

Voice of the Morning

Morning Chapel Christian Methodist Episcopal Church May—July 2016

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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Shabra Watkins, and
Shuntel Johnson Dangerfield



From the desk of Reverend Doctor Willa M. Ross



“God With Us”

Every year during the season of Advent, we focus on the Scriptures that refer to Jesus as Emmanuel. Isaiah 7:14 refers to him as Immanuel and Matthew 1:22-23 references him with a different spelling Emmanuel. Immanuel in the Hebrew means *God, the One true God, Jehovah* and Emmanuel, which is derived from the Greek means *God With Us*. John 1:14 says, “*The Word became flesh and dwelt among us.*”

During my time away these words infiltrated my thoughts as I spent time with God discerning God’s will for me during this conference year as well as God’s desires for Morning Chapel CME Church. In my reflection, I pondered whether we truly believe that God is with us. Is God only present with us during the Advent Season, or when we consider our personal salvation through Jesus Christ, or in anticipation of our heavenly home? How do we show evidence that God is with us at all times?

Along with the Choir, we sing the song, “We Worship You,” often during the year. Many times it is sung during the offering time. But what do we truly mean when we sing, *come let us adore him, kneel down before Him, worship and adore Him?* What does it mean to worship and adore “God With Us,”? Is God with us when we withhold our offerings of praise and sacrifice? Personally, I believe that God is with us at all times; even when we fail God; when we mess up and fall short of God’s expectations. Why because God is with us and cares for us even when we fail to praise and worship God. God is always rooting us on to be better and to do better.

Presently we are in the season of Ordinary Time according to the Christian liturgical calendar. Ordinary time is that time between Pentecost and Advent. It has been stated by some that this is the season when the church goes about its ordinary business. It is not a celebratory time of a high holy season such as Christmas or Easter, but it is the time when we focus on the Gospels and the teachings of Jesus.

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CME & Church News

From the Pastor's Desk (continued)

I see Ordinary as the time when we hear God's direction as to how we serve together in fulfilling the Kingdom of God here on Earth. Jesus said the Kingdom of God is among you.

If we believe God is with us during the Ordinary Time then we should not fear making changes or taking risk of doing something new in the life of the church. As we worship and adore, *Emmanuel God With Us*, we know that wherever Emmanuel leads us, Emmanuel is with us. One Seminary professor defines Ordinary time as EXtraordinary as the time we really flesh out what it means to live a Christian life?

This is what I heard God speak to me during my time alone with God. I AM with you. Be not afraid for I AM with you. I AM who I AM. I will never leave you nor forsake you. These words that I hear from God, Church are not just for me but they are directed towards the church as well. Do we truly understand these words as we enter into a new conference year? Do we possess the courage and the boldness to step out on faith during this conference year not just trusting but knowing deep within our very individual and corporate souls that God is truly with us? Whatever we speak in His name, whatever we plan in His name, whatever we do in His name, Jesus is With Us!

Finally, I praise God for another opportunity to serve at Morning Chapel, and I thank God for Bishop Reddick for his discernment in hearing from *God With Us*, appointing me as your pastor for another year. As I kneel down and pray to God With Us, I ask God to enrich us and instill within each of us the passion and power to accomplish great things in the name of the One who became flesh, and *still* dwells among us. God we worship and adore you even in the Ordinary times of our lives!!!!

Blessings,
Pastor Ross

Fort Worth District Youth and Young Adult Conference

By: Birdia Fletcher



The children, youth, and young adults or Morning Chapel had the opportunity to attend the Fort Worth District Youth and Young Adult Conference Saturday, June 18, 2016. The conference was held at Elizabeth Chapel CME Church, Dallas, Texas. The theme for the conference was: "The Investment Factor: A Changed People, Changed World. Elder Russell O, Fuller, Sr. of the Fort Worth District was the presiding Elder.

The conference began with devotion lead by Sis. Faye Flanagan. After the devotion, all present went to group session based on the organization they are affiliated with at their church. The sessions were as following:

- Young Adult—"Witnessing to a New Generation", Rev. Ben Reese, leader.
- Adult—"Investing in Children and Youth Through Christian Education", Rev. Dr. Johnnie K. Dollarhide, leader
- The Youth Session was lead by Sis. Evelyn Curry
- The Children Session was lead by Sis. La Nytra Fuller

The children, youth, and young adults attend choir rehearsal while the adults attended various department meetings. Department present were: Missionaries, Ushers, Ministers' Spouses, Sunday School, Ministers, and Evangelism.

