

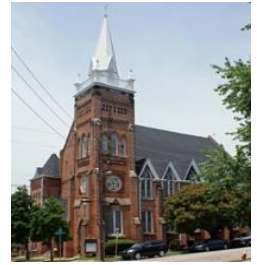


The Anvil A Quarterly Publication
of the **St. Paul AME Church** Lay Organization

2nd Quarter August – October 2022

Moving from Church to Ministry -

*"...for the people worked with all their heart." –
Nehemiah 4:6*



Reverend Robert L. Hodges, Sr.
& First Lady Delores Hodges

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Message from our First Lady, Sis. Delores Hodges



"Let's Forget"

"Forgetting those things which are behind and straining toward what is ahead" Phil 3:13
Memory is a mystery. It keeps rocks and throws away jewels. It has holes in it through which many things drop out which ought to be kept and treasured. But there is a method in its madness, if we did not forget, our minds would be clogged and cluttered. First, we need to sort out our memories, throwing away things we ought to forget and keeping the things that are precious.

Can we manage bad memories? Yes, by practice and by **the grace of God**. First, it is no good hoarding injuries and irritations. They ought to be swept out of our mind but how do we do that? If we confront them or the person who caused them, confess them and finally abandon them. Don't spend valuable time lamenting over the past, order them out of your house, slam the door, let them go.

Don't relive them, behind us is a closed gate, before us is an open road. Press, press, strain on toward the mark.

Sister Delores Hodges



Message from St. Paul AME Lay President Carol Davenport

Greetings from the St. Paul AME Church Lay Organization. We give all praises to our Lord and Savior for His guidance and directions, as we begin this new Conference Year. When we begin a new activity or changing courses in our life, let us not forget to feast upon Hebrews 12:2; "Let us fix our eyes upon Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God."

We must make that effort each and every moment, and in every single circumstance of our life in our personal walk with the Lord to fix our eyes on Him and to not look away. We must allow Jesus to write His story in our lives and no matter what situation we are in at this very moment, we must do all that is in our power to fix our eyes on Jesus through it. Remind ourselves of His promises to us in the Bible. Speak His truth into our lives. He has a purpose for everything that we are going through right now. There will be storms; there will be times of peace and celebration. Fix our eyes on Jesus and purposefully set JOY before us, the ultimate reward. Don't ever quit fixing our eyes on Jesus. Allow Him to perfect our faith.

Carol Davenport, Lay President

Lay Organization News

The St. Paul AME Lay Organization, of Raleigh, NC, is comprised of the laity (non-clergy) of the church. It operates on all levels of the church: local church, conference, district, and connectional levels. The local activities include A.M.E. training at monthly

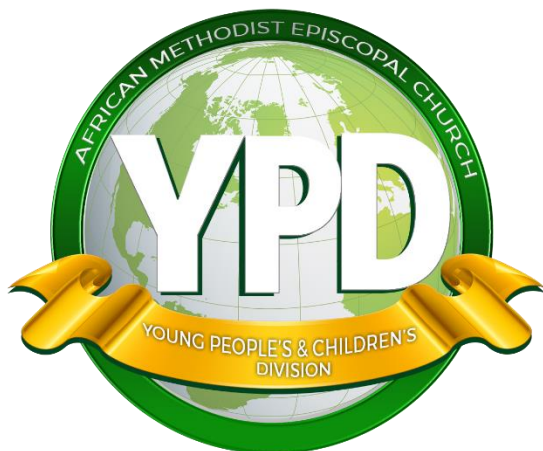
meetings, coordinating the local effort for [AME-V Alert](#), which includes A.M.E Public Service Announcements, and sponsoring Voter Education Webinars.

THE LAY ORGANIZATION MONTHLY MEETINGS 1st Mondays at 6:30 P.M.

Via St. Paul's Zoom Room www.zoom.us or call 929-205-6099

ID: 9199190001 Access: 518051

Annual Dues are \$20.



YPD Young Peoples Division (YPD) of the AME Church is one of the Church's most prized possessions. At our Church (St. Paul AME, Raleigh) and in the AME Church you can remain a member of the YPD until the age of 26. Throughout the conference year you may see requests or summaries of YPD activities. One of the things that the YPD does for every major holiday that centers around Jesus Christ is hold events to help children and young

adults understand how they should honor Him at young ages.

