

# Happy New Year

## Temple

Monthly  
Newsletter of  
Solomon's  
Temple

## News

# January 2016

[www.solomonstemplechurch.net](http://www.solomonstemplechurch.net)



Rev. Dr. K. D. Shivers &  
(L. L.) Elder E. R. Shivers

### A New Year's Message from Our Pastor & Leading Lady

**2016 Theme: "Modeling Kingdom Concepts: Through Power, Love and Sound Mind".**

"For I decided to know nothing among you except Jesus Christ and Him crucified." I Corinthians 2:2 (ESV)

Time has moved on to another year and we say "Happy New Year" to each of you. Have we told you how godly proud we are to be serving the Disciples of Christ here at Solomon's Temple recently? Well, just in case you missed it the last time it's still so true. Thank you for allowing us the privilege of serving as your spiritual leaders, this past year, 2015. All of our success over the past years is because of caring individuals like you. From our worship services to our ongoing ministry initiatives, you've answered the call to make our congregation and our community a better place.

As we embark upon this 2016 year, our 16<sup>th</sup> year of service unto God, those of you who've journeyed with us know that we have been blessed by the favor of God as we seek to do His will. Looking back on the theme "*Challenged to Change*" from 2015, it pushes us to enhance our study for greater kingdom lifestyles as we do more for God in 2016. Thus, our **2016 Theme: "Modeling Kingdom Concepts: Through Power, Love and Sound Mind"**. This year's study and focus will be centered on how important it is for God's people to live the principles of Christ and mimic his system. We will study His Power (*Genesis 1:26-31*), His Love (*Ephesians 2:4-5*) and Knowledge (*I Corinthians 2:1-6*) using these passages of scripture among others along the way.

The Kingdom of God has been one of the dominant topics of New Testament study in this century. The reason is obvious. Many scholars, both conservative and critical, regard the kingdom of God as "the central theme" of Jesus' public proclamation. The gospel of the kingdom was to set man free and inspire him to dare to hope for eternal life. The gospel carried a message of new confidence and true consolation for all men, even for the poor. It was in itself a new standard of moral values, a new ethical yardstick wherewith to measure human conduct. Jesus taught that eternal realities were the result (reward) of righteous earthly striving.

The message of the Kingdom of God is to transform lives from religious affiliation to a Power filled Christian attitude that proclaims love intentionally through what we learn and can mentally as well as spiritually articulate. We therefore call upon all Christians to pray for such a visitation of the sovereign Spirit of God that all His fruit may appear in all his people and that all his gifts may enrich the body of Christ. Then all of the Kingdom Citizens will become a fit instrument in His hands that the whole earth may hear his voice.

This sweet 16<sup>th</sup> year for Solomon's Temple promises to be even more exciting and eventful than ever. *Feel it in the Air!* We look forward to another remarkable year of sharing with Heaven's influence and positioning our lives for positive results. Come journey with us to receive God's wonderful promises, privileges and promotions.

We love you all,

Pastor K. D. and (L.L.) Elder Edith R. Shivers



# Grow Closer to God in 2016

by Dianne Neal Matthews

Every day represents a chance to embrace Jesus's love, mercy, and grace in a new way.

*For I'm going to do a brand-new thing. See, I have already begun! Don't you see it? Isaiah 43:19 (TLB)*

One of my favorite things about New Year's Day is slipping a new calendar into the wooden frame on my kitchen wall. I buy the calendars from a company that makes beautiful ones illustrated by different artists representing every style, from country folk art to contemporary.

Three hundred sixty-six days of possibilities. During His last Passover meal with His disciples, Jesus announced the beginning of the new covenant, represented by His blood that would pay for the world's sins. Once we accept the gift of forgiveness made possible by His sacrifice, we become a new creation. But Jesus doesn't stop there. He lives inside us, helping us become more like Him and enjoy a life of meaning and fulfillment.

As we grow closer to Jesus, we come to understand Him on a new level. He offers new opportunities for us to serve Him. He may plant a new dream in our heart or show us a fresh way to use our gifts. Every year, every day represents a chance to embrace Jesus's love, mercy, and grace in a new way.

