



THE SOLID

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FEB 2026
ISSUE #7

"I am the true grapevine, and my Father is the gardener. He cuts off every branch of mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more. You have already been pruned and purified by the message I have given you. Remain in me and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me. Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing."
John 15:1-5 (NLT)



Then Jesus, full of the Holy Spirit, returned from the Jordan River. He was led by the Spirit in the wilderness, where he was tempted by the devil for forty days. Jesus ate nothing all that time and became very hungry.
Luke 4:1-2 (NLT)

Beloved of God,

"Give me a clean heart, so I may serve Thee; Lord, fix my heart so that I may be used by Thee! For I'm not worthy of all these blessings. Give me a clean heart and I'll follow Thee!" The words of this well-known gospel song form one of the most powerful prayers that a Christian disciple can ever pray!

The shortest of the 12 months in the year, February is full of important celebrations and observances including Black History Month, Heart Health Month, and National Cancer Prevention Month. Not to mention all of special days like Groundhog Day (2/2), the National African-American HIV/AIDS Awareness Day (2/7), the NFL Super Bowl (2/8), National Inventor's Day (2/11), International Day of Women and Girls in Science (2/11), Valentines Day (2/14), President's Day (2/16), Ramadan and Random Acts of Kindness Day (2/17). This year, Black History Month turns 100! With continued efforts to erase Black history in America, it is vital that we learn, promote, preserve, and pass on the truth of who we are and our contributions to this nation and the world. Without Black history there would BE NO HISTORY!

Not only are we celebrating our heritage as children of the African diaspora, we also have the opportunity to recalibrate our faith as Christian disciples. This month the Lenten season kicks off February 18 (Ash Wednesday) and culminates on April 5 (Resurrection/Easter). During this time, Solid Rock will be in Holy Consecration. We will repent, fast, pray, study God's word, fellowship and serve—together! I invite you to join us as we commemorate the time that Jesus spent in the wilderness immediately after His baptism. Just as He prepared for His ministry journey, we are also called to prepare. Study of God's word, fasting (self-denial) and prayer can strengthen our faith, increase discipline, unlock spiritual power and prepare us for fruitful ministry and living.

Let's face it, life is such that we all face distractions, disappointments and difficulties that often leave us feeling overwhelmed, exhausted and powerless. Sometimes, if we are honest, we may even feel distant or disconnected from God. Lent offers the believer an opportunity to experience spiritual cleansing as we repent, seek forgiveness and rid ourselves of those things which are toxic to our walk with Christ. This holy season calls us to be more intentional about spending time in God's presence and equips us to be more attentive to God's voice, direction and will. Lent reminds us of the call to holiness from God and empowers us to be renewed and restored as we reaffirm our commitment to answer that call. Lent empowers us—individually and collectively—to draw closer to and be reconnected with God and one another as a fellowship of believers. Lent helps to realign our mental, physical and spiritual lives with the word of God and helps to redirect our focus to His will for our lives, families, ministries and church. Lent offers an opportunity to remember the sacrifice that Christ made, the hope that resurrection secures and the promise of His return. As we journey through Lent, we will be ready to truly rejoice as we commemorate His resurrection.

It is my sincere prayer, that you will join us as we journey through Lent and, that this year, we will do more than give up our favorite food, social media or television for a few weeks. Rather, I pray the transforming power of the Holy Spirit will lead us to ADD more intentional prayer time, more disciplined study time, more meaningful worship time, and more impactful service! I am believing God for each of you and all of us to experience a deeper connection with the True and Living God through His Son, Jesus Christ! As we practice spiritual disciplines of Confession, Prayer, Fasting, Study of God's word, Fellowship and Service, you and I will be REVIVED you discern the arc of God's love for us in creation, throughout history, and in giving us the greatest gift that we could ever receive (no, it is NOT a gaming system, new car, or engagement ring)--SALVATION!

Personally, I am excited that Lent kicks off in the month of February. With the hyper focus on love and matters of the heart, let us take this time to check the condition of our spiritual hearts and the closeness of our relationship with the One who gave up everything just for us to live the abundant life today and eternal life when our work here in the earth realm is completed. Check your heart, beloved! Does Christ abide there? Are you and God deeply connected and in constant communication?

Your heart health matters--physically and spiritually! Lent is a great time for a CHECK UP! And, if you are anything like me, you will be praying "Give me a clean heart, so I may serve Thee! Lord, fix my heart so that I may be used by Thee!"

Pastor A



JEROME & MONTINA

celebrate their 35th anniversary!



Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance. Prophecy and speaking in unknown languages and special knowledge will become useless. But love will last forever.

1 Corinthians 13:4-8 (NLT)

#GodlyMarriage

#HeavenlyHookUp

#EnduringLove



*Celebrating
a
Birthday
in
February*

- Noah Rivers - 2nd
Caiden Reese - 3rd
Paisley Bruce - 3rd
Micaiah McCray - 4th
Doris Mackey - 6th
Shemaiah McCray - 6th
Rev. Dr. Roe Nall, Jr. - 6th
Guy Carson - 7th
Samiya Beasley - 8th
Tamiya Beasley - 8th
Pamela Pugh - 9th
James Davenport - 10th
Madison Elam - 14th
Mariah Seals - 14th
Ruth Parker - 16th
Brycen Jackson - 22nd
Pastor Alyce Walker Johnson - 22nd
Haley R. Mitchell - 23rd
Santesha Abney - 25th
Mia Elizabeth Rivers - 25th
Juleen Hammonds - 28th

*Honoring
Mrs. Doris Mackey
as she celebrates her
90th birthday*



*Celebrating a
Wedding Anniversary
in February*

*Mr. & Mrs.
Brandon (Araya) McGee
February 19th*

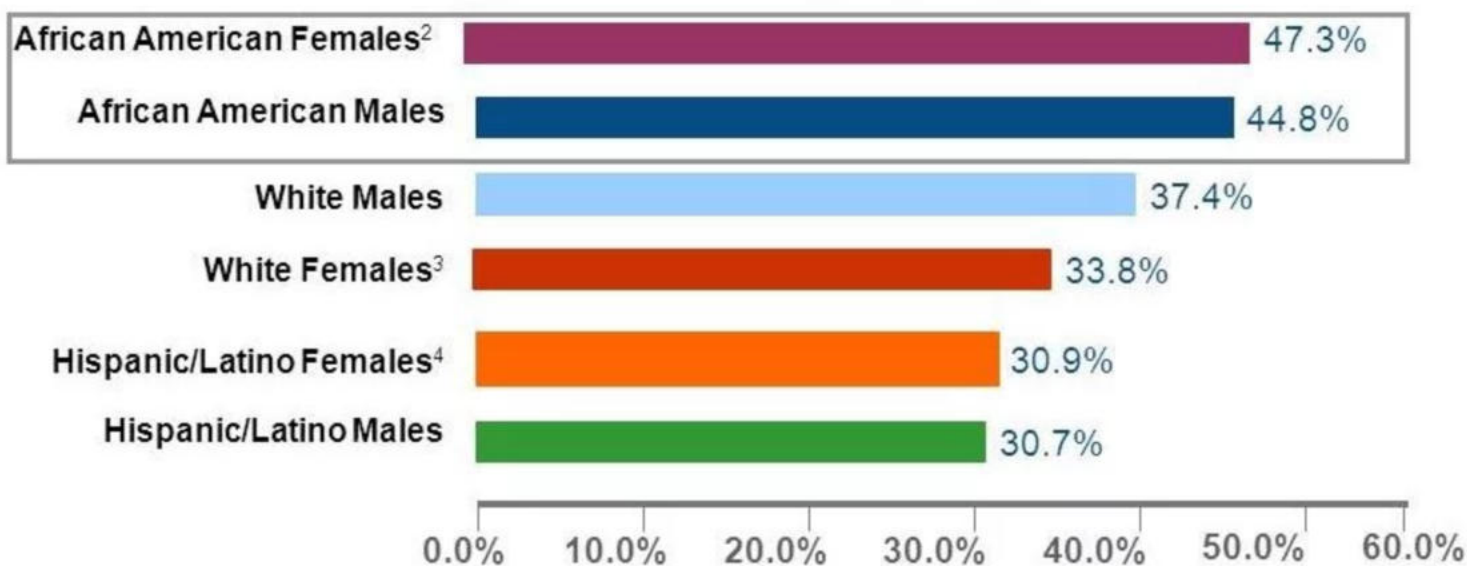
CELEBRATING Black History Month AND RAISING AWARENESS FOR Heart Health



The Heart of the Matter

Heart disease is the leading cause of death for women and men, regardless of race and ethnicity

82.6 Million American Adults Have Heart Disease¹



A HEART HEALTHY TAKE ON FRIED CHICKEN!