The YPD is appreciative of all the assistance it receives when holding events. It would not be possible without the support of the full church body. Next to close out the conference year, the YPD will be holding a summer food drive to assist in feeding seniors, those in shelters, and day programs in the surrounding area during the summer months. The event will be held April 22, 2022, to May 20, 2022. Stay tuned for more details and information on how you can support this effort.

You can contact Lola Hager for more information on how to remain an active member or join the YPD at lyhousto@yahoo.com or text or call at 704-305-9101.

Visit our [Community Billboard](#) often for updates on St. Paul AME events and other events of community interest.



Recent Events

The 2022 Capital City Juneteenth Raleigh was held amid perfect sunny weather at Dix Park, on Saturday, June 19th. A variety of activities were held in Raleigh, from June 14-19, to commemorate the significance of Juneteenth. Sunday Services were held, appropriately, at our own St. Paul AME Church, the site for the Freedmen's Convention held in 1865 & 1866. ***More than 5000 people attended this year's event!***

2022 CAPITAL CITY JUNETEENTH CELEBRATION COMMITTEE MEMBERS

Rev. Robert L. Hodges - Ex officio Member
Rep. Abe Jones - Ex officio Member
Sarah A. Moses - Chair & Event Organizer
Anita Pearson - Vice Chair
Earl Ijames
Andre Nabors
Jonathan Olu-Taylor
Joyce Jarrett
Charles Wright
Troy McNish

Visit the JuneteenthRaleigh.com website for updates.



Many thanks to the Juneteenth Committee for an awesome 2022 Celebration.

Mark your calendars and prepare to attend in 2023!

Upcoming Events

August 13th, Saturday, 1st Conference Lay Meeting for 2022 Virtual – Registration – \$5.00

August 20th, Saturday, Paul AME 174th Anniversary Celebration, 1pm – 3pm

August 27th, Saturday, Dix Park, All Faiths Chapel. Special invitation to St. Paul AME members to attend screening of the film “Stay Prayed Up”

September 10th, Saturday, Annual Prayer Breakfast, Virtual. \$10 Registration

October 2nd, Sunday, Lay Day – Check website for updates



What was Moses' wife, Zipporah, known as when she'd throw dinner parties? "The hostess with the Moses."

Health & Wellbeing

COVID, Influenza, and Monkeypox, Oh My!



Compiled by Rev. Barbareta A. McGill, MAR-L, DRS, MSN, RN

Covid 19 remains a real health threat. The BA.5 variant is the dominant version of the virus in the U.S. and North Carolina at this time, with the BA.4, the second most prevalent form of COVID-19. These variants present symptoms that differ some from those we heard about at the start of the pandemic. For example, the current subvariants do not seem to cause changes in smell and taste to the same extent. These variants show up with upper respiratory, cold, and flu-like symptoms (think abdominal pain, fever, sore throat, and muscle aches). A physician from Johns Hopkins notes that people affected may also have a fever that lasts a day or two, with headaches and sinus congestion that usually last for much longer. (Additionally, they may have) a persistent cough with a lot of gunk.

Please continue to pay attention to the three W's because reinfection with COVID has increased with these subvariants. Four vaccines are now available for adults (18 years and older) to prevent serious illness: Pfizer-BioNTech, Moderna, Johnson & Johnson, and Novavax. For children and youth 6 months to 17 years the Pfizer-BioNTech and Moderna vaccines are available.

If you leave home, know your Ws!



WEAR
a cloth face covering.



WAIT
6 feet apart. Avoid close contact.



WASH
your hands often or use hand sanitizer.

