

# Temple News

Monthly Newsletter for Solomon's Temple Church

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

Happy  
New  
Year



## January 2022

2022 New Year's Message from  
Pastor K. D. and Co-Pastor E. R. Shivers

**2022 Theme: Living Intentionally in Triumph for JESUS (LIIT)**

Greetings in the name of our Lord and Savior Jesus Christ

Hallelujah!! God has been so merciful and kind to us by allowing us this grand opportunity to move into our 22<sup>nd</sup> year of service in His Kingdom. As we enter into this new year of 2022, let us focus our attention on **"Living intentionally in Triumph for JESUS."** We must seek His will and His way to live our lives on purpose. **Colossians 1:9-14** "For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives,<sup>10</sup> so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God,<sup>11</sup> being strengthened with all power according to his glorious might so that you may have great endurance and patience,<sup>12</sup> and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light.<sup>13</sup> For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves,<sup>14</sup> in whom we have redemption, the forgiveness of sins."

We all live for something. Parents may live for their children. Spouses may live for each other. Business owners may live for success. But is this what intentional living is all about? First, it is important to understand what it means to be intentional. Webster's Revised Unabridged Dictionary defines intentional as "a determination to do a certain thing; purpose; design." Our minds must be fixed on the purpose for which we are living. If our minds are fixed on worldly things, then those things become important to us. However, the Bible tells us that worldly things will pass away. "The world and its desires pass away, but whoever does the will of God lives forever." This should be our focus when we say that we are "living for" something that is the motivation for all we do.

Paul, in his letter to the Colossians, is encouraging them to follow the path that leads to Christ. His desire is that their lives be an example of "intentional" living. Paul recognizes that the journey will not be an easy one. However, "with God all things are possible." Therefore, he shares the valuable tool of prayer and the impact it has in the lives of God's people. Paul, a leader chosen by God, was empowered by prayer and used it to help and inspire others. Knowing that prayer was instrumental, Paul understood that it was necessary for Christians **"living intentionally in triumph for JESUS."** Living for Jesus means that pleasing Him is our highest aim.

Let us take on this new year of 2022 by **"Living Intentionally in Triumph for Jesus."** God has a purpose for each of us to fulfill while on this Christian journey. We need to stand firm and stand tall in the Lord, trust that He knows what is best for our lives, surrender our will to His will, and take on the mantle by running this race with motivation and endurance. God desires to do a "new thing" in our lives. However, this cannot be done apart from JESUS! We must make up our minds to "live intentional for JESUS." So if we haven't already, make JESUS our focal point and watch Him transform our thinking and our lives so that WE can shout with the voice of TRIUMPH!

**Happy New Year and we love you all. Pastor K.D. and Co-Pastor E.R. Shivers**



Every day we live out our story through our words, actions and decisions. Make them count.

In his book, *Intentional Living*, author John Maxwell shares that back in 1976 he received a gift from his assistant. As he unwrapped the gift, he saw that it was a book titled, *The Greatest Story Ever Told*. He couldn't wait to read it.

But when he opened the book, he was shocked to see that the pages were blank. Inside the book was a note that said, "John, your life is before you. Fill these pages with kind acts, good thoughts and matters of your heart. Write a great story with your life." This excited him, the thought of writing the story of his life.

Every day we live out our story through our words, actions and decisions. But we must remember to live with intent, to focus on what matters most in life and to regain that focus when we get sidetracked. Without intent, we can become distracted in matters that don't add to a life of significance and difference in our world.

Life isn't perfect nor is it always easy, so we need reminders along the way from a friend, author, blogger, pastor or our inner spirit to re-focus us on the things that matter and makes us come alive.

Recently I attended the funeral for one of the elders of my home church. Her son said, "My mom always visited the elderly and sick. Even while sick at the age of 89, she would call people to see how they were doing."

And when I was viewing online a service for a New York Police Department chaplain, a past colleague of his mentioned how the chaplain called him for several weeks to see how he was doing after retiring. These people live with intent on making their lives matter to others and for God.

Remember, no tomorrow is ever guaranteed. What would you do differently if your doctor told you that you only had a year left to live? What would matter most? We should not wait for these words to be said, but instead live each day with purpose and passion for a life of significance.

