



The Cross

Cross Street A.M.E Zion Church



"A Church Where Everybody is Somebody and Christ is Lord of ALL"

January / February 2018

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2018
Happy New Year

GOD IS ALL YOU NEED

Let spirituality be your new years resolution. May God bless you. We wish you the happiest of years. God is all you need to succeed.

"for God so loved the world that he gave his only begotten son, that whosoever believeth in him should not perish, but have everlasting life" John 3;16

Memo from God...

Effective immediately, please be aware that there are changes YOU need to make in YOUR life. These changes need to be completed in order that I may fulfill My promises to you to grant you peace, joy and happiness in this life. I apologize for any inconvenience, but after all that I am doing, this seems very little to ask of you. I know, I already gave you the 10 Commandments. Keep them. But follow these guidelines, also.

1. QUIT WORRYING

Life has dealt you a blow and all you do is sit and worry. Have you forgotten that I am here to take all your burdens and carry them for you? Or do you just enjoy fretting over every little thing that comes your way?

2. PUT IT ON THE LIST

Something needs done or taken care
(Memo on page 18)

Happy Holiday

We hear it so often around this time of the year: "Happy Holiday!" "Season Greeting!" Everyone seems to be in the mood for some kind of festive celebration.

Exactly what is the holiday that we are celebrating? Are we allowed to say it? Is it a forbidden word? Are we afraid to say it? Will people be offended if we actually tell them what the holiday is?

What ever happened to Christmas? What ever happened to the Christ of Christmas? Long ago there was no room in the inn. Is there any room for Him in today's celebration? Are little children ever told about Him?

(Holiday on page 17)

Fasting

Prepare for a period of Fasting

January 2-13, 2018

A. WHAT IS A FAST?

Fasting means abstaining from food, turning away from the things the body craves in order for the inner man to concentrate on God in worship, service, and praise. Fasting has been a part of Christianity through the ages. Fasting is a form of spiritual and scriptural sacrifice.

The Hebrew word for fasting means "to cover the mouth." The Greek word for fasting means "not to eat." This year, the fast will consist of abstaining from food.

(Fasting on page 15)

Prayer Guide for your Church and Pastor

Do you desire to fire your pastor?

Perhaps you should fire them up instead! Do you want to leave your church?

Perhaps you should be the one to build it up!

The best way to build your church and fire up your pastor is to be involved and pray for them constantly and continually! If you really want to put your faith where it is needed the most, commit to support your Church and Pastoral Staff, and realize that God loves us all, and we are still in His Hands. Pastors and church leaders face many

(Pray page 12)



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From The Pastor's Desk

December, 2017

Dear Church Family,

Greetings In the Name of Our Lord, and Savior Jesus Christ!

We have come this far by faith leaning and trusting in the Lord. It is only by the grace and mercy of the Lord that we have the privilege to finish strong to a New Beginning. The grace of God has sustained us in the work of the ministry: evangelizing – equipping- empowering – joyfully serving & Giving. We have experienced the grace and the power of the Word that the “Lord loves a cheerful giver” (2 Corinthians 9.7). The Lord has faithfully in 2017 supplied all of our needs - Philippians 4:19 But my God shall supply all your need according to his riches in glory by Christ Jesus.

Celebrating the Year in Review:

The year was filled with changes, challenges, and continuous blessings.

We started the Year as directed by Holy Spirit in implementing Prayer Circles in the Life of the Cross. God knew what we would face in 2017 and that prayer would be the sustaining grace to help us press forward through every sickness, sorrow, and crisis that would impact the ministry. Shout-out to all the Prayer Circles and your faithfulness in engaging in prayer on behalf of the Ministry.

The Doors of the Cross have prayerfully been opened in Christian Service meeting the needs by serving others: Cross Street training & Academic Center (CSTAC), Feeding Program every 3rd Thursday (Food Truck on the Parking Lot) serving over thousand persons, Participating in providing over 900 Thanksgiving Food Baskets for families of the Community, Provided Christmas gifts for students at Snow School, Zumba ministering to the spirit, soul and body, The Ministry of Kindness and the Mother Mary Chisolm Fund provided financial assistance for many families in need, Supported our Children & Youth to attend the National Museum of African American History and Culture in Washington, D.C, and to attend the Christian Education Winter Meeting in Atlanta, Ga., Women's Health Conference, Men's Health Conference, Hosted the New England Annual Conference, Hosted the Ministerial Health Alliance series of workshops, Hosted Hartford District Super Saturday and the Annual Lay Council Awards Luncheon, Youth & Children initiatives, Monthly Community Seniors Luncheon, Back-to-School & Cultural Bazaar serving over 500 students WITH BOOK-BAGS AND SCHOOL SUPPLIES, and much more in SERVING the needs of others.

WOW – What a powerful year in doing Ministry. All of the Ministries have worked hard and given extraordinary service this year. The Men & Women ministries had spirit-filled and

successful events. The Revival set our hearts on fire to finish the year strong. The Young Adults provided all the plans and raised the roof in praise and worship as we celebrated Family & Friends Day with a powerful message by Bishop Dennis V. Proctor.

We closed the Year celebrating 10 Years at the Greater Cross Street AME Zion Church at 440 West Street honoring all that joined at the New Church. It was an overwhelming experience to see so many coming down the center aisle to receive a crystal cross as a symbol of faith and hope to serve this present age. All the choirs sang wonderful songs that made the Christmas Story come to life.

The Pastor's Aide Ministry led the congregation in showering the Pastor & First Lady with cards and gifts for Christmas as we shared a meal together at the Mother Annie Hunter Family Christmas Dinner. The Pastor and First Lady found great joy in providing Christmas gifts for all the members of the Cross and friends.

We celebrate that in 2017 souls have been saved, lives changed, and new souls added to the kingdom of God. It's been an amazing year as we experienced Spiritual, Numerical, and Financial Growth. Our faith has been tested and we have shown that we can be trusted to advance the Kingdom of God. We give thanks to our Lord and Savior, the Christ, for the empowerment to demonstrate our love and loyalty for His Church and His people.

We pause to remember the Souls departed that made that great exchange from earth to glory: October 2016 – December 2017

Joaney Campbell, William Battle, Jr., Hazel Hewitt, Addie Battle, Carla Brackett, Edna Edens, Diana Jordan, Ella Jones, Virginia Rougeau, Alvin Holley, Mary Lee Jones, and Beverly Mungo (Psalm 116:15 Precious in the sight of the Lord is the death of his saints).

Earth has no sorrow that heaven cannot heal. Precious memories how they ever linger.... We loved them, but God loved them best.

We closed this year looking forward to the Next Level of Ministry that 2018 will bring. We are blessed to serve such a loving, caring, committed, gifted, and spirit-filled Community of Faith. We thank you members of the Cross for your faith and follow-ship. I still believe the best is yet to come! It is with Much Love that we say thank you, from your Servant Leaders, Pastor Moses & First Lady Eledia Harvill.

Faithfully yours,

Reverend Moses L. Harvill, Pastor

Celebrating the Year in Review:

Men's Day Celebration
March 26 , 2017



Women's Prayer Breakfast
April 29 , 2017



Vacation Bible School
July 25-27, 2017



Fill The Bus
August 05 , 2017



Cultural Bazaar & Back to School Community Day
August 26, 2017



Women Health Conference
September 30, 2017



Family & Friends Day
November 19, 2017



Bud's of Promise PJ Party
December 08, 2017



Celebrating 10th Anniversary at 440 West Street
December 17, 2017



IT DEPENDS ON WHOS HANDS IT'S IN!

A basketball in my hands is worth about \$19.
A basketball in Michael Jordan's hands is worth about \$33 million.
It depends on whose hands it's in.

A baseball in my hands is worth about \$6.
A baseball in Mark McGwire's hands is worth \$19 million.
It depends on whose hands it's in.

A tennis racket is useless in my hands.
A tennis racket in Pete Sampras' hands is a Wimbledon Championship.
It depends on whose hands it's in.

A rod in my hands will keep away a wild animal.
A rod in Moses' hands will part the mighty sea.
It depends on whose hands it's in.

A sling shot in my hands is a kid's toy.
A sling shot in David's hand is a mighty weapon.
It depends on whose hands it's in.

Two fish and 5 loaves of bread in my hands is a couple of fish sandwiches.
Two fish and 5 loaves of bread in God's hands will feed thousands.
It depends on whose hands it's in.

Nails in my hands might produce a birdhouse.
Nails in Jesus Christ's hands will produce salvation for the entire world.
It depends on whose hands it's in.

As you see now it depends on whose hands it's in.
So put your concerns, your worries, your fears, your hopes, your dreams, your families and your relationships in God's hands because –
It depends on whose hands it's in. »

The fruit of the Spirit abides in us and it is up to us to cultivate it so that we may experience the blessing and the fullness of the Spirit. God is the husbandman..."He prunes, nurtures, waters and protects His own. The indwelling presence of the Holy Spirit will energize and control every faculty of our nature when our will joins the will of God. Then the "beauty of the Lord will be upon us" (Psalm 90:17) and "we shall bring forth fruit unto God" (Romans 7:4)."

