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WOMEN OF ROYALTY

S U P P O R T S T A F F

Team Work at Its Best

By Co-Pastor Ernestine Lewis, WOR President

It is with great pleasure that I introduce the Women of Royalty (WOR) support team, a group of talented women of God from across the United Church of Jesus Christ (Apostolic) who are dedicated and committed to insuring that even the smallest detail is not overlooked as plans for the WOR Conference 2010 go forth. Each of these women remains prayerful and continually seeks the Holy Spirit's guidance and direction in carrying out her responsibilities. Whether brainstorming, troubleshooting, or generating alternatives that give new perspectives on WOR matters, these outstanding women move forward with diligence. They have willingly accepted their individual roles and are using the talents and gifts God has given them for kingdom business. In addition to their contributions to the WOR Conference, each of these women encourages and motivates participation

and involvement of the women both in her diocese and in her local church. The Executive Board members and I would be remiss if we did not let you know of the tireless efforts being put forth by these women. Although fulfilling roles behind the scenes, these ladies are by no means less important in implementing the plans God has for the Women at the WOR 2010 Conference. Finally, in addition to all of their wonderful and insightful contributions, they serve a vital role in helping me maintain my personal sanity. What a wonderful blessing they are!!! Please greet them during the upcoming Convocation and personally express your thanks. I Peter 4:10 (NIV) says, "Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms." To sum it up, these women exemplify "Teamwork at its Best!"



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Wilkes-Barre, PA*



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Got Sleep?

By Minister Aliya Jones, M.D.

Greetings Women of Royalty! Like many of you, as a child I was taught the importance of spring cleaning. It was the time to clean up the house and throw away needless things. Sometimes there are things that we do in our natural bodies that need to be thrown away as well. One of those things that needs to be tossed out is not getting enough quality sleep. Problems with sleep affect all of us at one time or another; however, for some people these problems never seem to go away, like dust. A good night's sleep is essential to maintaining a good mood, attitude and outlook on life. Not having quality sleep for long periods of time can lead to depression, more stress, anxiety, irritability and worsening of general medical problems, including obesity, blood pressure and cholesterol. Who would have imagined?

A good night's sleep is different for each of us. How much sleep does your body require to fully re-charge? For some people it takes as little as six hours, for others it's as much as nine. Whatever it is, make sure that on most nights of the week you give

yourself the time to get the sleep that you need. If the solution is not as simple as making sure that you *have* enough time to sleep, spend a few minutes looking at ways of improving your sleep. Do an internet search on sleep hygiene. You will find loads of natural/behavioral things to try to help improve your sleep. If the problem persists, consider having a medical examination. Sometimes inability to sleep can be a symptom of an underlying medical problem, like sleep apnea, elevated hormone levels, depression or anxiety disorders.

It is my prayer that you will do a little personal spring cleaning and allow yourself to enjoy sweet, restorative, refreshing and sound sleep this spring and all year through! God bless you!

“A good night’s sleep is essential to maintaining a good mood, attitude and outlook on life.”



The Spirit of Femininity

By Lady Winsome Saunders

What a wonderful thing our God did when He put Adam to sleep, took one of his ribs and formed it into a woman. God looked at His creation and said, “This is good!” It is a privilege to carry the spirit of Femininity. We are powerful creations made to have a gentle strength and to operate with courage and grace. As we enter into the spring season we will experience a time of rebirth and renewal. What a great time to refresh and celebrate these traits of the spirit of Femininity:

- It's the love of beauty
- It's caring and nurturing
- It's the ability to transform an environment, to make it comfortable and inviting
- It's the ability to celebrate through softness, colors, lace, flowers

We also wear the Spirit of Femininity with grace, confidence and elegance

- We have the spirit of care and compassion.
- We have an eye and ear for others and a heart for God.
- We can bring a calming spirit into chaos.

The Spirit of Femininity is the expression of your unique self; it's tied to your identity and style. Let's take the time in this season of renewal to celebrate the inner strength that makes you attractive, eat a healthy diet, exercise, take pride in your appearance, have a teachable spirit, be a woman after God's heart and celebrate the unique assets of your body and spirit. His hand formed you and made you the wonderful person you are!

The Spirit of Femininity is the expression of your unique self; it's tied to your identity and style.

Helping Haiti Foreign Missions on the Move

By Lady Ethel Scott

Haiti has experienced one of the most disastrous earthquakes in our life time. It was horrendous: so many lives lost and so many homeless Haitians all-around. Since we have chosen Haiti as one of our mission-minded projects, the need is even greater since the earthquake hit that country.