*Lord, teach us to be intentional with our life through our words, actions, thoughts and love.*

### **3 Ways to Lighten Up** by Michelle Cox

If laughter is the best medicine, how do we get more of it in our lives? It's always a good time to think about how important joy and laughter are in our lives. Our days are often so busy that fun gets pushed to the side. In Proverbs 17:22, God tells us, "A merry heart does good, like medicine." Wow, like medicine. Laughter is something we *need*. It relaxes us. It refreshes us. And it bonds our hearts to others.

I have a number of friends who make me laugh. My buddy Morris Abernathy can walk into a room, and within 30 seconds, everyone is laughing. That's a gift from God to bring such joy to the lives of others. I love laughing with my husband. After 43 years of marriage, we know each other so well that sometimes all Paul has to do is look at me with a certain expression, and it makes me laugh. And, oh my, I love to hear my grandchildren laugh. Is there anything more beautiful—or more contagious—than the sound of a child's joy-filled moments?

Now that our children are grown, my husband and I cherish those times when we have everyone under one roof. On our last family vacation, I soaked in the sweetness of hearing our adult children laughing together one morning as they worked in the kitchen to fix breakfast. Simple but oh-so-precious moments.

So how can we make laughter a bigger part of our lives?

1. We need to surround ourselves with people who are joy-filled—people who bring laughter and fun into our lives.
2. We need to *be* that joy-filled person for others, to bring the joy of Jesus into everyday moments.
3. We need to be intentional about loosening up and lightening up. We plan doctor visits and car maintenance appointments, so why not plan some days to just have fun together as a couple, as a family, or as a group of friends? I promise that years from now, those will be some of your best memories.

You know what I've discovered that's really interesting? Sometimes when my schedule is extra busy, I think I don't have time to go do something fun. But when I do, I always discover that after enjoying laughter-filled moments with family and friends, I'm refreshed and more productive when I get back to work.

How can you become more intentional about lightening up and loosening up—and what can you do to bring more laughter and fun into your lives? It's the medicine that doesn't cost a penny, and it's good for whatever ails you.



