

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 24th

Pray for our Community

Tuesday, May 25th

Pray for our Youth

Wednesday, May 26th

7:00PM–Bible Study Live on FB

Thursday, May 27th

7:00PM–GriefShare Virtually on Zoom

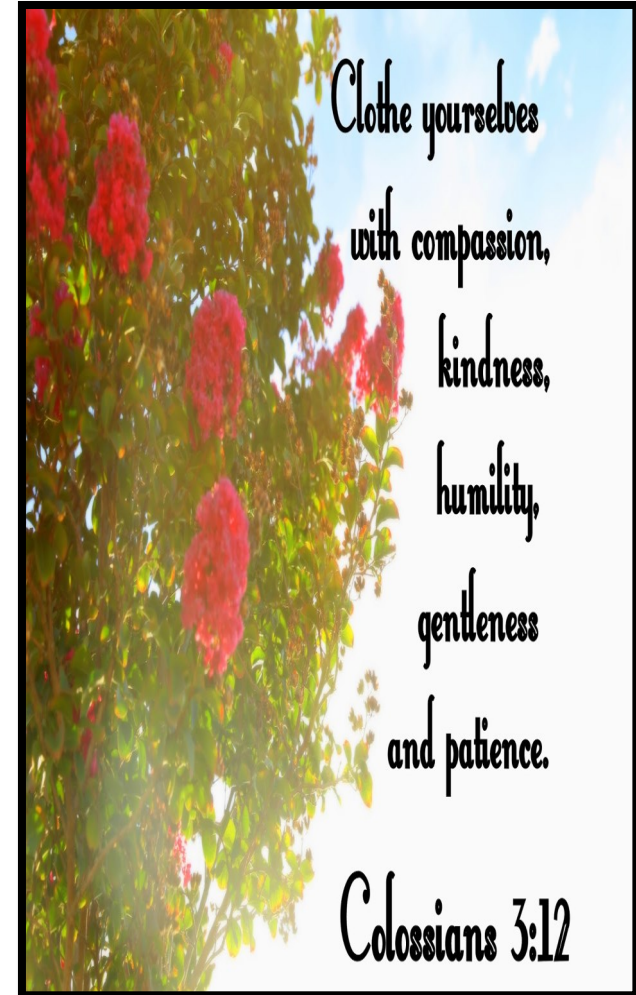
Friday, May 28th

Pray for our Leaders

Saturday, May 29th

Pray for our Essential Workers
and First Responders

Reaching Out to The Community



DIVORCE *Care*

GRIEF  SHARE

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 to register and/or for more information

For more information
call 919-365-5277 option 9 or email
divorceministry@rileyhillbaptistchurch.org

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

Alfonza W. Fullwood, Pastor

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www.rileyhillbaptistchurch.org
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 2weeks; 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 23, 2021**

Call to Worship
Minister Nina Rogers

Praise & Worship

Prayer
Minister Patricia Johnson

Scripture
Minister Nina Rogers

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.”