

Voice of the Morning

Morning Chapel Christian Methodist Episcopal Church

November-December 2015

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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Shuntel Johnson Dangerfield



From the desk of Reverend Doctor Willa M. Ross



Disciple or Member?

Luke 14:27 – "...And whoever does not carry their cross and follow me cannot be my disciple."

Growing up in the church I very seldom recall anyone referring to what it meant to be a disciple of Jesus Christ. As a teenager I remember the Pastor standing after the sermon had been preached and saying, "The doors of the church are open." I remember asking my mother why the Pastor did this every Sunday and what he meant when he said this. She explained to me that this was the time when people would come and join the church. But she also shared with me that it was much more than joining the church. It was about giving your life to Jesus.

As I ponder my mother's words, "giving your life to Jesus," I wrestle with whether persons who have come in response to the doors of the church being open fully grasp the sincerity as well as the commitment involved in giving one's life to Jesus. Of course in the CME ritual, we call it the invitation to Christian Discipleship. But still pastors stand and say the **doors** of the church are open, (which in essence there is only one door through which ones come to accept Christ) and give a litany of reasons why one should come, but very seldom explain what Christian discipleship entails.

The truth of the matter is there is hardly enough time during the invitation to explain all that Christian Disciple entails. Thus the need for confirmation classes and membership training. This is why teaching in the church is not only necessary but imperative in leading persons to a decision to follow Jesus Christ. Accepting the invitation is merely the beginning.

Teaching about discipleship is a passion for me as a servant of Christ. I have learned during my years of pastoring that not everyone chooses to be a disciple of Jesus Christ. Some really do choose to be only members of the church.

We read in the Gospels that there were large crowds who followed Jesus, but after hearing Jesus' teachings about what was required to be his disciple, many made the decision to turn around. Many accepted his teachings but could not adhere to them. We know that the first twelve called by Jesus left everything to follow Jesus.

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CME & Church News

From the Pastor's Desk (continued)

So the question for us to ponder in these modern times is what is truly involved in following Jesus? What is required to be a disciple of Jesus Christ? What are one's responsibilities after accepting the Invitation to Christian Discipleship? Does one have to give up everything to become a disciple? Is it enough to show up for Sunday school and worship occasionally, be a member of a board or auxiliary, and bring an offering when one comes? What must one do to truly be considered a disciple? What is the meaning of Christian Discipleship?

The answers to these questions must come through an in-depth study of Jesus' teachings and discernment of God's calling on one's life. It is about becoming a disciple. It is a process that begins with accepting the invitation, followed by a commitment to a life of prayer and deep communion with God. The answers come not immediately but through one's desire to learn from the master teacher and grow spiritually.

It is simple to say I am a disciple of Jesus Christ but to truly be a disciple is a serious undertaking. It is a life-long journey of walking and learning from Jesus daily. Are you a disciple or a member?

Beginning in January during our Wednesday night Bible Study we will begin our study of Understanding Christian Discipleship. I challenge those who are wrestling with these questions to come and be a part of this time of learning?

Your humble servant,
Pastor Ross

Fall Festival full of Fun, Food and Festivities

By: Shabra Watkins



Another great year of celebrating fall! The Board of Christian Education planned the Fall festival a little different this year. Flyers were made and distributed in the neighborhood and to other local churches as invites to our Festival. Morning Chapel is continually improving their visibility in the community as per our new Vision statement.

We had a great crowd, with many games, prizes, food and the costumes!! It was well organized. Great event for fun!

Thanks to the Male Ministry for helping cleanup following our festival and the Board of Education for the implementation. Great Job and Great Fun!

Check out all the pictures!



November Marked as Men's Month at Morning Chapel CME Church

By: Shuntel Johnson-Dangerfield



The Great Men at Morning Chapel C.M.E Church, embarked upon another journey, growing in the word and fulfilling their call together as Christians. The month of November was marked as Men's Month, with the Theme "Men after God's Own Heart". The leaders of the great Men of Morning Chapel, Co-Chairs Chester Johnson Sr. and Anthony Dangerfield Sr., were honored to have been chosen to represent our church and were pleased to have had the support of all members in the church.