**Solomon's Temple 2022 Officers List**

<b>LEVITES</b>	<b>CHURCH ADMINISTRATOR</b>	<b>SEASONED SAINTS</b>	<b>SOLOMON'S COUNCIL</b> 3
Co-Pastor Edith Shivers – CP	Elder Margaret S. Thomas	Elder Karen Lee – CP	Pastor Shivers
Elder Sarah Hatton – ACP	Donald Watkins – Asst.	Linda Jordan – ACP	Elder Margaret Thomas -admin
Elder Karen Lee	<b>EDUCATION MINISTRY</b>	<b>HOSPITALITY MINISTRY</b>	Tanisha White – Finance
Elder Margaret S. Thomas	Min. Cynthia Edwards – CP	Joyce Greene – CP	Lena Holmes – Treasurer
Elder Wayne Hatton	Min. Ernest Ruffin – ACP	Desiree Brown – ACP	Co-Pastor Edith Shivers – Levite
Min. Bertram Blackwell	Shirley Haskins – ACP	Joe Batten – ACP	Wendy Green – Servant Leader
Min. Cynthia Edwards	<b>BEREAVEMENT MINISTRY</b>	Darnelle Jefferson – ACP	Ray Holmes – Trustee
Min. Ernest Ruffin	Min. Bertram Blackwell – CP	<b>BRIDGE MINISTRY</b>	Elder Karen Lee – Layperson
MIT Kinston Shivers	Donald Watkins – ACP	Advisor	Turekia White – Layperson
MIT Sylvia Gundy	<b>NEW DISCIPLES MINISTRY</b>	Kevin Shepherd, Jr. - CP	Kathy Greene – Layperson
<b>SERVANT LEADERS</b>	Elder Sarah Hatton – CP	Kinston Shivers – ACP	Jackie Ruffin – Layperson
Wendy Green – CP	Elder Wayne Hatton – ACP	<b>HEALTHCARE MINISTRY</b>	
James Green, Sr. – ACP	Sis. Phyllis Duck – ACP	Wendy Johnson – CP	<b>FEB. – Valentine Celebration</b>
Donald Watkins	<b>TRUSTEE MINISTRY</b>	Mor'Netra Johnson – ACP	Men and Women in charge
Lucy Watkins	Ray Holmes – CP	Faye Thompson – ACP	<b>APR. – Holy Week Revival</b>
Wendy Johnson	Lena Holmes – ACP	<b>OUTREACH MINISTRY</b>	Levites in charge
Phyllis Duck	Theodore Gundy	Kathy Greene – CP	<b>MAY – Women's Day</b>
Turekia White	Linda Jordan	Turekia White – ACP	Women in charge
Shirley Haskins	Marcus Smith	Tami Drew – ACP	<b>MAY – Ministry Day</b>
Kathy Greene	Barry Nichols	<b>MEDIA MINISTRY</b>	Dana Cary – CP
<b>ARMOUR-BEARER</b>	Willie Turner Jr.	Stanley Robinson – CP	Vernessa Black – ACP
Terry Rawls – CP	Florence Turner	Kevin Shepherd, Jr. – ACP	Wendy Johnson – ACP
Elder Karen Lee – ACP	James Britt	Tanisha White – ACP	<b>JUNE – Youth Day</b>
Phyllis Duck	Frances Wells-Robertson	<b>GREETER MINISTRY</b>	Youth in charge
<b>SECURITY</b>	Willie Turner Sr. – Emeritus	Linda Jordan – CP	<b>JUNE – Men's Day</b>
Terry Rawls – Advisor	<b>PRAISE DANCE MINISTRY</b>	Elder Wayne Hatton – ACP	Men in charge
Sheila Brown – CP	Arieana Parker – CP Adults/Youth	<b>MUSIC MINISTRY</b>	<b>JULY – Family &amp; Friends Day</b>
Willie Turner Jr. – ACP	Shenille Davis – ACP Adults	Min. Bertram Blackwell – Min. of Music	Levi Tribe in charge
Alice Day – ACP	<b>MEN'S MINISTRY</b>	Kinston Shivers – Asst.	<b>SEPT. – Leading Lady Day</b>
<b>FINANCE SECRETARY</b>	Elder Wayne Hatton - Advisor	Jessica Smith – Directress	Women in charge
Tanisha White	Kinston Shivers – CP	Elder Wayne Hatton – CP (men)	<b>OCT. – Pastor &amp; Church. Ann</b>
Elder Karen Lee – Asst.	Kevin Shepherd, Jr. – ACP	<b>INTERCESSORY PRAYER MIN.</b>	Wendy Green – CP
Jackie Ruffin – Asst.	Min. Ernest Ruffin – ACP	Elder Margaret S. Thomas – CP	James Green, Sr. – ACP
<b>FINANCE MINISTRY</b>	Terry Rawls – ACP	Min. Cynthia Edwards – ACP	Servant Leaders
Jessica Smith	<b>WOMEN'S MINISTRY</b>	<b>USHER MINISTRY</b>	<b>NOV. – Fall Harvest Revival</b>
Joyce Greene	Co-Pastor Edith Shivers – CP	Ella Ford – CP	Elder Karen Lee – CP
Mattie Turner	Shenille Davis – ACP	Alice Day – ACP	Barbara Jones – ACP
Desiree Brown	Lisa Johnson – ACP	Barbara Jones – ACP	Wendy Johnson – ACP
Trustees	Lisa Thompson – ACP	Darnelle Jefferson – ACP	<b>DEC. – Christmas Celebration</b>
<b>TREASURER</b>	Ella Ford – ACP	<b>YOUTH USHERS</b>	Bridge & Youth in charge
Ray Holmes – CP	Darnelle Jefferson – ACP	Hope Parker – CP	<b>DEC. – New Year's Eve Service</b>
Lena Holmes – ACP	<b>YOUTH MINISTRY</b>	Mattie Turner – ACP	Assembly of Servants in charge
Theodore Gundy – ACP	Tamara Brown – CP	Arieana Parker – ACP	
	Jennifer Britt – ACP		
	Latoya Diggs – ACP		

**FAITH STEP:** *Whether you feel most comfortable singing in the shower, the car, or on your knees before Jesus in prayer, make it a point to worship Him today with the now almost two-hundred-year-old song: "Where He Leads Me I Will Follow." Or begin your morning with a simple "You lead. I'll follow."*