*Faith Step: Ask Jesus to show you one new thing He would like to do in your life this year.*

*Write it down on a slip of paper to keep in your Bible so you can talk to Him about it on a regular basis.*

*He that followeth after  
righteousness and mercy findeth  
life, righteousness, and honour.*

*Proverbs 21:21*

## January 2016 Choir Rehearsal Schedule

### **Thursday before 1<sup>st</sup> Sunday**

6:00pm – Praise Team

7:00pm – Mass Choir

### **Thursday before 3<sup>rd</sup> Sunday**

6:00pm – Praise Team

### **Thursday before 5<sup>th</sup> Sunday**

6:30pm – Youth Choir

### **Thursday before 2<sup>nd</sup> Sunday**

7:00pm – Sons of Solomon

### **Thursday before 4<sup>th</sup> Sunday**

6:00pm – Praise Team

7:00pm – Joyful Voices



## A New Year's Prayer

Lord, You make all things new  
You bring hope alive in our hearts  
And cause our spirits to be born again.  
Thank You for this New Year  
For all the potential it holds.  
Come and kindle in us a mighty flame  
So that in our time, many will see the  
wonders of God and live  
forever to praise Your glorious name.  
Amen

**HAPPY  
NEW YEAR  
2016**

# JANUARY KINGDOM SCHEDULE

## January Scriptures

01/03 Philippians 3:13-14  
01/10 Jeremiah 29:11-13  
01/17 Lamentations 3:22-24  
01/24 Hebrews 12:10-11  
01/31 Ezekiel 36:25-27



## Welcome Schedule

01/03 Sis. Jackie Ruffin  
01/10 Marcus Gundy  
01/17 Sis. Elaine Nichols  
01/24 Sis. Jessica Smith  
01/31 Bro. Corey Brown



## Door Opener

Bro. Earl Moton

## Worship Leaders Schedule

01/03 MIT Ernest Ruffin  
01/10 Ariana Parker  
01/17 Elder Sarah Hatton  
01/24 Elder Karen Lee  
01/31 Minister Cynthia Edwards

## Servant Leaders Schedule

01/03 Sis. Wendy Green  
01/10 Bro. Donald Watkins  
01/17 Sis. Sylvia Gundy  
01/24 Sis. Turekia White  
01/31 Sis. Jackie Ruffin

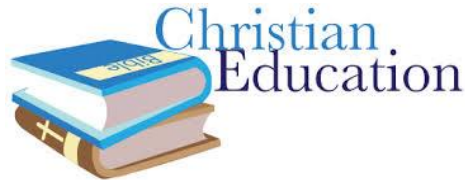


## Communion Bowls

Sis. Sylvia Gundy  
Sis. Turekia White



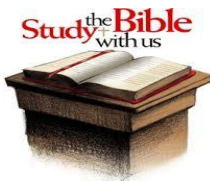
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## January 2016 Teachers Schedule



**Jan. 5<sup>th</sup>** NO CID/BIBLE STUDY: Song of Solomon 6:4-12 | "The Most Beautiful Bride"  
**Jan. 12<sup>th</sup>** CID Adult Teacher: Elder Karen Lee | Hosea 1:1-11 | "An Unfaithful Bride"  
CID Youth Teachers: Sis. Shirley Haskins & Sis. Hope Parker  
**Jan. 19<sup>th</sup>** CID Adult Teacher: Minister Bertram Blackwell | John 2:1-12 | "A Wedding in Cana"  
CID Youth Teachers: Sis. Wendy Green & Sis. Alma Gayton  
**Jan. 26<sup>th</sup>** CID Adult Teacher: Bro. Donald Watkins | John 11:38-44 | "The Death of a Friend"  
CID Youth Teachers: Elder Margaret Shivers-Thomas & Sis. Phyllis Wiggins



Explanation of the lesson can be found on [our website.solomonstemplechurch.net](http://our.website.solomonstemplechurch.net)  
Additional Study Help: [www.studylight.org](http://www.studylight.org) [www.biblestudytools.com](http://www.biblestudytools.com)

## **New To Solomon's Temple?**

First of all, **WELCOME!** We are so pleased that you have come to visit our church. Whether you are just inquiring about our church, a new visitor, or simply want to see if Solomon's Temple is the right fit for you and your family, we are grateful to have you among us. We hope you will find your spiritual home here. Here at Solomon's Temple, we offer many exciting ministries to assist in your daily walk.

Solomon's Temple holds New Disciple Orientation sessions that can provide information about our church, what we offer and what to expect from your church family. If you have any questions, please contact **Elder Sarah Hatton, Bro. James Green Sr. or Elder Wayne Hatton.**



### Think on These Things

The Bible is the only book whose author is always present when one reads it.



