

## Our Sick and Shut-In

David Bunch (Home)  
Bertie Cooper-Howard (Home)  
Mary Johnson Dublin (Home)  
Stella N. Dunn (Home)  
Shanda C. Fletcher (Tower Rehab)  
Rossano Charles Gardner  
Sister Vennie Hall  
John Holden (Oliver House)  
Yvonne Holden (Home)  
Dexter Hunter (Home)  
Geneive Jiles (Home)  
Minister Patricia Johnson\* (Home)  
Ronzie Lewis (Home)  
Deacon Billy Perry (Home)  
Doris Richardson  
Mary Emma Robertson (Home)  
Saundra Shepherd (Home)

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

## **This week at Riley Hill**

### **Monday, May 17th**

Pray for our Community

### **Tuesday, May 18th**

Pray for our Youth

### **Wednesday, May 19th**

7:00PM–Bible Study Live on FB

### **Thursday, May 20th**

7:00PM–GriefShare Virtually on Zoom

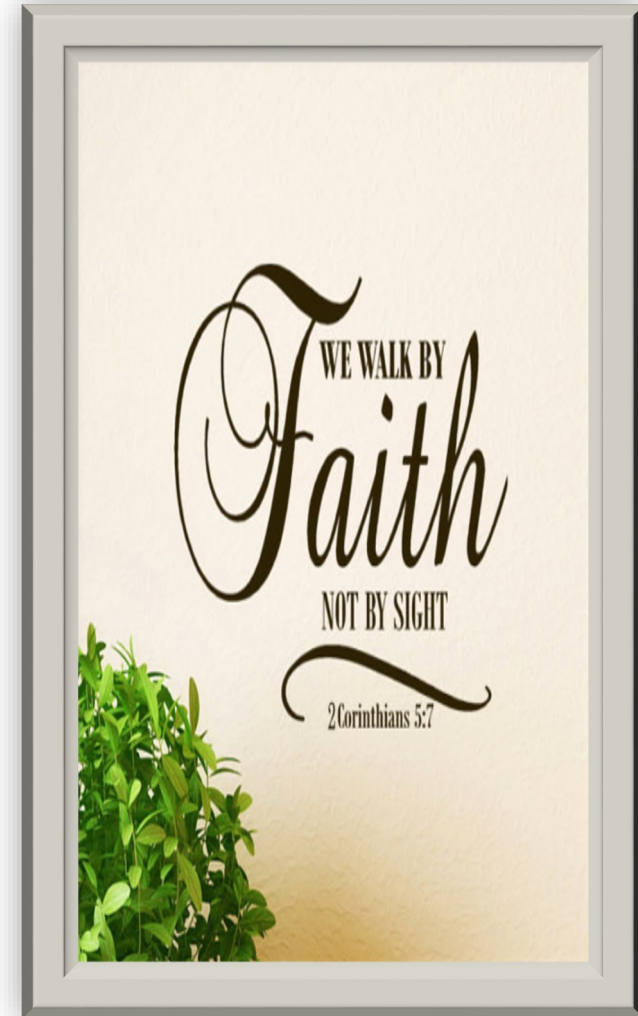
### **Friday, May 21st**

Pray for our Leaders

### **Saturday, May 22nd**

Pray for our Essential Workers  
and First Responders

*Reaching Out to The Community*



DIVORCE *Care*

GRIEF  SHARE

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

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 via Zoom on Thursdays from 7:00 to 8:30 pm, March 4 to May 27, 2021. 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 919-365-5277 or email [griefshare@rileyhillbaptistchurch.org](mailto:griefshare@rileyhillbaptistchurch.org) to register and/or for more information

"Face Book Live streaming will  
start at 10:00am."

**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@rileyhillbaptistchurch.org](mailto:rhbc@rileyhillbaptistchurch.org)**

“From the RHBC Health Ministry”

April & May are Mental Health Awareness Months



Both April & May are Mental Health Months. It is stated that 1 in 5 Americans live with a mental health condition. Mental health is an essential part of wellbeing, especially during this pandemic. Mental “illness” Prolong symptoms can include: Feelings of sadness longer than 2 weeks; extreme mood swings not knowing why; worry & anxiety out of control most days with extreme outbursts for several weeks; sleeping too much or too little; start using drugs or alcohol to self medicate & thoughts of self harm or suicide. Mental “health” tips include: Recognizing the problem; taking time to relax practicing deep breathing, mindfulness, meditation, soothing music & prayer; limiting media exposure, & staying in contact with family & friends. Mental health is an essential part of wellbeing just like a healthy diet, proper sleep, regular exercise & stress reduction practices. During these months, we must continue efforts to reduce the stigma of mental illness & seek help as we continue to practice the CDC guidelines of the 3Ws.

References: NAMI.org, WebMD, OMH.gov, CDC.gov The National Suicide Prevention Lifeline available 24hrs a day @ 800-273-8255

**10:00 AM  
PARKING LOT  
WORSHIP SERVICE  
MAY 16, 2021**

**Call to Worship  
Adam Cummings**

**Praise & Worship**

**Prayer  
Minister Ola Patterson**

**Scripture  
Adam Cummings**

**Sermonic Selection**

**Sermon  
Pastor Alfonza W. Fullwood**

**Invitation**

**Offering**

**Closing**



New information from a study as of July 23, 2020: “Low Vitamin D is linked to an increase COVID-19 risk.”