Ingredients

- 1 teaspoon poultry seasoning
- ½ cup fat-free milk or buttermilk
- 1½ tablespoons onion powder
- 1½ tablespoons garlic powder
- 2 teaspoons black pepper
- 2 teaspoons dried hot pepper, crushed
- 1 teaspoon ground ginger
- 1 cup cornflakes, crushed or breadcrumbs
- 8 pieces skinless chicken (4 breasts, 4 drumsticks)
- ¼ teaspoon paprika
- Nonstick cooking spray (use to coat baking pan)

Directions

1. Preheat oven to 350 °F.
2. Add ½ teaspoon of poultry seasoning to milk.
3. Combine all other spices except paprika with cornflake crumbs (or breadcrumbs), and place in a plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess liquid, then quickly shake chicken in a bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika.
7. Coat baking pan with nonstick cooking spray and space chicken evenly in pan.
8. Cover with aluminum foil and bake 40 minutes.
9. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat easily pulls away from the bone with a fork. The drumsticks may require less baking time than the breasts. Crumbs will form a crispy “skin.” Do not turn chicken during baking.

NUTRITIONAL INFORMATION

Makes 6 servings

Serving size: Half of a breast or 2 small drumsticks

Each serving provides: Calories: 256

Total Fat: 5 g

Saturated Fat: 1 g Cholesterol: 34 mg

Sodium: 286 mg Total Fiber: 1 g Protein: 30 g

Carbohydrates: 22 g

Potassium: 339 mg

What's the Secret?
This baked chicken uses only a small amount of oil to coat the pan. With the special batter, there is no taste deprivation!

CELEBRATE

BLACK HISTORY MONTH

ALL FEBRUARY LONG



The Origins of Black History Month

Published by the Association for the Study of African American Life and History (ASALH)

Written by Daryl Michael Scott | ASALH Former National President

The story of Black History Month begins in Chicago during the summer of 1915. An alumnus of the University of Chicago with many friends in the city, Carter G. Woodson traveled from Washington, D.C. to participate in a national celebration of the fiftieth anniversary of emancipation sponsored by the state of Illinois. Thousands of African Americans travelled from across the country to see exhibits highlighting the progress their people had made since the destruction of slavery. Awarded a doctorate in Harvard three years earlier, Woodson joined the other exhibitors with a black history display. Despite being held at the Coliseum, the site of the 1912 Republican convention, an overflow crowd of six to twelve thousand waited outside for their turn to view the exhibits. Inspired by the three-week celebration, Woodson decided to form an organization to promote the scientific study of black life and history before leaving town. On September 9th, Woodson met at the Wabash YMCA with A. L. Jackson and three others and formed the Association for the Study of Negro Life and History (ASNLH).



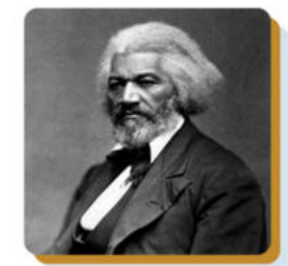
Carter G. Woodson, 1915

He hoped that others would popularize the findings that he and other black intellectuals would publish in *The Journal of Negro History*, which he established in 1916. As early as 1920, Woodson urged black civic organizations to promote the achievements that researchers were uncovering. A graduate member of Omega Psi Phi, he urged his fraternity brothers to take up the work. In 1924, they responded with the creation of Negro History and Literature Week, which they renamed Negro Achievement Week. Their outreach was significant, but Woodson desired greater impact. As he told an audience of Hampton Institute students, “We are going back to that beautiful history and it is going to inspire us to greater achievements.” In 1925, he decided that the Association had to shoulder the responsibility. Going forward it would both create and popularize knowledge about the black past. He sent out a press release announcing Negro History Week in February, 1926.



Abraham Lincoln, born February 12, 1809

Woodson chose February for reasons of tradition and reform. It is commonly said that Woodson selected February to encompass the birthdays of two great Americans who played a prominent role in shaping black history, namely Abraham Lincoln and Frederick Douglass, whose birthdays are the 12th and the 14th, respectively. More importantly, he chose them for reasons of tradition. Since Lincoln’s assassination in 1865, the black community, along with other Republicans, had been celebrating the fallen President’s birthday. And since the late 1890s, black communities across the country had been celebrating Douglass’. Well aware of the pre-existing celebrations, Woodson built Negro History Week around traditional days of commemorating the black past. He was asking the public to extend their study of black history, not to create a new tradition. In doing so, he increased his chances for success.



Frederick Douglass, born February 14, 1818

Yet Woodson was up to something more than building on tradition. Without saying so, he aimed to reform it from the study of two great men to a great race. Though he admired both men, Woodson had never been fond of the celebrations held in their honor. He railed against the “ignorant spellbinders” who addressed large, convivial gatherings and displayed their lack of knowledge about the men and their contributions to history. More importantly, Woodson believed that history was made by the people, not simply or primarily by great men. He envisioned the study and celebration of the Negro as a race, not simply as the producers of a great man. And Lincoln, however great, had not freed the slaves—the Union Army, including hundreds of thousands of black soldiers and sailors, had done that. Rather than focusing on two men, the black community, he believed, should focus on the countless black men and women who had contributed to the advance of human civilization.

From the beginning, Woodson was overwhelmed by the response to his call. Negro History Week appeared across the country in schools and before the public. The 1920s was the decade of the New Negro, a name given to the Post-War I generation because of its rising racial pride and consciousness. Urbanization and industrialization had brought over a million African Americans from the rural South into big cities of the nation. The expanding black middle class became participants in and consumers of black literature and culture. Black history clubs sprang up, teachers demanded materials to instruct their pupils, and progressive whites stepped and endorsed the efforts.

Woodson and the Association scrambled to meet the demand. They set a theme for the annual celebration, and provided study materials—pictures, lessons for teachers, plays for historical performances, and posters of important dates and people. Provisioned with a steady flow of knowledge, high schools in progressive communities formed Negro History Clubs. To serve the desire of history buffs to participate in the re-education of black folks and the nation, ASNLH formed branches that stretched from coast to coast. In 1937, at the urging of Mary McLeod Bethune, Woodson established the Negro History Bulletin, which focused on the annual theme. As black populations grew, mayors issued Negro History Week proclamations, and in cities like Syracuse progressive whites joined Negro History Week with National Brotherhood Week.

Like most ideas that resonate with the spirit of the times, Negro History Week proved to be more dynamic than Woodson or the Association could control. By the 1930s, Woodson complained about the intellectual charlatans, black and white, popping up everywhere seeking to take advantage of the public interest in black history. He warned teachers not to invite speakers who had less knowledge than the students themselves. Increasingly publishing houses that had previously ignored black topics and authors rushed to put books on the market and in the schools. Instant experts appeared everywhere, and non-scholarly works appeared from “mushroom presses.” In America, nothing popular escapes either commercialization or eventual trivialization, and so Woodson, the constant reformer, had his hands full in promoting celebrations worthy of the people who had made the history.

