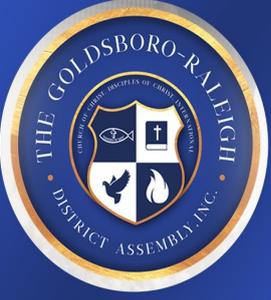


Theme: "One Church...One Vision" - Ephesians 4:4-6

THE OFFICIAL NEWSLETTER

*the*  
**VOICE**



**GOLDSBORO-RALEIGH DISTRICT ASSEMBLY**

*Church of Christ, Disciples of Christ, International*

**BISHOP ROBERT D. HOOD**  
PRESIDING BISHOP

**BISHOP RODNEY PARKER**  
BISHOP'S VICE

**December 2019**

## *From The Bishops' Desk...*

Shalom GRDA Family,



It is with great joy that I take this opportunity to address each of you as we come to the close of 2019. We've experienced an AMAZING year and each of you are to be commended for your support and zealous efforts to ensure that the Goldsboro-Raleigh District Assembly remains a beacon of light in our local communities. I'd like to especially thank Bishop Rodney Parker and the Executive staff for their individual contributions. This team has been extremely instrumental in all we've accomplished this year. In addition, I applaud our Sr. Bishops and auxiliary leaders who have served as "runners of the vision".

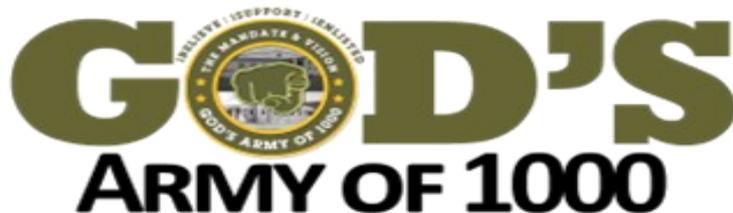
As we close out the year during the December Union meeting, I am beyond excited to share our improvements and successes we've had during the year. I am confident that at the close of our One Meeting, we will all be encouraged to continue serving in our various capacities. For those who have not connected with us in an area of service, please know that there is room for everyone to exercise your talents and gifts through our "Saved to Serve" initiative.

In the final days of 2019, my prayer is that you are renewed, restored and realigned for the upcoming year. I also encourage you to enjoy your families and friends, realizing that you've sacrificed time away from them as you've walked out your calling with humility and obedience. 2020 will be another phenomenal year; First Lady Hood and I remain committed to partnering with each of you in ministry. As we continue to walk in the reality of One Church, One Vision, we believe there is nothing that will be impossible for us to achieve - through FAITH.

Respectfully,

***Bishop Robert D. Hood***

Presiding Prelate

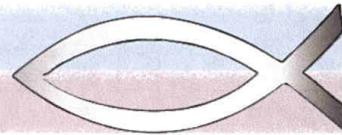


*Believe | Support | Enlisted*

***Contact Mother Daphane Lucas (St. Mary, Bailey) for more information on how to enlist or if you have questions about your current status.***

## Bishop Richard & Elder Faye K. Johnson

404 West Jones Avenue  
Selma, NC 27576  
919-965-4921  
richfaye@bellsouth.net



July 15, 2019

**Blessings To You Our Sisters and Brothers In Christ,**

Serving as your vice bishop for the last twenty years has been a pleasure. There was never a time that I did not consult our Lord and Savior before handling any assignment given to me by our bishop. Please know Faye and I will forever be grateful for all your heart felt love and kindness shown to us not just for the appreciation and time of celebration in June at our district union meeting, but throughout the duration of time. You, God's people, are very precious in His sight and should be handled with much care! Our hearts felt much love and also mixed emotions as we look over the fellowship hall on the 5<sup>th</sup>. Saturday in June to see all your smiling faces greeting us! Please know we will continue to pray God's blessings upon each of you.

A wonderful shout-out to the Goldsboro-Raleigh Assembly Ushers Ministry for the wonderful and delicious food served to us on that day. Lady Bettie Wells, we truly appreciate all that you did, along with the Minister's Wives, and anyone else who help in the luncheon. Not only was the food delicious, but the setting and decorations by Sister Teri Watson were beautiful also!

To Bishop Robert Hood- First Lady Hood, Bishop Rodney Parker- Lady Parker, and the entire administration of our Goldsboro/Raleigh Assembly, we are forever grateful for your kind gestures of love. We always want to keep these memories in our thoughts.

