



CELEBRATING 7 DECADES

# HYMN OF THE MONTH

## ROCK OF AGES

Author – Augustus M. Top Lady

1740-1778

Composer – Thomas Hastings

1784-1872

Tune Name “Top Lady”

*Moreover, brethren, I would not that you should be ignorant, how that all our fathers did all drink the same spiritual drink; for they drank of that spiritual Rock that followed them: And that Rock was Christ.*

1 Corinthians 10:1,4

This hymn has traditionally been ranked as one of the most popular hymns ever written. It is certainly one of the most well-known in the English language. It has been described as a “hymn that meets the spiritual needs of all sorts and conditions of men from the derelict snatched from the gutter by the Salvation Army to Prime Minister Gladstone, at whose funeral it echoed through the dim spaces of Westminster Abbey.”

Whereas most hymns have been written out of some deep personal need or experience, this hymn evidently was born in a spirit of passionate controversy. Augustus Top lady was converted to Christ as a young boy of sixteen years of age while visiting Ireland. Of his conversion Top land has written,

Strange that I, who had so long sat under the means of grace in England, should be brought right with God in an obscure part of Ireland, amidst a handful of people met together in a barn, and by the ministry of one who could hardly spell his own name. surely it was the Lord’s doing and is marvelous.

For a time, Top land was attracted to the ministry of John and Charles Wesley and Methodists. As time went on, however, he became a strong follower of the “election” doctrines of John Calvin and was vehemently opposed to the Arminian views promoted by the Wesley and their supporters. By means of public debates, pamphlets and sermons, Tiplady and the Wesleys carried on theological warfare. The following are

TOPLADY – I believe him (John Wesley) to be the most rancorous hater of the gospel system that ever appeared in his Island...Wesley is guilty of Satanic shamelessness... of uniting the sophistry of a Jesuit with the authority of pope.

WESLEY – I dare not speak of the deep things of God in the spirit of a prize fighter or a stage player, and I do not fight with chimney sweeps.

1

*Rock of ages, cleft for me  
Let me hide myself in Thee.  
Let the water and the blood,  
From Thy wounded side which flowed,  
Be of sin the double cure,  
Save from wrath and make me pure*

2

*Could my tears forever flow,  
Could my seal no languor know,  
These for sin could not atone  
Through must save, and Thou a-lone  
In the hand no price I bring,  
Simply to Thy cross I cling.*

3

*While I draw this fleeting breath,  
When my eyes shall close in death,  
When I rise to worlds unknown  
And behold Thee on Thy throne  
Rock of Ages, cleft for me,  
Let me hide myself in Thee.*

# HEALTHY HEART WORD SEARCH

M P U Y B X S J Z W X T Q P P V J P R S R E L I  
N W L X J W A W D L B V M D J F D G J E V L H K  
P I F H J O V Y Y O C G B V E I N T Z L P E M M  
H G C Y M W W P M L O S I R S B X W D F A Y T V  
K X C H G D V M U D S L V B E F H N I R A T A N  
S S S D Z O Q R N M Z V B X P Q D B T K Z D N J  
U M G B Y K L L O J P G M I T X W B X I H T O S  
J K C U E J D O D W C P U F U S E X G B I J I D  
C A L Q A V N V I K D U I M M A L X R H J O T E  
H O Y C C M R K J D P S R F T U T J C Z H I A M  
U R H O D M A T Q S R P T R I G X E H G M M L V  
P T P H W T B E F B Y A A Q J Z N X H N N C U I  
U A T B X R B I R P G P C Y C H G E B X S M C A  
O B E F E V R V M T U F X S T U Y A D M B N R C  
X M O E N B E V M G S L L E M W E E E L C M I L  
S I H U C V C S L Z V D M Q V R J G W S R Q C D  
D T N C A N Z J S K L V O O T L I C Z E A V T O  
P Z R F H D N R Q E H C K O N Y A I T I D K U N  
C R G A I C E A L W L S W R L A A V W D H T A F  
M C H E E E N G F R S S T M R I B R D D L P T A T  
C V W K B H Y H U T Q W B L O R G Y P U A U I Z  
F T I U Y B X H G L E X R F P X O K P L S S G W  
L F L O X I O A J B V R L P F U B X U I Z U S I  
R H P Q L K R U F W N R Y T Z V H G F Q S X V P