Well before his death in 1950, Woodson believed that the weekly celebrations—not the study or celebration of black history—would eventually come to an end. In fact, Woodson never viewed black history as a one-week affair. He pressed for schools to use Negro History Week to demonstrate what students learned all year. In the same vein, he established a black studies extension program to reach adults throughout the year. It was in this sense that blacks would learn of their past on a daily basis that he looked forward to the time when an annual celebration would no longer be necessary. Generations before Morgan Freeman and other advocates of all-year commemorations, Woodson believed that black history was too important to America and the world to be crammed into a limited time frame. He spoke of a shift from Negro History Week to Negro History Year.



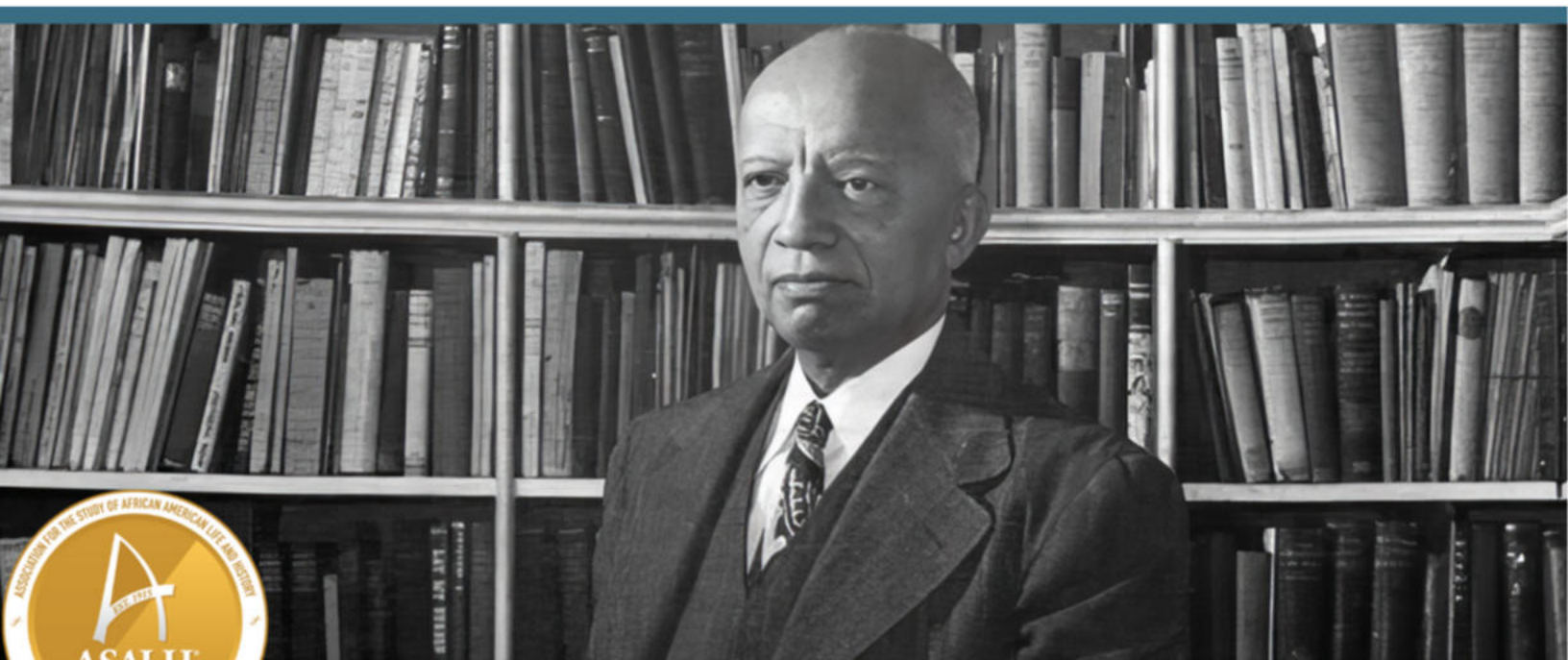
Dr. Carter G. Woodson, Founder

In the 1940s, efforts began slowly within the black community to expand the study of black history in the schools and black history celebrations before the public. In the South, black teachers often taught Negro History as a supplement to United States history. One early beneficiary of the movement reported that his teacher would hide Woodson's textbook beneath his desk to avoid drawing the wrath of the principal. During the Civil Rights Movement in the South, the Freedom Schools incorporated black history into the curriculum to advance social change. The Negro History movement was an intellectual insurgency that was part of every larger effort to transform race relations.

The 1960s had a dramatic effect on the study and celebration of black history. Before the decade was over, Negro History Week would be well on its way to becoming Black History Month. The shift to a month-long celebration began even before Dr. Woodson's death. As early as 1940s, blacks in West Virginia, a state where Woodson often spoke, began to celebrate February as Negro History Month. In Chicago, a now forgotten cultural activist, Fredrick H. Hammaurabi, started celebrating Negro History Month in the mid-1960s. Having taken an African name in the 1930s, Hammaurabi used his cultural center, the House of Knowledge, to fuse African consciousness with the study of the black past. By the late 1960s, as young blacks on college campuses became increasingly conscious of links with Africa, Black History Month replaced Negro History Week at a quickening pace. Within the Association, younger intellectuals, part of the awakening, prodded Woodson's organization to change with the times. They succeeded. In 1976, fifty years after the first celebration, the Association used its influence to institutionalize the shifts from a week to a month and from Negro history to black history. Since the mid-1970s, every American president, Democrat and Republican, has issued proclamations endorsing the Association's annual theme.

What Carter G. Woodson would say about the continued celebrations is unknown, but he would smile on all honest efforts to make black history a field of serious study and provide the public with thoughtful celebrations.

Daryl Michael Scott
ASALH Former National President



ASSOCIATION FOR THE STUDY OF AFRICAN AMERICAN LIFE AND HISTORY®
THE FOUNDERS OF BLACK HISTORY MONTH

EXPLORE BLACK HISTORY



Learn about Black history by exploring your local community, reading books by Black authors, and visiting Black or African-American history museums.

READ BOOKS OR STORIES WRITTEN BY BLACK AUTHORS

Explore a captivating collection of books by talented Black writers on ASALH's Author's Bookshelf. Discover unique perspectives and rich narratives reflecting diverse experiences and cultural histories.



SUPPORT BLACK-OWNED BUSINESSES

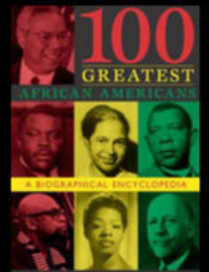
By choosing to shop from Black-owned businesses, you contribute to greater diversity in the marketplace and help create opportunities for underrepresented communities.

Consider exploring local shops, restaurants, and services to uplift these valuable businesses. Check out the listing of members and friends of Solid Rock on the next page!



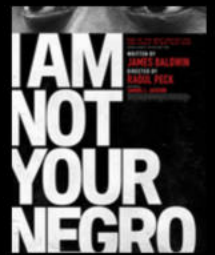
LEARN ABOUT BLACK LEADERS

Learn about influential Black leaders who have shaped history and continue to inspire. Follow ASALH on social media that highlights the legacies of Black leaders through its Black Facts posts, which celebrate the achievements and impact of these pivotal figures.



WATCH FILMS AND DOCUMENTARIES CREATED BY BLACK FILMMAKERS

Explore an array of films and documentaries by talented Black filmmakers on ASALH TV. Discover diverse narratives that celebrate the rich experiences, cultures, and histories of the Black community. Be sure to check out highlights from previous ASALH Film Festivals, showcasing powerful stories and perspectives.



