Five Reasons to Serve Others By Nipun Mehta YES! Magazine

1. Serve to discover abundance: the radical shift from 'me' to 'we.'

When you serve, you discover that often the most important things you have to offer are not things at all. You start to uncover the full range of resources at your disposal – your time, presence, attention – and recognize that the ability to give stems from a state of mind and heart, a place much deeper than the material. Inspired by the possibilities this opens up in every moment, you begin to discover humble opportunities to serve – everywhere. This process begins a shift from a me-orientation to a we-orientation. You start to look at people and situations with an eye for what you can offer them, and not vice versa. You break the tiresome tyranny of questions like "What's in it for me?" The mindset shifts from consumption to contribution. Paradoxically, when serving in this way, you are no longer operating from a space of scarcity. Your cup fills and overflows.

2. Serve to express gratitude.

When you acknowledge the fullness of your life, you can manifest a heart of service in any situation. In that sense, service doesn't start when we have something to give – it blossoms naturally when we have nothing left to take. And that is a powerful place to be. We begin to play our part – first, by becoming conscious of the offerings we receive, then by feeling gratitude for them, and finally by continuing to pay forward our gifts with a heart of joy. Yes, external change is required for the world to progress, but when coupled with inner transformation, it can affect the world in a radically different way. "We can do no great things – only small things with great love," maintained Mother Teresa, a woman who made a difference in the lives of millions. It's a matter of what we focus on. In other words, it's not just what we do that matters, but the inner impetus behind our action that really counts.

3. Serve to transform yourself.

Any time we practice the smallest act of service – even if it's only holding a door for somebody with a full heart that says, "May I be of use to this person" – that kind of giving changes the deeply embedded habit of self-centeredness. In that brief moment, we experience other-centeredness. That other-centeredness relaxes the patterns of the ego, a collection of unexamined, self-oriented tendencies that subtly influence our choices. This is why no true act of service, however small, can ever really be wasted. To serve unconditionally in this way takes practice and constant effort. But with time and sharpened awareness, we begin to brush against the potential for transformation that is embedded in every act of generosity. It's a realization that when you give, you actually receive. You begin to internalize this, not at the intellectual level but by experience.

4. Serve to honor our profound interconnection.

Over time, all of those small acts, those small moments, lead to a different state of being – a state in which service becomes increasingly effortless. And as this awareness grows, you inevitably start to perceive beyond individualistic patterns: Each small act of service is an unending ripple that synergizes with countless others. As Rachel Naomi Remen puts it, "When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole." With that understanding, we begin to play our part – first, by becoming conscious of the offerings we receive, then by feeling gratitude for them, and finally by continuing to pay forward our gifts with a heart of joy. Each of us has such gifts: skills, material resources, connections, presence – everything we consider ourselves privileged to have. And when we actually start to use our gifts as tools to facilitate giving, we deepen our understanding of relationships and start to sync up with this vast "inner-net."

5. Serve to align with a natural unfolding.

When we increasingly choose to remain in that space of service, we start to see new things. The needs of the current situation become clearer, we become instruments of a greater order and consequently our actions become more effortless. When a group of people perform this kind of service as a practice, it creates an ecosystem that holds a space, allowing value to emerge organically. All of this indirect value, the ripple effect, has space and time to add up, synergize with other ripples, and multiply into something completely unexpected. In humble fashion these ripples continue to seed unpredictable manifestations. Such an ecosystem can have its plans and strategies, but places more emphasis on emergent co-creation. So a lot of the ripples will remain unseen for years; some perhaps will be the basis for a seventh-generation philanthropy. It doesn't matter, because they are unconditional gifts. What each of us can do, on a personal level, is make such small offerings of service that ultimately create the field for deeper change. The revolution starts with you and me.







A Day to be Grateful by Edward Grinnan

Gratitude is the antidote to adversity. It may seem paradoxical to give thanks in times of want, yet what better time to count one's blessings? There is something uniquely American about the Thanksgiving holiday. Canada has its own Thanksgiving, but few other countries set aside a day to be grateful.

We all know about the Pilgrims and how the Wampanoag Indian tribe saved them from starvation, the occasion of our first Thanksgiving. It wasn't until 1863, however, that Thanksgiving was made a national holiday by presidential proclamation. Thanksgiving was not a legal holiday until 1941, when Congress passed legislation proposed by FDR.