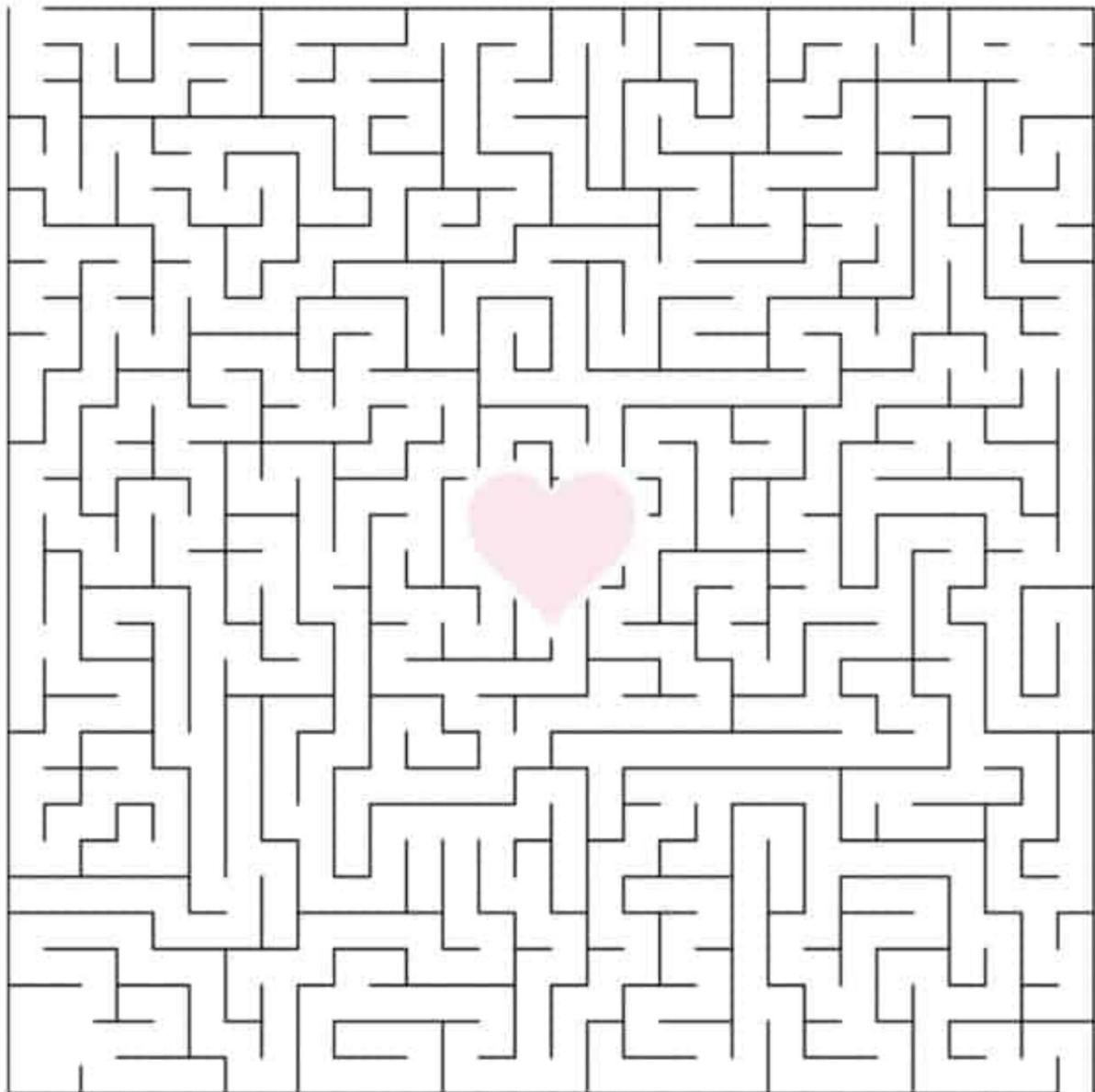
BLOODSTREAM  
HEARTBEAT  
atrium  
VESSEL  
HEART

CIRCULATION  
PULMONARY  
OXYGEN  
AORTA  
VALVE

CARDIOLOGY  
ARTERY  
SEPTUM  
BLOOD  
VEIN

# Valentine's Day

# MAZE



# Healthy Heart Habits

Making small lifestyle changes to these four elements can lead to big benefits in cardiovascular health: exercise, stress, sleep, and diet.



## Exercise

Break a sweat! Engage in physical activity that elevates your heart rate for at least 25 minutes, ideally four times per week.



## Manage Stress

Spend time with friends and family, taking breaks from social media, and getting outside.



## Sleep

Get adequate sleep. Limit alcohol and caffeine, set a regular bedtime, and turn off devices before sleep.