“Create in me a clean heart, O God, and put a new and right spirit within me.”  
Psalm 51:10

Laughter will always be the best medicine, silence will always be the best revenge and LOVE will always be all you need.



Do Yourself a favor and forgive.  
-joyce



joycemeyer.org

Just because the past didn't turn out like you wanted it to, doesn't mean your future can't be better than you've ever Imagined.



# January Birthdays

If your birthday is missing from the list or incorrect, let the office know.

- |                  |                          |
|------------------|--------------------------|
| Sharon Goodman   | January 3 <sup>rd</sup>  |
| Kenya Hargrove   | January 4 <sup>th</sup>  |
| Christine Little | January 4 <sup>th</sup>  |
| Corey Brown      | January 5 <sup>th</sup>  |
| Erica Judkins    | January 6 <sup>th</sup>  |
| Florence Turner  | January 8 <sup>th</sup>  |
| Vernell Brown    | January 9 <sup>th</sup>  |
| Inez Jenkins     | January 9 <sup>th</sup>  |
| Joe Batten       | January 10 <sup>th</sup> |
| Donald Watkins   | January 10 <sup>th</sup> |
| Jessica Smith    | January 13 <sup>th</sup> |
| Connie Payne     | January 15 <sup>th</sup> |
| Tamara Jones     | January 17 <sup>th</sup> |
| Ernest Ruffin    | January 21 <sup>st</sup> |
| Roberto Duhart   | January 24 <sup>th</sup> |
| Seniah Cypress   | January 27 <sup>th</sup> |
| June Little      | January 30 <sup>th</sup> |



# January Anniversaries

If your anniversary is missing from the list or incorrect, let the office know.



- |                       |                          |
|-----------------------|--------------------------|
| John & Karen Lee      | January 6 <sup>th</sup>  |
| Morse & Wendy Johnson | January 10 <sup>th</sup> |



Tranisha Hamlin and Pastor Shivers



Tamara Jones and Pastor Shivers

Tranisha Hamlin and Tamara Jones successfully completed New Disciples classes in December 2015. Congratulations to our newest disciples.

**P. U. S. H. – Pray Until Something Happens**

## OUTREACH

Solomon's Temple Outreach Ministry is in Full Effect! Please let us know if anyone is in the hospital, in-outpatient surgeries, and death in the family or any other life changing event (medical or death). We have "Care Teams" for each month that is willing and ready to contact you. We love our church family and we believe love is not what it says – it's what it does.

### JANUARY CARE TEAM

Sis. Darnelle Jefferson  
Bryce Williams  
Sis. Tami Drew



## SOLOMONITE SPOTLIGHT



### January Solomonite Spotlight is Mrs. Mattie Turner

Mrs. Mattie Turner is a charter disciple of Solomon's Temple. She serves on the Adult Ushers Ministry, Asst. Contact Person for the Youth Ushers Ministry, Women's Ministry, Couples Ministry and Hospitality Ministry. Mattie loves her pastor, leading lady and the Solomon's Temple church family. She shows her love through acts of kindness and concern for others. Solomon's Temple would like to congratulate **Mattie** for being this month's Solomonite spotlight.

**WE LOVE YOU!**

Will YOU be the Next "Solomonite of the Month"?



# PRAYER

## CHURCH PRAYER LIST

5



Bro. John Shivers  
Bro. Walter Chapman  
Sis. Ruby Clarke  
Sis. Tammy Rawls  
Bro. Michael Wellons  
Sis. Vernell Brown  
Sis. Mary Diggs  
Sis. Connie Payne  
Sis. Lonnie Batten  
Sis. Vernell Wrenn  
Sis. Marion Smith  
Sis. Sonjia Moore  
Bro. Donald Watkins  
Bro. Michael Wiggins



*If there are any names that need to be added to the list, let the Church Administrator know. Thank You.*

## *Newsletter Submissions*



Do you know someone who is doing great things in the community, school, or church? Nominate them to be the Solomonite of the Month. This person can be a youth or an adult.

Don't forget to recognize those celebrating an anniversary, graduation (from high school, college, or any other), or special occasion.

We also want to know about those who have made the honor roll. Let's not forget baby announcements, bible humor or recipes.

