

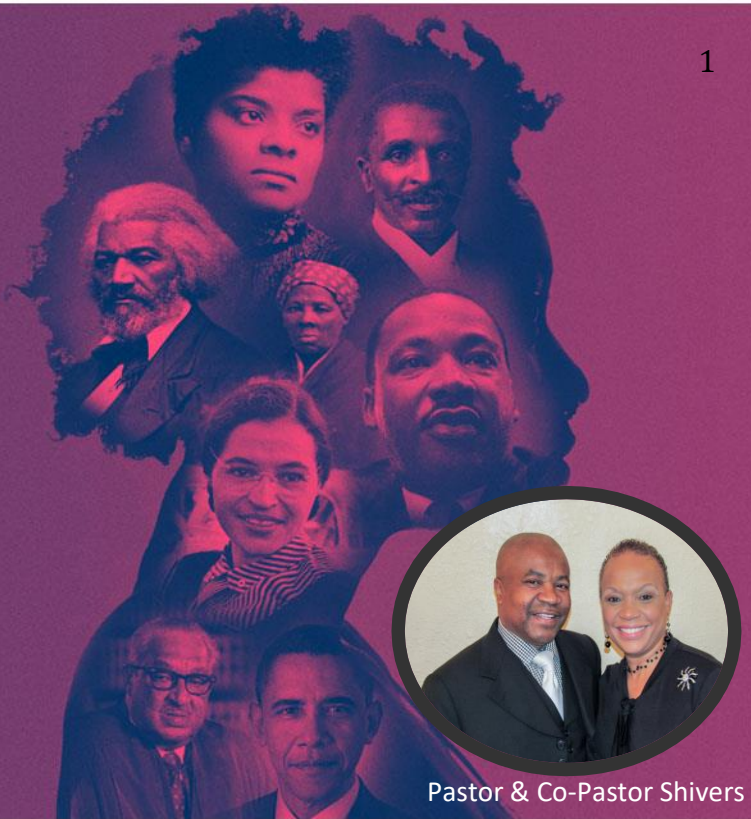
# Temple News



Monthly Newsletter  
Solomon's Temple Church

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

## February 2021



Pastor & Co-Pastor Shivers

### 4 Kinds of Love to Celebrate on Valentine's Day *by Holly Lebowitz Rossi*

Romantic love isn't the only feeling your heart has room for.

"There are all kinds of different love in this world, but never the same love twice," said F. Scott Fitzgerald. In any of our lifetimes, we each may be blessed with multiple experiences of love. But if we limit ourselves to defining "love" in the romantic sense, we will have failed to embrace the full potential of the multi-dimensional feeling of deep, abiding care. Among the many types of love, these four stand out as worthy of celebration on Valentine's Day, right there alongside the kind that comes with hugs and kisses, flowers and chocolate.

#### 1) Affectionate Love

Affection is a powerful kind of love, it's the kind of love we feel for our friends. In an affectionate relationship, we see and accept each other for who we are, appreciate our strengths, and support each other through challenges.

#### 2) Self-Love

Please don't confuse self-love with selfishness or narcissism. Too often, we think that to love means to love another person. But how can we show someone else a kindness we aren't able to summon for ourselves? Showing love, compassion and gentleness to ourselves is the foundation of a positive, love-filled life.

#### 3) Unconditional Love

Unconditional love is perhaps the goal of all the other types of love, as well as a type of love in and of itself. In unconditional love, we are accepting, non-judgmental, curious and welcoming to the fully authentic versions of our beloved. Whether we are parents, grown children, spouses, partners, friends, coworkers or simply people who share the planet with each other, we can all benefit from starting every interaction with the premise that each person is worthy of pure, unconditional love.

#### 4) Romantic Love

We can't leave out the star of the Valentine's Day greeting card show, can we? Romantic love is a profound combination of physical attraction and emotional connection. At its best, it is unconditional and involves two people who each love and value themselves as well. There's a reason human history is replete with songs and poems about the beauty of romantic love—it's truly a wonder to behold.