Sunday, October 25th, was recognized as the kick off for our men of the "old rock church". Lead by Chester Sr. and Anthony Sr.; the men stole the show taking on leadership roles in Sunday School and Worship Service. One of our beloved members Bro. Anthony Dangerfield made his debut as the messenger of the hour during worship service. He entitled his message "Look at Jesus". As always Bro. Leslie Perry and Rev. Wendell Cass brought a wonderful message to the congregation. The youth male chorus brought the congregation to their feet with their melodic voices, lead by "Lil" Freddie and A.J. There was so much talent brought to the spotlight by the men.



The Men not only fed our spirits but they also fed the hungry. The men took the lead in the Community Thanksgiving dinner with the help of our lovely missionaries. It was such a sight to see the men taking part in preparation and the serving in the kitchen, but they did with grace. As Chester Johnson Sr. stated , "We are committed in the well-being of the church to show its rise, as in the past the standards of our Lord is not only a financial statement but that the men will demonstrate that we are loving leaders, effective teachers and Godly examples that will and can "stand in the gap". "



Men's Month was such a success, that we look forward to another bigger and better next time around. A special thanks goes to all members and guest that helped to make this year's Men's Month a big success!

I will praise You, O Lord, with my whole heart;
I will tell of all Your marvelous works.
I will be glad and rejoice in You;
I will sing praise to Your name, O Most High.

Psalm 9:1-2

CME & Church News

Membership and Evangelism Team Sponsors Feeding Families for Thanksgiving

By: Shabra Watkins



Morning Chapel's Evangelism Team sponsored a program this past Thanksgiving to host dinner for those less fortunate families or members without family locally in town to share in the spirit of giving. A great dinner was donated, prepared and served by the members and the Evangelism team of Morning Chapel members on the Wednesday evening before Thanksgiving.



Invitations and tickets were sent out to the community and friends to share in Morning Chapel's Community Dinner. Although we did not have a large crowd, we did feed several guest and members. It was a great meal prepared and a beautifully, decorated place setting especially for Thanksgiving.

A world of Thanks to Pastor Ross for her support, to Aisha Barron for the Thanksgiving dinner decorations, the entire Membership and Evangelism Team and to Sis. Melissa Cook, the Director of the Evangelism team, for her hard work of preparing the event and serving. It was a great effort and we know it will be bigger and better next year!



Starts January 30, 2016

Morning Chapel CME Church

Rock Respect
ACADEMY

See Christal Griffin for application and information

Breast Cancer Awareness Pink Sunday



Morning Chapel observed Pink Sunday October 18, 2015. The congregation wore pink to show support and honor survivors, and to remember those who have lost their battle with breast cancer.

Pink Sunday was implemented seven years ago by Komen Charlotte due to an increasing need to address specific health disparities seen in the community. Across the state/country:

- To date, African American women still have a higher incidence rate of breast cancer before age 45 and are more likely to die from breast cancer at every age.
- African American women are diagnosed with late stage breast cancer at a higher rate compared to other populations.
- By 2012, breast cancer death rates were 42% higher in black women than white women.

When breast cancer is diagnosed at later stages, it can affect treatment options and survival rates. Early detection is key and is linked to better survival rates

After worship service, the congregation assembled outside the church for prayer and release of pink balloons with loved ones name written on them. Pink cookie and pink punch was enjoyed by all.



Children and Youth Present Christmas Celebration Program with a Great Message

By: Shabra Watkins



Complete with costumes, memorized lines and great singing, Morning Chapel's children and youth department presented to us a play entitled, "Just a little Jesus". The Christmas story was narrated and presented with Angels, wise men and of course Mary and Joseph and other characters to depict the story of Christmas.

Morning Chapel is blessed with so much talent from our children and youth-some of them performed dual roles! We even had performances and speeches from some of our smallest reindeer! Stars in the making!

The program was held during church service which was great because 2nd Sunday's are conducted by the children and youth department. It gave the children and youth a larger audience so everyone could have an opportunity to see the program instead of early morning during Sunday School.



The message, "Just a little Jesus" was received by the congregation in the play and received a standing ovation.