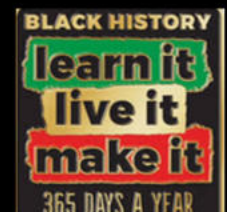
ORGANIZE EDUCATIONAL EVENTS

Plan interactive history lessons, social activism projects, and other activities. Social Justice at ASALH focuses on the community, bringing practical knowledge and theories learned through the lived experience of activists and oppressed groups that are often overlooked or discounted inside the academy.



COMMIT BEYOND FEBRUARY

Make a strategic commitment to learn, promote, and share Black History every day.



WE HAVE TREMENDOUS POWER!

- Black-owned businesses contribute over \$141 billion in annual receipts and support 1.3 million jobs.
- Black buying power has increased to over \$1.6 trillion and is projected to grow to over \$2 trillion by 2030.
- There are roughly 3 million Black-owned businesses in the US
- Despite rising income and spending power, Black Americans still hold only 4% of total U.S. wealth while making up 13% of the population.
- While median household wealth has increased, a significant racial wealth gap persists in America. Supporting Black-owned businesses helps build wealth in OUR COMMUNITY!

SUPPORT BLACK OWNED BUSINESSES... START @ THE ROCK!

A & D Royal Investments - Cynthia Jones & Monét Robinson
All in One International Realty Group, LLC - Valrie Kong-Quee
Anytime Fitness (Decatur) - Carla Carson
Archer's Trucking, LLC - Kadri & Christina Archer
Bead Sack Creations - Glenda Williams
Braid Angels Program - Santesha Abney
Channing Capital Management, LLC - Wendell Mackey
Christopher Bruce, Esq. - Christopher Bruce
Faithful Hands (Piano Lessons) - Kim McCray
For Love of Nana Catering - Victoria Gordon
Goins Group Assoc. Inc. - Reva Goins
Golden Avenue Catering - Jeremy Reese
Green Supply - Thomas Green
HearMobile - Robert Greene
I am Neicy Hair and Wig Studio - Taneisha Sutherland
IvoryOne - Angenette Ivery
Jackson Dental Center - Montina Jackson
Jackson's Dental Lab - Jerome Jackson
LUCIBELL - Janice Grady
Natural Pilates, LLC - Lakisha Cheek
O J Kay Designs - Micaiah McCray
Poppin' Stop Popcorn Shop (Decatur) - Carla Carson
Precious Keepsakes - Simone Beasley
The Ultimate Computer Systems, Inc - Harry Dean Robinson
Vibrant Creation by Sonje - Sonje Jackson
Zion Movement Group - Jarrod Cheek

**YOUR BUSINESS
NOT
ON THE LIST?
PLEASE
CONTACT THE
CHURCH OFFICE
IMMEDIATELY!**





BLACK HISTORY TRIVIA



Answer the questions the best you can

1. Who was the first African American to win an Academy Award?

- A) Sidney Poitier B) Hattie McDaniel C) Halle Berry

2. Who was the first African American to serve as the President of the United States?

- A) Barack Obama B) Jesse Jackson C) Shirley Chisholm

3. Who refused to give up her seat on a bus, sparking the Montgomery Bus Boycott?

- A) Rosa Parks B) Harriet Tubman C) Maya Angelou

4. Who was the first African American woman to go to space?

- A) Katherine Johnson B) Mary Jackson C) Mae Jemison

5. Which famous boxer is known for saying, "Float like a butterfly, sting like a bee"?

- A) Joe Louis B) Muhammad Ali C) Mike Tyson

6. The Supreme Court decision in *Brown v. Board of Education* declared what unconstitutional?

- A) Slavery B) Segregation in schools C) Voting discrimination

7. What movement, led by Martin Luther King Jr., aimed to end racial discrimination in the USA?

- A) The Civil Rights Movement B) The Harlem Renaissance C) The Underground Railroad

8. What year did the Civil Rights Act pass?

- A) 1960 B) 1964 C) 1970

9. In what year did the 13th Amendment abolishing slavery get passed?

- A) 1863 B) 1865 C) 1870

10. Who wrote the famous poem, "I Know Why the Caged Bird Sings"?

- A) Toni Morrison B) Langston Hughes C) Maya Angelou

11. What was the cultural, social, artistic explosion in the 1920s known as, in Harlem, New York?

- A) The Civil Rights Movement B) The Harlem Renaissance C) The Black Arts Movement

12. Who was the first African American woman to win a Nobel Prize in Literature?

- A) Zora Neale Hurston B) Toni Morrison C) Alice Walker

13. Who was the first African American to play Major League Baseball in the modern era?

- A) Satchel Paige B) Jackie Robinson C) Hank Aaron

14. What organization was founded in 1909 to fight for civil rights for African Americans?

- A) NAACP B) The Urban League C) Black Panthers

15. Who was the first African American woman elected to the U.S. Congress?

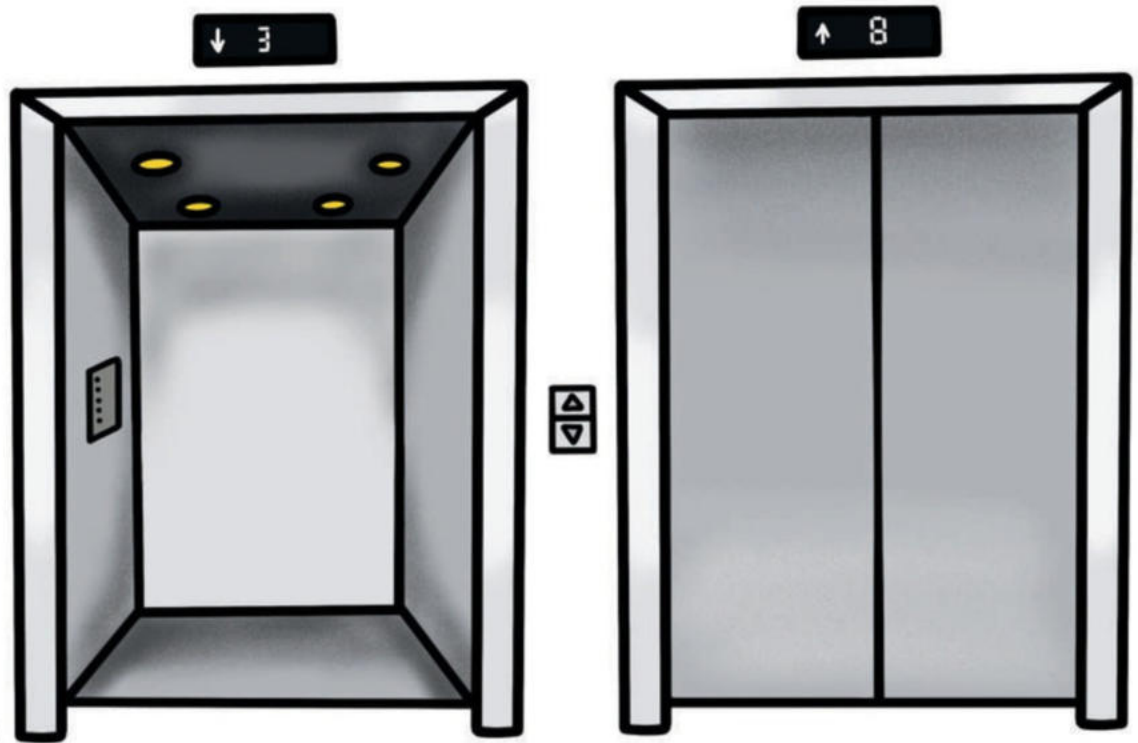
- A) Barbara Jordan B) Shirley Chisholm C) Condoleezza Rice

Sarah E. Goode

Sarah E. Goode was born in 1850 in Toledo, Ohio. She was the first African American woman to receive a patent. She invented a folding cabinet bed, which helped people save space in small homes.



