

From the desk of Reverend Kwesi R Kamau

LET'S DO IT AGAIN!



Greetings in the Name of Jesus Christ!

Over the past year we really did it. Hats off, and much applause to the children, youth, young adults and adults of the Morning for the greatest uprising for Christ in Dallas-Fort Worth. Monti and I are overjoyed to serve with you this new Conference Year 2011-12. And I just want to say, "Let's Do it Again!"

This year will be all about growth. I encourage every member to do as I am doing, and ask yourself, "In what ways can I grow and help my church to grow?" We must grow numerically in terms of membership, spiritually in terms of maturity, emotionally in terms of mentality, and financially in terms of ministry.

With this mission in mind, we will kick-off our year with a "homecoming-style" Back to Church Sunday on September 18. Studies show that 82% of the unchurched are likely to attend church if invited. We want to invite old friends and new to join us on this Sunday to celebrate family. Our theme will be "Healing and Blessings for the Covenant Family." Over the past year, Morning Chapel has proven we are about making a difference. I say, "Let's Do It Again!"

MORNING CHAPEL CME CHURCH

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PASTOR

REVEREND RUSSELL O. FULLER, SR.
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BISHOP HENRY M. WILLIAMSON, SR.
PRESIDING BISHOP

SCHEDULE OF ACTIVITIES

SUNDAY SCHOOL

SUNDAYS 9:30 AM

MORNING WORSHIP

SUNDAYS 11:00 AM

NEW DIMENSION BIBLE STUDY

WEDNESDAYS 7:00 PM

VOICE OF THE MORNING

COMMITTEE:

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The Rock Church Celebrates 143 Years in Existence

by Shabra Watkins

Look how far God has brought us, Morning Chapel! One Hundred and Forty-Three years of serving and praising the Lord were celebrated in May. The leader and shepherd, Pastor Kwesi R. Kamau first began to prepare our celebration by appointing the Co-Chairpersons and Committees. The Co-Chairs were a great husband and wife team- Andre and Vel Ivory. This duo was committed by first meeting with everyone at Official Church Conference and sharing their vision together to reach our financial goals and Celebration day. Sunday after Sunday, they provided us with great leadership and updates of the status of the Anniversary. The Committees included: Program, Angela Bell and Johnette Calhoun, Soul- Winning, Freddie and Acacia Nolen, Finance, Alvin Barron and Leonard Roberts, Contact Committee, Raynard Caldwell, Sr. and Mattie Roberts, Publicity, Tori Evans, Nicholas Griffin and Katrina Jefferson, Food, Jimmy and Vernice Coleman and the Souvenir Booklet, Aisha Barron, Sheryl Coaxum and Shabra Watkins.

The Anniversary event theme was based on 2 Themes: 1) "Restoration: Praise in Action" and 2) "Upon this Rock I will build my Church" (Matthew 16:18). There were two programs held to commemorate the occasion. The first program was new to us; A Singing

Preachers in Concert! Men that could both preach and sing. We are blessed Morning Chapel because our Pastor can do them both with ease! This was a gathering of different denominations in the D/FW area that came to together to share their talents with us. This musical event was followed by a very warm reception in our fellowship hall.

The culmination service on Sunday afternoon, May 15th was awesome! Our Worship Leader for the afternoon was Sis. Cheryl Bacy who did a phenomenal job directing the program. Our guest for the afternoon

program was Pastor Peris Lester and the Carter Metropolitan CME Church of Fort Worth, Texas. The program consisted of scripture readings, a welcome and occasion, the reading of our church history, great singing and praise dancing and the introduction of the speaker by Pastor Kamau. Rev. Lester delivered a powerful message and used real rocks as illustration. He and his church congregation were a blessing to us all! We appreciate them accepting our invitation and sharing our 143 year Anniversary with us. It was great day of thanksgiving and fellowship. To all the officers, members and guests of Morning Chapel-you helped make this happen. Again thanks so much to Andre and Vel Ivory for your time and efforts. We pray that you both are richly blessed. Committee members-thanks for your dedication to the Anniversary Project! Pastor Kamau, we thank you for your leadership and being a part of the great Morning Chapel legacy.

