



March 26, 2023  
9:30 a.m.

#### PRAISE & ADORATION

Praise & Worship.....Praise Team

Scripture.....Minister

Prayer..... Deacon

Hymn.....#396.....“Is Your All on the Altar?”

#### CHRISTIAN STEWARDSHIP

“We Are First Calvary”

Church News

Offertory Prayer

Offering/Giving

Offertory Song

#### CARE & CONCERNS THROUGH PRAYER

Pastoral Concerns/ Recognition of Sick/Prayer Concerns

Altar Call & Prayer

The Word in Song

#### WORSHIP THROUGH INSTRUCTION

**\*\*The Sermon.....Pastor Marc A. Lavarin**

\*Invitation to Christian Discipleship/ Invitational Selection  
*If you would like to unite with our Church Family, you can do so during the Hymn of Invitation following the sermon. You may join by Baptism, Christian Experience, Letter, or as an Associate Member.*

\*Benediction

**\*PLEASE STAND IF YOU ARE ABLE and remain standing**  
**\*\*Please refrain from walking during The Sermon**



***Our Mission: E<sup>3</sup>***  
***Empower spiritual lives, Enhance quality of life,***  
***& Evangelize the lost***

## CHURCH NEWS

**FROM PASTOR LAVARIN:** DISCOVER THE VISION HAPPENS EVERY WEDNESDAY, at 7PM. This is at Bible Study time, but it's so much more than Bible Study! In-Person (please wear a mask) and on Zoom and Facebook. Join in the discussion and let's “Discover the Vision” together!

**WE ARE FIRST CALVARY:** Watch the full video of the “We Are First Calvary” Segment featuring Deacon Kevin G. Montgomery on the First Calvary YouTube Channel: Youtube- @FCBCDurham. Learn about a member of your church family and their FCBC journey... and remember that together, WE ARE FIRST CALVARY.

**RIDGECREST 2023**—(July 17-21) **REGISTRATION IS NOW OPEN TO MINISTRY LEADERS.** The Family Conference encourages, equips, and inspires. Please contact Minister John Carter at [carter@firstcalvary.org](mailto:carter@firstcalvary.org) for details. Availability is limited and openings are on a first come, first served basis. Registration is open until all slots are filled. The last day to be considered is **May 21, 2023.**

**2023 SPRING LOVE OFFERING:** Attention all College Students: Please complete the Spring Love Offering form listed on the Scholarship ministry page ([scholarship@firstcalvary.org](mailto:scholarship@firstcalvary.org)) by 1pm on March 26, 2023 if you wish to receive the Spring Love Offering. Please do not place the form in the Ministry mailbox as we will only accept online requests. Please contact Sister Brenda Carter ([brenda\\_6470404@yahoo.com](mailto:brenda_6470404@yahoo.com)) or Sister Traci Boone ([traci\\_boone2000@yahoo.com](mailto:traci_boone2000@yahoo.com)) if you have any questions.

**ATTENTION HIGH SCHOOL SENIORS:** The 2023 FCBC Scholarship Application is now available. They can be obtained via the Scholarship Ministry website. All applications are to be emailed to [Scholarship@firstcalvary.org](mailto:scholarship@firstcalvary.org) no later than 7pm on April 26, 2023. Please contact any member of the scholarship ministry, Sister Brenda Carter ([brenda\\_6470404@yahoo.com](mailto:brenda_6470404@yahoo.com)), or Sister Traci Boone ([traci\\_boone2000@yhao.com](mailto:traci_boone2000@yhao.com)) with any questions.

**THE SPRING FESTIVAL**, sponsored by the Sunday School Ministry, is on Saturday, April 8<sup>th</sup>, 10:30am to 12:30pm here at the church. ALL ARE INVITED! Come join in the spring fun as we celebrate the Resurrection...don't miss the Fire Truck, Police, game truck....AND of course, WOOL E. BULL! Food, games, fun....and a good time!

