Month

"Building Commitment"

May 28, 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: _____



**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
Fredrick A. Davis, Pastor Emeritus*



☩FCBC Sunday School: **Women's Class**
Join Zoom Meeting
Meeting ID: **812 1447 4860**
*No Passcode Needed

☩FCBC Sunday School: **Men's Class**
<https://us02web.zoom.us/j/82971940163?pwd=MUVUOGdPRHY5VXBFSGhaVmsrN3lvZz09>
Meeting ID: **829 7194 0163**
*No passcode needed

☩FCBC Sunday School: **Singles Class**
Join Zoom Meeting
<https://us02web.zoom.us/j/84710388051?pwd=OTMwVlpaazhoZ3dwODBkdHNhMkZldz09>
Meeting ID: **847 1038 8051**
Passcode: **589151**

☩FCBC Sunday School: **Couples' Class**
Join Zoom Meeting
<https://us02web.zoom.us/j/3786293858?pwd=aTdZZW94MnZZMnF1TUUVWdGNWejJEZz09>
Meeting ID: **378 629 3858**
Password: **878147**

☩FCBC Sunday School: **Beginner Class**
Ages 3-5
Join Zoom Meeting
<https://us02web.zoom.us/j/85433735526?pwd=S055ZHU3VWNCTXBBZ1ZocVl3R09QU09>

Meeting ID: **854 3373 5526**
Passcode: **635090**

☩FCBC Sunday School: **Primary Class**
Ages 6-8
Join Zoom Meeting
Meeting ID: **818 7955 6365**
Passcode: **892947**

☩FCBC Sunday School:
Junior/Intermediate Class
Ages 9-12
<https://us02web.zoom.us/j/83428893130?pwd=QVoxWUdkcFV0R2IxYDhGaUZNZGHIHUT09>
Meeting ID: **2543615342**
Passcode: **175175**

☩FCBC Sunday School: **Teen Class**
Ages 13-17
Join Zoom Meeting
<https://us02web.zoom.us/j/81023410603?pwd=RGU1aTVKTS9Ta29OL3VhQzd2ZE1Udz09>
Meeting ID: **810 2341 0603**
Passcode: **515700**

☩FCBC Sunday School: **Young Adult Class**
Ages 18-25
Join Zoom Meeting
<https://us02web.zoom.us/j/9862394139>
Meeting ID: **986 239 4139**
*No passcode needed

ALL PARENTS: The Sunday School Ministry invites you and your child to join Zoom Sunday School Classes for children ages 5 to 17. We understand the taxing effect of ZOOM, but this is an opportunity to share with your child knowledge of Jesus. Allow us to assist you with your child's the spiritual formation. (See church website for listing of all ZOOM Sunday School Classes each Sunday at 11:00 am). formation. (See church website for listing of all ZOOM Sunday School Classes each Sunday at 11:00 am).



“DISCOVER THE VISION”

Wednesdays, 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.**

Stroke and Heart Disease



The brain controls our movements, stores our memories, and is the source of our thoughts, emotions, and language. The brain also controls many functions of the body, like breathing and digestion.

To work properly, your brain needs oxygen. Your arteries deliver oxygen-rich blood to all parts of your brain. If something happens to block the flow of blood, brain cells start to die **within minutes**, because they can't get oxygen. This causes a stroke.

- Risk of having a first stroke is **nearly twice** as high for Blacks as for Whites, and Blacks have the highest rate of death due to stroke.

Risks: Hypertension, cholesterol, diabetes, obesity, smoking

Heart disease

Sometimes heart disease may be “silent” and not diagnosed until a person experiences signs or symptoms

of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include

- [Heart attack](#): Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.
- Arrhythmia: Fluttering feelings in the chest (palpitations).
- [Heart failure](#): Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

• Heart disease is the **leading cause of death** for people of most racial and ethnic groups in the United States, including African American, American Indian, Alaska Native, Hispanic, and white men.

Risks: Hypertension, cholesterol, diabetes, obesity, smoking

Hint: Risk factors are the same for both illnesses

-CDC