It was a great play with a great meaning that Jesus was and is the reason for the season.

The program was followed with a Christmas message by Pastor Ross and a Christmas reception followed.

Thanks to the entire staff of our Children and Youth Directors, Volunteers, Parents, our awesome Music department lead by Sis. Angela Bell and especially our children and youth for a great day of celebrating the season of giving and the birth of Christ. Great Job, Everyone!



I Am Works Association 4th Annual Angel Works Program

By: Taniyah Carter Washington



Morning Chapel was the host site for the 4th Annual Angel Works Program for I Am Works Association. The Angel Works Program is a holiday initiative that provides food baskets and gifts to families during the Christmas Holidays.

With the help of volunteers from morning chapel, I Am Works was able to feed 45 families and provide toys to give them a memorable Christmas. The families also received information on Dental health and hygiene from a local dentist, financial information from Nicholas Griffin and Primerica, and information from Takiyah Evans about the upcoming Rock Respect Academy. The recipients were very thankful for the basket of food, gifts, and information received.



The staff at I Am Works would like to send a special Thank You to Pastor Ross and the Morning Chapel Family for your hospitality and help in volunteering. I Am Works Association is looking forward to working with you next year and helping more families.

CME & Church News

Vernice Coleman honored as Stewardess of the Year during National Lay Day Program

By: Shabra Watkins



It came as a complete surprise to the recipient of the award, Stewardess of the year, Sis. Vernice Coleman. She was awarded the Stewardess of the year award during the D/FW Regional Connectional Lay program held last October in Denton, Texas at Mount Pilgrim CME Church. Rev.

Keeton Fuller, Pastor. Other awards were presented including Layman of the year.

Sis. Coleman received her award honoring her dedication to the local and district level office she holds and the work she accomplished with the help of all of the Stewardesses toward the 1st annual Regional Stewardess Banquet, which will be repeated for 2016. She had no idea regional president, Carolyn Gaddis was reading a plaque that would be presented to her. With the help of Sis. Johnnie P. Barron, she was escorted to the front to receive her award. Sis. Coleman tearfully received her award and thanked all of the Stewardess for their commitment and the award.

Congratulations Sis. Vernice Coleman on a very deserving award. Thank you for your dedication to the Stewardess of Morning Chapel and the Fort Worth district. Great Job!

Morning Chapel Honors its College Students on Student Recognition Sunday

By: Shabra Watkins

Morning Chapel applauds its students that continue to exceed and further their education by attending college to pursue their degrees.

Student Recognition Sunday was held during church services to applaud all of our college students.

Our Students Are:

Taja Harris, attending
Prairie View A and M University

Trysta Harris, attending
Texas Southern University

Derrick Parker, attending
Jarvis Christian College

Jada Ivory, attending
Alabama State University

We all wish them well and continued support from the entire Morning Chapel family. We are so proud of you and love you! Continued Success!



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.

MLK Celebration set for January 15



The 31st annual Martin Luther King Jr. Holiday Celebration, sponsored by the City of Fort Worth Martin Luther King Jr./Juneteenth Employee Committee, is planned for noon Jan. 15 in Council Chambers at City Hall, 1000 Throckmorton St. The public is invited.

The theme is “The Time is Always Right to Do What is Right.” The keynote speaker will be Max Krochmal, assistant professor in the TCU Department of History. His current book project follows a diverse group of ordinary people as they built multiracial political, civil rights and labor coalitions in mid-twentieth century Texas. He is the faculty leader of the TCU Civil Rights Bus Tour.

The mistress of ceremonies will be Monica Hamilton, deputy chief of staff in the Fort Worth Mayor and Council Office. The event will include live entertainment, music, vendors and more.

The Fort Worth Nature Center & Refuge



The Fort Worth Nature Center & Refuge (FWNC&R) is a natural area comprised of forests, prairies, and wetlands allowing you to step back in time and experience what the Fort Worth/Dallas Metroplex was like in the early 20th century. The inception of the FWNC&R was based on protecting our local watershed. In 1914 when Lake Worth was built land was purchased around the West Fork of the Trinity River by the City of Fort Worth to protect the quality of drinking water for the Fort Worth community. With great persistence from some local citizens, particularly the Fort Worth Audubon Society, the Park Board designated some land in 1964 to create a wildlife sanctuary and nature preserve for our community and the FWNC&R was born.