We are collecting food, clothing, and money to help the people who are living in the countryside. Most of the help has been focused on Port-au-Prince. However, there is also a great need to help the people who live in the outskirts in Haiti.

We have received support from so many people, including quite a few from the United Churches, and there is more to come. One of the persons that attended our convocation with us around three years ago from Port-au-Prince, Haiti, Pastor Michelet Brutus lost his beautiful fourteen-room home and his car in Port au Prince. He lost one nephew, and his wife lost two nephews. However, they are still rejoicing in the God of their salvation.

God willing, my husband (Bishop Scott) and two members of our church who are from Haiti (Minister & Deacon Obespart Petion) will be going there near



the end of March to distribute money, food, and supplies that have been collected.

Bishop Scott is seeking a twenty-foot container to pack all kinds of goods from here in Florida to be sent to Haiti. One of the local builders found a container at such an excellent price – what a blessing from God! We have already collected so many items from churches and around the community to be packed and sent to Haiti.

We also want to thank everyone who has given to this NEEDY CAUSE. The

Bible tells us in Psalm 41:1-2 - Blessed is he that considereth the poor: the LORD will deliver him in time of trouble. The Lord will preserve him, and keep him alive; and he shall be blessed upon the earth: and thou wilt not deliver him unto the will of his enemies.

The NEED IS GREATER than ever before since the country is trying to recover from the worst earthquake to hit in our modern history. Please continue to give! However, most of all, keep on praying for the people of Haiti and all those who are helping with the rescue.



Tips from the Green Carpet Organic or Not?

By Trustee Kimberly Lewis

The organic food business is booming and about 70% of Americans buy organic occasionally; however, many Americans are uninformed of the benefits of organic food. We want natural food that is better for us and better for the environment. Although organic food can be produced with certain synthetic ingredients, it must adhere to certain specific standards regulated by the United States Department of Agriculture (USDA). Organic Crops are grown without synthetic pesticides or artificial fertilizers. Animals on organic farms eat organic feed, are not contained 100% of the time, and are raised without antibiotic and synthetic growth hormones. But you won't find this food at your local fast food restaurant, and it is sometimes hard to find credible resources at the local grocery store. Research is key, but cost should decrease as demand for healthier substitutes rises.

Organic farms are better for the environment and for people. The lack of pesticides in the soil can lead to less contamination within our drinking water. Contamination is often found in most urban cities around the country, of course, where most African American families live (an environmental justice issue for us).

I am seeking a healthier more sustainable lifestyle one step at a time by purchasing local foods first and organic second. I have not yet transitioned to embrace a vegetarian lifestyle. But I am learning from the "veggies" of our United Church Body (Sister Violette Maybin and Bishop Rayner Wharton) that vegetarian can still taste good and fill the TUMMY.

See you on the Green carpet at Convocation.

**Green
is the New
Black**

Diocese News

By Elder Thomasina Wharton

A hundred years ago, all the main institutions of our society had their roots in or were deeply influenced by the Christian faith. Today, the church has been pushed to the margins. Christians must earn the right to be heard rather than to expect the right to be listened to. While the gospel is constant and unchanging, the world has changed significantly. Ministry in America may never have been more confusing and complex or have more opportunities. To connect the un-churched to Jesus, we must have a passion for the lost, understand who they are, where they are, what they think and why.

For generations we have relied on the “come to us and we'll evangelize you” model, but the church's declining statistics plainly illustrate that as a stand-alone model this no longer works. Jesus was regarded by some as a glutton and a drunkard. He conducted his ministry in the heart of the culture of the day. We are urged to do likewise.

The 1st Episcopal Diocese, under the leadership of Diocesan Bishop John M. Lewis, Sr., held a conference on December 3-5, 2009. This conference was robust in its concept and content. The theme, “Building Pastures for Sheep Marked for Slaughter,” was referenced from the book of Zechariah 11:4-11. The conference was held at Transformation Church of Jesus Christ located at 5150 Baltimore National Pike in Baltimore, Maryland.

The opening homily from Dr. Karen Bethea, one of our special guests who serves as Pastor at Set the Captives Free Outreach Center in Baltimore, Maryland, had a purposeful and prophetic word with a particular focus for those in leadership.

On the following evening Bishop Phillip Thomas from Highview Christian Fellowship, of Fairfax, Virginia, delivered a compelling message from Judges 3 about God using our left-handedness. The vigor of this message brought forth repentance and re-dedication to go after sheep.