# January Kingdom Schedule

## Worship Leaders Schedule

01/02 Co-Pastor Edith Shivers  
 01/09 Sis. Turekia White  
 01/16 Elder Karen Lee  
 01/23 Min. Cynthia Edwards  
 01/30 MIT Kinston Shivers



## Servant Leaders Schedule

01/02 Sis. Shirley Haskins  
 01/09 Sis. Turekia White  
 01/16 Bro. Donald Watkins  
 01/23 Sis. Kathy Greene  
 01/30 Sis. Lucy Watkins

## Door Opener

Stanley Robinson

## Communion

Sis. Phyllis Duck



## CID sessions/Bible Study for the month of January

01/04 No CID | Justice and Fairness | Exodus 23:1-12  
 No CID | Justice and Hope | Genesis 21:8-20

01/11 No CID or Bible Study

01/18 Min. Cynthia Edwards | Justice, Judges and Priest | Deuteronomy 16:18-20 and Deuteronomy 17:8-13  
 Sis. Shirley Haskins | Justice and the Marginalized | Deuteronomy 24:10-21

01/25 Bible Study | Pastor K. D. Shivers

“A Christian leader is one who knows the way, shows the way, and goes the way.”



## 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.**



## 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).

# January Schedule of Events

Date	Time	Event
01/01/22	All Day	New Year's Day – Happy New Year
01/03/22	6:30pm	Levite Ministry meeting
01/03/22	7:30pm	Servant Leader Ministry meeting
01/04/22		No CID/Bible Study
01/04/22	6:30pm	Armorbearers Ministry meeting
01/04/22	7:30pm	Finance meeting (finance secretary, treasurer, finance ministry, trustees)
01/05/22	6:00am	Intercessory Prayer
01/05/22	7:00pm	Music Ministry and Media Ministry meeting
01/06/22	6:00pm	Sons of Solomon rehearsal
01/09/22	During service	Consecration of 2022 Officers
01/10/22	6:30pm	Women's Ministry meeting
01/10/22	7:30pm	Men's Ministry meeting
01/11/22		No CID/Bible Study
01/11/22	6:30pm	Youth Ministry meeting
01/11/22	7:30pm	Hospitality Ministry meeting
01/12/22	6:00am	Intercessory Prayer
01/12/22	6:30pm	Outreach Ministry meeting
01/12/22	7:00pm	Bridge Ministry meeting
01/13/22	6:00pm	Youth Choir rehearsal
01/16/22	After service	New Disciples Ministry and Teachers will meet
01/17/22	All Day	Happy Holiday – Martin Luther King Jr. Day
01/18/22	6:30pm	CID session on Zoom
01/19/22	6:00am	Intercessory Prayer
01/20/22	6:00pm	Praise Team rehearsal
01/24/22	6:30pm	Intercessory Prayer Ministry meeting
01/24/22	7:00pm	Bereavement Ministry meeting
01/25/22	6:30pm	Bible Study on Zoom
01/26/22	6:00am	Intercessory Prayer
01/27/22	6:00pm	Mass Choir rehearsal
01/30/22		Dress down Sunday – Everyone asked to wear jeans and a motivational t-shirt
01/31/22	6:30pm	Ushers Ministry meeting (Adults and Youth)

### Save Room in Your Heart

“Find room in your heart for a stranger. Your friends are already there, but there are many others who need some love that you could spare. Make room in your heart for the weary, for the lost and the lonely too. You know – “but for the grace of God” one of them could be you. Each good deed becomes a seed you plant along the way, and it's said – they will all come back “tenfold” to you some day. But the seeds you scatter all along life's road on which you trod – will never grow if you don't save some room in your heart for God!”

