

Voice of the Morning

January 2009 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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Althea Barron and Christal Griffin



Pastor's Corner By Rev. Manuel Henderson



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

I grew up in rural Bossier Parish, Louisiana, I can remember the old people used to greet each on January 1st of the New Year with this salutation—"I haven't seen you since last year"—although, last year was just yesterday.

As I reflect on New Years in this pastor's corner, the hymn of Thomas O. Chisholm comes to mind—"Great Is Thy Faithfulness". In the chorus of that hymn, Chisholm says, *Morning by morning new mercies I see; All I*

have needed Thy hand hath provided,--"Great is Thy faithfulness," Lord unto me!

For me the New Year provides a new start, fresh opportunities to improve our spiritual journey and our personal lives. Good, bad or indifferent, we can't change last year. Last year was last year; we now stand on the brink of new and untold possibilities. So, let us take advantage of these "new mercies" that God has provided unto us. Yesterday is gone, tomorrow is not yet, and today is here, use it wisely.

Let me close with words of wisdom that I remember my mother, God rest her soul, would share with my siblings and me. She would say, "The way you start out, it probably the way you will end up." Thus, I exhort you, beloved—start the New Year off on the right foot and may the peace of God escort you through this New Year.

Yours in the ministry of Christ,

Pastor Manuel Henderson

Inside this Issue:

Pastor's Corner	1
Church News	
Christmas Program and Dinner.....	2
PHB Arts & Crafts Pre-Christmas Tea	2
Social Concerns.....	3
Student Recognition.....	4
Health & Beauty	6
Recipe of the Month.....	7
Announcements & Events.....	7
Birthdays & Anniversaries.....	7
Morning Chapel Tidbits.....	8

Church News

Morning Chapel's Christmas Program and First Annual Christmas Dinner

By Aisha Barron

December is always a busy month for the members of Morning Chapel. This year proved to be no different. After weeks of practice, our Sunday School Department put on an extraordinary production. The play was called "Christmas: What's Love Got to Do With It?" Angela Bell wrote, produced and directed the play. It was a treat to watch. All the children and youth of the church had a part and even a few kids at heart had an appearance. The play included dramatic lighting and sounds effects not to mention a "real" Baby Jesus played by Elena Nolen. There was a Security Guard jumping out on the scene, praise dancers dancing, 3 kings singing, an Angel who placed a spell on everyone, and we can't forget about the livestock aka the toddlers. After the play, everyone in attendance knew what love had to do with Christmas.

After the play was said and done, the Board of Christian Education had to kick things into gear and hold our First Annual Christmas Dinner and Fellowship. For a cold and wet Thursday evening, the Brookside Community Center was a full house. This year, the Board of Christian Education decided to sponsor a Christmas Fellowship where everyone could come out and celebrate Christmas without having to go to multiple gatherings. The evening was a big combination of Food, Fellowship and Fun. Through out the night, the dinner was served, we played Bible Jeopardy, called the Christmas Tree, presented door prizes and danced. There were activities for everyone who attended. As I heard someone state at the dinner, since this was our first Christmas Dinner, we are starting off small, but plan to get bigger and better each year.



The 3 Kings and Livestock making their appearance



The Senior Praise Dancers

Missionary News

By Aisha Barron

During the Month of December the Missionaries were still in the mist of the hustle and bustle of the season. Sunday, December 7, the Dallas Fort Worth Region Missionaries held their Annual Phyllis H. Bedford Pre-Christmas Tea and Fashion Show. The show was held at Carter Metropolitan. This year Morning Chapel was on the map. Our Junior Male Choir rocked the house with their rendition of "Cooling Water". Sister Aisha Barron stepped in as an "on-the-spot" narrator. And to top it all off, Sister Beverly Washington stopped the show with her modeling. It was a great evening and if you were not there, you missed a treat. On Saturday December 13th, the Phyllis H Bedford's were on the move again. The morning of the 13th, they held their Arts and Crafts show in conjunction with the Fort Worth District Fellowship Luncheon at Carter Metropolitan. Our PHB contributed health pack items to help support Village Creek Nursing Home and the Bridge House. After a morning of Fellowship, our Local Society decided to fellowship a bit more by getting together and putting our Cheer Bags together for the Seniors and Sick and Shut-in Members of our Church. The bags were distributed/delivered the following Sunday.