THE FRUIT OF THE SPIRIT: FAITH

Faith: To believe, trust, or hope. Faith is an attitude whereby a man abandons all reliance in his own efforts to obtain salvation. It is complete trust in God, of reliance on Him alone for all that salvation means. Fidelity. Faith is concerned with facts. Holy faith must be profitable. In the Book of James he tells us the devils believe "that there is one God", but this faith does not profit them. True faith has a firm foundation and that foundation is God. It is not a passing phase, it is a continuing attitude. Faith is continuous with a past act of belief. (Bible Dictionary) faith manifests itself in being a trustworthy servant.

How do we cultivate the fruit of faith?

- "So then Faith cometh by hearing and hearing by the word of God." (Romans 10:17)
- When we determine to obey God's word, we shall be faithful in our actions.
- We believe the Gospel and allow it to demonstrate its power through our faithfulness
- Prayer and fasting

LOOK FOR PERSON WHO —

- Is a child of God
- Speaks the truth in his heart
- Perseveres even in the midst of trouble
- Whose belief is not shaken even when under persecution
- Is attached to honesty
- Will not sacrifice faith even if it interferes with his own pleasures and hinders personal advancement
- Believes and obeys the word of God
- Is steadfast, unmovable in the things of God
- Dependable
- Has spiritual sight

Warning Be aware of the enemies of faith – infidelity and half-heartedness.

Additional Scripture: Matthew 17:20, Hebrews 11, Romans 3:27, Roman 4:5, Galatians 2:20, 1 Corinthians 4:2

THE FRUIT OF THE SPIRIT: TEMPERANCE

TEMPERANCE: Possessing power, strong, having mastery or possession of; self-control. TEMPERANCE controls when self is out of control. Steady, balance. TEMPERANCE enables the saint of God to praise Him in discipline or testing, trials and the battles of life.

In the Book of Nehemiah, the walls of Jerusalem were broken down and "a city, in ancient days, without walls, had lost its sense of identity and all its defenses. It was prey to every kind of enemy, natural, as well as human". (The Fruit of the Spirit; John w. Sanderson). A life that lacks self-control is similar to a city with broken down walls because it lacks defense and every conceivable evil seeks to enter in. An uncontrolled body and an uncontrolled spirit is at risk for destruction and spiritual decay.

How to cultivate the fruit of Temperance (Consider the athlete's self-discipline code):

1. Aim- run to win
2. Follow training rules - deny self of things that will hinder your winning.
3. Constant, sustained effort - have a well-defined goal: an intelligent manner of life and continue pressing toward the goal.
4. Remember, "You are not your own. You are brought with a price" (1 Corinthians 6:19,20)
5. Remember to call every faculty into obedience to Christ, to the glory of God.
6. Allow the Holy Spirit's leading in reminding you of who you are, who God is, where you came from, and where you are headed.

How to Recognize Temperance

Look for persons who:

- * have control over their bodies and do not indulge in harmful activities
- * have control over their spiritual life.
- * do not exhibit pride in less than godly goals
- * are not defenseless, but is fully dressed in the armor of God
- * is not angry, envious or covetous
- * shows spiritual growth and maturity
- * has a passion to be Christ like.

ADDITIONAL SCRIPTURES: Philippians 3:18, 19; Proverbs 16:32; Proverbs 25:28; Luke 15:11-13; 1 Corinthians



God's Blessing Upon Your Home

Key Scripture: "The wicked are overthrown, and are not: but the house of the righteous shall stand" (Prov. 12:7).

Key Thought: Through wisdom, a home is built. (See Prov. 9:1.)

Prayer: Father, your Word declares to me that a home is built through wisdom, and by understanding it will be established. By knowledge all the chambers of my home will be filled with precious and pleasant riches.(1) Therefore, I ask you for the wisdom, the understanding, and the knowledge your Word promises to me.(2) As for me and my family, we will serve you,(3) and walk continually in the wisdom you have granted to us.(4)

Thank you for all the promises of your Word which declare to me that your blessing will be upon my family and home. I choose to obey you, Father, and in so doing, I know you will command your blessing upon my home.(5) I greatly rejoice in your blessing, Lord, because you are establishing my home.(6) You are prospering,(7) protecting,(8) and blessing (9) my home because of your mercy(10) and your everlasting love.(11)

Father, you have filled my heart with gladness. I am able to sleep peacefully in my home, because you are keeping my home safe.(12) I put my total trust in you, and this gives me tremendous joy. Your blessing and your favor protect me and my home like a shield.(13) Because of this, I know that my home will be blessed and remain standing.(14)

Fill our home with your loving presence.

References: (1) Proverbs 24:3-4; (2) James 1:5-6; (3) Joshua 24:15; (4) Proverbs 2:6-7; (5) Deuteronomy 28:8; (6) Proverbs 24:3-4; (7) Proverbs 15:6; (8) Psalms 91; (9) Genesis 22:17, (10) Psalms 107:1; (11) Jeremiah 31:3; (12) Psalms 4:7-8; (13) Psalms 5:11-12; (14) Proverbs 12:7.

Giving God First Place

Key Scripture: "I am Alpha and Omega, the beginning and the ending, saith the Lord, which is, and which was, and which is to come, the Almighty" (Rev. 1:8).

Key Thought: You belong to God.

Prayer: Dear God, I realize I am not my own. I have been bought with a price - the price of the precious blood of Jesus.¹ I am crucified with Christ. Nevertheless, I live; yet it is not I, but it is Christ who lives within me. The life I now live in the flesh, I live by faith in the Son of God who loved me and gave himself for me.² I embrace your Word which tells me that I am dead to sin, and my life is hid with Christ in God.³

Because of your great love, I am risen with Christ, and I will seek those things which are above, where Christ sits at your right hand.⁴ Father-God, I commit myself to giving you first place in my life at all times. I will seek first your kingdom, and your righteousness, and I thank you for taking care of me.⁵

Your Word declares that my heart will be found where my treasure is. Lord, I want you to be my treasure.⁶ You are the one God, the Father of all, and you are my Father. You are above all and through all, and in all believers.⁷ Help me, Father, to keep you first in my life, and to keep all the priorities of my life in line with yours.

Father, I am so honored to be your child, and I appreciate the presence of your Holy Spirit both with me and within me.⁸ Lord, it thrills me to know that you have first place in my life in the here-and-now, and I rejoice to know that this will continue throughout all eternity, and we will be together forever.⁹

You are my love, you are my life, you are my breath, you are my all in all.

References: (1) 1 Corinthians 6:20, (2) Galatians 2:20, (3) Colossians 3:3; (4) Colossians 3:1; (5) Matthew 6:33; (6) Matthew 6:21; (7) Ephesians 4:6; (8) John 14:17; (9) Revelation 19:6.

Exalt the Lord our God, and worship at his holy hill; for the Lord our God is holy. Psalm 99:9



Sunday School is a Family Affair

8:45 a.m. to 9:45 a.m. We have classes for all ages – 3 to 103
 New Members Class meets at the same time.
 (For Transportation Needs Please call the Church 860-344-9527)

Come Grow with US!

A SINCERE FAITH

Devotional Reading:
 Psalm 56

Background Scripture:
 Daniel 1

Scripture:
 Daniel 1:8-21

EXALT!

Invocation: Speak Lord so that we hear from heaven. Speak through Your word, our teacher, and to each of us. Center our thoughts on You. During this lesson and in the week to follow, let the Holy Ghost energize our spirits for your purpose. In Jesus' Name, Amen.

Declaration: Daniel 1:8-21

⁸ But Daniel resolved that he would not defile himself with the royal rations of food and wine; so he asked the palace master to allow him not to defile himself. ⁹ Now God allowed Daniel to receive favor and compassion from the palace master. ¹⁰ The palace master said to Daniel, "I am afraid of my lord the king; he has appointed your food and drink. If he should see you in poorer condition than the other young men of your own age, you would endanger my head with the king." ¹¹ Then Daniel asked the guard whom the palace master had appointed over Daniel, Hananiah, Mishael, and Azariah: ¹² "Please test your servant for ten days. Let us be given vegetables to eat and water to drink. ¹³ You can then compare our appearance with the appearance of the young men who eat the royal rations, and deal with your servants according to what you observe." ¹⁴ So he agreed to this proposal and tested them for ten days. ¹⁵ At the end of ten days it was observed that they appeared better and fatter than all the young men who had been eating the royal rations. ¹⁶ So the guard continued to withdraw their royal rations and the wine they were to drink, and gave them vegetables. ¹⁷ To these four young men God gave knowledge and skill in every aspect of literature and wisdom; Daniel also had insight into all visions and dreams.

¹⁸ At the end of the time that the king had set for them to be brought in, the palace master brought them into the presence of Nebuchadnezzar, ¹⁹ and the king spoke with them. And among them all, no one was found to compare with Daniel, Hananiah, Mishael, and Azariah; therefore they were stationed in the king's court. ²⁰ In every matter of wisdom and understanding concerning which the king inquired

of them, he found them ten times better than all the magicians and enchanters in his whole kingdom. ²¹ And Daniel continued there until the first year of King Cyrus.

Affirmation: I will always trust in the Lord and keep the faith!

