

WORSHIP SERVICES

Saturday Worship

6:00pm

Sunday Worship

8:00am | 10:00am

2:00pm (ET)/11:00am (PT)

Virtual Online Worship

Our YouTube Channel @AlfredStreetHD or ASBC App Sunday School Classes (All Ages)

Sunday: 9:00am

Virtual Online Worship

ORDER OF SERVICE

Pastoral Welcome

Praise & Worship

Sermon

Invitation/Closing

SUBSCRIBE & FOLLOW US

on Our YouTube Channel @AlfredStreetHD and/or ASBC App



MUSIC

AUGUST 1-2: Praise & Worship: Melvin's Singers "Praise the Lord with Me" and "You Deserve It" HYMN: John Greene singing "Fairest Lord Jesus"

AUGUST 8-9: Praise & Worship: CAYA Praise Team "Enter His Gates" and "Way Maker" HYMN: Hadiya King singing "God Will Take Care

of You"

August 15/16 - Praise & Worship Team: Theodore

Thorpe, Director
"Old School Medley"/ "You Are Good"
Hymn: Evelyn Curenton – "Amazing Grace"

August 23/24 - Praise & Worship Team: Theron Johnson, Director

"The Lord is Blessing Me" / "Release Your Power" Hymn: Julietta Curenton - "My Tribute"

August 29/30 - Roderick Giles and Grace
"Holy Place" / "Oh How We Love You"
SPECIAL PRESENTATION: Theodore Thorpe, III
(Music Director) & Eboni Jones (Liturgical Dance Director)

Virtual Choir/Dance Video: "Heal Our Land"

FRIDAY MORNING CALL-IN PRAYER

NEW TIME! 7AM EST | CALL: 1.530.881.1212 | MEETING ID: 788.999.203#









A NEW, SMART WAY TO GIVE ...All You NEED Is Your Phone We Are Making Your GIVING Easy On #THESTREET #ASBOGIVE #WEAREALFREDSTREET



301 S. ALFRED STREET ALEXANDRIA, VA 22514 Rev. Dr. Howard-John Weeley, Perc





ALFRED STREET BAPTIST CHURCH
SUNDAY SCHOOL MINISTRY AND SOCIAL JUSTICE MINISTRY
PRESENT

SUMMER BUILTINGS SCIES

Join us for a 5-week Bible study on social justice with a collective call to action.

Our study is guided by Mobilizing Hope: Faith-Inspired Activism for a Post-Civil Rights Generation written by ASBC Social Justice ministry co-founder, Rev. Adam Taylor.

PREMIERING EVERY THURSDAY

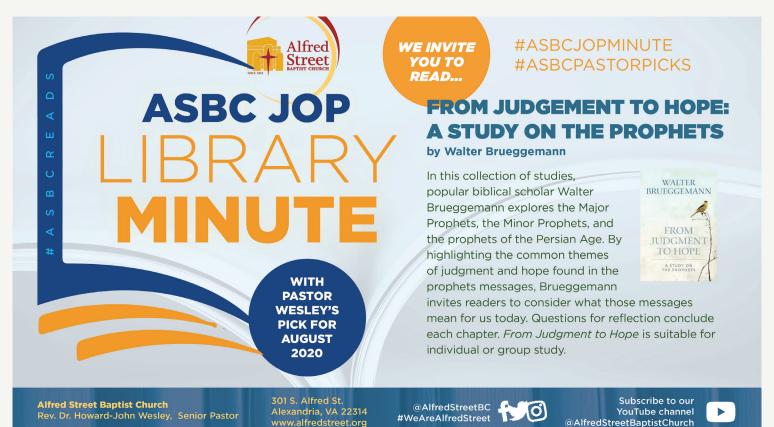
JULY 30TH – AUGUST 27TH AT 12:00PM

CONCLUDING WEBINAR WITH REV. TAYLOR SATURDAY, AUGUST 29TH AT 10:00AM

For any questions, email us at:

sundayschool@alfredstreet.org and socialjustice@alfredstreet.org.