I can't help but note that these dates came at some of the darkest and most trying hours of our history. The Plymouth Colony nearly perished that first winter, and 1863 was the bloodiest year of the Civil War. In 1941 the world was in the grips of the Great Depression and the US was on the brink of entering a terrible war already raging in Europe. Yet it was at these moments that great leaders like Lincoln and Roosevelt rallied the American people in the name of gratitude.

Gratitude is the antidote to adversity. It may seem paradoxical to give thanks in times of want, yet what better time to count one's blessings? When are we more acutely aware of the gifts God gives us than when times are tough? Our country has been passing through a difficult period and many Americans have struggled. But we are a blessed people who are never more grateful than when we triumph over life's challenges and reap its rich rewards.

After Giving Thanks, Why Not Spread Kindness? by Holly Lebowitz Rossi

The day after Thanksgiving is a chance to do unto others what you're grateful they have done unto you.

The day after Thanksgiving is famous—perhaps infamous is a better word—for the frenzied pursuit of steals and deals on the hottest holiday gifts. But in recent years, I've heard more and more voices calling for that day to be an extension of Thanksgiving itself, a day to continue the conversation about gratitude that was started over turkey and sweet potatoes. One way to hold onto the positive, loving spirit of Thanksgiving is to pledge to do small acts of kindness after the dishes have been washed and the leftovers put away.

The great thing about acts of kindness is that they are completely portable to whatever situation you find yourself in. Even if you're waiting in a long line at a megastore, you can offer a smile to the customers facing a long wait alongside you. You can offer your spot in line to someone who looks frail, exhausted or harried. You can even project kindness to others by staying calm and cheerful even if the store is out of the item you were looking for.

The website Good and Kind has a list of 100 Small Acts of Kindness, which include sticking a positive post-it-note ("You can do it!") on a public mirror, buying an item from the vending machine and leaving it for someone to find and enjoy, and letting someone pull out of their parking space in front of you just because. All of these feel tailor made for what can feel like the busiest time of the year.

There are myriad ways to be kind and make the world a happier place. The website Action for Happiness has ideas for how to focus on your strengths, contribute to your community and commit to finding three things to celebrate each day.

Individually, none of these actions requires much time, effort or money. But collectively, they can make an enormous impact not only on those in your community, but also on your own well-being.

What would your emotional outlook be like if you made kindness a priority on the day after Thanksgiving? What if we all did?

Expect a Blessing This Thanksgiving by Sabra Ciancanelli

Start a tradition of thanking God for gifts to come. Oh, give thanks to the Lord, for He is good! For His mercy endures forever.

Psalm 107:1 (NKJV)

The turkey is on the table, my favorite green bean supreme casserole is beside it and, best of all, my extended family rounds our dining room table. It's a little crowded, I have to admit. Sometimes elbows rub and we've had to use every chair in the house, but we all fit—and the amazing aroma of Thanksgiving fills the house.

In a few minutes we'll share what we're thankful for, but this year, as the host, I'm adding a new twist to our family tradition. I suppose it all started at the beginning of the year when I was trying to think of a word to focus on. The phrase "Expect a Blessing" kept coming to mind.

I tried to shorten it to *expect* or *blessing*. I even looked for something else altogether. But again and again it came back to me. Browsing a cute little gift store in town, the same three words greeted me on a hand-painted sign, and I said to myself, *Okay*, *okay*, *I get it*.

I wrote "Expect a Blessing" on the inside flap of my journal and vowed to mean it. I said it whenever a worry came into my thoughts. Instead of going over the worst of any given situation, I countered it with the best. Even if a blessing didn't follow, I felt at peace.

So, in line with my theme for the year, and in addition to sharing gratitude for what's already happened, I'm asking everyone to give thanks for a blessing that's on the way—a goal they want to accomplish, a vacation down the road, maybe a raise at work, their hopes for tomorrow.

Dear God, on this special day of Thanksgiving, thank You for the amazing gifts You give us, most especially the ones to come.



