

TRANSFORM YOU Magazine

September 2021
Volume 4 Issue 9

NOW FAITH!

You Can
Begin Again!

HOPE FOR
TOMORROW

Everyday We Are Blessed To
Awaken Is An Opportunity
For A New Beginning!



Life is a series of events that present various outcomes. When we lay the right foundation and apply the correct principles the pathway will light up and guide us to our purpose which was created in us by God.

NOW FAITH!

Our relationships with God will prove and show that this oneness is the key to open unlimited opportunity within the Kingdom of God and will manifest its power within the earth. Demonstrating that He is I AM that I AM and we can do all things through Him that strengthens us. Further showing "Thy Kingdom Come, His Will Be Done In Earth As It Is In Heaven!" Therefore, bringing silence to the naysayers. His truth is marching on!

Dr. C. A. Dangerfield II

**HOPE FOR
TOMORROW**

OPPORTUNITY



TRANSFORM
Magazine

September 2021
Volume 4 Issue 9

Table of Contents

| | Page |
|--|------|
| You Can Begin Again Realignment To The Principles of God <i>Eunice A. Christian</i> | 9 |
| What More Will It Take <i>Dr. C. A. Dangerfield II</i> | 15 |
| Meet the New Writers — Eld. Linda Guest | 18 |
| Distractions <i>Elder Linda Guest</i> | 20 |
| Meet the New Writers — Nate Griffin | 22 |
| Selecting A Qualified Fitness Instructor Pt I <i>Sgt. Nate Griffin</i> | 24 |
| Think About It <i>Dr. C. A. Dangerfield II</i> | 27 |
| My Story <i>Rachael Voss</i> | 28 |
| You Can Begin Again <i>Elder Diane Harvell</i> | 35 |
| Where Are You Plugged Into? <i>Dr. C. A. Dangerfield II</i> | 37 |

If you are having an upcoming event and would like to advertise your event, email your details to inform@thetransformu.com and a representative will contact you.

If you are interested in submitting an article to the magazine, please submit your article and contact information to an editor for consideration.

Thank you for your interest!

Transform You Magazine

Publisher/Chief Editor

Dr. C.A. Dangerfield II

contact us on www.thetransformu.com

Feature Editors /Writers

Department Editors/Writers

Diane Harvell, Editor - Philadelphia, PA

Dharvell215@gmail.com

Eunice A. Christian, Editor - Brooklyn, NY

eunicec434@msn.com

Stacie Daniels - Columbus, OH

stacieliandaniels@gmail.com

Ella Alexander - New York, NY

ella.vlfm@gmail.com

Judith Allwood - Jacksonville, FL

judith_allwood@hotmail.com

Min. Donna Jones – Atlanta, GA

478-954-2454

Neva Brooks – St. Louis, MO

ministerneva@gmail.com

Horace Brooks - Anderson, IN

hvbook@aol.com

Nate Griffin-Philadelphia PA

sgtnatefitness@gmail.com

Elder Linda Guest –FL

Advisory Board

Dr. Melvin L. Howard, Sr.

Dr. Gerald L. Morgan

Rose Marie Fisher-Dangerfield



A letter from the Publisher

Greetings to our Readership,

I wanted to take this opportunity to thank you for your support and comments as we embark on the eve of our 5th year at the end of this quarter. It is our desire to be encouraging and impactful with the articles and information we share. As we do from time to time we reassess our effectiveness towards you in that which we publish. So we have some new contributing writers joining our family to broaden the scope of our encouragement but also to provide information that will be helpful in various areas of your life. So we will have articles that will cover finance, health tips, issues important to both women and men, and even fitness.

We are interested in what is happening in your area and since our reader has shown to span all around the globe based on feedback. If you have an event you can submit it before the month it is to occur and if we receive it in a timely matter we can include it in the publication.

We also love to hear what you are thinking and if we have helped you in some way drop us a line we like the encouragement to know that our labor is not in vain. If there is a subject matter you would like us to explore send your request via our website using contact us or on our Transform You magazine public page on Facebook.

Interested in becoming a contributing writer reach out the same way.

Again Thank you for your support!