ENGAGE

Today we begin Unit II, "A Living Faith in God," which has four lessons exploring faith in action from the Book of Daniel. These lessons provide models for ways to actively engage in behaviors that demonstrate sincerity, obedience, boldness, and strength of faith.

What has been your experience with selections of foods and dietary practices? Do you follow healthy choices of food consumption? If so, what is the basis of your selection and practice? Did you come to such practice at an early or late stage in your life? Are you a vegetarian? Are you a vegan? What is the value of being either of these? What do you consider to be the relationship between religion and dietary practice?

People find themselves confronted by contradictory requirements from different sources of authority. How do we resolve such conflicts? Daniel's active faith, combined with tact, helped him resolve his conflict and remain obedient to God in terms of dietary requirements.

Can you identify situations you have faced that called for the exercise of faith as Daniel and his companions exercised theirs? Do you know of anyone who has displayed such faith as Daniel when confronted with contradictory directives from different sources of authority?

EDUCATE

This passage implicitly presents readers with a contest between the God of Israel and the gods of a foreign power (cf. Kings 18). The author demonstrates that the God of Israel is active and all-powerful, even in Babylon. The question at the heart of this passage—Can a person remain true to his or her faith in a hostile or secular environment?—would have been particularly relevant for Jewish people who had been scattered. Daniel's active faith combined with tact helped him resolve his conflict and remain obedient to God in terms of dietary requirements. He and his friends' choice to maintain dietary purity illustrates their wisdom.

(Faith on page 14)

Pray for all of our children, teens, young adults in this school years that God's hands will be upon them keeping them from all hurt, harm and danger. Also pray for all of our families, friends, and all of God's children.

THE ARMOR OF GOD

EPHESIANS 6:10-18
 "... Be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes." v. 10, 11

The Shield of Faith (Eph. 6:16)
 Faith is being sure that God will keep His promises. Faith in God protects you when you are tempted to doubt.

Feet Prepared with the Gospel of Peace (Eph. 6:15)
 The Gospel of Peace is being right with God and being contented in troubled times. Jesus said peacemakers were blessed.

The Helmet of Salvation (Eph. 6:17)
 Put on the Helmet of Salvation by believing that Jesus Christ died for your sins and rose again.

The Breastplate of Righteousness (Eph. 6:14)
 Righteousness is being honest, good, humble, and fair to others. It means standing up for weaker people.

The Belt of Truth (Eph. 6:14)
 Truth keeps us from giving in to the world's beliefs. Compare your beliefs and actions to the truth of the Word of God.

The Sword of the Spirit (Eph. 6:17)
 which is the Word of God. God's Word is our offensive weapon. When we tell others what the Bible says, the Holy Spirit helps people see their bad thoughts and actions, and makes them want to be forgiven.

Ephesians 6:10-20 (New King James Version)

10 Finally, my brethren, be strong in the Lord and in the power of His might. 11 Put on the whole armor of God, that you may be able to stand against the wiles of the devil. 12 For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age,^[a] against spiritual *hosts* of wickedness in the heavenly *places*. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. 14 Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, 15 and having shod your feet with the preparation of the gospel of peace; 16 above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God; 18 praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints— 19 and for me, that utterance may be given to me, that I may open my mouth boldly to make known the mystery of the gospel, 20 for which I am an ambassador in chains; that in it I may speak boldly, as I ought to speak.

Read the BIBLE in ONE Year

JANUARY

- 01) Genesis 1-2
- 02) Genesis 3-5
- 03) Genesis 6-9
- 04) Genesis 10-11
- 05) Genesis 12-15
- 06) Genesis 16-19
- 07) Genesis 20-22

- 08) Genesis 23-26
- 09) Genesis 27-29
- 10) Genesis 30-32
- 11) Genesis 33-36
- 12) Genesis 37-39
- 13) Genesis 40-42
- 14) Genesis 43-46
- 15) Genesis 47-50

- 16) Exodus 1-4
- 17) Exodus 5-7
- 18) Exodus 8-10
- 19) Exodus 11-13
- 20) Exodus 14-17
- 21) Exodus 18-20
- 22) Exodus 21-24
- 23) Exodus 25-27

- 24) Exodus 28-31
- 25) Exodus 32-34
- 26) Exodus 35-37
- 27) Exodus 38-40
- 28) Leviticus 1-4
- 29) Leviticus 5-7
- 30) Leviticus 8-10
- 31) Leviticus 11-13

FEBRUARY

- 1 Leviticus 14-16
- 2 Leviticus 17-19
- 3 Leviticus 20-23
- 4 Leviticus 24-27
- 5 Numbers 1-3
- 6 Numbers 4-6
- 7 Numbers 7-10

- 8 Numbers 11-14
- 9 Numbers 15-17
- 10 Numbers 18-20
- 11 Numbers 21-24
- 12 Numbers 25-27
- 13 Numbers 28-30
- 14 Numbers 31-33
- 15 Numbers 34-36

- 16 Deuteronomy 1-3
- 17 Deuteronomy 4-6
- 18 Deuteronomy 7-9
- 19 Deuteronomy 10-12
- 20 Deuteronomy 13-16
- 21 Deuteronomy 17-19
- 22 Deuteronomy 20-22
- 23 Deuteronomy 23-25

- 24 Deuteronomy 26-28
- 25 Deuteronomy 29-31
- 26 Deuteronomy 32-34
- 27 Joshua 1-3
- 28 Joshua 4-6

MARCH

- 1 Joshua 7-9
- 2 Joshua 10-12
- 3 Joshua 13-15
- 4 Joshua 16-18
- 5 Joshua 19-21
- 6 Joshua 22-24
- 7 Judges 1-4

- 8 Judges 5-8
- 9 Judges 9-12
- 10 Judges 13-15
- 11 Judges 16-18
- 12 Judges 19-21
- 13 Ruth 1-4
- 14 1 Sam. 1-3
- 15 1 Samuel 4-7

- 16 1 Samuel 8-10
- 17 1 Samuel 11-13
- 18 1 Samuel 14-16
- 19 1 Samuel 17-20
- 20 1 Samuel 21-24
- 21 1 Samuel 25-28
- 22 1 Samuel 22-24
- 23 2 Samuel 1-4

- 24 2 Samuel 5-8
- 25 2 Samuel 9-12
- 26 2 Samuel 13-15
- 27 2 Samuel 16-18
- 28 2 Samuel 19-21
- 29 Samuel 22-24
- 30 1 Kings 1-4
- 31 1 Kings 5-7

Epiphany

Epiphany or The Season After Epiphany (4-9 Sunday, January 6 – February 13) is a time for remembering the various times and ways Jesus was revealed to humans, particularly to the Gentiles (non-Jews) through the Magi (Wise Men) who represented other nationalities. It is a reminder of the universality of Jesus, the Savior of persons in every land.

The first Sunday after Epiphany Day is known as Baptism of the Lord referring to Matthew 3:13-17, Mark 1:9-11, Luke 3:21-22, and John 1:29-34. This is an excellent time for baptism and

renewal of the baptismal covenant. Appropriate symbols are water, the baptismal shell or font, a descending dove, and a cross standing in water. The emphasis for the remainder of the season is on the beginning of Jesus ministry, the miracles performed, and Jesus' works and teachings.

Color: Green is the liturgical color for Kingdomtide. Green is symbolic of the freshness of nature, hope, life, and growth. It is used during The Season After Epiphany and Kingdomtide.

Lent

Lent is the period of time to reflect on the events that led Jesus to Calvary (February 13 - March 31). It begins with **Ash Wednesday** (February 14) and covers a period of forty days (excluding Sundays) culminating with **Holy Week** (March 25-31), (including **Passion/Palm Sunday, Maundy Thursday, Good Friday, and Holy Saturday**). For some persons, Lent is a time of fasting, sacrifice, and preparation.

Color: Purple is the appropriate color for Lent symbolizing royalty and penitence.

Name of God	Meaning	Application
JEHOVAH-NISSI	The Lord is My Banner	God gives us victory against the flesh, the world and the devil. Our battles are His battles of light against darkness and good against evil.
JEHOVAH –RAPHA	The Lord Who Heals	God has provided the final cure for spiritual, physical, and emotional sickness in Jesus Christ. God can heal us.
JEHOVAH - ROHI	The Lord is My Shepherd	The Lord protects, provides, directs, leads, and cares for His people. God tenderly takes care of us as a strong and patient shepherd.
JEHOVAH – SABAOTH	The Lord of Hosts The Lord of Armies	The Lord of the hosts of heaven will always fulfill His purposes, even when the hosts of His earthly people fail.

Black History Month

Excerpts from About.com

Black History Month is a month set aside to learn, honor, and celebrate the achievements of black men and women throughout history. Since its inception, Black History Month has always been celebrated in February. Find out how Black History Month originated, why February was chosen, and what the annual theme for Black History Month is for this year.

Origins of Black History Month

The origins of Black History Month can be traced back to a man named Carter G. Woodson (1875-1950). Woodson, the son of former slaves, was an amazing man in his own right. Since his family was too poor to send him to school as a child, he taught himself the basics of a school education. At age 20, Woodson was finally able to attend high school, which he completed in just two years.