The conference ended with the children, youth, and young adult choir singing several songs and the election of district officers.

Following the conference, a reception was held for Elder and Mrs. Fuller. Representatives from all department gave Elder and Mrs. Fuller monetary gifts and flowers. They both commented that "the program great—something different, but really, really great."

Morning Chapel Celebrates 148 Years: “Praise the Lord: Celebrating a Lifetime of God’s Promises Fulfilled”

By: Acacia Nolen



May marked the 148th anniversary for Morning Chapel CME Church. The theme for the anniversary program held on Sunday, May 22, 2016 was “Praise the Lord: Celebrating a Lifetime of God’s Promises Fulfilled”.

Background scripture for the theme comes directly from Psalm 30. This theme encompasses the innumerable blessings we have experienced from our faithful God in these past 148 years.

The celebration was kicked off on Saturday, May 21st with many church members visiting the neighbors surrounding the church. They shared the mission and vision of Morning Chapel and extended an invitation to join us for Sunday school and church services. A combined Sunday school class was held on the grounds of the church on the morning of May 22nd and we were joined by one of our neighbors! Both our youth and adults shared with the class.

The Morning Chapel family was honored with a special greeting from Mayor Betsey Price. She presented Pastor Ross with a proclamation in honor of the 148th anniversary.

The anniversary message was delivered by Dr. Logan Hampton, President of Lane College. Dr. Hampton reminisced about his time at Morning

Chapel as he saw many familiar faces. His message was heartfelt and powerful as the passion he has for Morning Chapel was conveyed. Afterward, the church family continued to fellowship with each other and our guests as we closed out the anniversary celebration.

Mass Choir Workshop Musical

By: Birdia Fletcher

The Morning Chapel Mass Choir held its music workshop May 12-14, 2016. Church choir members and anyone interested in improving their vocal skills were invited to attend the workshop. Morning Chapel members and friend of Morning Chapel enjoyed the musical on May 15, 2016, which was part of our 148th Church Anniversary weekend celebration. The musical was organized by our Music Director Angela Bell, along with guest directors Warren Bailey and Charlene Ayers. Rev. Leslie Perry was the organist, and Robert Evans II was the drummer.

Mass Choir President, Johnette Calhoun appreciate and thank all who attended the workshop and those who attended the musical. The musical was a great success.

CME & Church News

2016 Connectional Youth & Young Adult Conference

By: Takiyah Evans



The youth or Morning Chapel had the opportunity to experience youth, young adults, clergy and Christian educators together in one place to worship, fellowship, be educated, commune and network in God's name.

The Connectional Youth & Young Adult Conference presented by the Department of Christian Education occurs once every 4 years. This year the conference was held in Memphis, Tennessee, July 11-15, 2016. The conference has grown to be the largest gathering of CME's from all over the Connectional Church.

The conference focused on transformation, nurturing, empowerment, mission, worship, fun, singing and fellowship. The week was filled with opportunities for all participants to grow in knowledge and be stronger witnesses for God. The theme for the conference was "Chosen: Light of the World", we are chosen to shine, we are chosen to lead.



Seven youth and 3 chaperons, along with Rev. Ross attended the conference. Many of those that attended were first time conference goers.



Each day the youth attended their assigned formation groups for spiritual discussions with other youth in their age group from around the connection.

Terence Bell was recognized during the High School Graduates Luncheon.

Takiyah Evans facilitated one of the formation groups and Angela Bell

lead one of the workshops on worship.

Also during the conference the youth of Morning Chapel had an opportunity to visit the Civil Rights Museum, this was a very enlightening trip for our youth. They had the pleasure of reading, seeing and listening to various major points in our African American history. Eric had the chance to visit St. Jude's Children's Research Hospital, which the CME Church presented a generous donation to during one of the plenary sessions.



The youth and chaperons are so grateful to the Morning Chapel family for their prayers, spiritual guidance and finance support in their attendance to the 2016 Connectional Youth & Young Adult Conference.



CME & Church News

Morning Chapel Celebrates Two Years of Appreciation for Pastor Willa M. Ross

By: Shabra Watkins



The Morning Chapel family celebrated with joy, our appreciation services of love and thanksgiving for our wonderful Pastor, Rev. Dr. Willa M. Ross on Sunday, July 24th during morning worship.