Aisha doing "on-the-spot" narrating



Beverly strutting in her Grey.



The Junior Male Chorus "Cooling Water"

Social Concerns by Takiyah Evans

Neighborhood Stabilization Program

The City of Fort Worth is presenting a proposal to the U. S. Department of Housing and Urban Development to provide down payment assistance to buyers of lender-foreclosed properties in the seven zip codes that have been heavily impacted by foreclosures.

If approved, funds from the \$6.3 million Neighborhood Stabilization Program grant should be available in the first quarter of 2009 to Fort Worth residents in the following zip codes:

- 76131
- 71637
- 76133
- 76123
- 76179
- 76112
- 76248

To obtain funding, the property must be located in Fort Worth city limits and must be used as the homebuyer's primary residence.

Program Information

Income Guidelines	
Household Size	Maximum Household Income
1	\$54,200
2	\$62,000
3	\$69,700
4	\$77,500
5	\$83,750
6	\$89,850
7	\$96,100
8	\$102,350

The proposed program authorized by City Council during its Nov. 11 meeting would allow homebuyers with qualifying income to apply for assistance through one of the city's Homebuyer Assistance Program lenders under the following conditions:

- Only one-to-two unit properties are eligible (no investment properties)
- Down payment assistance can be used for closing costs, down payments and minor home repairs
- Eligible homebuyers will receive a deferred-payment loan with no payments or interest for five years. If the homebuyer remains in the home for five years, the loan is forgiven. The deferred-payment loan is subordinate to the lender-provided mortgage.
- Applicants will be required to attend an eight-hour homeownership training workshop conducted by a HUD-approved counseling agency. View upcoming workshop dates.

To find a bank-repossessed foreclosed property, contact a real estate professional.

Download a copy of the City of Fort Worth's proposed Neighborhood Stabilization Plan and attachments for more information.

Counseling Available for Residents Facing Foreclosure

The scariest word to any homeowner is “foreclosure.” It feels like the sky’s fallen in on you and your family.

The latest national stats show foreclosure filings — default notices, auction sale notices and bank repossessions — were reported on 279,561 properties in October, a 5 percent increase from September and a 25 percent increase from October 2007. Texas currently ranks 26th nationally, with a total of 9,900 foreclosure filings in 2008.

And, while the bust in the housing market and the downturn in the national economy hasn’t hit Fort Worth as hard other large cities, many residents are feeling the “pinch” of what some are calling a recession.

That’s why the City of Fort Worth’s Housing and Economic Development Department makes counseling and homeownership training available at no cost to all Tarrant County residents.

As a HUD-certified housing counseling agency, the department’s housing counselors help folks facing foreclosure as well as those who want to become homeowners create and follow a budget, work with creditors, consolidate and pay off loans and eliminate debts.

The department’s home ownership training covers how to shop for and buy a home, get a home loan, transfer a home’s title, maintain a home and be a good neighbor.

For those homeowners who may be facing foreclosure, the city offers foreclosure mitigation counseling. A counselor can review your financial situation and put together an action plan that may help resolve your delinquent mortgage status.

Counseling activities can include:

- gathering client information
- developing loss mitigation options
- communicating with the client’s loan service provider
- submitting loss mitigation package to loan service provider
- negotiating with junior lien holders and homeowner associations
- creating written action plans for foreclosure avoidance
- following up with clients
- connecting clients to additional community services.

For successful homebuyers, the city’s post-purchasing counseling teaches how to protect their investment and avoid delinquent payments. There’s even counseling for renters on their rights and responsibilities as well as information on fair housing.