Please know even though I am no longer the active vice bishop of the Goldsboro-Raleigh District Assembly, I will continue to serve in whatever area our Master places me in. With a heartfelt love, we speak blessing over each of you!

Bishop Richard W. Johnson/Elder Faye K. Johnson



**RETREAT 2020**

**EARLY BIRD REGISTRATION ENDS  
November 30, 2019**

For more information contact your local Representative

General Bishop Alton A. Smith, Presiding Prelate

**GENERAL ASSEMBLY CHURCH OF CHRIST  
DISCIPLES OF CHRIST INTERNATIONAL  
YOUTH MINISTRY**

Invites you to join us at  
Great Wolf Lodge  
Concord, North Carolina  
July 7-10, 2020

**REGISTER NOW!**

**REGISTRATION DEADLINE  
February 2, 2020**

[cocdocintl.org](http://cocdocintl.org)

## Zion Spring, Bunn

A portion of the ceiling collapse at Zion Spring Church of Christ Bunn NC. As I unlocked the door of the church to enter in the sanctuary this is what I found.

At first sight, I was lost for words, in complete silence. Absence of any sound or noise, stillness, The Holy Ghost had my attention. As my spirit streaming out to the Lord what must I do. My thought was get in my car. I've never had to face anything like this. No trained trustees in the church, my husband was not here to tell me what to do. I truly miss him for many reasons. He had wisdom to fix things. My Prayer Ministry went into another level of Prayer. Speaking things into existence. After a few minutes, I began to see pictures in my mind.

The Holy Ghost lead the way, we used the fellowship hall for worship experience. The Lord was there with us. At point to repair ceiling, I wanted to see what was going on overhead I told man I want it all torn out so I could see. Ceiling has been in trouble for many years. Contractors did not like me at all, but they gave me respect and did what I asked.

I asked God for Wisdom to complete the ceiling and He did what I asked. Totally, building complete! To God be all the Glory! Snapshot not good but general ideal. Upon completion, we had rededication of the building. The pattern we used was when Solomon dedicated the Temple. Our body is the Temple of God so we rededicate also.

Thanks to Elder Geraldine Battle, Elder Hester Lucas, Rev. Maxine Miles Perry, Elder Stephen Horton for accepting assignment. The afternoon service speaker was Apostle Keith Anderson. Signs and Wonders followed the Preached Word. A lady got up from her wheelchair and began to walk. The glory of God filled the Temple.

*Submitted by: Pastor Katie Armstrong, Zion Spring*



## St. James Church of Christ, Disciples of Christ 401 West Queen Street | P.O. Box 146 | LaGrange, NC 28551 Elder John E. Ruffin, Pastor

On Sunday, November 10, 2019, Pastor John E. Ruffin and Mother Virginia Ruffin celebrated their 20th Anniversary at St. James Church of Christ. The celebration was sponsored by the Pastor's Aide Committee and they did a wonderful job. The celebration was enjoyed by all.

On Sunday, November 24, 2019, "Pink Sunday" cancer survivors of St. James Church were recognized and presented with a basket of goodies. Sponsored by LaBarbara Davis, Church Secretary.

On Sunday, August 25, 2019. the Homecoming Quarterly Meeting service at St. James Church sponsored the King and Queen contest and the winners were: King: Deacon Leamon Morgan and Queen: Mother Annie Gardner.

St. James youth, Brother Jymir Mahone, an 8th grader at Frink Middle School in LaGrange NC, was nominated to participate in the Junior National Young Leaders Conference in Washington, DC on June 20-25, 2020. Brother Jymir Mahone was nominated based on Academics and Leadership qualities.

*Information submitted by:  
Sister Felicia Wellington, GRDA - DCYF President*

## Disciple or Not?

Greetings to the Body of Christ. Another year has almost passed, and some questions rose up in my spirit. Where are you in reference to the Kingdom of God? What have you done with the time God allowed you to have? What would the Lord say about you if he should return today? Well done thy good and faithful servant or would he say depart from me. You see it is such a thin line between doing what is right or wrong. Sometimes decisions are not as clear to us as we think they should be. That's why its very important that we examine ourselves in all matters. The bible tells us that your ways are not like the Lord nor your thoughts. Although we strive for perfection, we can only be under the shadow of almighty God. We should be thanking him everyday for all have sinned and come short of his glory. If it was not for the grace of God none would be saved. The problem seems to come in when we deem ourselves better or above others.