Our theme for the appreciation services was, "Growing in Love and Gratitude", so fitting for the occasion.

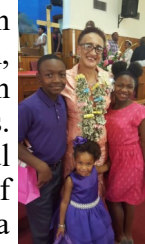
The program began by the processional of Pastor Ross escorted by young gentlemen Khalon Griffin and Soloman Tolbert. Flower Petals were also displayed and showered in the entrance aisles of the church by Gabriel Davis and Gabriel Lewis. Pastor Ross was beautiful in a peach and ecru suit with accessories!



The program proceeded with music from the Morning Chapel Mass Choir, our welcome of visitors and the occasion presented by Micheal Watkins, and the ministry in dance by the Morning Chapel praise dancers.

Our special guest speaker for the occasion was Bishop Ronald M. Cunningham, our 53rd Bishop of the CME Church. He was introduced by his wife, Lady Clarice Cunningham. The Cunningham's are personal friends of Pastor Ross and we were honored to have them present.

After a spirit filled appreciation message by Bishop Cunningham, presentations of love were shown by tributes presented by Sis. Johnette Calhoun and a beautiful tribute of love by the children of Morning Chapel lead by Eleana and Freddie Nolen, IV. Pastor Ross was presented with roses and a special arrangement of dollars and flowers, done by the children.



We all know how much Pastor Ross loves her children! Pastor Ross was also presented with a gift from the Morning

Chapel family. In Pastor Ross' remarks to the congregation, she thanked everyone for their love and appreciation. We are blessed to have her as the Shephard of Morning Chapel. It was a beautiful Sunday of love, fellowship and thanksgiving.

Thanks to all the committees for your hard work toward our celebration. You were all so willing to help where you were asked to. To Chairperson Johnnie P. Barron and Co-Chair Sis. Vernice B. Coleman, another great year of service, ladies. You did an awesome job! Thanks also to Sis. Feleshia Cochran for the marvelous food reception, to Sis. Aisha Barron for the beautiful decorations in the fellowship hall and the Worship Leader for the program, Micaela S. Watkins.

We look forward to a 3rd year of love and appreciation celebrated again, for our dynamic and spirit filled Pastor, Rev. Dr. Willa M. Ross in 2017! God bless you Morning Chapel for your love!

Church Picnic Held at Cobb Park with Grilling and Great Fun

By: Shabra Watkins



There is nothing like a picnic in the park! We were blessed this year with great weather and a great Morning Chapel crowd for Morning Chapel's church picnic in May. Our picnic was part of our Church Anniversary celebration. The menu for the picnic was hamburgers with all the trimmings, hot dogs, chips, desserts and soft drinks.

Cobb Park has been newly renovated in Fort Worth so the facility was awesome with a playground for the kids, a walking trail and a nice, covered pavilion to cook and relax under.



The children enjoyed the playground and games and the adults competed in card games.

There were plenty of hotdogs and hamburgers for every one prepared and grilled by Bro. Thomas Jefferson, Sis. Shabra Watkins and Mellissa Cook.



Thanks so much to everyone who attended and your contributions to the food and also to the Evangelism Team of the Board of Christian Education of Morning Chapel and the Church Anniversary Committee for your assistance. It was a day of fun and fellowship for everyone!



Leadercast

By: Takiyah Evans

2016 Leadercast —Architects of Tomorrow

This year Morning Chapel hosted Leadercast 2016. As a church community we need better leaders in our communities, businesses, organizations and in homes across America. Individuals must choose to operate in ways that make them worth following. Each one of us must exhibit certain behaviors that make our leadership come to life for those around us who are looking for someone to follow.

During the event we explored what it means to be a visionary leader by looking at three unique perspectives that an "Architect of Tomorrow" must explore. Visionary leaders have the ability to see a preferred future, operate in the present, and utilize the resources around them to architect a clear path to a new destination. They work tirelessly to empower those around them to bring a vision to life.

