

Christian Reader

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FREE MONTHLY

Gospel Artist/ Songwriter/ CEO Debra Ashley to Release Sophomore CD

October 30, 2007 (Jacksonville, FL) —Gospel singer-songwriter **Debra Ashley** feels born again every day. Her sophomore CD entitled “**New Birth**” is appropriately scheduled for release early next year in 2008. Debra wrote ten songs on “New Birth”. **Grammy Award**, Dove and **Stellar Award** winning gospel producer **Fred Hammond** will be assisting Debra in producing several of the cuts on the project.

The songs for “**New Birth**” were inspired by the tremendous success, spiritual growth and insights Debra experienced after releasing the first CD “**Keep The Faith**” in 2006. Debra released two videos from her debut CD, *I’ll Praise Your Name* and *Keep The Faith*. The inspiring videos received airplay on BET, The Word Network and various gospel networks.

Songs on soon to be released CD “**New Birth**” such as *Letter To God*, *He Is A Friend of Mine* and *Jesus Deliver Me*, reveal the deep intimacy and joyous personal relationship Debra experiences every day. Her ability to fully develop the story and then sum it all up masterfully is evidence of the growth in Debra as an artist and a songwriter. She is the writer of ten of the songs on the project.

see **DEBRA ASHLEY**
page 12

A close-up portrait of Debra Ashley, a Black woman with long, dark, wavy hair and bangs. She is smiling warmly at the camera. She is wearing a dark, ruffled top. The background is plain white.

Debra
Ashley



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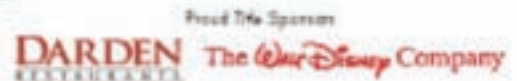
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EDWARD WATERS COLLEGE MAKES HISTORY FOR WOMEN'S HISTORY MONTH SWEARING IN FIRST FEMALE PRESIDENT IN THE HISTORY OF THE COLLEGE

CONGRESSWOMAN CORRINE BROWN, DR. JOHNETTA COLE, DR. TRUDDIE TIBBE REED, AND OTHER COMMUNITY LEADERS GATHERED TO WELCOME THE 28TH PRESIDENT EDWARD WATERS COLLEGE: DR. CLAUDETTE WILLIAMS

Dr. Williams Became the First Female President of the 142-Year-Old Private African American College

Claudette Williams, Ed. D, was inaugurated as the 28th president of Edward Waters College (EWC) on Saturday, March 15 at 10 a.m. The Board of Trustees elected Dr. Williams President of EWC in June 2007. More than 700 people from the Jacksonville area, along with college and university president's from around the country and the state of Florida, participated in the event and celebrated a new beginning for the private African American College. Dr. Johnnetta Betsch Cole, Jacksonville native and President Emerita of Bennett College for Women and Spelman College, delivered keynote remarks, stated "having worked with Dr. Williams, she is a woman of great excellence, in my career I would rank her among the top TWO academicians that she has ever worked with."

"It was amazing to receive strong support from such a diverse audience during my inauguration ceremony – from students to faculty to our community church leaders to business people from around the city of Jacksonville." said Dr. Williams. "The strength of this community will be fundamental in our efforts to bring Edward Waters College into the 21st century."

Numerous business leaders, clergy, religious organizations, community groups and elected officials – including U.S. Congresswoman Corrine Brown, State Senator Anthony "Tony" Hill, State Representative Audrey Gibson, Jacksonville Mayor John Peyton, Jacksonville City Councilman Warren Jones, Jacksonville City Councilwoman Mia Jones, former Jacksonville Sheriff Nat Glover, and Dr. Johnnetta Betsch Cole, President Emerita of Bennett College for Women and Spelman College – took part in the event.

Inspired by Dr. William' vision, CSX Transportation's CEO Michael Ward donated \$1 million to EWC, which will be used to repair basic infrastructure such as elevators, roofing and plumbing, as well as improve campus security and support the EWC marching band with new uniforms, scholarships and repaired instruments.

See DR. CLAUDETTE WILLIAMS page 8



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The *Christian Reader* is a monthly publication that seeks to strengthen our community through the knowledge of God our Creator, Christ our Redeemer, and The Holy Spirit our Guide.

It is our goal never to criticize, condemn, or complain, but instead to inspire, encourage, and enhance the lives of all people through Christian principles, teachings, examples, and knowledge.

Our purpose is to renew the total person - mind, body, and soul, that he/she may be well equipped to experience without hindrance the "life more abundantly" that Jesus promised to all that seek His face and do His will.

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IN THIS ISSUE

Gospel Artist / Song Writer CEO Debra Ashley	Page 1
National Urban League Conference Save The Date	Page 2
Edward Waters College Swears In Dr. Claudette Williams - President	Page 3
Diabetes - The Deadly Epidemic By Sharon James	Page 5
4 Top Reason To File For Bankruptcy By Attorney Donald L. Dempsey, II	Page 7
Poison Poster Contest By Phyllis Bell-Davis	Page 9
Mt. Moriah Celebrates Dual Day	Page 10
Florida General Baptist Convention 133rd Annual Session	Page 14
Ag-Discovery Summer Program at FAMU	Page 16
Does The Bible Call Us To Vote? By Dwayne Taylor	Page 17
Breast Is Best By Dr. Charles E. Simmons, II	Page 19
The Foreclosure Bus Tour Coming To A City Near You	Page 20
The Young Man Guide To Resolving Conflict	Page 22
Dealing With Grief By Pastor Leon Bing	Page 23
PAST of Orlando Salutes 6 Trailblazers By Alan Grayson	Page 25
I Am Just A Nobody Tell Somebody About Jesus By Rev. Dr. Carlton D. Jones	Page 27
The Pastor and the Senator By Armstrong Williams	Page 28
4 Reason To Kick Your Coffee Habit By Makeisha Lee	Page 29
Bible Wordsearch & Crossword	Page 33
God's Timetables By Aundra Bryant	Page 35
Highly Praised Book Inspires Creation Of Self-Empowerment Movement	Page 37
Editorial Darryl A. Barrs, Sr. Publisher / Managing Editor	Page 39

THE CHRISTIAN READER

The Good-News Newspaper

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Diabetes The Deadly Epidemic among African Americans

**By Sharon James, MSN, RN
Black Nurses Association
Daytona Beach, Florida**

Diabetes is a group of diseases marked by high blood sugar levels resulting in defects of insulin production, insulin action or both. Diabetes can lead to serious complications and premature death if steps to control diabetes are not implemented. Diabetes is the fifth leading cause of death in African Americans and their death rates are twenty seven percent higher than whites.

According to the "National Diabetes Education Program", 3.2 million African Americans age 20 and older have diabetes, 1/3rd of who are not diagnosed. African Americans are 1.8 times more likely to have diabetes as non-Hispanic Whites of similar age. The cause of diabetes is a mystery, but researchers believe that both genetics and environmental factors determine who will develop the disease.

Types of Diabetes:

Pre-diabetes is when a person's blood sugar levels are higher than normal but not high enough for a diagnosis of type II. Pre-diabetes can often be controlled by monitoring blood sugar levels and change in lifestyle habits. This can often prevent or delay the onset of type II diabetes.

Type I diabetes is when the body's immune system attacks and destroys its own insulin -producing beta cells in the pancreas. People with Type I diabetes must take insulin.

Type II diabetes is when the body does not make enough insulin or cannot use the insulin it makes effectively. This particular diabetes occurs in adults over the age of 40 but is becoming prevalent in younger people including children and adolescents.

Signs and Symptoms of Diabetes:

Increased thirst and urination - Constant hunger
Weight loss - Blurred vision
Extreme fatigue - Slow healing wounds

The following factors increase a person's risk for diabetes:

Family history of diabetes
African American
Obesity (overweight)
High Blood Pressure
Abnormal cholesterol and or triglyceride levels
Lack of exercise (activity)
Metabolic Syndrome (abdominal obesity, elevated triglycerides, low HDL, high blood pressure, fasting blood glucose of greater than 120)

Complications of Diabetes:

Diabetes can lead to many disabling and life threatening complications. Strokes, blindness, kidney failure, heart disease, and amputations are common among African Americans who have diabetes.

What can you do to prevent Diabetes Complications?



**Sharon James, President
Daytona Beach Black Nurses Association**

Because diabetes is a self managed disease, diabetics must take responsibility in their care. Blood sugar levels, blood pressure, and cholesterol levels must be in target range.

Blood sugar levels 70-110 (pre-meal)
Cholesterol levels HDL (good cholesterol) greater than 50 LDL (bad cholesterol) less than 100
Blood Pressure Less than 130/80

The Time Is NOW to make a change!

Lose weight - Be more physically active - Make healthier food choices

Halifax Medical Center has an Endocrinology Center with Nurses and Endocrinologists (Doctors who specialize in Diabetes) offering Diabetes Education Classes. If interested, call 386-258-4829 to schedule an appointment.

The Daytona Beach Black Nurses Association is active in the community providing education and screenings for high blood pressure and diabetes. If you would like to schedule a Health Education Event or have questions, please e-mail us at www.DBBNADBF@aol.com. or call 386-253-8644. Also visit our future website at www.DBBNA.org. for upcoming events.

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4 Top Reasons for Knowing When It's Right To File For Bankruptcy.

By Donald L. Dempsey, II, Esquire
Jacksonville, Florida

In my first article, *How Bankruptcy Can Work For You*, I discussed the credit/debt crisis spreading across the country and how the filing of bankruptcy is a feasible option for individuals seeking debt relief under the new bankruptcy laws. In this article, I will explain my top 4 reasons for knowing when it's right to file for bankruptcy protection.

First, you make acquiring a fresh new start for you and your family a primary goal for your life. If one cannot realistically satisfy his or her basic living expenses, then the same rationale applies to your creditors. Therefore, as time passes, you will not be able to care for your debtors, who undoubtedly shall seek judgments against you for the debts that remain unpaid. Moreover, judgments rarely go away, given Florida's 20 year statute of limitations for enforcement of judgments. Subsequently, garnishments, liens and bank levies cannot be avoided and bankruptcy becomes the only feasible means for retaining secured assets (i.e. homestead and/or financed automobile) while seeking debt relief for all unsecured debt (credit cards, medical expenses and other unpaid bills).

Secondly, you save your house from foreclosure when the mortgage company refuses to negotiate a settlement. Perspective clients often




Donald L. Dempsey, II, Esquire



complain that their mortgage companies refuse to negotiate a work out agreement which they believe is in the best interest of all parties involved. However, they assume their lenders will realize that it is better for the lender to adjust their mortgage payment schedule than to force the borrower into foreclosure. Although some lenders will work out customized deals with mortgage borrowers, most lenders will not deal with borrowers individual financial situations and modification requests because most mortgages are no longer held by originating lenders. According to a *Wall Street Journal* article written by economist Martin Feldstein, most mortgages are "securitized and sold to investors worldwide. More significant, mortgages are used to create complex, asset-backed securities that are central to current credit-market problems. Investors no longer owns specific mortgages but only have rights to certain conditional payment streams. So generally, it is no longer possible to prevent foreclosure by negotiations between borrowers and lenders." In brief, filing for bankruptcy protection is the better alternative to losing your home when there is no one available to negotiate with.


