

Voice of the Morning

April 2008 Issue

Morning Chapel CME Church

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Reverend Manuel Henderson, Pastor

Rev. Russell O. Fuller, Presiding Elder

Bishop Ronald M. Cunningham, Presiding Bishop

Schedule of Activities

Sunday School — Sundays 9:30 am

Morning Worship — Sundays 11:00 am

Prayer / Praise / Bible Class —

Wednesdays 7:00 pm

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Pastor's Corner By Rev. Manuel Henderson



Greetings in the name of the Risen Christ, Jesus of Nazareth!

I have recently come back from a mission trip to the countries of Jamaica and Haiti with Bishop Kenneth W. Carter and several other ministers from around the connection.

The people of these countries never cease to amaze me in their worship and praise of the Lord Jesus Christ. They possess so little of this world's goods and amenities, and many of them live in conditions that we would not even dare to imagine, yet, they have a faith that will not let them go. In their worship, from start to end, they lift up the words, "We praise the Lord", and then they dance. Looking only through the lenses of the natural eye, I find myself asking, "What do they have to dance about?" They have so little, yet they are a proud people. When I witness the faith of our brothers and sisters in our foreign work, it provokes me to think more seriously about my faith.

In Haiti, the impoverish conditions only get worse. Yet they sang to us (from the United States) "I have to nothing to give you my brother, but I will pray for you"—words so simple, yet spoken with such profundity. I was so moved by their spirit as we sang together, they in French and we in English. It reminded me of the first Pentecost—we spoke different languages, yet we seem to understand the praise of our God and King.

Bishop Carter, for allowing me to be a part of a wonderful experience of worship and praise with you in your work in Haiti, and the opportunity to preach in Jamaica and Haiti, I say merci beaucoup.

Yours in the ministry of the Risen Christ Savior,

Pastor Manuel Henderson

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Church News

Men's Day

"FROM GOOD TO GREAT": MEN OF GOD
RETOOLED FOR KINGDOM WORK

By Nick Griffin

On March 9, 2008, the Men of Morning Chapel CME Church held their first annual and successful Men's Day Program. The goal of \$10,000 was set forth for the Men, and they were determined to reach that goal. The Men's Day Committee was headed up by Mr. Raynard Caldwell Sr. and Mr. Nicholas Griffin. With a short period of time to raise such a large amount of money, the men put their heads together and came up with a plan to that would get them close to the goal. The men were broken into groups where there was a group leader for each group. Each leader was asked to give \$400 themselves, and the rest of their group members to give \$200. The Young Men of Morning Chapel CME Church were not left out either. They were asked to give \$25 to the cause. On Saturday March 8, 2008, as a fundraiser to help get the other portion of the goal, the men decided to sell some (and might I add tasty) barbeque chicken dinners with potato salad, beans, and a roll. The dinners were sold for \$6, and a large amount of dinners were sold. Sunday March 9, 2008, was the big day for the Men's Program. All day Sunday the men were on duty. During morning service the Morning Chapel Male Ministry blessed the congregation with a couple of songs, and the word was preached by our own pastor, Rev. Manuel Henderson. The afternoon service was the actual Men's Day Program, and again the Male Ministry blessed the congregation with some songs, and the young male ministry did also. All Men of Morning Chapel were dressed for the occasion in black pants, black tie, and white shirts. I guess you could call us the Morning Chapel "Men In Black". The word was preached by Bishop Lawrence L. Reddick, III from the 5th Episcopal District. We were also blessed with presence of Bishop Kenneth W. Carter of the 10th Episcopal District and Bishop Ronald M. Cunningham, Presiding Prelate of the mighty 8th Episcopal District. That's right, we had 3 Bishops in the house. Now, that's rare! Overall, the 1st Annual Men's Day Program was a success and the men raised a significant amount in a short period of time.



The Male Ministry Chorus



Junior Male Ministry Chorus



Bishop Kenneth W. Carter, Bishop Lawrence Reddick, Bishop Ronald M. Cunningham along with Pastor Henderson and The Co-Chairs, Nicholas Griffin & Raynard Caldwell, Sr.

