

## MEMBERSHIP CARE MINISTRY

Please complete the form below and place it in the Membership Care Ministry box in the ministry mailbox area.

- I do not have a Membership Care Leader.  
 I would like to become a Membership Care Leader.

If you have moved recently or changed your telephone number, please submit your new address and/or telephone number below.

Name: \_\_\_\_\_ Membership#: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

### FROM THE HEART BOOKSTORE

4949 Allentown Road  
301-899-5480

#### Hours of Operation

Sunday After 9:30 am service  
Tuesday 6:30 - 7:30 pm & after Bible Study  
Wednesday 11:30 am - 1:30 pm  
Saturday 11:00 am - 1:00 pm

### NONE SUFFER LACK FEDERAL CREDIT UNION

4929 Allentown Road, Suitland, MD 20746  
301-899-0300

Website: [www.nslfcu.org](http://www.nslfcu.org)

#### Hours of Operation

Sunday & Monday CLOSED  
Tuesday 9:00 am - 6:00 pm  
Wednesday - Friday 9:00 am - 4:00 pm  
Saturday 9:00 am - 1:00 pm

### FROM THE HEART SHUTTLE SERVICE

Shuttle Service is provided to the FTH Campus from the Branch Avenue Metro Station on Sundays at 8:00 am, 8:30 am and 9:20 am

Shuttles depart from the FTH Campus to the Branch Avenue Metro Station 20 minutes after the Sunday Worship Service.

### FROM THE HEART CLOTHING CENTER & FOOD PANTRY

5055 Allentown Road

#### Hours of Operation

Saturdays, 9:00 am – 3:00 pm

#### Receiving Donations

Saturdays, 9:00 am – 3:00 pm  
Non-Perishable Food Items and Seasonal Clothing  
(Pre-cleaned on Hangers, Shelf and Rack Ready)

### MEN'S FELLOWSHIP BREAKFAST

Men of all ages!

Every 3rd Saturday, 8:30 – 10:00 am

### WOMEN OF GOD: LIFEGIVERS FELLOWSHIP

Every 3rd Saturday, 1:00 – 3:00 pm

May 13, 2018

Volume 27 No. 19

# In The Know

“What Time Is It?”  
“IT’S TIME FOR THE OFFERING!”

## HELP WANTED - NEEDED

**JOINING A MINISTRY** - We're excited about your decision to join a ministry! Here's how to begin: **Step #1** - Get a Prospective Ministry Participant Form [forms are available in the ministry mailbox area]. **Step #2** - Complete the form. **Step #3** - Return the completed form to the mailbox of the ministry you desire to join.

**GRAPHIC DESIGNERS!** - The Publications Ministry needs YOU! If you are a Graphic Designer or have a good working knowledge of **Adobe Photoshop, InDesign, Illustrator and/or Microsoft Publisher**, we need to hear from you! We have many projects needed for the General Church Meeting. Please fill out the back of the bulletin, and we will contact you with more information on how to get involved and give your share.

**WEDDING COORDINATORS!!!** - The Wedding Coordinating Ministry has need of your share! Please join the ministry by completing a Prospective Ministry Participant Form and placing it in the Member Services Mailbox in the ministry mailbox area. **Meetings are held on the 4th Wednesday of the month.** The next meeting will be on May 30th at 7:00 pm.

## VOLUNTEER MINISTRIES ACTIVITIES AND EVENTS

**THE MINISTRY OF HEALTH AND HEALING HEALTH FOCUS:** May is National High Blood Pressure Education Month. High blood pressure is known as “the silent killer” because of its link to heart attacks, strokes and kidney damage without early symptoms. Lifestyle habits such as exercising, consuming a low sodium diet, and maintaining a healthy weight can reduce your risk. For more information, visit [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).

**CYCLING** - Let's get active! The Sports and Fitness Ministry will begin outdoor cycling **every Saturday morning at 8:15 am beginning May 19th at the Mt. Vernon (Belle Haven) Bike Trail in Virginia**. All levels are welcome! To sign up, please see a Sports and Fitness representative after Sunday service.