### Verse of the Month

“But the plans of the LORD stand firm forever, the purposes of his heart through all generations” Psalm 33:11

# January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1.
2.	3. 6:30pm Levites meeting 7:30pm Servant Leaders meeting	4. 6:30pm Armorbearers meeting 7:30pm Finance meeting No CID /Bible Study Kenya Hargrove	5. 6:00am Intercessory Prayer 7:00pm Music and Media Ministries meeting Corey Brown	6. 6:00 p.m. Sons of Solomon rehearsal		8. Florence Turner
9. During morning service Consecration of 2022 Officers Vernell Brown	10. 6:30pm Women's meeting 7:30pm Men's meeting Joe Batten Donald Watkins Happy Anniversary Morse & Wendy Johnson	11. 6:30pm Youth Ministry meeting 7:30pm Hospitality Ministry meeting No CID/Bible Study	12. 6:00am Intercessory Prayer 6:30pm Outreach Ministry meeting 7:00pm Bridge Ministry meeting	13. 6:00 p.m. Youth Choir rehearsal Jessica Smith		15. Connie Payne
16. After service New Disciples Ministry and Teachers will meet	17. Martin Luther King Jr. Holiday Tamara Brown	18. 6:30pm CID session	19. 6:00am Intercessory Prayer	20. 6:00 p.m. Praise Team rehearsal	21. Ernest Ruffin Zhamir Wells	22.
23.	24. 6:30pm Intercessory Prayer meeting 7:00pm Bereavement meeting	25. 6:30pm Bible Study	26. 6:00am Intercessory Prayer	27. 6:00 p.m. Mass Choir rehearsal Seniah Cypress	28.	29. Aalani Brown
30. Dress down Sunday (jeans and motivational t-shirt)	31. 6:30pm Ushers meeting					

“And the LORD answered me: “Write the vision; make it plain on tablets, so he may run who reads it. For still the vision awaits its appointed time; it hastens to the end—it will not lie. If it seems slow, wait for it; it will surely come; it will not delay” (Habakkuk 2:2-3, ESV)

## Traveling On Your Knees

[Author unknown -- from Dwayne Savaya,  
<http://www.Godswork.org>]

Last night I took a journey  
To a land across the seas.  
I didn't go by ship or plane  
I traveled on my knees.

I saw so many people there  
In bondage to their sin,  
And Jesus told me I should go,  
That there were souls to win.

But I said "Jesus, I can't go  
To lands across the seas."  
He answered quickly, "Yes, you can  
By traveling on your knees."

He said, "You pray, I'll meet the need.  
You call, and I will hear.  
It's up to you to be concerned  
For lost souls far and near."

And so I did; knelt in prayer,  
Gave up some hours of ease,  
And with the Savior by my side,  
I traveled on my knees.

As I prayed on, I saw souls saved  
And twisted persons healed,  
I saw God's workers strength renewed  
While laboring in the field.

I said, "Yes Lord, I'll take the job.  
Your heart I want to please.  
I'll heed Your call and swiftly go  
By traveling on my knees."

## Solomon's Temple 2022 New Disciples Orientation Sessions Topics and Teachers

### Session I: Introduction to Christ and Spiritual Transition

Teachers: Turekia White, Michael Green, Elder Karen Lee,  
Min. Bertram Blackwell

### Session II: Christian Growth

Teachers: Phyllis Duck, Kathy Greene, Min. Cynthia  
Edwards, Elder Wayne Hatton

### Session III: Kingdom Work

Teachers: Donald Watkins, Wendy Green, Elder Sarah  
Hatton, MIT Kinston Shivers

### Session IV: Biblical Foundation and Evangelism

Teachers: Lucy Watkins, Shirley Haskins, Elder Margaret  
Shivers-Thomas

### Session V: Stewardship (Tithes, Offering- Treasures)

Teachers: Wendy Johnson, Min. Ernest Ruffin, MIT Sylvia  
Gundy

## January Birthdays – Happy Birthday 7

Kenya Hargrove	Jan. 4 <sup>th</sup>
Corey Brown	Jan. 5 <sup>th</sup>
Florence Turner	Jan. 8 <sup>th</sup>
Vernell Brown	Jan. 9 <sup>th</sup>
Joe Batten	Jan. 10 <sup>th</sup>
Donald Watkins	Jan. 10 <sup>th</sup>
Jessica Smith	Jan. 13 <sup>th</sup>
Connie Payne	Jan. 15 <sup>th</sup>
Tamara Brown	Jan. 17 <sup>th</sup>
Ernest Ruffin	Jan. 21 <sup>st</sup>
Zhamir Wells	Jan. 21 <sup>st</sup>
Seniah Cypress	Jan. 27 <sup>th</sup>
Aalani Brown	Jan. 29 <sup>th</sup>