Easter Celebrations

By Katrina Jefferson and Aisha Barron

The Easter bunny filled the park with hidden eggs during our annual Easter egg hunt on Saturday March 22. The little ones were very excited as they ventured thru the park in search of eggs. First time egg hunter Gabrielle Lewis, 10 months, enjoyed the festivities but was more interested in throwing the eggs rather than hunting them. The youth helped the younger children find eggs but mostly occupied themselves on the basketball court. Rev. Henderson even showcased his basketball moves in his church shoes. Unfortunately the playground was flooded so toddlers Freddie Nolen IV and Tatum Evans spent most of their time staring in disbelief at the slide and swings. Prizes were awarded for prize eggs and for the most eggs found in each age group. Our wonderful male ministry grilled hot dogs and links, and Linda Griffin took advantage of the fire and grilled her Sunday dinner. God blessed us with a beautiful day and a great time was had by all.

Easter Morning, the Board of Christian Education put on a great Easter Program. The program took a different spin this year, normally the processional is "He Lives", but this year it was not. The former Easter Program participants (Young Adults) were concerned, but before the program was over, "He Lives" was sung and all concerns were at ease. Every child and youth was involved. Emerald and Danielle Jones "tagged teamed" as the MCs while other youth lead us in Prayer and Scripture. The toddlers and children recited their Easter "Welcomes and Greetings" without pause or hesitation. The Youth presented everyone with a Puppet Show, "Denise's Easter Bonnet" while the Children's Department displayed their play, "The Easter Present." It was truly a great Easter Program



Evan Bell



Taja & Trysta Harris



Big Crowd at the Easter Egg Hunt



The search is on for the eggs



Pastor playing basketball in His church shoes



The Easter Present

DFW Region Western Prayer Breakfast

By Johnnie P. Barron

The Missionaries of the Dallas Fort Worth Region held their annual Western Prayer Breakfast on Saturday, March 15, 2008. The Radisson Hotel at Love Field was the back drop for the "rip roaring" successful event. Sister Jackie Hamilton of Ezell Chapel did a wonderful job as our Mistress of Ceremony and Sister Sella Ray of Porter Temple, made everyone feel welcomed. Bishop Ronald M. Cunningham was on the books to preach but because of a flight delay, he asked Elder Russell O. Fuller to stand in for him, and that is what he did. We were wonderfully blessed with a word from the Lord. Each person in attendance received a Missionary care bag and a scriptural four leaf clover. The head table received an "easy" button and a John 3:16 Promise book. Music was delivered by Rev. Ronnie Malloy of Kirkwood Temple, and Sisters Joyce Crowder, Pearl Honeysuckle and Sharon Fuller the first lady of the Fort Worth District, were our "Song Birds". Organization and Promotion gave away 38 baskets of all varieties; coffee, snacks, car cleaning, candle, etc. Our first lady even received one "hip hip hooray" Sister Henderson. Remarks were made by President J.P. Barron; she thanked everyone for coming and made Presentations to Bishop and Mrs. Cunningham and Elder Fuller. Bishop Cunningham made remarks and gave the Benediction. Thank You to Morning Chapel for your love, support, cooperation and participation. Remember the C.Y.Y.A. & A (Children, Youth, Young Adults and Adults) Retreat will be held Saturday, April 19, 2008 at Kirkwood Temple in Dallas, Texas. Registration for this event is \$10.00 which includes lunch and materials. Please register even if you can't attend!



Rev. and Sister Henderson at the Western Prayer Breakfast



A Close-Up of the Snack Basket Sister Henderson won.

Cash, Minority Basketball Owner in town to Dedicate youth center to Hughes.