Free classes — in English and Spanish — are scheduled from 8:30 a.m. to 4:30 p.m. Feb. 14 and March 14. Call 817-392-7390 to register.

What is Student Recognition?

Student Recognition Day is a day set aside to give special recognition to those person who have received their Christian nurture in the church, have completed their school requirements and are now engaged in furthering their education in some institution of higher learning. The forth Sunday in December as been designated as Student Recognition Day to recognize those persons who are now attending college, vocational school or other institutions of learning.

Monique Fletcher



Attends: University of Texas at Arlington, Arlington, Texas

Classification: Senior

Major: Social Work

Career Goals: Licensed Clinical Social Work for the Veterans Administration

Activities/Organizations: Zeta Phi Beta

- Monique anticipates her upcoming graduation in August 2009

Breana Henderson



Attends: Baylor University, Waco, Texas

Classification: Freshman

Major: Psychology

Career Goals: Sports Psychologist

Activities/Organizations: Baylor Intramural Staff and The Association of Black Students

- Breana states that as a first semester college student that she enjoys learning new things.

Katrina Franklin

Attends: Tarrant County College, Fort Worth, Texas

Classification: Freshman

Major: Social Work



Emanuel Henderson

Attends: Fisk University, Nashville, Tennessee

Classification: Junior

Major: Psychology

Career Goals: Criminal Psychology

Activities/Organizations: Collegiate 100 and NAACP, Junior Class President

- Emanuel states that he is learning how to be independent and how to work with others



Fisk University

Shenay Hunter

Attends: Prairie View A&M University, Prairie View, Texas

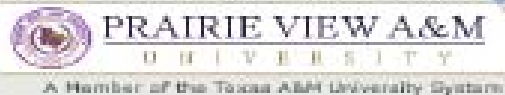
Classification: Senior

Major: Psychology

Career Goals: Obtain Bachelors and Masters degree and to work as a forensic psychologist

Activities/Organizations: Psychology Club

- Shenay states that she likes her college independence and learning how to deal with things herself.



Chester Johnson, Jr.

Attends: Texas College, Tyler, Texas

Classification: Junior



Texas College
BRINGING OUT THE BEST IN YOU

Shuntel Johnson

Attends: Tarrant County Junior College, Fort Worth, Texas — Transferring to Texas Wesleyan, Fort Worth, Texas, Spring 2009

Classification: Sophomore

Major: Education

Career Goals: Teacher

Activities/Organizations: African American Student Organization and Future Teachers of America

- Shuntel states that she likes the flexibility of college and the fact that the teachers are able to work with you.



Brantley Kirven

Attends: National Federation of Young Music Engineers, New York City, New York & Los Angeles, California

Adria Manning

Attended: Career Center of Texas

Certification: Medical Office Specialist

Career Goals: To work for a group of doctors or a specialist

Accomplishments: Graduation from Career Center of Texas with a 3.7 GPA, graduation is March 13th at Will Rogers Coliseum

- Adria states that she likes working in the front office, using the computer, being organized and keeping things running.



Micaela Watkins

Attends: Southern Methodist University, Dallas, Texas

Classification: Junior

Major: Political Science

Career Goals: Attend Harvard Law School, practice corporate law, and enter into politics

Activities/Organizations: The Association of Black Students, Voices of Inspiration Gospel Choir, Sisters Supporting Sister and SMU Mock Trial

- Micaela states that the harder she works the better she will be at attaining her goal and she really like SMU.



De'Tosha Williams

Attends: Tarrant County College— Southeast Campus, Arlington, Texas



The Most Important Meal of the Day

Kids Need Their Morning Meal

While adults need to eat breakfast each day to perform their best, kids need it even more. Their growing bodies and developing brains rely heavily on the regular intake of food. When kids skip breakfast, they can end up going for as long as eighteen hours without food, and this period of semistarvation can create a lot of physical, intellectual and behavioral problems for them.