Highlights of the 81st Session of the Dallas-Fort Worth Annual Conference Christian Methodist Episcopal Church

by Yvette Caldwell

We started the night off with the Ambassadors/Beaus & Debutantes: Mass Youth/Adult Choir and the preacher for the hour was Bishop Dotcy I. Isom, Jr. 43rd Bishop of the CME Church (Retired) who spoke about the ability of love from Romans 5:6-8. Going into our second day of the conference there was the opening session with Rev. Willie McDaniel speaking on "It's Time to Move On"- Hebrews 6:1-3. As well our daily presenters: Rev. Phillip & Gladys Nelson who spoke on the values of Family, Prayer, Covenant, Resources and Missions. Both spoke on different terms, but there message was basically geared toward the same and that is keeping the family together. There was also a Health presentation given by guest medical professionals who explained the different percentages of how HIV/AIDS has been a critical case in the Black communities for both male and female of all ages. They later expressed to every generation, especially the youth/young adults that 'Sex is for marriage, and marriage is for adults.'



Nevertheless, the program continued with the Memorial Service and Lay Night- 100 Men March, which was a treat if you missed it. Morning Chapel Men where in the house and for those of you who don't know they have some sharp moves and even our Bishop was letting everyone know that he still got it. Oh and let's not forget about our ray of sunshine Pastor K. cutting a, especially when he thought no one was looking. (Smile) Lastly I can't forget the preacher of the hour from California was a very dynamic speaker- Rev. Dr. Charlie Hames, Jr. gave the message "It's Time to Take Off the Mask- Job 6:10" as the elders would say, "watch out now." And there was much more like the Minister's Spouses Hour who was very generous during the conference in providing all with snacks, drinks, and other goodies for those late night munchies. **(Bravo)!** OMG! You should have seen all of the women in white talking about Fabulous, our very own Mrs. J.P. Barron was doing her thing like no one else can and the speaker for the hour was Dr. Phedonia Johnson National Director for One Church One School spoke about the African American children and how "It takes a whole village to raise a child" can I get an amen somebody. For the last day the message was given by Dr. Love Henry Welchel speaking on 'Uncovering an Essential Church' from Gen. 26:1-2, 14-15, 25 making it very plan that in order to have an essential church you must first be able to teach, secondly preach and thirdly you must have healing in order for your church to grow. Well I think that that just about raps it up. Maybe you will join us on the next conference, because as our Bishop always says, "TEAM work makes the DREAM work!"

Morning Chapel's Vacation Bible School Teaches a Valuable Lesson

by Shabra Watkins

Morning Chapel hosted again this past July our annual Vacation Bible School week entitled, "The Jesus Truth Seekers: Mission Possible!" Our theme was taken from the book of Matthew 19:26 stating. "With men this is possible; but with God all things are possible". Our course for the week focused on living victoriously through biblical truths, encouraging scripture memorization, seeking the lost and forgiving others. Our lessons were powerful and were taught by some of Morning Chapel's dynamic instructors and volunteers.

Our instructors included:

Meisha Griffin and Gloria Hentz for the Toddlers

Monti Kamau for Ages 4-7

Tori Evans for Ages 8-12

Taniyah Carter for Ages 13-17

Robert Evans for Ages 18-35

Johnnie P. Barron for the Adults

Johnette Calhoun, Shauna Cass, Linda Griffin and Christal Griffin for Arts and Crafts

Angela Bell All Music

Birdia Fletcher and Takiyah Evans for Technology.

Aisha Barron –Superintendant for VBS

These instructors came prepared nightly with their lessons and delivered the word of God and encouragement every day! To Rhonda Ward, your creativity was awesome! Thanks so much for the detective you made and all the decorations you made for each room with the theme for VBS for the week.