Many of you may know James Cash from the days he worshiped here at Morning Chapel or when he was attending I.M. Terrell High School. He was in town last month on Wednesday, March 19, 2008 along with M.L. Carr unveiling the WARM2Kids Learning Center in the Southeast Multi-Agency YMCA Sponsored by former Terrell High School basketball player James Cash, the center is dedicated to Robert Hughes, "the all-time winningest high school basketball coach" during his 47-year career at Terrell and Dunbar high schools. Cash, a minority owner of the Celtics, said Hughes was a mentor for him and his Terrell teammates. "He showed us what perseverance and commitment to high ideals can do. The way he lived showed us how to live. We wouldn't be where we are today without what you contributed to us," Cash told Hughes during a ceremony to open the new center. The three-room center features 10 computers on which teens can access the WARM2Kids website. The site -- which stands for We're All Role Models 2 Kids -- answers questions on more than 300 topics such as acne and anxiety, bullying and depression. "There's absolutely no way that we can replicate Coach Hughes, but we can try," Cash said. "We hope some kid who comes to the center will say 'Who is Coach Hughes?' And when they find out, they'll be inspired to do something very special."

You can read this article (YMCA youth center in Fort Worth dedicated to Hughes) at www.star-telegram.com.

Fort Worth District Stewardess Hold Rozell Gray Honors and Awards March

By Shabra Watkins

The Fort Worth District Stewardesses Held their annual fund raising and awards program March 16th at Elizabeth Chapel CME Church in Dallas Texas. All the ladies in white marched in and took the choir as the Fort Worth District Stewardess Choir. Morning Chapel was represented well with 7 members and 2 new members-Sis. Angela Bell and Sis. Birdia Fletcher. This was the first event for these ladies as new Stewardesses and it was also the first event served by Sis. Vernice Coleman as the new Fort Worth District President. Sis. Coleman follows Sis. Johnnie Stanton who held the presidency for over 30 years.

The Fort Worth District Choir sounded great even without any rehearsals and Sis. Angela Bell conducted this great choir of ladies! Sis. Mattie Roberts also brought the prayer for the afternoon so Morning Chapel was well represented.

Special recognition was given to Sis. Johnnie Stanton and she was given the honor of President Emeritus presented by Elder Russell O. Fuller, Sr. She was very honored.

Rev. Dr. Robert Jackson of Elizabeth Chapel brought a great message for the March.

The winner of the Rozell Gray Award was Sis. Mary Bryant of Lane Chapel CME Church where Rev. Johnnie Dollarhide is the Pastor. Pastor Dollarhide presented Sis. Bryant with a beautiful plaque.

Thanks so much to all of the Women in white of the Fort Worth District for a great program and especially the Women of Morning Chapel for such great representation and a great monetary report.

City's Gas Well Revenues Come with Federal, State and Local Restrictions

Fort Worth sits on top of a huge natural gas field called the Barnett Shale. Anticipated revenues from Barnett Shale gas wells on City of Fort Worth land have been estimated as much as \$1 billion over the next 25 years. But much of that money comes with strings attached and is based on projections that could fluctuate. So far, the city has earned about \$27 million in gas lease revenues, but most of it has a federal, state or local restriction that determines how those funds can be spent. Restrictions are placed on revenues from gas drilling on airport or park land by such entities as the Federal Aviation Administration, the U.S. Department of Transportation, the Land and Water Conservation Fund and the Texas Parks and Wildlife Department. According to those restrictions, revenues generated from airport or park land must be used for improvements to those respective properties. In addition to the state and federal restrictions on the city's projected gas well revenues, the Fort Worth City Council also has approved policy that designates portions of the gas well revenues to projects or funds for solid waste, water and sewer, street reconstruction, utility replacement, the Housing Finance Corporation, Lake Worth, and Parks and Community Services' golf division. Half of the 25-year anticipated gas well revenues that are not restricted by federal and state law also has been earmarked by the City Council for the Fort Worth Permanent (Trust) Fund. The permanent fund was created to allow those revenues to grow, ensuring that future generations can benefit from the Barnett Shale. The remaining unrestricted revenue — almost \$50 million estimated over the next 25 years — can be used to pay for other expenses or projects. But it is not enough to fund improvements such as those identified in the proposed \$150 million bond program. The bond program goes before voters May 10 and includes funds for neighborhood and arterial streets, and bridges. And even if the \$50 million unrestricted revenue projections are eventually realized, the city currently has only about \$2.8 million that can be used at its discretion. City officials said they are confident that their gas well revenue projections are sound. The projections are based on:

- \$9,000 per acre bonus
- 25 percent royalty
- \$5 per thousand cubic feet (MCF) natural gas market rate
- 25-year gas well life
- 45,000 MCF per acre of recoverable gas

Even with these conservative estimates, city officials have cautioned that it is unwise to plan to pay for operating or capital expenses with money that it does not yet have.

For information about gas well drilling, visit www.fortworthgov.org/gaswells.

\$150 Million Bond Election Set May 10

Fort Worth City Council has called for a vote on the issuance of \$150 million in bonds for neighborhood and arterial streets. Election day is May 10. The proposed \$150 million is the amount financial experts say Fort Worth can support over four years — from 2008 to 2012 — without an increase in the overall tax rate. Up-to-date bond information, including a final list of proposed projects, is available at www.fortworthgov.org/2008bond. Or call 817-392-7621 for more information.

Q. What's the purpose of the proposed \$150 million bond program?

A. The proposed 2008 bond program is designed specifically to address Fort Worth's deteriorating neighborhood streets and bridges as well as the need for additional arterial roadways and traffic signals to meet the city's rapid growth. The city has identified approximately 480 lane miles of neighborhood streets rated in poor condition that need to be reconstructed and 74 arterial roads that need to be added to meet traffic growth needs. The price tag is slightly more than \$1 billion.

Q. Why limit the proposed bond program to \$150 million if so much more money is needed?

A. The proposed \$150 million in bonds is the amount financial experts say Fort Worth can support without an increase in the overall tax rate.

Q. Is this the only funding available for neighborhood streets and arterials?

A. No. Money from the proposed bond program is in addition to annual funding for street maintenance — which comes from the city's general fund — and the sale of \$42.3 million in certificates of obligation (COs) approved by council last year. For fiscal year 2007-08, City Council approved \$15,410,383 in its operating budget for ongoing street repair, and the lion's share of the COs is being used for neighborhood street reconstruction, intersection improvements, arterial widening projects, traffic signals and land acquisition costs associated with Southwest Parkway (State Highway 121 Toll Road). In addition, the 2004 bond program included \$65 million for neighborhood streets and \$57 million for arterial improvements. Many of the improvements funded with 2004 bond dollars are well under way, and some are complete.

Q. How were streets and arterials selected for the proposed 2008 bond program?

A. First, neighborhood streets had to be rated in poor quality to be eligible for consideration in the proposed bond program. Streets were chosen if city staff determined that reconstruction would be cost effective and the street project coordinated with other efforts such as replacement of water and sewer lines and drainage projects. Past projects in the area also were considered to ensure a fair distribution of funds citywide. Safety, mobility, congestion, cost effectiveness, consistency with growth management goals and community feedback were considered in the selection process for arterials.

Q. The majority of the proposed \$150 million in bonds will be used to improve neighborhood streets and arterials. How were those funds divided among council districts?

A. Allocation of \$114 million — \$81 million for arterials and \$33 million for neighborhood streets — is based on the percentage of poorly rated neighborhood streets and estimated existing capacity needs for arterials in each council district. In other words, council districts with the greatest number of poorly rated neighborhood streets and existing capacity needs will receive the most funding.

Every month we will "Spotlight" a member of our church. The person spotlighted is randomly selected.

