

Voice of the Morning

Morning Chapel Christian Methodist Episcopal Church

October—November 2014

Morning Chapel CME Church
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Reverend Doctor Willa M. Ross,
Pastor
Reverend Russell O. Fuller, Sr.
Presiding Elder
Sr. Bishop Lawrence L. Reddick III,
Presiding Prelate

Schedule of Activities
Sunday School — 9:30 am
Sunday Morning Worship—10:45am
Wednesday--Bible Study — 7:00 pm

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Katrina Jefferson, Acacia Nolan,
J. P. Barron, Shabra Watkins, and
Shuntel Johnson Dangerfield



From the desk of Reverend Doctor Willa M. Ross



As we approach the Advent Season, we are reminded of our need to prepare once again to receive the Christ child. We see all around us the reminders of the upcoming holidays, Thanksgiving and Christmas. Our mailboxes and inboxes are filled with sale advertisements and coupons beckoning us to buy and shop – to spend and charge until we drop. Only so many days left until Thanksgiving and then Christmas is upon us.

It is only natural that we anticipate and look forward to the holidays when we give thanks and spend time with family and friends. Yes these days are special days that fill us with a sense of warmth and love – a time for good eating and sharing. Isn't this what love is all about? Aren't we called to love one another, be kind to one another and share our gifts with one another? Yes we are, however we must remember the One who has loved us more than anyone and has given us the greatest gift we will ever receive.

Advent reminds us to slow down, to remember and celebrate “Emmanuel”, *God With Us*. The word **Advent** means “coming” or “arrival.” During this season our primary focus as Christians should be on the celebration of the birth of Jesus Christ in his first Advent and the anticipation of the return of Christ the King in his Second Advent. We acknowledge the One and true God who sent his only Son in the flesh so that all of creation might be reconciled to God.

Advent is a time when we as individuals and a congregation affirm that Christ has come among us, that He is present in the world today, and that He will come again in power. It is in this “in between time,” as we await for the second coming of Christ that we are called to live holy and be faithful stewards of what God has entrusted to us as God's people. As we look forward to the celebration of the Christ child each year, we celebrate God's breaking into history and anticipate alone with all creation our ultimate redemption in Christ Jesus, Emmanuel. It is also a time when we confess together as the church our responsibility to “love the Lord your God with all your heart” and “to love your neighbor as yourself.”

The spirit of Advent is expressed well in the parable of the bridesmaids who are anxiously awaiting the coming of the Bridegroom (Matt 25:1-13). There is profound joy at the Bridegroom's expected coming. And yet a warning of the need for preparation echoes through the parable. But even then, the prayer of Advent is still:

Come, O Come, Emmanuel,
And ransom captive Israel!

(continued on page 2)

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CME & Church News

From the Pastor's Desk (Continued)

Yes we look forward to the holidays and some of us have already begun our shopping lists for the preparation of meals and for gifts for our loved ones. But let us not forget in the midst of preparing for the Season, the One who should be at the top of all of our lists, **Jesus the Christ!** Let us look forward to Advent, full of anticipation and expectation. Let us prepare our hearts to receive Him once again and let us remember that He is the greatest gift of all. What gifts do we have to offer to Him, who came so that we might have life everlasting? What are our expectations? What are we hoping for during the upcoming Advent seasons? Are we anticipating a great move of God in our spiritual lives and are we praying that “Emmanuel,” will be first in our spiritual worship at Morning Chapel Christian Methodist Episcopal Church?

There was no room for the holy family at the inn because the world's activities (the census) packed the place full. If our schedules are filled with worldly activities, will we have room in our own lives to give to Christ?

