

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

1st & 3rd Sundays of the Month
During 10:30 a.m. Worship Service
(currently for ages 6-12 yrs)

SNEAKER WEEK

October 11-17, 2026
Wear sneakers all week
Hallmark of Hope Campus
Get ready for our 5K!

Making Room for the Conversation: A Conversation About Grief

Sometimes the conversations we need most are the ones that can be the hardest to have. On September 13, 2026, Sandy Run Missionary Baptist Church, through HOPE Connects Ministry, created space for one of those important conversations with “A Conversation About Grief,” facilitated by Mr. Jason Clamme of LifeCare - Lower Cape Fear Hospice. More than 35 participants joined us for a meaningful and engaging time of learning, sharing, and reflection. Mr. Clamme’s knowledgeable yet lighthearted approach helped everyone feel comfortable as he guided us through a topic that can often feel heavy. He offered practical suggestions and thoughtful insight that participants could carry with them—not only as they navigate their own experiences with grief, but also as they support family members, friends, and others who may be hurting.

We were also reminded that grief is not limited to the loss of a loved one through death. Life can bring many forms of loss, change, and transition, and each can bring its own experience of grief. Mr. Clamme helped participants recognize these different forms of grief and provided valuable information to help us better understand and respond to them.

Sandy Run is committed to offering meaningful conversations, workshops, and resources that support the well-being of our congregation and community. Through our study of Community: *The Structure of Belonging*, we are reminded of the importance of creating spaces where people can come together, share openly, and discover that they do not have to navigate life’s difficult moments alone. Through conversations like these, Sandy Run continues to build connections, bridge gaps, and create opportunities for healing, learning, and belonging.

A big thanks to Mr. Clamme and everyone who participated and helped make this conversation such a meaningful success!





David Walker: A Voice for Freedom and Faith

In 1829, David Walker, a free Black man born in Wilmington, North Carolina, published *Walker's Appeal*, a powerful call for freedom, justice, and the recognition of Black humanity. At a time when slavery was firmly established and Black voices were often suppressed, Walker courageously challenged the nation to confront the contradiction between Christianity and the institution of slavery. Walker was born around 1796 to a free Black mother and an enslaved father. He later moved to Boston, where he became a clothing-business owner and an active member of the city's Black community. His *Appeal* was deeply rooted in Scripture and his belief that freedom and human dignity were God-given rights, not privileges granted by others.

Walker challenged slaveholders, religious leaders, and others who used Christianity to justify or tolerate slavery. He urged Black Americans to recognize their worth and to stand against oppression. His message was so powerful that authorities in slaveholding states sought to prevent the *Appeal* from circulating and strengthened restrictions on Black literacy and the distribution of antislavery materials.

Walker died in Boston in 1830, when he was only in his early thirties. Yet his words continued to influence the growing movement against slavery and later generations who fought for Black freedom and equality.

Why His Story Matters

David Walker reminds us that Black history is also a history of faith, courage, intellect, and conviction. His life challenges us to consider how our faith calls us to recognize the God-given dignity of every person and to courageously stand for truth and justice.

"Speak up for those who cannot speak for themselves..." — Proverbs 31:8 New International Version

Prayer: *Lord, please lead us to use our hearts, heads, and hands fully in the pursuit of justice, as David Walker did, for your glory.*

Healthy Happenings: Nourishing Our Bodies



SRMBC is excited to partner with the Onslow County Health Department to bring you Healthy Happenings, a nutrition class designed to help us make healthy choices in everyday life!

We'll explore healthy nutrition options, learn how to make the most of fresh, seasonal produce, and discover simple ways to incorporate healthier choices into our daily routines.

Come learn, enjoy, and sample some healthy options you can take home and make part of your lifestyle!

Join us on Tuesday, October 27, from 1:00–2:00 p.m., immediately following Midday Bible Study.

Healthy Living

October is designated as **Breast Cancer Awareness Month** and is a tangible reminder to proactively focus our attention on breast health.

Becoming aware of the risks for breast cancer is an important start, but taking action is even more powerful in caring for your overall breast health.

Here are several steps you can take to help you ask important questions and make informed decisions:

- Know your family's health history
- Speak with your healthcare provider about your individual risk(s)
- Follow recommended screening guidelines for your age and risk level
- Do self-exams consistently and pay close attention to changes in your breasts
- Become familiar with what is "normal" for you
- Report any changes to your healthcare provider

Make breast health a priority in your overall self-care. Early detection has proven to be highly effective.

Sandy Run family: "A Healthy Community Starts Here," and it starts with you!

Resources: Center for Disease Control National Institute of Health, American Cancer Society, Office of Disease Prevention and Health Promotion.

Financial Wellness

October is recognized as **National Financial Planning Month**, and it is a great time to focus on improving your financial health and setting new goals.

Are you familiar with the difference between a Financial planner and a Financial advisor?

Financial planners generally focus on comprehensive goal-based planning for saving, retirement, debt management, and investing. They often hold Certified Financial Planner (CFP) certifications and create a roadmap for your financial life.

Financial advisors provide financial guidance and help you with money management.

Spend some time this month and conduct a *Financial Checkup* to see where you stand. Start with the following key areas and remember that you do not have to solve everything all at once:

- Do you know where your money is going? Review checking and savings balances along with your monthly income and regular expenses.
- Check your credit profile by reviewing your credit report for accuracy and unusual account activity.
- Review your current debt (interest rate, minimum payments, etc.) and identify any opportunities to reduce high interest rates or improve repayment terms.
- Emergency Savings – Even small amounts, if saved consistently, create a financial cushion
- Look ahead. Do you have upcoming expenses or income changes to prepare for?

We do not have to be wealthy to reap the benefits from financial planning. This month, identify one financial area that could use improvement and take one confident step forward to greater financial wellness.

Resources: Consumer Financial Protection Bureau (CFPB), MyMoney.gov.

A Healthy Community Starts Here: 2nd Annual 5K

THE COUNTDOWN IS ON, SANDY RUN!

Just SIX more days until our Fun Run/Walk & Faith and Blue Event on October 17!

And this week, we're celebrating
SNEAKER WEEK!

Wear your sneakers to every gathering and event on the Sandy Run campus as we get ready to step into a day of healthy movement, connection, faith, and community.

Whether you're walking, running, cheering, or bringing a friend, every step counts! So grab your family, lace up those sneakers, and let's put our feet where our faith is!



SIX DAYS. ONE COMMUNITY. LET'S MOVE, SANDY RUN!

Future Connections

October 11-17, 2026

SNEAKER WEEK

Wear your sneakers to all events at the
Hallmark of Hope Campus

Saturday - October 17, 2026

SRMBC 2nd Annual 5K Fun Run/Walk

7:30 a.m. - 11:30 a.m.

"A Healthy Community Starts Here"

Monday - October 12, 2026

Be A Hopeful Friend Outreach

Carolina Rivers Nursing &
Rehabilitation Facility

6:00 p.m. - 7:00 p.m.

Tuesday - October 27, 2026

Healthy Happenings Nutrition Class

Onslow County Health Department

SRMBC Fellowship Hall

1:00 p.m. - 2:00 p.m.

Sandy Run MBC



"The Hallmark of Hope"

Rev. Dr. Joel D. Churchwell, Pastor/Teacher

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Connect With Us

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