He then went on to earn a bachelor's and master's degree from the University of Chicago. In 1912, Woodson became only the second African American to earn a doctorate from Harvard University (W.E.B. Du Bois was the first). Woodson used his hard-earned education to teach. He taught both in public schools and at Howard University.

Three years after earning his doctorate, Woodson made a trip that had a great impact on him. In 1915, he traveled to Chicago to participate in a three-week celebration of the 50th anniversary of the end of slavery. The excitement and enthusiasm generated by the events inspired Woodson to continue the study of black history year-round. Before leaving Chicago, Woodson and four others created the Association for the Study of Negro Life and History (ASNLH) on September 9, 1915.

The following year, the ASNLH began publication of the *Journal of Negro History*. Woodson realized that most textbooks at the time ignored the history and achievements of blacks. Thus, in addition to the journal, he wanted to find a way to encourage interest and study of black history. In 1926, Woodson promoted the idea of a "Negro History Week," which was to be held during the second week of February. The idea caught on quickly and Negro History Week was soon celebrated around the United States. With a high demand for study materials, the ASNLH began to produce pictures, posters, and lesson plans to help teachers bring Negro History Week into schools.

In 1937, the ASNLH also began producing the *Negro History Bulletin*, which focused on an annual theme for Negro History Week.

In 1976, the 50th anniversary of the beginning of Negro History Week and the bicentennial of the United States' independence, lack History Week was expanded to Black History Month. Ever since then, Black History Month has been celebrated in February around the country.

When Is Black History Month?

Woodson chose the second week of February to celebrate Negro History Week because that week included the birthdays of two important men: President Abraham Lincoln (February 12) and Frederick Douglass (February 14). When Negro History Week turned into Black History Month in 1976, the celebrations during the second week of February expanded to the entire month of February.

Black Inventors and their Inventions List

air conditioning unit	Frederick M. Jones	July 12, 1949
almanac	Benjamin Banneker	Approx. 1791
auto cut-off switch	Granville T. Woods	January 1, 1839
auto fishing devise	G. Cook	May 30, 1899
automatic gear shift	Richard Spikes	February 28, 1932
baby buggy	W.H. Richardson	June 18, 1899
bicycle frame	L.R. Johnson	October 10, 1899
biscuit cutter	A.P. Ashbourne	November 30, 1875
blood plasma bag	Charles Drew	Approx. 1945
cellular phone	Henry T. Sampson	July 6, 1971
chamber commode	T. Elkins	January 3, 1897
clothes dryer	G. T. Sampson	June 6, 1862
curtain rod	S. R. Scratton	November 30, 1889
curtain rod support	William S. Grant	August 4, 1896
door knob	O. Dorsey	December 10, 1878
door stop	O. Dorsey	December 10, 1878
dust pan	Lawrence P. Ray	August 3, 1897
egg beater	Willie Johnson	February 5, 1884
electric lamp bulb	Lewis Latimer	March 21, 1882
elevator	Alexander Miles	October 11, 1867

eye protector	P. Johnson	November 2, 1880
fire escape ladder	J. W. Winters	May 7, 1878
fire extinguisher	T. Marshall	October 26, 1872
folding bed	L. C. Bailey	July 18, 1899
folding chair	Brody & Surgwar	June 11, 1889
fountain pen	W. B. Purvis	January 7, 1890
furniture caster	O. A. Fisher	1878
gas mask	Garrett Morgan	October 13, 1914
golf tee	T. Grant	December 12, 1899
guitar	Robert F. Flemming, Jr.	March 3, 1886
hair brush	Lydia O. Newman	November 15, 18--
hand stamp	Walter B. Purvis	February 27 1883
horse shoe	J. Ricks	March 30, 1885
ice cream scooper	A. L. Cralle	February 2, 1897
improv. sugar making	Norbet Rillieux	December 10, 1846
insect-destroyer gun	A. C. Richard	February 28, 1899
ironing board	Sarah Boone	December 30, 1887
key chain	F. J. Loudin	January 9, 1894
lantern	Michael C. Harvey	August 19, 1884
lawn mower	L. A. Burr	May 19, 1889
lawn sprinkler	J. W. Smith	May 4, 1897
lemon squeezer	J. Thomas White	December 8, 1893
lock	W. A. Martin	July 23, 18--
lubricating cup	Ellijah McCoy	November 15, 1895
lunch pail	James Robinson	1887
mail box	Paul L. Downing	October 27, 1891
mop	Thomas W. Stewart	June 11, 1893
motor	Frederick M. Jones	June 27, 1939
peanut butter	George Washington Carver	1896
pencil sharpener	J. L. Love	November 23, 1897
phone transmitter	Granville T. Woods	December 2, 1884
record player arm	Joseph Hunger Dickenson	January 8, 1819
refrigerator	J. Standard	June 14, 1891
riding saddles	W. D. Davis	October 6, 1895
rolling pin	John W. Reed	1864
shampoo headrest	C. O. Bailiff	October 11, 1898
spark plug	Edmond Berger	February 2, 1839
stethoscope	Imhotep	Ancient Egypt
stove	T. A. Carrington	July 25, 1876
straightening comb	Madam C. J. Walker	Approx. 1905
street sweeper	Charles B. Brooks	March 17, 1890
thermostat control	Frederick M. Jones	February 23, 1960
traffic light	Garrett Morgan	November 20, 1923
tricycle	M. A. Cherry	May 6, 1886
typewriter	Burridge & Marshman	April 7, 1885

(Pray from page 1)

opportunities and challenges each day. They balance the stresses of ministry while they are researching and writing the sermons, managing the affairs of the church, going to countless meetings and counseling others significant problems. They wear many hats as the pastor, priest, counselor, preacher, teacher, manager, organizer, visionary, administrator and janitor all rolled into one with little to no free time. As well as dealing with the stresses of modern life with their family all under personal attack and usually doing life with a lower salary and an ungrateful congregation who expects them to be perfect. They need your help, they need your prayer! When we commit ourselves to pray for our pastors and church leaders, we will have no need to bicker, gossip, slander, withdraw, place blame, or seek to usurp our will as God's (Romans 8:28, 8:33-34, 37-39). For our confidence in the fact Christ is our Sovereign Shepherd and He is in complete control of our church and staff, we are in His Hands and all will work out. Our pastors and leaders are here to serve, but they need our prayers and support to make this work! When we pray and come together tighter, we will have no need to fear or stress or remain in our hurts. We can come together triumphantly as a caring, loving community powerfully for His glory impacting our community (Isaiah 6:1-12; Galatians 5:22-23; 1 Peter 3:12)!

Praying for your church is like filling a balloon with helium, the more it is filled, the more it will soar and not sore! For us to grow not just numerically, but in what is much more important, spiritually and in community to one another, requires our discipline and passion to pursue Christ more and ourselves less. We have to grow in Christ in a cherished, intimate growing relationship with Him as LORD overall and LORD over us. We are called to become purpose driven with His purpose at our helm of leadership and lives so that our trust and intimacy is rooted in Him and not in our personal ideas or distractions (1 Chronicles 16:11; John 3:30; Ephesians 6:16; Colossians 2:6-8).

Use this prayer guide to pray daily for your church. Take one point each day of every month, and as you grow more in your discipline of prayer, double up by taking two or more.

First, praise God and thank Him for His blessings and goodness in all He has bestowed, even if you do not feel or see them. Remember your walk with Christ is all about Him working in and through us so your faith and love flourishes!

Prayer Guide

Day 1 Pray that we realize that our inheritance and hope as a church family is in God's incomparable and incredible great power which is available to us (Galatians 1:12; Ephesians 1:18-19; Philippians 3:10).

Day 2 Pray that our Church, Leadership and Pastoral Staff becomes more surrendered and poured out to Christ, so they can have spiritual breakthroughs by seeking the fear of God and the mind of Christ and the Spirit's leading (1 Corinthians 2:16; Galatians 2:20-21).

Day 3 Pray that your Church and Pastor have and continue to take hold a growing, consistent walk with Christ with a devotional life and prayer that is steadfast. Pray that they realize and allow Christ to work and use them as they grow closer in their faith, spiritual

formation, maturity and love (Psalm 16:8-11; 73:28; Romans 8:31; 2 Peter 1:5-7).

Day 4 Pray that all of the leadership exhibit good Christian character and integrity with all of their relationships and dealings in like (Micah 6:8).

Day 5 Pray that your Church leaders and Pastors families will be cared for and respected and receive good consideration, so they can to grow too, as they are usually misunderstood, under-appreciated, and ignored or overworked. Pray that all the staff be committed to their families with authentic love and care, that they will be strong and learn in the midst of trials, their homes a refuge and haven of rest and not be condescending or withdrawing from their own families (Psalm 91:9-15; Philippians 4:19; 1 Peter 2:23).

Day 6 Pray for discernment in exposing any plans of the enemy against our Church or attacking our pastors and staff. Ask Christ to protect us as we wage spiritual warfare against the enemy on behalf of our Church (Ephesians 6:11-12, 16; Colossians 2:6-8; 1 Peter 3:12).