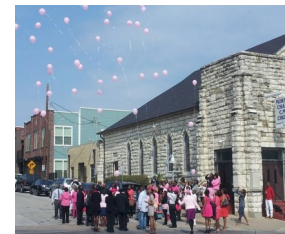
I invite each of you to get ready to celebrate and anticipate with joy the Season of Advent. I encourage you to commit to a special time of humble devotion and prayer leading up to the Advent Season. Seek God in the midst of your busyness and your striving to accomplish everything that needs to be done. Put God at the top of your list and pray that God will fill you with hope, peace, joy and love as we anticipate and expect Christ coming!

In anticipation and expectation,

Your Servant Leader.
Pastor Ross

Pink Sunday

By: Katrina Jefferson



Susan G. Komen for the Cure® developed Worship in Pink formerly Pink Sunday in an effort to partner with local churches to educate congregations on breast health and breast cancer, and to raise awareness of the disease and the importance of early detection. This year, the Komen Greater Fort Worth Affiliate designated October 19, 2014 as **Worship in Pink**. Worship in Pink is sponsored by The Center for Cancer and Blood Disorders. Morning Chapel along with other local churches and other faith based organizations in Tarrant County joined in the fight against breast cancer during Breast Cancer Awareness Month by participating in Pink Sunday.



The congregation was encouraged to wear pink to show support, to honor survivors and celebrate their courage, and to remember those who have lost their battle with breast cancer. Our Worship Leader was Katrina Jefferson. Christal Griffin and Johnette Calhoun provided the scripture readings. Melissa Cook ministered a special praise dance in honor of breast cancer and domestic violence awareness. Our guest preacher was Elder Dwalunda Ray who reminded us that we're “Not in Never Land”.

Following service members were asked to place the names of loved ones on pink balloons. Rev. Leslie Perry said a prayer, and the congregation released the balloons into the sky in honor of those who have lost the battle, are fighting, and surviving. A pink cake and punch reception followed the balloon release.



Fall Festival

By: Shuntel Johnson Dangerfield



Morning Chapel celebrated our annual fall festival October 25, 2014. Each year we pull together, to give the children a safe, friendly, and fun environment full of goodies to enjoy. Like always, our members seem to

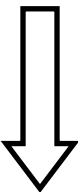
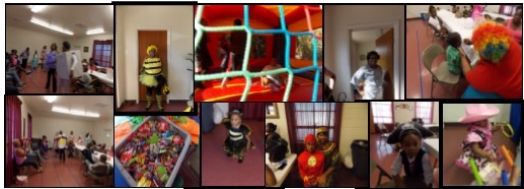
put a little extra in the mix and create something special for all ages to participate.

Our fall festivities included musical chairs, ring toss, and our famous costume contest. This year our members got exceptionally creative with their choice of costume and presentation; which made it very difficult for our panel of judges. A very special thank you goes out to Pastor Willa Ross, for making her debut appearance as one of the judges. Your presence and involvement with the youth is truly appreciated. As time whined down the judges came to a decision for the best costumes.



Ages 0-4	Kaylee Dangerfield as the Cowgirl in Pink
Ages 5-9	Gabrielle Lewis as the Sassy Cat Girl
Ages 10-17	Anthony Dangerfield as the Referee
Ages 18 & Up	Tamiyah Fletcher and Taniyah Fletcher- Carter as Bath Time

Everyone did a great job and put in so much effort to make this year's Fall Festival wonderful. Thanks again for all of the goodies that were donated. We look forward to next year.



A program designed for youth to facilitate, build, and strengthen their life skill competencies:

- Social
- Moral
- Emotional
- Physical
- Cognitive

Look for more information in the next issue of the newsletter and the weekly Sunday Bulletin.

Jersey Day: A Sunday of Fellowship and Team Support

By: Shabra Watkins



A day of worship and fun was held on October 26th as we celebrated Jersey Day at Morning Chapel. Our members and visitors had the opportunity to wear the team of their choice as a Jersey and bragging rights that their team was "The Best".

Morning Chapel is full of Dallas Cowboy fans so blue and silver were the colors of the Sunday. But everyone is not a Cowboy fan! There was representation from the Green Bay Packers, Pittsburgh Steelers, San Francisco 49ers and some college representation.