**NURSES....AND THOSE WITH NURSING AND MEDICAL EXPERIENCE...WE ARE LOOKING FOR YOU...AND WE NEED YOU!** Come join “MERT”, the Medical Emergency Response Team, and give insight on medical concerns and issues. Please contact Brother Charles Currin at (910)448-8763 or Brother Robert Vance at (919)544-5525. Come join the team!!

**MASS CHOIR COMEBACK!** Yes, the time has come! We will be back in the choir stand for Resurrection Sunday, April 9, 2023. If you are interested, please register with this link: <https://www.firstcalvary.org/forms/view/39918> Space is limited and the deadline to register is March 29, 2023. Before registering, please check your calendar and make sure you are available to make the following rehearsals: Thursday, March 30<sup>th</sup> at 7pm & Tuesday, April 4<sup>th</sup> at 7pm. If you are not able to join us on April 9<sup>th</sup>, more opportunities are forthcoming. Stay tuned.....

**IT'S THE WOMANHOOD CHOIR!** Yes, the time has come! We will be back in the choir stand for Womanhood Sunday, April 23, 2023. If you are interested, please click the link to register: <https://www.firstcalvary.org/forms/view/39935>. Space is limited and the deadline to register is April 18, 2023. Before registering please check your calendar and make sure you are available to make the following rehearsals. Hopefully, you can make all three. However, attending at least two is mandatory to sing. Thursday, April 13<sup>th</sup> at 7pm, Tuesday, April 18<sup>th</sup> at 7pm, and Thursday, April 20<sup>th</sup> at 7pm. If you are not able to join us on April 23<sup>rd</sup>, more opportunities are forthcoming. Stay tuned.....



**CROP WALK:** Ending Hunger One Step at a Time...help make it happen! Join the Youth Council this year for the 49th Annual Durham Crop Hunger Walk! Sunday, April 02, 2023, 2pm, at the Duke Chapel, 401 Chapel Dr., Durham, NC. All of First Calvary, family, neighbors and the community are invited! As a thank you for your

participation, all youth participants will receive tickets to see the Harlem Globetrotters on April 16, 2023, with the Youth Council! Please sign up for the event through this link by March 31, 2023. <https://bit.ly/YC-DCHW-HG>

**THEY'RE PLAYING BASKETBALL!** Do you love basketball? You are invited to join the Youth Council in watching the Harlem Globetrotters on April 16, 2023 at 1:30pm at PNC Arena, Raleigh, NC. All youth participants who took part in the Durham Crop Hunger Walk have already earned their ticket! However, we still ask that you sign up through the link below so that we can include you in our headcount. For adult participants attending, the cost is \$34.00 per person. Please sign up by March 31, 2023, <https://bit.ly/YC-DCHW-HG>

**FROM THE COMMUNITY: BWWC6!** Ladies, 18 and above, YOU ARE INVITED! Come to the 6<sup>th</sup> “Be Well Women’s Conference”....sponsored by The Well Fellowship Christian Church, on Friday & Saturday, April 28<sup>th</sup> & 29<sup>th</sup>. Registration is ONLY \$50!! FCBC's own, Dr. Micara Sessoms is a featured panelist. Register at <https://buytickets.at/bwwc6>. REGISTRATION IS GOING ON NOW—REGISTER TODAY. **SPACE IS LIMITED....SO DON'T WAIT TO REGISTER...**Don't miss it...you will wish you had been there!

**LET'S CELEBRATE!** First Calvary Family, you are invited to a special Baby Celebration honoring Lady Barbara and Pastor Marc as they prepare for their special delivery in May! A Baby Celebration will be held on Saturday, April 15<sup>th</sup> in the fellowship hall from 1pm to 3pm. Register TODAY....don't wait! Space is limited and you must RSVP with the following link: <https://www.eventbrite.com/e/baby-celebration-for-barbara-and-marc-lavarin-tickets-571134818617>.

## HEALING AND RECOVERY

Remember our sick & shut-in members with prayers, cards, visits, & calls and share this information with the Pastor and Deacons. Contact the church office with sick & shut in information.

