

THE GREATER SOLID  
ROCK BAPTIST CHURCH

6280 Camp Road  
Riverdale, GA 30296

Phone: 770-997-4666  
Fax: 678-384-4922  
Email: administration  
@gsrbaptist.org

### **Schedule for Worship Services**

**Worship Service  
Each Sunday  
@ 10:45 a.m.**

**Sunday School  
@ 9:30 a.m.**

**Virtual  
Marriage Ministry  
4th Sunday  
@ 8:00 a.m.**

**"A Church Where You Can Make A Difference"**



**May 1, 2025**

*From the Pastor's Desk*

### **I AM BLESSED**

I am blessed and not stressed! You hear this cliché all of the time. It is a good word. It is better to be optimistic about life than walk around filled with stress and anxiety. I have decided to look at life in a positive way. I give all people the benefit of the doubt. If they say something that hurt my feelings, I decided to give them a pass if I can control my emotions. Life is too short. I will select the path that is without stress. I will forgive everyone that offended me. Why? I am blessed. It is a blessing to just to be alive. I have made a declaration that I am blessed and not stressed.

*This is your one minute inspiration..*

*Rev. Dr. Anton Rowe*  
Senior Pastor

# The Greater Solid Rock Baptist Church

**JOIN US FOR**  
**1st**  
**FRIDAY**  
**BIBLE**  
**STUDY**

**In the Sanctuary**  
**May 2nd @ 7 p.m.**

THE GREATER  
SOLID ROCK  
BAPTIST CHURCH



6280 Camp Road, Riverdale

**WE NEED YOU!!**  
**VBS Director, Teachers & Helpers**

Please See Barbara Morris  
or April Dobbs

The Greater Solid Rock  
Baptist Church

YOU'RE WELCOME TO  
OUR VIRTUAL  
*Marriage*  
Ministry Class

Sunday, May 18th @ 9:30 a.m.

Rev. Dr. Anton L. Rowe, Senior Pastor



**New Members Orientation**  
**Saturday, May 17th @ 9:30 a.m.**

The New Members Orientation will not be held in the Fellowship Hall but instead in the First Sunday School Classroom in the basement( Sister Marlene Crawford Classroom). All new members who have not completed their New Members Orientation are asked to be present.