Day 7 Pray for an increase of vitality, renewal and vision that is from God for the pastors and leaders personally and collectively so that the church can be galvanized then take a hold of, and then be revitalized as a caring committed community for His Kingdom and purpose Isaiah 61:3; Romans 12).

Day 8 Pray for willingness and ability to authentically confess and repent of any wrong doing, false dependencies, misplaced ideas and loss of spiritual passion (Luke 13:1-3; Acts 2:38-39; Revelation 2:5-6).

Day 9 Pray that you and your church commits to follow the biblical mandate to support and encourage the leadership of the church (Ephesians 4:11-13; 1 Timothy 5:17-18; 1 Peter 5:1-2).

Day 10 Pray against gossip, negative criticism, false expectations, unhealthy burdens, strife and weariness that will seek to invade our church family (Psalm 91:5-6, 11; Luke 10:19; Ephesians 4:17, 32-5:1).

Day 11 Pray that your church be a community of grace and forgiveness. That your church has an atmosphere of encouragement by being grateful for Christ's work in them that enables the congregation to be inspired to give genuine hospitality to all who comes though your doors (Romans 15:4-6; 2 Thessalonians 2:16-17).

Day 12 Pray that your church commits to a healthy understanding, wisdom and accounting and handling of its stewardship and Finances to better receive God's blessings (Proverbs 3:9-10; 1 Corinthians 9:15-18).

Day 13 Pray that your Church and Pastor will have the strength and endurance that they need to serve with

(Pray on page 13)

(Pray from page 12)

- excellence by the power of the Spirit and the support of the congregation (Philippians 4:13).
- Day 14 Pray for healing, forgiveness and reconciliation for any misplaced expectations, criticism, ungrateful attitudes, flawed thinking, grief, hurts and abuse (Isaiah 61:3; Mark 11:22-24, 2 Corinthians 10:3-5; Ephesians 4:32-5:1; Philippians 4:19).
- Day 15 Pray that your church would receive God's direction and vision. That the congregation gets nourished from the substance of His Word and the needs of the congregation are met (Psalm 119:9-12; Matthew 18:20).
- Day 16 Pray that our church becomes real authentic disciples of Christ who are learning, growing and making Fruit and in turn making more disciples (Proverbs 19:23; Malachi 3:11; Matthew 28:18-20; John 15:16; Galatians 5:22-23).
- Day 17 Pray that the spirit and practice of Humility is utilized and practiced in and outside of your church, and that false humility does not take root (1 Peter 5:5-7).
- Day 18 Pray that pride does not set in with our Leadership and Pastoral Staff (Psalm 10:4; Proverbs 8:13).
- Day 19 Pray that our church commits to place our focus on the Supremacy of Christ and be dependent upon Him (Galatians 6:14; Colossians 1:15-17)!
- Day 20 Pray that our Church and Pastor give real biblical help and Counseling from God's wisdom and Word to those in need (Isaiah 61:3).
- Day 21 Pray that our church family will give Christ real authentic adoration, praise, impassioned worship and glory in private and collectively as a Church. That worship is never to be a show, entertainment or talent focused, rather God is the audience to our praise (Galatians 6:14).
- Day 22 Pray that our Church and Pastor take accountability seriously and each be protected and have people they are accountable too. Also, that each would cultivate and pursue healthy relationships (Galatians 6:1-10; Ephesians 5:21).
- Day 23 Pray that the Word of God will never be compromised, cheapened or dumped down; rather be delivered in confidence with power, conviction, clarity, boldness, with love and in truth (1 Timothy 2:1-2; 2 Timothy 2:15).
- Day 24 Pray for discernment to seek God's leading and direction for the leaders and pastoral staff, that they seek His ways and not trends, traditions, personal agendas or anything that is not from the Spirit and Word. Pray that they can discern and prioritize what is import and precious and what is not (Isaiah 6; 2 Corinthians 11:14; 2 Timothy 3:5; 1 John 4:1; Revelation 4).
- Day 25 Pray that God protects our Church, Leadership and Pastoral Staff from sin and misdirection and they have the wiliness and boldness to flee and confront sin (Proverbs 19:23; 1 Peter 1:16).
- Day 26 Pray we all draw near to Christ and seek holiness and His presence with more prayer (Acts 1:14; 1 Thessalonians 5:17; James 4:7-8).
- Day 27 Pray that we as a church family remain faithful and good stewards, so the financial needs are met (Psalms 91:15-16; Philippians 4:19).
- Day 28 Pray that negative thinking, stress, being overwhelmed, the ways of the world, the tyranny of the urgent, being overcommitted, over busyness, fatigue, compromise, pressures, overworked, under-appreciated, misunderstandings, and stress to not get in our Spiritual Home and take over (John 14:1; Acts 6:2-4; 2 Corinthians 10:3-5; Ephesians 4:17).
- Day 29 Pray that Unity infuses your church so that your congregation is binding to Christ in love so the work of the Kingdom is promoted (2 Chronicles 30:12; Psalm 133:1; Romans 15:5).
- Day 30 Pray that congregation is willing and able to come and support the church and staff with grateful hands and words. That you all realize that the pastors and leadership are necessary and called and accountable to God (Matthew 9:37; Acts 14; 1 Timothy 3:1-7, 10-15; 5:22-23).
- Day 31 Pray that our church community commits to pray for our church, pastors, staff, missionaries, those in need, community and issues powerfully every day (Acts 1:14; 16:16; 1 Thessalonians 5:17).

It is God's call for all of us to Pray for our Church and Pastor! Print this out and pass it to those in your congregation and watch your church grow closer to Christ!

By Dr. Richard J. Krejcir

(Faith from page 7)

Daniel 1:8-17: Daniel risked death by choosing to reject the king's food and drink, but he determined to be true to God and obey the dietary requirements set out in God's law. (See Leviticus 11; 17:12; Deuteronomy 14:3-21.) Daniel also knew that the royal diet would not be good for his health. Instead of "choice food," Daniel asked for pulse-plant foods such as grains, fruits, and vegetables--and instead of wine, he asked for plain water.

The ten-day test showed that Daniel and his friends were noticeably healthier than those who ate the king's rich foods. Modern science has shown that the best diet for optimal health is a plant-based, high fiber, and low cholesterol diet. People who choose these foods tend to live longer, have more energy, and be more mentally alert. The key word is "defile," which in Hebrew means just that, to "pollute, defile." Thus, for these young men, the issue was not just healthful living or a mere personal preference; it was a moral issue as well. (See www.amazingdiscoveries.com, Daniel 1 commentary, accessed 8/15/2017.)

Daniel 1:18-21. the young men had great acceptance with the king. After "three years" (Daniel 1:5) spent in their education (they being of some maturity, it is likely, when they came, perhaps about twenty years old), they were presented to the king with the rest that were of their standings (1:18). The king examined them and "communed with them himself" (1:19). He could do it, being a man of parts and learning himself, or else he would not have come to be so great. He would also do it, for it is the wisdom of princes, in the choice of the persons they employ, to see with their own eyes, to exercise their own judgment, and not trust too much the representation by others.

The king examined them, not so much in the languages, in the rules of oratory or poetry, as "in all matters of wisdom and understanding," the rules of prudence and true politics; and their judgment about the due conduct of human life and public affairs. It was not a question of "Were they wits?" but, "Were they wise?" The king not only found them to excel the young candidates for preferment that were of their own standing, but found that they had "more understanding than the ancients, than all their teachers," Psalms 119:99, Psalms 119:100.

So far was the king from being partial to his own countrymen, to seniors, to those of his own religion and of an established reputation, that he freely owned that, upon trial, he found those poor young captive Jews ten times wiser and "better than all magicians that were in all his realm" (1:20). He was soon aware of something extraordinary in these young men, which gave him a surprising satisfaction. He believed that a little of their true divinity was preferable to a great deal of the divination he had been used to. (See Matthew Henry's Commentary, "Daniel 1," Internet, accessed 8/15/2017.)

ELEVATE

Your faith claim will always require you to make choices, sometimes unpopular choices. You may be inspired or discouraged depending on the choices you make. People of faith seek to imitate the choice that Daniel and his companions made when their own convictions are challenged. When faced with contradictory directives, would you be inspired to stick by your faith as did Daniel? People of faith strive to choose God's way, even when it is at odds with the expectations of society's most powerful people. This takes courage! Have you developed such courage? The lesson implies that prayer for

guidance in such matters will enhance one's faith to act in accordance with God's wishes.

1. Relate Daniel's situation to circumstances believers face today. Volunteer to share examples from your own life involving yourself or other friends, family, or acquaintances.
2. Choose others to join with you in role-playing scenarios involving choosing the right path when different sources of authority offer contradictory directives. Consider from the standpoint of being in a college classroom, on the job, in a sorority or fraternity, even with parents and other authority figures. What situations can you dramatize where holding to one's faith in the face of contradictory authority has come into play?
3. Defying authority involves consequences, sometimes severe ones. Are you willing to accept the consequences when you do so, based on your faith? Explain how one may find the strength and endurance to do so.