Alexander Miles



Alexander Miles was born in 1838 in Duluth, Minnesota. He invented an automatic elevator door system that made elevators safer. His invention helped people enter and exit elevators without worrying about doors closing unexpectedly.

SOLID ROCK A.M.E. ZION CHURCH ALTAR GUILD

2026 LENTEN SEASON'S ACTIVITIES

FEBRUARY 18, 2026 (ASH WEDNESDAY) THRU
MARCH 29, 2026 (HOLY SATURDAY)




Greetings Solid Rock A.M.E. Zion Church Family and Friends. Blessings to you and your family. Please join us and participate with the Solid Rock A.M.E. Zion Church Altar Guild in the 2026 Lenten Season's Activities.

Lent is the Christian observance in the Liturgical year commemorating the 40 days Jesus Christ spent fasting in the desert and enduring temptations by Satan. Sundays are excluded; however, at Solid Rock the Lenten Activities will be observed on Sundays and a Prayer will be provided for each Sunday during the Lenten Season.

Solid Rock, it is our prayer, that at the end of this Lenten Season the 2026 Lenten activities will be stamped on your hearts and will continue to be a guide for you to follow throughout the year of 2026.

Below are "Ten Daily" suggestive activities to practice during the Lenten Season. It is our prayer that you will practice at least half (5) of the activities. You will be blessed.

1. Read a Scripture or Scriptures and listen for Guidance from God for your life and concerns.
2. PRAY for God to increase your Faith. Pray for His Guidance, Wisdom, Protection, Favor, Perseverance, Strength, Endurance, and Peace of Mind.
3. EXAMINE your relationship with God, confess your sins, and ask God to forgive you from all of your sins by thoughts, words, and deeds; and to fill you with His Holy Spirit.
4. EXPRESS to God, why you Love and Worship Him. Thank God for all of your answered prayers, and for His many blessings.
5. PRAY for Spiritual renewal and a deeper relationship with God.
6. PRAY for sensitivity to the needs of others and wisdom to help those who are in need.
7. PRAY and ask God to help you to avoid negative thoughts and comments; instead, have positive thoughts and speak positive comments.
8. PRAY that God will heal our land from crime, gun violence, hatred, and racism in our neighborhoods, communities, cities, states, and nations.
9. PRAY for our Ministerial Staff, Sick and Shut-In, children, Youth, College Students, Young Adults, and Seniors at Solid Rock.
10. PRAY for our President, Vice President, National, World and Local Leaders.



**But as for me,
I will look to the Lord,
I will wait for the God
of my salvation;
my God will hear me.**

MICAH 7:7

SUNDAY PRAYERS FOR THE LENTEN SEASON

FIRST SUNDAY OF LENT: FEBRUARY 22, 2026

Heavenly Father, I thank you that I am your child, and I pray that my life may become so saturated with Christ Jesus, that the Fruits of the Spirit may grow and develop in my life to your Praise and Glory. AMEN

SECOND SUNDAY OF LENT: MARCH 1, 2026

Father God, please watch over me and keep me safe. Protect me from harm and let me learn to be a true child of God; loving, caring, and helpful to all. Guide me through every day and let me have clear thinking and be wise in all I do. Please keep my Faith strong and fill me with trust and confidence in the power of your wondrous love. AMEN

THIRD SUNDAY OF LENT: MARCH 8, 2026

Gracious God, help us to be more kind-hearted, compassionate, and loving towards all of humanity. Help us to support our brothers and sisters along life's journey. Give us a deep desire to encourage them rather than being a discourager. In the Name of Jesus, we pray. AMEN

FOURTH SUNDAY OF LENT: MARCH 15, 2026

Father God, as we observe this Lenten Season, help us and bless us to be a living example of your goodness. Create a righteous spirit within us so that we may possess the Love of Christ in our hearts. In Jesus' name. AMEN

FIFTH SUNDAY OF LENT: MARCH 22, 2026

Gracious God, in this season of Love, help us to value every minute, every person, and every gift from you. Grant us Faith to reclaim the precious time you have given us to serve others. In Jesus' name. AMEN

SIXTH SUNDAY OF LENT: MARCH 29, 2026 (PALM SUNDAY)

Father God, in our final Sunday of Lent we pray that you will fill us with your Holy Spirit. Cleanse our hearts and draw us closer to YOU. Guide our steps and enlighten our lives with YOUR Holy Spirit. Help us to embrace YOUR Holy Word as a Lamp unto our feet and a light to our souls. In Jesus' name we pray. AMEN

HEALTHY, WEALTHY, WISE

KEEPING SOLID SENIORS IN THE KNOW!



HOW TO SPOT A ROMANCE SCAM

Romance and dating can be fun and fulfilling for seniors. Keep in mind that the game has definitely changed. eHarmony, OurTime, and Match.com are among the most popular online platforms helping people connect if they are looking for a casual hookup or lasting love and marriage. When Christian singles wanted a space to look for partners with similar values and beliefs and the marketplace responded. Christian Mingle, Christian Cupid, The Senior List, and ChristianSingles.com have a growing number of online users. Of course, seeking romantic bliss in the cyberworld can have a major downside: Scammers are eager to take advantage of lonely hearts. Losses from romance scams reported to the Federal Trade Commission (FTC) in 2023 totaled \$1.14 billion, the highest for any form of imposter scams. Experts note that actual losses are surely far higher, as scams are notoriously underreported crimes.

Fake “Romeos and Juliets” are not just confined to dating sites, however. Criminals also target potential victims in messages through Facebook and Instagram; 40 percent of people who told the FTC that they’d lost money in a romance scam in 2023 reported it started on social media.

To avoid placing your trust in the wrong person, pay close attention to these red flags.

- **A ‘wrong number’ text.** If you reply, you’ll soon find yourself in conversation with them. Before long, they will make you think that you are in a relationship.
- **They want to talk to you directly.** If you met on a dating site, they’ll quickly ask for your number, or ask you to communicate through **WhatsApp** or another messaging platform. This ensures they cannot be tracked or blocked.
- **They live far away.** You can’t meet in person — yet — because they claim to live in another part of the country or to be abroad for business, a military deployment or charity work.
- **They are constantly in contact.** They love bomb you — lavish you with attention —texting first thing in the morning and last thing at night. They ask about your interests and will insist they have the same interests as you. They constantly compliment you and talk about having a great life together.
- **You make plans to meet, but something always comes up.** Just as they’re on their way to meet you at last, there’s a last-minute crisis.
- **They need money for an emergency.** Your online companion has a sudden medical problem, legal crisis or business disaster; they need money fast and insist that you’re the only one who can help.
- **They ask you to buy gift cards or send money using a wire service** (e.g., Western Union, MoneyGram) and want to stay on the phone with you while you do it.
- **They have an investment opportunity.** They have a relative who’s done well in the stock market, cryptocurrency, or some other scheme and they want you to benefit from their knowledge.



HEALTHY, WEALTHY, WISE

KEEPING SOLID SENIORS IN THE KNOW!

HOW TO AVOID ROMANCE SCAMS

DON'T OVERSHARE ONLINE. Don't discuss being recently widowed, having ended a relationship, or being disconnected from your family or friends online. Doing this often lets scammers know that you are vulnerable and how to target you.

DO USE SOFTWARE TO SENSE AND BLOCK SCAMMERS. Set up filters on your email, set social media to private, and use your carrier, or other spam-blocking programs to avoid answering unknown numbers.

DON'T SHARE PERSONAL INFORMATION. This includes your full name, address, social security number, date of birth, bank or account numbers, financial position, travel schedule, etc.