At its current state, the FWNC&R covers 3,621 acres and includes over 20 miles of hiking trails, making the parks one of the largest city-owned nature centers in the United States. In 1980 it was designated as a National Natural Landmark by the U.S. Department of the Interior. With the ever growing population of Fort Worth and the surrounding communities, having a place to explore and enjoy the outdoors is important for our residents. The FWNC&R is home to many native habitats to discover on a self-guided or staff-guided hike. Staff members offer many programs throughout the year providing opportunities for our visitors to learn about our natural world.

In addition to education, the FWNC&R is a shining example of land stewardship and was recognized with a Lone Star Land Steward award in 2009 by the Texas Parks and Wildlife Department. Resource management staff work hard to preserve our ecosystems by promoting best practices to enhance the fauna and flora. Managing our bison herd and implementing prescribed burns are two of many ways we ensure our wildlife have a sustainable home.

The FWNC&R is a division of the City of Fort Worth Park and Recreation Department. Additional funds to support the FWNC&R come from The Friends of the Fort Worth Nature Center & Refuge (FONC). The FONC is a 501(c)3 organization that provides financial support for projects, professional development for staff and other operational needs.

Hours & Admission:

Refuge Hours

Winter (Oct-Apr) 8 AM - 5 PM

Summer (May-Sept) 7 AM - 5 PM

Hardwicke Interpretive Center

Year Round 9 AM - 4:30 PM

\$5 Adults (13-64)

\$2 Children (3-12, under 3 FREE)

\$3 Seniors (65+)

\$1 Discount per person (with Military ID-Active/Retired)

9601 Fossil Ridge Road

Fort Worth, TX 76135

Health Tips ...

Top 10 **Healthy** Family Tips for The New Year

1. Eat dinner together as a family. Studies conducted show that families who regularly eat together, make healthier food choices.

2. Bring kids into the kitchen and have them help prepare the meal. Children who participate in the meal preparation tend to eat healthier foods.



3. Avoid words like "don't, can't, bad, forbid" with foods. It only makes kids more curious about them.

4. Plant a vegetable with your child and have them care for it until it is ready to be harvested. Kids who have participated in gardening tend to be more interested in fruits and vegetables.



5. Take a family walk together after dinner with pedometers and have kids put a star on the calendar for every day they walk.



6. Include a vegetable and a fruit at every meal. Let the kids select which ones they want.



7. Limit fruit juice to once a day. Help kids find creative ways to eat their fruit.

8. Choose higher fiber foods like legumes, produce with skin and 100% whole grains. Most children do not get enough fiber.



9. Turn the TV off during meal time and share your experiences of the day. Keep table talk positive fun family time.

10. When eating out, teach children to split a meal. Most restaurant portions are too big.



Be healthy all year with fun nutrition games, healthy tips and printables- it's free! www.nourishinteractive.com

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November, December, & January Calendar of Events

