

## Our Sick and Shut-In

Katie Allen (Wellington)  
James Clark (Home)  
Bertie Cooper-Howard (Home)  
Rossano Charles Gardner  
Sister Vennie Hall  
Linda Lee Hodge (Home)  
Cheryl Yvette Holden  
John Holden (Oliver House)  
Dexter Hunter (Home)  
Linda Hunter (Home)  
Geneive Jiles (Home)  
Captoley Jones (Universal)  
Ronzie Lewis (Home)  
Shirley Montague (Oliver House)  
Deacon Billy Perry (Home)  
Trecia Prince\* (Wake Med)  
Charles Richardson  
Johnnie Mae Tucker (Wellington)  
Eloise Upchurch (Home)  
Reverend Bill Walden  
Reverend Thomas Warren (Home)  
Robert Young (Home)

## Remember our Sick & Shut-In with Prayer, Visitation, phone calls

**DIVORCE** *Care*

For more information  
call 919-365-5277 option 9 or email  
[divorceministry@rileyhillbaptistchurch.org](mailto:divorceministry@rileyhillbaptistchurch.org)

"Face Book Live streaming will start at 10:30am.  
Note: Regular worship service will continue to  
start at 10:00am."

## This week at Riley Hill

**Monday, February 11th**  
6:30PM—Historical Families Meeting

**Tuesday, February 12th**  
7:00PM—Exercise Session

**Wednesday, February 13th**  
1:00PM—Bible Study  
7:00PM—Bible Study

**Thursday, February 14th**  
6:00PM—Youth Choir Rehearsal  
7:00PM—Praise Team 1 Rehearsal

Every Sunday Morning  
Sunday School @ 9:00AM  
&  
Wednesday in the WORD  
BIBLE STUDY  
1:00PM & 7:00PM

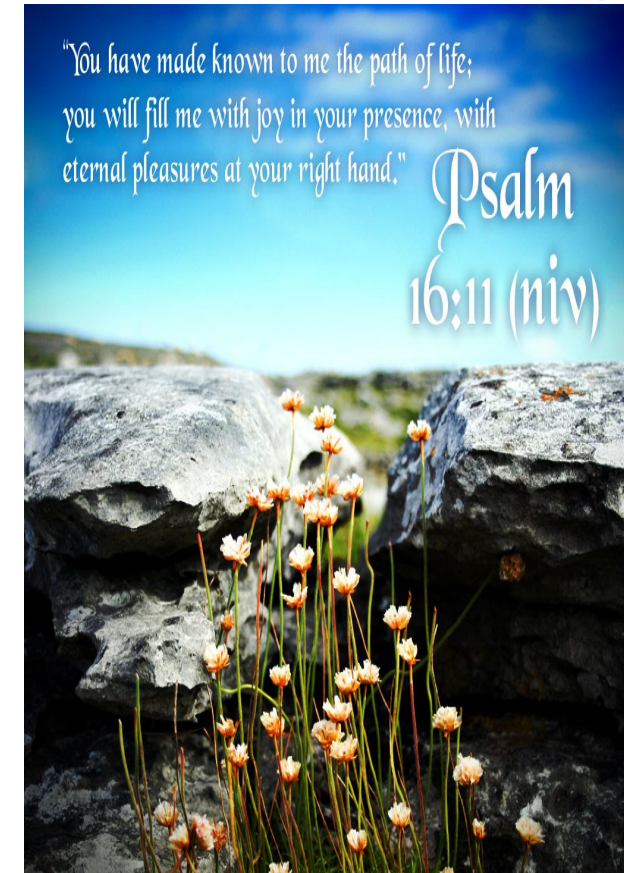
Do you want to receive Daily Bible Verses  
and Inspirational emails? If so, please send  
your email address to the Media Ministry  
([mediaministry@rileyhillbaptistchurch.org](mailto:mediaministry@rileyhillbaptistchurch.org))

### It's Tax Season Again

Please contact Administrative Assistant to  
receive your RHBC 2018 Contribution  
Statement. Contribution Statement Sign Up  
Sheets are available in the vestibule.



## Reaching Out to The Community



**Alfonza W. Fullwood, Pastor**  
6101 Riley Hill Road, Wendell, NC 27591  
(Office) 919-365-5277 (Fax) 919-365-3062

[www.rileyhillbaptistchurch.org](http://www.rileyhillbaptistchurch.org)  
[RHBC@bellsouth.net](mailto:RHBC@bellsouth.net)



**FEBRUARY IS HEALTHY HEART AWARENESS MONTH**

Heart disease is the leading cause of death in the United States for both men and women. According to The Center of Disease Control (CDC), about 715,000 Americans have a heart attack and about 600,000 die every year.