Solomon's Temple



Solomon's Temple Church 15088 Mt. Holly Creek Lane Smithfield, Virginia 23430 Phone (757) 357-9500

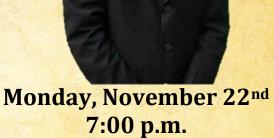
2021 FALL HARVEST REVIVAL November 21st - November 24th



Sunday, November 21st 9:00 a.m. **Co-Pastor Edith Shivers**

The services will be **LIVE STREAMED**

on Solomon's Temple Facebook Page.



Evangelist Willie Riddick

Tuesday, November 23rd 7:00 p.m. Pastor Cedric Rouson



Wednesday, November 24th 7:00 p.m. **Pastor Dionte Futrell**

2021 Theme: 2021 "The Reboot" To Refresh Every Believer's Operational Objectives and Techniques

November Kingdom Schedule

November Scriptures

1 Chronicles 16:29-34 11/7

11/14 Psalm 69:30-35

11/21 Psalm 9:11-14

11/28 Colossians 3:12-16

Welcome Schedule

MIT Kinston Shivers 11/7

11/14 Kori Smith

11/21 Sis. Lenore Williams

11/28 Sis. Florence Turner

Door Opener

Bro. Ray Holmes

Worship Leaders Schedule

11/7 Elder Karen Lee

11/14 Sis. Kathy Greene

11/21 MIT Kinston Shivers

11/28 Min. Bertram Blackwell

Servant Leaders Schedule

11/7 Sis. Lucy Watkins

11/14 Sis. Kathy Greene 11/21 Sis. Phyllis Duck

11/28 Sis. Turekia White

Communion Bowls

Sis. Phyllis Duck Sis. Turekia White



CID sessions/Bible Study for the month of November

happy

thanksgiving

Teachers for the month: Elder Wayne Hatton, Min. Bertram Blackwell Bro. Donald Watkins, Bro. James Green Sr., and MIT Kinston Shivers



Bro. Donald Watkins | United in Praise | Revelation 7:9-17 11/2 Elder Wayne Hatton | God of Power | Revelation 11:15-19

Pastor Shivers | Bible Study 11/9

11/16 MIT Kinston Shivers | Marriage of the Lamb | Revelation 19:1-8 Min. Bertram Blackwell | Good News for All | Acts 10:34-47

11/23 No CID/Bible Study (Fall Harvest Revival)

11/30 Pastor Shivers | Bible Study

Verse of the Month

"And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength" Mark 12:30 ESV

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.

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**.

November Schedule of Events

Date	Time	Event
11/2/21	6:00am-7:00pm	Election Day
11/2/21	6:30pm	CID session on Zoom
11/3/21	6:00am	Intercessory Prayer
11/4/21	6:00pm	Mass Choir rehearsal
11/7/21		Daylight Saving Time Ends
11/9/21	6:30pm	Bible Study on Zoom
11/10/21	6:00am	Intercessory Prayer
11/11/21	All Day	Veterans Day
11/11/21	6:00pm	Sons of Solomon rehearsal
11/11/21	6:30pm	Women's Ministry meeting on Zoom
11/16/21	6:30pm	CID session on Zoom
11/17/21	6:00am	Intercessory Prayer
11/18/21	6:00pm	Praise Team rehearsal
11/19/21	6:30pm	Friday Night Reboot service – Messenger: Min. Ernest Ruffin
11/21/21	9:00am	Fall Harvest Revival – Messenger: Co-Pastor Edith R. Shivers
11/22/21	7:00pm	Fall Harvest Revival – Messenger: Evangelist Willie Riddick
11/23/21	7:00pm	Fall Harvest Revival – Messenger: Pastor Cedric Rouson
11/24/21	6:00am	Intercessory Prayer
11/24/21	7:00pm	Fall Harvest Revival – Messenger: Pastor Dionte Futrell
11/25/21	All Day	Happy Thanksgiving
11/25/21		No Choir rehearsals
11/28/21	All Day	First Sunday in Advent
11/28/21		Baptismal service for Travis "TJ" Holloway, Jr.
11/30/21	6:30pm	Bible Study on Zoom

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.

November Spiritual Support Care Team

Bro. Donald Watkins and 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**

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 <u>"Care Teams"</u> 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.