Love is a gift. It's also a challenge. On Valentine's Day, try to take a moment to reflect on the different ways love reverberates through your life—and look ahead to new ways it can blossom in you, each and every day.



**How love provides a framework to listen, not counterattack.**

As the saying goes, if you want to keep a friend, don't talk about religion or politics. Yet it's difficult to walk away from arguments about ideas that we feel are right for our country. Or to ignore religious interpretations that undermine our convictions.

I recently had a person come to see me to discuss their rocky marriage. It had gotten worse as of late because of politics. And to add more fuel to the fire, religious differences as well. Did they love each other? I asked. After a silence, she looked at me and said, "Yes, we do."

Love doesn't remove our ideological differences, but it does provide a framework to agree to disagree with respect. It allows us to deal with conflicts that seek to separate us. Instead of shouting, we can talk. We can listen to understand, not to counterattack.

Love doesn't ask us to compromise our beliefs, but to speak to them with grace and humility. It doesn't ask us to approve injustice but to practice justice starting with those who are furthest from our views. It doesn't ask of us to be the guardian of one worldview but to build bridges to create a world for people of all views.

People often argue that there is too much at stake to put aside irreconcilable differences. But the stakes are even higher if we don't find a way to disagree with love and mutual respect. History teaches us how irreconcilable differences can lead to division and, at worst, to violence and oppression. The stakes are high if we are not patient and kind with one another, even those who don't agree with us on anything.

If we let love and respect—not hate and disregard—guide us, we can create a country and world where people can live in peace despite their differences.

**February is American Heart Month Awareness** 

Why do we observe American Heart Month every February? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use. Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits!

The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called "pacemakers." When the heart ceases to perform its regular function, a medical device also called a pacemaker can be implanted to assist the heart.

Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk. Although we've learned a lot about how the heart works, there are still many unanswered questions about heart health and the cardiovascular system. As far as we know, the best way to protect your heart is to stay active, eat a healthy and balanced diet, and reduce your daily stress.

**Positive Thinking Quotes from Dr. Norman Vincent Peale**

- Feel God's presence within you, lifting you up, and filling your heart with the deep and abiding assurance that all is well.
- If you live in conscious communication with God you receive of His power, His health, His well-being, His zest, His energy.
- Start and end every day, and in between times, too, by thanking God for everything.

# February Kingdom Schedule

## February Scriptures

2/7 1 John 4:15-17  
 2/14 John 3:16-21  
 2/21 Romans 8:35-39  
 2/28 Ephesians 2:1-6

## Welcome Schedule

2/7 Sis. Kathy Greene  
 2/14 Sis. Donna Fenner  
 2/21 Sis. Jessica Smith  
 2/28 Sis. Lena Holmes

## Door Opener

Bro. Ray Holmes

## Worship Leaders Schedule

2/7 Elder Sarah Hatton  
 2/14 Sis. Lucy Watkins  
 2/21 Elder Karen Lee  
 2/28 MIT Sylvia Gundy

## Servant Leaders Schedule

2/7 Bro. Donald Watkins  
 2/14 Sis. Lucy Watkins  
 2/21 Sis. Wendy Johnson  
 2/28 Sis. Turekia White

## Communion Bowls

Sis. Wendy Johnson  
 Sis. Turekia White



## NEW

### 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 with 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 New Disciple Orientation sessions 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, Elder Wayne Hatton or Sis. Phyllis Duck.**

## February 2021 CID sessions and Bible Study Schedule

2/2 Bro. Donald Watkins | Called to Testify | John 4:25-42  
 Elder Wayne Hatton | Called to Support | Luke 8:1-3; Mark 15:40;  
 John 20:10-18

2/9 Pastor Shivers | Bible Study | 2021 Theme: The Reboot: Refreshing  
 Every Believer's Operational Objectives and Techniques

2/16 No CID or Bible Study – Ash Wednesday service 2/17/21

2/23 No CID or Bible Study – Lenten Service



Explanation of the lesson can be found on our website [www.solomonstemplechurch.net](http://www.solomonstemplechurch.net)

**ATTENTION SOLOMON'S TEMPLE DISCIPLES: If you wish to have your contributions for tax purposes, please contact Sis. Jackie Ruffin at 757-635-0543.**

"The most important thing a born again Christian can do is PRAY" - Chuck Smith

## Newsletter Submissions

Do you know someone who is doing great things in the community, school, or church? Nominate him or her 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), promotions or special occasions. We also want to know about students 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 the church administrator at [stsecretary1@gmail.com](mailto:stsecretary1@gmail.com).