STREAM AT

FACEBOOK.COM/ALFREDSTREETBC + YOUTUBE.COM/ALFREDSTREETHD + ALFREDSTREET.ORG
REV. DR. HOWARD-JOHN WESLEY, SENIOR PASTOR





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\$3.00 MIN. REQUIRED
SCROLL DOWN: SELECT TITHES &
OFFERING, POOR SAINTS OR SEEK 2020
(YOU CAN ONLY CONTRIBUTE

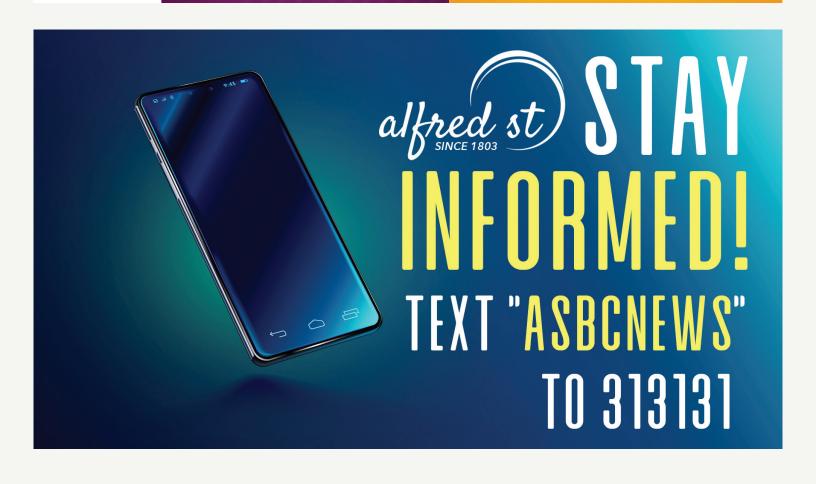
TO 1 FUND PER TRANSACTION)



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FROM THE OFFICE OF CHRISTIAN CARE & COUNSELING

AUGUST
IS THE
MONTH OF
REST!

ALFRED STREET BAPTIST CHURCH COMMUNITY,

What is a four-letter word for pause, take a breath, and relax? If you answered REST, you are absolutely right! This small four-letter word is often met with heavy contention and resistance. Moreover, we tend to think about what we will lose if we stop, instead of what we can ultimately gain. Additionally, we fail to take a complete account of the burdensome weight added to us when we do not rest. That weight often consists of chart-topping levels of tiredness, anxiety, feeling overwhelmed, frustration, anger, worry, sadness, stress, isolation, illness and poor self-care habits to begin the list. Many of which – if addressed with rest and self-care – can be healthily managed.

In the words of Pastor Wesley, "Can I Push It"?
Rest plays a significant role in our lives. Without it, we rob ourselves of the ability to revive, reset, refocus, regain, realign, restart, "re" anything in a greater, more God pleasing way. Rest is biblical.
Rest is soul-filling. Rest is physically necessary and mentally revitalizing. You cannot live without it.

We encourage you to go back and grab these points and more in Pastor's sermon entitled "Selah". https://www.youtube.com/watch?v=rbnsDoXphUo&feature=youtu.be as we enter into this time and space of rest. Take this time to develop a new relationship with REST during the month of August.

Here are a few tips to help get you started:

R - CONSIDER WHAT CAN WAIT UNTIL YOUR **RETURN**...

If you cannot go cold turkey and just stop everything- then think about what can be placed on hold for 30 days. Then look at what can be lessened. Do you have to be on all 15 Zoom calls for the week, every conference call, every chat discussion? Look for opportunities to "tap out" in order to take a breath.

E - MAKE EVERY EFFORT TO **ENJOY** YOUR TIME...

Be creative during this time. Take a nap in the middle of the day. Get up an hour later, shut down an hour earlier. Take an adventure by re-reading your favorite book. Take advantage of virtual offerings (tours and vacations). Enjoy a safe staycation. Start a phone tree and call someone you have not talked to in a while. Remember, COVID-19 has not cancelled everything. Do something different and replenishing.

S - **SURRENDER** TO THE PATH REST LEADS YOU ON...

Make a goal to embrace rest and be intentional not to resist it because it is different. Use this time to work on being more disciplined and comfortable with rest in every area of your life.

T - TIME IS OF THE ESSENCE...

Remind yourself that Time is important. There is no better time than now to implement a rest plan that works for you. Time is one thing that you cannot get back once it has passed. Take full advantage of this time by honoring God's will concerning rest. Taking time to rest will make all of the difference in your life.



RESOURCES

Information on Selah and self-care:

https://www.alfredstreet. org/selah/

ASBC Mental Health Support

Email PastoralCounseling@ alfredstreet.org

Thinking about counseling?

Complete a counseling request referral form: https://alfredstreet. formstack.com/forms/counseling_referral_form





YOU ARE THE CHURCH, **BETHECHURCH!**

#ASBCTOGETHER

Email your prayer requests to Prayer@AlfredStreet.org

#WeAreAlfredStreet

www.AlfredStreet.org



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