November Care Team

Sis. Kathy Greene, MIT Kinston Shivers and Elder Margaret Shivers-Thomas

November 202

28. Baptismal service Travis Holloway, Jr. First Sunday of Advent Jowanda S. Hawkins Cedric Parker	21. 9:00am Fall harvest Revival	14.	7. Daylight Saving Time Ends Rodney Murphy		Sunday
29.	22. 7:00pm Fall Harvest Revival Wendy Johnson Shagan Gatewood Tierra Rawls	15.	8.	1.	Monday
30. 6:30pm Bible Study	23. 7:00pm Fall Harvest Revival Antonio Dixon	16. 6:30pm CID session Khadedra Vaughan	9. 6:30pm Bible Study	2. 6:30pm CID session Election Day	Tuesday
	24. 6:00am Intercessory Prayer 7:00pm Fall Harvest Revival	17. 6:00am Intercessory Prayer	10. 6:00am Intercessory Prayer	3. 6:00am Intercessory Prayer	Wednesday
	25. Thanksgiving Day No Choir Rehearsal	18. 6:00pm Praise Team rehearsal Jay'Vion Pierce	6:00pm Sons of Solomon rehearsal 6:30pm Women's Ministry meeting Happy Anniversary Carl & Phyllis Duck Veterans Day	4. 6:00pm Mass Choir rehearsal	Thursday
	26.	19. 6:30pm Friday Night Reboot service Willie "Cat" Turner	12.	2 1	Friday
	27.	20. Faye Thompson	13.	6.	Saturday

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

November Birthdays – Happy Birthday

, , ,	ovember ovember	
G	ovember	
, , , , , , , , , , , , , , , , , , ,	ovember	
Faye Thompson No	ovember	20 th
Wendy Johnson No	ovember	22 nd
Shagan Gatewood Miles No.	ovember	22 nd
Tierra Rawls No	ovember	22 nd
Antonio Dixon No	ovember	23 rd
Davaren White No	ovember	26 th
Jowanda Smith-Hawkins No	ovember	28 th
Cedric Parker No	ovember	28 th

Meet our Newest Disciples

Lisa Johnson and Travis "TJ" Holloway, Jr. Lisa successfully completed New Disciples class on Tuesday, October 12th and Travis successfully completed New Disciples class on Sunday, October 17th. Welcome to Solomon's Temple.







Smile Everyone.... It's the Christian Pumpkin!!!! "For I am a Christian Pumpkin Sent out to tell the trick or treaters What God's love is all about!"

Prayer List

Pastor K. D. Shivers Co-Pastor E. R. Shivers Sis. Angela Batten Sis. Lonnie Batten Sis. Vernell Brown Sis. Ruby Clarke Sis. Mary Diggs Sis. Shirley Haskins

Sis. Connie Payne Bro. Stanley Robinson Bro. Charles Turner

Sis. Florence Turner

Sis. Frances Wells-Robertson Sis. Phyllis Wiggins Sis. Sheila Brown

Bereaved Families

Prayer is the most important conversation of the day!!

November Anniversary Happy Anniversary



November 11th

Carl & Phyllis Duck



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

Attention Solomon's Temple Disciples

Just a reminder that you can give financially in support of the ministry in the following ways: Church website www.solomonstemplechurch.net accepts Checks and Credit Cards

Cash App **\$STCHURCH00**

Bring your offering to the chapel: 12749 Courthouse Hwy. Smithfield, VA 23430.

If you would like to be a blessing to Pastor &

Co-Pastor Shivers, their cash apps are:

Pastor Shivers - \$FUNERALS1

Co-Pastor Shivers - \$ESFIRSTLADY

Upcoming Events – December 2021

Dec. 5 th	3:00pm Pastor Shivers
	preach at Mt. Tabor COGIC
Dec. 17 th	Friday Night Reboot Service
Dec. 19 th	Christmas Celebration
Dec. 24 th	Christmas Eve
Dec. 25 th	Christmas Day
Dec. 31st	New Year's Eve
Dec. 31 st	New Year's Eve Celebration

8

Levites

Co-Pastor Edith Shivers – CP Elder Sarah Hatton - ACP

Elder Karen Lee

Elder Margaret Shivers-Thomas

Elder Wayne Hatton Min. Bertram Blackwell Min. Cynthia Edwards Min. Ernest Ruffin MIT Sylvia Gundy **MIT Kinston Shivers**