Dinner was served nightly with a great staff also. De-laine Hunter, Norma Moore, Arnada. Bailey, Thomas Jefferson, Mattie Roberts and Shabra Watkins. This group served dinner for the week to almost 100 people nightly. Thanks also to Vernice Coleman for the spaghetti for Thursday! You guys were amazing!! Thank you so much from me! The Male Ministry, directed by Buster Caldwell, completed the success for dinner nightly by finishing preparing sandwiches, slicing watermelon and cleaning up. We could not have done it without you! It was a great week of fellowship that culminated on Friday evening with skits and summaries of lessons learned for the week. The week of VBS was enjoyable, spirit-filled and fun for everyone. Our attendance was great for the week between 88-102 participants that also included guests from other churches. Very special thanks to everyone for your commitment and knowledge. The Director of the Board of Christian Education, Shabra Watkins thanks all of you for making our week successful. Our VBS is hard to beat. Everyone came together with great ideas that were implemented. May God bless our great Church for it's vision to reach out to everyone

and spread the Good News of God here at the Rock Church. Next year will be even bigger and better!

Young Adults TGIF

By Katrina Jefferson

The Morning Chapel Young Adult Ministry sponsored their 3rd annual Praise Party on Friday, June 3, 2011 at Morning Chapel. The theme for the evening was "TGIF – Thank God it's Friday" and that's definitely what the young adults celebrated. The purpose of the praise party was to show that young adults not only know how to party, but can party with the Lord on a Friday night.

Adorned in "TGIF" t-shirts, the Morning Chapel congregation showed our guests a different kind of party! The party was kicked off with a whirlwind performance by Divine Worship Praise & Worship Team led by Brandon Crowder. The Morning Chapel Mass Choir continued the excitement by singing a selection and Jacoya and Blake Davis from Rising Star Baptist Church Praise Dance Team brought the crowd to their feet by teaching everyone the Hallelujah Slide for the 2nd year. Yung Kklone, Tay, and Mr. Kelly performed a rap and showed us all how to have "Holy Ghost Swag". The MC Rock Respect Academy dancers performed their dance to Mary Mary's "The Real Party". Audra Scott returned for another year and blessed us with a solo and poet/speaker Jahbella read excerpts of poetry from her new book "Let God Love You, Pass Your Pain". The Fresh Manna Youth Praise Dancers closed out the first half of the program with a dance selection that definitely brought the praise.

The second half of the program opened up with a rap performance by Myron "WaterWalker" Jefferson along with a soul stirring mime performance. The Morning Chapel Praise Dancers performed the crowd favorite "God is Trying to Tell You Something". Thermostat Mimes also performed a mime to "Something About the Name Jesus". Dana Hemphill performed a solo and Jeremy Tillman blessed us with spoken word. The

FW Alumnae Celebration Choir of Delta Sigma Theta Sorority, Inc closed out the program with "Souled Out" and our very own Rev. Kwesi Kamau ended with his own original song. Dwalunda Ray kept the excitement going throughout the party with her witty anecdotes and spiritual voice while serving as our Mistress of Ceremonies for the evening.

The Praise Party was bigger and better than last year and had the most acts ever. "The Praise Party was so hype this year, we actually had to turn down acts" said Young Adult President Tori Evans. The Young Adults spoke interesting facts on the state of Young Adults in the church throughout the program. "I didn't realize there was an epidemic of Young Adults leaving the church as a whole" said Maiya Hollie. The Young Adult Ministry would like to thank all of those who showed up and got their praise on. The Young Adult Director is Katrina Jefferson, President Tori Evans.

Young Adult Facts

A study of 18-30 year-olds in America reveals that 70% of young adults ages 18 - 22 drop out of the church.

Those who claim no religion comprise 22% of 18 -29 year-olds, which is up from 11% in 1990. 73% of those came from religious homes; 66% were described by the study as "giving up on Christianity."

While there is some truth to the claim that young adults will eventually end up coming back to the church, the crisis of people leaving the faith has taken on new gravity. Young adults today are dropping out at a pace that is five to six times the historic rate.