#### HOSPITAL & CARE FACILITY

Bro. Frank Chalk	Duke University Hospital
Sis. Louise Jones	Duke University Hospital
Sis. Deborah Jolly	UNC Hospital
Sis. Rochelle Nelums	Pruitt Health
	Erwin Road 27707
Bro. Michael Wilson	Tower Rehabilitation & Nursing Center
	3609 Bond Street Raleigh, NC 27604

#### AT HOME CARE

Sis. Mary Bailey	1505 Palmers Grove Church Rd, Hillsborough	27278
Bro. Danny Blackwell	1 Lucas Drive	27703
Sis. Iris Blackwell	1 Lucas Drive	27703
Sis. Betty Borden	718 Wortley Drive	27713
Dea. Larry Carver	602 Crestview Drive	27712
Sis. Wilhemenia Foster-Long	117 Briarhaven Drive	27703
Sis. Shirley Jackson	2420 Glenbrook Drive	27707
Sis. Mary Liverman	4302 Stonehenge Rd., Greensboro	28406
Bro. Frank Lloyd	7 Gwendolyn Circle	27703
Sis. Princess Matthews	1127 Briar Rose Lane, Apt. 103	27704
Sis. Bettie Sanders	323 Crooked Creek Parkway	27713
Dea. John Smith	1405 Timber Wolf Drive	27713
Sis. Conya Thorpe	2801 Ross Road	27703
Sister Zandra Turner	816 Tumeric Lane	27713
Bro. Kevin Young	1027 Moreland Avenue	27707

## MINISTRY MEETING SCHEDULE

**CFLR** –Community Family Life Center at Lyon Park  
**CFR** –Conference Room **CRM** -Choir Room  
**CR I** -Classroom 1 **CR II** -Classroom 2 **CR III** -Classroom 3  
**FH** – Fellowship Hall **LIB** – Library **Sanct**-Sanctuary

#### SUNDAY

7:00 am	Intercessory Prayer Service (4 <sup>th</sup> Sun)	Sanct
1:15pm	Health & Wellness Ministry (2 <sup>nd</sup> Sun)	CR I
1:15 pm	Evangelism Ministry (2 <sup>nd</sup> Sun)	CR II
1:15 pm	Daughters of Calvary (3 <sup>rd</sup> Sun)	CR II
1:15 pm	Computer Ministry (2 <sup>nd</sup> Sun)	CR III
4:00 pm	Associate Ministers (each 2 <sup>nd</sup> Sun)	CR II
5:00 pm	Deacons & Trustee Ministry Mtg. (2 <sup>nd</sup> Sun)	CR III/LIB
6:30 pm	Official Leadership Team (2 <sup>nd</sup> Sun)	FH

#### MONDAY

6:00 pm	Tots of Praise Rehearsal (after 1 <sup>st</sup> )	CRM
6:30 pm	Psalms 150 (after 3 <sup>rd</sup> & 4 <sup>th</sup> Sun)	CRM
6:30 pm	Young Adult Choir (after 2 <sup>nd</sup> Sun)	CRM
6:30pm	Children’s Church Committee (after 2 <sup>nd</sup> Sun)	LIB
6:30 pm	Sunday School Teachers (1 <sup>st</sup> Mon)	CR I
6:30 pm	Calvary’s Anointed/Vessels of Praise	FH/Sanct
7:00pm	Entrepreneur Ministry (TBA)	CR III
7:00pm	Visionary Ministry (3 <sup>rd</sup> Mon)	LIB
7:30pm	Male Chorus (after 2 <sup>nd</sup> & 3 <sup>rd</sup> Sun)	CRM
7:30pm	Young Adult Choir (before 3 <sup>rd</sup> Sun)	CRM

#### TUESDAY

6:00pm	Scouting Ministry (every other Tues)	ALL AREAS
6:30pm	Hospitality Ministry (2 <sup>nd</sup> Tues)	CR I
6:30pm	Praise Team	CRM
6:30pm	Circle of Care (COC) (2 <sup>nd</sup> Tues-Quarterly)	LIB
6:30pm	Beauty for Ashes	LIB
7:00pm	Male Summit (Tuesday after 3 <sup>rd</sup> Sun)	LIB
7:30pm	Music Council (2 <sup>nd</sup> Tues)	CR II
7:30pm	The Encouragers (1 <sup>st</sup> Tues)	CR III