DO DISCUSS NEW FRIENDSHIPS AND LOVE INTERESTS WITH YOUR FAMILY AND FRIENDS. Experts agree this is the *best* way to prevent being scammed. Be totally honest with your loved ones about new relationships. If someone asked to meet you in person, choose a public place that you are familiar with and make sure family and friends know your plans! Stay open to the possibility that you are being targeted by a scammer. If it seems "too good to be true" it IS!

DON'T RESPOND TO REQUESTS FOR MONEY, GIFT CARDS, MONEYGRAMS, CASHAPP, VENMO, ZELLE OR OTHER ELECTRONIC FUNDS TRANSFER. NEVER EVER! No matter how desperate the person says the situation is--YOU ARE **NOT** THE ONLY ONE THAT CAN HELP THEM! If someone becomes angry, beligerent, abusive, or says they plan to end their life if you don't help them--IT'S A SCAMMER! CUT OFF CONTACT!

DO INVESTIGATE SUITORS. Do a reverse image search. If the same picture shows up elsewhere with a different name attached to it, a scammer may have stolen it. Verify the details they share about themselves. If you cannot easily confirm small details (e.g, birthplace, schooling, employment), TERMINATE COMMUNICATION!

DO NOT INVEST WITH SOMEONE YOU'VE ONLY MET ONLINE. Work with a credible financial investment advisor **ONLY!** Never make investments with anyone on a computer that you have never met personally. A good financial advisor has an office, will schedule an appointment at your convenience, and will have written information about their products and services.

DO CUT OFF CONTACT. Immediately stop communicating if you suspect the individual may be a scammer. Block them from your email and mobile phone. Do not reengage with them.

HOW TO REPORT SCAMS

- Notify the dating or social media site on which you met the scammer.
- Report the scammer to local law enforcement and your state attorney general.
- Inform federal agents such as FTC or the FBI's Internet Crime Complaint Center (IC3.gov), Not every complaint leads to enforcement action, but the information can help officials spot trends and sometimes identify the criminals.

NEED SUPPORT OR GUIDANCE?

Contact the trained fraud specialists at the free AARP Fraud Watch Network Helpline, 877-908-3360, can share information on what to do next and how to avoid future scams. The AARP Fraud Watch Network also offers online group support sessions.

FOR TRUSTED AND CONFIDENTIAL HELP
Contact Bro. Harry Dean Robinson or Bro. Timothy Johnson

KNOW YOUR CHURCH

Zion Methodism grew out of the merciless enslavement of our African forefathers. They were kidnapped from their native land, chained, shackled, and shipped as beasts in deplorable conditions to a strange and distant land, having no family, no culture and no language.

Yet, our fathers and mothers were comforted by the Lord God, through Jesus Christ, in the cotton fields and every place of their humiliation and degradation revealing to them that He would always be with them as He had been with them in the past. When Jesus, upon whom the Spirit of the Lord had descended, was preached at John Street Methodist Church, they united with that fellowship. However, bigotry and oppressively cruel barriers confronted them.

In 1796, the Spirit of the Lord led them in the establishment of Zion Chapel (which later became The Mother Church of Zion Methodism) where the gospel of His redeeming grace could be experienced. Taking with them the doctrines, discipline, and polity of The Methodist Church, they proceeded in the establishment of Zion Methodism. They believed that God had called them out of their bondage and had chosen them to be His people and a channel of His redeeming love for all people.

Along with its emphasis on ministry and social change here in the United States, the denomination has focused much of its attention and energies on outreach abroad. To date, The A.M.E. Zion Church has member churches on all continents except Australia. In West Africa, in particular, the denomination has set up numerous schools and clinics throughout Ghana and Nigeria. The Church also has facilities in Liberia, though some of its main structures have been destroyed by civil war.

Overseas missions are a crucial component of The A.M.E. Zion Church's outreach, but the denomination believes in charity starting at home. That is why, over the years, several individual churches have implemented programs to help families to find low-income housing, jobs, financial planning assistance, health care and day care services.

The outward person is important, but the primary focus of The A.M.E. Zion Church remains spirituality and "sharing the good news of the gospel," says the former senior bishop. As we, The A.M.E. Zion Church continues to expand and diversify its ministry, we also are preparing to lead an ever-increasing youthful church body into the next century.



Excerpt from The A.M.E. Zion Church, Our Church, www.amezion.org/about

WEEKLY AT THE ROCK

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Mon

Tue

Sunday School @ 9:00 a.m.

- <https://zoom.us/j/815284169>
- Meeting ID 815 284 169
- Dial in number (301) 715-8592

Sunday Morning Worship @ 10:45 a.m.

- In-Person and via YouTube Live Stream (solidrockamezion.org)

Nursery Ministry

- Ministry and care for children up to age 5 is available on Sundays. The Nursery is located on the 2nd floor.

Tuesday Night Prayer @ 6:00 p.m.

- Dial in number 978-990-5450
- Passcode/Access Code 364755!

Tuesday Night Virtual Bible Study @ 7:00 p.m.

- <https://zoom.us/j/584607510>
- Meeting ID 584 607 510
- Dial in (929) 436-2866

Wednesdays @ 7 a.m. - Join Pastor A for "The Dwelling: Mid-Week Encouragement and Prayer."

- Dial +1 (301) 298-1561 and enter 630958# when prompted.
- Send Praise Reports and Prayers requests to Pastor A @ (301) 741-0325.

Thursday Night Prayer Call at 8:30 – 8:45 p.m.

- Dial in number 978-990-5450
- Passcode/Access Code 364755

MONTHLY



(Subject to Change)

2nd Sundays

Buds of Promise Juvenile Missionary Society
(Ages 4-12)

3rd, 4th, and 5th Sundays

Children's Church
(Ages 4-12)

2nd and 4th Sundays

Youth Church
(Ages 13-20)

3rd Sundays

Youth Missionary Ministry
(Ages 13-20)

Saturday before 1st and 3rd Sundays

Mass Choir Rehearsal @ 11 a.m.

4th Mondays

Evangelism and Outreach Ministry with BreakThru House

www.zoom.us | Meeting ID: 85365134042

COMING SOON

- 2025 CONTRIBUTION STATEMENTS can be requested by contacting Ms. Cynthia Jones at finance@campusofsolidrock.org or calling the Church Office.
- February 4: Hood Theological Seminary Firm Foundation Covenant Service (VIRTUAL) @ 10 a.m.
- February 6: **National Wear Red Day**
- February 7: Atlanta District Missionaries Walk a Mile (Rome, GA)
- February 8: **WEAR RED SUNDAY @ The Rock**
- February 8: Solid Rock welcomes the Conyers-Winder District Missionary Officers
- February 10-13: Board of Bishops and International Ministers and Lay Association Winter Meeting (Norfolk, VA)
- February 14: Trustee Board meeting @ 8:30 a.m.
- February 15: HBCU Sunday
- February 18: Ash Wednesday Service @ 7 p.m.
- February 18: South Atlantic Episcopal District Season of Fasting and Prayer Kicks Off
- February 21: Conyers-Winder District Black History Program @ Solid Rock
- February 21: Married Couples Fellowship hosted by Timothy K. and Pastor A
- February 22: Heritage Sunday
- March is **YOUNG ADULT EMPHASIS AND WOMEN'S HISTORY MONTH**
- March 6-8: Plug-In/Women's Weekend

CHURCH DIRECTORY UPDATE



Individual members of Solid Rock who were unable to participate in an on-site photo session should submit a RECENT photo by **March 5, 2026**.

Please make sure your photo is taken:

1. From the waist up (head shot)
2. In a well-lit, uncluttered space.
3. With a white or neutral background.
4. Using a digital camera (best option) or cell phone.

Photos must be in JPG format and sent to solidrockamezion@gmail.com!