If you have a story or idea that you would like to incorporate into the newsletter, forward the story to [stsecretary1@gmail.com](mailto:stsecretary1@gmail.com) or leave the idea on the secretary's desk.



# January Schedule of Events

**IMPORTANT NOTE: ALL INFORMATION TO BE ADDED TO THE TEMPLE NEWS FOR THE MONTH NEED TO BE GIVEN TO THE CHURCH ADMINISTRATOR NO LATER THAN THE 3<sup>RD</sup> TUESDAY OF EACH MONTH.**

DATE	TIME	EVENT
1/01/16	ALL DAY	Happy New Year!!
1/03/16	After service	Women's Ministry will have a brief meeting
1/07/16	7:00pm	Sons of Solomon rehearsal
1/10/16	During service	Consecration of 2016 Officers
1/11/16	7:00pm	Advisory Council meeting
1/12/16	6:30pm	CID Session resumes
1/12/16	7:15pm	Bible Study resumes: Elder Sarah Hatton will teach on Kingdom Outreach
1/14/16	6:00pm	Praise Team rehearsal
1/14/16	7:00pm	Men's Ministry & Women's Ministry will meet
1/18/16	ALL DAY	Martin Luther King Jr. Day
1/19/16	6:30pm	CID Session
1/19/16	7:15pm	Bible Study: Elder Sarah Hatton will teach on Kingdom Outreach
1/21/16	6:00pm	Praise Team rehearsal
1/21/16	7:00pm	Joyful Voices rehearsal
1/25/16	6:30pm	Levites will meet
1/25/16	6:30pm	Servant Leaders will meet
1/25/16	7:30pm	Assembly of Servants will meet
1/26/16	6:30pm	CID Session
1/26/16	7:15pm	Bible Study: Elder Sarah Hatton will teach on Kingdom Outreach
1/28/16	6:30pm	Youth Choir rehearsal
1/30/16		Ten Virgins service sponsored by the Women's Ministry
1/31/16	3:00pm	Men's Ministry "100 Kingdom Minded Men" service. Guest: Dr. Tremayne M. Johnson & Zion Baptist Church, Newport News, VA

## *Solomon's Temple Men's Ministry*

(B. I. G. – Brothers In God)

*"100 Kingdom Minded Men"*

Sunday, January 31, 2016

3:00pm

Guest messenger/church:  
Dr. Tremayne M. Johnson  
Zion Baptist Church  
Newport News, VA



you are  
so much  
stronger  
than you  
think.

- power
- love
- sound mind

*...fear' ain't on the list!*

**2016 Theme: Modeling Kingdom Concepts: Through Power, Love and Sound Mind  
1 Corinthians 2:2**





# January 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. <b>HAPPY NEW YEAR!!</b>	2.
3. Women will have a brief meeting after service Sharon Goodham	4. Kenya Hargrove Christine Little	5. Corey Brown	6. Happy Anniversary John & Karen Lee Erica Judkins	7. 7:00pm Sons of Solomon rehearsal	8. Florence Turner	9. Vernell Brown Inez Jenkins
10. Consecration of 2016 Officers Joe Batten Donald Watkins	11. 7:00pm Advisory Council meeting	12. 6:30pm CID session 7:15pm Bible Study	13. Jessica Smith	14. 6:00pm Praise Team rehearsal 7:00pm Men & Women Ministries meetings	15. Connie Payne	16.
17. Tamara Jones	18. Dr. Martin Luther King Jr. Day	19. 6:30pm CID session 7:15pm Bible Study	20.	21. 6:00pm Praise Team rehearsal 7:00pm Joyful Voices rehearsal Ernest Ruffin	22.	23.
24. Roberto Duhart	25. 6:30pm Levites meet 6:30pm Servant Leaders meet 7:30pm AOS meet	26. 6:30pm CID session 7:15pm Bible Study	27. Senah Cypress	28. 6:30pm Youth Choir rehearsal	29.	30. Ten Virgins service sponsored by the Women Ministry June Little
31. 3:00pm 100 Kingdom Mindful Men Service; Guest Zion Baptist Church						

**P L & S M**  
OVER LOVE SOUND END



**P L & S M**  
OVER LOVE SOUND END



## 3 Steps to a Wonderful New Year

by: Norman Vincent Peale

This will see you through the beginning of the year, the middle of the year, and the end of the year. It is the first four words with which the Bible begins: "In the beginning God . . ." (Genesis 1:1) Take Him at the start and you will have a wonderful time in the New Year. And then follow these steps.