C. A. Dangerfield II Th.D

Publisher

**HOPE FOR
TOMORROW**

October at

EMPOWERMENT TEMPLE A.M.E. Zion

PO Box 141764 Anchorage, AK 99514

zoom.us 3352377168 Passcode 568377 or

Call-In# 929.205.6099 ID: 3352377168

Sunday Morning Worship Experience 11am

October 3, 17, & 31 - Dr. Frances Reid - Preaching

October 10 - Rev. Asey T. Williams - Preaching

October 24 - Minister Michelle Williams - Preaching

Tuesday Gathering Prayer 6:30 PM (AKT)

Bible Study 7:00 PM (AKT)

Thursday Inspirational Nuggets 3:00 PM (AKT)

\$ Cash App
\$2211ETAK



Empowerment Temple Alaska

Donate with
Givelify
PayPal

Minister Michelle Williams
Empowerment Temple

Dr. Frances Reid
Pastor & Host
Empowerment Temple
A.M.E. Zion

Rev. Asey T. Williams
The Well, AK, Founder & Pastor
"Come to the Well"



Cheryl Foster



Cheryl Bass Foster: IBO (Independent Business Owner)

IBO: 2888477

Website: cherylbassfoster.cerule.com

Phone: 1.330.402.3313

Feeling a little slower in the morning? Are you a post-Covid 19 survivor? Is recovery from any sickness taking a little longer? Not quite as spritely as you were a decade ago? Want to stay healthier, younger, and for longer? Want to improve your quality and longevity of life? YOU are why Cerule, health and wellness products helps build and rebuild healthy bodies and minds.

Our bodies are aging, every day. Cerule products are PROVEN to give our bodies the best tools it needs to repair and renew itself. For the last 20 years, Cerule researchers and scientists have been studying and developing the finest products in the world.

For the last 20 years I'd been praying for divine healing, miracles, signs and wonders and was much like the woman with the issue of blood going from one doctor to another doctor seeking for wholeness. But, I am now among the hundreds of thousands of people around the world who have a testimony that prove the blue-green algae supplements have made a life changing difference. I am a product of the products listed below.



Stem Enhance® ULTRA (SEU) is made from nature's most primitive superfoods. Stem Enhance Releases the stem cells from our own bodies bone marrow to Repair the body's natural ability to self-heal and Renews the tissues, organs and cells.



Plasma Flo® works in synergy with Stem Enhance® ULTRA and was created to optimize the distribution of your adult stem cells so that they can reach their target. Plasma Flo Renews proper blood circulation to the capillaries for a healthier heart.



Cyactiv is shown to balance a healthy inflammation response, helping to maintain inflammation within normal range. It helps balance and calm whole-body inflammation.



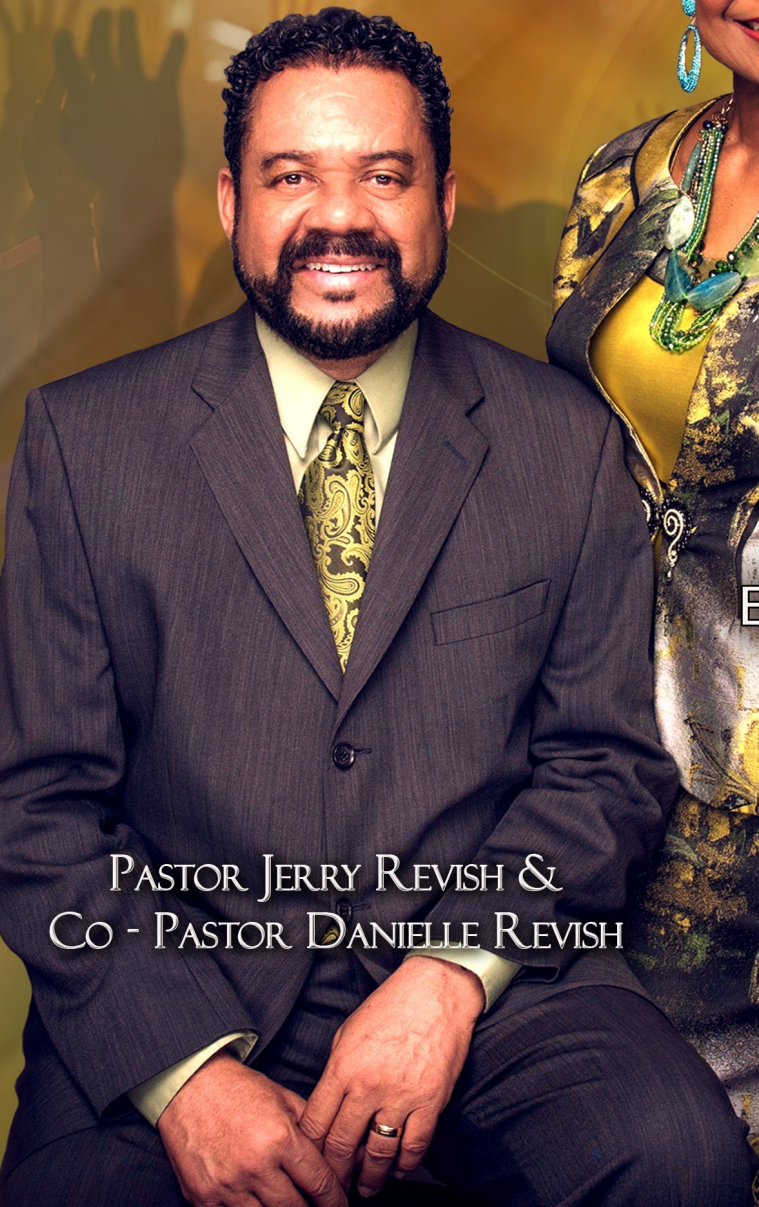
Cyactiv Joint is specifically formulated to support joint comfort and a healthy physical activity. It supports and nourishes cartilage, joints, muscles and connective tissue for increases comfort and quality of life.