THE SOLID
PRESENTS

THE MISSION IMPACT SPOTLIGHT

This new feature recognizes Solid Rock members, organizations, and ministries working to fulfill our church's mission - making Christian disciples, equipping disciples to live God's way, meeting the real and immediate needs of those in our church and community as well as those ensuring our infrastructure and operations enable effective ministry!

Submit your own name, organization, and ministry for consideration in upcoming editions of *The SOLID*!

Submissions **MUST** be received by the **15th of the month** and can be sent to **info@campusofsolidrock.org** for consideration.



PLUG-IN WOMEN'S CONFERENCE

*"Then, after doing all those things,
I will pour out my Spirit upon all people.
Your sons and daughters will prophesy.
Your old men will dream dreams,
and your young men will see visions.
Joel 2:28 (NLT)*



There is no debate--obedience is always better than sacrifice! When the Lord gave the vision to Dr. Montana Jackson for women's gathering in 2024, she responded like many of us "But, God...How?" Ultimately, she received what the Holy Spirit ministered to her, a vision, a small team, external resources, a location, and as she began to move, the Lord did too! The Lord provided!

Mrs. Martha H. Greene, Dr. Sharita Golphin Reese, Mrs. Monét Robinson, and Ms. Dana Gordon are part of the Plug-In founding crew and remain faithful to this ministry. From the outset, Rev. Dr. Dominique Robinson, a former Youth Pastor at Solid Rock, caught the vision and continues to be an integral part of the team. The assignment of Solid Rock's first female pastor in December 2024 created a new dynamic with Pastor A joining the team last year. In 2026, the team welcomed Mrs. Santesha Abney. Energetic and creative, Mrs. Abney ensures the voice of young adult women is represented and integrated into the program.

Solid Rock's Plug-In Women's Weekend draws women from every age and life stage seeking to experience God's healing, deliverance, and transformative power in a safe and supportive environment. Now in its' third year, Plug-In is a highly anticipated space for women to confront mental, physical, emotional, social and spiritual challenges, experience healing, and learn effective strategies for continued personal growth.

We are extremely grateful for the support of our PARTNERS, SPONSORS, AND VOLUNTEERS! Whatever you did in 2024 or 2025 -THANK YOU!

This year, we anticipate more than 300 women will share in some part of our 2026 Plug-In Women's Weekend. Given the times in which we are living, this gathering will help women to thrive through it all! We invite all of our Solid Rock Sisters to come, share, grow, and GLOW with us.

There is more information about opportunities to support this year's Plug-In Women's Weekend on page 29-30.

For now, PRAY FOR PLUG-IN! We want the Spirit of the Living God to breathe on every plan, every participant, every speaker, every presenter, every psalmists, every musician, every altar worker, every volunteer, every person who is in the Lou Walker Senior Center for any reason, and of course, those who come to worship with us at The Rock on Sunday morning.

The Plug-In Women's Weekend is today as it began...a test of faith and a testimony of the Lord's faithfulness!

MISSION SPOTLIGHT



THE EVANGELISM & OUTREACH MINISTRIES OF SOLID ROCK AME ZION CHURCH
PRESENT

PLUG IN 2025

Women's Weekend

MARCH 7-9, 2025

FRIDAY, MARCH 7, 2025 @ 7 PM
Lori Walker Senior Center
2538 Pamela Rd.
Lithonia, GA 30058

SATURDAY, MARCH 8, 2025 @ 9:30 AM
Lori Walker Senior Center
2538 Pamela Rd.
Lithonia, GA 30058

SUNDAY, MARCH 9, 2025 @ 10:45 AM
Solid Rock AME Zion
4065 Snapfinger Rd.
Stone Mountain, GA 30083



Are you ready to PLUG-IN?



BE A PLUG-IN SPONSOR

Bronze Sponsorship Package

\$250 – \$499

Company name or logo displayed on the event promotional materials.

Mention of company or name in press releases and newsletters.

Social media shout-outs during the event.

Silver Sponsorship Package

\$500 – \$1499

Company name or logo displayed on the event promotional materials.

Mention of company or name in press releases and newsletters.

Social media shout-outs before, during, and after the event.

One (1) guaranteed seat at the Plug-In Women's Conference (March 6-7).

Gold Sponsorship Package

\$1,500 – \$3,999

Prominent display of company logo on the event website, promotional materials, and event signage.

Featured in dedicated email blasts to attendees.

Multiple social media mentions across all event platforms before, during, and after the event.

One (1) full-page color advertisement in The Solid (monthly) Newsletter (March and April editions).

Two (2) guaranteed seats at the Plug-In Women's Conference (March 6-7).

One (1) six foot display table at the Conference venue (March 6-7).

Platinum Sponsorship Package

\$4,000+

Exclusive title sponsor recognition, including company name in the event title.

Premium logo placement on all promotional materials and event signage.

Featured in all press releases, newsletters, and marketing campaigns.

Extensive social media campaign highlighting the partnership.

Two (2) full-page color advertisements in The Solid (monthly) Newsletter (March, April, May, and June editions).









Three (3) guaranteed seats at the Plug-In Women's Conference (March 6-7).

One (1) six-foot display table at the Conference venue (March 6-7) and the church (Sunday, March 8).

Do you want to know more?
Are you ready to add your name to the Sponsors list?
Contact the Plug-In Team at info@campusofsolidrock.org

OTHER WAYS TO PARTNER

*There are other ways to support the 2026 Plug-In Women's Weekend!
Please consider the options noted below.*

-  Invest \$150 to ensure women who cannot afford to do the same can experience Plug-In 2026. You'll be recognized as a Plug-In Partner!
-  Pay \$200 to host the Plug-In Beverage Station with water, coffee, tea, etc. (Friday evening and all day on Saturday).
-  Prepare or Pay For an event meal (e.g., Saturday Morning Continental Breakfast, Saturday lunch, Sunday Reception). *We estimate 225 guests for each meal event.*
-  Underwrite the cost of 225 co-branded conference tote bags and/or tee shirts.
-  Provide "SWAG" for 225 conference tote bags.
-  Provide (e.g., pay for or deliver) ground transportation for guest speakers and featured gospel artists.
-  Provide overnight hotel accommodations for our guest speakers and featured gospel artists.
-  Print or pay for full color printing of Conference collateral material (e.g., signage, banners).

PRAY FOR THE SICK

- 14 Are any of you sick? You should call for the elders of the church to come and pray over you, anointing you with oil in the name of the Lord.*
- 15 Such a prayer offered in faith will heal the sick, and the Lord will make you well. And if you have committed any sins, you will be forgiven.*
- 16 Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.*
- James 5:14-16 (NLT)*

Mr. and Mrs. Joe (Georgetta) Armstrong (Parents of Cynthia Jones)

Rev. Geneva Cherry

Mr. Thomas Green

Mr. James Howard (husband of Regina Howard)

Mrs. Vernell Nesbitt

Mr. and Mrs. Willie (Maxine) Pugh

Mrs. Reatha Stevens (mother of Ronald Stevens)