## Balanced Diet

Eating an anti-inflammatory diet has big benefits. This includes fresh fruits and vegetables, whole grains, legumes, fish, and lean meat. Avoid animal fats, salt, and refined sugar.



# BLACK HISTORY CROSSWORD

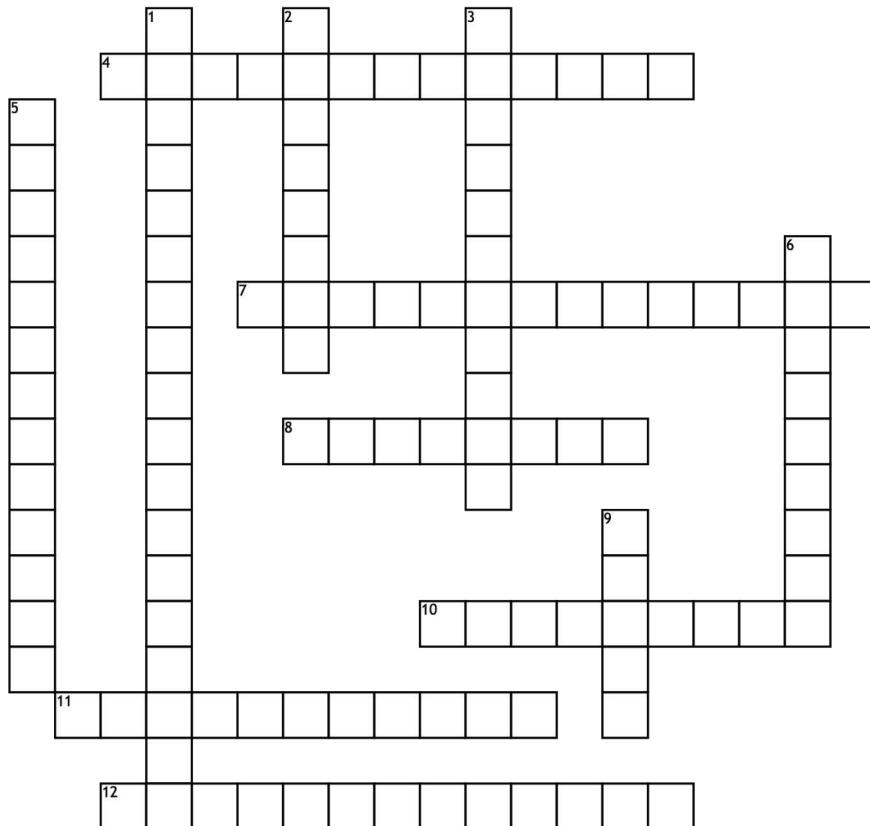
## Across

4. Led hundreds of enslaved people to freedom through underground railroad
7. The first black athlete to play major league baseball
8. human rights activist and an American Muslim minister
10. The first African American to earn a PH.D from Harvard

11. Separating blacks from whites
12. A new political party that emerged during the 1848 presidential election whose goal was to keep slavery out of the western territories

## Down

1. Someone who had a dream



2. War between the North and South
3. Founder of Black Panther party
5. First state to leave the Union in 1860
6. Got arrested for refusing to surrender her bus seat
9. Opposite of north



# BLACK LEADERS WHO ARE SHAPING HISTORY TODAY

## JASON WRIGHT

First Black president of a National Football League team



## ROSALIND BREWER

First Black woman to lead a Fortune 500 firm (Walgreens)



## RASHIDA JONES

First Black executive to run a major television news network (MSNBC president)



## JESSE COLLINS

First Black executive producer of the Super Bowl halftime show



# BLACK HISTORY WORD SEARCH

G R A I L R O A D R Q P M G Z T S F P Y  
G A V U Z T R E C O N C I L E O X Q F C  
N Y W Y C C M E M A N C I P A T I O N J  
Z W L B E F S L T W H M O D E E R F K X  
Y S R I G H T S V T S S E R G O R P I Z  
S L A V E R Y W Y T I S R E V I D N N A  
Y T I N U M M O C D D S L N K W O Q C M  
E D O E Q U A L I T Y O Z R S I A T L R  
S W N D B E G A T I R E H P T Y I F U C  
I O T U E M O C R E V O H A J V U V S K  
R F V M O O Z L W R F E G N I T Y M I R  
T D R A E R Z U N W H E O S U P R F O T  
R W P R E N G Y N N R I M R Y F V X N D  
I G R C U D R R C G T U E Y T E I C O S  
A G O H W F O B E A E C I D U J E R P G  
L I T T X I Q S N D H A R M O N Y E Y F  
S R E O B E A L X D N N O I T I L O B A  
E Z S Y B H B N O E I U O X H I F S H C  
M Q T N O I T P M E D E R E C I T S U J  
F C K X U K T O G E T H E R H O P E H X

