



**Congratulations to Villareal Johnson!!!**

After a very long period of job searching, he started a new job on Monday, May 4<sup>th</sup>. He thanks the church office staff for assisting him with his search efforts.



**Congratulations to Kevin Taylor!!!**

He will be graduating from Morgan State University on May 16<sup>th</sup> with a B.A. in Marketing/Public Relations.



**Congratulations to Jenifer Queen!!!**

She graduated from Howard University receiving Juris Doctor Degree in Law.



**Congratulations to Aubrey Harrington.** He graduated from Hampton University, receiving a B.A. in Music.



**Congratulations to the Curry Children.** Miss Keyona Curry was tested and successfully promoted to a 2<sup>nd</sup> Degree Brown Belt in Tae Kwon Do. Likewise, Master Kendrick E. Curry, II was tested and successfully promoted to Orange Belt.

If there are any graduates that we may have missed, please contact or email the church office with all of the details.

**SAVE THE DATE!** PABC's 55<sup>th</sup> Anniversary and SEED Celebration will be held on **May 31, 2009** during the 10:45 am service. The guest preacher will be **Dr. John D. Chaplin of the Pleasant Lane Missionary Baptist Church**. Dinner will follow immediately after service. A donation for the dinner is \$10.00. Come fellowship in celebration! See the DIT (Deacons in Training) outside the sanctuary after service.

**UPCOMING CONFERENCES OF INTEREST:**

**Hampton University Ministers & Musicians Conference**

June 2-6, 2009; Hampton, VA

**SBC National Meeting**

June 23-24, 2009; Louisville, KY

**ABC National Meeting**

June 26-28, 2009; Pasadena, CA

**National Convention of Choirs & Choruses (Music)**

**PNBC National Meeting**

August 2-7, 2009; Las Vegas, NV

August 3-8, 2009; Louisville, KY



**Lott Carey Annual Meeting**

August 10-14, 2009; Raleigh, NC

**Andy Stanley & John Maxwell's Catalyst Conference**

Oct. 7-9, 2009; Atlanta, GA

## **\*HEALTH & WELLNESS\***

PABC'S Beginning Yoga instructor has invited the PABC disciples and leadership team to The Genesis Life Coaching Institutes seminar "Perspectives on the Role of Spiritual Coaching in our Society", on **Sat., May 16<sup>th</sup>** from **10:00 am – 12:30 pm**. 1616 P St., NW, 7<sup>th</sup> Fl. Conf. Rm. Flyer with detailed information is posted outside of the office.



**YOGA AT PABC!** Beginning Yoga classes takes place every Saturday morning, except the first Saturday, at 9:00 a.m. in the Harvey Fellowship Hall. The classes are **FREE** and you must bring your own yoga mat. All participants, must be 18 years of age and older in order to participate. For more information, please contact Juneous Pettijohn at 202-494-0048.

There will be no Beginning Yoga during the month of May. We will resume in June, on the 13<sup>th</sup>, and 27<sup>th</sup>.



**HEALTH FACT:** Untreated high blood pressure can lead to hearth attack, stroke or kidney disease.



**PABC WALKING GROUPS!** Walking groups meet every other Saturday morning at 7:00 am here at PABC. Anyone who wishes to walk is welcome.

## **\*TRANSFORMATION NOTES\***

Ask and it shall be given you, seek and ye shall find; knock and the door shall be opened unto you... (Mt 7:7)



"... Not by might, nor by power, but by my spirit, saith the Lord of Hosts." (Zech. 4:6) KJV



Read scripture using lectio divina or other method daily!



**Recommended Reading:** "Psalms for Praying: An Invitation to Wholeness"  
by Nan C. Merrill



Please see Pastor Curry about creative ideas to enhance our church and its ministries!!!