A Good Investment

If you and your kids regularly skip breakfast in the interest of saving time or getting a few more minutes of sleep, remember that eating a wholesome, nutritious morning meal will probably save you time in the long run. By recharging your brain and your body, you'll be more efficient in just about everything you do. Interestingly, studies show that kids who skip breakfast are tardy and absent from school more often than children who eat breakfast on a regular basis. Preparing a good breakfast can be as quick and easy as splashing some milk over cereal. Time invested in breakfast is much more valuable than the few extra minutes of sleep you might get by bypassing the morning meal. If you and your kids seem unable to make time for breakfast, consider enrolling your children in a school breakfast program, if possible, or pack a breakfast brown-bag the night before so that you and your kids can eat on the way to school and work.

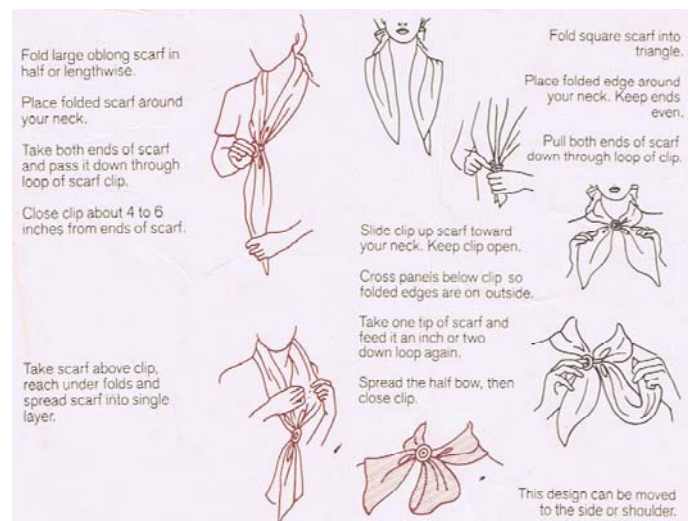
Break the Fast to Shed the Pounds

Some people skip breakfast in an effort to lose weight, but the practice is more likely to cause weight gain than weight loss. Skipping breakfast is strongly linked to the development of obesity. Studies show that overweight and obese children, adolescents, and adults are less likely to break the fast each morning than their thinner counterparts.

According to research, skipping meals, especially breakfast, can actually make weight control more difficult. Breakfast skippers tend to eat more food than usual at the next meal or nibble on high-calorie snacks to stave off hunger. Several studies suggest that people tend to accumulate more body fat when they eat fewer, larger meals than when they eat the same number of calories in smaller, more frequent meals. To teens, especially teenage girls, skipping breakfast may seem like a perfectly logical way to cut down on calories and lose weight. It's important for moms to educate their kids about the importance of the morning meal and the role it plays in maintaining good health and preventing obesity.

Fashion on a Budget

We have approached a new year. For many of us that means going out shopping for the latest and the greatest fashions for the year. According to fashion consultants the new fashion for 2009 is *scarves*. Scarves are very inexpensive and can fit any budget. Instead of going out buying a new dress, suit, sweater or coat buy a scarf to change the look of your outfit. According to a pamphlet called "Scarf Wearing Made Easy" there are at least 12 or more different ways a scarf can be worn. A basic bow, slip knot, square knot, Square knot bib, square bib, cowl neck, ascot, scarf wrap, scarf wrap ascot, shoulder wrap, waist wrap and scarf clip. This year you will find a different way to wear your scarf in each edition of the Voice of the Morning. The first example of scarf wearing is operating a scarf clip. Open clip and hold it open, keep ring or loop clear for scarf to go through. Feed scarf down through the loop. Clip can be used on all types of scarves- oblong, bias or square. For an oblong scarf fold in half lengthwise. Place scarf around neck. Take both ends of scarf through the loop of the clip. Close clip about 4 to 6 inches from the ends of the scarf. For a square scarf, fold into a triangle. Place around your neck with triangle in the back, keep ends even. Pull both ends down through the loop of clip. Slide up toward your neck. Cross panels below so folded edges are on the outside. Take one tip of scarf and feed it an inch or 2 down loop again. Spread out the half bow and close clip. This design is mostly worn on the side or shoulder. Some clips come with instructions on different ways they can be used. Now that you know how to use a scarf clip be creative.