**welcome**

THE GREATER SOLID ROCK  
BAPTIST CHURCH

*YOU ARE INVITED!*

**Women  
On Mission  
Ministry**

**SATURDAY  
May 17th  
1:00 p.m.**

**SISTER BEVERLY TAYLOR  
SISTER SHIRLEY RIGGINS  
COORDINATORS**



**Join the Young Men Ages 18 to 45**  
**Saturday, May 17th @ 11 a.m.**

**Join the Men Ages 46 and over**  
**Saturday, May 17th @ 12 noon**  
**In Person**



**FREE**

# **FOOD DISTRIBUTION**

**Saturday, May 31st**

**10:00am -**

**Until all distributed..**

## **DRIVE-THRU**

**The Greater Solid Rock Baptist Church**

**6280 Camp Road - Riverdale - 30296**

**Rev. Dr. Anton Rowe**

**FIRST COME FIRST SERVED WHILE SUPPLIES LAST**

**For More Information Call: (770) 997-4666**

**[www.gsrbbaptistchurch.com](http://www.gsrbbaptistchurch.com)**

# The Greater Solid Rock Baptist Church



*Special Guest Speaker*  
*Judge Geronda V. Carter*



**JUNE 8, 2025 @ 10:45 A.M.**

**Theme**

**"STRENGTH IN UNITY"**

**"And all that believed were together, and had all  
things common" .....Acts 2:44**

**ASSESSMENT: \$125.00**

**ADs: Full Page: \$100.00, Half-Page: \$50.00 and  
One-Fourth Page: \$25.00**

**Asking Each Ministry to Purchase an Ad page.**

**Dinner will be served following Morning Service in Fellowship Hall.**

**The Unity Committee: The Usher Ministries**

## The Greater Solid Rock Baptist Church Wellness Ministry

### May 2025

## "May Is the Month to Move, Breathe, and Believe — Let's Honor Our Health Together!"

*Mental Health • Physical Fitness • Women's Wellness • Asthma • Blood Pressure*

### **Mental Health Awareness Month**

**Scripture:** "Cast all your anxiety on Him because He cares for you." **1 Peter 5:7 (NIV)**

- **Prioritize self-care:** Dedicate at least 10 minutes daily to activities that calm your mind, such as journaling, prayer, or deep breathing.
- **Know the signs:** Recognize symptoms of stress, anxiety, and depression early—talk to a trusted person or mental health professional if needed.
- **Stay connected:** Strong social ties can significantly boost mental resilience; reach out regularly to family and friends.
- **Limit digital overload:** Reduce screen time and avoid negative news cycles to protect your mental space.

**Faith and mental health:** Incorporate spiritual practices like prayer or meditation for emotional strength and peace.

### **Physical Fitness and Sports**

**Scripture:** "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own." **1 Corinthians 6:1 (NIV)**

- **Move daily:** Aim for at least 30 minutes of moderate physical activity like brisk walking, dancing, or biking.
  - **Start small:** Short, consistent exercise bouts (like 10 minutes at a time) build lasting fitness habits.
  - **Strength matters:** Include strength-training exercises twice a week to support bone and muscle health.
  - **Stay hydrated:** Proper hydration fuels physical performance and aids recovery.
- Fun counts:** Choose activities you genuinely enjoy—fitness should feel rewarding, not punishing.
- **Fuel wisely:** Focus on a diet rich in fruits, vegetables, lean proteins, and whole grains for balanced energy and hormone health.



## Women's Health:

**Scripture:** *"She is clothed with strength and dignity; she can laugh at the days to come."*

**Proverbs 31:25 (NIV)**

- **Schedule annual checkups:** Routine screenings like mammograms, pap smears, and blood pressure checks are vital for early detection.
  - **Manage stress:** Chronic stress can disrupt hormonal balance—daily stress-relief practices are essential.
  - **Protect your heart:** Heart disease is the #1 killer of women; maintain healthy blood pressure, cholesterol, and exercise habits.
- Listen to your body:** Don't ignore symptoms—early attention can prevent serious health issues.

## Asthma Awareness:

**Scripture:** *"The Spirit of God has made me; the breath of the Almighty gives me life."*

**Job 33:4 (NIV)**

- **Know your triggers:** Common ones include pollen, dust mites, smoke, and exercise; track your symptoms to identify patterns.
  - **Follow your action plan:** Work with your healthcare provider to create and update your personalized asthma management plan.
  - **Medication matters:** Use inhalers and medications exactly as prescribed.
  - **Breathe cleaner air:** Keep indoor environments smoke-free and consider air purifiers during allergy seasons.
- Stay active smartly:** Consult with your healthcare provider to create a plan that works for you.

## Blood Pressure:

**Scripture:** *"A heart at peace gives life to the body, but envy rots the bones."*

**Proverbs 14:30 (NIV)**

- **Check it regularly:** High blood pressure often has no symptoms; routine monitoring is key to early detection and control. **Listen to your body:** Don't ignore symptoms—early attention can prevent serious health issues.
- **Eat heart-healthy foods:** Emphasize fruits, vegetables, low-fat dairy, and reduced sodium to lower blood pressure.
- **Move more:** Regular aerobic exercise like walking, swimming, or cycling can significantly lower blood pressure.
- **Manage stress:** Chronic stress can spike blood pressure; mindfulness, prayer, and breathing exercises help manage it.
- **Take medications properly:** If prescribed, adhere strictly to your medication plan to avoid complications like stroke or heart attack.