The Body of Christ should respect the time God has give us. Don't take it for granted. When the bible says today if you hear his voice harden not your heart, there is a reason behind it. The opportunity to hear it again may not come. Holding grudges and walking in unforgiveness is a dangerous zone to be comfortable in. When the enemy comes in and stirs our hearts and minds toward ourselves then we are headed for a fall. Pride will destroy the Body. Example of saints walking in immaturity are such as, "when things don't go your way what actions do you take"?

Do you throw tantrums like a child or do you seek the face of God for directions? Prayer works! Understanding is great in any situation. So, what have we been doing this year? Making excuses does not solve problems. You do. Yes workshops, lectures and classes are helpful but only when the learned lessons are applied help problems to be resolved. Let's face it saints we've been churchy for many years. I don't think we are doing what Christ meant when he said "If you continue in my word, then are you my disciples indeed".

Jesus plainly taught us to love our enemies and pray for those who despitefully us. That does not mean that we accept their deeds or actions. That means we are extending the same grace we have been given. Wow, that is not easy. Instead of fighting them, start praying and showing love towards them. God will fight your battles. Disciples my fear is will the Lord find us doing his will when he returns or our will. It seems as though we are taking on the mentality of this world. Again, the word says be not conformed to this world but be ye transformed by the renewing of your mind. Wake up saints! Stop wasting precious time. There are souls that need to hear and see true Disciples of Christ in action! Is the world seeing Jesus Christ in your actions or do they see you conforming too this world? Jesus wants us to have abundant life. I sincerely pray for those of you reading this message to take the time to consider what I am trying to say.

Please don't allow your time to be stolen when you have the opportunity to thrive in the blessings of the Lord. A Stubborn, rebellious character has no place in Disciples of Christ. It robs you of all that God has in store for those that love him. Our Father says in due time you will reap the harvest if you faith not. John 8:31 "If ye continue in my word, then are ye my disciples indeed"! KJV

*Love in Christ,  
Pastor Nannie Stevens  
Christ's Anointed Church*



### GRDA Men's Ministry

We are looking for a few good men to serve as a member of this ministry.

For more information, please-contact Deacon Harold Murchinson

# Family Reunion Highlights



# Annual Assembly



Photo credit– Elder Kenneth Moore, Jr. and Deacon Tarrick C. Cox

## IMPROVE YOUR POSTURE

Submitted by: Elder Shonnette Carraway  
New Greenleaf Church of Christ, Disciples of Christ

Do you remember your mother telling you to ‘stand up straight?’ Even if you have followed her advice, you may have noticed that with aging and sitting at desks in front of computer screens, you have slumped over a few notches. In our 30s, we begin to lose muscle mass and the loss really picks up in our 50s. We really need this muscle strength to hold us upright and stand up straight against gravity. Bone loss is common among women more than men.

As people age, there is usually a decrease in their balance which leads them to look down more. This can lead to rounded shoulders and a forward head tilt which can lead to neck, shoulder, upper and lower back pain. In addition, many people tend to pick up weight around their mid-section which leads to more stress on the spine.

There’s also another reason why we’re all slumped over and **IT IS** controllable; we’re sitting too much. Many of our age related spine changes in the older adults are from the things we did in our younger years. We have some that sat in a work cubicle all day, some sat staring at a computer screen for hours; our bodies will start to adapt to those positions and it becomes our natural posture. And that becomes a real problem. Due to poor body posture, it often leads to your body unevenly distributing force throughout your joints and tissues which leads to hip, knee, and back pain; As well as other conditions such as degenerative disc disease in the back.

Don’t fret, there is some good news. If your poor posture is due to years of sitting slouched over or from general muscle weakness, it can be significantly improved with a few day to day lifestyle changes. There are some conditions that are so easily changed such as osteoporosis, degenerative disc disease, and vertebral fractures. But even in these cases, you can take steps to prevent it from getting any worse.