On May 6, 2016, the Leadercast event was broadcasted LIVE from Atlanta, GA to hundreds of sites around the world, including Morning Chapel CME Church This year's speaker lineup includes:

- **Andy Stanley** - Leadership author and communicator
- **Kat Cole** – Group President of FOCUS Brands
- **Nick Saban** – Head Football Coach at The University of Alabama
- **Dr. Henry Cloud** – Acclaimed leadership expert, clinical psychologist, and best-selling author
- **Rorke Denver** – Navy SEAL Commander & Author
- **Steve Wozniak** – Co-Founder of Apple, Inc.
- **Chris Baréz-Brown** – Author & Creativity Guru
- **James Brown** – Network Broadcaster Company: CBS Sports & news
- **Tripp Crosby** – Comedian, Director, & host of Leadercast 2016

Leadercast exists to positively change the way the world thinks about leadership. In its simplest form, leadership is casting a compelling vision and mobilizing those around you to help you fulfill that vision. That is the role of Architects... they design the path, they clarify the direction, and they lead their team toward that preferred future with little deviation. Today is better because of the visionary leaders of yesterday, and the future will be brighter because of the Architects of Tomorrow.

CME & Church News

Scene 1, Take 1, Action: Missionary Observance Fifth Sunday

By: Johnnie P. Barron

The Missionaries of Morning Chapel CME Church of Fort Worth, Texas observed the Fifth Sunday May 29, 2016 during Morning Worship. Pastor Ross took the back seat for the morning, while the Missionaries did their thing. The entire Missionaries Society got in on the action: children, youth, young adults, adults, and senior adults were all involved in the Morning Worship service.

Morning Chapel's Musician, Rev. Leslie Perry, and the Missionary Choir provided music through the Service. The Worship Leader for the morning was President Johnnie P. Barron, who along with the Missionary choir led the congregation in singing "At the Cross." The children and youth of Morning Chapel participated in the Devotion: Egypt Davis (Mattie E. Coleman) gave the Invocation; Gabby Davis (Rossie T. Hollis) read the Old Testament Scripture; and Rheaven Carter (Mattie E. Coleman) read the New Testament Scripture.

Four Missionary sisters did a dramatization of one of the Missionaries favorite hymns: "In the Garden". The participants were: Vernice Coleman, Beverly Washington, LaRonda MacDonald, and LaToya Davis, narrator.

The morning worshipers were also ministered to by the missionaries' production of "The Other Twelve Disciples: Women Who Followed Jesus", from the resource booklet by International President Princess A. Pegues. This dramatization reminded the worshipers that these women portrayed in the skit had followed Jesus as He went about preaching, teaching, and healing. The closing song for the skit was: "Were You There." This song inspired all to ask the question: "Have I place myself at the Cross?" The characters were: Narrator—Theresa Young; Darcus — Micaela Watkins; Mary and Martha – Shabra Watkins and Acacia Nolen; The Syrophenican Women – Linda Griffin; The Samaritan Woman – Christal Griffin; The Adulterous Woman – Emonie Pettiford; Joanna –

Bernice Williams; Susanna – Norma Moore; Salome – Delayne Hunter; Mary Magdalene, Mary the Mother of James and Joses, and Mary the Mother of Jesus – Taniyah Carter Washington, Birdia Fletcher, and Angela Bell.

Remarks were given by Pastor Willa M. Ross. Thanks to President J. P. Barron and all the missionaries of the Old Rock Church, Morning Chapel, for their work and another successful fifth Sunday.



"Hat Show"

By: Birdia Fletcher

The Fellowship Hall of Morning Chapel was turned into a runway of fashions on Saturday, May 28, 2016 when the Missionary Society hosted its annual "Hat Show". Everyone present had a great time viewing the latest trends in hats and accessories while they snacked on fruits and salads. One of a kind creations from local hat designers were modeled including hats from Geo's Collections. Oohs and aahs could be heard throughout the halls as the models strutted across the runway showing off hats ranging from small and dainty to wide-brimmed and bold.

Shopping opportunities were also available during the event. Vendors not only sold hats, but also sold accessories and clothes. Door prizes and favors were given to all guest. President, Johnnie P. Barron thanks all missionaries for their support and a job well done.

Vacation Bible School full of Summer Fun and Spiritual Teachings for All

By: Shabra Watkins



What a great week of fun, food and fellowship during June for Vacation Bible School. Our theme this year was, "Joy in Jesus" Everywhere! All the Time! The scripture for the theme was Nehemiah 8:10, "The joy from the Lord is your strength!" The daily lessons were awesome based on

hashtags faith matters, Jesus cares, worship matters and black lives matter.