@NCDHHS

#StayStrongNC

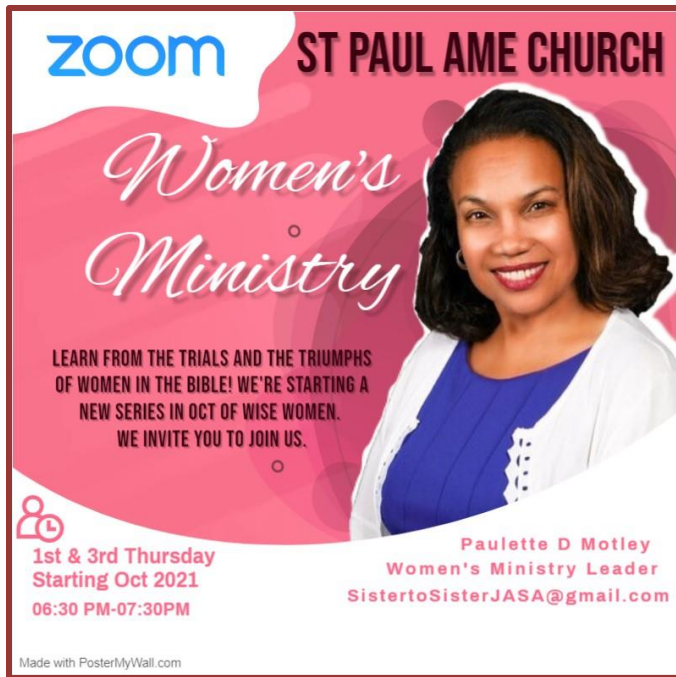
Influenza season is around the corner. Vaccines generally become available in late August. Centers for Disease Control Director Rochelle P. Walensky adopted the Decision memo approving a preferential recommendation for the use of higher dose (flu vaccines over standard-dose unadjuvanted flu vaccines for adults 65 years. The higher dose is recommended because of changes in immune response as we age and to facilitate the best protection against the flu. Remember, the vaccine can prevent illness, and also reduces the risk for serious illness if you do contract the flu. Talk with your health care provider if you are 65 years of age or older about what is best for you.

Monkeypox is in North Carolina. The illness is not new. It was first discovered in infected monkeys (thus the name) in the 1950's. The disease is endemic (widely present) in West or Central Africa. Since May 2022 cases have been reported from countries where monkeypox is not endemic. Recent data indicates 20,804 cases of the disease in 71 non-endemic countries; 4,639 cases in the United States, and 46 cases in NC.

Key points concerning monkey pox include: This illness is transmitted from person to person by close personal contact – skin to skin and body fluids – and can survive outside the body on inanimate objects such as clothes, towels, linens. Mortality is very low – less than 1%. An infected person is considered contagious/infections from the onset of symptoms until resolution of the rash. The illness is self-limiting (it will resolve, usually 2 to 4 weeks). This virus is not related to the herpes virus. Diagnosis requires careful history, full physical exam and testing of lesions, if present. An effective vaccine is available. This is not considered a sexually transmitted disease (although it can be transmitted during sexually activity), nor is it a disease of the LGBTQ+ community. North Carolina is able to test for monkeypox and is already distributing its allotment of the vaccine. **We do not expect monkeypox to reach epidemic levels.** Stay tuned for additional information.

Women's Ministry

Women's Ministry will start back on October 7th virtually and continue every 1st and 3rd Thursday. We have found that women need relationship builders to compliment life's



many paths. With all the roles YOU cover such as Mom, Sister, Boss, Taxi, Teacher, and Wife to name a few; the bible has provided many witnesses for us to glean examples to follow. Our weekly Thursday sessions are designed to provide the affirmation and connection Sisters need today through Bible scriptures, open worship, and relationship building discussions /activities.

Hope to see you there so you can experience the life of these wise women thru a 2021 lens. If you have any questions or would like to join the Women's Ministry

team, just contact the church office or feel free to email me at SistertoSisterJASA@gmail.com

BIBLE Knowledge contributed by Cecilia Johnson.

FROM THE BURNING BUSH TO THE RED SEA

1. What was Moses doing when God spoke to him in the flaming bush?
2. Why did God tell Moses to remove his shoes?
3. By what name did God identify Himself to Moses when He called him to deliver the Israelites?
4. What excuse did Moses give God for his reluctance to be a deliverer in Egypt?
5. What was Pharaoh's response when Moses asked him to let the Hebrews have a feast in the wilderness?
6. What was the first of the ten plagues visited upon Pharaoh for keeping the Hebrews in bondage?
7. What did the Israelites do to avoid the death of their firstborn sons when the death angel visited Egypt?
8. Why did the Israelites not use leavening in their bread as they left Egypt?
9. What provision did God make for the Israelites to travel safely both day and night?
10. What happened to Pharaoh's army that pursued the Israelites into the red sea?