Events for January 2009

Thursday, January 1, 2009:	New Year's Day
Monday - Thursday, January 5-8, 2009:	Pastor's Conference
Saturday, January 10, 2009:	Membership and Evangelism Seminar
Saturday, January 17, 2009:	Computer Class
Monday, January 19, 2009:	Martin Luther King Day
Sunday - Saturday, January 25- 31, 2009	CME Youth & Young Adult Week
Saturday, January 31, 2009 5:00 PM:	Children and Youth Musical

January Birthdays

January 1	Michael Young, III
January 6	Geraldine Manning
January 7	Corey Woods
January 18	Dietra Dangerfield
January 18	Michael Young, Sr.
January 20	Paula Patterson
January 22	Thomas Jefferson
January 30	Emma Caldwell

and Anniversaries

January 5 Rev. Wendell & Shauna Cass


Happy New Year!

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_mechurch@yahoo.com

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

Recipe of the Month

Red Velvet Cupcakes with Cream Cheese Frosting



Ingredients

- 2 1/2 cups all-purpose flour
- 1 1/2 cups sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon cocoa powder
- 1 1/2 cups vegetable oil
- 1 cup buttermilk, room temperature
- 2 large eggs, room temperature
- 2 tablespoons red food coloring
- 1 teaspoon white distilled vinegar
- 1 teaspoon vanilla extract

For the Cream Cheese Frosting:

- 1 pound cream cheese, softened
- 2 sticks butter, softened
- 1 teaspoon vanilla extract
- 4 cups sifted confectioners' sugar
- Chopped pecans and fresh raspberries or strawberries, for garnish

Directions

Preheat the oven to 350 degrees F. Line 2 (12-cup) muffin pans with cupcake papers. In a medium mixing bowl, sift together the flour, sugar, baking soda, salt, and cocoa powder. In a large bowl gently beat together the oil, buttermilk, eggs, food coloring, vinegar, and vanilla with a handheld electric mixer. Add the sifted dry ingredients to the wet and mix until smooth and thoroughly combined.

Divide the batter evenly among the cupcake tins about 2/3 filled. Bake in oven for about 20 to 22 minutes, turning the pans once, half way through. Test the cupcakes with a toothpick for doneness. Remove from oven and cool completely before frosting.

For the Cream Cheese Frosting:

In a large mixing bowl, beat the cream cheese, butter and vanilla together until smooth. Add the sugar and on low speed, beat until incorporated. Increase the speed to high and mix until very light and fluffy.

Garnish with chopped pecans and a fresh raspberry or strawberry.

Submitted by Linda Griffin

Mystery Word Search

All the words listed below are in the puzzle - left, right, up, down or diagonally. Find each word and circle each letter.

After you have found all the words, write down the leftover letters, unscramble them and find the *mystery answer*

- Amazing Love
- Beautiful One
- Cry Out to Jesus
- Forever
- Friend of God
- Give Me Jesus
- Glory Defined
- God with Us
- Grace Like Rain
- Here with Me
- Hide
- Homesick
- Mirror
- Mountain of God
- My Jesus
- Shout to the Lord
- This Man
- Undo
- Unfailing Love
- We Delight
- What If
- Who Am I
- Word of God Speak
- You Are God Alone

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

Answers will be printed in the next issue

Answers for the
December issue

C	O	N	T	I	N	U	A	N	C	E						
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	U					C				I	O	P				
	N				R	E	I	N	S	N	M	R				
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	C			O						L	T	S				
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