| | |
|---------------|--|
| Nov. 6-7 | Ministry to Men Retreat. Carter Metropolitan Church, Houston, TX |
| Nov. 5-7 | Women in the Ministry Conference, Christian Chapel Temple of Faith, Dallas, TX |
| Nov. 13 | Fort Worth District Wiley Gratts Lay Banquet, Carter Metropolitan. Fort Worth, TX |
| Nov. 15 | Men’s Day — Chester Johnson, Sr. & Anthony Dangerfield, Sr. Chairpersons |
| Nov. 20-21 | 8th Episcopal District Fall Accounting Meeting, St. James Church, Tyler, TX |
| Nov. 22 | Sunday School Breakfast, 9:00 a.m.—9:20 a.m. Sponsored by usher Board |
| Nov. 22 | Jersey Sunday — Wear your favorite team. |
| Nov. 25 | Evangelism Thanksgiving Dinner, 6:00 p.m. |
| Nov. 26 | Thanksgiving |
| Nov. 29 | Advent Begins |
| Dec. 6 | Fort Worth/Dallas Region Phillis H. Bedford Pre-Christmas Tea, 4:00 p.m.—6:00 p.m. |
| Dec. 11 | Stewardess Christmas Party, 5:00 p.m. Home of Vernice Coleman |
| Dec. 13 | CME Founder’s Day Observed |
| Dec. 13 | Christmas Program |
| Dec. 19 | Angel Works 10:00 a.m.-2:00 p.m. — I Am Works & Morning Chapel Young Adults |
| Dec. 19 | Women’s Missionary Society Cheer Bag assembly 1:00 p.m.-2:00 p.m. |
| Dec. 19 | Fort Worth District Stewardess Chat & Chew Fellowship 2:00 p.m. |
| Dec. 25 | Christmas |
| Dec. 27 | Christmastide |
| Dec. 27 | Sunday School Breakfast 9:00 a.m.– 9:20 a.m. sponsored by the Stewardess Board |
| Dec. 27 | Student Recognition Day |
| Dec. 27 | Jersey Sunday — Wear your favorite team |
| Dec. 28 | Quarterly Conference, 7:00 p.m. |
| Jan. 1 | New Year’s |
| Jan. 11– 14 | CME Pastor’s Conference & Phillips School of Theology Founder’s Day, Atlanta, GA |
| Jan. 16 | Christian Education Retreat |
| Jan. 17 | Morning Chapel Stewards Day |
| Jan. 24 | Sunday School Breakfast 9:00 a.m.—9:20 a.m. sponsored by the Choirs. |
| Jan. 24 | Jersey Sunday — Wear your favorite team |
| Jan. 30 | Rock Respect Academy 10:00 a.m.—12:30 p.m. |
| Jan 31-Feb. 7 | Connectional Youth and Young Adult Week |

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) |

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.

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.

November, December, & January Birthdays & Anniversaries



Birthdays



3-Nov Patricia Evans
14-Nov London Fletcher
19-Nov Greg Bell
19-Nov Avery Evans
26-Nov Teresa Parker
30-Nov Ethan Bell

13-Dec Acacia Nolen
14-Dec Aisha Barron
17-Dec DJ Preston
22-Dec Vernice Coleman
25-Dec Leonard Roberts
29-Dec Angela Bell
30-Dec Alvin Barron
30-Dec William Barron
30-Dec Armintha Brown
30-Dec Adina Washington
31-Dec Shenay Hunter

1-Jan Michael Young, III
6-Jan Geraldine Manning
7-Jan Corey Woods
18-Jan Dietra Dangerfield
18-Jan Michael Young, Sr.
20-Jan Paula Patterson
22-Jan Thomas Jefferson
28-Jan Khalun Griffin
30-Jan Emma Caldwell
31-Jan Yvette Caldwell



Anniversaries



25-Nov Freddie & Acacia Nolen
4-Dec Jimmy & Vernice Coleman
30-Dec Robert & Takiyah Evans
5 Jan Wendel & Shauna Cass

Light Rum Cake

Ingredients

- 2/3 cup pecans or walnut pieces
- 1 box yellow cake mix, with or without pudding in the mix
- 1 large egg, higher omega-3 egg if available
- 1/2 cup egg substitute
- 1/3 cup pineapple juice
- 1/2 cup fat free sour cream
- 1/2 cup dark rum, plus 2 tablespoons
- 2 tablespoons whipped butter or margarine, with 8 grams of fat per tablespoon
- 1/2 cup dark rum
- 1/3 cup granulated sugar
- 1/3 cup sugar substitute, if you don't want to use a sugar substitute, just increase the sugar to 1/2 cup



Preparation

Step 1

Preheat oven to 325°F. Coat a 10-inch tube pan or 12-cup Bundt pan with canola cooking spray. Sprinkle the nuts over the bottom of the pan.

Step 2

In a large mixing bowl, combine the remaining cake ingredients (cake mix, egg, egg substitute, pineapple juice, sour cream, dark rum) and beat on medium speed until well blended. Pour the batter over the nuts in prepared pan.

