

# EMBRACING CHRIST FELLOWSHIP CHURCH NEWSLETTER



*Come close to God, and God will come close to you. Wash your hands you sinners: purify your hearts, for your loyalty is divided between God and the world.*

James 4:8

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## Upcoming Events/Meetings

### September

3rd Deacons Meeting 7:00 PM

4th 1st Wednesday Service 7:00 PM

6th-7th Kingdom Men Matter Conference

8th New Members Class 9:00 AM

14th Autumn Care Visit 10:00 AM

17th-19th 3 Nights of Consecration 6:30PM

24th HJ Ministers Academy 7:00 PM

27th-28th Leadership Retreat

### October

2nd 1st Wed Service 7:00 PM

7th Deacons Meeting 7:00 PM

12th Autumn Care Visit 10:00 AM

13th **9th Year Pastoral  
Anniversary!**

17th Quarterly Leadership Meeting 7PM

19th Ladies of Grace Meeting 1:00 PM

20th **Pink Sunday**

27th Ministers & Deacons Appreciation  
Day!

29th HJ Ministers Academy 7:00 PM

### Bishop Frink's Assignments

September 1, 2024 | 10:00 AM  
Pleasant View Missionary Baptist  
Church  
Sunset Beach, North Carolina

## MESSSAGE FROM

## BISHOP FRINK



Greetings, beloved!

Blessings and glory to you!

I'm not sure about you, but to me it seems as if time is moving swiftly. We have now reached the halfway mark of 2024! That literally blows my mind that we have reached the summer season! Before you know it, it will be Christmas! Amazing, right?

As I reflect upon what has taken place at Embracing Christ Fellowship Church, I can't help but smile. Our worship experience continues to be a Spirit filled encounter with demonstrations of God's mighty hand. Miraculous healing has been a theme for the house! Knowing that cancer doesn't have authority over God's people is a GREAT relief! We must never forget that we are already a healed people. Isaiah 53:5 says "But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed." Stand strong in realizing who you are and whose you are, at all times!

Embracing Christ and friends, I urge you to move with a "Holy Boldness" in these last and evil days. Don't compromise your faith and your posture for anything. Stay strong! Take assurance in knowing that God is not done being God in the lives of His people. Matter of fact, He's just getting started. So, enjoy the goodness of God in the land of the living!

*Blessings,  
Bishop Michael L. Frink*

# What's happening at Embracing Christ

EMBRACING CHRIST FELLOWSHIP CHURCH  
HONORS THE IMPACT OF  
**DEACONESS CARRIE HOUGH**  
BY ESTABLISHING THE  
**CARRIE HOUGH SCHOLARSHIP**



THIS SCHOLARSHIP WILL BE AWARDED TO A DESERVING HIGH SCHOOL SENIOR THAT IS PURSUING COLLEGE.

СКОЛОГ ЗЕНИОГ ДНУЛ ІЗ ВІСВІДНО СОТІСІЕ  
ДНІЗ СХОГІВІЗНІБ АІТТ ВЕ ВІВІДІДІД ІО У ДІЗІВІДНО НІОГ

### ECFC PRAYER SCHEDULE

Evangelist Ola Samuel-Prayer Ministry Leader

2 <sup>nd</sup> & 4 <sup>th</sup> Sunday's	9:00 AM-9:45 AM
Wednesday's	6:30-6:55 PM
<b>Conference Call</b>	
Thursdays:	9:00 PM
Conference Call#	1-605-468-8717
Access Call #	125041

"Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much".

**James 5:16 KJV**

**Have you made your 2024-2025 building fund pledge? If not, you still have time, pray about sowing \$20, \$50, or \$100 weekly for our new building!**

EMBRACING CHRIST FELLOWSHIP CHURCH

## 3 NIGHTS OF CONSECRATION

PRAYER | FASTING | SCRIPTURAL DECLARATION  
TESTIMONY | HOLY COMMUNION | PRAISE | WORSHIP

SEPTEMBER 17-19  
7:00 PM - 8:30 PM  
DOOR OPEN AT 6:30 PM

EMBRACING CHRIST FELLOWSHIP CHURCH

## KINGDOM MEN MATTER CONFERENCE

SEPTEMBER 13-14 2024

FRIDAY NIGHT PANEL SERVICE - 7:00 PM @ ECFC CAMPUS  
SATURDAY BOWLING FELLOWSHIP - 5:00 PM @ PLANET FUN CENTER

**FRIDAY NIGHT DISTINGUISHED PANEL**



BROTHER DONNAL PATTERSON | BROTHER BERNARD DOCKERY | BROTHER JARRETT WALLACE | BROTHER JAMAR JENKINS

1051 NORTHSIDE DRIVE SHALLOTTE, NC 28477

EMBRACING CHRIST FELLOWSHIP CHURCH & LIBERTY TABERNACLE CHURCH VISITS

### Autumn Care of Shallotte

EVERY 2ND SATURDAY OF THE MONTH  
AT 10:00 AM




Bishop Michael L. Frink  
Pastor Deborah Blythe

EMBRACING CHRIST FELLOWSHIP CHURCH

# 2024 I AM A LEADER! LEADERSHIP RETREAT

SEPTEMBER 27-29, 2024  
HAMPTON INN  
SOUTHPORT, NC

LEADERS PLEASE RESERVE YOUR ROOM SOON IF YOU'RE STAYING AT THE HOTEL.