# February Schedule of Events

Date	Time	Event
2/2/21	6:30pm	CID session
2/3/21	6:00am	Intercessory Prayer
2/4/21	6:00pm	Praise Team rehearsal
2/9/21	6:30pm	Bible Study
2/10/21	6:00am	Intercessory Prayer
2/12/21	7:00pm	Virtual Valentine's Dinner
2/14/21	All Day	Happy Valentine's Day
2/16/21		No CID session
2/17-20/21	6:00am	Sacrificial Motivational Prayer (Wednesday – Saturday) call the conference line to join in
2/17/21	6:30pm	Ash Wednesday service
2/18/21	6:00pm	Praise Team rehearsal
2/19/21	6:30pm	Friday Night Spiritual Reboot service – Speaker: Sis. Wendy Johnson
2/22-27/21	6:00am	Sacrificial Motivational Prayer (Monday – Saturday) call the conference line to join in
2/23/21	6:30pm	Lenten service on Zoom – Messenger: Min. Ernest Ruffin (No CID session)
2/25/21	6:30pm	Women's Ministry meeting – Cooking class led by Sis. Wendy Green and Talk Time Speakers: MIT Sylvia Gundy and Sis. Kathy Greene
2/26/21	6:30pm	Friday Night Spiritual Reboot service – Speaker: Sis. Turekia White

### **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.

#### **February Care Team**

Sis. Shenille Davis, Sis. Stacy Turner & Sis. Joyce Greene

### **Solomon's Temple Bereavement Ministry**

The purpose of the Bereavement Ministry is to provide comfort and support to disciples of Solomon's Temple during time of loss of a loved one, and to show love to our disciples and assure them that they are not alone during this difficult time in their lives. We have "Spiritual Support Care Teams" available to assist you.

#### **February "Spiritual Support Care Team"**

Bro. Donald Watkins & Sis. Kathy Greene

He gives us **comfort** in all our troubles. Then we can **comfort** other people who have the same troubles. We give the same kind of **comfort** God gives us." **2 Corinthians 1:4**

**2021 Theme:** 2021 "The Reboot" "To Refresh Every Believer's Operational Objectives and Techniques" ("But I will restore you to health and heal your wounds, declares the Lord" Jeremiah 30:17a) It is time to **"Reboot – To Refresh Every Believer's Operational Objectives and Techniques."** We may not be able to hug and breathe in the same space right now as usual but rest assured that there is still work to be done that each of us can do right where we are. So get in action with us as we continue to minister to a wounded world as God ministers to us.



# February 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1.</b>	<b>2.</b> 6:30pm CID session	<b>3.</b> 6:00am Intercessory Prayer Robert White	<b>4.</b> 6:00pm Praise Team rehearsal	<b>5.</b> Mary Diggs Barry Nichols James Green Sr. Cori Brown	<b>6.</b>
<b>7.</b> Joydan Taylor	<b>8.</b>	<b>9.</b> 6:30pm Bible Study	<b>10.</b> 6:00am Intercessory Prayer Ja Cianna Brock	<b>11.</b> No rehearsal	<b>12.</b> 7:00pm Virtual Valentine's Dinner Shaquita Taylor	<b>13.</b> Jade Hunt
<b>14.</b> Happy Anniversary Theodore & Sylvia Gundy Valentine's Day	<b>15.</b> Elaine Nichols <b>Presidents' Day</b>	<b>16.</b> No CID session Jackie Ruffin	<b>17.</b> 6:00am Intercessory Prayer 7:00pm Ash Wednesday service Happy Anniversary Corey & Tamara Brown	<b>18.</b> 6:00am Intercessory Prayer 6:00pm Praise Team rehearsal	<b>19.</b> 6:00am Intercessory Prayer 6:30pm Friday Night service	<b>20.</b> 6:00am Intercessory Prayer
<b>21.</b> Kaden Taylor	<b>22.</b> 6:00am Intercessory Prayer Anthony Gray Jr.	<b>23.</b> 6:00am Intercessory Prayer 6:30pm Lenten service Zhaetwan Wells	<b>24.</b> 6:00am Intercessory Prayer	<b>25.</b> 6:00am Intercessory Prayer 6:30pm Women's Ministry meeting No rehearsal	<b>26.</b> 6:00am Intercessory Prayer 6:30pm Friday Night service Happy Anniversary Stanley & Dorothy	<b>27.</b> 6:00am Intercessory Prayer
<b>28.</b>						