Answers on Page 11

Featured Recipe

Summer and Quick Sandwich Meals go hand in hand, like this **Gingery Pork Meatball**

Sub recipe. If you don't want to serve it on a roll, use pocket pitas instead! 💡 Tip: Any meatball (pork, turkey, beef) recipe is good to prepare and stock up during the summer. Serve with pasta, on rolls, or in a hot or cold soup!



Toss gingery pork meatballs with sweet chili sauce for a fast, flavorful sub you can make on a weeknight. CAL/SERV:**585**, YIELDS:**4** servings, PREP TIME:**0** hours **10** mins, TOTAL TIME:**0** hours **20** mins

- 1 lb. ground pork
 - 2 scallions, finely chopped
 - 1 tbsp. grated fresh ginger
 - Kosher salt and pepper
1. Heat oven to 450°F. In a large bowl, combine pork, scallions, ginger and 1/2 teaspoon each salt and pepper. Drop 16 spoonfuls (about 2 tablespoons) pork mixture onto a rimmed baking sheet and roast until browned and cooked through, 8 to 10 minutes. Transfer to a bowl and toss with chili sauce.
 2. Meanwhile, cut cucumber into matchsticks. Cut baguette crosswise into 4 pieces, then split each piece. Spread bread with mayonnaise and fill with meatballs, cucumber, fresh mint, cilantro and sliced chili.



Parents & Youth

Be sure to check out our [Scholarships & Internships](#) page on the St. Paul AME Website for opportunities for students and graduates.

Mark your Calendars!!! One Stop Early Voting Begins in Wake Cty. October 22, 2022

The Anvil is published, May (1st Qtr.), August (2nd Qtr.), November (3rd Qtr.), February (4th Qtr.)

Send content in MS-Word, or images files in .jpg or .png

to Pam Kelly pamkellyrtpnc@gmail.com or Cecilia Johnson cj3227@gmail.com

We encourage All auxiliaries to submit content! Next issue will be published November 2022

Preparedness Pop Up!

August



Back to School – Children Youth Preparedness Month

North Carolina Preparedness Month

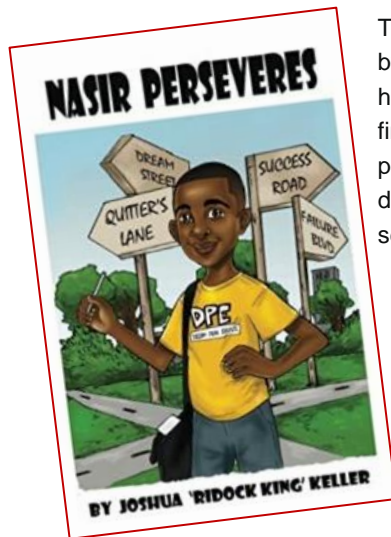
Extreme Heat Safety

September



National Preparedness Month

Now more than ever it's important to “**teach (self) preparedness early**” to our children & youth, such as Faith-based financial literacy, how to overcome peer pressure, and spiritual resilience. Here are some suggested publications for parents and youth during **August, Youth Preparedness Month!**

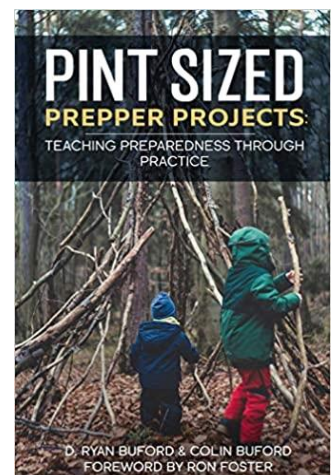


This popular series, by Joshua Keller, helps children with financial literacy, problem solving, self-determination, and self-esteem.



