

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)
Dorothy Marriott* (Bowie, MD)
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

DIVORCE *Care*

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

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

This week at Riley Hill

Monday, July 19th

Pray for our Youth

Tuesday, July 20th

Pray for our Leaders

Wednesday, July 21st

7:00PM—Bible Study Live on FB

Thursday, July 22nd

Pray for our Seniors

Friday, July 23rd

Pray for our Nation

Saturday, July 24th

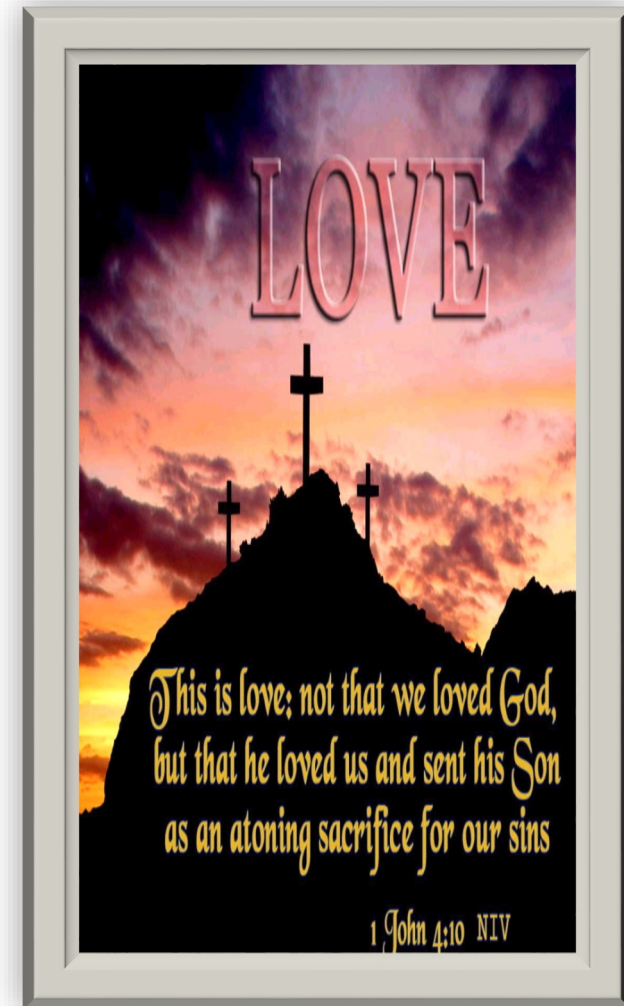
Pray for our Essential Workers
and First Responders

OUR JOURNEY of HOPE
Cancer Care Ministry
Riley Hill Baptist Church

Will lead an 8-week Cancer Care Ministry Training via Zoom. Cancer Care Ministry is a **hope ministry** centered on bringing God's hope to patients and caregivers, family and friends. It gives insight into the disease and God's Word. The training will provide an understanding of the impact of cancer, how people react to it and how God has called His people to respond. Training is open to Riley Hill Baptist Church family and community. Training will be held on Mondays from 6:30–8:00pm, August 2 through September 27, 2021. For more information or to register, please email cancercare@rileyhillbaptistchurch.org. Registration deadline is July 29. Space is limited to 15 participants.

Our Journey of Hope (JOH) is a spiritual outreach program sponsored by Cancer Treatment Centers of America® (CTCA).

Reaching Out to The Community



Alfonza W. Fullwood, Pastor

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www.rileyhillbaptistchurch.org
rhbc@rileyhillbaptistchurch.org

“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 18, 2021
EDUCATION DAY**

**Call to Worship
Adam Cummings**

Praise & Worship

**Prayer
Minister Ola Patterson**

**Scripture
Adam Cummings**

Academic Achievement Recognition

Sermonic Selection

**Sermon
Pastor Alfonza W. Fullwood**

Invitation

Offering



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