## Verse of the Month

“The sluggard does not plow in the autumn; he will seek at harvest and have nothing.” (Proverbs 20:4, ESV)



## Anniversaries for the Month of February



### Happy Anniversary

Theodore & Sylvia Gundy  
February 14<sup>th</sup>

Corey & Tamara Brown  
February 17<sup>th</sup>

Stanley & Dorothy Robinson  
February 26<sup>th</sup>



An anniversary is a time to celebrate the joys of today, the memories of yesterday and the hopes of tomorrow.

## Birthdays for the Month of February 6 Happy Birthday

Robert White	February 3 <sup>rd</sup>
Mary Diggs	February 5 <sup>th</sup>
Barry Nichols	February 5 <sup>th</sup>
James Green Sr.	February 5 <sup>th</sup>
Cori Brown	February 5 <sup>th</sup>
Joydan Taylor	February 7 <sup>th</sup>
Jai'Ciana Brock	February 10 <sup>th</sup>
Shaquita Taylor	February 12 <sup>th</sup>
Jade Hunt	February 13 <sup>th</sup>
Elaine Nichols	February 15 <sup>th</sup>
Jackie Ruffin	February 16 <sup>th</sup>
Kaden Taylor	February 21 <sup>st</sup>
Anthony Gray Jr.	February 22 <sup>nd</sup>
Zhaetwan Wells	February 23 <sup>rd</sup>



### Prayer List

Pastor K. D. Shivers  
Co-Pastor E. R. Shivers  
Sis. Angela Batten  
Sis. Vernell Brown  
Sis. Mary Diggs  
Sis. Lonnie Batten  
Sis. Connie Payne  
Sis. Marion Smith  
Sis. Ruby Clarke  
Sis. Florence Turner  
Sis. Sheila Gatewood  
Sis. Mary Cornick  
Bro. Carl Duck  
Sis. Phyllis Duck  
Bro. Stanley Robinson  
Sis. Dorothy Robinson  
Bro. Charles Turner  
Sis. Shirley Haskins  
Mr. Corey Brown  
Bro. Junious Little  
Sis. Regina Green  
Sis. Deborah Williams  
Bereaved Families



*Prayer is the most important conversation of the day!!*

### 2021 Friday Night Spiritual Reboot Service Speakers and Worship Leaders

Feb. 19 <sup>th</sup>	Sis Wendy Johnson – Speaker Sis. Shirley Haskins – Worship Leader
Feb. 26 <sup>th</sup>	Sis. Turekia White – Speaker Sis. Phyllis Duck – Worship Leader
Mar. 5 <sup>th</sup>	Sis. Kathy Greene – Speaker Bro. Donald Watkins – Worship Leader
Mar. 12 <sup>th</sup>	Bro. Donald Watkins – Speaker Sis. Lucy Watkins – Worship Leader
Mar. 19 <sup>th</sup>	Sis. Wendy Green – Speaker Bro. James Green Sr. – Worship Leader
Mar. 26 <sup>th</sup>	Bridge Ministry