Servant Leaders

Donald Watkins - CP Lucy Watkins - ACP Wendy Johnson - ACP

Phyllis Duck Wendy Green James Green Sr. Turekia White **Shirley Haskins** Kathy Greene Armour-Bearer Terry Rawls - CP

Phyllis Duck **SECURITY**

Terry Rawls – Advisor Sheila Brown - CP Willie "Cat" Turner - ACP

Elder Karen Lee - ACP

Alice Day - ACP **Finance Secretary**

Tanisha White

Elder Karen Lee – Asst. Tamara Brown - Asst. Jackie Ruffin – Asst.

Finance Ministry

Jessica Smith Hope Parker Jovce Greene Mattie Turner Trustees

Treasurer

Ray Holmes – CP Theodore Gundy - ACP **Church Administrator**

Elder Margaret S. Thomas Cynthia Watson - Asst.

Education Ministry

Min. Cynthia Edwards - CP Elder Wayne Hatton – ACP

Bereavement Ministry

Co-Pastor Edith Shivers-Advisor Min. Bertram Blackwell - CP Donald Watkins - ACP

New Disciples Ministry

Elder Sarah Hatton - CP Elder Wayne Hatton – ACP Phyllis Duck - ACP

Trustee Ministry

Ray Holmes - CP Lena Holmes - ACP Theodore Gundy Linda Jordan **Marcus Smith Barry Nichols** Cynthia Watson Willie Turner Jr. Florence Turner Desiree Brown

Willie Turner Sr. - Emeritus

Praise Dance Ministry

Arieana Parker (CP – Adults/Youth) Shenille Davis – ACP (Adults)

Men's Ministry

Elder Wayne Hatton – Advisor

James Green Sr. - CP Min. Ernest Ruffin - ACP Terry Rawls - ACP

Women's Ministry

Co-Pastor Edith Shivers-Advisor

Youth Ministry Wendy Green - CP James Green Sr. - ACP Tamara Brown - ACP Cynthia Watson - ACP

Seasoned Saints

Pastor & Co-Pastor Shivers-Advisors Ray Holmes

Elder Karen Lee - CP Linda Jordan - ACP **Hospitality Ministry** Shirley Haskins - CP Joe Batten - ACP **Bridge Ministry**

Pastor Shivers - Advisor Kinston Shivers - CP Kevin Shepherd Jr. - ACP

Healthcare Ministry

Wendy Johnson - CP Mor'Netra Johnson - ACP Faye Thompson – ACP

Outreach Ministry

Kathy Greene - CP Turekia White - ACP Shenille Gray - ACP Tami Drew - ACP Joyce Greene - ACP

Media Ministry

Stanley Robinson - CP Jessica Smith - ACP Kevin Shepherd Jr. - ACP Kenya Hargrove - ACP

Greeter Ministry

Music Ministry

Co-Pastor Edith Shivers-Advisor Linda Jordan - CP

Min. Cynthia Edwards - ACP Elder Wayne Hatton – ACP

Min. Bertram Blackwell Min. of Music June - Youth Day

Kinston Shivers – Asst. Jessica Smith - Directress Elder Wayne Hatton – CP (men)

Intercessory Prayer Ministry

Pastor & Co-Pastor Shivers-Advisors Levi Tribe in charge Elder Margaret S. Thomas - CP

Min. Cynthia Edwards - ACP

Usher Ministry Ella Ford - CP

Alice Day - ACP

Barbara Jones - ACP

Youth Ushers Hope Parker - CP

Mattie Turner - ACP Arieana Parker - ACP

Building Committee

Pastor Shivers

Co-Pastor Edith Shivers

Elder Wayne Hatton

Lena Holmes **Barry Nichols Donald Watkins** Lucy Watkins **Trustees**

Solomon's Council **Pastor Shivers**

Elder Margaret S. Thomas - Admin.