A nationwide church boom is desperately needed. Our national population recently soared past 300 million and the minority population crossed the 100 million mark for the first time ever. The harvest is waiting. The fields are ripe with people waiting to hear the gospel. Our churches must respond and our Young Adults must be ignited.



Announcements



Missionary Learning Institute October 7, 2011 9am— 6pm October 8, 2011 9am—1 am Texas College, Tyler TX

Our New Missionary Institute Director, Sis. Johnnie Pearl Barron, is asking all you can to attend the Institute. If you can't, your registration is still needed. Registration is \$25.00. This year the study course will be from the book "Yours are the Hands of Christ" by James C. Howell.

Fort Worth District Missionary Earlene B. Galloway March October 23, 2011

The Missionaries are now accepting your blanket and monetary donations. We are donating Blankets and Health Packs to the Shelters.



Feeding Families Food Drive November 19, 2011



We are now accepting monetary donations (\$6 feeds one family) and volunteers. If you know of a family in need please submit their name AND contact information to Katrina Jefferson or Tori Evans.

Social Concerns

by Takyiah Evans

Be on the lookout for school children, school buses



As Texas school children prepare to head back to school, the Texas Department of Public Safety reminds all drivers to watch out for children walking to school or waiting for school buses--and to obey all traffic laws related to school buses.

The Department of Public Safety has zero tolerance for vehicles that pass stopped school buses. Drivers must slow down, obey school zone speed limits and stop for school buses to ensure the safety of Texas school children.

Drivers also need to slow down and pay attention in school zones. Children may not be looking for oncoming traffic when they step into the roadway, so drivers must remain alert. The most dangerous time of a student's journey on a school bus is when they are entering or exiting the bus and state law requires that approaching drivers stop when a school bus is stopped and operating a visual signal (red flashing lights or a stop sign).

State law requirements

State law requires approaching drivers to stop when a school bus is stopped and operating a visual signal (red flashing lights or a stop sign). Drivers should not proceed until the school bus resumes motion; the driver is signaled by the bus driver to proceed; or the visual signal is no longer activated. A driver does not have to stop for a school bus if it is on a highway with roadways separated by an intervening space or physical barrier. (If a highway is divided only by a left-turning lane, the roadways are not separated, and drivers must stop for school buses.)

Punishment for drivers who do not stop

Drivers who do not stop for school buses face a fine of up to \$1,000. If a driver is convicted of this offense more than one time, DPS can suspend their license for up to six months. A ticket for illegally passing a school bus cannot be dismissed through defensive driving.

For more information on school bus safety, please see

<http://www.txdps.state.tx.us/schoolbus>.

Voter Registration Blitz

September 4th – October 4th

The time is now to get involved in the voting process! If you know someone that is not registered to vote please help them get registered so that they can vote in the November 4th election. We need to elect sound politician through our nation's political process

Voter Registration + Voter Education = Voter Participation and Mobilization!



The NAACP Civic Engagement Department has developed a 2008 Voter Empowerment Program (VEP '08) a nonpartisan campaign designed to empower African American and people of color by increasing awareness and participation in the electoral process. The VEP '08 Goal is to increase African American voter turnout by 5% more than the 2004 turnout.

- In 2004, 67.9% of whites were registered compared to 64.4% of blacks
- In 2004, 60.3% of whites voted compared to 56.3% of blacks
- In 2000 and 2004, the percentage of uncounted votes was higher in minority neighborhoods with high poverty

The VEP '08 plan concentrates efforts providing support in the following areas: Technical Assistance and Training; Capacity-Building; Database Management; Research and Strategic Planning; and Public Messaging. Overall, the VEP '08 plan includes 5 components:

- Voter Registration
- Voter Education
- Election Administration
- Election Protection

