

## Our Sick and Shut-In

David Bunch (Home)  
Bertie Cooper-Howard (Home)  
Mary Johnson Dublin (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)  
Ronzie Lewis (Home)  
Deacon Billy Perry (Home)  
Patsy Perry (Franklin Oates Nursing Home)  
Mary Emma Robertson (Home)  
Leonard Scarborough\* (Rex Hospital)  
Saundra Shepherd (Home)  
Colleen Thorpe\* (Home)

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

## **This week at Riley Hill**

### **Monday, July 12th**

Pray for our Sick and Shut In

### **Tuesday, July 13th**

Pray for our Caregivers

### **Wednesday, July 14th**

7:00PM–Bible Study Live on FB

### **Thursday, July 15th**

Pray for our Seniors

### **Friday, July 16th**

Pray for our Leaders

### **Saturday, July 17th**

Pray for our Essential Workers  
and First Responders

*Reaching Out to The Community*



**"Therefore if any man be in Christ, he  
is a new creature: old things are  
passed away; behold, all things  
are become new."**

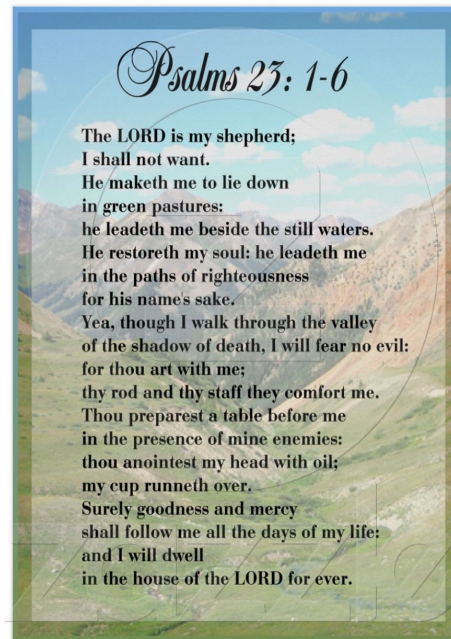
2 Corinthians 5:17 (KJV)

King James Bible Online.org

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 10:00am."



**Alfonza W. Fullwood, Pastor**

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“From the RHBC Health Ministry”

July is Mental Health Awareness Month



Using July as a continuation of Mental Health Awareness, we must join the Mental Health Associations to amplify the message of “You are not alone”. We should use this time to focus on the healing value of connecting in SAFE ways, prioritizing mental health & acknowledging that it’s okay, to not be okay. Mental health tips include: Recognizing the problem; taking time to relax; practicing deep breathing, mindfulness, meditation, soothing music, prayer & daily devotion; limiting media exposure; staying connected to family & friends; healthy eating; regular exercising & getting proper sleep. 1 in 5 American live with a mental health condition. Remember “you are not alone”. We must continue efforts to reduce the stigma of mental health & seek help. Together we can realize our shared vision of a nation where anyone affected can get the appropriate support & quality care to live healthy, fulfilling lives.

References: WebMD, OMH.gov, NAMI.org, CDC.gov

The National Suicide Prevention Lifeline is available 24hours @ 800-273-8253-8255.

# 10:00 AM WORSHIP SERVICE JULY 11, 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.”