To connect the un-churched to Jesus, we must have a passion for the lost, understand who they are, where they are, what they think and why.

The plenary sessions were facilitated by Pastor Alan Todd for Men and Women and Dr. Tiffany McMillan for the Youth. Each speaker delivered powerful teaching which included effective strategies for ministry.

The afternoon workshops were postponed due to inclement weather. The planned workshops included the following: “Talking Man to Man”- Elder Gregory Robinson, D.Min., Facilitator; “Talking Woman to Woman” - Elder Thomasina Wharton and Minister Deborah Hannah, Facilitators; “Dialoging with Today's Youth” - Pastor Ryan Gholson, Facilitator; “Celibacy Support Team”- Minister Wanda Williams, Minister Arnell David, Sister Tiffany Taylor, Facilitators; “Training Sessions for Pastors”-“Orientation of the Revised Book of Church Order & Discipline” - Co- Pastor Ernestine Lewis, Facilitator; “Pentecostal Apostolic Preaching from a Female Perspective”- Elder Simone Gibson, D.Min., Facilitator; and “Pentecostal Apostolic Preaching from a Male Perspective”- Bishop Lewis M. Payne, Facilitator.

The conference concluded with lunch and fellowship. The 1st Episcopal Diocese is comprised of the following churches: Transformation Church - Bishop Monroe R. Saunders, Jr., D.Min., Presiding Prelate of the United Church of Jesus Christ; Harvest United Ministries - Bishop John M. Lewis, Sr., Diocesan Bishop First Episcopal Diocese; First United Church of Jesus Christ - Bishop Charlie B. Burroughs; The Greater Faith Tabernacle - Pastor Deborah Burrus; House of Judah Ministries - Overseer Kenneth Claxton; Abundant Life Community Church - Overseer Dexter Edmond; New Life Ministries - Bishop Roan S. Faulkner, Sr.; Calvary United Church - Pastor Michael Fields; Shiloh United Church - Pastor Ryan Gholson; Redeemed United Church - Pastor Willie C. Hargrove, Sr.; New Jerusalem Deliverance Temple - Pastor Jacqueline Johnson; and Mt. Olive Holy Evangelistic Church - Bishop Rayner C. Wharton, Sr.

SPRING
is seen as a time of
GROWTH,
RENEWAL and the
birth of **NEW LIFE.**
This seasonal term
is also used more
generally as a
symbol for the start
of better times. out
of the deep freeze of
winter and jumpstart
into the new season
with these quick
reads. You are sure
to find them
inspiring.

Wrapped in Reading

By Elder Thomasina Wharton

The Shack is a novel by Canadian author William P. Young. There's one thing about life that is certain...that is it's sure to bring us many ups and downs. Ever hear of people wondering where God is when tragedy happens or asking if any good can arise from adversity? Perhaps in your own life you've experienced the dark night of the soul. “The Shack” is a book that tells the story of a child who is abducted and presumed dead. When her grieving father receives a letter, apparently from God, inviting him to the crime scene, he can't help but go. What he finds there will change his world forever. The term “Shack” signifies the places where our circumstances, hurts, losses and pain take us. This book clearly reveals how these situations can potentially threaten our relationship with God. Young states that the term “Shack” is a house you create out of personal pain. This best seller book will cause you to laugh and cry and keep you thinking and sharing long after you've turned the last page.

Putting a Face on Grace- Living a Life Worth Passing On- Dr. Richard Blackaby gives practical and personal stories that demonstrate how we can become a conduit of God's Grace to those we interact with everyday. Be prepared to be washed in pure joy and renewed by a fresh sense of gratitude for the rich undeserved favor of God. The author explores what it means to make God's grace a lifestyle and how this amazing grace will become personal, practical and recognizable in your life. Blackaby shares how to make a distinction between what grace is and what it is not as well as how to identify grace-giving opportunities and ways to extend grace when you don't think it's possible. He admonishes us to let the grace of God flow through us. Blackaby states, “God's grace is so boundless, so contrary to human nature, and so unconditionally given that you will never understand it until you give it away.”

The Spiritual Vitamin Supplements for Apostolic Living

By Pastor Joyce Washington

The new emerging trend in today's society is heavily involved in the proper supplements that people can take to maximize their living. In everyday news, one cannot help but to turn on the television or look in the newspaper and see "quick fix" procedures for a healthy lifestyle. Advertisements for weight loss pills, guarantees for increased stamina, promises of increased energy and metabolism, and ABC's for endurance have inundated the mainstream. It seems as if any scheme that allows people to do less work and get more results is popular.