Get-Out-The-Vote (GOTV) **"ARRIVE WITH 5"**

The NAACP's **"Arrive with 5"** campaign is a national voter empowerment initiative aimed at increasing voter registration and participation in the November 4th elections. Over the past two election cycles, the NAACP has fought a valiant battle to register African American voters and ensure that each ballot cast is counted but the work is far from over. During these same election cycles there has been a surge in African American voter turnout, but there is also a magnitude of voter suppression strategies that continues to hinder our vote. In 2008, the goal is to increase the overall African American voter turnout by 5% more than the 2002 African American turnout. As elections fast approach, now is the time to prepare. Working in partnership with People for the American Way, the NAACP asks participants to identify five (5) friends or family members who are committed to helping register others to vote and to **"Arrive with 5"** to the polls on Election Day. Value your Vote by doing more than simply casting a ballot. Help someone else register to vote and cast their ballots as well. Together we can Value our Vote and Vote our Values!

Spotlight Member

by Arnada Bailey



"A PERSONAL TOUCH"

GETTING TO KNOW YOU, GETTING TO KNOW ALL ABOUT YOU.

Great things happen to those who believe in God. Here is only one example of God's blessings at work. May I introduce one of our new members, Dr. Gloria Hentz and her husband James and daughter, Jordyn. Having taking the leap of faith and believing that *"with God all things are possible"*, at an early age, Gloria (as she likes to be called) is building a reputation of being the best Therapeutic Optometrist in Fort Worth. Quality eye care is her priority, Gloria is the sole proprietor of Metroplex Eye Care. Her offices are located inside Target, at 301 Carroll Street, Fort Worth, Texas. Need to see an optometrist, call PH 817-877-EYES. James is an Adoption Case Manager for the State of Texas.

Gloria, what motivated you to become an optometrist?

There are actually 2 distinct reasons. The first one, my grandfather lost his vision to glaucoma when I was growing up. That sparked my interest. Around the age of twelve or thirteen, while working in my mother's dollar store, one of her regular customers came in one day and was talking about her daughter and how she was graduating from "eye doctor school". Prior to that exact moment, I hadn't realized there was a school for the eyes. A light bulb went on in my head, and I was set...

Where are you originally from?

I was born in Hamburg Germany and at the age 2, I went to live with my grandparents in Ghana West Africa where we are from. I lived there until I was 8 and then I came to live with my parents in Arlington, Texas. I am the 2nd oldest of 7 children. I enjoy traveling, playing board games, and enjoying life.

How did you meet your spouse?

James and I met at a grocery store called "Max" in Arlington, Texas. The store is no longer there, however, it did serve its purpose. We met a week before my graduation from high school. I was sitting in my car waiting on my friend to run into the store to grab something, and James was walking into the store and saw me in the car. We chatted for awhile and exchanged numbers. Our first date was at Joe Pool Lake. At that time I thought that was very

special. (But I NOW know it was a cheap move on his part!!!) However, we remained friends and started dating seriously after that. We ended up attending the same college together. He proposed to me on my 22nd birthday at my apartment with a candlelight dinner from Long Johns Silver and wine (Boone's Farm). This was definitely not the way he had planned for this important moment to go, but I was studying for my entrance test to apply to Optometry school which was less than a week away and refused to leave the house to celebrate my birthday. We got married a year and a half later on Feb 18, 2006 in Downtown Fort Worth. And a year and a half later we were blessed with Jordyn!

Is your daughter interested in following in your footsteps or does she exhibit talents somewhere else?

I would love for Jordyn to surpass my footsteps, but we have different personalities. Of course, she is still quite young. However, whatever she decides to do, I know she will excel in it and I will support her.

Where did you attend college?

I attended Prairie View A & M University and the University of Houston College of Optometry.

Why did you and your family decide to worship at Morning Chapel CME?

We were guest of Tori Evans. Her grandmother introduced us.

When did you decide to take a personal walk with God?

I don't remember the exact moment, because I grew up in a strong Christian household; but I remember around the age of 18 that is when I really started to walk with HIM.

What do you like best about Morning Chapel?

The extended family and being in a loving atmosphere.

Do you feel that you have grown in the knowledge and understanding of what it means to make Jesus the Lord of your life here at the Morning?

