

Canaan Times

Canaan United Methodist Church
Rev. Jack C. Washington, Pastor

God Has Work for You to Do By Rick Warren

"It is God himself who has made us what we are and given us new lives from Christ Jesus; and long ages ago he planned that we should spend these lives in helping others." (Ephesians 2:10 TLB)

God calls you to a service far beyond anything you could ever imagine. You were put on Earth to make a contribution. You weren't created just to consume resources — to eat, breathe, and take up space. God designed you to make a difference with your life. You were created to add to life on Earth, not just take from it. God wants you to give something back.

The Bible says, "God ... has created us for a life of good deeds, which he has already prepared for us to do" (Ephesians 2:10 TEV). These "good deeds" are your service to the world. Whenever you serve others in any way, you are actually serving God (Colossians 3:23-24; Matthew 25:34-45; Ephesians 6:7).

What God told Jeremiah is also true for you: "Before I made you in your mother's womb, I chose you. Before you were born, I set you apart for a special work" (Jeremiah 1:5a NCV).

When most people think of this "special work," they think of pastors, priests, and professional clergy, but God says every member of his family is to minister. In the Bible, the words "servant" and "minister" are synonyms, as are "service" and "ministry." If you are a Christian, you are a minister, and when you're serving, you're ministering.

Have you ever wondered why God doesn't just immediately take us to Heaven the moment we accept his grace? Why does he leave us in a fallen world? He leaves us here to fulfill his purposes. Once you are saved, God intends to use you for his goals. God has a ministry for you in his Church and a mission for you in the world.

Talk It Over

- What is holding you back from accepting God's call to serve him?
- If every member is a minister, what is the responsibility of church leaders? How can you pray for your church leaders?
- God has a ministry for you in his Church and a mission for you in the world. What is he calling you to do today right where you live — in your home or neighborhood or community — no matter how small it seems? How will you respond?

October 2015



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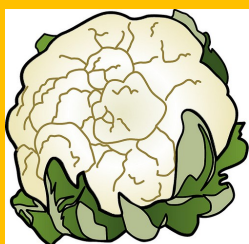
Superfood Spotlight

A vegetable low in fat and carbohydrates.

A great source of vitamins C, K, B6, and folic acid.

Half a cup is 15 calories and contains approximately 40% of your daily intake of vitamin C.

Has the potential of helping with cancer prevention and improving kidney function and blood pres-



Birthdays and Anniversaries

Birthdays:

- Susie Mayo—1
- Nicholas Fuzz—2
- Sandra Richardson—2
- Alice Summers—3
- Alexis Robinson—4
- Khadijah Hart—4
- Jannie Mae Simmons Council—6
- Charles B. Duberry—7
- Doretha Jenkins—9
- Jayden Ancrum—9
- Nya Jenkins—10
- Ricky Blake—10
- Shakera West—12
- Otto Fogel—14
- Jeanette MacDonald—16
- Jason Scott—19
- Blake Phillip—20
- Michelle Williams—20
- Danielle White—23
- Paris Geddis—29
- Chantel Glover—30
- Bryan Glover—31
- Lavette Geddis
- Rev. Ann Geddis King
- Robert Young
- Rosa Lee Ancrum
- Gwen Spells
- Raymond Williams
- Ben Singleton
- Nathaniel Middleton
- Donald Williams

Anniversaries:

- James and Mary Chisolm—5

“Prophecy” By Phillip C

Submitted by Rev. Nathaniel Evans

I'm not a prophet but here's a prophecy
Blacks killing blacks its called blasphemy
When a brother's blood spills it's slow death for us all
It's the killing of the spirit the writings on the wall
If we keep heading down this path this world will surely fall
Even with grace and mercy this world chooses to falter
When GOD cleanses the world again it will be with fire not water
I'm not a prophet but here's a prophecy
Innocent blood being spilled by the hands of the police
Feels like time is regressing a black man needing relief
We need to lean on one another standing on faith and belief
Open your eyes and see his spirit and look past your brother's grief
Instead we look at his flesh as it leads to his tragedy
I'm not a prophet but here's a prophecy
Mass murder in the church and murder in the street
Satan has sent his demons to enter into peoples harts
Like the son of perdition evil was always set apart
It seems easier to do evil than to live in harmony and peace
Why do we live by the sword when you brothers soul you need to keep
JESUS has died for us all the SPIRIT keeps his legacy
I'm not a prophet but this is my prophecy.....