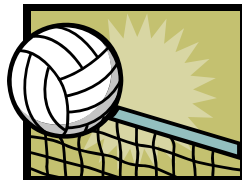
Emanuel Henderson

Morning Chapel is proud of all our college students. Now we are featuring Mr. Emanuel Henderson, the first son of Morning Chapel. Emanuel Henderson was born to Reverend Manuel and Doretha Henderson in Shreveport Louisiana on August 23, 1988. From an early age Emanuel demonstrated an enthusiastic interest in electronics and all aspects of computers. In the spring of 2006 he graduated from Dr. John Horne High School in Mesquite Texas. By the fall of 2006 Emanuel was enrolled at Fisk University in Nashville Tennessee with a desire was to earn a degree in Computer Engineering. Later, after advisement from a mentor, he changed his major from Computer Engineering to Criminal Psychology with a minor in Computer Science and is anticipating graduation in 2010. Emanuel is utilizing his leadership abilities at Fisk by serving as the President of the Psychology Club. He is supervising a research project aimed at enhancing the quality of campus life at Fisk. The club is gathering information from students on campus to analyze and implement in the future. Emanuel career plans are to profile criminals for the FBI. -Awesome!



Member Spotlight
By Shantia Cass

Youth Spotlight
By Barbara Brown



Danielle Jones

This month we are spotlighting another beautiful young lady by the name of Danielle Jones. Lady Danielle was born to the parentage of Rev. and Mrs. Jonathan Jones of Morning Chapel C.M.E. Church on April 20th, 1993. Danielle presently attends Central Junior High, sporting a 3.7 grade point average. In 2004, she received the Presidential Academic Award. One of her favorite hobbies is Volleyball. She is projected to graduate High School with the class of 2011. Her college choice is USC, University of Southern California. Her parents, I'm sure, are very proud. She likes to go by the nickname Danie. Danielle has 3 siblings by the names of Emerald (17), Charisma (5) and Jonathan Jr. (3). Danielle has a beautiful family that our church is proud of. Her greatest aspiration in life, **Oops!**, at this time Danielle says she "has no clue". She is still young and has time to seek and find what she wants most out of life with God's help. Last but not least Danielle's biggest mentor is her father, Rev. Jonathan Jones Sr. Danielle says it's because he's funny and seems as if he is always happy. Hats off to Rev. Jonathan and Mrs. Tomeka Jones for raising such beautiful offspring. May the Lord to continue to bless you and your wonderful family.

It's Time To Do Some Spring Cleaning, Lets Clean Out Your Medicine Cabinet

It is recommend cleaning out your medicine cabinet at least once a year.

Our medicine cabinet often contains all kinds of medicines: prescriptions, over the counter, anesthetic sprays, rubbing alcohol, and or ointments. These medications have expiration dates. Not knowing this leads to taking expired medications.

Therefore, check your medications for the expiration dates. The rule of thumb for prescribed medications is that they are good for a year of the prescribed date, which is printed on the label. Over the counter medications, such as Tylenol, aspirin, vitamins, and other supplements, will have a longer expiration date than prescribed medications. Make sure you check the bottle carefully for the date.

Items such as hydrogen peroxide, rubbing alcohol, Calamine lotion, Betadine, Campho-Phenique, Epsom salt, anesthetic spray (Bactin), antibiotic ointments (Neosporin), and sun block also have an extended shelf life.

There is a proper way of storing your medications. Many like to store their medicines in the bathroom. Where you store your medications matters and the bathroom is the worse place to store them. The heat and moisture from the water in the bathroom can change the composition, weaken or deteriorate medications. You want to store your medications in a cool, dry, and dark area, like in a cabinet away from any type of moisture and heat. Medications that required refrigeration, place them in the refrigerator. Store medications near a countertop so you can open them on a flat surface. If you drop a

pill, it won't be lost down the drain or on the floor. Keep all medicines in their original container. Remove the cotton from the bottle, as it will trap moisture inside the bottle. Refrigerate medications only when it tells you to. **KEEP ALL MEDICATIONS AWAY FROM CHILDREN. DO NOT THROW AWAY MEDICATIONS IN THE TRASH, as it is dangerous and easily assessable to children and pets. DO NOT FLUSH THEM INTO THE WATER SUPPLY.**

Old and expired medications should be taken to a pharmacy. Most pharmacies will send the medications sent back to the manufacture or burned them. This is the safest way to dispose your expired and unused medications.

Sources: WebMd, U. S. Food and Drug Administration, AARP.org

Which colors are right for you?