Third, your credit can be improved over time by filing for bankruptcy protection. A frequently quoted myth of bankruptcy centers upon its negative impact of credit scores of individuals. A bankruptcy stays on one's credit for a period of 7 years for a Chapter 13 personal reorganization bankruptcy from the date of filing, which typically takes 3 to 5 years to complete, therefore it would completely disappear 2 to 4 years thereafter. However, if a Chapter 13 bankruptcy is dismissed, it will still remain on a credit report for 7 years from the date of filing. As for a Chapter 7 liquidation bankruptcy, the bankruptcy stays on one's credit for a period of 10 years. It is common knowledge that the filing of bankruptcy negatively impacts one's credit score but this negative effect weakens over time. For example, a two year old bankruptcy means more to creditors than a six year old bankruptcy because creditors are primarily interested in present financial circumstances. Consequently, if one's debt-to-income ratio is much improved from years earlier, the negative effect of a prior bankruptcy is minimized. Furthermore,

see BANKRUPTCY page 8



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DR. CLAUDETTE WILLIAMS continued from page 3

"Our contribution is directed at the college's needs as they relate to the physical plant, the condition of classrooms and offices, and the need to support safety and security initiatives on campus," Ward said. "I hope that others will see what Dr. Williams brings to Edward Waters, and that the community will rally behind her and the mission of providing quality education."

Congresswoman Corrine Brown, Co-Chairperson of the Inaugural events, in reflecting on this very historical event stated, "Today marks a new beginning for Edward Waters College and the Jacksonville community. This New Beginning is a journey towards Ethics and Excellence, in a manner never before seen in the history of the State's oldest institution of higher learning. It marks a turning point where all of Jacksonville's citizens can and must play a vital part in the growth and direction of this college. From the offices of our Corporate friends to the streets of the communities served by Edward Waters College, it is my aim to engage all of Jacksonville in this journey. With the support of donations and contributions already received from friends of the college, to the generous recent support by Mr. and Mrs. Michael Ward, President of CSX Corporation, with a \$1 Million donation, announced at the Inauguration Saturday, I am convinced that working together with all segments of the community, we can help Edward Waters College live out the promises of its founders, under the capable leadership of Dr. Claudette Williams and serve the needs of students, their families and this community, all working together as partners." This is my pledge and I urge all of Jacksonville to join me in this very exciting journey."

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BANKRUPTCY continued from page 7

Fourth, bankruptcy affords consumers job security. People frequently ask, "can I lose my job if I file for bankruptcy and my employer finds out?" Therefore, it is important that individuals understand that bankruptcy is a matter of public record, which means that there is very little that one can do to maintain the privacy of his or her filing for bankruptcy protection. As for employment, the Bankruptcy Code addresses employment security as Section 525 of the Bankruptcy Code which provides that "no private employer may terminate the employment of, or discriminate with respect to employment" against a debtor. The issue is that most employers are not going to say that bankruptcy is the reason why an employee was terminated or not given a promotion, which requires the exercise of reasonable discretion when seeking bankruptcy protection while employed by financial institutions or other employers who express a strong interest in the financial affairs of its employees for the sake of its business relationship with the general public.

While there are many other reasons to file bankruptcy, the fact of the matter is that there is always more good that arises from any bankruptcy than the short-term negatives. The advisability of bankruptcy filing, and the best time to file, are contingent on the amount and type of debt burdening an individual debtor. Debtors who select a particular Chapter of the Bankruptcy Code must be sure that they can satisfy its requirements for filing under that particular Chapter. If you are considering filing of bankruptcy and are in substantial debt, take your most recent paystub and list of creditors to an experienced bankruptcy attorney and be open minded. In short, it is important that we change our way of thinking about solving any debt or credit crisis by exploring all options, including but not limited to the filing of bankruptcy when seeking relief from debt to acquire a fresh new start.

Poison poster contest winners awarded bicycles, other prizes

Students recognized at poison prevention reception

Students from James Weldon Johnson College Preparatory Middle School and John E. Ford Elementary Magnet School were awarded several prizes including bicycles at a reception held in their honor on March 18.

Twenty-three students were recognized for their participation in the poster contest sponsored by the Florida/USVI Poison Information Center – Jacksonville as part of National Poison Prevention Week to help draw attention to the dangers of poisonings. The winning posters will be forwarded in April to the American Association of Poison Control Centers Poster Contest in Alexandria, VA for judging at the national level where they will compete against entries from all 61 poison centers. The national winner's poster will be the featured poster for National Poison Prevention Week 2009.



Awarding the gifts and prizes from the Poison Center staff were: from left, Paige Pruitt, RN, education coordinator; Phyllis Bell-Davis, media relations and education associate; and Jay Schauben, PharmD, director of the Florida/USVI Poison Information Center – Jacksonville. Also assisting with awarding the prizes were Shands administrator Greg Miller; Dr. Gerold Schiebler, Children's Medical Services consultant and former vice president Governmental Affairs, University of Florida; and Dr. Michael Haney, director for Prevention and Intervention, Children's Medical Services, Florida Department of Health.

Local businesses contributed almost \$20,000 in goods and services to help promote the contest and Poison Prevention Week. They included: Carter's Pharmacies; Adventure Landing (Beaches); Museum of Science and History; the Jacksonville Zoo and Gardens; Winn Dixie, Inc.; One of Each Gifts in Five Points; Reddi-Arts; Pug Promotions, Inc.; City Cycle; Safe Kids of Northeast Florida; The Toy Factory (Jacksonville Landing); Chic-Fil-A; Starbucks (Jacksonville Landing and Riverside Avenue); Wal-Mart (San Jose Boulevard); the Jacksonville Transportation Authority; Lamar Transit Advertising; and Clear Channel Outdoor.

If you suspect a poisoning, or if you have questions regarding poisoning, call the Poison Center at **1-800-222-1222**. Poison prevention education materials are available free of charge by contacting the Poison Center's Education Department at 904.244.4465.

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The Florida/USVI Poison Information Center - Jacksonville is available 365 days a year, 24 hours a day. Call the Center at 1-800-222-1222 (Voice/TTY) for poisoning emergencies or to ask for information. The Center is staffed with skilled healthcare professionals who provide rapid life-saving information, promote cost-effective treatment and prevention, and personal service, often going the next step to ensure peace of mind during a poisoning emergency. The Florida/USVI Poison Information Center - Jacksonville is a cooperative effort between the University of Florida College of Medicine, Shands Jacksonville, the University of Florida Health Science Center - Jacksonville, and the State of Florida, Department of Health, Children's Medical Services. The Florida Poison Information Center - Jacksonville is designated as an accredited regional poison control center by the American Association of Poison Control Centers.

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**For More Information Contact
Phyllis Bell-Davis
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Mt. Moriah of Palm Bay Celebrates Dual Day in Grand Style

Palm Bay, Florida- The 16 Annual "Dual Day" Celebration, unfolded gracefully after weeks of feverish planning by the Dual Day committee which consisted of members from the tribe of Reuben, Simeon and Levi. A two day Marriage Enrichment Seminar held at MT. Moriah Missionary Baptist Church was facilitated by Deacon Jim and Vickie Siedle, on March 4th and 5th, and was well attended by both singles, newly married couples and seasoned couples married over 50 years. These experts propelled this celebration into a motion using the undisputed word of God as their mantle, which emphasized MT. Moriah's Annual 2008 theme of "Running with the Vision on One Accord". (Habakkuk 2:2)

"Dual Day" came about through an effort to eliminate duplicative rallying each year for the purpose of fund raising and purchasing real estate. "Dual Day" as it is now called began in 1992. In prior years, there were two services held each year; Men's and Women's day. Over the years, the "Dual Day" evolved to reflect the family unit and had past themes such as "Being About Our Father's Business" and "Going The Extra Mile".

On Saturday, March 8th, a delegation from MT. Moriah, which included bright eyed children, armed with a beautiful welcome banner, were pulsating with excitement, awaiting the arrival of Dr. Hugh Dell Gatewood - (President of the Women's Auxillary of the National Baptist Convention, USA, Inc.) into the Melbourne Airport. Dr. Gatewood arrived with resounding cheers and was overjoyed by the children presence and the overall loving spirit of the entire delegation. Dr. Gatewood and her assigned amour bearers were whisked away by limousine and were ushered into a Gala reception held at MT. Moriah, honoring both Dr. Gatewood and Mrs. Naomi Bentley (Southeast Regional President - National Baptist Convention, USA, Inc.) that evening.

The attendees of the Gala Celebration were elated and honored to be in the presence of women of such noted stature as Dr. Hugh Dell Gatewood and Mrs. Naomi Bentley. Delegates and Officers from both MT. Moriah and fellow churches presented gifts to our distinguished



guest. The anointing God has placed upon our honorees was evident, as the eloquent words each echoed expressed their gratefulness, respect for their colleagues, years of wisdom and daily communion with God on one accord.

On March 9th at 8 a.m., Mrs. Naomi Bentley spoke at MT. Moriah Missionary Baptist Church. Her title was "Now is the Time" and opportunity to achieve great things and reiterated great men and women in which there was Victory in the second half of their lives. Guest Couples acted as the General Superintendent and Teachers for Sunday school. Dr. Hugh Dell Gatewood challenged us during the 11:00 a.m. service, to be unified, denouncing stagnation in one's spirit and service to God, preparing ourselves thoroughly through the knowledge of the unmitigated word of God, not aspiring oneself, but allowing God to call you to his given purpose.

The service cumulated with Rev. Darryl A. Barrs officiating over the Renewal of the Wedding Vows for all couples with an extra special emphasis being noted on couples married for 50 years or more. A Soul Food Dinner climaxed a week of corporate worship, fellowship and visionary leadership by Pastor Harvey L. Riley and Mrs. Johnnie Riley, catapulting us together in unity and love, "Running with The Vision on One Accord".



DEBRA ASHLEY from Page 1

“New Birth will be released and distributed on Angel Calling Record Label.

Debra Ashley, the CEO of Angel Calling Entertainment is expanding her vision. The production company is searching for new young talent to sign and nurture.

As a mother of three Debra knows what the young people today listen to. “Angel Calling Entertainment will support and promote new talent and spread the word of God to the next generation”, states Debra. In addition to signing new talent, Angel Calling Studio, a full service-recording studio located in Jacksonville Florida will open in 2008.

The success of Debra’s music empire has given her the ability to spread her wings into publishing. In early 2008, Debra will launch an online magazine through Angel Calling Entertainment LLC, entitled “**Sisters With Faith**”. The magazine will include all Nationalities of women with articles about faith, health, fitness and everyday issues important to women of today. What gives Debra her boundless energy and determination? Debra says, “The only thing I know how to do is to reach out to the ones that are spiritually lost in this world.