We have learned over the years that no matter what short-term results come from popular trends for physical health, there is no substitute for consistency and supplements to replace missing parts of a diet. As one matures, it is imperative to consider that the body is able to cope better when it has everything it needs to run our internal machinery. This is the importance of vitamins to our system. A vitamin mimics what we need to stay healthy and works to speed up chemical reactions and break things down that need to be removed from the body.

As much as the world's focus is on the physical man, it is the job of the Apostolic church to be sure that our spiritual man is healthy. Holiness is our standard, and the inability to maintain a close walk with Jesus causes a separation that our spirit cannot handle. Thankfully, as the physical temple has supplements that can allow it to work at its best, so does our spiritual temple maintain the ability to charge our Holy Ghost to war against the wiles of the enemy. Our spiritual supplement is not a quick fix or a gimmick as seen on the television, but it is the original prescription as signed by our Chief Physician. In John 1:1, God informs us that "In the beginning was the Word, and the Word was with God, and the Word was God." The Word is the supplement we need to maintain our walk with Christ. Do you need a supplement for faithful living? Take the Hebrews 11:1 vitamin! Maybe you need reassurance from God. Visit the spiritual pharmacy and ask for Psalm 23. Do you need a supplement that will tell you who Jesus really is? You can never go wrong with God's word in John 4:24. Whatever the ailment, whatever the condition, whatever the state of mind, whatever the world may say, the word of God is a lamp unto our feet and a light for our path. Take your spiritual vitamins daily.

**Do you need a supplement
for faithful living?
Take the Hebrews 11:1 vitamin!**



Healing Testimony He Has Done Marvelous Things in My Life

By Mother Lucille Redway

"To God be the glory great things he has done." In February 2009, I felt an uncomfortable pain in my stomach. This was further complicated by indigestion following my meals. I made a visit to my family doctor, and after a series of tests, I was diagnosed with stomach cancer. I was seen by a surgeon who recommended surgery immediately.

This was a very difficult decision to make, as well as a challenging period for my family considering I was eighty-seven years old at the time. However, I am acquainted with the God who is "able to do exceedingly, abundantly, above all that I may ask or think." Subsequently, the matter was brought to the attention of my immediate church family who prayed. Also, the brethren in other provinces in Canada along with those from the U.S and Jamaica interceded to God on my behalf.

Surgery was done on April 8, 2009, and I am grateful to God that I experienced minimal pain, and there were absolutely no complications. Six days later, I was discharged from the hospital. The pathology report later revealed that the cancer did not metastasize to any other part of my body. A few months later, the doctor recommended that I take chemotherapy, but I decided not to take the treatment because of the impending side effect it would have on my body.

It is almost one year since the cancer is in remission, and I am in perfect health. Who could do this but Jesus? God has strengthened my body, and I am very active with my daily chores. Undoubtedly, He is Jehovah-Rapha. God is my healer. He is the Balm in Gilead and the Great Physician. He stood by my side, and He came through for me one more time. God is able to do what He said He would do. Thank you for all your prayers and support, and I will continue to declare that He is able.

Mother Lucille Redway
Toronto, Canada

Yes, You Can! Save, That is!

By Evangelist Patricia Watson

So often we hear people say they can't save because they need all they earn to pay their bills and to make ends meet. Not so! No matter what your income, you can save. Yes, you can – and you can have a better economic outlook.

As Christians, most of us know we should tithe; we've learned the first 10% of our earnings belongs to God. My opinion is that all (100%) of our earnings belong to God. He's just made us stewards of 90% and asks that we return 10% to His work. Viewed in that light, we're less likely to mis-manage or waste our funds. Return 10% of your gross earnings to your church and reap the benefits that accrue when you obey God's Word. That's the first step in a Christian's money management plan, and the blessings you will accumulate from that 10% will be immeasurable. What, then, is the next step in your money management plan?

Pay yourself first!

We've all heard it – now let's do it. Paying yourself first can be done in several ways, and I think the easiest is contributing to a 401k or 403b plan. If your employer offers such a benefit, at least 6% of your earnings should be put in the plan. Contributing 6% will cost you a lot less than 6% and can be painless.