October is Breast Cancer Awareness Month

The Best Chance Network provides a pap smear, clinical breast exam, and mammogram to women 47-64 years of age who have no insurance and meet income guidelines. 800-227-2345 or www.scdhec.gov

According to the CDC 27% of women and nearly 12% of men in the United States have experienced violence or stalking by an intimate partner. All forms of domestic abuse are preventable. The key to prevention is stopping violence before it starts. Strategies that promote healthy behaviors

in relationships are important. Programs that teach young people skills (e.g., communication, increasing self-esteem and problem solving skills) can prevent violence.



"And the answer to these needs is the same for everyone: a personal relationship with God through Jesus Christ."

Devotional: Everybody is Essentially the Same

By Greg Laurie

"Not a single person on earth is always good and never sins."—Ecclesiastes 7:20

No life is without its share of problems.

If you don't have much wealth, you worry about how to get more. If you have a lot, you always find someone who has more. If you have the most, you worry about how to keep it.

Wealth is a relative concept. Someone wrote, "If you have money in the bank, in your wallet, and spare change in a dish someplace, you are among the top 8% of the world's wealthy."

Even the most beautiful, famous, and wealthy people have their hurts and pains.

The American public loves to follow the adventures of the rich and famous. Just look at all the tabloids. I was standing in line at the store one day and saw on the cover of a tabloid: "Cellulite of the Stars." These people can't even take off their shirt at the beach without being photographed—it's brutal.

We take some perverse delight in knowing these people are just like us. And indeed they are.

There is an old legend about people in a certain village who constantly complained about their troubles. Each was invited to throw all of his burdens and problems into one big heap in the middle of town. Then he was given the privilege of choosing other troubles to replace the ones he gave up.

After careful deliberation and consideration, each selected the same problems he had cast aside, feeling his own to be less difficult than those of the others.

People put up a front, and pretend to be happy when they are not. But deep down inside, we are really all the same, with the same hurts and needs. And the answer to these needs is the same for everyone: a personal relationship with God through Jesus Christ.

Blake's Financial Corner

Submitted by Evelyn Blake

Proverbs 21:5

"The plans of the diligent lead surely to plenty, but those of everyone who is hasty, surely to poverty."

Fall Finances

By Mellody Hobson

<http://blackamericaweb.com/2014/10/13/money-mondays-fall-finance/2/>

[Excerpt from "Money Mondays" with Mellody Hobson on the Tom Joyner Morning Show]

Mellody Hobson is President of Ariel Investments, a Chicago-based money management firm that serves individual investors and retirement plans through its no-load mutual funds and separate accounts. Additionally, she is a regular financial contributor and analyst for CBS News.

TOM: You are joining us today with another round of seasonal tips.

MELLODY: That's right! We all need some gentle pushes or reminders once in awhile to keep us on track, and that's what I want to do today. Fall is always a busy time – the holiday season is just around the corner, our kids are getting back into school activities – so it can be difficult to remember that it is also an important time for everyone to think about their household finances as well.

TOM: What is going on in the fall that impacts our money?

MELLODY: Some of the biggest items on the docket during fall are healthcare and other benefits. In terms of these benefits, fall is the open enrollment season, the period when employers offer employees a chance to make changes to their health insurance plan and other benefits for the New Year, but you have to take action

during within the enrollment period! In many cases, making some smart choices can save you some green! So what should you do? First, make sure you are aware of the enrollment period for your company. Depending upon where you work, the time frame can vary. Second, consider changes to your healthcare needs. If you are never at the doctor, and only go if an ambulance has to take you, look at the lower premium plans. If you or your dependents have had a change in their health status that requires more visits, or you check in with your doctor regularly at the first sign of a cold, you may want a higher premium but lower deductible plan. Overall, just make sure you look at your needs and your coverage, and consider changing if it is necessary.

TOM: Are there other healthcare items we should think about?

MELLODY: if you use a flexible spending account, which allows you to save money before taxes to spend on healthcare, there have been some changes on that front. While you used to have to spend that money by the end of the year or lose it, some employers will now let you roll over amounts up to \$500. FSA's are a good way to save money if you have higher healthcare costs, particularly for children or prescriptions. And if you already have one, and you cannot roll it over, it is probably time to get those glasses or check in at the dentist before that money disappears!