I THINK:

1. Identify situations that call for the exercise of faith as Daniel and his companions exercised theirs. You might consider, for example, being in a social group, such as a sorority or fraternity, whose practices might go against your beliefs and principles.
2. Compare the pressures Daniel faced in Daniel 1 to those we face in our lives. Discuss: How can those pressures distort our decision-making process? How can we avoid such distortion?
3. Identify the feelings and motivations that might have been at play among the various characters in Daniel.
4. What might have been behind the king's orders? What was Ashpenaz of? Why do you think he agreed to Daniel's request? How might Daniel and his companions have been feeling at various points in this account?
5. Discuss how Daniel and his companions made their decision in Daniel 1. How does Daniel display tact while remaining true to his principles? What can we learn from these men's example?

VERSE OF THE WEEK:

But Daniel resolved that he would not defile himself with the royal rations of food and wine. Daniel 1:8.

From The Young People-Adult Quarterly (Ages 18 and up) International Sunday School Lessons for Christian Teaching

(Fasting from page 1)

In other words, you are fasting if you are not eating food.

Fasting does not change or impress God. Fasting changes us. Through fasting, Christians are empowered to discipline their daily relationship with the Lord.

B. WHY FAST? WHAT ARE THE BENEFITS?

1. Helps Christians become more sensitive to the Holy Spirit;
2. Presents the opportunity for you to spend more time waiting on the Lord;
3. Intensifies your prayer life;
4. Aids in removing unbelief;
5. Breaks yokes of bondage;
6. Sharpens your intellect, skill, discernment, and understanding;
7. Aids in clarity of spiritual hearing when guidance or a decision is needed from the Holy Spirit;
8. Hastens emotional, spiritual, financial and physical healing for both individuals and the community;
9. Fosters personal discipline;
10. Focuses you on the source, God, the Supply, and Supplier of your benefits and blessings;
11. Demonstrates (to yourself) an act of scriptural obedience

C. Who should fast?

Prayerfully, each member will participate in the Church Family Fast. Please consult your physician about your fasting if you:

1. Are on prescribe medication;
2. Pregnant;
3. You are under a doctor's care;
4. You have experienced illness on a previous fast;
5. Or you do not normally eat anyway.

Your physician's order take precedence over this fast! Follow your physicians orders!!!

D. What are we praying about during the fast?

Prayer Petitions:

- Spiritual growth (healing and wholeness)
- Physical Healing & Prosperity blessings
- Numerical church growth (souls for the kingdom)
- Financial growth (tithes & offerings)

E. Two types of fasting Proclaimed & Personal

1. Proclaimed fast
 - 1 Chronicles 20. Jehoshaphat proclaimed a fast in fear of an attack on Judah.

A proclaimed fast will put you in position to hear from God to receive guidance for a specific situation.

2. Personal fast

Is not conspicuous. Purpose of fasting is to shut-off the influence of our flesh in order to be in tune with the Spirit.

Fasting helps us to receive from God - but does not necessary push God to action - for the problem is not with God - the problem is with us.

Rewards of fasting Matthew 6:16-18

Other Scripture: The fast that God has chosen Isaiah 58

References: excerpts taken from Biblical Fasting in the Local Church by James Henry

10 PRACTICAL GUIDELINES ON FASTING

By Charles Ng of Singapore

1. Enter into fasting with a positive faith. If you are determined to seek God diligently by fasting, you have a Scriptural right to expect that God will reward you. In Matthew 6:18, Jesus promises to every believer who fasts correctly: "your father who sees what is done in secret will reward you."

2. Do not wait for an emergency to drive you to fast. It is better to begin fasting when you are spiritually up than down. The law of progress in God's Kingdom is from "strength to strength" (Ps. 84:7), "from faith to faith" (Rom. 1:17), and from "glory to glory" (2Cor. 3:18).

3. Do not set for yourself too long a period of fasting. If you are fasting for the first time, begin by omitting one or two meals. Then, move on to longer periods such as a day or two. It is better to begin with a short period and achieving it than to do a long period of fasting and not achieving it.

4. During your period of fasting, feed on God's Word, the Bible. Where possible, read a portion of Scripture before each period of prayer. The Psalms are especially helpful.

5. Avoid boastfulness—apart from special periods of prayer, your life should be as normal as possible.

6. Check on your motives each time you fast. Take time to read Isaiah 58.

7. If you are on regular medication or suffer from diabetes or TB, it is wise to obtain medical advice before entering into any fast.

8. As you enter fast, you might suffer discomfort, unpleasant physical symptoms such as dizziness or nausea. Do not be deterred. Go through with the fast as planned. After the first day or two, these unpleasant physical reactions usually subside.

10. Remember that hunger is purely a matter of habit. If you hold out, the sensation of hunger will go away. Sometimes you can fool your stomach by drinking a glass of water instead of snacking.

10. Guard against constipation. Before and after fasting, choose meals that will help you in this respect such as fresh fruits, fruit juices, dried figs, prunes, apricots, or oatmeal.

Total Fast: Abstaining from solid foods for 24 hours. Taking only water.

Partial fast: Abstaining from solid foods for an extended part of the day, e.g. from 7:00 am until 7:00 PM. Taking only water.

1 Meal Fast: Sacrificing one full meal a day, eg. Abstaining from lunch.

Daniel Fast: Abstaining from meals and other delicacies. Taking only small portions of fresh vegetables, fruit and juices.

(Fasting from page 15)

THE DANIEL FAST:

1. The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself with the portion of the Kings delicacies, nor with the wine which he drank." (Daniel 1: 8)
2. Faith is foundational to the Daniel Fast. "Then I set my face toward my God to make request by prayer and supplications, with fasting" (Daniel. 9:30 "However, this kind does not go out except by prayer and fasting" (Matthew 17: 21)
3. Fast and yield yourself to God as a servant. Daniel said, "as you see fit, deal with your servants" (Daniel 1:13)
4. Schedule your prayer / And end with thanksgiving Daniel "kneeled upon his knees three times a day, and prayed, and gave thanks" (Daniel 6: 10)
5. Begin with confession, (repentance), dedication, and prayer "Search me, O God, and know my heart; Try me, and know my anxieties; And see if there is any wicked way in me, And lead me in the way of everlasting" (Psalm 39: 23-24)

Remember: The Daniel Fast will lead to spiritual insight. "... to these young men God gave knowledge" (Daniel 1: 17)

PRAYING AND FASTING FOR GODS DIVINE PLAN FOR GREATER WORKS IN THE KINGDOM - SALVATION. HEALING, DELIVERANCE, AND PROSPERITY.

Adapted from the book "Fasting For Spiritual Breakthrough: A Guide to Nine Biblical Fasts" by Elmer L. Towns. published in 1996 by Regal Books. Ventura. California.

Our body is designed to heal itself. When a disease enters our body from bad dietary habits or from the outside. our bodies begin to fight it. Doctors. surgery, or medicines are most often designed to remove the source of the problem, but the healing is done by the body itself. Many common diseases are easily prevented with basic good nutrition and exercise habits.

STEP ONE: BE SPECIFIC

Daniel was not vague in his objection to the Babylonian diet. He defined the problem immediately.

1. The king's food was against dietary laws.
2. Daniel and his friends had vowed against wine.
3. The king's food had been offered up to idols/demons.

STEP TWO: FAST AS A SPIRITUAL COMMITMENT

The Daniel Fast involves a spiritual commitment to God. "Daniel proposed in his heart that lie \Mould not defile himself' (Dan. 1:8).

STEP THREE: REFLECT INNER DESIRE BY OUTER

DISCIPLINE

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that were not good for health. The physical health you seek from God may be more than an answer to prayer. Your physical health may be linked to any of the following factors:

- a. Your food choices.
- b. The level of your spiritual commitment as reflected in constant prayer during the fast.
- c. Your time commitment. If you determine to fast for a certain time, keep it. For example. if you determine to fast 10 days. don't stop on Day 9.
- d. Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body.

GUIDELINES FOR DANIEL FAST

Foods We May Eat

Whole Grains: Brown Rice, Oats, Barley

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantelope, Cherries, Cranberries Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangeloes, Tangerines, Watermelon

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini

Seeds, Nuts, Sprouts

Liquids: Spring Water, Distilled Water, 100 % o All-Natural Fruit Juices, 100 % All Natural `Vegetable Juices

Foods To Avoid

Meat, White Rice, Fried Foods, Caffeine Carbonated Beverages, Foods Containing Preservatives or Additives, Refined Sugar, Sugar Substitutes, White Flour and All Products Using It, Margarine, Shortening, High Fat Products

(Holiday from page 1)

What ever happen to the birth of the Saviour? Should it even be mentioned? Was it a significant event? Has it been a giant mistake that our calendars mark His birth as the starting point, and that His birth divides all of this world's history into B.C. (before Christ) and A.D. (anno Domni, in the year of the Lord)?

In the past we were concerned about the secularization of the Christmas holiday and we urged people to keep Christ in Christmas. Now it seems we have even lost Christmas! Look at the decorations people put up on their lawns: blown up snowmen, beautifully lighted reindeer, Santa Claus in all kinds of shapes and sizes, etc. Would children understand the true meaning of Christmas if their knowledge of this day came only from observing the holiday decorations and all the Santa paraphernalia?