#### WEDNESDAY

12:00pm	Noon Day Prayer	Conf. Call
6:30pm	Youth Bible Study	Zoom
7:00pm	Bible Study	Zoom/FB

#### THURSDAY

6:00pm	Nursery Ministry (1 <sup>st</sup> Thurs)	Nursery
6:30pm	Calvary’s Anointed/Vessels of Praise	FH/Sanct
6:30pm	Beautification Committee (2 <sup>nd</sup> Thurs)	CR I
6:30pm	Couples’ Ministry (4 <sup>th</sup> Thurs)	CR II
6:30pm	Youth Council (4 <sup>th</sup> Thurs)	CR I
6:30pm	ACT Ministry (3 <sup>rd</sup> Thurs)	CR I
6:30pm	Young Adult Ministry (3 <sup>rd</sup> Thurs)	CR II
6:30pm	Emergency Response Team (ERT)	CR II
7:00pm	Singles in Love with Christ (4 <sup>th</sup> Thurs)	LIB
7:00pm	Sunday Service Choir Rehearsal	CRM
7:30pm	Drama Ministry	CR III

#### SATURDAY

9:30am	Pearls of Praise (2 <sup>nd</sup> Sat)	CRM
10:00am	Scholarship Ministry (before the 2 <sup>nd</sup> Sun)	CR II
10:00am	PROJECT F.I.N.E.	CFLR
10:00am	Onesiphorous Prison Ministry (3 <sup>rd</sup> Sat)	CR I
10:30am	Deaconess Ministry (1 <sup>st</sup> Sat)	LIB/Sanct
11:00am	Senior Missionary Ministry (3 <sup>rd</sup> Sat)	LIB
11:00am	Senior Usher & First Aid Ministry (2 <sup>nd</sup> Sat)	CRM/ Sanct
11:30am	Culinary Arts Ministry (4 <sup>th</sup> Sat)	LIB



FROM THE PASTOR'S DESK

Barbara and I are grateful for the support of this Church. Our vacation was good and now we are back....anxiously anticipating the arrival of our new baby. First Calvary, thank you for your continued support and prayers as we move forward in our life's journey. We are ready for our lives to change forever for the better. Our blessings are overflowing, new church, new baby, new opportunities within God's plan. We will work to be good stewards of it all.

As our emphasis on "Building Generosity" and Stewardship Month come to a close, we celebrate together and have our first Sacrificial Sunday of the Year. We are excited to give and each adult member of this Church is asked to be prayerful and give \$150 above your usual tithes and offerings for Ministry work at this Church. As we remember that we are to give cheerfully of our time, talent, and treasure, we are encouraged to know that God loves a cheerful giver and that our giving and labor is not in vain.

Did you catch the video of Deacon Kevin G. Montgomery for this month's "We Are First Calvary" moment? It is such a treat to see our church family members share about their journey at First Calvary. Please visit our YouTube page to see the entire interview, along with the other two that have been done thus far...and stay tuned for the ones that are on the way! We hope that these videos touch your heart and we want them to be a reminder that WE ARE FIRST CALVARY....all of us....we are the church...we are God's family...and we are a people that are connected together in this work of Ministry.

Because of Calvary,  
Pastor Marc

THE DEACON'S MESSAGE

We are often concerned about our health and rightly so. Take the heart for example; it functions more efficiently when it is healthy. Exercise, eating the right foods, reducing stress and getting rest are key components to a healthy heart. Unfortunately, we tend not to focus on the fact that the heart must be clean physically as well as spiritually. We wholly underestimate the value of a spiritually clean heart. A heart tainted by sin leads us astray and keeps us from physical and spiritual activities that can be good for us. Psalm 51: 10, NLT puts it this way, "Create in me a clean heart, O God. Renew a loyal spirit within me." A healthy spiritual heart should never be overlooked. An unclean spiritual heart is the worst disease our hearts could encounter; it is a silent spirit killer. It is a good thing God knows how to perform heart surgery when we need it. Don't forget to regularly schedule your spiritual physical with God. With God, all spiritual heart diseases can be cured when detected early.