Tanisha White - Finance Theodore Gundy – Treasurer Co-Pastor Edith Shivers - Levite Donald Watkins - Servant Leader

Ray Holmes - Trustee

Min. Bertram Blackwell – Layperson

Turekia White – Layperson Kathy Greene - Layperson

February – Valentine Celebration

Men and Women in charge Mar. 28th – Apr. 1st - Holy Week

Levites in charge May - Women's Day Women in charge

May – Ministry Day

(All Ministries Celebration)

Dana Cary - CP Wanda Clarke - ACP Wendy Johnson - ACP

Youth in charge June - Men's Day Men in charge

July - Family & Friends Day

September-Leading Lady Day

Women in charge

October - Pastor and Church Anniversary

Elder Karen Lee – CP Levites in charge

November - Fall Harvest Revival

Lena Holmes - CP Desiree Brown - ACP Vernessa Black - ACP

December – Christmas Celebration Youth and Bridge Ministries in charge **December – New Year's Eve service**

Min. Bertram Blackwell-CPAssembly of Servants in charge





Daylight Saving Time Ends Sunday, November 7th Reminder: Don't forget to set your clocks back one hour!!!

l	ACCEPT THE POSITION OF:
MINISTRY/MINISTRIES NAME	
1	
2	
3	
4	
FOR THE 2022 YEAR	
I	DECLINE MY POSITION OF 2021:
MINISTRY/MINISTRIES NAME	
1	
2	
3	
4	

Please fill out a 2022 Accept/Decline form if you are interested in serving as Contact Person or Assistant Contact Person for a Ministry or as an Officer of Solomon's Temple. Forms are located on the table in the hallway and are to be turned in to the Church Administrator on or before Sunday, December 5, 2021.

"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven" (Matthew 5:16, NIV)

Called to Serve by Belinda van Rensburg

We've been called by God to serve; Whether or not we have the nerve, For He promised to be there; To help us if we do our share. Protected by the Lord Above; And filled with zeal and holy love; We need to be obedient; trust; To do what we feel sure we must. Enabled by the Holy Ghost; Surrounded by angelic host - God has supplied our every need; So that we might excel; exceed. He gave us gifts for a good reason: That we might in or out of season; Share the Word of God with others; Future pastors, sisters, brothers. Serving, helping, praying, preaching, healing, warring, giving, teaching: Doing all we need to do; Without expecting one "Thank you"





Solomon's Temple 2021 Tribe List

Asher Tribe	Benjamin Tribe	Joseph Tribe	Levi Tribe
Shirley Haskins – Tribe Leader	James Green – Tribe Leader	Donald Watkins – Tribe Leader	Phyllis Duck - Tribe Leader
Wendy Johnson – Tribe Leader	Wendy Green – Tribe Leader	Lucy Watkins – Tribe Leader	Turekia White – Tribe Leader
Angela Batten	Jha'Siah Brown	Bertram Blackwell	Vernessa Black
Joe Batten	Dana Cary	James Britt	Jai'Aja Brock
Lonnie Batten	Latoya Diggs	Jennifer Britt	Jai'Ciana Brock
Aalani Brown	Jordan Elliott	Mercedi Brown	Sheila Brown
Corey Brown	James Green Jr.	Hilja Diggs-Cypress	Craig Clarke
Denise Brown	Kenya Hargrove	Alice Day	Ebony Clarke
Desiree Brown	Lena Holmes	Mary Diggs	Ruby Clarke
Tamara Brown	Ray Holmes	Cynthia Edwards	Terren Clarke
Vernell Brown	Darnelle Jefferson	Ella Ford	Wanda Clarke
Kimesia Burrell	Lisa Johnson	Joyce Greene	Seniah Cypress
Melachi Goodman	Mor'Netra Johnson	Kathy Greene	Antonio Dixon
Anthony Gray	Mor'Relle Johnson	Carl Henderson	Brandon Drew
Imani Gray-Davis	Linda Jordan	Travis "TJ" Holloway Jr.	Tami Drew
Jayla Gray	Karen Lee	Barbara Jones	Carl Duck
Shenille Gray	Brandon Newsome	Junious Little	Regina Green
Marcus Gundy	LaQueisha Newsome	Barry Nichols	Sarah Hatton
Sylvia Gundy	Connie Payne	Elaine Nichols	Wayne Hatton
Theodore Gundy	Patricia Payne	Jayla Nichols	Kianna Hill
Arieana Parker	Jay'Vion Pierce	Jessica Smith	Nasheena Roberts
Hope Parker	Terry Rawls	Kori Smith	Kevin Shepherd Jr.
Raven Parker	Ernest Ruffin	Kristiana Smith	Co-Pastor Edith Shivers
Shakilra Parker	Jackie Ruffin	Marcus Smith	Kinston Shivers
Nikia Robertson	Alonzo Taylor Jr.	Castachia Turner	Pastor K. D. Shivers
Dorothy Robinson	Jerrica Taylor	Charles Turner	Alexis Smith
Grayland Robinson	Joydan Taylor	Christian Turner	Beretta Smith
Stanley Robinson	Kaden Taylor	Florence Turner	Jowanda Smith-Hawkins
Courtland Shivers	Kyrah Taylor	Mattie Turner	Marion Smith
Deloris Shivers	Charlotte Wellons	Melvin Turner	Faye Thompson
Destiny Shivers	Brittany Williams	Stacy Turner	Lisa Thompson
Latisha Shivers	Bryce Williams	Willie "Cat" Turner	Frances Wells-Robertson
Margaret Shivers-Thomas	Deborah Williams	Willie Turner	Robert White
Khadedra Vaughan		De'Ahzha Williams-Drewry	Brent Wrenn
Cynthia Watson			Crystal Wrenn-Combs
Tanisha White			
Micheal Wiggins			
Phyllis Wiggins			
Lenore Williams			