Vacation Bible School is held every year during the summer and it's not just for the children -everyone from 0-99 attends! There was something for everyone.



VBS was full of music, arts and crafts and bible study and great meals for dinner were served. Awesome teachers were prepared with great lessons to share the good news of Jesus and his Joy. Every bible lesson carried deep thoughts and meditations for the week. One of the favorites for the week was proclaiming that Faith in God strengthens us to survive hard times and oppressive situations. That is why we all should have Joy in Jesus!



The arts and crafts were creative and brought out the imagination of everyone during the week. During the last night of VBS, each age group presented some of their topics for the week in review and presentations. The children

and youth sung great songs that were inspired by the lessons.



It was a great week of growing closer to each other and the word of God for Morning Chapel.

Thanks so much to the Board of Christian Education Officers and Members, the fantastic teachers, our Male Ministry and the great kitchen volunteers that helped with preparing dinner every night. We all had a great time!

Pentecost Sunday Celebrated and Recognized at Morning Chapel

By: Shabra Watkins

The Morning Chapel congregation celebrated Pentecost Sunday in May for 2016 as a morning service program and fellowship.

In preparing for Pentecost Sunday, many Christians pray to the Holy Ghost, in which we ask for the gifts of the Holy Spirit and the fruits of the Holy Spirit. Pentecost Sunday, which celebrates the descent of the Holy Spirit upon the Apostles and the Virgin Mary, is also an moveable feast. For this year's Pentecostal Sunday, as a fellowship, we continued high praise and fellowship for worship and included all the members sitting with their birthday month and each month of the year dressed in particular colors to represent each birthday month.

This was the 2nd year that Pastor Ross led our recognized and celebrated Pentecostal Sunday Services and it was spirit filled and an enjoyable worship experience.

Church History Trivia By: Birdia Fletcher

Test Your Knowledge

Use the words or phrases below to complete the following statements.

black public schools	Old Rock Church	high school	Stewart Chapel
Colored Methodist Episcopal	1868	Benson Chapel	May 1877
Underground Railroad	Knights of Pythias	windows	Cotton Belt Railroad
Fifth and Crump	Hazel Harvey Peace	Jubilee Temple	Lula McLane Chapel
Elias Prophetic Murchison, Jr.	Carter Metropolitan	Sixth and Crump	

(1) In 1954 the _____ Church changed its name to Christian Methodist Episcopal.

(2) Freed slaves came west after emancipation looking for new opportunities. It was during this era that the now historical Morning Chapel CME Church was organized in _____. Among those persons were Eugene "Blue" Rollins, an ex-slave who became a trustee, and Anderson Caville, the first Superintendent of _____.

(3) Faithful servants of God constructed the first church building, with Anderson Caville paying \$150,000 for the lot, in 1872 at the corner of _____ and _____ Streets.

4) Morning Chapel is listed in the National Register Information System as housing the first _____ for African-American students in Fort Worth in 1885.

(5) According to the Daily Standard Newspaper printed December 15, 1876, a terrible wind storm blew down the small frame structure (the church first building). The church was soon rebuilt and its first cornerstone was laid _____.

(6) In 1884, the faithful congregation and friends with the assistance of the Methodist Episcopal Church South moved the frame structure into a very beautiful stone edifice at _____ and _____ Streets, which was completed in 1905 with the exception of the _____.

(7) Morning Chapel earned the nickname "_____" because of its many years of existence and the beautiful rusticated limestone that the church building is made from.

8) In 1907, the _____ bought the church property at Fifth and Crump Streets, and under the pastorate of Rev. G.H. Harlee, the church was moved to our present location at Third and Crump Streets.

(9) The church at Third and Crump streets was built over some type of tunnel and it was rumored the tunnel may have been used by the _____.

(10) During the time period from 1931-1932, the church building was condemned and while a new building was being built, using the same stones, the church worshipped inside of the now historical _____ (which was located behind the church) until the church was completed sometime between 1934 and 1936.

(11) In 1958, an educational building was erected to the rear of the church and the contractor was Joe Peace, the husband of _____ of I.M. Terrell High School.

12) Morning Chapel has the distinction of being the "Mother Church" to five CME churches located in the city of Fort Worth, Texas. They are: Gibson Memorial (now _____) in 1910, North Side Chapel (now _____) in 1915, _____ in 1926, _____ in 1937, and _____ (named for one of Morning Chapel members) in 1958.