The Cowboys are on a winning streak sort of right now so they have a lot of fans cheering for them.

It was a great Sunday of fun and great pictures. Morning Chapel really enjoys football season. We even had Pastor Ross in a Dallas Cowboy Jersey! We had to show her Texas love and Texas hospitality.

It was a great Sunday of fellowship for everyone!



Missionary News

By: Johnnie P. Barron

Eighth Episcopal District Missionary Institute:

The Missionaries of Morning Chapel were participants in the annual Missionary Institute at Texas College in Tyler, Texas October 10-11, 2014. The studies for this conference year is from the book: Strong Was Her Faith.: This book is about strong women of faith in the New Testament. The book examines the Scriptures to see what we can learn about these women and what we can learn from them, and how each woman fit into as well as shaped the New Testament story. The book focuses on several women of great faith who were crucial, in ways both obvious and understated, to the story of the New Testament.

All the Regions in the Eighth Episcopal District participate in giving Texas College over \$1,000 for the Student that run short of finances and need a little help. The donation was in the form of \$10 Walmart gift cards. Each Region in the Institute also gave a \$200 donation for the scholarship fund.

An enjoyable time was had by all attending.

Earlene Galloway March:

On Sunday, October 26, 2014, the Fort Worth District Missionaries was engaged in the Annual Earlene Galloway March at Carter Metropolitan CME Church, Fort Worth. Morning Chapel was able to donate 60 care packs and 77 blankets for Battered Women, the Samaritan House, and the homeless in the metroplex.

Thank you, Morning Chapel for supporting the Missionaries.

By: Takiyah Evans

Leadercast 

The Brave Ones

May 8, 2015

Join Us
May 8th @ 7am (CST)
Morning Chapel CME Church
903 E. 3rd Street
Fort Worth, TX
www.morningchapel.com
or
evanstakiyah@aol.com

Leadercast exists to positively change the way the world thinks about leadership. This year's theme - The Brave Ones - challenges leaders to focus on the courage necessary to lead. Experience Leadercast Live on May 8, 2015 and discover what it means to be a leader worth following.

Purchase your
ticket today!

Learn more at
leadercast.com

Speakers Include



Andy Stanley



Malala Yousafzai



Ed Catmull



Seth Godin



Rudy Giuliani



Aja Brown



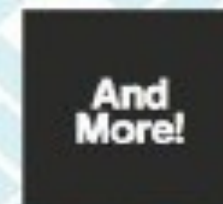
Bill McDermott



CMDR Rorke
Denver



Bill & Giuliana
Rancic



And
More!

Morning Chapel Kudos

by: Shabra Watkins & Birdia Fletcher



Note from the Editors:

Each issue of the newsletter will have a section for you to list accomplishments, activities, and events of yourself, children, spouse, other family members, and church members. This section is called: Morning Chapel Kudos. Please give your Kudos (written) to Birdia Fletcher or Shabra Watkins or email mail to birdia.fletcher@att.net or shabra_watkins87@yahoo.com. We look forward to receiving your Kudos for publication.

Thanks, The Voice of the Morning.

Kudos for Freddie Nolen, IV

Congratulations are in order for Freddie Nolen, IV. He qualified for the Heritage Elementary school wide Spelling Bee. It will be held on November 14th, 2014.

We all know how intelligent our little Freddie is. We wish him the best in his competition. Freddie is the son of Freddie and Acacia Nolen and the sister to Elena.

Great Job, Freddie, IV!!

Rheaven and Rhain Carter tried out for and made the ACE 12 Regional Volleyball Team for the 2015 season. Congratulations!! Way to go girls!! Mommy's so proud!!

New Organizations!!

Greeters - Membership and Evangelism

If you are interested in being a part of the Greeters Ministry or need more details, please contact Anthony Dangerfield

Bridges

Bridges is a special interest group targeted at Morning Chapel members that are between 36 - 55 years of age. See Sis. Acacia Nolen to become a part of this group.