Tribe Leaders please look over the 2021 Tribe List and let me know of any disciples that may not be listed who are on your tribe or who are no longer disciples of the ministry. Also, the names highlighted in yellow are our new disciples that have been added to your tribe. Thank you. *Church Administrator*

November is National Lung Cancer Awareness Month

Lung cancer is the nation's leading cause of cancer-related death. As with any form of cancer, early detection is the key to survival. Screening for lung cancer with CT has been demonstrated to reduce lung cancer mortality. Coughing, wheezing, hoarseness, and fatigue are just some of the symptoms that are often confused with less serious conditions. You may have an increased risk for lung cancer if you have been exposed to radon, asbestos, or other cancer-causing agents or if you have a personal or family history of the disease. Smoking is a leading cause of lung cancer, yet not everyone who smokes gets cancer nor does everyone who gets lung cancer smoke. Lung cancer treatments may include surgery, radiation treatments, chemotherapy or one of several interventional radiology procedures. Discuss lung cancer risks, symptoms, and treatment options with your doctor.

November is Pancreatic Cancer Awareness Month

The overall message is for the populace to not take mysterious symptoms lightly. Even in the company of other vicious diseases, pancreatic cancer is particularly nasty: The one-year relative survival rate is 20% and the five-year rate is 7%. It ranks third in cancer-related deaths in the United States. "It is the world's toughest cancer," admits Virginia Manax, M.D., chief medical officer of the Pancreatic Cancer Action Network (PanCAN) and one of the nation's loudest advocates for pancreatic health. "And it takes a lot of imaging and a lot of tests to detect it. Moreover, there are no tests for early detection. When it presents an opportunity to be detected, it's usually at an advanced state." "Physicians and individuals need to know what this cancer is," Manax says. "They need to know of potential symptoms. Pancreatic cancer is already the third deadliest cancer in the USA, and it is expected to become the second most deadly in 2020."

November is Alzheimer's Awareness Month

The month of November is known as Alzheimer's Awareness Month. President Ronald Reagan made that designation in 1983 and it is something that is still recognized today. According to the Alzheimer's Association, at that time there were less than two million people with the disease. Through the years that number has grown to more than five million. Alzheimer's disease is a type of dementia that leads to memory, thinking, and behavior problems. It is the most common form of dementia, accounting for 60 to 80 percent of all cases. It is also the sixth leading cause of death in the United States. Alzheimer's disease gets worse over time and eventually comes to a point where a person can no longer accomplish daily tasks. In the beginning, memory problems are mild, but as the disease progresses, patients become unaware of their environment and may no longer be able to carry on a conversation. Once their symptoms become noticeable, Alzheimer's patients typically live an average of eight years, but can survive for as many as 20 years depending on other health factors. Although those ages 65 and older are more likely to develop Alzheimer's disease, there are thousands of others under the age of 65 who have early-onset Alzheimer's.

Pink-Out Sunday – October 31, 2021