Now that we are in the Spring Season, we may see a change in wardrobe colors. Do a personal color assessment to make sure you wear the right colors for you. During recent years "color systems" have hit the beauty industry by trying to help you identify colors by season or the warm/cool, light/dark concept. The essential elements of color assessments are the color of your eyes, skin, and hair. To determine the best colors for you, you must know the four components of color.

Hue: The spectral colors on a color wheel. Primary colors are red, blue and yellow. Secondary colors are purple, green, orange and brown. The hues are the colors in between when you start mixing them together.

Value: The darkness or lightness of a hue or color. Adding black to a color creates dark colors or shades of color. Adding white to a color creates light colors, tints or pastels.

Intensity: The purity or strength of a color. The more gray in a color, the less intense it will be. It gives a powdery or dusty look.

Temperature: The coolness or warmth of a color. Cool colors are blue, purple and green, which are associated with sky, ice and foliage. Warm colors are red, yellow and orange, which are associated with fire and sunlight.

Now that you understand the four components of color, you can begin your personal color assessment by placing swatches of color around your shoulders or under your face. This will show how the colors affect your features. Remember that you can wear all **Hues**, but pay attention to the **Value** of the color, the **Intensity** of the color and the **Temperature** of the color

Quick Tip

If you have dandruff and you think your dandruff shampoo is not working... leave your shampoo on for an extra 5 - 10 minutes so it can penetrate deeper. Then rinse.

April Announcements & Events

- April 4-5, 2008: Spring Convocation at Cedar Crest CME
April 6, 2008: Communion Sunday
April 7, 2008: Church Conference
April 12, 2008: Children's Outing to Incredible Pizza 1-3 pm
April 13, 2008: Women's Day
April 19, 2008: DFW Region Missionary CYYAA Retreat
April 22, 2008: Board of Christian Education Meeting @ 7:00 pm
April 27, 2008: Presiding Elder's Appreciation at Carter Metropolitan at 7 pm

Technology Ministry Notes:

The technology ministry is pleased to announce that Morning Chapel has a website! Please take the time to check out the site and let us know what you think.

www.morningchapel.com

Also, computer classes will be starting again in May. Look for the schedule to be posted.

April Birthdays

April 7	Eula Caldwell
April 8	Terence Bell
April 18	Chester Johnson, Sr.
April 18	Nellie Lewis
April 19	Gabrielle Lewis
April 20	Danielle Jones
April 23	Shabra Watkins
April 28	Anthony Dangerfield
April 28	Joe Washington

April Anniversaries

April 3	Waymon and Hattye Allen
April 11	Leonard and Mattie Roberts
April 14	Chester and Cynthia Johnson

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 morningchapel_cmechurch@yahoo.com

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

Recipe of the Month

Ham and Broccoli Quiche

Smoked turkey can be used in place of the ham in this traditional quiche recipe.

Prep Time: **15 Min**
Total Time: **1 Hr 10 Min**
Makes: **6 servings**



INGREDIENTS

- 1 Pillsbury refrigerated pie crust (from 15-oz box), softened as directed on box.
- 1 1/2 cups cubed (1/4 inch) cooked ham
- 1 1/2 cups shredded Swiss cheese (6 oz.)
- 1 cup Green Giant Select frozen broccoli florets (from 1-lb. bag), thawed, well drained on paper towel
- 4 eggs
- 1 cup of milk
- 1/2 teaspoon salt
- 1/2 teaspoon dry ground mustard
- 1/2 teaspoon pepper

DIRECTIONS

1. Heat oven to 375 F. Place pie crust in 9-inch glass pie pan as directed on box for One-Crust Filled Pie.
2. Layer Ham, cheese and broccoli in crust-lined pan. In medium bowl, beat eggs and milk with fork. Stir in remaining ingredients. Pour over broccoli.
3. Bake 35 to 45 minutes or until knife inserted in center comes out clean. Let stand 5 to 10 minutes before serving.

Submitted by Linda Griffin