The month of February is dedicated to raising awareness of heart disease.

The first step to prevention is knowing and understanding the warning signs:

Heart attack warning signs include:

A pressure, a feeling of fullness or squeezing pain in the center of the chest that lasts for more than a few minutes.

Pain extending beyond the chest to the shoulder, arm, back or even to the teeth and jaw

A prolonged pain in the upper abdomen

Shortness of breath

High Blood Pressure symptoms may include:

Severe headache, Blurred Vision, Chest pains, Difficulty breathing, Irregular heartbeat

Pounding in the chest, neck or ears

To detect if experiencing a Stroke; Remember these simple "FAST" steps:

Face-Ask one to smile and check for weakness on one side of the face

Arms-Raise both arms at the same time and check for weakness or numbness

Speech-Ask one to say a simple sentence to check for slurred speech

Time-Call 911 immediately and note the time the symptoms started

Some people will never experience any of these symptoms. As with most men and women, the most common symptom is chest pains or chest discomfort. But women are somewhat more likely than men, to experience some of the other common symptoms, such as shortness of breath, nausea/vomiting and back or jaw pain.

Prevention----What to do?

Know your family history

Know the risk factors

Maintain a healthy weight and a healthy diet

Limit alcohol and salt intake

Manage your diabetes, Stay physically active. Exercise regularly; at least 30 minutes/day American Heart

Association Recommends maintaining your Blood pressure

120/80mmHg or less; and Total cholesterol less than 200mg/dl.

The good news is that you can take steps to reduce your risk of heart disease by becoming aware of the warning signs and making the necessary lifestyle changes.

The Health Team will be doing blood pressure screenings the 2nd & 3rd Sundays after worship in February as part of the healthy heart awareness month.

**10:00 AM  
WORSHIP SERVICE  
FEBRUARY 10, 2019**

**Call to Worship**

**Pastor Alfonza W. Fullwood**

Worship through Invocation

Worship through Praise and Worship

Worship through Welcome

**Worship through Music Selection**

Worship through Prayer

Worship through Scripture

(Children's Church)

Worship through Sermonic Selection

**Worship through Preaching**

**Pastor Alfonza W. Fullwood**

**Worship through Invitation**

**Worship through Giving**

Sow Your Seeds, Reap Your Harvest

Galatians 6:9

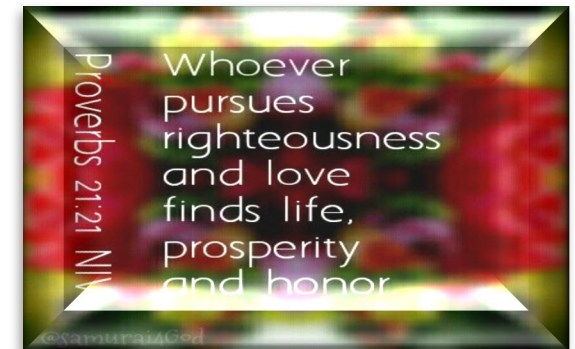
Worship through Doxology

**February Choir Rehearsals**

**Thurs., February 14** Youth Choir @ 6:00pm;  
Praise Team 1 @ 7:00pm

**Thurs., February 21** Praise Team 2 @ 6:00pm;  
Gospel Choir @ 7:00pm

**Thurs., February 28** Praise Team 1 @ 7:00pm



GriefShare, a weekly, video-based support and discussion group, designed to encourage hope, help and healing will begin its next cycle of sessions at Riley Hill Baptist Church on Thursdays from 7:00 to 8:30 pm, March 14 to June 6, 2019. The group is open to anyone dealing with the passing of a loved one. We ask that you call or email to register at least the day before the session so proper preparation can be made. Please contact the church at 919-365-527 or email [griefshare@rileyhillbaptistchurch.org](mailto:griefshare@rileyhillbaptistchurch.org) to register and/or for more information.

Grieving the death of a spouse or know someone who is? Find help at the **Loss of a Spouse** seminar March 7, 2019 7:00 to 8:30. Contact the church at 919-365-5277 or email [griefshare@rileyhillbaptistchurch.org](mailto:griefshare@rileyhillbaptistchurch.org) to register and/or for more information.