(13) Morning Chapel has the honor of giving a great Bishop to the Christian Methodist Episcopal Church in the person of Bishop _____, the 29th Bishop of the CME Church. He was born behind the church on Second Street and baptized in the church.

Answers are printed on last page.

Morning Chapel's Kudos



Kudos to Bell Boys:

College classes at Prairie View A & M University, for Terence

High school for Ethan

Six grade for Evan



Kudos to Terence Bell

the recipient of the Dallas/Fort Worth Region Missionary Society Bobbie Odom Scholarship

Kudos to Region King and Queen

Congratulations to **Tyrone Pettiford III** and **Rheaven Carter** for representing Morning Chapel as King and Queen at the Dallas/Fort Worth Region Kings & Queens for Christ 2016 during the Region Annual Conference in Dallas, TX.



Kudos to my big sister, Dietra Dangerfield,

on her new position at her new job. I am so proud of you! Continue to make bigger and better strides in life and remember to always keep God first!

Love, Shuntel Johnson-Dangerfield



Note from the Editors:

Please give your Kudos (written) to Birdia Fletcher or Shabra Watkins or email mail to birdia.fletcher@att.net or shbra_watkins87@yahoo.com.

Head Up, Phone Down When Headed Back to School



Summertime offers a nice reprieve from the constant shuffling of papers, car-pools and heavy backpacks of the school year. But once fall rolls around again, parents and kids have a lot to juggle.

As your children march out the door on that first day of school – and every day – there is really only one priority: Nothing is more important than making sure they get home safely. Back in 1995, children ages 5 to 9 were more at risk than any other age group under 19 for being struck by a vehicle while walking. The good news is the death rate for kids of all ages in this category declined more than 50 percent in the last 20 years.

But there is much more work to be done. According to a study by SafeKids.org, 61 children are hit by cars every day in the United States, most often during the hours before and after school, and peaking in September. And, there has been a noticeable demographic shift. It is now much more likely a teenager will be hit by a car than his younger counterpart.

Of the 484 pedestrians ages 19 and younger who died after being hit by a motor vehicle in 2013, 47 percent were age 15 to 19, according to *Injury Facts 2015*. We also know that 16,000 pedestrians 19 and younger were injured in 2013. That's 44 per day.

The injury and death rates for teens has leveled off over the years, but it has not improved significantly.

With this knowledge, the National Safety Council is focused on efforts to eliminate distracted walking – specifically walking while texting. According to a study by The Nielsen Company, kids age 13 to 17 send more than 3,400 texts a month. That's seven messages every hour they are awake.

Before your children head out, remind them of these year-round safety tips:

- Never walk while texting or talking on the phone
- If texting, move out of the way of others and stop on the sidewalk.
- Never cross the street while using an electronic Device,
- Do not walk with headphones on.
- Be aware of the surroundings.
- Always walk on the sidewalk if one is available; if child must walk on the street, he or she should face oncoming traffic.
- Look left, right, then left again before crossing the street.
- Cross only at crosswalks.

Drivers have a lot to pay attention to in school zones, too, and there is never an occasion that justifies using a phone while driving. One call or text can change everything.

A study conducted by the Centers for Disease Control revealed that the most common form of travel to school for students age 5 to 14 is the family car. That translates into a lot of cars in school zones at the same time. Eliminating all distractions is key to keeping children safe.

Please join the National Safety Council in doing everything you can to prevent senseless injuries and deaths.

Source: <http://www.nsc.org/learn/safety-knowledge/Pages/back-to-school-safety-tips.aspx>



Health & Beauty Tips ...

Men: 5 steps towards healthy, handsome skin

Men's skin care step 1 – Cleanse

If you can't find the time to do anything else – cleansing your skin is a must! Don't worry guys; cleansing is just a fancy word for washing your face. This should be done every morning and every evening before bedtime. However, this doesn't mean that you can reach for that withered old bar soap. Ordinary soaps tend to be loaded with detergents and deodorizers and can be very harsh and dehydrating to the skin. A good facial cleanser is what you need. Remember, if you don't cleanse your skin on a daily basis; the excess grime and oil could leave you with clogged pores and breakouts.

