Man Talk

THE NURSERY & CHILDREN’S CHURCH:
- The Nursery is open each Sunday for children 0-3 years old in the Joyful Noise Media Room. Parents must sign their infants/toddlers in/out of the Nursery.
- Children’s Church is held on the 2nd and 3rd Sundays of each month on the 2nd floor of our building. Sign-in for these sessions is in the back hallway outside of the restroom area.

HEALTH AND WELLNESS TIP: High blood pressure, also known as Hypertension, is the force of blood flowing through your blood vessels consistently high.

Here are ways to lower your blood pressure
- Diet changes
- Exercise
- Lower sodium intake
- Increase potassium intake with healthy foods

GRACELife COOKBOOK FUNDRAISER: The “GraceLife Cookbook Fundraiser” is well on its way to completion. Recipes will be accepted through March 30, 2019. Submit all recipes to Frances Morris, Katie Terrell, Millicent Pringle or the Administrative Staff.

CPR CERTIFICATION: The course will be held at the church on Saturday, March 30 from 9:00 AM to 1:00 PM. There are 10 available spaces. The cost for this course is $20 per person. If you’re interested in attending, please contact the church office to register.

NOON TIME PRAYER: The Noon Prayer call is on hold and will reconvene once the new leadership and vision for the church are re-established. Continue to pray without ceasing for Faith Fellowship that we as the Body of Christ, remain steadfast, immovable always abounding in the work of the Lord, knowing that the work we do for the Lord is not in vain.

Koinonia Home Groups (KHG): There currently is no formal lesson plan for the KHGs. However, this does not mean that your group cannot meet, as a matter of fact, you’re encouraged to do so to engage in fellowship and prayer or you may choose a subject that interests your group. Further directions regarding groups will be provided within the next few weeks.

FFCC GOES MAD FOR JESUS: For the remainder of the month of March you are asked to wear your favorite college or professional team basketball shirt. Additionally, you’re asked to take the FFCC challenge by inviting family and friends to join us in fellowship, increase our giving, attend Bible Study and focus on evangelism.

TUESDAY NIGHT BIBLE STUDY: Tuesday Night Teaching (TNT) will reconvene on this Tuesday, March 12 starting at 6:45pm to 8:15pm with the subject “Biblical & Spiritual Boot Camp.” #BackToTheBasics

THURSDAY MORNING BIBLE STUDY: Please join this already existing class that is held each Thursday at 10:30 AM. The course of study is the Book of Revelation lead by Deacon Leon Archie.

DEACON ORDINATION SERVICE: The Ordination Ceremony for Deacon in Training John Adams will be held on Sunday, March 17, 2019 immediately following the Worship Service.

SUNDAY SCHOOL: Sunday School classes have begun. Please plan to join us in the Joyful Noise Media Room every Sunday at 8:45 AM for a spirit-filled lesson.

RECRUITMENT FOR VOLUNTEERS: The Children’s Church Ministry is in need of volunteers to assist in teaching, preparing snacks and serving, as well as setup and teardown equipment used for facilitating the program. If you have a heart for serving and like working with children please contact Rhonda Byrd at Lovebyrd2@aol.com or 916.224-8047.

KINGDOM MEN’S MINISTRY: Please join the Men’s Ministry on next Saturday, March 16 at 9:00 AM for “Man Talk.”

HEALTH AND WELLNESS TIP: Here are ways to lower your blood pressure:
- Diet changes
- Exercise
- Lower sodium intake
- Increase potassium intake with healthy foods

GRACELife COOKBOOK FUNDRAISER: The “GraceLife Cookbook Fundraiser” is well on its way to completion. Recipes will be accepted through March 30, 2019. Submit all recipes to Frances Morris, Katie Terrell, Millicent Pringle or the Administrative Staff.

CPR CERTIFICATION: The course will be held at the church on Saturday, March 30 from 9:00 AM to 1:00 PM. There are 10 available spaces. The cost for this course is $20 per person. If you’re interested in attending, please contact the church office to register.

NOON TIME PRAYER: The Noon Prayer call is on hold and will reconvene once the new leadership and vision for the church are re-established. Continue to pray without ceasing for Faith Fellowship that we as the Body of Christ, remain steadfast, immovable always abounding in the work of the Lord, knowing that the work we do for the Lord is not in vain.

Koinonia Home Groups (KHG): There currently is no formal lesson plan for the KHGs. However, this does not mean that your group cannot meet, as a matter of fact, you’re encouraged to do so to engage in fellowship and prayer or you may choose a subject that interests your group. Further directions regarding groups will be provided within the next few weeks.

VA DISABILITY CLAIM ASSISTANCE SERVICES

TUESDAY, MARCH 19, 2019
9:00 AM - 3:00 PM

FAITH FELLOWSHIP COMMUNITY CHURCH
Pastor Rosalee G. Charley, Interim Pastor
5937 Watt Avenue ~ North Highlands, CA 95660-4755
www.faithfellowshiplive.org (Website) ~ info@faithfellowshiplive.org (Email)
916.339.9156 (Voice) ~ 916.339.9005 (Facsimile)
FFCC MEMBERSHIP ROSTER: The Administrative Office is in the process of updating the membership information. You are respectfully asked to notify the office of any changes to your name due to marriage, address, phone number and emergency contact.

Upcoming Events

Baptism – March 24, 2019
Leadership Training – April 7, 2019 at 9:30 AM
Palm Sunday – April 14, 2019
Easter Sunday – April 21, 2019

Community Announcement/Information

If you are seeking employment, there are numerous job opportunity bulletins posted on the Bulletin Board located in the back of the church near the restroom and right inside the back door as you enter from the back parking lot. Check it out occasionally, you will be surprised at the opportunities that are available to you.

Prayer & Recovery List

- James Allen
- Andre Alexander
- Max Alexander
- Antoine Anderson
- Loretta Banks
- Mother Verna Benjamin
- Stan Brown
- Carol Brooks
- Juan Brooks
- Rosella Brumfield
- Diane Bryant
- Jayden Butler
- Tyra Butler
- Carl Coleman
- Derek Crumbo
- Christine Daniels
- Marcus Daniels
- Carrie Denson
- Wanda Edwards
- Timothy Elkins
- George Denson
- Evangelist Willie Mae Francis
- Attica George
- Barbara Gordon
- Ina Hope Gordon
- W. H. Gordon
- Anna Hart
- Derrick Harris, Sr.
- Monie Hilton
- Arthur Holt
- George Hudson
- Kimberly Jackson
- Quincy Jackson
- Jeri Hart-Johnson & John Johnson
- Sam Jones
- Renee Keys
- Joy LaDay
- Tyrone Lane
- Barbara McClain
- Willie Mitchell, Jr.
- Alicia Moore
- Celia Morris
- Islena Northover
- Tonya Tyus-Parker
- Sequoia Potts
- Christine & Vanessa Pouncy
- Robert Robertson
- Larry Robinson
- Belinda Rowan
- Cindy Scott
- Lisa Scott
- Ted Scott
- Etta Sikich
- Eva Taylor
- Jason Taylor
- Ramona Thomas
- Connie Webster
- Jefferson Webster
- Sarai Williams
- Timothy Wilkins

I can do all things through Christ who strengthens me.

- Philippians 4:13