

# HOPE IN ACTION

## SANDY RUN MISSIONARY BAPTIST CHURCH (SRMBC)

### SUNDAY SERVICE

Rev. Dr. Joel D. Churchwell

Facebook Live 8:30 a.m.  
Sunday School 9:15 a.m.  
Morning Worship 10:30 a.m.

### YOUTH CHURCH

Director Jennifer Cooper

3<sup>rd</sup> Sunday of the Month  
During 10:30 a.m. Worship Service  
(currently for ages 6-12 yrs)

### BIBLE STUDY

Virtual or In-Person

Midday  
Tuesday 12:00 noon  
Wednesday Night 6:00 p.m.  
Register: [www.sandyrunmbc.com](http://www.sandyrunmbc.com)

## BE A HOPEFUL FRIEND: Our Mission Statement In Action



On February 9, 2026, the HOPE Connects Ministry of Sandy Run Missionary Baptist Church joyfully launched a new outreach initiative — Be a Hopeful Friend — and what a blessed beginning it was!

Church members and friends came together to visit our community partner, Carolina Rivers Nursing and Rehabilitation Facility, located here in Tract 26 and home to some of our most vulnerable and cherished community members. From the moment we arrived, it was clear that this experience would be special.

Hearts were touched, prayers were lifted, smiles were shared, and meaningful bonds were formed simply by spending time together, sharing the Word of God and the love of Christ.

What may have seemed like a simple visit became a powerful reminder that ministry happens not only from the pulpit, but also in the quiet moments — through conversation, reading Scripture, offering a listening ear, or holding a hand in prayer. The joy on the faces of residents and volunteers alike was a beautiful reflection of God's presence among us.

Be a Hopeful Friend will be held on the second Monday of each month from 6:00 p.m. - 7:00 p.m. This outreach is open to anyone willing to give the gift of time — whether through friendly visits, reading, or prayer. No special qualifications are required, only a willing heart.

We extend our sincere thanks to everyone who participated in the kickoff event. Thank you for choosing to use the gifts God has given you in service to others.

Come be a Hopeful Friend — and watch how God moves through you.

We invite you to join us as we continue to live out the mission of Sandy Run Missionary Baptist Church:

To love and serve God through Jesus Christ, our Savior, by the power of the Holy Spirit; and to remain committed to reshaping the lives of our families, our church, and our communities through *biblical worship, discipleship, and evangelism.*

## NEXT BE A HOPEFUL FRIEND VISIT: March 9<sup>th</sup> at 6:00 p.m.

### FAITH IN ACTION: Shaping our County Together

Attending Onslow County Board Of Commissioner meetings allows us to have a voice on issues that shape our lives and communities. Let's show up in faith and help our county reflect God's heart for justice, compassion, and community.

Onslow Co. Board of Commissioner Meetings  
 \*First Monday of each month @ 11:00 a.m.  
 \*Third Monday of each month @ 6:00 p.m.  
 Onslow County Government Center  
 \*234 Northwest Corridor Blvd.  
 \*(910) 989-3000 for additional information.

## MARCH IS BRAIN HEALTH AWARENESS MONTH: Sleep Matters

### Lights Out, Mind On: How Sleep Strengthens Your Brain

Sleep is essential for brain health, and quality sleep supports memory, mood, and long-term brain health. During sleep the brain restores itself, clears waste, and strengthens focus.

**Ongoing lack of sleep** is linked to problems with concentration, mood, decision-making, and long-term brain health.

**Healthy sleep supports** emotional balance and stress regulation, memory and learning, and long-term brain and cognitive health.

Most adults need seven to nine hours of quality sleep each night. Prioritizing rest is a practical way to care for the body and mind God has given us.

#### Tips for better sleep:

- Keep a consistent bedtime and wake time
- Power down screens at least 30 minutes before bed
- Limit caffeine later in the day
- Create a calm, cool, dark, and quiet sleep space

Resources: National Institute on Aging, Centers for Disease Control and Prevention

## SRMBC Ushers Ministry Celebrated its 85<sup>th</sup> Anniversary on February 15th

CONGRATULATIONS & To God Be  
The Glory!!



## WOMEN'S HISTORY MONTH SPOTLIGHT

We're celebrating two remarkable pioneers whose courage, service, and leadership opened doors for future generations. One in medicine, one in military service--they remind us that faithfulness and perseverance leave an indelible impact.

**Rebecca Lee Crumpler (1831–1895)** is recognized as the first known African American woman physician in the United States. She earned her medical degree in 1864 from the New England Female Medical College. After the Civil War Dr. Crumpler devoted her career to caring for women, children, and formerly enslaved people during reconstruction. In 1893, she published *A Book of Medical Discourses*, the first known medical text authored by an African American woman.



**Annie L. Grimes (1925-2019)** enlisted in the US Marine Corps in 1950 becoming the third African American woman to do so. In 1966 Grimes was appointed Warrant Officer-1 while stationed at Camp Lejeune and in 1970 she advanced to Warrant Officer-2 establishing her as an African American woman pioneer by becoming an officer during a formative period of racial and gender integration in military leadership. She was also the first African American woman to retire with 20 years of service, and her career helped pave the way for greater inclusion of women and people of color in the Marine Corps.

Early records for women and African American service members were often incomplete and under reported in public histories. The use of “first known” and “early” are used to honor their achievements while maintaining historical integrity.

References: National Women's History Museum, National Library of Medicine, United States.

## Healthy Living

### March is Colorectal Cancer Awareness Month

Colorectal cancer is highly preventable and treatable when found early. Screening can detect cancer before symptoms—and may prevent it by removing precancerous polyps.

**Higher risk:** African Americans; adults 45+; family history; low-fiber diets high in red/processed meats; physical inactivity, obesity, smoking, or heavy alcohol use.

**Screening:** Most adults should begin at age 45 (earlier if higher risk). Options include colonoscopy, stool-based tests, and other provider-recommended imaging. Taking time for screening is a meaningful way to care for the body God has given you and remain present for those you love.

Resources: American Cancer Society; Centers for Disease Control and Prevention

## Financial Wellness

### A Number That Tells a Story

Your credit score reflects your financial habits and influences borrowing costs and options. Lenders use it to decide approvals and terms; higher scores usually mean lower costs, while lower scores can limit choices.

**What affects your score:** payment history, balances versus limits, length of credit history, new credit activity, and credit mix.

**How to improve it:** pay bills on time, keep balances low, avoid unnecessary new accounts, check reports for errors, and be patient—improvement takes time.

**Check it for free:** many banks and credit unions offer scores online; some nonprofits and consumer agencies do, too. Your score is only part of your story—you are not the number. Managing credit wisely is faithful stewardship.

Resources: Consumer Financial Protection Bureau; FDIC

## Future Connections

Tuesday, March 10, and Wednesday, March 11, 2026 - pause/break for both Bible Studies  
Both sessions will resume the following week.

Study Topic: *“Prayer - the Voice of Our Faith”*

Sandy Run MBC



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