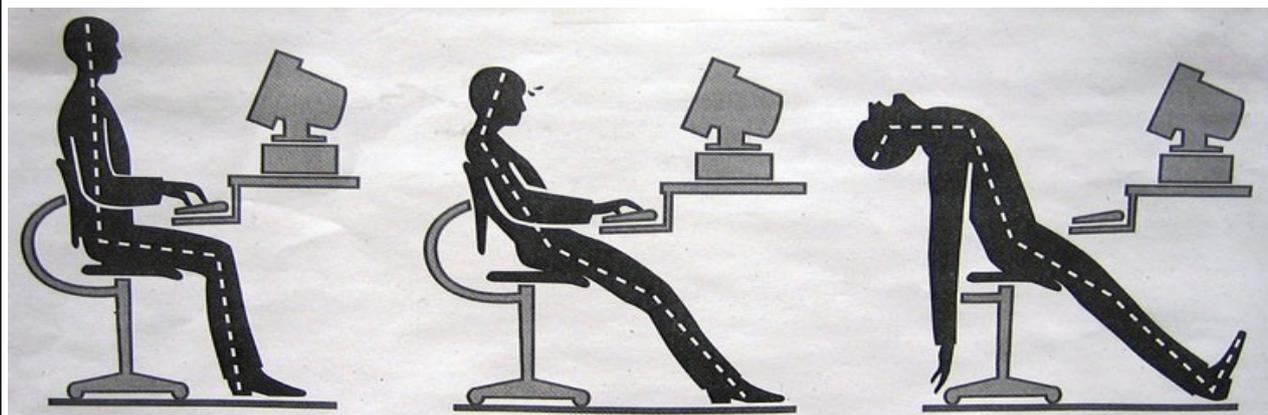
The best thing you can do is **MOVE**. Our bodies were designed to move. So the simplest thing to start with is to avoid sitting for long periods of time. When we sit, we usually slouch and spend a lot of time looking down at a device or stretching our head forward. The more you get up and move around, the easier it is to reset your body for good posture. If you need to, set a timer to remind you to get up and walk, even if it’s just to get a drink of water or go let some out.

These are some easy exercises designed to be done without leaving your desk or living room. While you’re sitting in a chair, put your feet on the floor and push yourself straight up into a standing position. This will engage your leg muscles and your spine will automatically straighten up. Do this 4-5 times every half hour to see real improvements.

When you’re sitting, periodically squeeze your shoulder blades together and hold for 3-5 seconds. Try not to raise your shoulders up while doing these. Every time you take a sip of water at your desk, do 3-5 shoulder circles. This will help keep your shoulders back and prevent them from automatically rolling forward. When sitting at your computer, periodically check to see that your chin is parallel to the floor and your ears close to being aligned with your shoulders.

Make sure you develop a good strength training plan. One of the best ways to improve posture is to focus on core exercises that will strengthen the abdominal and lower back muscles. These connect to your spine and pelvis that will ensure you can stand up straight.

Stand behind a chair with your feet slightly apart, holding onto the chair as needed for balance. Slowly lift one leg straight out to the side, keeping your back straight and toes forward. Hold for a second before returning to starting position. Repeat 10-15 times, and then switch to the other leg. As you continue to do this routinely, you’ll be able to hold it out longer. You will soon see that you are getting stronger.



## **The Abdomen**

*Submitted by: Elder Shonnette Carraway  
New Greenleaf Church of Christ, Disciples of Christ*

When your stomach hurts, the last thing you want to do is eat something that will make it worse. If you have been vomiting or have diarrhea, that can make it even harder. But some foods can give you nutrients without making you feel worse.

If you can't keep solid food down, things like Gatorade, clear broth, or even coconut water have minerals you need such as potassium, calcium, and sodium (salt).

Try bananas because they are easy to digest and have lots of potassium. Try plain white rice because it is a low fiber food which is easier to digest and will help firm up your stool. Try applesauce because it is easy to digest and contains pectin which will help get rid of the diarrhea. Try some simple white bread toast which is better than fiber rich when you have an upset stomach.

If those foods stay down, then you can start to try things like baked potatoes or boneless, skinless chicken breast. If you haven't vomited or had diarrhea for 24 – 48 hours, you can try to add some fruits and vegetables.

**DO NOT EAT DAIRY** products like milk, cheese, and ice cream because they are high in fat and hard for the body to digest. **DO NOT EAT FRIED FOODS** because they have lots of oil and fat. (They're not even good for a healthy person). **DO NOT DRINK SODAS** because the bubbles will make gas in your digestive system and with lots of sugar, that makes diarrhea worse. **DO NOT EAT SPICY FOOD** because your stomach has to work harder to digest it. Stick to bland stuff until you're better. **DO NOT EAT RAW FRUITS AND VEGGIES** because the fiber in them can make diarrhea much worse. Start with small portions of cooked vegetables and juices.

Keep your tummy happy. A balanced diet with plenty of fruits and vegetables can help keep your digestive system healthy and your immune system strong and ready to fight off those bugs that might upset your stomach. Be sure to watch for things that may trigger a bad stomach such as, anything foods that have acid like tomatoes, lemons, fizzy drinks, and stress.