Pint Sized Prepper Projects: Teaching Preparedness Through Practice

This book demonstrates a selection of prepper projects from how to make your own dowsing rods to quick deploy paracord bike handles. Use these projects as a springboard to get your kids involved in preparedness at an early age and watch them grow, explore, and innovate!



“Live by faith, today.
Prepare, by faith, for
tomorrow!”

Fall Safety

October



Cybersecurity Awareness Month

National Fire Prevention Week Global Handwashing Day

Great Shake Out Earthquake Drills



Twitter for Emergency Communications.




Do you have a robust Emergency Communications plan, should Internet, Phone Service, or Electric Power fail or become intermittent? Do a drill at least annually! Consider using a family Twitter account as part of your communications safety status relay plan!


- Communicate instantly without having to compose a text message to 100s of contacts
- Multiple family members can have access to post status of other family members
- Twitter posts can be viewed on both Android and iPhones
- Subscribe to Federal, State, and Local Emergency Broadcast Twitter accts and receive instant notifications in your feed. [Here's a link](#) to a good video about Twitter for emergency use.

Tuesdays
6:30 p.m.

ONLINE
BIBLE
STUDY



Rev. Ronald Ivey



Zoom: www.zoom.us
Call In: 253-215-8782
ID: 84191580014
Code: 214306

ST. PAUL A.M.E. CHURCH
492 W. Edenton Street, Raleigh, NC 27603 - 919-832-2708

EVERYONE IS INVITED!

Golden Jewels!

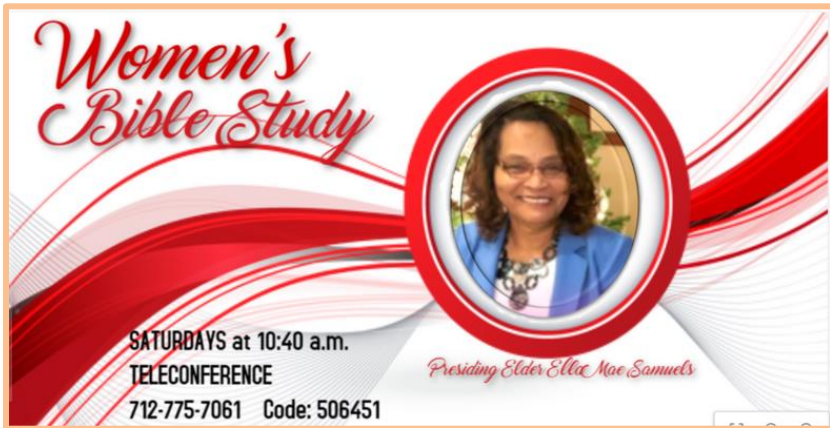
WEDNESDAYS 10-11 AM

- * Consumer Information Exchange
- * Monthly Challenges and Prizes
- * Mind Games and Activities
- * Life Hacks
- * Chair Exercises



**ST. PAUL
A.M.E.
CHURCH**





BIBLE KNOWLEDGE ANSWERS

1. Herding sheep. Exodus 3:1-2
2. He was standing on holy ground. Exodus 3:5
3. "I AM THAT I AM." Exodus 3:14
4. "They will not believe me...they will say, The Lord hath not appeared unto thee." Exodus 4:1
5. "Who is the Lord, that I should obey his voice to let Israel go?" Exodus 5:2
6. Waters turned to blood. Exodus 7:20-21
7. They sprinkled a lamb's blood over the lintels and door posts. Exodus 12: 21-23
8. There was not time for the dough to rise. Exodus 12:39
9. A pillar of cloud led them by day and a pillar of fire by night. Exodus 13:21
10. They were drowned. Exodus 14: 27-30



LOL! What did pirates call Noah's boat? "The *arrrrrrk*."

Happy Birthday

*Mrs. Delores Hodges
August 2, 2022*



*Enjoy YOUR
Day!*



*We Love
Our First
Lady!*

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- St. Paul AME Church, Raleigh, NC www.stpaulamechurchraleighnc.org
 - St. Paul AME on Facebook www.facebook.com/stpaulamearaleigh/ for video sermons
 - Western North Carolina Lay Organization <http://wncclay.org/>
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Stay safe and well.
Next issue will be published in November 2022