## WORD LIST:

ABOLITION	HARMONY	PREJUDICE	SEGREGATION
ACTIVISM	HERITAGE	PROGRESS	SLAVERY
COMMUNITY	HOPE	PROTEST	SOCIETY
DIVERSITY	INCLUSION	RAILROAD	TOGETHER
EMANCIPATION	JUSTICE	RECONCILE	TRIALS
EQUALITY	MARCH	REDEMPTION	UNDERGROUND
FREEDOM	NATION	RIGHTS	
FUTURE	OVERCOME	RISE	



JUBILEE MAJESTIC CONCERT CHOIR



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Anniversary Concert Date: Saturday, June 6, 2026 @ 5pm

# ROSA PARKS WORD SEARCH

X	I	L	B	R	A	O	W	E	Q	R	Y	S	F	X
Z	M	Z	R	O	B	J	H	B	N	C	R	K	Q	X
Q	E	S	Q	S	R	A	F	P	P	A	Y	F	M	L
K	Q	W	X	A	C	V	T	G	V	X	E	Y	Y	K
L	U	J	S	P	I	C	V	N	C	T	U	M	O	Y
B	A	A	E	A	V	A	L	A	B	A	M	A	I	E
S	L	M	G	R	I	E	I	O	I	A	N	O	V	U
J	I	X	R	K	L	V	B	L	O	W	X	I	O	A
U	T	U	E	S	R	F	U	A	N	R	O	C	K	B
L	Y	L	G	X	I	D	S	B	H	L	T	W	G	O
C	U	N	A	S	G	E	J	V	M	J	N	L	G	Y
K	A	Z	T	E	H	Y	U	K	L	K	L	G	R	C
G	X	X	I	M	T	J	Q	O	J	G	P	Y	G	O
P	R	Q	O	W	S	N	Z	D	E	G	P	D	S	T
J	M	O	N	T	G	O	M	E	R	Y	Z	Q	Y	T

ROSA PARKS  
ALABAMA  
CIVIL RIGHTS  
SEGREGATION

MONTGOMERY  
BUS  
BOYCOTT  
EQUALITY



## AQUARIUS



### • Ed Parker 11<sup>th</sup>

Clever, friendly, kind and humane, Aquarians are the easiest people to make friends with but probably the harder to really know. Firstly, you can't tell an Aquarian anything – they already know! In fact, they are the know-all of the zodiac. They are original, inventive and very smart. They are very peculiar in the way they dress. Wearing footy socks with a suit could be quite normal! The telephone is their lifeline so they would rather ring their next-door neighbor than fraternize over the fence. They are so friendly even the dog down the street will find its way to the Aquarian house, and stage.

In relationships, they are surprisingly constant and faithful, and they only stray when they know in their hearts that there is no longer anything to be gained for staying put. Aquarians are often very attached to the first real commitment in their lives.

They make a point of being different and they can usually feel very unsettled and uneasy if made to conform, even outwardly. Their restless, skeptical minds mean that they need an alternate kind of lifestyle which stretches them mentally.

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## **EASY SUDOKU**

3		9			6			
9	6	5	2		7	3		
	8			1	9			
7	1	8	9		2	4		
6	3							
	4	6		7	3	1		
1		4	8			7		
4	9		3		8	2		
7			1	5		9		

2		8		5	3	6		
	3	4			1	8		
	1			2	4		5	
	1				3	6	7	
7				6				1
3		8	4	7		2		
1	5		7		9			
	7				5		3	
8		2		3	6	9		7



## 5 HEART HEALTH TIPS FOR SENIORS

**Maintain Regular Checkups** Visit your primary care physician at least once per year. Follow your healthcare team's recommended treatment plans, and ensure your prescriptions are filled to achieve optimal health.

**Keep Stress in Check** Stress is a primary risk factor for heart disease and other related issues. Keep it in check by participating in stress relieving activities each day.

**Consider a Senior Care Community** Senior care communities provide many opportunities for socialization, physical fitness and stress-relieving activities.

**Stay Active** Physical activity is one of the best ways to combat heart-related illnesses. Aim for at least 2.5 hours of physical fitness per week.

**Eat a Heart Healthy Diet** Having a well-balanced diet helps to maintain a healthy weight and dramatically reduces the risk of heart-related illnesses.



For more information about healthy living, and additional senior care services visit our website at: [www.concordalm.org](http://www.concordalm.org) or call 724-352-1571.