Yes, Pastor Kamau is a great teacher and really digs into the word and breaks it down.

What do you think your spiritual gifts are, i.e. teaching, evangelism, healing, prophecy, apostleship, giving, leadership, compassion, tongues, interpretation, wisdom, knowledge, faith, discernment, helps, administration, Pastoring, exhortation and why?

Compassion because I am a good listener and I am open minded; Administration I like to organize; Wisdom and Knowledge because I love to learn and to be taught.

In practical terms, what must you do in the church to fulfill your responsibility?

Getting involved in church ministry and living my life according to the word; sharing Christ with others and exuding Christ in all that I do.

HEALTH TIP

by Althea Barron

Home Safety: Preventing Burns, Cuts, and More

WebMD Medical Reference

Reviewed By [Brunilda Nazario, MD](#)

Accidents happen, right? Not necessarily. In fact, some of the most common injuries that occur at home don't have to happen.

About a third of all injuries happen in the home, and they tend to hit small children and elderly adults most. This guide will help you prevent five common home injuries: falls, choking and suffocation, burns, poisoning, and knife cuts. While these injuries can be serious or even fatal, preventing them generally just takes a little thought and time.

Home Safety: 5 Tips for Preventing Falls

Falls are the No. 1 cause of home injuries and death in the U.S., according to the Home Safety Council. The two groups most at risk for falls are children younger than 5 and adults over the age of 70.

Try these strategies to prevent falls at home:

Make the bathroom a no-slip zone. Install grab bars and non-slip mats or appliques in the tub or shower. Use a bathmat with a nonskid bottom and clean up any water that splashes on floors right away.

Safety-proof stairs. Remove clutter from stairs and walkways. Stairs inside and out should have handrails, preferably on both sides. Have good lighting over stairs.

For babies and toddlers, install hardware-mounted safety gates at the top and bottom of stairs. Pressure-mounted gates are less effective. Gates should have the JPMA (Juvenile Products Manufacturers Association) Certification Seal. Never use

accordion-style gates.

Put a guard on indoor lofts, landings, balconies, and stair banisters if your child can slip between the posts. Plexiglas is a good option because it bends, is easy to cut, and doesn't shatter.

Toss the throw rugs. Throw rugs are a big tripping hazard for young and old people. At the very least, tape or tack them to the floor.

Leave a light on. Ideally, have night-lights in bedrooms, bathrooms, and halls.

Make windows safe. New York City cut children's deaths from window-related falls by a third after requiring window guards. Window screens are not strong enough to prevent falls. Install window guards with quick-release mechanisms (in case of fire) on upper floor windows. Keep furniture away from windows, especially in children's room, and always watch children around windows.

Home Safety: Prevent Poisoning

About 90% of poison exposures happen at home, making it the second leading cause of accidental death in the home.

Nonfatal poisonings are most common among children under 5 years old. The most common causes of these poisonings are:

Cleaning and household products

Personal care and beauty products

Medicines (especially dangerous are those with iron)

Vitamins

Plants

Lead and carbon monoxide

Try these strategies:

Know your poisons. It would be easier if every bottle that contained poison was marked with a skull and crossbones, as they are in cartoons. Poisons come in many forms: cosmetics, garden products such as fertilizer, furniture polish, dishwasher detergent, and carbon monoxide from burning fuel.

Buy wisely. Purchase products with child safety

lids, whenever you can.

Store safely. Put any product with a warning label up high and in a locked cabinet. Don't keep medicines in your purse, pockets, or drawers. Keep products in their original containers. Do not use food containers for storage.

Watch your children. According to the American Academy of Pediatrics, most child poisonings occur when parents are cooking dinner or not watching their children closely for other reasons.

Follow directions on chemical products. Open a window when you are using them. Never mix household cleaning products together -- bleach and ammonia mixed together create a toxic gas, for example.

Keep carbon monoxide outside. Have heaters, stoves, and fireplaces checked by a professional every year. Carbon monoxide can also enter the house through an adjoining garage. Never run an engine or car motor or use a barbecue in a garage.