Finally, if you have high deductible plan, consider a health savings account (HSA). Like flexible spending accounts, contributions are also made pre-tax, but with HSAs, what you don't use in a given year will carry over to the next plan year. You can even take your HSA with you when you change jobs. You can enroll in an HSA even if your employer doesn't offer one. The only caveat is that you must be enrolled in a high-deductible health plan.

TOM: Is the enrollment period the same for the Affordable Care Act?

MELLODY: if you are going through healthcare.gov, you enroll in a qualified health plan in the marketplace. For coverage starting in 2015, the open

enrollment period is November 15, 2014–February 15, 2015, unless you qualify for special enrollment periods outside of open enrollment, if they experience certain events.

TOM: You also mentioned other insurance. What should we think about on that front?

MELLODY: This is a big one that so many people forget to think about. Along with health insurance, open enrollment is also the time that you are allowed to adjust your life insurance coverage and your disability insurance coverage – both short-term and long-term. You want to check your life insurance coverage to make sure it covers all of your financial obligations in the event of an accident – things like credit card debt or any loans – and your house if you are married. And, as we have talked about on Money Mondays before, disability insurance is really very necessary, as 1 in 4 Americans will have an accident or emergency that will prevent them from working for a period of time at some point during their career. So the annual open enrollment period is important for your financial future in terms of this insurance coverage as well.

TOM: OK, we have covered open enrollment. What else should we be thinking about this fall?

MELLODY: Fall is a great time to develop a budget for the upcoming year, Tom. Sitting down and drafting a budget with your financial goals for 2015 is a great way to get ahead of the game. Start by tracking your expenses so far in 2014. Go through your bank statements, your pay stubs, your bills, everything. Once you have all of your expenses in front of you – even the smallest ones – you can start thinking about how you can reallocate your money for next year's financial goals.

Fall is also a good time to reach out to your financial advisor, or consider getting one. Since we are 3 quarters of the way through the year, you will have a good idea of where you stand in terms of your retirement savings and your investments for the year, and having a conversation with a financial expert, or just reviewing the progress you have made on your 401(k) can help you make the necessary adjustments to do better in 2015!

****Brain Teaser****

(Your brain needs exercise too. Use it or Lose it!)

Unscramble the letters below to reveal the last names of two *Canaan families*

enstlingo _____

cmnrau _____

Follow Me

The Lord has said,
"Come follow me."
Man replies, "Just let
me be."

The Lord says the
meaning of riches is
naught;
Man says, "I need all
these things I
bought."

Always there's conflict
between the divine
And man declaring,
"This thing is MINE!"

But some day when all
is stripped away,
All the riches and glo-
ry of this present day,

Then, with soul trem-
bling, you'll hear the
Lord say,
"What good did you
do along your earthly
way?"

And then only God's
amazing grace
Will allow you to enter
His Holy place.

October is Domestic Violence Awareness Month

A Prayer for Each Day in October

October 1: Gracious God, you created us in your image and breathed life into us. A life you want us to live abundantly. We ask you to free those living with abuse physically, mentally or spiritually, from their oppression, so that they may walk in peace and enjoy a life full of your blessings. In Jesus' name. Amen.

October 2: Teaching God, we pray that you open our ears, our eyes, and our hearts to be more aware, outreaching, and supportive to people in abusive situations, so that they won't feel alone and know that someone cares. Let us love them as you have loved us. In Jesus' name. Amen.

October 3: Compassionate God, protect the innocent children who suffer or witness violence and abuse at the hands of the ones they love. Bring them to a safe place where they can begin to heal. Restore their minds to trust and their hearts to love and their spirits to be free. Surround them with your angels. In Jesus' name. Amen.

October 4: Loving God, help us to be kind to everyone so that those who are poor, abused, hungry, neglected and afraid, or in any need will have justice. In Jesus' name. Amen.

October 5: Loving Savior, touch the hearts of those who abuse others. Heal their thinking, so that they may turn to you and seek your ways. Help them to know that every human being is a treasure to you. Help them to know that you are a forgiving God and can lead them on a path to new life. In Jesus' name. Amen.