Master Justice Thompkins

Ms. Kaye Toote-Wallace

Ms. Rhonda Williams

Mrs. Barbara Windham

Mrs. Retha Woodall

Mrs. Geraldine Youmans

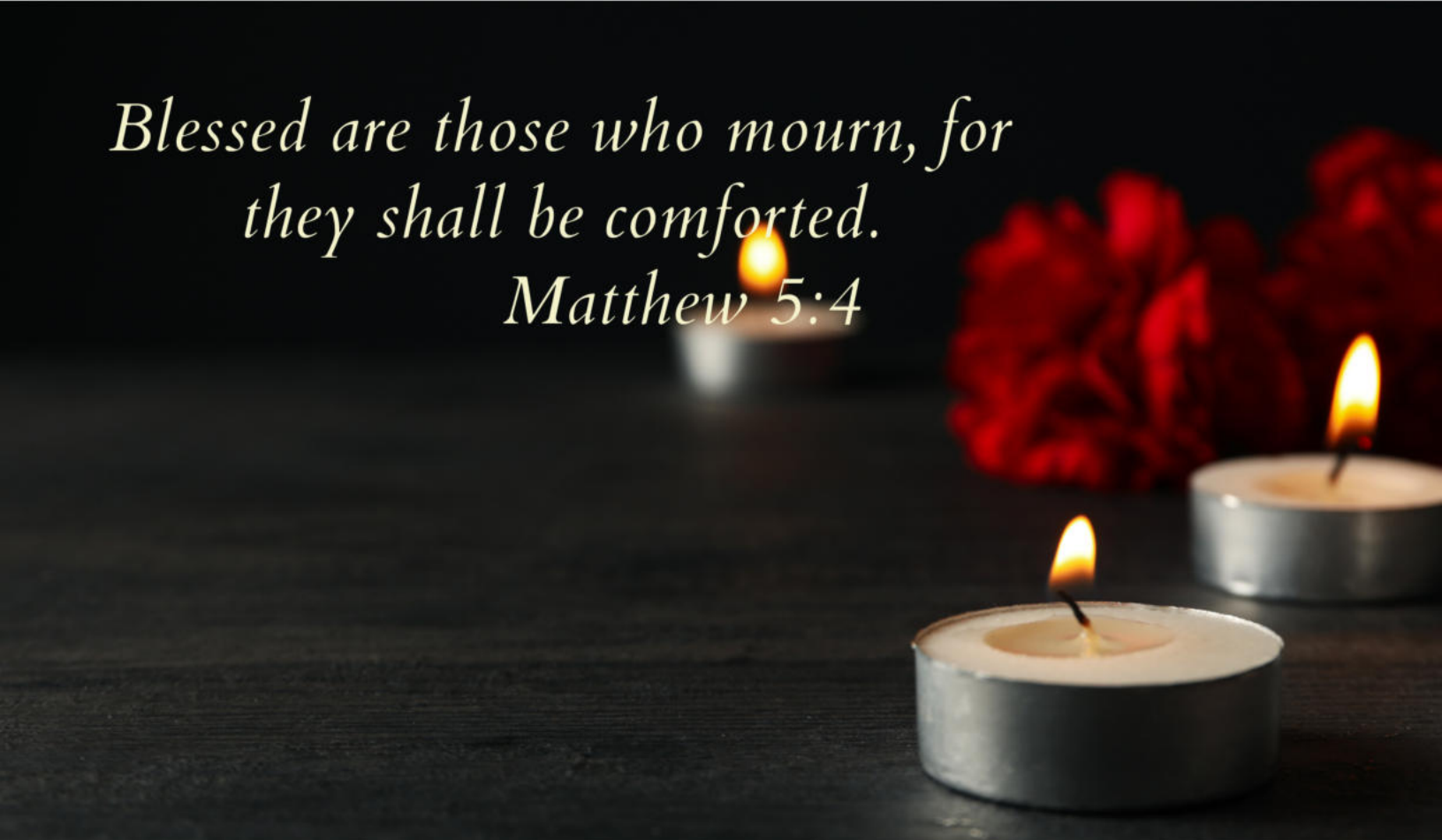
Mr. Jan Youmans

Pray mightily for those struggling with addiction, mental health challenges, brokenness in family relationships, and those in spiritual bondage.

PRAYING THE LORD'S COMFORT FOR THE BEREAVED AMONG US

*Blessed are those who mourn, for
they shall be comforted.*

Matthew 5:4



Mr. Brandon (Araya) McGee & Family
Mrs. Annie (George) Jackson & Family
Mr. Marc (Cynthia) Seals & Family
Mrs. Martha H. Greene & Family
Mr. Harry Dean (Monét) Robinson & Family
Mr. Jarrod (Lakisha) Cheek & Family
Mrs. Clara Jackson
Ms. Claudette Williams
Ms. Daisy Shepherd & Family
Mr. Peter (Valrie) Kong-Quee & Family
Mrs. JoAnn Wright & Family



OTHER PRAYER CONCERNS

#BELIEVING4BREAKTHROUGH

Caregivers everywhere

Mrs. Sara Mickens-Rivers

Rev. Opal Stewart

Master Justice Thompkins

Those who recently accepted Jesus
Christ as Lord and Savior

The Breakthru House staff and
residents

Christians being persecuted for the
faith around the world!

The Body of Christ

The A.M.E. Zion Church

Bishop and Mrs. Leake

Presiding Elder John Paul & Mrs.
Crystal Allen Ruth

Pastor A and Timothy Johnson

One another



IN THE SPOTLIGHT
FOR TEENS

UNLOCKED[®]

DAILY READINGS FOR TEENS

FOR DAILY INSPIRATION

<https://unlocked.org>



**HELP
WANTED**

The SOLID team is looking for contributing writers! Contact the Church Office or email Pastor Johnson directly at PastorA@campusofsolidrock.org to discuss opportunities to strengthen our monthly e-publication.

Rev. Alyce R. Walker Johnson, Publisher
Dr. Sharita Golphin Reese, Editor
Mrs. Monét Robinson, Editor



We love you, Solid Rock!
Pastor A & Timothy K. Johnson



GIVE AS UNTO THE LORD!



INFOSOLIDROCKAMEZION@GMAIL.COM



WWW.SOLIDROCKAMEZION.ORG/GIVE

VIA USPS MAIL:
SOLID ROCK A.M.E. ZION CHURCH
4065 SNAPPINGER ROAD | LITHONIA, GA | 30038

MAKE A NOTE OF IT!

A series of horizontal blue lines spaced evenly down the page, providing a template for writing notes.

MAKE A NOTE OF IT!

A series of horizontal blue lines spaced evenly down the page, providing a template for writing notes.

Rev. Dr. John Paul Ruth, Presiding Elder, Conyers-Winder District
Mrs. H. Jean McMurray-Leake, Missionary Supervisor
Bishop Eric Leake, Presiding Prelate, South Atlantic Episcopal District



OFFICIAL BOARD LEADERSHIP (2025-2026)

Mr. Willis Barber, Pastor's Steward and Chair, Steward Board
Ms. Dana Gordon, Chair, Board of Trustees
Mrs. Cheryl Weems, Leader of Leaders, Board of Class Leaders
Mrs. Retha Woodall, President Emerita, Deaconess Board

ADMINISTRATIVE AND EXECUTIVE LEADERSHIP

Ms. Robin Byrd, Benevolence (Ministry of Kindness) Steward
Mrs. Martha H. Greene, Executive Assistant to the Senior Pastor,
Director, Christian Education and Quarterly Conference Secretary
Mr. George Jackson, Director of Security
Dr. Sharita Golphin Reese, Co-Director, Social Media, AV, and Technology
Ms. Angie Ivery, President, Usher Board and President, Lay Council
Mrs. Gaytra Jackson, Coordinator, Greeter's Ministry
Mr. Jerome Jackson, Sr., Director, Men of Zion Ministry
Dr. Montina Jackson, Director, Evangelism and Outreach Ministries and
Assistant Director of Music
Mr. Timothy K. Johnson, Co-Director, Social Media, AV, and Technology
Ms. Cynthia Jones, Church Treasurer
Mr. Julian Parker, Pastor's Counsel & Vice Chair, Steward Board
Mr. Ronald Stevens, Director of Music
Mrs. Barbara Walker, President, Stewardess Board
Mrs. Betty Wrights, President, Women's Home and Overseas Missionary Society

CLERGY

Rev. Opal Stewart, Associate Minister (RETIRED)
Rev. Alyce R. Walker Johnson, Senior Pastor & Chief Servant



4065 Snapfinger Road | Lithonia, GA 30038 | (770) 981-3303
www.solidrockamezion.org