# PRAYER REQUESTS

## **Members of Solid Rock Family**

*Rev. Thomas Holt & Family  
Deacon Marion Hughes  
Mother Katherine Barner  
Mother Betty Fleming  
Brother & Mother Desessaure  
Sister Louise Parks  
Brother Paul Morris*

*Deacon Terry Walker  
Mother Ola Mae Jackson  
Mother Bessie Robinson  
Mother Thelma Simon  
Mother Laura Riggins  
Sister Carla Brooks  
Sister Mary Ann Fowler*

## **Friends of Solid Rock Family**

*Mrs. Diane Holton (Sister of Mrs. Desessaure)  
Elder Jerry Scott & Family (Family of Amos & Patricia Jones)  
Riley Johnson & Family (Friends of Deacon & Carrie Hart)  
Mr. George Carson III (Friend of TGSRBC)  
Mr. Jesse Ragland, (brother of Ms. Sharon Ragland )(California)  
Ms. Joyce Slaughter (sister of Mrs. Evelyn Thomas)  
Ms. Sybil Lowe (Daughter of Mother Betty Fleming)  
Mrs. Paula Carson (sister of Deacon Bruce Johnson)  
Mr. Tony Thornton ( Friend of Carrie Hart)  
Mr. Armmani Hitchcock (Patricia Jones Great Nephew)  
Mr. Kayon Conner (Brother of Shirley Riggins) Hiram, Ga  
Ms. Stacey Chestnut (Beverly Taylor Sister) Florida*

**THE GREATER SOLID ROCK BAPTIST CHURCH BUS MINISTRY  
IS AVAILABLE ON 1ST 4TH SUNDAYS  
IF YOU ARE IN NEED OF TRANSPORTATION TO WORSHIP SERVICE  
CONTACT :DEACON HARVEY RIGGINS, JR.  
BY WEDNESDAY BEFORE YOU WANT TO ATTEND. 770 598-0045**

**MORNING MESSAGES ARE AVAILABLE ON CD EVERY  
SUNDAY FOR A 10 DONATION. PLEASE SEE**



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## ~CHURCH THEME FOR 2025~

**"Let us give the increase in love and fellowship  
with one another, so The Lord can give the  
increase in souls."**

**Acts 2:46-47**

### May Theme

**A Blessed Man Does Not Walk With The Ungodly**

*"Blessed is the man that walketh not in the counsel of the ungodly,  
nor standeth in the way of sinners, nor sitteth in the seat of the  
scornful. But his delight is in the law of the LORD; and in his law doth  
he meditate day and night."*

*Psalms 1:1-2*



Camden Burson	05/01	Letisha Smith	05/22
Dalin Jackson	05/01	Isaiah Prejean	05/23
Patricia Jones	05/03	Sylvia Rowe	05/23
Carolyn Bradfield	05/06	Susan Matthewson	05/25
Cameron Minor	05/09	Darius Miller	05/26
Joron Murry	05/15	Grace Robinson	05/29
Jacie Stewart	05/15	Sandarius Driver	05/30
William Beach	05/17	Alaila Prejean	05/30
Harvey Riggins, Jr.	05/19	Carrie Hart	05/31
Marques Jones	05/20	Chiquita Wright	05/31
Edward Smith, Jr.	05/21		

**Deacons On Call**  
**Deacon Huff**  
**Deacon Jones**

**God Loves a Cheerful Giver;**  
**Below are Ways to continue to please God by Giving:**

**Mail: 6280 Camp Road - Riverdale, Ga 30296**

**Electronic Giving: via The Website**

**[www.gsrbbaptistchurch.org](http://www.gsrbbaptistchurch.org) (Credit Card, Debit Card or PayPal)**

**Zelle: [gsrbctreasurer@yahoo.com](mailto:gsrbctreasurer@yahoo.com)**

# **BUSINESS DIRECTORY**

**SUPPORTERS OF  
The Greater Solid Rock Baptist Church**

**Would you like to purchase an Advertisement  
in the Solid Rock Monthly Newsletter? Please  
contact Pastor Rowe for Details**

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TODAY  
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## ROWE & ROWE, LLC

### ATTORNEYS AT LAW

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SUITE 570  
TUCKER, GA 30084

**404-508-1118**

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