### 1. Practice the art of forgetting.

Man is what he remembers, but man is also what he forgets. One of the healthiest things a human being can do is to become a master of forgetting. Whatever you do, don't lug your resentments, your hates, your frustrations, your disappointments, your regrets into the new year. Forge ahead! It is a great art to know how to forget. Drop it, skip it, let it go— whatever it is. Start anew.

### 2. Take hold of the new year and shake the life out of it.

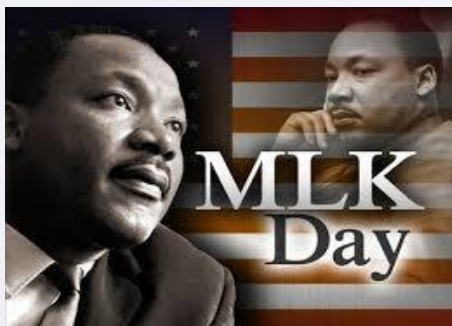
Drop the 't' off forget and forge ahead, on the basis of the text "In the beginning God . . ." Live a day at a time and take it as it comes. Have you seen a calendar for the new year? Well, you know something? In order to get to January 2nd you have to live through January 1st. Live a day at a time and live on the basis of easy does it. Don't get too worked up about it. Just take it as it comes.

### 3. Expect great things and put your life in God's hands .

Have high hopes, have great dreams, have great belief. See visions and believe in them. Believe that life is good and that it is going to be better and the best is yet to come. You know something? You are very likely to get just what you expect.

*Our Heavenly Father, we thank You for life, for this precious wonder, with all its hopes, its dreams, and its opportunities. Help us to put our hands in Yours trustingly and help us to live by the text, "In the beginning God..." Through Jesus Christ our Lord. Amen.*

## Dr. Martin Luther King Jr.



*January 18, 2016*

Martin Luther King Jr. was born on January 15, 1929, in Atlanta, Georgia. King, both a Baptist minister and civil-rights activist, had a seismic impact on race relations in the United States, beginning in the mid-1950s. Among many efforts, King headed the SCLC. Through his activism, he played a pivotal role in ending the legal segregation of African-American citizens in the South and other areas of the nation, as well as the creation of the Civil Rights Act of 1964 and the Voting Rights Act of 1965. King received the Nobel Peace Prize in 1964, among several other honors. King was assassinated on April 4, 1968, and continues to be remembered as one of the most lauded African-American leaders in history, often referenced by his 1963 speech, "**I Have a Dream.**"

### Verse of the Month

**Romans 8:28 (KJV)**

And we know that all things work together for good to them that love God, to them who are the called according to his purpose.



### A Brighter, Better New Year

*By Joanna Fuchs*

Happy, Happy New Year!  
We wish you all the best,  
Great work to reach your fondest goals,  
And when you're done, sweet rest.

We hope for your fulfillment,  
Contentment, peace and more,  
A brighter, better new year than  
You've ever had before.



# Solomon's Temple 2016 Officers List

## LEVITES

Elder Edith Shivers – CP  
Elder Karen Lee – ACP  
Elder Margaret S. Thomas  
Elder Sarah Hatton  
Elder Wayne Hatton  
Min. Bertram Blackwell  
Min. Cynthia Edwards

## SERVANT LEADERS

Phyllis Duck – CP  
Lucy Watkins – ACP  
Jackie Ruffin – ACP  
Wendy Green  
James Green Sr.  
Turekia White  
Shirley Haskins  
Sylvia Gundy  
Donald Watkins  
Terry Rawls (SL in training)  
Kinston Shivers (Jr. SL in training)  
John Shivers – Emeritus

## ARMOUR-BEARER

Terry Rawls – CP  
Tammy Rawls – ACP  
Brandon Newsome  
Rodney Murphy  
Elder Karen Lee  
Phyllis Duck

## FINANCE SECRETARY

Elder Karen Lee  
Wanda Clarke – ACP  
Jackie Ruffin – ACP

## FINANCE COMMITTEE

Elaine Nichols  
Jackie Ruffin  
Hope Parker  
Jessica Smith  
Wanda Clarke  
Kathy Greene  
Trustees

## CHURCH ADMINISTRATOR

Elder Margaret S. Thomas  
Donald Watkins – Asst.  
Kenya Hargrove – Asst.