## **Goldsboro Disciples Institute, School of Religious Education**

### **Founders' Day 2020**

Saturday, February 22, 2020 ~ 11:00 AM

**Theme: Bringing Back the Heritage**

**Speaker– Dr. Dianna Peppers**

*GRDA District Evangelist and a Graduate of GDI*

**Music– GRDA Mass Choir**

**We are asking all to wear your African attire.**

**If you are a former GDI graduate and are interested in reorganizing an alumni association, assist in planning and supporting Founders' Day, stop by the GDI office to receive a form or email us directly.**



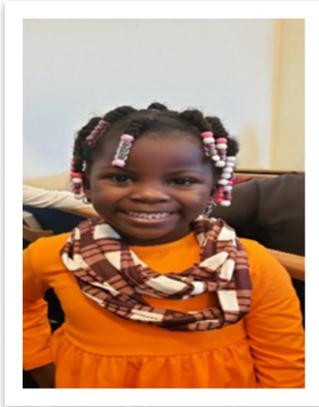
*For more information call 252-919-4747 or email*

*Dr. Nancy Reid,*

*Director of Religious Education at*

*[gdisredu@yahoo.com](mailto:gdisredu@yahoo.com).*

***We High-Light Our Kids***  
***St. Peter Church, Smithfield***  
***Bishop Richard Johnson, Pastor***



Jordyn Harris, daughter of Quenna Harris and the granddaughter of Deacon Chester and Brenda Harris, has been named one of the top readers in her 1st year kindergarten class at South Smithfield Elementary School. She also has completed level 1 of Lexia Core 5 Reading (awarded a certificate-Lexia Superstar). She can tell when words rhyme, she can match upper and lowercase letters, put pictures in the right categories, remember important parts from nursery rhymes and understands the important parts of books like title, author and illustrator. She loves to read chapter books. We love you Jordyn and

keep up the great work!



Our very own JaVari Wright participated in the Ravens Rumble which was held on November 23, 2019 at Ravenscroft in Raleigh, NC. JaVari took first place out of 10 in his 285-weight class.

JaVari participated in the 2019 WRAL Invitational Tournament which was held at Athen's Drive in Raleigh, N.C. on December 13-14. There were 32 teams represented in the tournament. JaVari once again took first place in the 285-weight class. He was the only first place finisher for his school. If any of you would like to see him in action go to his high school and type, JaVari Wright in search box and click on the video. Awesome job, JaVari!

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## **GDI Summer Leadership Conference 2020**

**SAVE the Date - Sunday, June 21– Friday, June 26**  
*East Carolina University, Greenville, NC*

For youth 12 - 18 years old  
Registration forms will be available soon.

**Cost per student is \$350.00 includes housing, food and conference supplies.**



## Special Thank You

On behalf of the team who traveled to **Ghana, West Africa– Dec. 3-10**, I would like to thank **ALL** of you for your prayers and financial support. The trip was a success. Over 500 individuals received medical care and many souls were saved through the preached word.

This year we had the following individuals join us for the mission trip: Elder Ronnie Wiggins, Bishop Anthony Terrell, Bishop Edward Polk, Bishop C. L. Aycock, Dr. Dennis Royal, Dr. David Parker, Dr. Walter Scott, Pastor George Green, Rusheem Wynn, Harry Faison and Shaun Faison.

While on the trip we visited the site/land that the King gave to me (Bishop Aycock) during last year's visit. Our future goal is to build a medical facility on that land that will allow our team of doctors to assist with staffing and serving the people of Ghana, West Africa.

We would like to thank our very own Bishop Ebenezer Sefah and the Refreshing Hour International Church for serving as host for our team.

*Bishop Chester L. Aycock, Mission Team Leader*

*Note: Below are a few pictures but a full picture display will be shared via the website soon.*



# One Church...One Vision

Ephesians 4:4-6

## 2020 GRDA Calendar of Events

GRDA Email Address:  
[info@goldsboro-raleigh.org](mailto:info@goldsboro-raleigh.org)

**February 14** | Missionary Convention Valentine's Banquet

**February 22** | GDI School of Religious Education Founders' Day

**March 27-29** | District Union Meeting

**April 6-10** | Missionary Convention Mission Week

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\*\*\*Continue to support God's Army of 1000

\*\*\*Online contributions are continuously being accepted.

The Voice... December 2019

POSTAGE



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