If you fail to take advantage of your employer's 401k plan, you are foregoing a substantial amount of money. I'm sure you'd object if your employer told you he was cutting your salary by 3%-6% or more. Yet, if you fail to participate in the plan, you are voluntarily reducing your own compensation by that amount. Take a look at the following example:

A single person earning \$30,000 who contributes 6% to his or her 401k plan saves \$270 in taxes, so the \$1,800 contributed was actually only \$1,530. If the company contributed 3% to this 401k account, the compensation would effectively increase by \$900. (Many companies contribute more than 3% to their employees' 401k making the benefit even more valuable.) Adding 3% simple interest over the course of the year, or \$82, this person saved \$2,782 while only contributing \$1,530 – a whopping 82% gain! And, that's not even taking into account compound interest or the tax savings. Where else could you get that kind of return – all automatically and painlessly by paying yourself first?

This is truly paying yourself first because you get to contribute to the plan before you pay taxes, and not many other opportunities allow that. For those who don't have a 401k or 403b retirement plan available, an Individual Retirement Account (IRA) offered through banks and brokerage firms could provide similar benefits.

OK, so you're not sure you can afford to contribute 6% of your income to a retirement account? No problem, start with a smaller percentage and work your way up. The goal is to develop a savings habit. Actually, every time you get a raise, contribute as much of the increase as possible to your retirement account until you're at the maximum. If you didn't have it before, you can't miss it.

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Spiritual M😊ms

How can I help my child learn appropriate text messaging behavior?

By Sister Mary Lorick Bostic

Christian parents face the difficult task of raising children in a world where anything goes. Our children today are bombarded by unprecedented immorality and anti-family, and anti-parent concepts in schools and media. One of the biggest problems that many parents seem to have with teenage children is texting, where there are no clear boundaries as to what is appropriate and what is not. Teens find themselves being able to say or send messages that they would never dare to say in the real world. This creates a false sense of freedom that, when coupled a teen's lack of realization for consequences, can create serious situations. It is crucial that parents help teens determine appropriate boundaries for their texting. Let them know what is right and what is wrong.

The Christian parent must understand that the responsibility to parent has not changed. In the Old Testament, Moses reminds the Israelites of their responsibility to their children and grandchildren. "Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them slip from your heart as long as you live. Teach them to your children and to their children after them" (Deuteronomy 4:9-10). Without a doubt, God still holds parents responsible for their children - to instruct them and to discipline them.

When boundaries are put into place, teens learn the intended and appropriate use of text messaging ... a method of communication. Help your teens understand this. Let your teens know that once their words are released into cyberspace, there is not a way to pull back those words. Therefore, teens must personally censor each text message they send.

Let your teens know that you have the responsibility to check their cell phone at any time. This simple fact may serve as a deterrent to bad behavior. Since most parents pay the cell phone bill, parents also have the right to check the kind of text messages that are being sent.

Set guidelines as to when texting can be done. If your teens are texting through dinner, trying to do homework and texting, or cannot separate themselves from their phones, it is time to set limits. Studies show that teens who do not have 24/7 access to texting are much more likely to send respectful, appropriate texts.

Make sure that your teens know the consequences for violating your texting rules. They should know exactly what behaviors will get their phones taken away or their texting turned off. Your child should understand that having a phone is a privilege. The sooner your teens learn the value of privileges, the better prepared they will be for adulthood. You are the parent. Establish rules, set boundaries, and be a Spiritual Mom!

The Never Ending Question

By Desiree Jones, MBA

“Oh, boy. Here comes the mother of the bride,” I mumbled with a slight hint of exhausted frustration. It wasn’t that I didn’t want to speak to her, but I could already see where the conversation was headed. Something told me to take a bathroom break, but I had to go for the cake!

“Your daughter is so beautiful,” I genuinely gush as I notice the bride glide across the room. The mother’s smile stretched from ear to ear, and I was hoping my compliment would somehow deflect the conversation from me.



“Yes, she is. Thank you,” she beams. Then there’s a long pause, as she looks hopefully at me.

“You’re next!” She sounded really excited.

Maybe she knows something I don’t, but I just say with a smile, “I receive it.”

I could not even get halfway back to the table to eat my cake before someone else stopped me in my tracks. I thought the focus of this day was supposed to be on the Bride and Groom. Instead, it seemed like when I got out of my chair the spotlight was pointed on me.

“So Desiree, when do I get to see you walk down the aisle?”

I’m thinking she might not see me because she might not be invited, but of course I say, “I’m not sure.”

“I’m praying for your husband,” she reassures, although she had a sympathetic look on her face. You know the look, the one with the raised eyebrows and a slight tilt of the head all while smiling. I wonder how long she’s been praying, because it hasn’t happened yet. Maybe her fervent prayers really aren’t availing that much.

“Thank you, keep praying. Maybe you should fast too,” and we both laugh.