October 6: Merciful God, we give you thanks for your gift of strength and life and especially for the gift of your Son, Jesus Christ, through whom we have health and salvation. Help us by your Holy Spirit to witness your power in our lives and to know your eternal love. In Jesus' name. Amen.

October 7: Almighty God, we pray for all victims of abuse. We ask you to surround them with your care and protect them by your loving might and permit them to enjoy health and healing, wholeness and strength, calmness and peace and love. Most of all that they feel your presence and be confident in you. In Jesus' name. Amen.

October 8: Good and Merciful God, comfort me in moments of distress. Help me to not give in to anger, fear, resentment, bitterness, and not forgiving. Rather call to my mind your promises of love, joy, and hope. Fill me with your peace. Heal any disease in my body, mind, and soul, including my memories or my emotions which overwhelm me at times and cause me to default to old patterns of thinking that are not of you. Allow your healing waters to refresh and renew me. Show me your ways, oh Lord, so that I may walk in the light of thy eternal love. In Jesus' name. Amen.

October 9: Gracious God, look upon the victims of domestic violence with compassion and guide their journey through the legalities of obtaining an Order of Protection so that they

might have the chance to begin a new life free from fear and pain. In Jesus' name. Amen.

October 10: Merciful Father, we ask that you watch over your elderly children who are left weak and frail from their many years on this earth. Remove them from the harsh and hurtful treatment they are being subjected to and provide them gentle and loving care for their remaining time on this earth. In Jesus' name. Amen.

October 11: Righteous Lord, be with all the judges and lawmakers so that all who enter their courts will be dealt with in a fair and just manner. Touch their hearts to pray for all their petitioners. Let these systems, set up to enforce justice, work for the good of your people. In Jesus' name. Amen.

October 12: Giving Lord, we thank you for all caregivers, foster parents, clergy, deacons, and lay people who open their hearts and their homes to help people find or rediscover their worth. Thank you for all congregations and communities that welcome and provide fellowship, understanding and assistance to people who are in need of knowing and experiencing your love. In Jesus' name. Amen.

October 13: O Lord, help us to be strong stewards of all you have entrusted to us. Give us the courage and your strength to stand against abuse of any kind inflicted upon your precious people and also to the animals you have placed on this earth. In Jesus' name. Amen.

October 14: Loving God, be with all men and women who are in doubt about their intimate relationships. Give them clarity of mind and peaceful hearts so that they can make good decisions guided by your love. Let those who must, discern any abuse that may exist so that they can learn to care for themselves with your help. Let those who must, acknowledge that they are harming the other, so they can learn to abhor their own behavior and come to true repentance and amendment of life. Keep us all safe in our relationships. In Jesus' name. Amen.

October 15: Most Holy Spirit, comfort and protect all who work to help victims of domestic violence, rape and assault. Give them the strength and courage to listen day by day to the hurts of others. Help them as they seek to comfort and guide the lost souls who come to them for aid. Bring them peace in their own lives, that they may better serve those to and for whom they are responsible. In Jesus' name. Amen.

October 16: Gentle God, we give you thanks and praise. Touch us with your grace. Strengthen us to accept the conversion of heart which requires us to live in equality and mutuality, with gentleness and compassion, with reverence and respect, toward ourselves and toward one another. In Jesus' name. Amen.

October 17: God of Peace, there are many places and many people who do not experience your peace. Right now

there are many, many women and children who live under the weight of fear and violence in their own homes. We pray for your protection and for wisdom for friends and officials to help bring that right protection to them. We pray for the many men who themselves feel powerless and confused about their relationships. We ask that you would help them find healthy ways to work out their frustrations and to find hope without resorting to destructive impulses. We ask for your perfect peace. In Jesus' name. Amen.

October 18: Merciful Lord, we pray for those who suffer in silence, who are afraid to utter a word, afraid of being misunderstood or misjudged. We pray that as a church you help us to hear the voices of those who cry in silence. Help us to be compassionate and not to judge. Help us to be a responsive community of faith in denouncing verbal, emotional, physical, sexual and economic abuse when we see it. In Jesus' name. Amen.

October 19: Dear Jesus, help me to be humble, willing to apologize, make amends, and change any hurtful behavior. Please help me, too, to find the courage and compassion to confront hurtful behavior as you would. In Jesus' name. Amen.