10th Pastoral Anniversary

Musical Celebration
Saturday October 9, 2021 7pm

Unity Temple

Church of God in Christ
52 Reeb Avenue
Columbus, Ohio 43207



PASTOR JERRY REVISH &
CO - PASTOR DANIELLE REVISH



Featuring
Timothy Williams
Knee C Williams
Dinita Howard
Jana Woodie
Helen Jones
Elder Gregory Van & Jodith Morgan
Morgan Worship Group
The Gospel Vocal Ensemble
and more...

fb.com/UnityTempleCols
  @UnityTempleCols
office@unitytemple-cogic.com
614.444.7808

You Can Begin Again Realignment To The Principles of God

Eunice A. Christian
September 29, 2021

Matthew 20:9-13 ~ ⁹In this manner, therefore, pray: 'Our Father in heaven, Hallowed be Your name. ¹⁰Your kingdom come. Your will be done on earth as it is in heaven. ¹¹Give us this day our daily bread. ¹²And forgive us our debts, as we forgive our debtors. ¹³And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.' ¹⁴For if you forgive men their trespasses, your heavenly Father will also forgive you. ¹⁵But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

Romans 12:2 ~ ²And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

* * *

This month's theme, ***You Can Begin Again: Realignment To The Principles of God***, addresses the potential for a new beginning, or a new perspective in life, by developing a more purposeful foundation based upon the principles of God.

My Perspective - Key Words

I will elaborate upon my definition of the word *realignment* as expressed in the *Transform You Magazine* April 2021 issue. The word ***realignment*** (noun) is: (a) *the process of repositioning to a former or a new state; usually with the intent of producing a better outcome*, (b) *a process that entails an adjustment in order to cause restoration or a new position*.

So, when '***re***' is added to the word ***alignment***, especially as it relates to this month's theme, it is in the context that one's current belief system should be reexamined, especially if: (1) he or she does not believe in God (Romans Chapter 10), (2) one is developing a backslidden state (Jeremiah 3:12), or (3) has questions about continuing in their current path and direction in their ministry (Hebrews 13:20).

In particular to Christianity, ***principles*** (noun, plural) is: ***the sound doctrine of God that we should follow to demonstrate our love for Him***. For example, five of the principles of God are: (1) to have no other gods before Him (Exodus 20:3), (2) to not bear false witness against our neighbor (Exodus 20:16), (3) to spread the gospel throughout all the nations (Mark 16:15), (4) to ***never*** speak against The Holy Spirit ***either in this age or in the age to come*** (Matthew 12:32), and (5) to be forgiving towards one another as God is forgiving towards us (Matthew 6:14). *None of these five principles are conditional or are excusable—that is what makes them principles—God's standards and instructions are without exemption to His wrath if violated.*

Realigning For A New Beginning

The following can be a great start towards beginning again: *Every day is a new beginning—it is a new day to do better—to be better. This perspective can be so refreshing! It declares that one does not have to feel trapped or succumb to past negativity, trials, and tribulations. That with each new day, God blesses us with new possibilities and another chance, if we only believe.*

From the place of establishing a totally new perspective, such as an (Acts Chapter 9), to the place of one who should reestablish their relationship with God, such as a backslider (Revelations Chapter 2), what matters is that with God, all things are possible to those who believe and receive Him in Spirit and in Truth.

John 14:26 ~ ²⁶But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.