### 2021 Tuesday Night Lenten Service Messengers

Feb. 23 <sup>rd</sup>	Min. Ernest Ruffin
Mar. 2 <sup>nd</sup>	Elder Wayne Hatton
Mar. 9 <sup>th</sup>	Min. Bertram Blackwell
Mar. 16 <sup>th</sup>	Elder Karen Lee
Mar. 23 <sup>rd</sup>	Elder Sarah Hatton
Mar. 30 <sup>th</sup>	Holy Week Revival



### Attention Solomon's Temple Disciples

Just a reminder that you can give financially in support of the ministry in the following ways: Our Church website [www.solomonstemplechurch.net](http://www.solomonstemplechurch.net) accepts **Checks** and **Credit Cards**; or Cash App **\$STCHURCH00**; or Bring your offering to the chapel. We want you to know that we love you and appreciate all that you do. God bless you all. Pastor & Co-Pastor Shivers (Pastor Shivers' cash app: **\$FUNERALS1**; Co-Pastor Shivers' cash app: **\$SEFIRSTLADY**)

The kingdom of God is like a mustard seed. It happens quietly. It happens inevitably. Don't underestimate God's power. *Alistair Begg*

## Upcoming Events

(Some dates are subject to change)

### March 2021

Mar. 2 <sup>nd</sup>	Lenten Service
Mar. 5 <sup>th</sup>	Friday Night Spiritual Reboot
Mar. 9 <sup>th</sup>	Lenten Service
Mar. 12 <sup>th</sup>	Friday Night Spiritual Reboot
Mar. 14 <sup>th</sup>	Daylight Saving Time Begins
Mar. 16 <sup>th</sup>	Lenten Service
Mar. 19 <sup>th</sup>	Friday Night Spiritual Reboot
Mar. 23 <sup>rd</sup>	Lenten Service
Mar. 26 <sup>th</sup>	Friday Night Spiritual Reboot
Mar. 28 <sup>th</sup>	Palm Sunday
Mar. 29 <sup>th</sup> – Apr. 1 <sup>st</sup>	Holy Week Revival

### April 2021

April 2 <sup>nd</sup>	Good Friday
April 4 <sup>th</sup>	Easter Sunday
April 25 <sup>th</sup>	Co-Pastor Shivers preach at East End Baptist Church, Women's Day

### May 2021

May 9 <sup>th</sup>	Mother's Day/Women's Day
May 16 <sup>th</sup>	Ministry Day
May 23 <sup>rd</sup>	Pentecost Sunday
May 31 <sup>st</sup>	Memorial Day

### June 2021

June 13 <sup>th</sup>	Youth Day
June 15 <sup>th</sup>	Graduates Speak-Out
June 20 <sup>th</sup>	Father's Day/Men's Day

### July 2021

July 25 <sup>th</sup>	Family & Friends Day
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### September 2021

Sept. 7 <sup>th</sup>	Labor Day
Sept. 12 <sup>th</sup>	Grandparents Day
Sept. 12 <sup>th</sup>	Leading Lady Day

### October 2021

Oct. 11 <sup>th</sup>	Clergy Appreciation Day
Oct. 17 <sup>th</sup>	Pastor & Church Anniversary

### November 2021

Nov. 11 <sup>th</sup>	Veterans Day
Nov. 22 <sup>nd</sup> – Nov. 24 <sup>th</sup>	Fall Harvest Revival
Nov. 25 <sup>th</sup>	Thanksgiving Day

### December 2021

Dec. 20 <sup>th</sup>	Christmas Celebration
Dec. 24 <sup>th</sup>	Christmas Eve
Dec. 25 <sup>th</sup>	Christmas Day
Dec. 31 <sup>st</sup>	New Year's Eve/Celebration

## Black History Month

7

The celebration of Black History Month began as “Negro History Week,” which was created in 1926 by Carter G. Woodson, a noted African American historian, scholar, educator and publisher. It became a month-long celebration in 1976. The month of February was chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln.

**NAACP:** On February 12, 2019, the NAACP marked its 110th anniversary. Spurred by growing racial violence in the early 20th century, and particularly by 1908 race riots in Springfield, Illinois, a group of African American leaders joined together to form a new permanent civil rights organization, the National Association for the Advancement of Colored People (NAACP). February 12, 1909, was chosen because it was the centennial anniversary of the birth of Abraham Lincoln.