STEWARDSHIP STATISTICS

Our <u>Tithes &amp; Offerings</u> must be \$36,810.84 per Sunday to meet our budget. Thank you for giving!	
March 19, 2023	
Discover the Vision <b>85</b> Sunday School <b>84</b> New Members <b>3</b>	
In-Person Worship <b>299</b> Worship Service (Streaming) <b>130</b>	
Tithes and Offering	\$19,767.25
Sacrificial Offering	\$1,320.00
Food Pantry	\$70.00
Scholarship	\$525.00
Children's Church	\$5.00
Sunday School	\$30.00
Mortgage	\$14,300.00
Online Giving	\$20,427.33
Total Giving	\$56,444.58

LET US PRAY: MATURE ADULTS, AGE 60 & UP, join "Noon Day" midweek prayer & devotion, EVERY WEDNESDAY at 12:00 p.m. Call 712-432-1000, enter access code 616729948#. Others are invited to attend as well.

TIME FOR THE "MID-WEEK TUNE UP"! Join the Prayer Conference Call on Wednesdays at 7:00 a.m., 712-432-1001, code "494132935#". This call is led by Pastor Lavarin. Please ONLY use the above listed number for this Wednesday call. Additionally... AND THIS IS VERY IMPORTANT....PLEASE MAKE SURE THAT YOUR PHONE IS MUTED ON THE CALL AND YOU CANNOT BE HEARD.

Come to Intercessory Prayer on the 4th Sundays, 7:00 a.m.- Zoom Access: Meeting ID: 874 6010 4604, Passcode: 386584.



**REMINDER: The FCBC Food Pantry always welcomes donations of non-perishable food items! Types of Items Needed: rice, beans, jelly, peanut butter, cereal, pasta, pasta sauce, canned veggies & fruit, tuna, pickles, soup, ramen noodles, hot dogs, small packs of hamburger, etc.**

(This is a great community service project for your job or school...or even a great family project!)

**PLEASE REMEMBER: YOU WILL NEED TO STILL WEAR A MASK WHENEVER YOU COME TO THE CHURCH.**

**COME BACK TO CHURCH FOR WORSHIP ON SUNDAYS! AGAIN-PLEASE WEAR A MASK TO CHURCH. WE WILL ALSO CONTINUE TO LIVE STREAM WORSHIP VIA THE CHURCH WEBSITE AND FACEBOOK AT 9:30 A.M. EACH SUNDAY UNTIL FURTHER NOTICE.**

STEWARDSHIP MONTH

March 2023		
1	12:00 PM	PRAYER CALL-MATURE ADULTS
	7:00 PM	"VISION HUDDLE"
4	9:00 AM	In-person/Zoom/Facebook
SUN 5		NEW MEMBER CONNECTION
	9:30 AM	PROVE ME/ALL TITHE SUNDAY
		Worship Service
		In-person/Zoom/Facebook
8	11:00 AM	Sunday School-In Person & Zoom
	12:00 PM	PRAYER CALL-MATURE ADULTS
	7:00 PM	"DISCOVER THE VISION"
		In-person/Zoom/Facebook
SUN 12		SCOUT SUNDAY
		*TIME CHANGES-
		DAYLIGHT SAVINGS TIME
	9:30 AM	Worship Service
		In-person/Zoom/Facebook
15	11:00 AM	Sunday School-In Person & Zoom
	12:00 PM	PRAYER CALL-MATURE ADULTS
	7:00 PM	BIBLE STUDY
		Stream on Zoom & Facebook
SUN 19	9:30 AM	Worship Service
		Stream on Facebook & Website
22	11:00 AM	Sunday School-In Person & Zoom
	12:00 PM	PRAYER CALL-MATURE ADULTS
	7:00 PM	"DISCOVER THE VISION"
		In-person/Zoom/Facebook
SUN 26	9:30 AM	SACRIFICIAL SUNDAY
		Worship Service
		In-person/Zoom/Facebook
29	11:00 AM	Sunday School-In Person & Zoom
	12:00 PM	PRAYER CALL-MATURE ADULTS
	7:00 PM	"DISCOVER THE VISION"
		In-person/Zoom/Facebook