We observe a holiday at the beginning of every year and people are not ashamed of it. They say, "Happy New Year!" They don't say, "Happy Holiday!" They understand exactly what the holiday is all about and they have no problem celebrating the coming of a new year. Why are we embarrassed to celebrate the coming of the Saviour into the world? "This is a faithful saying and worthy of all acceptance that Christ Jesus came into the world to save sinners" (1 Timothy 1:15).

One might object: "If we make too much of Christmas we might offend our Jewish friends and we might offend the Muslims and we might offend the atheists." When our Jewish friends celebrate Hanukkah, for example, they are celebrating their deliverance from a brutal tyrant, King Antiochus Epiphanes, in 164 B.C. They have every right to celebrate this remarkable event and the courage of Judas Maccabeus and other heroes of that day. Indeed, most of the Jewish holy days (Passover, Day of Atonement, etc.) have their basis in the Bible and are highly instructive.

Muslims observe their holy days and are neither ashamed of them nor embarrassed by them. In our country they have a right to do so, and that right should be respected (even though in nearly all Muslim countries religious freedom is unheard of and such rights are rarely if ever given to Christians). Do not Christians have a right to celebrate the birth of the Saviour, the time when God became a man? Or should we only do so secretly, behind closed doors without anyone finding out what it is or Who it is we are celebrating?

Atheists don't have any holidays to celebrate their unbelief. There is little motivation to hold festivities in honor of a world view in which man finds himself in the middle of a meaningless universe which originated by blind chance, and where there is no hope or future destiny beyond the grave.

Should we give up Christmas and abandon it as a holy day? After all, no one wants to mention it anymore, and it seems to have evolved into a meaningless, festive, gift-giving occasion apart from any spiritual significance.

If the God of the entire universe, the Maker of heaven and earth, decided to pay a visit to this earth, then that event is highly significant and worthy of at least a yearly remembrance and thankful celebration! "And we have seen and do testify that the Father sent the Son to be Saviour of the world" (1 John 4:14).

Here is the Christmas story according to John, a man who knew Jesus Christ very well: "In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by Him; and without Him was not any thing made that was made....And the Word was made [became] flesh and dwelt among us" (John 1:1-3, 14).

John also makes very clear the reason God came to earth as a man. He came on a saving mission: "For God so loved the world, that He gave His only begotten Son, that whoever believeth in Him should not perish, but have everlasting life. For God sent not His Son into the world to condemn the world; but that the world through Him might be saved" (John 3:16-17).

Why did God have to become a man? In order to save sinful men, someone holy and sinless would have to die for them. But there is no one holy except God, and God cannot die. Therefore God would have to become a man in order to be able to save mankind. This was made possible through the miracle of the virgin birth. Although God could not die, the God-man (the Lord Jesus Christ) could die and did die for our sins: "All we like sheep have gone astray; we have turned every one to his own way; and the LORD hath laid on Him [the Messiah] the iniquity of us all" (Isaiah 53:6). "But God commendeth His love toward us, in that, while we were yet sinners, Christ died for us" (Romans 5:8).

On that first Christmas night, the angel announced the good news which summarizes the true meaning of Christmas: "And the angel said unto them, fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord" (Luke 2:10-11).

God has good news for all men! The Saviour has been born! He died as the sinner's Substitute and He rose again to provide eternal life for all who believe in Him. Do you know Him as your personal Saviour? "But as many as received Him, to them gave He power to become the sons of God, even to them that believe on His name" (John 1:12). Have you realized your condition as a needy sinner and come to Him, the only Saviour? Jesus said, "Him that cometh to Me I will in no wise cast out" (John 6:37). --George Zeller

"But these [things] are written, that ye might believe that Jesus is the Christ, the Son of God; and that believing ye might have LIFE through His Name" (John 20:31).

(Memo from page 1)

of. Put it on the list. No, not YOUR list. Put it on MY to-do-list. Let ME be the one to take care of the problem. I can't help you until you turn it over to Me. And although My to-do-list is long, I am after all ... God. I can take care of anything you put into My hands. In fact, if the truth were ever really known, I take care of a lot of things for you that you never even realize.

3. TRUST ME

Once you've given your burdens to Me, quit trying to take them back. Trust in Me. Have the faith that I will take care of all your needs, your problems and your trials. Problems with the kids? Put them on My list. Problem with finances? Put it in My list. Problems with your emotional roller coaster? For My sake, put it on My list. I want to help you. All you have to do is ask.

4. LEAVE IT ALONE

Don't wake up one morning and say, "Well, I'm feeling much stronger now, I think I can handle it from here." Why do you think you are feeling stronger now? It's simple. You gave Me your burdens and I'm taking care of them. I also renew your strength and cover you in my peace. Don't you know that if I give you these problems back, you will be right back where you started? Leave them with Me and forget about them. Just let Me do my job.

5. TALK TO ME

I want you to forget a lot of things. Forget what was making you crazy. Forget the worry and the fretting because you know I'm in control. But there's one thing I pray you never forget. Please, don't forget to talk to Me - OFTEN! I love YOU! I want to hear your voice. I want you to include Me in on the things going on in your life. I want to hear you talk about your friends and family. Prayer is simply you having a conversation with Me. I want to be your dearest friend.

6. HAVE FAITH

I see a lot of things from up here that you can't see from where you are. Have faith in Me that I know what I'm doing. Trust Me; you wouldn't want the view from My eyes. I will continue to care for you, watch over you, and meet your needs. You only have to trust Me. Although I have a much bigger task than you, it seems as if you have so much trouble just doing your simple part. How hard can trust be?

7. SHARE

You were taught to share when you were only two years old. When did you forget? That rule still applies. Share with those who are less fortunate than you. Share your joy with those who need encouragement. Share your laughter with those who haven't heard any in such a long time. Share your tears with those who have forgotten how to cry. Share your faith with those who have none.

8. BE PATIENT

I managed to fix it so in just one lifetime you could have so many diverse experiences. You grow from a child to an adult, have children, change jobs many times, learn many trades, travel to so many places, meet thousands of people, and experience so much. How can you be so impatient then when it takes Me a little longer than you expect to handle something on My to-do-list? Trust in My timing, for My timing is perfect. Just because I created the entire universe in only six days, everyone thinks I should always rush, rush, rush.

9. BE KIND

Be kind to others, for I love them just as much as I love you. They may not dress like you, or talk like you, or live the same way you do, but I still love you all. Please try to get along, for My sake. I created each of you different in some way. It would be too boring if you were all identical. Please, know I love each of your differences.

10. LOVE YOURSELF As much as I love me for one reason of Love. Love Me. heart ache when I are very precious you, how can you not love yourself? You were only ... to be loved, and to love in return. Love your neighbors. But also love yourself. see you so angry with yourself when things go to me. Don't ever forget that!
created by I am a God It makes My wrong. You

With all My heart I love YOU ... God

Obedience

Key Scripture: "If you are willing and obedient, you shall eat the good of the land" (Isaiah 1:19, NKJV).

Key Thought: Obedience is a life style.

Prayer: Dear God, I love you and I want to obey you. I'm thrilled with your Word that teaches me that as I obey you and keep your words, I will experience your love, and you will make your abode with me.¹ Your abiding presence gives me fullness of joy,² and inspires me to obey you more and more.

As I ponder the importance of obedience in my life, Lord, I am truly stunned by your promise which tells me that if I will obey your voice and keep your covenant, I will become your special treasure.³ Your Word teaches me that all your promises are yes to me, in Christ Jesus.⁴

Please forgive me, Lord, for each time when I have disobeyed you in any way. I truly repent of all disobedience in my life.

Show me your ways, O Lord, and teach me your paths. Lead me in your truth, and teach me, for you are the God of my salvation.⁵ Let your Spirit guide me into all truth, according to your Word.⁶

I now surrender to your will in all things,⁷ as I commit myself to obeying you.

References: (1) John 14:23; (2) Psalms 16:11; (3) Exodus 19:5; (4) 2 Corinthians 1:20; (5) Psalms 25:4-5; (6) John 16:13; (7) Luke 22:42.