## January Anniversary Happy Anniversary



### Morse and Wendy Johnson January 10<sup>th</sup>

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

## Prayer List

Pastor K. D. Shivers  
Co-Pastor E. R. Shivers  
Sis. Lonnie Batten  
Bro. Joe Batten  
Sis. Vernell Brown  
Sis. Mary Diggs  
Sis. Connie Payne  
Sis. Ruby Clarke  
Bro. Charles Turner  
Bro. Junious Little  
Sis. Florence Turner  
Bro. Willie Turner Sr.  
Sis. Frances Wells-Robertson  
Sis. Angela Batten  
Sis. Phyllis Wiggins  
Sis. Sheila Brown  
Sis. Shirley Haskins  
Bro. Stanley Robinson  
Sis. Dorothy Robinson  
Bereaved Families



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



## Solomon's Temple Bereavement Ministry

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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.

### January Spiritual Support Care Team

Minister Bertram Blackwell and MIT Sylvia Gundy

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 "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. Kathy Greene, Sis. Turekia White and Sis. Tami Drew

"We cannot always build the FUTURE for our youth, but we can build our youth for the FUTURE." ~ Franklin D. Roosevelt



Proverbs 2:6 – For the Lord gives wisdom; from his mouth come knowledge and understanding.

"Be focused. Be determined. Be hopeful. Be empowered. Empower yourselves with a good education, then get out there and use that education to build a country worthy of your boundless promise. Lead by example with hope, never fear."

*First Lady Michelle Obama*

You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can **know who you are**, what you can rise from, how you can still come out of it.

*Maya Angelou*

Congratulations



Congratulations

**Congratulations** Kristiana Smith on making All A's the first nine weeks of school. We are proud of you.

Congratulations



Congratulations

**Congratulations** Marcus Gundy on your graduation from Virginia State University on Saturday, December 18, 2021. Best wishes on your future endeavors.



**January is National Glaucoma Awareness Month**  
**An important time to spread the word about this sight-stealing disease.**

More than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase. Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians. Over 3 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.

In the United States, approximately 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness. Here are some ways you can help raise awareness:

1. Talk to friends and family about glaucoma. If you have glaucoma, don't keep it a secret. Let your family members know.
2. Refer a friend to our web site, [www.glaucoma.org](http://www.glaucoma.org).
3. Request to have a free educational booklet sent to you or a friend.
4. Get involved in your community through fundraisers, online information sessions or group discussions, etc.

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. Then, if you have glaucoma, treatment can begin immediately.

**Pray for a New Attitude in the New Year** *by Peola Hicks*

Prayer is not new, but it does have the ability to help me see with new eyes.

Maybe you already have a vision for how 2022 will unfold for you. Perhaps you are just hoping it will be better than last year. Whatever you're thinking, a new attitude will benefit you. I would like to suggest praying for a winning attitude. Winners never give up. Winners are always striving to reach their goal. Winners never see quitting as an option.

Personally, I am asking God each day to help me have a winning attitude. That means I cannot let my thoughts sink to a place where I can only point out what is wrong. Instead of focusing on the negative, I must focus on things that are right. I may not accomplish everything I set out to do, but I will consider each day a success if just one significant thing is completed. There are days when I put together a to-do list that would be impossible to complete in an entire week. That can be exhausting and stressful. It does not make me feel like a winner. I also have to allow for unplanned distractions. My goal this year is to have a more balanced approach to the way I live.

The key to starting and maintaining a new attitude for a new year is to recognize that I have control over my thoughts and therefore I can choose to think positive. To think positive is to think that God's thoughts are good for me. Philippians 4:8 has some good practical advice: "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things." I can use this as a checklist to monitor what I am thinking. Whenever I find my mind drifting in another direction, I can make the necessary adjustment.

I invite you to join me on this new adventure; let's be winners in 2022. Prayer is not new but has the ability to help me see with new eyes. God does not want my life to be filled with anxiety, and if I pray for his intervention, I should also be willing to do my part. God bless you as you look forward to a new year with a new attitude.