Stay on top of medicines. Follow directions and measure carefully, keep track of when medicines are taken, and put them away right after use. Get rid of expired medicine by crushing or dissolving medications and adding them to old coffee grounds, then place them in a sealed plastic bag in the garbage can. Don't flush them down the toilet unless the instructions say to do so. Monitor use of medicines prescribed for teens.

Post the poison control telephone number. Have it near every phone and store it in your cell phone: (800) 222-1222

BEAUTY TIP

by Johnette Calhoun

SPLIT ENDS

If you have problems with split ends, the best way to solve that problem is to get a professional trim. If you need help before you can see a professional, you can camouflage the split ends if you keep them hydrated. Try using a leave-in conditioner before you blow-dry your hair. Then, run a flat iron over just the ends to seal the cuticles so they look glossy. The conditioner will protect your hair against styling damage. Remember, this is just a camouflage; you still need a professional trim to stop split ends.

Have an Article you want Published?

If any Member, Board or Auxiliary is interested in submitting an article to be published in the **Voice of the Morning** newsletter, please contact Shabra Watkins or Aisha Barron.

All articles should be submitted no later than the last Wednesday of the month to be published in the next issue. The articles must be submitted in electronic format and emailed to the Editors at info@morningchape.com

If you are interested in being a member of the newsletter committee, please contact the editors.

Recipe of the Month

Submitted by Linda Griffin

Baked Chicken Salad

INGREDIENTS:

2 cups buttery cracker crumbs
1/4 cup butter, melted
2 1/2 cups finely chopped cooked chicken
1 cup thinly sliced celery
3/4 cup shredded carrots
1/2 cup chopped onion
1/2 cup slivered almonds, toasted
1 (10 3/4-oz.) can cream of chicken soup

2/3 cup mayonnaise

1/4 teaspoon salt



Directions

Combine cracker crumbs and butter; mix well and set aside. Combine chicken, celery, carrots, onion, almonds, soup, mayonnaise and salt; spoon into a 1-1/2-quart round casserole. Place dish on the black metal tray. Cook for 24 to 26 minutes at U=MED LO, L=LO or until golden brown and bubbly. Top with crumb mixture during last 5 minutes of cooking time.

Servings: 6 servings

Cook Time: 24 min

Cover

Principle's Guidance

Head Coach:
EDWIN T. BELL

**BOND Your Relationship,
don't BOMB Your Relationship**



Building an Intimate Relationship

Intimacy Bonding, Remember ...

(Closeness, Understanding, or Confidence)

I. Remember to have order and priorities in your relationship. Order and priorities are necessary in building an intimate Relationship. GOD, Family, and Finance are order and priorities. "Order can't be broken if you make it a priority".

II. Remember to forgive to forget. A loving spirit is a forgiving spirit. We all make mistakes however we have to learn from our mistakes and not make the same mistake ever again. "To forgive is not to remember" or "To forgive is to remember but have peace because you have forgiven."

III. Remember that intimacy is "to know and be known". Intimacy depends upon work and time spent with your partner on a daily bases.

IV. Remember that living a happy life with meaning does not consist in having abundant money or mansions. Our faithfulness in stewardship of material things tells much about not only our priorities but also about our commitment to building an intimate relationship.

V. Remember to take time together to have fun. All work and no play makes for a boring relationship. Fun time is required to nurture the relationship. If we do not take time for fun activities with each other we

cannot grow in friendship bonding. Keep doing many fun things together for this builds friendship.

VI. Remember that being a happy couple is not the one with the least tribulations but the one in which partners support each other. Those who do not deal with tribulations head on together will end up unhappy and will withdraw from building an intimate relationship. Tribulations have a way of building strength.

VII. Remember to communicate. "Love can only grow through communication." It is when we share what we are feeling as well as what we are thinking that love becomes unconditional. The bonded couple through communication learns to talk about all concerns in many loving caring way.