## TREASURER

Ray Holmes – CP  
Elaine Nichols – ACP  
Theodore Gundy – ACP

## EDUCATION MINISTRY

Elder Margaret S. Thomas – CP  
Elder Wayne Hatton – ACP  
Min. Cynthia Edwards – ACP

## OUTREACH MINISTRY

Wendy Green – CP  
Deborah Williams – ACP

## NEW DISCIPLES MINISTRY

Elder Sarah Hatton – CP  
James Green Sr. – ACP  
Elder Wayne Hatton – ACP

## TRUSTEE MINISTRY

Ray Holmes – CP  
Lena Holmes – ACP  
Theodore Gundy – ACP

Barry Nichols

Linda Jordan  
Frances Wells-Robertson

Blair Taylor

Marcus Smith

Earl Moton

Joe Batten

John Lee

Willie Turner Sr. – Emeritus

## PRaise DANCE MINISTRY

Tracy Murphy – CP  
Trakelia Hamlin – ACP/Youth

## MEN'S MINISTRY

Elder Wayne Hatton – Advisor  
Donald Watkins – CP  
MIT Ernest Ruffin – ACP  
James Green Sr. – ACP  
Earl Moton – ACP

## WOMEN'S MINISTRY

Elder Edith Shivers – CP  
Wendy Johnson – ACP  
Dana Cary – ACP

## YOUTH MINISTRY

Bianca Robinson – CP  
Wendy Green – ACP  
Donna Fenner – ACP

## COUPLES MINISTRY

Pastor & Elder Shivers – Advisors  
Theodore & Sylvia Gundy – CP  
Michael & Charlotte Wellons – ACP  
Joe & Lonnie Batten – ACP  
Willie Jr. & Stacy Turner – ACP  
Brad & Samantha Little – ACP

## MEDIA MINISTRY

Stanley Robinson – CP  
Krystle Murphy – ACP  
Ashley Boothe – ACP  
Kinston Shivers – ACP

## USHER MINISTRY

Ella Ford – CP  
Grayland Robinson – ACP

## YOUTH USHERS

Hope Parker – CP  
Mattie Turner – ACP

## HOSPITALITY MINISTRY

Hope Parker – CP (Jan. – June)  
Turekia White – CP (July – Dec.)  
Alice Day – (supply clerk)

## SINGLES MINISTRY

Min. Cynthia Edwards – CP  
Linda Jordan – ACP  
Lisa Thompson – ACP  
Faye Thompson – ACP  
Deborah Williams – ACP  
Darnelle Jefferson – ACP

## BRIDGE MINISTRY

Turekia White – Advisor  
Mor'Netra Johnson – CP  
LaQueshia Rawls – ACP

Ashley Boothe – ACP

## HEALTHCARE MINISTRY

Shirley Haskins – CP  
Patricia Payne – ACP  
Ebony Clarke – ACP  
Melissa Turner – ACP

## GREETER MINISTRY

Elder Edith Shivers – Advisor  
Linda Jordan – CP  
Faye Thompson – ACP

## BEREAVEMENT MINISTRY

Min. Bertram Blackwell – CP  
Donald Watkins – ACP  
Lucy Watkins – ACP

## MUSIC MINISTRY

Min. Bertram Blackwell Min. of Music  
Kinston Shivers – Asst.  
Jessica Smith – Director  
Elder Wayne Hatton – CP (men)

## BUILDING COMMITTEE

Donna Fenner – Youth Director  
Elder Edith Shivers  
Elder Wayne Hatton  
Lena Holmes

Ray Holmes

Earl Moton

Barry Nichols

Min. Bertram Blackwell

Donald Watkins

Trustees

## SOLOMON'S COUNCIL

Pastor Shivers  
Elder Margaret S. Thomas – Admin.  
Elder Karen Lee – Finance  
Elaine Nichols – Treasurer

## LEVITE

Elder Edith Shivers

## SERVANT LEADER

Phyllis Duck

## TRUSTEE

Ray Holmes

## LAYPERSONS

Min. Bertram Blackwell  
Lucy Watkins  
Donald Watkins  
Michael Wellons

## INTERCESSORY PRAYER MINISTRY

Pastor & Elder Shivers – Advisors  
Elder Margaret S. Thomas – CP  
Min. Cynthia Edwards – ACP  
Donald Watkins – ACP