What Is Reduce, Reuse & Recycle?



In 2009 the U.S. recycled and composted 82 million tons of solid waste, preventing 178 million metric tons of CO₂ emissions.

We've all heard the mantra, "Reduce, reuse and recycle." You may wonder what it means or how to incorporate these principles into your daily life. It's not as complicated as you may think --- the "three Rs" all complement each other and together create a system that can shrink your household's carbon footprint.

Reduce

The most essential way to reduce waste is to avoid creating it in the first place. Unfortunately, current consumer behavior is trending in the wrong direction. According the U.S. Environmental Protection Agency, each person created 2.7 pounds of waste each day in 1960. Today that number is 4.3 pounds. (See References 2) Some companies, however, are getting more efficient with their product packaging to save resources. Plastic 2-liter soft drink bottles are one example. Manufacturers have reduced the weight of the plastic used in these bottles by 0.6 ounces over the last 30 years. While this may seem insignificant, it keeps 250 million pounds of plastic from becoming part of the waste stream. (See References 2) Likewise, consumers can reduce simply by cutting back and making small changes. Cutting back on water and energy use at home is a good place to start. When making a purchase, look for durable products that will last a long time, rather than something that might need to be replaced quickly.

Reuse

Reuse refers to several things. It can mean investing in items that can be reused --- for example, using cloth tote bags when you shop instead of asking for plastic bags, or buying reusable

food containers, such as a thermal coffee mug or a reusable water bottle. (See References 4) It also means looking for ways to repurpose discarded items, especially those that cannot be recycled and will end up sitting in a landfill for centuries. Consider repairing an item rather than throwing it out. If you're upgrading an appliance or gadget, see if you can donate the old one to someone who can use it. If a product has served its purpose, look for alternative uses. For example, clean used jars can be used to store leftovers or odds and ends.

Recycle

Recycling also keeps usable materials out of the landfill. Objects that might be considered waste are turned back into raw materials that can be used in the manufacture of other items. Recycling consists of three basic steps. The first step is collection and processing. Communities handle this in various ways. For example, some may offer curbside recycling, while others may have central drop-off facilities. The recyclables are then sorted, cleaned and turned into marketable raw materials --- for example, paper is turned into pulp and plastics are melted down. Step two consists of manufacturing the recycled materials into new products. Step three occurs when consumers purchase recycled products. This completes the recycling loop. (See References 3) As a consumer, you can participate by properly recycling as much waste as possible, and by looking for products that contain recycled content. Often, products will tout this as a selling point.

Benefits

Following the "three R's" has several advantages, including cutting greenhouse gas emissions, conserving energy and resources and reducing the need for landfills and incineration. Recycling also protects U.S. manufacturing jobs, according to the EPA.

NO SHAVE NOVEMBER

It's the first of November. Many are recovering from their Halloween festivities or getting ready for the weekend. Others are excited about the changing of the leaves and the switch to their winter clothes. For a large section of men and women, the first of November signifies one thing: the start of No Shave November.



WHAT IS IT?

SIMPLE: No-Shave November is a unique way to raise cancer awareness. What better way to grow awareness than with some hair? Show your support and give back. The month of November is blocked off for a time when men and women donate the money they usually spend on shaving and grooming for a month to educate about cancer prevention, saving lives and helping to fight the battle.

THE CONCEPT: The goal of No-Shave November is to grow awareness by embracing our hair, which many cancer patients lose, and letting it grow wild and free. Donate the money you usually spend on shaving and grooming for a month to educate about cancer prevention, save lives, and aid those fighting the battle.

WHAT CAN I DO? Participate by growing a beard, cultivating a mustache, letting those legs get mangly, and skipping that waxing appointment. Give back even more by picking up some sweet merchandise to show your support. If you're not ready to sport a new shaggy look, consider donating anyway to support the cause.