Through the ministry of her music, the label, the studio and the online magazine, Debra Ashley continues keeping the faith in her walk with Christ.

For more information visit; www.debraashley.com or contact Charlotte Collins charlottea@angelcallingent.com 850.855.3603.



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*Angel Calling Studio,
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133RD ANNUAL SESSION APRIL 7-11, 2008



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HOST PASTORS



Rev. E. L. Murray



Rev. Tom Diamond



Rev. Eugene Diamond



Rev. Herring and his wife

MONDAY, APRIL 7, 2008

10:30 AM

OFFICIAL OPENING

(Convention Called to Order)

St. Thomas Missionary Baptist Church
5863 Moncrief Road
Rev. E. L. Murray, Pastor

7:00 PM

MUSICAL/WELCOME PROGRAM

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St. Thomas Missionary Baptist Church
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FRIDAY, APRIL 11, 2008

2:00 PM

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5863 Moncrief Road
Rev. E. L. Murray, Pastor

7:00 PM

CLOSING SESSION

Baptism & Communion
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Rev. E. L. Murray, Pastor

*Sessions will be held at St. Thomas Missionary Baptist Church,
Rev. Ernie Murray, Pastor and Mt. Bethel Missionary Baptist
Church, Dr. Robert Herring, Pastor.*

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Dr. James B. Sampson,
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The Florida General Baptist Convention, Inc. presents...

Late Night Preaching

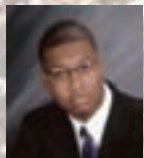
EXPO 2008

Theme:
"Preaching With Passion"
(1 Cor. 9:16)

DEVOTIONAL SPEAKERS



Rev. Lance Mills



Min. Alphonso
Jackson, Jr.



Rev. James
Sampson

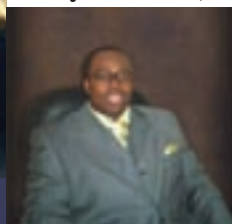


Rev. Arthur
Williams

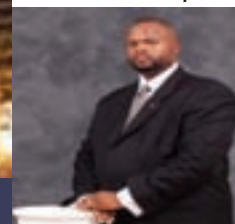
Late Night Evangelist
Rev. Dr. Sedric Veal, Sr.



Late Night Chairman
Rev. Reginald R. Edwards, Sr.



Late Night Vice-Chairman
Rev. Brian C. Campbell



LECTURERS



Rev. Marvin Scott



Rev. Johnny
Barber, II



Rev. Dr. Quovadis
Thomas, Sr.



Rev. Keith Butler

ITINERARY

EVANGELIST EVERY NIGHT APRIL 7-10, 2008

REV. DR. SEDRIC VEAL, SR.

Monday Night April 7, 2008

DEVOTIONAL MESSAGE – Rev. Lance Mills
Pastor's Assistant – Mount Sinai M.B. Church – Orlando, FL

LECTURER – Rev. Marvin Scott
Pastor – Second Shiloh M.B. Church – Sanford, FL

Tuesday Night April 8, 2008

DEVOTIONAL MESSAGE – Min. Alphonso Jackson, Jr.
Youth Minister – Greater Friendship M.B. Church
Daytona Beach, FL

LECTURER – Rev. Johnny Barber, II
Pastor – Mount Sinai M.B. Church – Miami, FL

Wednesday Night April 9, 2008

DEVOTIONAL MESSAGE – Rev. James J. Sampson
Youth Pastor – First New Zion M.B. Church – Jacksonville, FL

LECTURER – Rev. Dr. Quovadis G. Thomas, Sr.
Pastor – Moncrief M.B. Church – Jacksonville, FL

Thursday Night April 10, 2008

DEVOTIONAL MESSAGE – Rev. Arthur Williams
Youth Pastor – Greater Mount Moriah M.B. Church
Jacksonville, FL

LECTURER – Rev. Keith Butler
Pastor – Logos M.B. Church – Miami, FL

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Ag-Discovery Summer Program at FAMU

TALLAHASSEE, Fla. – High school students seeking adventure, excitement and new knowledge are invited to apply for the Ag-Discovery Summer Program at Florida A&M University (FAMU). Online applications are now being accepted from high school students, ages 14-17, who are interested in participating in the program. Sponsored through the FAMU Cooperative Extension Program, the program is scheduled for June 8–27, 2008, in Tallahassee, Florida.

Now in its fourth year of implementation, the Ag-Discovery program is a three-week summer outreach camp sponsored jointly by the FAMU College of Engineering Sciences, Technology and Agriculture (CESTA) and the Animal and Plant Health Inspection Service (APHIS) of the United States Department of Agriculture. The unique program is designed to expose teenagers to careers in the animal science and veterinary medicine fields. Students live on campus and learn about science from university professors, practicing veterinarians, entomologists and botanists employed by the United States government.

“Students can expect to gain valuable experience from the program through the many diverse hands-on activities, workshops and field trips that are scheduled,” said Ray Mobley, interim director of the FAMU Cooperative Extension Program. “They also are able to develop skills in teamwork and leadership. Each summer students



experience a first-hand look at the agricultural and scientific fields of study at Florida A&M University and in CESTA. We welcome the opportunity to work with outstanding students who are prospective college scholars and future professionals.”

The program is designed for a limited number of students to participate each year. Persons selected to participate in the Ag-Discovery program will only be required to pay the cost of transportation to and from FAMU.

The cost of tuition, room and board, and lab supplies for the entire program is funded by the United States Department of Agriculture, APHIS Animal Care program.

To be accepted in the program, students between ages 14-17 must complete and submit applications for the program by April 27, 2008. The application package is available online at www.aphis.usda.gov, www.famu.edu/herds and www.famu.edu/index.cfm?a=cesta.

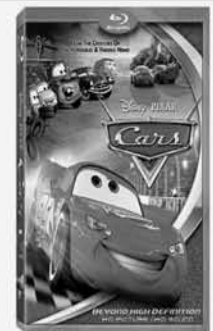
For more information, contact Mobley at (850) 599-3456 or via email at ray.mobley@famu.edu or Thomas E. Peterson, FAMU Cooperative Extension Program, at (850) 412-5117 or via email at thomas.peterson@famu.edu.

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DOES THE BIBLE CALL US TO VOTE?

By Dwayne Taylor
Daytona Beach, Florida

When we consider our faith, most of us fail to link our civic duties with our religious ones. Indeed, we all know devout faith-based families who draw their own boundaries between church and state and believe that those obligations are not shared ones. I'd like to offer a different perspective.

I believe that a Christian-based faith guides us and strongly encourages us to be active participants in our democracy. I think back to the great prophet Isaiah and the lessons we learned about God's punishment of Judah. Recall that the Lord punished Judah because of the wickedness of its leaders. But, with equal importance, the Lord also punished the people of Judah. Yes, he held that the leaders had become corrupt and failed to hear the grievances of the poor, yet he didn't just punish the ruling class – he punished everyone.

I read, and hope we all read, that God was so moved because the people had let the evildoers take hold and they did nothing to stand up and speak out against the tide of corruption. Many times, throughout the Bible, we see the compassion of the Lord and we also see that there are times when he sees fit to punish his people. Most of those times are for direct and obviously wicked acts, but in this example, we see



God punishing people for allowing their own government to fall into a state of wickedness. The people of Judah apparently didn't take their civic responsibilities seriously. Should we not heed this call today?

In our nation, we have many ways of expressing our likes or dislikes of our government leaders. We can attend meetings, write letters, make calls, or even participate in protests when necessary. And yet there is something so obvious, so very basic, that many in our community fail to take this simple, yet profoundly effective, first step. We can vote.

When we fail to show up on election-day, we choose to sit by and not be heard. By not voting, we send a message to our leaders that we don't care whether they do right or whether they do wrong. So many people that I know – dear friends whom I love and respect – feel that their votes don't count and that their voices won't make a difference. I certainly know that feeling, the feeling of exasperation, the feeling of helplessness, the feeling that "my vote doesn't matter". We must rise above that. We must remember those who fought for the rights of women and minorities to become a part of our democracy and give voice to the voiceless. We must always remember those who fought – and died – to ensure that each of us can stand proudly in line and cast a vote.

I am reminded of the story of a thousand people in a dark cave, each with a flashlight, all pointed in the same direction. The scene is one of

...in this example, we see God punishing people for allowing their own government to fall into a state of wickedness. The people of Judah apparently didn't take their civic responsibilities seriously.

darkness on one side of the cave and brilliance on the other. Yet, just one beam turned in its own direction will cast a strong ray of light showing a different way. Yes, one beam of light can make that kind of a difference, just as a single vote can.

We are called by our forefathers and our faith to stand up and be that beam of light. We are called to participate in our democracy and speak for those who have no voice. We are called to remember those who struggled to ensure that we could have the chance. Yes, I believe our faith and our heritage both call us to vote. And I hope you will not just hear that call, but encourage everyone you know to do the same.



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Dr. Charles E. Simmons

BREAST IS BEST

By Dr. Charles E. Simmons
Simmons Pediatrics, Jacksonville, FL
Assisted By Dominique D. Barrs
Medical Student

Although there are many hesitations and reservations from mothers, there are many benefits of breastfeeding. Even if a mother only breastfeeds for a short period of time, the baby's immune system can benefit from the breast milk.

There are many benefits of breastfeeding for a baby. Breast milk is the most complete form of nutrition for infants. A mother's milk has the perfect combination of fat, sugar, water, and protein. With this right amount, babies find it easier to digest breast milk rather than formula. As a result of having this amount of breast milk, infants grow as they should. Premature babies who were breastfed are healthier than premature babies who were fed formula. Also there is a greater protection against ear infections, colds, and viruses. If a child does have any of these illnesses, the severity will definitely be lessened. Breast milk also helps with brain development, and may help with learning and behavioral difficulties.

There are also benefits for a mother who decides to breastfeed. Nursing a child uses up extra calories, making it easier to lose the pounds of post-pregnancy. It also helps the uterus to return back to its normal size and relieves any bleeding a woman may have after giving birth. Breastfeeding also delays the return of normal ovulation and menstrual cycles for the mother who only breastfeeds, and/or alternates with the use of formula. Breastfeeding lowers the risk of breast and ovarian cancers.

If you plan on nursing your child, you should begin nursing as soon as possible. You want to introduce your child to the breast. Sucking in frequent bursts and pauses is the typical pattern for the first few hours and often the first few days.

The key to breastfeeding is getting the child to latch on properly and well. When a baby latches on poorly, milk does not reach the baby and may cause pain to the mother, which also results in staying at the breast for a longer period of time.