Step 3

Bake in the center of oven for about 50-60 minutes or until cake tester inserted in center comes out clean. Let the cake cool completely, and then invert it onto a serving plate.

Step 4

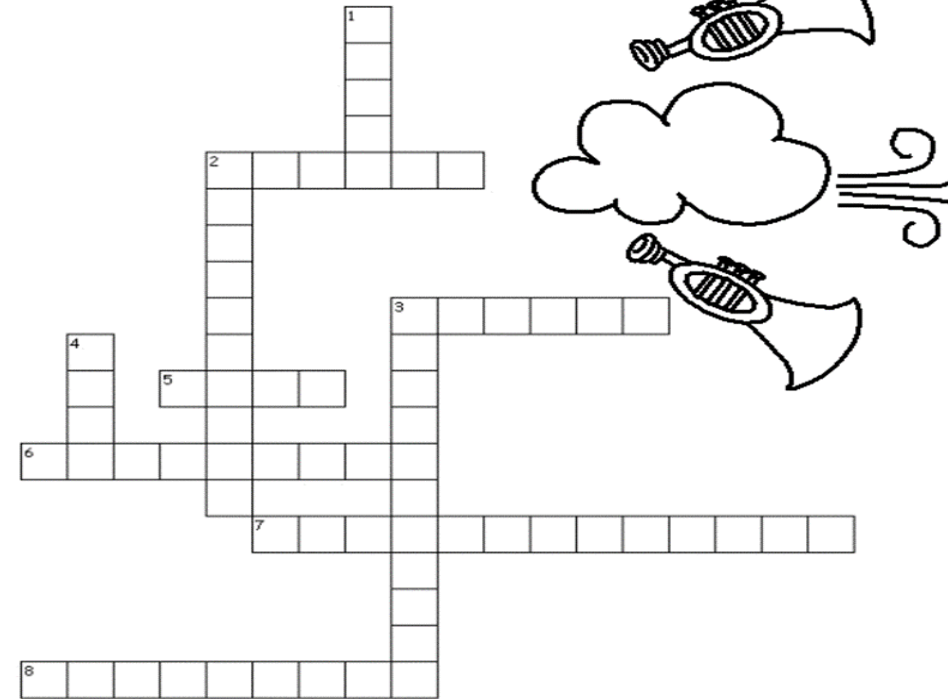
To make the glaze, melt the butter in a small, nonstick saucepan. Away from the heat, stir in 1/2 cup rum, 1/3 cup sugar, and 1/3 cup sugar substitute. After you've stirred the mixture, put back on the stove over medium heat and bring to a gentle boil. Continue to gently boil, stirring constantly, for about 4 minutes. Let cool for about 5 minutes.

Step 5

Prick the top of the cake all over with a skewer or large barbecue fork. Slowly spoon or pour the glaze evenly over the top. You can spoon or brush some of the glaze that drips off onto the sides of the cake.

Tidbit & PUZZLE

Pentecost Crossword



Across

2. This Pentecost was special because the Holy ____ filled the disciples.
3. Only after they were ____ with the Holy Spirit did the disciples speak in tongues.
5. A violent ____ from heaven suddenly came into the house where they were gathered.
6. This is the Greek word for fiftieth (the fiftieth day after Easter).
7. The day of Pentecost was a very special day, not ordinary but ____.
8. All of the disciples began speaking in different ____.

Down

1. Because of the Holy Spirit now the believers had this to be witnesses to everyone.
2. The fire from Heaven ____ the new power and presence of the Holy Spirit in them.
3. Pentecost was also called the day of this, when the people brought an offering.
4. It looked like tongues of this separated and came to rest on each of the disciples.

Answers will be printed in the next Issue

Solution to last issue's puzzle

aeelpx ____ example ____
 eilmps ____ simple ____
 aeelnv ____ heaven ____
 adily abder ____ daily bread ____
 eefginorssv ____ forgiveness ____
 aeimnopsttt ____ temptations ____
 eoprw ____ power ____
 aeimnty ____ anytime ____
 acceimmnotu ____ communicate ____
 aeelnrwy ____ anywhere ____