Man, I really want to try this hazelnut-almond cake with chocolate ganache. Why is the “single” table SO far from the dessert table!?! Is there a subliminal message there? I’m just trying to get back to my table in time to enjoy my cake before the last song. It seems the bride has strategically positioned the two single tables by the dance floor, hoping a love connection

will somehow transpire from a gaze across the table, a heartfelt inspiring toast, or the resonate sounds of a Luther Vandros classic.

“Desiree, you look beautiful. How are you?”

“Oh, I’m great and you?”

“Blessed. So...” I swear everything starts with so... “When are you getting married? Are you serious about anyone?” Just as I’m about to answer, her husband pulls her away instructing her to leave me alone. Yes! I finally get back to

my table to enjoy my cake, and now it’s time for the bouquet and garter toss.

You may think this is an exaggeration, but conversations like these really take place. They happen at receptions, in the cafeteria at work, at family reunions, at holiday dinner table, need I go on? Sometimes a variation of this question sneaks up on you and other times it is blunt, direct, and just in your face. The vast majority of single women I know have been asked this question in one way or another.

Question 1: When are you getting married?

Other variations: Why are you still single? You’re next. Your husband will find you. Are you going to be ready? Aren’t you tired of being alone? No one has snatched you up yet? So, the Lord hasn’t blessed you yet with your Boaz? What are you waiting on? Do you have an interest in being married? Do you think that God has sent your husband and you never recognized him?

Translation: You’re not getting any younger!!!

Various Responses: I’m not sure. Maybe I’m like Paul, would that be so bad? I guess when he finds me. He’s supposed to find me, right? God knows. Do you know? Are you planning to fix me up?

Translation: It just hasn’t happened...yet!!!

As a female growing up in the church, it has always been presented to us that the “man finds the wife”, so the burden is on him. With that being said, why are so many of us single women being presented with this question? I’m sure it is not to give off the impression that I am lacking or inadequate because I have yet to get married. Oftentimes “hurry up” is an implication, but there should be no rush to get to the altar when marriage is “till death do us part”. Well, it’s supposed to be anyway. Sadly enough the divorce rate in the church is tremendously higher than it should be. Contrary to what some people believe, being single has its advantages and benefits, and even some married people express their envy.

So, next time you inquire (or ask any of my single counterparts), forgive me if I ask “Why?”

Translation: Do you really care? Why do you care? Are you just being nosey? Or are you saving up for my wedding gift?

I took the liberty to inquire of some of our single United and affiliate men, and these are a few of the responses to “Why are you not married?” Remember, the burden is on them:

- Umm, I really don’t know.
- It has become a priority in 2010.
- I’m happy the way I am.
- I am in search of perfection.
- I haven’t found the person I can build a future with.
- I don’t have the time needed to dedicate to a relationship

Interesting, right? 😊



You Have Got to Keep a Mind on Your Money

By Ethel Stewart



Ladies, the above statement was stated by the late Bishop Norman Wagner in a message he preached many years ago. It is one of my favorite quotes when it comes to handling finances. This phrase is of the utmost importance today because of the economic times in which we currently live. Everyday we are bombarded with informercials, TV/ Radio commercials, and newspaper and magazine ads soliciting, encouraging and enticing us about how, what, where and with whom we should spend our money.

So, let's examine briefly what it means to "keep a mind on your money." It simply means that one must be diligent at all times when it comes to how we spend our money. There is a quote that says "desperate times call for desperate measures," and today, ladies, we are living in desperate times. We cannot continue to allow others to manage our money. We must take charge. We must make the right choices and plans so that we can be assured of a more prosperous

future for ourselves and our families.

How is this accomplished? Ladies, we must become frugal. The life of frugality means that we spend more wisely. It means that we are strategic with our

purchasing power. We cannot continue to spend without forethought and without a plan. We must think, think, think. Do I need the item? Is it a necessity or is it a desire? Does it have enduring value or is it the latest trend? Is the item worth its price? I have learned that if you think for at least fifteen minutes before purchasing an item and if the answer is "No" to any of the above questions, more than likely you will not purchase the item.

We must learn to save. It is very important to have money set aside for that "rainy day." Saving does not come easy for some of us. Therefore, we need to strategically make plans for saving. It does not have to be a large sum. It is about consistency. If you are employed, you can have your savings automatically deducted from your payroll. Another ideal way of saving, for those of us who need to have the money out-of-reach, is to purchase U.S. Savings Bonds either through the bank or your employer. You

can purchase bonds in various denominations. A \$50 dollar savings bond over a certain period of time accrues to \$100. An even simpler way to save money is to drop coins in an empty container. When it is full, wrap the coins, take them to the bank and deposit in a savings account. This may seem somewhat outdated, but the point is, if this works for you...work it, work it, work it. The goal is to save.