By nursing frequently, your body stimulates your milk supply, and may alleviate engorgement. Pain is not a normal indicator of breastfeeding. Usually it is a sign that something indeed is wrong, and you should try to fix the problem immediately by consulting your doctor.

Breastfeeding should become a routine and be done at regular intervals. Around every three hours, a feeding should occur. The normal length of breastfeeding is shorter during the beginning stages because the baby tends to tire out. However, 15-20 minutes is a good amount of time for a proper feeding. Breast feeding for more than 25-30 minutes can lead to the baby gaining excess weight.

The Foreclosure B

The Newest Florida Attraction... Coming to a Neighborhood Near Y

Did you know that there is a new tourist ride that started in South Florida and now has expanded to Central Florida? It is *The Foreclosure Bus Tour*. Investors are lining up to get their tickets for this exclusive tour. When they hop on board the bus they will ride through many neighborhoods in Central Florida. The main attractions on this guided tour are foreclosed homes that vulture investors will be able to buy for pennies on the dollar. What an attraction, mandated by the times. According to various reports there are over 20,000 distressed homeowners in the Orlando metropolitan with 220+ foreclosures per day in the state.

On this tour you get to see the homes of the human animals which have defaulted on their loans or been scammed by con artists out of their deeds. You might see entire families, including human children, who have no shelter and spend their time roaming the streets looking for food and clothing. On this tour you can envision the results of failed promises made by the local, state and federal government agencies. These bureaucrats traveled around the country talking of helping the middle class humans. They say the economy is doing okay, or this is only a slow down and that things will get better soon. Various reports state that it is a very small portion of the population impacted by these issues. Federal officials have said that it is not in the best interest of the country to bail out the consumers.

The government won't help the middle class humans, but decided to bail out financial giant, Bear Stearns, while letting the middle class humans continue to suffer like rats in the street. Bear Stearns helped to fund these predatory lending companies, and they also made profits off the sub-prime borrowers.

The government can't find the time nor the money to help the local neighborhoods, but they can send billions monthly to Iraq. The politicians lead us to believe that help is on the way when they know that it isn't. Their plan is to help only 210,000 households, when 3,000,000 are facing foreclosure. The U.S. Secretary of The Treasury, Henry Paulson formulated a plan, and then traveled the country pushing this plan that will help only 7% of the people who need it.

On the left side of the tour bus you will notice families living on the streets because they lost their homes to foreclosure, and their credit rating won't allow them to even rent an apartment. In our society, credit rating is everything. Once you begin to struggle with your inflated house payments, your credit goes down the tubes and everything else follows. Your credit rating affects almost everything you purchase. You pay more for insurance, apartments and major purchases where credit is required, even your job application is based upon your credit history.

On the right side of the bus, see all bankers and mortgage lenders stuffing huge profits into their pockets. Profits received from predatory lending activities and very high interest rates at usury levels that are allowed in the state of Florida. Banks can legally charge above state usury levels by simply putting the word 'National' or the initials "NA" in their title. Florida ranks as one of the most liberal states when it comes to what lenders can charge in the way of interest rates. In other words, "loan sharking" is legal in the state of Florida.

Lining the streets in front of the bus you will find many homeowners who are just barely hanging on. You know that the next time the bus comes around, many of these families will be on the left side of the bus. Their homes will be up for



Bus Tour

You - Real Soon!

On the left side of the tour bus you will notice families living on the streets because they lost their homes to foreclosure, and their credit rating won't allow them to even rent an apartment.

grabs and these families will be in the streets looking for shelter. These families in front of the bus are living in many different stressful situations. It is stressful on many different levels. If you look closely, can see the stress in their eyes.

There is the 'my job is being out sourced' stress.

There is the 'I can't afford the gas price' stress.

There is the 'A gallon of milk is how much?' stress.

There is the 'crime is happening just outside our door,' stress.

There is the 'Do I buy food, or do I buy medicine,' stress.

Many homeowners don't know what to do and don't know who to call. They usually get the run around when they do talk to someone. Some families just pack

up and walk away believing there is no way out. After a few good years of living the American dream, the nightmare begins and it's going to last a long time.

When you look behind the foreclosure bus, you will see many carcasses of the human animals. These humans trusted the bureaucrats over and over again. Losing more and more of their dream with each transaction. They lost some dream time to the property tax rebate fiasco. They lose a little more every time the price of milk goes up. Some politicians are contemplating raising the tax on gas. When will we wake up?



This foreclosure bus attraction is just warming up. Vulture investors, realtors and tourist investors from other countries might be riding through your neighborhood real soon. The low value of the dollar on the world markets makes it possible for foreigners to buy property in the United States for mere pennies on the dollar. They have our jobs, they have our money, and it only makes sense for them to have our houses too!

Can you imagine how big this attraction is going to grow? On this Florida foreclosure tour, you may see over 300,000 human households up for grabs. They are going to need a bigger bus. Keep looking out of your window. The largest attraction in Florida is sure to stop at a house near you... real soon!

Article submitted by Lawrence A. Robinson, facilitator of The Steeple H.O.M.E. Team in partnership with the Metro Federation of Churches. "Helping our neighbors from foreclosure, fraud and scams". For more information on how the foreclosure issues are impacting Central Florida please visit www.communitysteeple.com

THE YOUNG MAN'S GUIDE TO RESOLVING CONFLICT

Excerpt from The Young Man's Guide for Personal Success

© Amicitia I. Maloon-Gibson

"The Lord is compassionate and gracious, slow to anger abounding in love." (Psalms 103:8) KJV

I believe that the world is full of conflict. Conflict is manifested in many places such as: school, church, business, communities and yes, in our home. In today's society if you look at television you can see various forms of conflict or hear rumors of conflict. Most of the rumors of conflicts we see in foreign countries like Iraq and Afghanistan— we call this type of conflict "war." Some products Hollywood produce such as: movies, videos, games and DVD's and distributes them in nice packages that depicts and carry conflict into our homes – it is called entertainment in our society. No, you cannot hide from conflict- for it will find you sooner or later. And if you say, I don't have conflict, I say keep living and be prepared to resolve it when its paths find you. What is your definition of Conflict? Merriam Webster dictionary defines Conflict as competitive or opposing action of incompatibles: antagonistic state or action; mental struggle resulting from incompatible or opposing needs, drives, wishes, or external or internal demands. Sounds, like a recipe for a Jambalaya, it's a mixture of emotions positives and negatives which can affect you external or internal. Young men, do have emotions; now given a popular title, by Bishop Theodore Dexter Jakes, as "HEmotions," which is also the title of one of his books. It is a choice or a decision you make to "act" on Conflict in a positive or negative way. I believe that the world is comprised of people who want to live a harmonious and peaceful life. We can agree to disagree; however, we must determine what the "root cause" of the disagreement and resolve them by considering all sides and to develop an acceptable solution. As you step out on center

stage on journey of becoming a successful young man you will encounter conflict. A time will come when you reach a decisive moment and it will be up to you to make a decision to act in a positive or negative way. Let's look at the word "resolve" my definition in simple terms is clear up or work it out successfully. Merriam Webster's definition that I chose to use is to reduce by analysis; deal with successfully; clear up or find an answer. What is your definition of Resolve? In pursuit for success your character, integrity, honor and values are a critical part of who you are and what you will become as a young man. Great leaders, pastors, politicians, generals, teachers even your parents and me have experience conflict. Conflict is inevitable and it will come your way, good or bad. My question to you is, How will you resolve it? The choice or decision you make will depend on the results you get. I am here to suggest and give you a few Self-Assessment Exercises that can help you identify the "root cause" of conflict and present some strategies to resolve conflict and alleviate unnecessary stressors in your life. Resolving conflict can help you to have a healthy lifestyle, live a holistic abundant life of success.

Keep thy heart with all diligence; for out of it are the issues of life. (Proverbs 4:23) KJV.

Keep in mind that what you see, hear, and speak affects your emotions (attitudes and behaviors). This is what I call the SHS formula. As a young adult I learned quickly that I had to change my environment that was creating conflict in my life. I had to guard my heart. So my SHS was selective. Friends that bullied me or call me names were no longer in my circle of influence. I used my strengths to counter the conflict. That is, I got good grades, new friends and chose not to respond negatively to the name calling. It's not easy, but you can overcome conflict with love. Thanks, to my loving Father for saying these powerful words of encouragement to me, "love those that despitefully use you." He constantly reassured me that Daddy Loves you and Love concurs all. He gave me a song to keep in my heart to guard it when conflict



Amicitia Maloon-Gibson is one of Twenty-five coaches, consultants and professionals have authored a much-needed book for young men that discusses self-worth, anger management and goal setting. The following topics are covered:

- Resolving Conflicts
- Preparing for College & a Career
- Leadership Skills
- Dealing with Dating, Parents & Jobs
- Handling Peer Pressure
- Handling Anger & Frustration
- 20 Steps for Building Self Worth
- What is a Man?
- Choices: Taking Responsibility
- Overcoming Personal Obstacles
- Missing Ingredient: A Mother's Touch
- Goal Setting from A to Z
- Making a Difference Volunteering
- Check List for Starting Your Own Business
- Macho Man: Developing Character
- Learning to Forgive

Amicitia Maloon-Gibson is the President and Founder of ATIC & MG Center For Excellence (MGC4E), Inc a non-profit community base global training and service institute. The focus is on Education, Empowerment, and Encouragement to Excel – E4 for human capital. Maloon-Gibson & Associates is the profit entity of the MGC4E, focus on global training and consulting. She has developed, implemented and delivered seminars and workshops in the United States and in International countries. Additionally, Cita brings 25 years of experience working with government and private organizations in the areas of leadership, training, motivation, team building, employee recruitment & succession planning, and organizational development. She has a Bachelor degree in Psychology and two Masters degrees one in Management and one in Human Resources Development. She has completed Doctoral Studies in Social Psychology.

She is a member of the American Association of Christian Counselors (AACC), the Black African-American Christian Counselors (BAACC), the Marriage and Family Network (AACC) and she is a certified Mediator/Life Coach. She is a charter member of the Brevard County Business and Professional Women/USA/FL.; National Association of Female Executives, the Association for Conflict Resolution. She is a member of Women Speakers Bureau and a 29 years Veteran of the U.S. Armed Forces. Her ministry calling is service focused to youth and senior citizens. She is a Board of Director member of Christian Services Charities for 2008-2009.

Cita Maloon-Gibson delivers exceptional seminars and keynotes, and is available for regional, national, and international travel engagements. Her international travels include the British Virgin Islands, US Virgin Islands, England, Germany, Prague, France, Belgium, Puerto Rico, Hawaii, Aruba and the Bahamas.

see **YOUNG MAN'S GUIDE** page 24

Dealing with Grief!