**Heavyweight Champ:** Jack Johnson became the first African American man to hold the World Heavyweight Champion boxing title in 1908. He held onto the belt until 1915.

**First Lawyer:** John Mercer Langston was the first black man to become a lawyer when he passed the bar in Ohio in 1854. When he was elected to the post of Town Clerk for Brownhelm, Ohio, in 1855 Langston became one of the first African Americans ever elected to public office in America. John Mercer Langston was also the great-uncle of Langston Hughes, famed poet of the Harlem Renaissance.

**Famous Protestors:** While Rosa Parks is credited with helping to spark the Civil Rights movement when she refused to give up her public bus seat to a white man in Montgomery, Alabama in 1955—inspiring the Montgomery Bus Boycott—the lesser-known Claudette Colvin was arrested nine months prior for not giving up her bus seat to white passengers.

**Supreme Court Justice:** Thurgood Marshall was the first African American ever appointed to the U.S. Supreme Court. He was appointed by President Lyndon B. Johnson and served on the court from 1967 to 1991.

**Eminent Scientist:** George Washington Carver developed 300 derivative products from peanuts among them cheese, milk, coffee, flour, ink, dyes, plastics, wood stains, soap, linoleum, medicinal oils and cosmetics.

**First Senator:** Hiram Rhodes Revels was the first African American ever elected to the U.S. Senate. He represented the state of Mississippi from February 1870 to March 1871.

**First Woman Representative:** Shirley Chisholm was the first African American woman elected to the House of Representatives. She was elected in 1968 and represented the state of New York. She broke ground again four years later in 1972 when she was the first major party African American candidate and the first female candidate for president of the United States.

**Self-Made Millionaire:** Madam C.J. Walker was born on a cotton plantation in Louisiana and became wealthy after inventing a line of African American hair care products. She established Madame C.J. Walker Laboratories and was also known for her philanthropy.

**Oscar Winner:** In 1940, Hattie McDaniel was the first African American performer to win an Academy Award—the film industry's highest honor—for her portrayal of a loyal slave governess in *Gone With the Wind*.

**First Professional Black Baseball Player:** On April 5, 1947, Jackie Robinson became the first African American to play Major League Baseball when he joined the Brooklyn Dodgers. He led the league in stolen bases that season and was named Rookie of the Year.

**First Black Billionaire:** Before Oprah Winfrey and Michael Jordan joined the billionaire's club, Robert Johnson became the first African American billionaire when he sold the cable station he founded, Black Entertainment Television (BET) in 2001.

**First Black President:** In 2008, Barack Obama became the first black president of the United States.



## 7 Spiritual Benefits of Fasting - Spiritual Growth – Kingdom Bloggers

The **spiritual benefits of fasting** are all throughout the Bible. Powerful breakthroughs happen during or after times of fasting. Spiritual fasting is to deny your body its physical needs (usually food) so that moves your focus from the physical to the spiritual (faith). It helps you to grow closer to God and is often a regular part of prayer life. 7 Benefits of Fasting are:

**Spiritual Fasting Causes Us To Rely On God** - Fasting shows God that our hunger for Him surpassed our hunger for anything else. *But seek first his kingdom and his righteousness, and all these things will be given to you as well” (Matthew 6.33 NIV).*

**Spiritual Fasting Helps Us Be Filled With The Fruits Of The Spirit** - When we feel irritable, we can grow our capacity under stress and choose to show goodness, gentleness, and self-control instead. *But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law” (Galatians 5.22-23 NIV).*

**Spiritual Fasting Opens Our Heart To Hearing God’s Voice** - As we walk in the Spirit, we won’t be hung up by the desires of our flesh trying to hold us down and keep us off course. We will be able to hear more clearly from God when our spirit is stronger than our flesh. *So I say, walk by the Spirit, and you will not gratify the desires of the flesh” (Galatians 5.16 NIV).*