Men's skin care step 2 – Exfoliate

Exfoliation is the process of removing the dead skin cells from the surface to reveal the new skin cells beneath. Our skin exfoliates naturally but, as we get older, the process of exfoliation starts to slow down and we need to help it along. Exfoliation can also help clean out the yucky stuff that can get lodged in your pores. Choose an exfoliant that contains scrubby particles to help smooth the skin and eliminate dullness.

Men's skin care step 3 – Moisturize

Men tend to need moisturizer even more than most women do. This is because most men shave their faces. Every time you scrape that razor across your skin, you aren't only removing facial hair but you are also removing necessary oils from your skin. Then what do you do? You probably slap on some alcohol-based aftershave lotion that burns the heck out of your skin. The alcohol then further dehydrates the skin. So what do you need to combat this? Moisturizer! A moisturizer will help to replenish your skin's moisture content and will help prevent razor burn.

Men's skin care step 4 – Eyes

One of the very first places we start to notice the signs of aging is around the eyes. And unfortunately, this is the very place that many men tend to neglect. The super soft, very thin layer of skin that surrounds our eyes can develop little expression lines that may grow into unsightly wrinkles quickly. So what should you do? Pick up a hydrating eye cream right away. All you need is a little dab of product under and around each eye to do the trick. .

Men's skin care step 5 – Lips

Believe it or not, our lips age drastically with time. Unfortunately, as we age our lips lose collagen and they start to melt right in with the rest of our face. Women can take advantage of lip liners, lip stick and lip glosses but many men draw the line at this! If you look at your lips in the mirror you will see fine lines and wrinkles running in all different directions. Our lips, like the skin around our eyes, also lack in sweat and oil glands. They do not have the same protective layer of skin called the stratum corneum that we have elsewhere on our bodies for added protection. And, because they also lack in melanin they lose that extra protection against the sun's UV rays. Our lips desperately need our help. Men, grab a lip balm, preferably with SPF and as I always say; apply, apply and reapply throughout the day.

See gentlemen, it's really that simple! And the best part is that if you incorporate these five simple steps into your daily regimen, you will definitely notice a difference in your appearance. It's a fuss free way towards healthy, handsome skin.

Written by beauty expert, Jacquie Carter. Jacquie is Director of Outer Nutrition at Herbalife.

January through August Calendar of Events

May 12-14	Choir Workshop and Musical
May 15	Pentecost Sunday
May 21	Minister Spouses Activity (tentative)
May 21	Church Anniversary Picnic
May 22	Morning Chapel's 148th Church Anniversary
May 28	Missionary Hat Show
June 12	Sunday School Blitz & Promotion Day
June 13-17	Vacation Bible School, 6:30 p.m.—9:00 p.m.
June 18	FWD Youth and Young Adult Conference held at Elizabeth Chapel
June 27	Fourth Quarterly Conference, 7:00 p.m.
July 10	Presiding Elder Russell O. Fuller, Sr. Appreciation Service at Carter Metropolitan, 7:00
July 11-15	CME Youth and Young Adult Conference in Memphis, TN
July 24	Sunday School Breakfast 9:00 a.m.—9:20 a.m. sponsored by the Young Adults
July 24	Pastor Ross' Appreciation
Aug. 10-13	DFW Region Annual Conference at Sheraton DFW Airport Hotel in Irving, TX

Weekly and/or Monthly Events:

Sunday	Sunday School 9:30am-10:30am
4th Sunday	Membership Training, 9:30am-10:30am
1st Monday:	Steward Meeting 6 pm Church Conference 7 pm
Tuesday:	Mid-Day Bible Study 12:00 noon
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)

Prayer Line

Thursday Prayer Line will be suspended for awhile. Notification will be given when it resumes. Please remain in prayer for our Beloved Zion and all of the Morning Chapel Family.

Van Ministry

In an effort to extend our reach and access to the community, Morning Chapel is seeking to establish a Van Ministry. We need your help. Each member is asked to donate \$1 weekly and each officer is asked to donate \$5 weekly, or any monetary amount you will contribute. Thanks for your support.