By Pastor Leon R. Bing
NJFWC.ORG
Jacksonville, Florida

“He is despised and rejected of men; a man of sorrows, and acquainted with grief:” Isaiah 53:3

I recently spoke with a person about a tragic moment in their life after church one Sunday. And I was hurt by the fact that no one at their home church had taken the time to do Grief Counseling with them. This is a dangerous situation especially here in the Jacksonville area where so many tragic events are taking place daily. Grief Counseling is an extremely important part of ministry! There are many who have to deal with tragic events by themselves, and they don't deal with grief well at all.

Many churches don't offer Grief Counseling and don't have anyone who is trained to deal with grief. What this does is force the grieving person to deal with grief in the manner that Christ did, all on their own! The problem is that they are not nearly as strong and able to do so as Christ was. Christ was able to go up into the mountains where he was ministered to by angels. Most people today are not that strong, that's why the church is to be that support for those who are dealing with grief.

There is an important fact that we must realize as it pertains to both Grief and Loss. Grief and loss are an ever present and universal reality. Since this is true, it isn't a matter of how to avoid grief and loss but how to cope with it. Careless and unwise advice and direction can complicate a person's grief.

Many people try and give comforting words to those dealing with grief and loss, and will sorrowfully say things like “Don't worry, it will be over soon.” Well, I'm sorry, but it won't be over as soon as most people think. On the average the grieving process takes from 12 to 18 months. Some licensed counselors will go up to 24 months. Why? The grieving person must face the anniversary of the event or



loss, than birthdays and holidays without their love one. To

them the pain starts all over and over again, especially when there was no one to give them Godly counsel. For those who have gone past the 24 month period, this process has become abnormal and they need to seek a professional counselor.

Grief is inescapable and universal, we will all in some way experience grief. The Book of Job tells us two points about grief, which is referred to as trouble in this book:

Job 5:7

Yet man is born unto trouble, as the sparks fly upward. KJV

Job 14:1

Man that is born of a woman is of few days, and full of trouble. KJV

So then what is “Grief”? Grief is the cognitive and emotional response to a significant loss; it includes the loss of anyone or anything (person, position, or place) that has emotional value. – Loss by death is the most significant permanent loss. – Some refer to grief as the price we pay for caring for one another. – Grief is a universal process of attempting to cope with any personal loss.

As a Shepherd appointed by Christ, to lead those he sends to me, I take the responsibility to guard the total man, just as all of those called to the Gospel Ministry of Christ, we must give the flock of God comfort to their souls! We must cover them, and comfort them, especially during the time of grief! Our message is that of Christ Jesus, his entire life was centered on grief. That is why Isaiah said Jesus was **“acquainted with grief”!**

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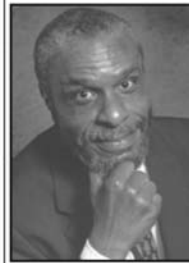


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Author * Journalist * Poet

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**YOUNG MAN'S GUIDE
continued from page 22**

or challenges arise. As, I reflect I he speaks, I hear him and I see him. He was changing the way I think and teaching me about life. Changing the way you think about conflict or anything will give you the results you need to be successful in today's society. Before you can impact anyone to change the way they think we must first know thy self. Meaning, we must get a better understanding about ourselves and about our knowledge on the subject. Teachers and professors call this a pretest to assess how much you know or don't know about the subject. Psychologist and Counselors call the process an assessment tool. Regardless, of what it is called the purpose is to get a better understanding about yourself through fact-finding and soul searching.

I would like you to complete the following three Self-Assessment Empowerment exercises, which will assist you in finding the "root-causes" of conflict in your life. Be honest with yourself and don't be afraid of the results, because you will have some strategies to assist you in resolving conflict in the early stages.

It is important in resolving conflict that you identify the "root cause" to be able to resolve the real indicator(s) of the conflict. Attempting successful conflict resolution requires actively "listening to" all parties involved and providing an opportunity for all parties to participate. As a Mediator, I have resolved and settled many disputes and employment complaint cases. It required me to listen for several hours to all parties.

Mediation involves having a neutral third party resolve or settles your dispute. Some instances it could be a teacher, parent, clergy member or another neutral party. Professionals in Conflict Resolution seek to get win-win results for parties involve in the dispute, versus obtaining a win-lose situation. Years, ago I enjoyed watching the Andy Griffin Show. Whenever conflict arose, in town of Mayberry, the deputy sheriff, Barney Fife famous quote was, "Andy we've got to nip it".

That is the goal in resolving conflict to process the resolution in the early stage, "nip it". On your journey to success you want to resolve the conflict and not dissolve the relationships. Building relationships and being a team player is another key leadership trait you can place in your toolkit for becoming a successful young man.

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PAST of Orlando Salutes 6 Trailblazers for Equality: Sylvester King, Commissioner Daisy Lynum, Attorney Linda Wells, Attorney Bill Wilson, Former Police Chief Jerry Demins, and the late Attorney George Johnson, II



**By Alan Grayson
On Special Assignment
For The Christian Reader**

Sylvester King fought to end segregated cab service in Orlando during the 1970s. As a driver for the Dixie Cab Co., King saw how the company's black drivers received unequal treatment in comparison with white drivers who worked for the City Cab and Yellow Cab companies. King

protested the unfair system of paying black drivers less than white drivers.

It was this kind of selflessness and determination to make life better for other that prompted PAST to honor King and five other great community leader, Orlando City Commissioner Daisy Lynum, Attorney Linda Wells, Attorney Bill Wilson, former Orlando Police Chief Jerry Demings and the late Attorney George Johnson, II.

"I'm honored that they see me as worthy," said Lynum, whose accomplishments include advocating for the opening of Florida A&M University's law school in the Parramore neighborhood. Attorneys Wells and Wilson received awards for their work in Segregated Cab case for King in 1975. "I look forward to the day when diversity and equality are universal," said Wilson, upon receiving his award. Demings was the city's first black chief of police and worked to eliminate racial bias on the force.

More than 250 people attended the luncheon at the Orlando Marriott Downtown. "The highlight was being able to hear from the trailblazers themselves," said state Rep. Geraldine Thompson, D-Orlando, who presided over the gathering. As the founder of PAST Inc., Thompson described a trailblazer as "one who has taken a path that others have not taken before, and they have left a trail that others can follow."

I enjoyed the lunch and especially the special friends that accompanied me at my table, State Senator Gary Siplin, State Representative Darren Soto, Orange County Democratic Chairman Bill Robinson, Orange County Democratic State Committeewoman Nancy Jacobson and her husband, Orange County Soil & Water Commissioner Susan Clary, and NAACP President Rev. Randolph Bracy (who actually ended up sitting on the dias) and his wife LaVon.

Together we watched a historical overview provided by PAST, which operates the Wells' Built Museum of African American History and Culture in Orlando, and a slides presentation showing newspaper articles about Civil-Rights issues as pictures of the trailblazers flashed across the screen with Sam Cook's "A Change Is Going to Come" playing in the background.



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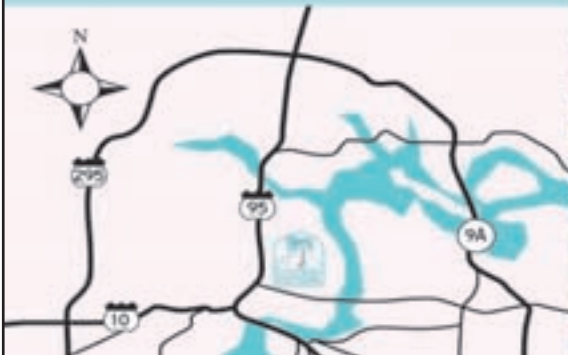
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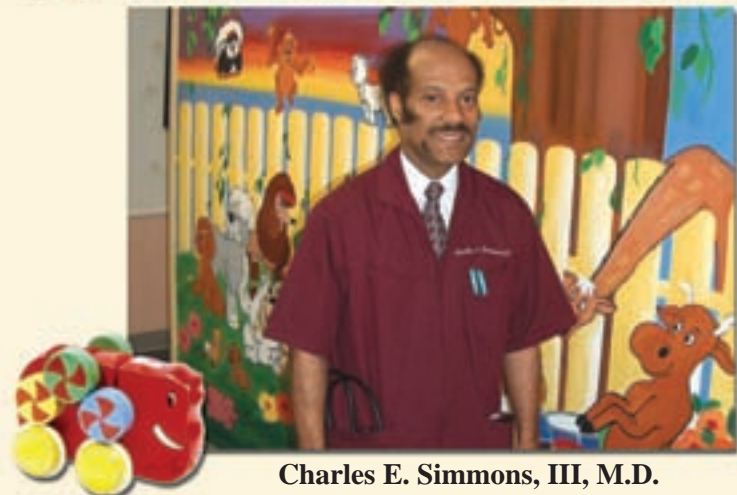
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Children are God's gift and sign of his favor, but without children the inheritance in the land would be lost...

Psalms 127:3-5



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I AM JUST A NOBODY WHO WANTS TO TELL SOMEBODY ABOUT JESUS

By, Reverend Doctor Carlton D. Jones
Jacksonville, Florida



Jesus is the same yesterday, today, and forever. In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by Him; and without Him was not anything made that was made. In Him was life and the life was the light of men. And the light shineth in darkness; and the darkness comprehended it not.

From the beginning Jesus established the principle of harvesting by sowing and reaping, and it is the same today as it was yesterday and forever. Jesus wants us to use this principle in building His earthly kingdom. Matthew 9:35-38 laid out Jesus plan for discipleship, as born again Christians we are Jesus' modern day disciples. I am a nobody who just wants to tell somebody about Jesus.

Jesus witnessed, healed, and gave salvation to nobodies throughout the Bible. Please turn with me to Matthew 9:35-38. Verse 35 states, ***“And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people.”*** The Scribes and Pharisees were upset and afraid of Jesus because He was fulfilling prophecy and teaching about the new gospel kingdom, which did not include them. The religious leadership felt threaten because they were losing their influence on the Jewish people. Jesus was demonstrating super human powers by the aid and power of the Holy Ghost thru healing, not just some sicknesses and diseases, but every sickness and every disease among the people.

Verse 36 states; ***“But when He saw the multitudes, He was move with compassion on them, because they fainted, and were scattered abroad, as sheep having no shepherd.”*** Like Christ, we as believer should have compassion, which is a drawing an agitation of the innermost parts at the sight of

any distress or any misery. It should cause a revolting action in our innermost being to bring people deliverance from such unlawful and inhuman misery and suffering.

Jesus is describing how the people were exhausted, and that they laid down like sheep abandoned by shepherds. The Scribes and Pharisees had utterly neglected the common man whom they classed a cursed. Jesus is comparing lost men to lost sheep, and saved men as compared to saved sheep that were lost. Verse 37 says, ***“Then saith He unto His disciples. The harvest truly is plenteous, but the labourers are few.”*** Jesus is telling us that our Christian work is compared to harvesting wheat.

In verse 38, Jesus says, ***“Pray ye therefore the Lord of the harvest, that he will send forth labourers into his harvest.”*** The labourers are still scarce who will carry on the gospel work like Christ and the early church did.