Finally, ladies, we must learn to budget. Now, I know, that's an irritation for many of us. However, if we would budget our finances, we would be more proficient in managing our money and achieving our goals. I have learned that when we write down our expenses and visually know where our money is spent, we are better prepared for many of life's challenges.

Ultimately, God requires us to be financially responsible. How we manage our money is a reflection on our character. As we seek to "keep a mind on our money," remember that God challenges us to think beyond our earthbound goals and to use what we have been given to advance God's kingdom by supporting local ministry through our tithes and offerings.

ON THE HELICOPTER SIDE

The Helicopter Ride

Buddy and his wife, Edna, went to the state fair every year, and every year Buddy would say, "Edna, I'd like to ride in the helicopter."

Edna always replied, "I know, Buddy, but that helicopter ride is fifty bucks, and fifty bucks is fifty bucks."

One year Buddy and Edna went to the fair, and Buddy said, "Edna, I'm 85 years old. If I don't ride that helicopter today, I might never get another chance."

To this, Edna replied, "Buddy, the helicopter ride is fifty bucks, and fifty bucks is fifty bucks."

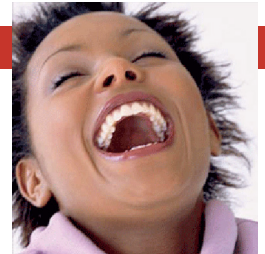
The Pilot overheard the couple and said, "Folks, I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the entire ride and not say a word, I won't charge you a penny! But if you say one word, it's fifty dollars."

Buddy and Edna agreed and up they went.

The pilot did all kinds of crazy maneuvers, but not a word was heard. He did his daredevil tricks over and over again, trying to elicit even a peep, but still not a word.

When they landed, the pilot turned to Buddy and said, "Wow, I did everything I could to get you to yell out, but you didn't. I am impressed!"

Buddy replied, "Well, to tell you the truth, I almost said something when Edna fell out, but you know, fifty bucks is fifty bucks!"



Word To The Wise

One beautiful Sunday morning, a priest announced to his congregation: "My good people, I have here in my hands four sermons...."

- a \$100 sermon that lasts for five minutes,
- a \$50 sermon that lasts for 15 minutes,
- a \$10 sermon that lasts for a full hour
- and a coin sermon that lasts till noon.

Now, we'll take the collection to see which one you want.

Smiles & Humor



Source: IBC Perspectives – Vol. 19, No.

35 Seconds

By Missionary Angela Howell, Ph.D.

Very often we hear our pastors and preachers say things like, “You ought to give God a right now praise.” For the people of Haiti, the urgency of life became evident on January 12, 2010. A short 35 second event snatched lives, removed limbs, separated families, and devastated a nation. As many as 270,000 people have died as a result of this 7.0 magnitude earthquake and over 3 million have been seriously impacted.

The stories of triumph and tragedy have been so riveting. CNN has a wonderful website devoted solely to the Haitian earthquake and its aftermath (<http://www.cnn.com/SPECIALS/2010/haiti.quake/>). It’s a great place to visit for interactive maps, up-to-date videos, and suggestions for how one can donate time, resources, and money. I was personally encouraged to see coverage of the Haitian saints interceding in prayer and praise and engaged in relief efforts since the earthquake hit. And my heart was warmed to participate in the United Church’s corporate fundraising effort.

It only took 35 seconds to initiate this devastation, but it's going to take years and years to overcome it.

Now that the earthquake is largely out of the daily news cycle, my fear is that we will forget our brothers and sisters and their ongoing, long-term struggle. Please continue to lift up Haiti in prayer. And, please continue to give money. I have personally pledged to text “HAITI” to 90999 to donate \$10 to the Red Cross once a month. That is so easy, and it’s something we all can do. You can also text “HAITI” to 20222 to donate \$10 to the Clinton Foundation Haiti Relief Fund.

As the areas surrounding Port-au-Prince move from chaos to organized effort, there will be additional hands-on opportunities to help, as well. Pray about how God might want to use you. It only took 35 seconds to initiate this devastation, but it’s going to take years and years to overcome it. Let’s be inspired by Nehemiah’s example, and display “a mind to work.”



PORT-AU-PRINCE, Haiti - A Coast Guard member provides a bottle of water and a comforting hand to a Haitian boy in Port-au-Prince, Haiti, Jan. 14, 2010. Coast Guard crewmembers from across the United States have been deployed to provide assistance to Haiti. U.S. Coast Guard photo.