SHARE: With your help we can get the word out. Every donation means more resources to fight cancer.

Healthy Teen Skin Care Habits



If you're in your teens, you are just at the right time to start taking care of your face properly. Teen skin care differs from your mom's skin care, so don't rely on her facial cleansers and moisturizers which are most likely not meant for your skin type.

Protect your skin. If there is one thing that you take from this article, this is it: **use sunscreen.** We all know that sunscreen protects your skin from this sun, and this obviously reduces your chance of skin cancer. Did you also know that this reduces your chance of signs of early aging? (aka: wrinkles) 90% of premature aging is caused by the sun. Apply sunscreen with a minimum SPF 15 (I recommend higher) when you're out in the sun or driving around with your friends. Don't forget to reapply. And share this beauty tip with your friends. They will thank you in 15 years.

Ditch the bar soap you have in your shower. Find a facial cleanser that's best for your skin type. Do you have oily skin? Many teens find that oily skin is their main concern, so look for a gel based cleanser if this is your problem. An affordable one that you can pick up at the drugstore would which includes Salicylic Acid which helps clear acne. Make sure you wash your face in the morning and at night. You never want to sleep in your makeup.

Moisturize your face. The idea that those with oily skin don't need a moisturizer is just plain false. What you do need is a light oil-free moisturizer to put on after you cleanse. Always moisturize after you wash and dry your face. If your skin is very oily, you may choose to just moisturize in the morning.

Use a weekly mask and a weekly exfoliator. A mask deep cleans your pores, while an exfoliator removes the top layer of dead skin cells. When choosing a mask, look for a clay mask which will open pores and clean deep down. A weekly to bi-weekly exfoliator will encourage new skin to come to the surface faster. Make sure you are gentle; if you over scrub, your skin may break out even further. Use once a week for polished skin.

October & November Calendar of Events

October 10-11	Missionary Institute, Texas College, Tyler, TX
October 11	DFW Region Stewardess Planning Meeting, Kirkwood Temple CME Church, Dallas
October 12	Morning Chapel will observe “Freedom Sunday”
October 12	Connectional Lay Day
October 16-17	One Church One School, Chicago, Illinois
October 19	Pink Sunday, in observance of Breast Cancer Month
October 24	NAACP Freedom Fund Banquet, 6:45 p.m., Will Rogers Center, Fort Worth
October 25	Fall Festival
October 26	Jersey Sunday
October 26	Missionary Earline Galloway March, 4:00 p.m. Carter Metropolitan CME Church, Fort Worth, TX
October 31	Halloween
November 7-8	DFW Region Men’s Retreat, Christian Chapel CME Church, TOF
November 8	Feeding Families Fund Raiser Garage Sale, 104 N. Judkins, Fort Worth
November 14-15	Fall Convocation/Reporting Meeting, St. James CME Church, Tyler, TX
November 16	Morning Chapel Family is invited to join Allen Chapel AME Church to celebrate their Women’s Day. Pastor Ross will be God’s messenger.
November 21	Wiley Gratts Fellowship Banquet, Carter Metropolitan CME Church, Fort Worth
November 22	Morning Chapel’s Officers Training, 9:00 am—12 Noon
November 23	Family & Friends Day & Feeding Families (distribution to families who signed-up)

Weekly and/or Monthly Events:

1st Monday:	Steward Meeting 6 pm Church Conference 7 pm
Wednesday:	Prayer Service 6:30 pm Bible Study 7 pm Children & Youth Rehearsal 7 pm (2nd Wednesday) Mass Choir Rehearsal 8 pm (1st, 3rd, & 4th Wednesdays)

Coming Soon:

December 6	Children Outing — Jubilee Theater
December 7	Missionary’s Phillis H. Bedford Missionary Tea
December 14	Christmas Program & CME Founder’s Day
December 28	Elder Fuller’s First Quarterly Conference for the Year