Jesus is preparing us for the harvest, it is now up to you and I, to go out into the world and reap a God Kind of Harvest. Tell somebody about Jesus. Tell them how Jesus is Lord and Savior of your life, and how Jesus wants to be their Lord and Savior. Show the lost sheep that they are loved and worthy of Christ's love, and that He has already paid the price for them.

I am just a nobody who wants to tell somebody about Jesus. Each of us can be a nobody who just wants to tell somebody about Jesus. We can pick up the His cross and become Modern Day Disciples. We are commissioned by Jesus to go out into all the world and preach the gospel. Each and every one of us can make a difference by sharing the Word of God to the lost sheep of the world. We can all lead by being A Nobody Who Just Wants To Tell Somebody About Jesus.

“And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people.”

the PASTOR and the SENATOR

By **ARMSTRONG WILLIAMS**
Guest Columnist

Arriving in Washington DC during the '80s, my most difficult challenge was finding a church home. Having grown up in the Pentecostal and Methodist faith, Sunday worship was a staple of my weekly routine. For almost 10 years I canvassed the nation's capital seeking a church that would take my fleshly failings and remind me of what our Creator expects of us as human beings.

What was consistent in going from pulpit to pulpit was that ministers were more interested in political rhetoric, the endorsement of political candidates and the denouncing of some government or community proposal, than the Gospel. It was disheartening for many years knowing that ministers were not teaching or preaching the word of God, that their sermons were becoming political rallies. I was stunned by the relentless blame cast upon the white man, by the rhetoric of racial divisiveness and the emphasis on things that seemed to separate us from our neighbors.

Then, in 1995, I attended First Baptist Church in DC, where the Rev. Frank Tucker presided, and my spirit finally found what it was seeking. I will never forget meeting with the pastor prior to joining and expressing my feelings about what I was looking for in a church. I made it clear that my interest was in the word of God and not in political rallies, condemnation of America, and various politicians occupying the pulpit on Sunday. He shared my concerns and promised that this wasn't the case at his church.

I've been a member of Pastor Tucker's church for about 13 years now, and he's never disappointed my spiritual yearning. Through the years I've taken whites, Muslims, Jews and people of all walks of life to worship with me, and they all have left feeling that they could join the pastor's congregation.

Only cynics close their eyes to reality Obama spurns Pastor's 'distorted' views but won't disown him, says Armstrong Williams,



Democratic Presidential Candidate Sen. Barack Obama, D-Ill., left, shown here with his pastor, the Rev. Jeremiah Wright of Trinity United Church of Christ in Chicago, March 10, 2005. Photo: AP

former Bush spokesman slams Obama over pastor. THERE ARE still black churches and mosques today that identify with the Rev. Jeremiah Wright's anti-American, hypocritical sermons. During the '50s, '60s and '70s, the black church was a place where blacks could gather and unite away from the harshness and brutality of racism and vicious hatred. It was a place where ministers could help their congregations express their anger and frustration at white America's ungodliness toward

their black brethren. Many ministers during those tumultuous times were considered heroes and pillars of the community for they were preaching against an eye for an eye and a tooth for a tooth.

People like Jeremiah Wright are still preaching as though we're in the '50s or '60s, and are locked in this time warp. They refuse to elevate and celebrate the progress of America and acknowledge that presidential candidate Barack Obama's campaign is evidence of that amazing paradigm shift.

It strikes me as impossible for Senator Barack Obama and his wife to have patronized Rev. Wright's church for so many years and not embraced his teachings and vision of America. My minister has always had a profound impact on my outlook on life and has strengthened my spirit to forgive the transgressions of this world and not induce more hate and separation.

I find it difficult to believe Senator Obama when he tells us that he was unaware of his pastor's vicious message from the pulpit, and that had he known it, there would have been condemnation. Many black intellectuals are still angry over what they perceive as the continuous crippling effect of racism and slavery in America on their careers. The irony is that many of their children have embraced the United States, finding success and prosperity, while their parents continue to allow their wounds to be perpetuated in this hopeless mind-set preached from the pulpit.

Michelle Obama's expression of how, for the first time, she was proud of America, was indicative of the influence of her pastor. SENATOR OBAMA should admit that since his campaigning he's seen a different America. He must show that he rejects and repudiates this negative

See PASTOR page 36

4 REASONS TO KICK YOUR COFFEE HABIT

By Makeisha Lee

Health and Nutrition Consultant

www.CleanseFormula.com and

www.GuideToCleansing.com

Are you the guy or gal that has to stop at Starbucks every morning to get that liquid rush? Would you just have the most terrible day if you were running late for work and had to skip it? If you are, then you make up an estimated 90% of Americans that need that fix everyday! Despite recent controversy about alleged benefits of drinking coffee, you may want to reconsider your position upon considering some not-so pleasant long term effects.

Coffee contains nearly 200 chemicals. Many of these chemicals are oil based and therefore put an added stress on liver function. One chemical, caffeine has several different ill-effects on the body. Here are 4 reasons to kick your coffee habit:

REASON #1: In large amounts, caffeine can interfere with normal sleep patterns as well as become difficult for liver metabolism.

REASON #2: Caffeine in coffee consumed during mealtime, fools the stomach's ability to secrete the needed amount of Hydrochloric Acid.

This reduced Hydrochloric Acid often times contributes to an Acid Reflux response.



REASON #3:

Caffeine stimulates adrenaline, the "fight of flight hormone"; however once it wears off, you face fatigue and even mild depression. So then you have to take more and more to get the adrenaline going again. That's the typical addiction that you want to stop!

REASON #4: Although some studies have shown coffee may reduce your risk of developing breast cancer; coffee drinkers are also more likely to increase their risk of stomach cancer and leukemia.

These are just a few of the known effects that coffee can have on the body, but understand that coffee, with its hundreds of chemicals, affects each person differently and it is still a drug - even if legal!

Just like with any other drug, it is very addictive and as is the case with all other drugs, "the damage that drugs can do, will outweigh it's hoped for benefits"!

Here are some suggestions if you are looking for that pick me up:

1) Drink More Water. Every morning when your feet hit the ground out of bed, drink an 8oz glass of cold water. Doing this first thing in the morning will help jumpstart every bodily function and elevate energy levels.

2) Get The Proper Rest. Make sure that most nights you are getting to sleep between the hours of 10 pm – 2am. When you get recuperative sleep at night, it will be much easier to arise well rested in the morning.

3) Find An Alternative. Find a suitable energy drink without caffeine that contains no added artificial flavorings, colorings or artificial sweeteners. There are many herbal based tonics that are safe to consumer regularly without adverse side effects.

Makeisha Lee is a health and nutrition consultant. For more information about cleansing and detoxifying your body, contact her at 614-595-1425 or znck04@yahoo.com or learn more at www.CleanseFormula.com


She is also the author of "Why Black People Can't Lose Weight" available at www.WhyBlackPeopleCantLoseWeight.com and in bookstores nationwide.

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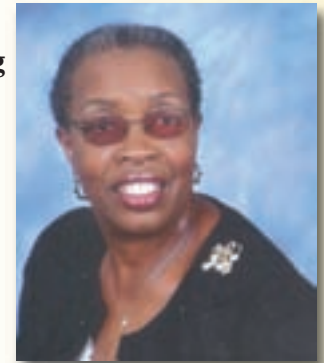
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By
Margie K. Cody, President/CEO
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Don't think only about your own affairs, but be interested in others too, and what they are doing.

Philippians 2:4 (NLT)

People are the spice of life! From kids to grandparents, friends to neighbors – they all make life more fun and meaningful. Life is filled with many marvelous reasons to celebrate. Celebration is fun, healthy and necessary. Celebrating *special* times with *special* people can be done throughout the year. Special celebrations can be held every day of the week.

There are many times to honor individuals that are important in your life:

- ❖ Your Spouse
- ❖ Dad
- ❖ The Graduate
- ❖ Grandparents
- ❖ Mother
- ❖ Children

Listed below are ideas to keep the celebration going.....

- ❖ Celebrate your marriage each month on the day you were married (flowers, candy, love notes or a special dinner).
- ❖ **Grandparents Day** – Take a picture of all of the grandkids. Have all the grandkids sign with a big **WE LOVE YOU!**
- ❖ **FUN Night (Family Unity Night)** – Come together as a family at least once a month and enjoy an evening of fun (cook-out, talent night, bowling, etc.) This gives family members a special time to enjoy being with each other and just having fun.
- ❖ **Girl Time** – Have a Mother/Daughter Pampering Party; have a mini fashion show while previewing the latest in women fashions.
- ❖ **For Guys Only** – Attend a Father/Son sports event; plan and participate in a Father/Son event (fishing), just hangout together and have wholesome fun.

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Bible Wordsearch

Fit the words in the list into the diagram below reading forward, backward, up, down, diagonally, always in a straight line.

CORNELIUS

Puzzle #141

ACTS 10:1-13

A	S	K	E	D	E	N	E	P	P	A	H	H	F	B
A	T	I	O	L	J	O	U	R	N	E	Y	K	E	L
N	N	L	D	E	V	O	U	T	Y	T	I	C	A	B
S	A	L	S	R	E	N	R	O	C	N	A	R	R	I
W	D	H	U	N	G	R	Y	E	D	M	G	I	T	R
E	N	H	E	A	V	E	N	S	E	E	N	A	Y	D
R	E	V	E	R	Y	T	H	I	N	G	L	A	V	S
E	T	E	A	N	U	F	C	E	I	I	D	L	B	E
D	T	S	N	R	A	A	R	W	A	E	S	Y	A	D
O	A	U	I	M	E	O	Y	N	T	E	I	S	C	C
J	A	O	M	S	U	I	L	E	N	R	O	C	K	H
O	N	H	A	S	G	N	I	W	O	L	L	O	F	E
P	G	R	L	L	A	E	M	O	C	N	W	O	N	K
P	E	Y	S	M	I	S	A	N	A	M	U	O	R	E
A	L	L	E	F	S	T	F	I	G	R	G	O	D	D

- | | | |
|------------|------------|----------|
| AFTERNOON | COME | GONE |
| AIR | CONTAINED | HAPPENED |
| ANGEL | CORNELIUS | HEAVEN |
| ANIMALS | CORNERS | HOUSE |
| ANSWERED | DAY | HUNGRY |
| ASKED | DEVOUT | ITALIAN |
| ATTENDANTS | EVERYTHING | JOPPA |
| BACK | FAMILY | JOURNEY |
| BECAME | FEAR | KILL |
| BIRDS | FELL | KINDS |
| BRING | FOLLOWING | KNOWN |
| CAESAREA | FOUR | LARGE |
| CALLED | GAVE | LORD |
| CAME | GENEROUSLY | MAN |
| CENTURION | GIFTS | MEAL |
| CITY | GOD | |

After you find all the hidden words the left over letters spell out a Bible verse reading from the top left to the bottom right.