PORT-AU-PRINCE, Haiti - Hundreds of Haitians pile into a ferry headed away from Port-au-Prince, Jan. 20, 2010. Millions were displaced from their homes after a 7.0 magnitude earthquake struck Haiti’s capital, Jan. 12, 2010. U.S. Coast Guard photo by Petty Officer 3rd Class Brandon Blackwell.



HOMESTEAD, Fla. - Haitian evacuees exit a U.S. Coast Guard C-130 Hercules aircraft at Homestead Air Reserve Base, Fla., Jan. 20, 2010. An earthquake hit Haiti Jan. 12, 2010, leaving approximately 1.5 million people without homes. Homestead ARB has become a hub for evacuees in need of aid. U.S. Air Force photo by Staff Sgt. Greg C. Biondo.

...text “HAITI” to 90999 to donate \$10 to the Red Cross...



PORT-AU-PRINCE, Haiti - A Coast Guard HH-60 helicopter brings injured Haitians from a landing zone in Killick in the Haitian coast guard base to the USNS Comfort for medical treatment Wednesday, Jan. 20, 2010.

Source: U.S. Coast Guard - Haiti Response Photos (http://cgvi.uscg.mil/media/main.php?g2_itemId=754702)

The Convocation Buzz

Holy Women of God, Come Join the Celebration!

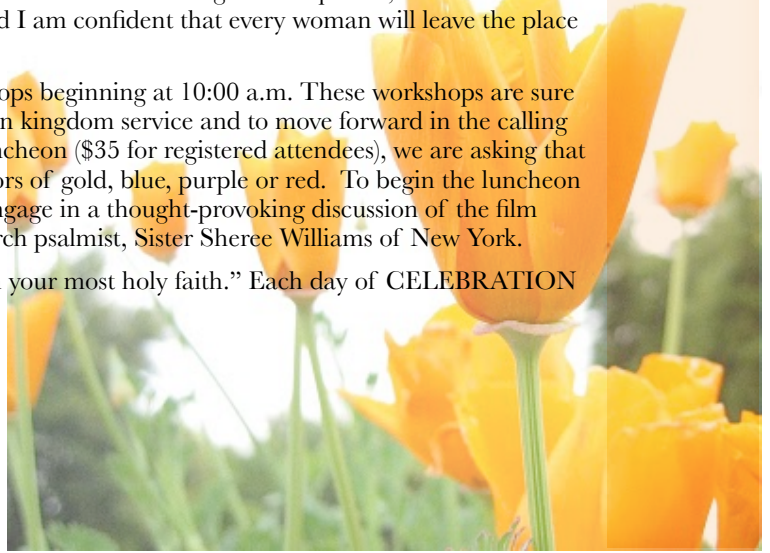
By Co-Pastor Ernestine Lewis, WOR President

You don't want to miss the 2010 Holy Convocation where we get to celebrate, with members from all over the church body, God's grace, His benevolence, and His faithfulness towards His people another year.

The Women of Royalty (WOR) celebrate in several ways. This year the celebration begins with a complimentary breakfast for all the Women's Department Presidents from the local churches and Dioceses on Wednesday, June 23 at 8:00 a.m. at the Transformation Church in Baltimore, Maryland. That same Wednesday for our evening service, as we show our unity dressed in shades of blue, we have the awesome privilege of hearing God's message for the Women through the voice of Dr. Claudette Anderson Copeland, Co-founder and Pastor of New Creation Christian Fellowship of Antonio, Texas. She is a sought after speaker, anointed and positioned in the kingdom for "...such a time as this," and I am confident that every woman will leave the place saved, changed and not like she came, in Jesus name!!

The celebration continues on Thursday with workshops beginning at 10:00 a.m. These workshops are sure to awaken and encourage every woman to use her gift(s) in kingdom service and to move forward in the calling that God has for each woman. On Friday, during our luncheon (\$35 for registered attendees), we are asking that each woman wear white and accessorize it with royal colors of gold, blue, purple or red. To begin the luncheon we will have the unique opportunity to view a film and engage in a thought-provoking discussion of the film followed by lunch and a concert by our own United Church psalmist, Sister Sheree Williams of New York.

Come and be rejuvenated spiritually and "built up in your most holy faith." Each day of CELEBRATION promises to be a blessing that you do not want to miss.



Don't
Miss
This!

INSIGHT

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WOMEN OF ROYALTY

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