## FEBRUARY

Valentine Celebration  
(Men's Ministry in charge)

## MARCH 20<sup>th</sup> – MARCH 24<sup>th</sup>

Holy Week Revival  
(Levite Ministry in charge)

## MAY 1<sup>st</sup>

Women's Day  
(Women's Ministry in charge)

## MAY 15<sup>th</sup>

Ministry Day  
(All Ministries Celebration)

Desiree Brown – CP

Phyllis Wiggins – ACP

Sonjia Moore – ACP

## JUNE 12<sup>th</sup>

Youth Day  
(Youth Ministry in charge)

## JUNE 19<sup>th</sup>

Men's Day  
(Men's Ministry in charge)

## JULY 24<sup>th</sup>

Family & Friends Day  
Watson/Gayton Family – CP  
Hatton/Chapman/Green Family – ACP  
Murphy Family – ACP

## OCTOBER 16<sup>th</sup>

Pastor & Church Anniversary  
Elder Karen Lee – CP  
NOVEMBER 20<sup>th</sup> – 22<sup>nd</sup>

Fall Harvest Revival

Jackie Ruffin – CP

Frances Wells-Robertson – ACP

Mary Diggs – ACP

Elder Margaret S. Thomas – ACP

## DECEMBER 18<sup>th</sup>

Christmas Celebration  
(Bridge & Youth Ministry in charge)

## DECEMBER 31<sup>st</sup>

New Year's Eve service  
(Assembly of Servants in charge)



# Health Care Ministry

January is Thyroid Disease & Glaucoma Awareness Month



**Thyroid disease** is more common than diabetes or heart disease. Thyroid disease is a fact of life for as many as 30 million Americans – and more than half of those people remain undiagnosed. Women are five times more likely than men to suffer from hypothyroidism (when the gland is not producing enough thyroid hormone). Aging is just one risk factor for hypothyroidism.

The thyroid gland produces thyroid hormone, which controls virtually every cell, tissue and organ in the body. If your thyroid is not functioning properly, it can produce too much thyroid hormone, which causes the body's systems to speed up (hyperthyroidism); or it can create too little thyroid hormone, which causes the body's systems to slow down (hypothyroidism).

Untreated thyroid disease may lead to elevated cholesterol levels and subsequent heart disease, as well as infertility and osteoporosis. Research also shows that there is a strong genetic link between thyroid disease and other autoimmune diseases, including types of diabetes, arthritis and anemia.

First, you must understand how to recognize the symptoms and risk factors of thyroid disease. Since many symptoms may be hidden or mimic other diseases and conditions, the best way to know for sure is to ask your doctor for a TSH (thyroid-stimulating hormone) test, a simple blood test to verify your thyroid gland's condition. Also, take a minute and perform a self Neck Check. And because thyroid disease often runs in families, examinations of your family members and a review of their medical histories may reveal other individuals with thyroid problems.

**Glaucoma** is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma.

Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss. The best way to protect your sight from glaucoma is to get a comprehensive eye examination.



## Recipe for the Month

### Shrimp n Crab Mac n Cheese

#### Ingredients:

2 cups macaroni, 3 tablespoons butter (plus some for greasing),  
2 tablespoons flour, 2 cups half-n-half, 1/4 teaspoon paprika,  
1 pinch cayenne pepper, mild cheddar cheese (grated), 2 pinches salt (to taste),  
2 pinches pepper (to taste), cooked shrimp (patted dry),  
1/2 cup crabmeat (fresh, frozen or 12 g can, well drained), 1/4 cup fresh basil,  
3 tablespoons parmesan cheese (grated)

#### Directions:

In a pot of salted water, cook macaroni until tender, about 8 - 10 minutes. Preheat oven to 350. Lightly butter an 8 x 8 baking dish and set aside. In a large sauce pot, add the butter over medium heat. Add the flour and cook, stirring for 2 minutes. Using a whisk, slowly add the milk and cook until it thickens. Remove the sauce from heat and mix in the half-n-half, paprika, cayenne, salt and pepper. Add 3/4 of the cheese. When the macaroni is cooked, drain it well. Add to it, the shrimp, crab and basil and gently add the white sauce. Spoon macaroni mixture into the prepared baking dish. Top with the remaining cheddar and parmesan cheese. Bake for 25 - 30 minutes or until the top is lightly golden. ENJOY!!!