**CAR WASH AND BAKE SALE** - Coming out to Men's Fellowship or Women of God Lifegivers? If so, allow the Word to wash your mind and allow the class of 2020 to wash your car on **Saturday, May 19th from 8:00 am - 2:30 pm!** There will be plenty of food and fellowship if you decide to stay. See you there!

**FLAG FOOTBALL** - Attention ALL sports fanatics! Come out to the 3rd Annual Alumni and Students vs. Parents and Staff Flag Football Game on **Saturday, May 26th at 4:00 pm.**, hosted by the From the Heart Christian School Alumni Association. Rock the Blue and White and support the teams! To enter as a participant, please see a representative in the overflow room.

## **CHILDREN - YOUTH - PARENTS - EDUCATION**

**CHURCH SCHOOL** - The Church School Ministry teaches practical, Christ-centered Bible lessons to children, youth and adults based upon the rightly divided Word of God and the Theology of From the Heart Church Ministries. Join us **every Sunday, 8:00 am (Ages 10 through adult); Sundays, 9:30 am and Tuesdays, 7:30 pm (Children, 5-9 yrs. old).**

**NONE LIKE US** - Our mission is to develop children and youth (ages 6-17) to be distinctively different from the world by teaching them godly principles, practical life examples and Christ-centered lessons that have been extracted from the godly character of Daniel, Hananiah, Azariah and Mishael. **We meet every first Sunday from 8:15 - 9:00 am.** Come out and join a cadre of other children and youth who are being developed to live for and serve God uncompromisingly!

**FIRST THINGS FIRST AND COMMUNITY OUTREACH** - Calling all Young Adults in THIS Generation! The First Things First and Community Outreach Ministries would like you to join us for a collaborative community outreach event on **Saturday, June 2nd at 11:00 am.** Training will take place on Friday, June 1st at 8:00 pm. See a representative in the vestibule for more details and to sign up to participate!

**ETHCS HIGH SCHOOL GRADUATION CEREMONY** - The From the Heart Christian School will be celebrating its 24th graduating class, **Friday, May 25th, 7:00 pm in the main sanctuary.** Please come out to support the Class of 2018.

**FAMILY NIGHT AT CHICK-FIL-A** - Join From the Heart Christian School for Family Night at Chick-Fil-A, **Friday, May 18th, from 5:00 - 8:00 pm at 1040 Shoppers Way, Largo, MD 20774.** There will be a competition to see which class in the school can generate the most support, so please write the class you are supporting on your flyer. Parents and students will be distributing flyers after service.

**BOOK SCHOLARSHIP** - The NSL Federal Credit Union is proud to announce its 2nd Annual Book Scholarship. The scholarship is running **Now - June 30th.** All degree seeking students who are members of the credit union are eligible to apply. For details on how to take advantage of this wonderful opportunity, please visit [www.nslfcu.org](http://www.nslfcu.org)

**To sign up for an activity, please use the Registration Form found on the back of the Sunday Bulletin.**

**THE IMPORTANCE OF VOTING** - The Ministry of Justice and the Political Affairs Ministry presents "The Importance of Voting" film and panel discussion on **Friday, May 18th at 7:00 pm.** Please see a Political Affairs or Ministry of Justice representative in the vestibule for more information, and in the overflow Room for assistance with voter registration and the restoration of voting rights.

## **SPECIAL NOTICES**

**CHURCH PARKING** - Please refrain from parking in the access driveways within the parking lot. Please be respectful to our surrounding neighbors. All other posted parking restrictions apply.

**HANDICAPPED PARKING** - Additional handicapped parking spaces at 4949 Allentown Road have been designated for use during the week and on Saturdays.

**CELL PHONES AND ELECTRONIC DEVICES** - We request that all cell phones and other such electronic devices be turned off during service because the radio frequency power from these devices can adversely affect broadcast production.

**MEMBERS AND VISITORS!** - When visiting the church between 7:00 am - 6:00 pm, please sign in at the reception desk at 4929 Allentown Road "**Main Entrance**" BEFORE proceeding to your appointment or meeting.

*Weddings*

**Congratulations to:**  
**Mark Hall, Jr. and Charrice Warren**  
*who will be married on Friday, May 18, 2018.*