Psalm 111

I'm A Christian Reader

Bible Crossword

1		2		3		4		5		6		7		8
9				10	11		12							
				13		14								
15				16			17		18					
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22			23				24						25	
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		28		29	30		31	32			33			
		34					35							
36				37		38				39				
				40		41				42				
43							44							
							No.95							
45										46				

ACROSS

- 1 indispensable to No.22 across (Jer 18:3)
- 4 But if we judged _____, we would not come under judgment (1 Cor 11:31)
- 9 the second sapphire, the third chalcedony, the fourth _____ (Rev 21:19)
- 12 When he was _____ by the chief priests and the elders, he gave no (Matt 27:12-13)
- 13 and lift up your _____, because your redemption is drawing near (Luke 21:28)
- 15 brother of Jacob (Gen 27:6-7)
- 16 He has given _____ of this to all men by raising him from the dead (Acts 17:31)
- 18 Do not turn to idols or make _____ of cast metal for yourselves (Lev 19:4)
- 19 He who has ears, _____ him hear (Matt 11:15) 20 In the month of _____ in the twentieth year of King Artaxerxes (Neh 2:1)
- 22 workers of clay (Jer 18:3)
- 24 In his heart a man plans his course, but the LORD determines his _____ (Prov 16:9)
- 26 "_____! What do you want with us, Jesus of Nazareth?" (Luke 4:34)
- 27 _____ are witnesses of these things, and so is the Holy Spirit (Acts 5:32)
- 28 the heavens and the earth were completed in all their vast _____ (Gen 2:1)
- 31 then her vows or the _____ by which she obligated herself will stand (Num 30:7)
- 34 Would all of you throw him down—this leaning wall, this tottering _____? (Ps 62:3)
- 35 Peter said to him, "We have left all we _____ to follow you!" (Luke 18:28)
- 36 the one who was born of God keeps him _____, and the evil one cannot (1 John 5:18)
- 37 creatures of the sea are being _____, but no man can tame the tongue (James 3:7-8)
- 39 Your word, O LORD, is eternal; it stands _____ in the heavens (Ps 119:89)
- 41 Far be it from us to _____ against the LORD and turn away from him (Josh 22:29)
- 43 Tell us then, what is your _____? Is it right to pay taxes to Caesar or not? (Matt 22:17)
- 44 version
- 45 Jesus Christ is the same _____ and today and forever. (Heb 13:8)
- 46 Priests must not shave their heads or shave off the _____ of their beards (Lev 21:5)

DOWN

- 1 Suffer me that I may feel the pillars _____ the house standeth, (Judg 16:26) KJV
- 2 ridiculed and mocked him. Dressing him in an _____ robe (Luke 23:11)
- 3 wife of Isaac (Gen 49:31)
- 5 If anyone else thinks he has _____ to put confidence in the flesh (Phil 3:4)
- 6 Dividing up his clothes, they cast lots to see what _____ would get (Mark 15:24)
- 7 old men will dream dreams, your young men will see _____ (Joel 2:28)
- 8 a scroll with writing on both _____ and sealed with seven seals (Rev 5:1)
- 10 Jesus was in Bethany in the home of a man known as Simon the _____ (Matt 26:6-7)
- 11 ye shall be able to quench all the fiery _____ of the wicked (Eph 6:16) KJV
- 14 when you give to the needy, _____ not announce it with trumpets (Matt 6:2)
- 17 who is more powerful than I, whose sandals I am not _____ to carry (Matt 3:11)
- 18 They _____ upon me with their mouths, as a _____ roaring lion (Ps 22:13) KJV
- 19 Our people must _____ to devote themselves to doing what is good (Titus 3:14)
- 21 they _____ fig leaves together and made coverings for themselves (Gen 3:7)
- 23 "Destroy this temple, and I will raise it again in _____ days." (John 2:19)
- 25 the priests in their _____ and with trumpets (Ezra 3:10)
- 28 The elders who direct the _____ of the church well are worthy of double (1 Tim 5:17)
- 29 God who works in you to will and to _____ according to his good purpose (Phil 2:13)
- 30 Desired strongly (1 Kings 3:26) KJV 31 I commend unto you _____ our sister, which is a servant (Rom 16:1) KJV
- 32 and _____ every man his ass, and returned to the city (Gen 44:13) KJV
- 33 Judas came to the grove, _____ a detachment of soldiers (John 18:3)
- 36 He also went down into a pit on a _____ day and killed a lion (2 Sam 23:20)
- 38 "Come, follow _____," Jesus said, "and I will make you fishers of men." (Matt 4:19-20)
- 40 They sound like the roaring sea as they _____ on their horses (Jer 6:23)
- 42 I am sending you out _____ sheep among wolves (Matt 10:16)



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FROM GOD'S CORNER



“GOD’S TIMETABLES”

By Aundra Bryant
Tallahassee, Florida

I remember my early years of school in those math classes at John G. Riley Elementary School. The first things that we learned were addition, subtraction, division and then we were taught our timetables. My mind ran back the other day to the Book of Ecclesiastes 3:1 which says, “To everything there is a season, and a time to every purpose under the heaven”. This great passage was written by David’s son, Solomon, who was considered the wisest man in the bible not because of the time in which he lived, but because he allowed God to become first priority in his life.

These are God’s Timetables:

0x= Revelation 7:9 tells us that “After this I beheld, and lo a great multitude, which no man could number, of all the nations, and kindred, and people and tongues, stood before the Lamb, clothed with white robes, and palms in their hands”. We need to know that we have an inclusive God.

1x= Exodus 20: 2-3 says “I am the Lord thou God who brought you out of the land of Egypt out of the house of bondage. Thou shalt have no other God before me.” This means One Lord, One Faith and One Baptism.

2x= St. John 1:14 says “And the Word was made flesh and dwelt among us and we beheld his glory, the glory as of the only begotten of the Father, full of grace and truth”. Jesus Christ has two natures, he is divine and human.

3x= God has three attributes of power. He is all knowing, all powerful and everywhere at the same time. St. John 1:1 says “In the beginning was the Word and the Word was with God, and the Word was God”. Solomon found out that his eye is on the sparrow and I know he watches me.

4x= There are four gospels: Matthew Mark, Luke and John. In Matthew we see the roots of Jesus, in Mark we see the servitude of Jesus, in Luke we see the diversity of Jesus and in John we see the love of Jesus.

5x= David picked up five smooth stones to fight Goliath (Samuel 17:40). We need to eat the fruits of the spirit which are love, joy, peace, longsuffering and faith (Galatians 5:22).

6x= In Exodus Chapter Twenty the Lord created heaven and the earth, and then he rested. Revelation 14:13 says “Blessed are the dead who die in the Lord. From henceforth: Yea, says the spirit that they may rest from their labor and their work do follow them”.

7x= Seven represents spiritual completeness and perfection. There are seven days in one week. No prayer makes a child of God weak. The seven churches in Asia Minor show us a specific message and present us with a yardstick in which to measure the church of Jesus Christ.

8x= Represents the eight people left after the flood, Noah, his wife, their three sons and their wives. The songwriter says “Like a ship that’s tossed and driven, battered by the angry sea, when the storm of life is raging and the billows fall on me. I wondered what have I done to make

this race so hard to run and then I say to my soul take courage, the Lord will make a way somehow”.

9x= Represents the nine lepers who did not come back to tell Jesus thanks for healing them. The Word of God says “In everything give thanks”.

10x= Represents the ten virgins who went to the wedding. Five were wise and five were foolish. As did Solomon, we sometimes make some wise decisions and some foolish decisions. However, the songwriter says “I’ve decided to make Jesus my choice”.

11x= Represents the happy hour of the Christian faith on Sunday mornings at 11:00 AM. Many may consider from 5:00 – 8:00 PM their happy hour on Fridays but David said “I was glad when they said unto me; let us go into the House of the Lord”.

12x= Represents the Disciples of Jesus. The Lord has a job for each of us to do; we have a charge to keep and a God to glorify.

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Answers From Page 33

W	H	E	E	L		O	U	R	S	E	L	V	E	S
H		L		E				E		A		I		I
E	M	E	R	A	L	D		A	C	C	U	S	E	D
R		G		H	E	A	D	S		H		I		E
E	S	A	U		P	R	O	O	F		G	O	D	S
U		N		L	E	T		N	I	S	A	N		
P	O	T	T	E	R	S		S	T	E	P	S		V
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N		A	R	R	A	Y		P	L	E	D	G	E	S
		F	E	N	C	E		H	A	D		U		T
S	A	F	E		T	A	M	E	D		F	I	R	M
N		A		R		R	E	B	E	L		D		E
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W		R		D		E	No.95			K		N		T
Y	E	S	T	E	R	D	A	Y		E	D	G	E	S

Bible Wordsearch

Solution to Puzzle No.141

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	A	S	K	E	D	E	N	E	P	P	A	H	H	F	B
2	A	T	I	O	L	J	O	U	R	N	E	Y	K	E	L
3	N	N	L	D	E	V	O	U	T	Y	T	I	C	A	B
4	S	A	L	S	R	E	N	R	O	C	N	A	R	R	I
5	W	D	H	U	N	G	R	Y	E	D	M	G	I	T	R
6	E	N	H	E	A	V	E	N	S	E	E	N	A	Y	D
7	R	E	V	E	R	Y	T	H	I	N	G	L	A	V	S
8	E	T	E	A	N	U	F	C	E	I	I	D	L	B	E
9	D	T	S	N	R	A	A	R	W	A	E	S	Y	A	D
10	O	A	U	I	M	E	O	Y	N	T	E	I	S	C	C
11	J	A	O	M	S	U	I	L	E	N	R	O	C	K	H
12	O	N	H	A	S	G	N	I	W	O	L	L	O	F	E
13	P	G	R	L	L	A	E	M	O	C	N	W	O	N	K
14	P	E	Y	S	M	I	S	A	N	A	M	U	O	R	E
15	A	L	L	E	F	S	T	F	I	G	R	G	O	D	D

Letters in BOLD above are the hidden verse

reading left to right starting at the top left hand corner and going down through the letters the hidden verse is:

Holy and awesome is His name

Psalm 111:9 niv

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(Over, Down, Direction)

AFTERNOON(7,9,N)
AIR(13,6,N)
ANGEL(2,11,S)
ANIMALS(4,8,S)
ANSWERED(1,2,S)
ASKED(1,1,E)
ATTENDANTS(2,10,N)
BACK(14,8,S)
BECAME(15,1,SW)
BIRDS(15,3,S)
BRING(15,3,SW)
CAESAREA(8,8,SW)
CALLED(15,10,NW)
CAME(13,3,SW)
CENTURION(10,4,SW)
CITY(13,3,W)
COME(10,13,W)
CONTAINED(10,13,N)
CORNELIUS(13,11,W)
CORNERS(10,4,W)
DAY(15,9,W)
DEVOUT(4,3,E)
EVERYTHING(2,7,E)
FAMILY(8,15,N)
FEAR(14,1,S)
FELL(5,15,W)
FOLLOWING(14,12,W)
FOUR(14,12,SW)
GAVE(12,5,SE)
GENEROUSLY(12,5,SW)
GIFTS(10,15,W)
GOD(12,15,E)
GONE(12,15,NE)
HAPPENED(12,1,W)
HEAVEN(3,6,E)
HOUSE(3,12,N)
HUNGRY(3,5,E)
ITALIAN(15,4,SW)
JOPPA(1,11,S)
JOURNEY(6,2,E)
KILL(3,1,S)
KINDS(13,2,SW)
KNOWN(15,13,W)
LARGE(15,2,SW)
LORD(12,12,SE)
MAN(5,14,NE)
MEAL(8,13,W)

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PASTOR continued from page 28

school of thinking. Furthermore, he should state that no one should be a member of churches or mosques which preach such hatred and conspiratorial thinking, continuously emphasizing the worst in our country and not the phenomenal progress made.