VIII. Remember to get to know yourself. Knowing yourself allows you to be closer and open to your partner's ideas to make the relationship important and exciting.

IX. Remember to keep a good sense of humor. Humor brings good health and happiness. "A cheerful heart keeps the doctors away". Those who have a sense of humor will have far less illness.

X. Remember that words of encouragement work wonders in bonding a relationship. Partners who know how to encourage and affirm each other will have little time for record keeping of mistakes. Encouragement makes the difference between partners who grow in becoming greater persons in contrast to those who, after years of commitment in a relationship, seem to be less persons than when they began.

XI. Remember that commitment is the key to an enduring relationship. Commitment to GOD and to each other is that which will pull us through tribulations and will empower and enable us to stay together.

September 2011 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Mass Choir Rehearsal 7:30 PM	2	3 Missionary Mtg 11AM Senior Usher Mtg 12 Noon Stewardess Prep 1 PM
4 Young Adult Kick-Off Party 5 PM	5 Labor Day	6 Steward Meeting 6 PM Church Conference 7 PM	7 Bible Study, Children & Youth Choir Rehearsal 7 PM	8 Mass Choir Rehearsal 7:30 PM	9	10 Elder's Planning Meeting
11 Student Recognition FTW Dist. Stewardess Rozell Gray 5PM	12 Trustee Meeting	13	14 Bible Study 7 PM	15 Mass Choir Rehearsal 7:30 PM	16 <div>Healing & Blessing Covenant Family</div>	17 Youth & Young Adult Trash Bash
18 Church Homecoming Back to Church Sunday	19 Official Board Meeting 7 PM	20	21 Bible Study 7 PM	22 Musicians Rehearsal 7:30 PM	23 Dinner for St. James 7PM	24 Region Stew- ardess Mtg Male Chorus Rehearsal & Church Cleanup 11AM Church Picnic 5-8 PM
25 Youth Meeting	26	27	28 Bible Study 7 PM	29 Mass Choir Rehearsal 7:30 PM	30	
25th Annual CME Convocation						

August and September Birthdays

August 11.....Tatum Evans
 August 15.....Delaine Hunter
 August 17.....Trinitee Young
 August 18.....Aileax Barron
 August 19.....Wayne Ashford
 August 23.....Emanuel Henderson
 August 23.....Elhora Woods
 August 27.....Christal Griffin
 August 28.....Charisma Jones
 September 1Althea Barron
 September 3Rev. Kwesi Kamau
 September 4LaRhonda McDonald
 September 7Aarron Barron, Jr.
 September 8Bruce Barron

September 9.....Linda Griffin
 September 10Annette Young
 September 11Charlene Johnson
 September 13Andre Ivory
 September 18Lydia Ward
 September 20Vel Ivory
 September 21Johnette Calhoun
 September 22Beverly Washington
 September 23Shuntel Johnson
 September 25Tori Evans
 September 28Edwin Bell
 September 28Takiyah Evans
 September 28Mattie Roberts
 September 30Elena Nolen

And Anniversaries

August 14.....Rev. Kwesi & Montiquilla Kamau
 August 17Micheal & Shabra Watkins
 August 22Alfred & Barbara Brown

August 29.....Anthony & Dietra Dangerfield
 September 30.....Edwin & Angela Bell



MISSING WORDS

1: Thou shalt have no other _____ before me.

2: The fear of the Lord is the beginning of _____: but fools despise wisdom and instruction.

3: But the _____ is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.

4: No man can serve two _____: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.

5: Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the _____, but by me.

6: He only is my rock and my _____: he is my defense; I shall not be moved.

7: But they that wait upon the LORD shall renew their strength; they shall mount up with wings as _____; they shall run, and not be weary; and they shall walk, and not faint.

8: Blessed are the _____: for they shall be called the children of God.

9: To every thing there is a _____, and a time to every purpose under the heaven:

10: And the third day there was a marriage in _____ of Galilee; and the mother of Jesus was there:

Answers will be printed in the next Issue

Answers for the July 2011 Issue