# EMBRACING CHRIST KIDS

## Sunday Morning Manna Quarterly Recognition



Congratulations to our Kingiom Kids McKenzly Frink & Noah Moody! And to all of our kids for their attendance and participation in Sunday Morning Manna!

## ECFC Accomplishments

### Grade Promotions

#### Kindergarten

Da Riyah Cobb

#### 1<sup>st</sup> Grade

Ja Niyah Bryant  
McKenzly Frink

#### 2<sup>nd</sup> Grade

Willow Williams

#### 5<sup>th</sup> Grade

Niayla Williams

#### 6<sup>th</sup> Grade

Khalil Gause  
Noah Moody  
Noel Moody  
Ta'J Best

#### 7<sup>th</sup> Grade

Iya Hewett

#### 8<sup>th</sup> Grade

Khaliegh Cobb

#### 9<sup>th</sup> Grade

Niliayah Siler  
De'Nyah

#### 11<sup>th</sup> Grade

Tatyana Gause



### Graduations

Nhikeya Williams: Graduated  
from WBHS,  
3.6 GPA, Attending FSU in Fall  
Majoring in Social Work

MIT Tameka Clemmons-  
Associates in Biblical Studies  
NC Theological Seminary

Nicholas Dinnall:  
Bachelor of Fine Arts  
Western Carolina University

**First Lady Tatyana Frink**  
**Master of Business**  
**Administration**  
**UNC Pembroke**

### Baptisms

Nyliayah Siler  
De'Anna Simpson

**Need Prayer? Send your request to: [Prayer.ecfc@gmail.com](mailto:Prayer.ecfc@gmail.com)**

## HEALTH TIP

# TIPS FOR IMPROVING YOUR MENTAL HEALTH

*Find coping skills that work for you. Separate the useful skills from those that are not a good fit, and practice those.*

1. Practice "guided imagery" or visualization. Imagine a place or situation you find relaxing, and picture this in your mind, engaging as many senses as possible (smells, sights, sounds, textures).
2. Schedule some down time without devices or distractions, perhaps taking a "technology holiday" one weekend day a week.
3. Try setting a sleep schedule. A bedtime routine that you perform every night (such as showering, then 15 minutes of reading) can help train your mind to wind down in the evenings.
4. Practice meditation using an app - there are several free options available!
5. Spend time with supportive friends and family. Maintaining healthy relationships helps avoid loneliness, which is a known risk factor for depression.
6. Find activities that bring you joy like gardening, cooking, or hiking. Having an outlet for stress is important in maintaining your mental health.
7. Pick any type of exercise and be faithful to it, such as walking, biking, or yoga. Studies show that 30 minutes of exercise 5 times per week has a measurable positive effect on mood, similar to the effect size seen with antidepressants!

### The Outreach Ministry is in need of the following:

Body wash/soap oil  
Chap stick  
Conditioner  
Dental floss  
Deodorant  
Hairbrush  
Hair Comb  
Lotion  
Mouthwash (small bottles)  
Nail Clippers  
Nail file  
Razor  
Shampoo  
Shaving cream  
Small mirrors  
Toothbrush  
Toothpaste  
Ziplock bags (large)

### The Bereavement Ministry is in need of the following:

Toilet Paper  
Paper towels

Whatever you can give is greatly appreciated!

God Bless!  
Care Ministry Team

### Service Times

Sunday:

Morning Manna  
1<sup>st</sup> & 3<sup>RD</sup> 9:00 am

Prayer

2<sup>nd</sup> & 4<sup>th</sup> 9:00 am

Worship Service

10:00 am

Wednesday:

Prayer

6:30 pm

Bible Study

7:00 pm

Feeling depressed?

Meditate on:

Psalm 34:18  
Psalm 84:11  
John 16:33  
John 14:27

Feeling worried or anxious?

Meditate on:

Philippian 4:6-7  
Matthew 6:25 AMPC  
Matthew 6:34  
1 Peter 5:7

Feeling exhausted?

Meditate on:

Matthew 11:28  
Psalm 127:2  
Isaiah 40:31  
Psalm 4:8

**Meditate on God's Word until His peace comes over you!**