This past week was not an exemplary moment for the man who has prided himself on integrity and honesty throughout this campaign. The fact is that the senator has no plausible excuse for why he remained a member of Rev. Wright's church. He and his family should have immediately left that congregation for the embrace of a church that teaches the Bible rather than the alienation, lunacy and outright mockery of Christian teachings.

It was impossible for my spirit to endure these churches, as can be evidenced by my negative descriptions of them. It makes no sense for someone in search of America's promise and potential to worship in a place where a doctrine of hatred is the central theme. I was taught that church was a place of escape and rest; I didn't want someone who is supposed to be a religious leader feeding me poisonous information.

My reason for going to church has always been for a spiritual recharge, not more of the same; I deal with politics 24/6, and one day a week I get a chance to take a break from all that. I believe this to be healthy, and think it sad that I had to try so hard, for so long, to find a church able to provide the rest or Sabbath mentioned in the Bible.

No one need be forced to settle for a church that proffers divisive politics in place of spiritual succor. Senator Obama seems only belatedly to have discovered this simple reality. The day must surely come when churches - black or otherwise - which preach hate will return to the Word.

The writer is a syndicated columnist and a television and radio talk show host in the US.

HIGHLY PRAISED BOOK INSPIRES CREATION OF SELF-EMPOWERMENT MOVEMENT

Following the recent publication of his book, *Think Outside the Cell: An Entrepreneur's Guide for the Incarcerated and Formerly Incarcerated*, Joseph (Joe) Robinson is set to launch *Think Outside the Cell Week*, as part of a global movement to inspire people to overcome self-defeating beliefs, attitudes and behavior and achieve their full potential.

Joe initially conceived *Think Outside the Cell Week* with this nation's millions of incarcerated and formerly incarcerated people in mind. But he soon realized that the universal themes upon which the week rests can - and should - be adopted by anyone who wants to get out of their own way, by anyone who wants to succeed in their lives.

Because spring signifies new beginnings. *Think Outside the Cell Week* is the third week of April.

Each day of the week is dedicated to one of 7 Pillars of Success: Education/Personal Growth; Entrepreneurship / Employment; Family/Community; Health & Fitness; Financial Literacy & Stability; Spiritual Enlightenment, and

Building Institutions / Leaving a Legacy. The pillars are essentially themes around which empowering activities are to be performed.

Joe and his publisher, Resilience Multimedia, are calling on everyone - including individuals, families, towns and cities, schools, companies, and faith-based and other organizations - to organize daily activities devoted to the 7 Pillars of Success. For examples of activities, please visit www.thinkoutsidethecell.com, and click on *Think & Win*. It is not expected that all activities proposed on the web site will be carried out, but that at least one of the activities, or a similar one of your own creation, will be done each day.

If you plan to sponsor events devoted to *Think Outside the Cell Week*, or if you want to share ideas for activities, please send an email to resiliencemultimedia@verizon.net.

For More Information Contact:
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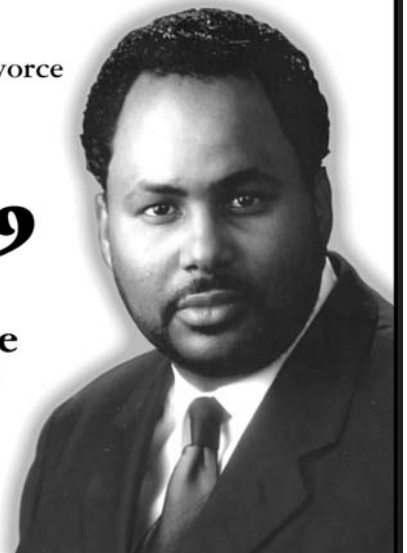
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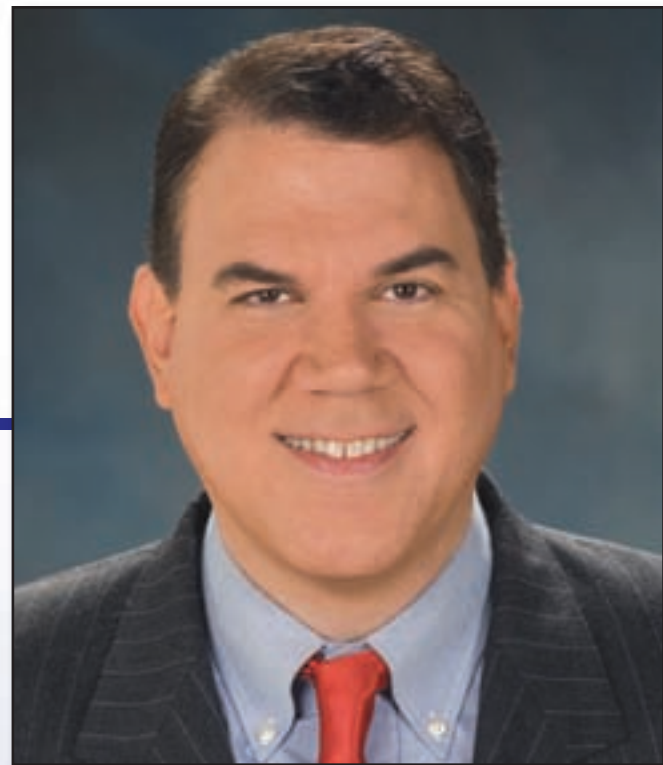


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I created and, for 20 years, I have served as an officer of the Alliance for Aging

Research. Its motto is "Living to 100, and Loving It!" We have increased support for aging research by 600%.

I also founded and was the first President of IDT, a Fortune 1000 company. I've given gifts and toys to hundreds of sick children. And my wife Lolita and I have five healthy children of our own, who love us.

In Congress, I can do more of what I've been doing – helping the taxpayer, soldiers, seniors and children. Help me to help you, and the ones you love.



Alan and his wife, Lolita, have five children – Skye (12), Star (8), Sage (6) and two-year-old twins, Storm and Stone.

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Publisher's Editorial

Darryl A. Barrs, Sr., Publisher / Managing Editor



When Perception Becomes Reality

The opposition to prohibit Senator Barack Obama from becoming President of the United States has developed a new strategy and that is to label him as being Black. After-all, the perception of Blacks in America is as negative as it has ever been. When the brutal murders of the two white college students were first reported, none of us would have expected the murderers to be Black.

These young ladies were taken from their predominate white campus, assaulted, strip of their clothing, and dropped off in the middle of a white suburban neighborhood where they were shot and left for dead. Surely this was a white deranged serial killer, well familiar with his environment and able to go undetected because of his ability to blend. However, when arrests were made, to the shock of many, it was the same depiction of two young Black hip-hop dressed males, in handcuffs, dragged away for a hideous crime as all America looks on.

The word black in the American Dictionary as an adjective has a negative connotation. Black Cat, Black Magic, Black Sunday... are just a few of the examples. In American Society the word Black signifies Crime, Unemployment, and Apathy. It's only fitting to think that if you label Senator Obama as a Black Senator aspiring to be a Black President, the same negativity described above will shower and drown his efforts.

Despite the efforts of many to depict otherwise, Obama is not a Black candidate. He ran for President for an entire year, won Iowa, Nevada, and tied in delegates in New Hampshire before Blacks began believing he even had a chance to win, and only then, helped him triumph in South Carolina.

Obama later went on to win Alabama, Alaska, Colorado, Connecticut, Delaware, Georgia, Idaho, Illinois, Kansas, Minnesota, Missouri,



North Dakota, Utah, Louisiana, Nebraska, U.S. Virgin Island, Washington State, Maine, Washington D.C., Democrats Abroad, Maryland, Virginia, Hawaii, Wisconsin, Texas Caucuses, Vermont, Wyoming, Mississippi, and Iowa. These elections were won by many whites voting, campaigning, and contributing to Obama's campaign.

The portrayal of Obama as a Black candidate, implying he is only supported by Blacks is

absurd (even though the majority of Black support him) and only created to divide the country along racial line... Blacks vote for Blacks, and Whites vote for Whites. This strategy is also designed to label him with every negative stereotype whites have of blacks, much of which is perceived from what is viewed on television.

If being Black means being Un-Educated - then Obama is not Black. If being Black means not taking care of your children - then Obama is not Black.

If being Black means being on welfare - then Obama is not Black. If being Black means having a criminal record - then Obama is not Black.

If being Black means speaking Ebonics - then Obama is not Black. If being Black means being a corrupt public official - then Obama is not Black.

There are three things we can do as Blacks to help Senator Barack Obama become President of the United States of America: 1) Vote, and encourage everyone we know to vote. 2) Become Diplomats and Ambassadors of Hope. Restrain from the indignant-in-your-face hostility at the water cooler at work about why a Black man can't get elected. This only divides us farther. If America is to be better as Obama prescribes, it must begin being better during this election. Blacks and whites must view each other differently, talk to one another differently, and work together for the common goal of being better. And 3) as Black Americans, we need to work to make Black beautiful again. Become an agent of one to ensure by the life you live that the stereotypes of blacks are unfounded and unfulfilled.

God made Barack Obama the way He wanted him to be. God placed him in his current position for a reason, and that reason may not be to win. Just like God may call us to preach, teach, witness, and lead others, it is not for us to control the results of our efforts, just to be obedient to the call of God. The Bible says, one man planteth, another watereth, but God gives the increase. Obama's campaign may be a labor of Love and Hate - two things you cannot hide. You can try to conceal love, and you can try to conceal hate, but somehow and somewhere, your love surfaces, and the hate you try to conceal sticks its ugly head up.

We as Americans may learn a lot about ourselves, the way we love one another and our country. We may learn how we hate one another and our country. Either way, we will not be the same after this election. Life is not Constance... things either get better or things get worse. They never stay the same. This is our time America to do better and be better. By our actions today we can change our perception abroad and our reality at home.



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