January through August Birthdays & Anniversaries



Birthdays



1-May Taniyah Carter
 1-May Tamiyah Fletcher
 4-May Rev. Byrd Lowe
 10-May Aarron Barron, Sr.
 10-May Jimmy Coleman
 13-May Rev. Wendell Cass
 14-May Cynthia Johnson
 17-May Isaac Tate IV
 19-May Michael Kelly
 25-May Krysti Young
 25-May Katrina Franklin
 30-May Katrina Jefferson

2-Jun Shauna Cass
 4-Jun Evan Bell
 6-Jun Raynard Caldwell, Jr
 17-Jun Melissa Cook
 19-Jun Jamariah Kelly
 22-Jun Rhonda Ward
 27-Jun Yuhsuf Fletcher
 28-Jun Rev. Dr. Willa M.Ross

11-Jul Taja Harris
 11-Jul Trysta Harris
 13-Jul Ilka Maneice
 18-Jul J.P. Barron
 18-Jul Madison Young
 20-Jul Birdia Fletcher

11-Aug Tatum Evans
 15-Aug Sheryl Hunter
 17-Aug Trinitee Young
 18-Aug Aileax Barron
 19-Aug Wayne Ashford
 23-Aug Elnora Woods
 27-Aug Christal Griffin



Anniversaries



26-May Nick & Miesha Griffin
 21-Jun Jef and Ilka Maneice
 17-Aug Micheal & Shabra Watkins
 22-Aug Alfred & Barbara Brown
 29-Aug Anthony & Dietra Dangerfield

Creamy Chicken Spaghetti



Ingredients

- 8 oz, spaghetti, uncooked
- 2 cups fresh or frozen chopped broccoli
- 1 1/4 lb. boneless skinless chicken breasts, cut into strips
- 1/2 lb. (8 oz.) Velveeta, cut up
- 1 can (10-3/4 oz.) condensed cream of mushroom soup
- 1/2 cup milk

Preparation

1. Cook pasta in large saucepan as directed on package, adding broccoli to the cooking water for the last 5 minutes of the pasta cooking time, drain. Cover to keep warm.
2. Spray skillet with cooking spray. Add chicken; cook and stir 4 to 5 minutes on medium-high heat or until chicken is cooked through. Add Velveeta, soup and milk; mix well. Reduce heat to low; cook until Velveeta is completely melted, stirring frequently.
3. Add pasta; toss to coat.

Shortcut

Substitute 1 pkg. (6 oz.) OSCAR MAYER Grilled or Italian Style Chicken Breast Strips for the cooked fresh chicken strips. Cook pasta and broccoli as directed. Drain; return to saucepan. Add chicken, VELVEETA, soup and milk; continue as directed.

Perfect Pasta

For perfect pasta that's cooked just right, test it often near the end of the cooking time suggested on the package. The perfect pasta is done when it's tender, but still slightly firm as you bite into it. To keep the pasta from cooking any further, immediately drain it in a colander.

From <http://www.kraftrecipes.com/recipes>

Tidbit & PUZZLE

All the words listed below are in the puzzle - left, right, up, down or diagonally. Find each word and highlight or circle its first letter then its last letter. After you have found all the words, write down the leftover letters in the correct order to form the *mystery answer*.

F	D	N	E	I	R	F	A	Advocate, Beloved, Faithful, Friend, Lord, Omega, Peace, Priest, Savior, Victor ----- Answers will be printed in the next Issue
P	A	E	E	S	H	D	G	
R	V	I	V	C	V	E	E	
I	L	I	T	O	A	P	M	
E	H	O	C	H	L	E	O	
S	E	A	R	T	F	E	P	
T	T	R	D	D	O	U	B	
E	S	A	V	I	O	R	L	

Solution to last issue's puzzle

Across: 1 Repentance, 6 Anoint, 7 Steal, 9 Pierce, 10 Urn, 11 Heap, 14 Mist, 15 Eli, 16 Stream, 17 Sinai, 18 Nathan, 20 Gethsemane

Down: 1 Run, 2 Philip, 3 Nature, 4 Answer, 5 Cherubim, 6 Alphaeus, 8 Lengthen, 9 Patience, 12 Isaiah, 13 Bronze, 14 Martha, 19 Axe

Answers to Church History Trivia

1. Colored Methodist Episcopal
2. 1868, black public schools
3. Sixth and Crump
4. High school
5. May 1877
6. Fifth and Crump
7. Old Rock Church
8. Cotton Belt Railroad
9. Underground Railroad
10. Knights of Pythias
11. Hazel Harvey Peace
12. Carter Metropolitan Benson Chapel
Jubilee Temple
Stewart Chapel
Lula McLane Chapel
13. Elias Prophetic Murchison, Jr.