October & November Birthdays & Anniversaries

Birthdays

5-Oct Kiamesha Parker
9-Oct Micheal Watkins
10-Oct Micaela Watkins
12-Oct Robbie Watkins
15-Oct Nicholas Griffin
17-Oct Freddie Nolen, III
22-Oct Rheaven Carter
25-Oct Vincent McDonald
25-Oct Katilyn Williams
26-Oct DeTosha Williams
30-Oct Ashley McGilvery
31-Oct Debra Moore
Oct Elnora Woods
Oct Leon Paul

3-Nov Patricia Evans
13-Nov Jeff Maneice
18-Nov Lotaya Davis
19-Nov Greg Bell
19-Nov Avery Evans
26-Nov Teresa Parker
30-Nov Ethan Bell



Anniversaries

30-Sep Edwin & Angela Bell
16-Oct Joe & Beverly Washington
25-Nov Freddie & Acacia Nolen
28-Nov Raynard & Yvette Caldwell



Chocolate Raspberry Pound Cake

Ingredients

- ¾ cup less-sugar raspberry preserves
- 1 cup whole-wheat flour
- 1 cup unbleached white flour
- 1 cup granulated sugar
- ½ cup reduced calorie sugar substitute
- ¾ cup baking cocoa
- 1 ½ teaspoons baking soda
- 1 teaspoon salt
- ½ cup less-fat margarine with 8 grams of fat per table spoon, preferably with plant sterols added
- 3 tablespoons raspberry-flavored liqueur, fat-free half-and-half can be substituted
- 16 ounces fat-free sour cream
- 2 large eggs use higher omega-3 type, if available
- 1 ½ teaspoons vanilla extract
- powdered sugar for dusting



Dust this cake with powdered sugar and serve with fresh raspberries and a dollop of light whipped topping, if desired.

Preparation

1. Preheat oven to 350°F. Coat a tube pan with canola cooking spray and dust lightly with flour. Place the raspberry preserves in a small microwave-safe bowl and heat on high for 15 seconds or until softened.
2. Add whole-wheat and white flours, sugar, sugar substitute, cocoa, baking soda, and salt to large mixing bowl and beat on low to blend well. Stop mixer and add margarine, liqueur, sour cream, eggs, vanilla, and softened preserves all at once. Beat on medium speed for two minutes, scraping sides of mixing bowl after a minute.
3. Pour batter into prepared pan and bake for 50-60 minutes, or until cake tester inserted in center comes out clean. Cool in pan 10 minutes, then remove cake from pan and place on serving plate to cool completely. When ready to serve, dust powdered sugar over the top. Serve with fresh raspberries and a dollop of whipped topping or whipping cream, if desired.

Tidbit & PUZZLE

Bible Wordsearch

Wordsearch 230

Matt. 1:1-13

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

After you find all the hidden words the left over letters spell out a Bible verse reading from the top left to the bottom right

MORE PUZZLES AT:

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Genealogy of Jesus

ABIJAH	ABRAHAM
ABIUD	BABYLON
AHAZ	BROTHERS
AMON	CHRIST
ASA	ELIAKIM
AZOR	FATHER
BOAZ	HEZEKIAH
DAVID	HEZRON
EXILE	JECONIAH
ISAAC	JEHORAM
JACOB	JOSIAH
JESSE	JOTHAM
JESUS	MANASSEH
JUDAH	MOTHER
KING	NAHSHON
OBED	RECORD
PEREZ	REHOBAM
RAHAB	SALMON
RUTH	SOLOMON
ZERAH	UZZIAH

Answers will be printed in the next Issue

Solution to last issue's puzzle

Doublepuzzle 1 solution

ADAM, GOSPEL, TIRE, GRAVE, HIGH
GIVE GOD THE PRAISE
(John 9:24) KJV

Doublepuzzle 2 solution

DECAY, GROUND, JEWEL, LAWS, NEVER,
PICK, REALM
WISE MEN LAY UP
KNOWLEDGE (PROV.10:14)