**Spiritual Fasting Renews Our Appreciation For God And His Blessings** - We tend to forget how blessed we are. But God wants our hearts to be turned toward Him. He wants us to appreciate all that He has done in our lives. When we fast, we force our hearts to turn to God and our appreciation for God’s presence in our lives will grow. *That is why the Lord says, “Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning”” (Joel 2.12 NLT).*

**Spiritual Fasting Gives Power To Our Prayers** - Jesus said there are some breakthroughs that are only gotten through prayer and fasting. If we have been facing the same unanswered prayer for a long time, it may be time to fast. The prayer that is powered by both faith and fasting can be the very thing that unleashes God’s promises in our lives. *Afterward, when Jesus was alone in the house with his disciples, they asked him, “Why couldn’t we cast out that evil spirit?” Jesus replied, “This kind can be cast out only by prayer”” (Mark 9.28-29 NLT).*

**Spiritual Fasting Creates An Environment For Miracles** - Fasting forces the flesh to go under the authority of God’s Spirit in us. When we are effectively fasting, we are letting God have all the room. His Spirit becomes powerful and mighty in our words and actions. God blesses us when we keep our fast secret unless our testimony of fasting is used to edify others. *When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” (Matthew 6-16-18 NIV)*

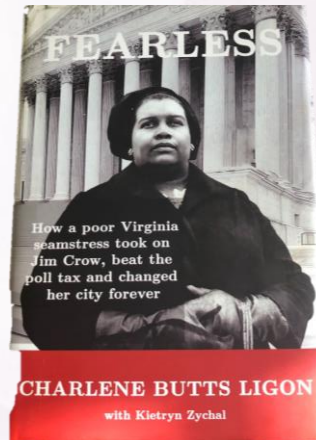
**Spiritual Fasting Helps Us To Consume God’s Word**

We are both flesh and spirit. When we take food out, we fill it with the Bible. As we read the Bible, the reigning Spirit of God within us will teach, grow and transform us and the world around us. *Jesus answered, It is written: “Man shall not live on bread alone, but on every word that comes from the mouth of God”” (Matthew 4.4 NIV).*

## Remembering a Trailblazer. 8

Evelyn Thomas Butts

Evelyn T. Butts was a poor Norfolk, Virginia native that fought against having to pay \$1.50 poll tax because she couldn’t afford it. Back in the 40s thru the 60s in order to vote you had to register and pay. A trailblazer. A Street is named Evelyn T. Butts in the Oakwood Section of Norfolk.



If there were a Virginia Civics Hall of Fame, the late Evelyn Thomas Butts, a native of Norfolk, Virginia, would be one of its most esteemed inductees. She was well-known for her 1960s federal lawsuit that abolished the poll tax for state and local elections, an onerous device that had suppressed the voting power of poor blacks and whites throughout the South for several decades. Relentless in her work to strengthen our democracy, Mrs. Butts also helped register new voters by the thousands, and she stood steadfast in drawn-out fights for improving low-income neighborhoods and integrating Norfolk’s public schools.

Evelyn is the cousin of Sis. Lucy Butts-Watkins



Congratulations to Kevin Shepherd Jr. Kevin graduated from Regent University in December 2020 and received a Masters of Education Degree.



Congratulations to Destiny Shivers. Destiny completed Technical Training with the United States Air Force Security Forces Academy on January 20, 2021.



Congratulations to Seniah for making the honor roll. Seniah is a student at Westside Elementary School.



## Thoughts to Ponder

“The function of education is to teach one to think intensively and to think critically. Intelligence plus character – that is the goal of true education.”

*Rev. Dr. Martin Luther King Jr.*

“If you’re walking down the RIGHT PATH and you’re willing to KEEP WALKING, eventually you’ll MAKE PROGRESS.” *Barack Obama*

“Remember that you are loved by the One who protects and saves!” *Lisa Osteen*

“God’s love is unconditional, unending and unmistakable. We are Beloved.” *quotesgram.com*

“You don’t need someone to complete you. You only need someone to accept you completely.” *inspiration boost.com*

“Roses are red. Violets are blue. Someone loves you. Here is a clue. Read John 3:16.” *Pinterest*

“We love because He first loved us.” *1 John 4:19*