October 20: Lord God, your own Son was delivered into the hands of the wicked, yet he prayed for his persecutors and overcame hatred with the blood of the cross. Grant those who stand against violence peace of mind and a renewed faith in your protection and care. Protect us all from the violence of others, keep us safe from the weapons of hate, and restore to us tranquility and peace. In Jesus' name. Amen.

October 21: God of Restoration, we ask you to guard and guide our youth as they struggle to find their way and your way in life amid all the pressures and messages sent out by media and peers. These messages look down on women, musical messages that inspire the love of money and no sexual boundaries. Help parents to be more involved in what their children are involved in, to inspire them to do good, to respect and to honor others. Restore family structure to be a strong unit, a safety net, and a light to the path that leads to you and your ways. In Jesus' name. Amen.

October 22: O God, in whose enduring love we trust, bind up the wounds of those betrayed by abuse at the hands of others. Heal them and make them whole, that they may once more receive and give love with confidence in their dignity as your sons and daughters. In Jesus name. Amen.

October 23: God of Truth, we ask you to bless and protect the offspring of relationships where domestic violence murder has taken place. Help them to recognize you, O God, as their strong and gentle parent. In Jesus' name. Amen.

October 24: All Knowing God, you know what is in our hearts and you know our intentions. Help us examine ourselves before we try to help others. Heal us so that all we do will magnify you. In Jesus' name. Amen.

October 25: God of Peace, restrain the hands and convert the hearts of those who seek to do violence. Bring to repentance

the perpetrators of domestic violence, and minister with persistent grace to all those harmed by abuse, that they may be signs of your healing power and hope for the world. In Jesus' name. Amen.

October 26: Suffering God, stand always with those hurt by violence and abuse. Let none suffer in silence. Give voice to all who cry out, give courage to all who speak out; and give power to all who intervene, replacing abuse with loving justice. In Jesus' name. Amen.

October 27: Divine Provider, we ask for your protection and inspiration for those who suffer from economic abuse, and the loss of hope, self esteem, vision and enthusiasm that result from the suffocations of poverty and need, in our households and in our society. We pray for those who use financial resources to control or dominate, and we seek your guidance in establishing economic justice in wages and benefits that are sustainable and foster the well-being of everybody. In Jesus' name. Amen.

October 28: Divine Protector, spread your Holy Wings over those who are affected by domestic violence, both victims and perpetrators, in the wake of environmental disaster, economic collapse, terrorism and war. Violence behind closed doors ever increases after such events, and we ask you to help guide those who experience these "ripple effects" to healing resources and safe havens. In Jesus' name. Amen.

October 29: God of Mystery and Majesty, we pray for those who suffer, and those who inflict suffering and injustice, based on abusive interpretations of Scripture, religious traditions, and language about what is sacred and sanctified. Give us a sense of wonder and awe at the infinite and intimate faces you show us in our lives, and gratitude and reverence for all of them, in all their diversity. In Jesus' name. Amen.

October 30: Faith and Hope of our Mothers, living still, we thank you for the blessings of our ancestors, the women and men of faith and compassion who have gone before us, and sacrificed much for the love of God and for their children, even to giving their lives. We pray, on this eve of All Hallows, for those throughout history, and in many countries around the world today, who are accused, tortured and killed as scapegoats and "witches." Bring the Light of your Mercy and Love into these places of shadow. In Jesus' name. Amen.

October 31: Renewing and Reviving God, we thank you for the continuing reformation and formation of your holy church, in all its variety, and for the communion of the saints. Grant us a spirit of refreshment and reformation in our lives at home, in our work and service, in our devotion, and in the wide world. In Jesus' name. Amen.



Cannan United Methodist Church 2015 Community Event

DATE: OCTOBER 21, 2015

TIME: 5:00PM

**PLACE: 171 HWY 61
RIDGEVILLE, SC 29472**

**WELCOME ALL TO ENJOY AN
AFTERNOON OF FELLOWSHIP**

Free Flu Shots to the Community!
Provided by DHEC, Low Country Region
Immunizations Program kicks off at **6:00 PM**
first come, first served.

Who is Eligible for Vaccine? Any one!

1. Medicare
2. Medicaid
3. Private insurance
4. Uninsured

Light refreshments will be served



For more information, contact

Email: queen.trappier@gmail.com

Or call 843-452-8545

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