TODAY'S MINISTRY THROUGH SERVICE	
Music:	Praise Team
Director of Music Ministries:	Minister Michael Dotson
Guest Musician:	Brother David Cannady
Percussionist:	Brother Andre Sanders
Saxophonist:	Brother Lynwood Jones
Videographers:	Sister Hilary Fearington/ Dr. Toni McIntosh/ Sister Gail Hendricks
Audio Team (1 per Sunday):	Brother Ivan Holloway/ Deacon Darryll Gadson/ Deacon Xavier Cason/ Brother Michael Hill/ Deacon Calvin Squires/ Brother Derrick Garrett

**FACEBOOK: First Calvary Baptist Church, Durham, NC**  
If you are having a medical procedure, or are sick at home for over a week, please contact the church office so that Pastoral contact can occur as soon as possible or at your request.



"An Exciting Church Excited About Its Mission"

"SACRIFICIAL SUNDAY"  
STEWARDSHIP MONTH



"Building Generosity"

March 26, 2023

Marc A. Lavarin, M.DIV.  
Pastor-[pastorlavarin@firstcalvary.org](mailto:pastorlavarin@firstcalvary.org)

Fredrick A. Davis, M.DIV., D.D.  
Pastor-Emeritus-[pastor@firstcalvary.org](mailto:pastor@firstcalvary.org)

1311 Morehead Avenue ♦ Durham, NC 27707  
(919) 489-4184 ♦ FAX (919) 489-3565

[www.firstcalvary.org](http://www.firstcalvary.org)

SUNDAY-Worship- 9:30am ♦ Sunday School-11am  
WEDNESDAY-Mid-Week Tune-Up Prayer Call-7am  
Discover the Vision-7pm

"BUILDING ON GOD'S FOUNDATION"







FIRST CALVARY BAPTIST CHURCH  
MARC A. LAVARIN, PASTOR  
HEALTH AND WELLNES MINISTRY

### What is type 2 diabetes?

Type 2 diabetes is a condition in which you have too much sugar (glucose) in your blood. Glucose is a type of sugar produced in your body when carbohydrates and other foods are digested. It provides energy to cells throughout the body. Normally, blood sugar levels increase after you eat a meal. When blood sugar rises, cells in the pancreas release insulin which causes the body to absorb sugar from the blood and lowers the blood sugar level to normal.

When you have type 2 diabetes, sugar stays in the blood rather than entering the body's cells to be used for energy. This results in high blood sugar. Over time, high blood sugar can harm many parts of the body, such as your eyes, heart, blood vessels, nerves, and kidneys. It can also increase your risk for other health problems.

### What are the symptoms?

- Feeling very thirsty or very hungry
- You may also urinate more often than usual
- Have blurry vision
- Lose weight without trying

### How is it diagnosed?

If your doctor thinks that you have type 2 diabetes, he or she will order blood tests that measure the amount of sugar in your blood. Blood glucose tests and other tests are used. Your doctor will also ask you questions about your medical history and do a physical exam.

### How is type 2 diabetes treated?

Treatment for type 2 diabetes will change over time. But the focus will be to keep blood sugar levels in your target range.

- Maintain a healthy diet- select grilled vs fried food, downsize vs supersize, reduce carbs, control portion size
- Take medicine as directed
- Be physically active.
  - Set a goal to be physically active for 30 minutes most days of the week. Start slow by taking a 10-minute walk 3 times a day.
  - Twice a week, work to increase your muscle strength. Use stretch bands, do yoga, or do heavy gardening like digging and planting with tools.
- Maintain a healthy weight