Celebrating 10th Anniversary at 440 West Street



Bud's of Promise PJ Party November 11, 2017





Spiritual Emphasis Week

JANUARY 1-6, 2018



“A Week of Prayer, Praise, and Proclamation”

Sponsored by

THE DEPARTMENT OF CHURCH GROWTH AND DEVELOPMENT

Evangelism – Home Mission

The African Methodist Episcopal Zion Church

Charlotte, North Carolina

Dr. Otis T. McMillan, General Secretary Director

Spiritual Emphasis Week offers an opportunity for each local church to begin the year on a high spiritual note. The entire membership should be encouraged to participate as the church gathers Monday through Friday for prayer, praise, and proclamation of the word. This annual event should climax with the clergy and laity of the Presiding Elder District coming together for a special service on Saturday. The suggested theme and daily sub-themes for Spiritual Emphasis Week 2018 are as follows:

THEME: Spiritual Directions for a New Generation

The Important Lessons from the New Testament

KEY SCRIPTURES: 2 Timothy 3:1-13; 4:1-5

<u>DAY</u>	<u>DATE</u>	<u>TOPIC</u>	<u>SCRIPTURE</u>
Monday	Jan. 1, 2018	Warning Believers about Moral Decay and Erosion	2 Timothy 3:1-13
Tuesday	Jan. 2, 2018	Guiding Believers to Sure Faith & Productive Living	2 Timothy 3:13-14
Wednesday	Jan. 3, 2018	Helping Believers Discover the Power of God’s Word	2 Timothy 3:16-17
Thursday	Jan. 4, 2018	Assisting Believers in Discharging Their Duties	2 Timothy 4:1- 2
Friday	Jan. 5, 2018	Helping Believers Clearly Understand the assignment	2 Timothy 4:2-3
Saturday	Jan. 7, 2017	Doing the Work of Mission Evangelist	2 Timothy 4:3-5

**“But watch thou in all things, endure afflictions, do the work of an evangelist,
make full proof of thy ministry.” 2 Timothy 4:5**

BEGINNING AGAIN

READ: Ezra 1:1-11

Everyone whose heart God had moved-prepared to go up and build the house of the Lord in Jerusalem. Ezra 1:5

After Christmas festivities conclude at the end of December, my thoughts often turn to the coming year. While my children are out of school and our daily rhythms are slow, I reflect on where the last year has brought me and where I hope the next will take me. Those reflections sometimes come with pain and regret over the mistakes I've made. Yet the prospect of starting a new year fills me with hope and expectancy. I feel I have the opportunity to begin again with a fresh start, no matter what the last year held.

My anticipation of a fresh start pales in comparison to the sense of hope the Israelites must have felt when Cyrus, the king of Persia, released them to return to their homeland in Judah after seventy long years of captivity in Babylon. The previous king, Nebuchadnezzar, had deported the Israelites from their homeland. But the Lord prompted Cyrus to send the captives home to Jerusalem

to rebuild God's temple (Ezra 1:2-3). Cyrus also returned to them treasures that had been taken from the temple. Their lives as God's chosen people, in the land God had appointed to them, began afresh after a long season of hardship in Babylon as a consequence for their sin.

No matter what lies in our past, when we confess our sin, God forgives us and gives us a fresh start. What great cause for hope! -Kirsten Holmberg

God's grace offer us fresh starts.

Ministries, Grand Rapids, Michigan,
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Crises/Emergency: Cell phone 860-754-4606

Cross Street Recovery Ministry the "Hope Line" is in operation 24 hours per day. Please call 860-754-4606 if you, a friend and/or a family member are in need of counseling and/or are in crisis, **PLEASE** dial the "Hope Line". All information will be confidential.

CROSS STREET MINISTRY OF RECOVERY

We can't but through God, all things are possible. How might we pull on God's strength to help each other recover?

Let the spirit of God work for you in a Mighty, Mighty Way

For more information contact:
Church office 860-344-9527.or
Rev. Gregory B. Winborne: Days: 860-616-3834

WEEKLY ACTIVITIES

<p>Sunday 8:30 a.m. Church School</p> <p>10:00 a.m. Worship Service</p> <p>2nd Sunday Senior Usher Board Meeting (following service) Youth Meeting 1st & 4th Sunday's (following service)</p>	<p>Tuesday <i>Special Prayer for Pastor Harvill</i> 6:00—7:00 p.m. Prayer meeting and bible study.</p> <p>Wednesday 6:00 p.m. Zumba 6:00 p.m. Ministerial Staff (1st of month) 7:00 p.m.. Praise & Worship Choir rehearsal, 8:00 p.m. Men's Choir Rehearsal</p>	<p>7:00 p.m. Trustee Board (2nd of month) 7:00 p.m. Unity Choir Rehearsal</p> <p>Friday <i>Day of Fasting</i> 6:00 p.m. Vision Choir (3rd & 4th of month) 6:00 pm - 7:30 pm Cross Street Recovery Ministry (room 2)</p>
<p>Monday 7:00-9:00 p.m. Bible Study, Eddy Shelter 6:00 p.m. Zumba 7:00 Media Ministry (1st and 3rd of month)</p>	<p>Thursday 6:00 p.m. Steward Board</p>	<p>Saturday 10:00 a.m. Pastors Aide (2nd) 11:00 a.m. Security Ministry Meeting (2nd Saturday of month) 12:00 noon Missionaries (2nd Saturday of month)</p>

MONTHLY ACTIVITIES

Sunday, December 31
 @10:00 am
Morning Worship Service

@10:00 pm
Watch Night Service

Saturday, January 13, 2018
 8:30 am
Rebroadcast Simulcast
LIVE2 LEAD
 Please look at the back of your bulletin for more information

January 2-13
Prepare for a period of Fasting

Saturday, January 20, 2018
New England Conference 2nd Checkup Meeting

Thursday, January 11, 2018
 10:00 am
Food Pantry Truck
 @Cross Street Church
 Please note: the food pantry truck comes EVERY Thursday of the month @ 10:00 am

Doxology
Now unto Him that is able to keep you from falling, and to present you faultless before the presence of His glory with exceeding joy. To the only wise God our Saviour, be glory and majesty, dominion and power, both now and ever. Amen.
Jude 24-25



CROSS STREET A.M.E. ZION CHURCH

Organized in 1823

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crossstreetchurch@snet.net
www.crossstreetamezion.org

Sunday School — 8:45 a.m.
Worship Service — 10:00 a.m.

Rev. Moses L. Harvill, M. Div.,
Pastor

Email: mharvill@snet.net

The Rev. Dr. Terry L. Jones
Presiding Elder

Mrs. D. Diane Proctor
Missionary Supervisor

The Right Reverend Dennis Proctor
Presiding Prelate

Ministerial Staff

- Rev. Robyn Anderson-Turner
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- Rev. Ella Frances Perry
- Rev. Karen Nesmith
- Rev. James Battle
- Rev. Myrtle Turner
- Rev. Gregory Winborne
- Rev. Joyce Johnson
- Rev. Earlene Grants
- Sister Felicia Freeman



"I am a Christian"

By Maya Angelou

When I say ... "I am a Christian"
I'm not shouting "I'm clean livin'."
I'm whispering "I was lost,
Now I'm found and forgiven."

When I say ... "I am a Christian"
I don't speak of this with pride.
I'm confessing that I stumble
And need Christ to be my guide.

When I say ... "I am a Christian"
I'm not trying to be strong.
I'm professing that I'm weak
And need His strength to carry on.

When I say ... "I am a Christian"
I'm not bragging of success.
I'm admitting I have failed
And need God to clean my mess.

When I say ... "I am a Christian"
I still feel the sting of pain.
I have my share of heartaches
So I call upon His name.

When I say ... "I am a Christian"
I'm not holier than thou.
I'm just a simple sinner
Who received God's good grace, some-
how!

The Lord's Prayer

Matthew 6:9-13 (KJV)

Our Father which art in heaven,
Hallowed be thy name. Thy kingdom
come, Thy will be done in earth, as it is
in heaven. Give us this day our daily
bread. And forgive us our debts, as we
forgive our debtors. And lead us not
into temptation, but deliver us from evil:
For thine is the kingdom, and the
power, and the glory, for ever. Amen.



Then the Lord answered me and said:
Write the vision and make it plain on
tablets, that he may run who reads it.
Habakkuk 2:2

The Jabez Prayer

And Jabez called on the God of Israel
saying, "Oh, that You would bless me
indeed, and enlarge my territory, that
Your hand would keep me from evil,
that I may nor cause pain!" So God
granted him what he requested.
1 Chronicles 4:10 (NKJV)

"God's Word"

*For the word of God is quick, and power-
ful, and sharper than any two-edged
sword, piercing even to the dividing asun-
der of soul and spirit, and of the joints
and marrow, and is a discerner of the
thoughts and intents of the heart"*
Hebrews 4:12

Prayer: Forever, O Lord, your Word is
settled in heaven. I bless you because
you have given me rest according to all
that you have promised to me. Not one
word of all your good promises has ever
failed. In light of this truth, I will walk in
your Word at all times.
I love your Word, Father, it is a lamp unto
my feet, and a light unto my path. All of
your words are pure, O God, and you are
a shield to me. Lord God, your way is
perfect, and your Word is tried. You are a

shield and a mighty buckler to me as I
trust in you.
With your Word you made the heavens,
O Lord. all of your promises are yes in
Christ, unto your glory, O God. You have
spoken through your Word since ancient
times, in order to give light to those who
sit in darkness, and you guide my feet in
the way of peace.
Your Word is quick, alive, and powerful,
and sharper than any two-edged sword.
It pierces even to the dividing asunder of
my soul and spirit, and of my joints and
marrow, and is a discerner of the
thoughts and intents of my heart.
Father, I am thankful for your Word, and I
will endeavor to walk in the light of your
Word all the days of my life.

If you were to die today, do you know where you will spend eternity ???

The Cross Street Journal is published Bi-monthly. If you have an article or information for current and future publications the deadline for this information is the Monday after the 2nd Sunday of each Month. **You may submit your information in the following ways:** place the information on a CD (Window format) and leave it in the Cross Street office with Verna Boyce Or, E-mail Ken Simmons (Ken46@snet.net), or give it to him **Praise God!!!**