The Helper, Our Comforter

To begin again, or to make a life altering change for the better, it is imperative to do what God desires us to do—and *that is to believe in His Son and in the power of The Holy Spirit* (1 John 3:24). God wants us to praise and reverence Him for who He Is and what He is to Us (Hebrews 13:15). God directs us to reverence His Holy Spirit, the Spirit of Truth; our Comforter lest we be subjected to eternal death. When we ask God in the name of His Son Jesus, under the power of The Holy Spirit for direction each and every day, this is our way of honoring Him in spirit and in truth. This is how we align to the principles of God.

I believe to start my day without asking God, in the Name of His beloved Son Jesus by the power and presence of The Holy Spirit for direction and blessings, is to go a day without fully appreciating the magnitude of God as the Head of my life. When I start my day by reading The Holy Scriptures, as well as praising, praying, and meditating throughout the day, it is a way to begin again.

I am a sinner saved by grace, and so knowing this, I should and must begin each new day by praying, praising, and by worshipping again; by seeking the presence of God daily, by asking for forgiveness, in the Name above all names—*Jesus*. A way that I begin again is to ask God for a fresh Rhema Word that will address the challenges and blessings of each new day. *Do you begin again by asking The Holy Trinity God for guidance and direction in all matters? What do you do when you have a desire to start afresh; to begin again? Do you seek alignment to the principles of God?*

Matthew 15:8 ~ ⁸ These people draw near to Me with their mouth, and honor Me with their lips, but their heart is far from Me.

Reasons To Begin Again

The following Scriptures, which need no explanation, reflect upon why one may need to begin again by realigning oneself to the principles of God:

1. Having a sincere desire to increase one's knowledge of God by learning more of His Word.

Hebrews 5:12-14 ~ ¹² For though by this time you ought to be teachers, you need someone to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food. ¹³ For everyone who partakes only of milk is unskilled in the word of righteousness, for he is a babe. ¹⁴ But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.

2 **Timothy 2:14-16 ~ ¹⁴ Remind them of these things, charging them before the Lord not to strive about words to no profit, to the ruin of the hearers. ¹⁵ Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth. ¹⁶ But shun profane and idle babblings, for they will increase to more ungodliness.**

2. Realizing one is in a backslidden state, and is in dire need of forgiveness and deliverance.

Luke 15:17-20 ~ ¹⁷ When he came to his senses, he said, *How many of my father's hired servants have food to spare, and here I am starving to death!* ¹⁸ *I will set out and go back to my father and say to him: 'Father, I have sinned against heaven and against you. ¹⁹ I am no longer worthy to be called your son; make me like one of your hired servants.'* ²⁰ So he got up and went to his father. But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.

The above Scriptures is an excerpt from a parable Jesus presented to His disciples commonly referred to as *The Prodigal Son* (Luke 15:11-32). *The Prodigal Son*, in part, is a story about redemption. It is a story about self-examination, atonement, reconciliation, and forgiveness. Many of us may find ourselves throughout the course of life in dire need of deliverance, redemption, and forgiveness in some way, shape, form, or fashion. Through this parable, Jesus expresses the principles of God that reveal how forgiving and merciful, in spite of ourselves, God Is and can be to those who desire to repent and live a righteous life.

3. Having a desire to do more in life than profess to be a Believer of Christ Jesus.

James 1:21-25 ~ ²¹ Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls. ²² But be doers of the word, and not hearers only, deceiving yourselves. ²³ For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; ²⁴ for he observes himself, goes away, and immediately forgets what kind of man he was. ²⁵ But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.

It is God's desire for us to be living examples to His principles which are the teachings of His Son empowered by the guidance of The Holy Spirit. When realigning to God's Holy Word, we increase our strength in deterring the weaknesses of the flesh, which also leads to casting down every vain imagination and hindrances that would have us bound to the prince of this world.

When we are in alignment to the cause of Christ Jesus, it means:

(i) that our commitment to the cause of Christ is everlasting and should be unwavering;

(ii) establishing godly relationships with fellow Believers as a way of being encouraged as well as being encouraging; and

(ii) trusting in God with all of our heart and mind as our souls grow closer to Him; *knowing that we have the infallible Word of God—the Good News—to guide and comfort us—and to equip us in our ability to accept the joy of The Lord, which is our strength, and to bring this same joy to all who believe in Him.*

Matthew 5:13-16 ~ ¹³ You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men. ¹⁴ You are the light of the world. A city that is set on a hill cannot be hidden. ¹⁵ Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. ¹⁶ Let your light so shine before men, that they may see your good works and glorify your Father in heaven.

4. A life-changing transformation is in progress, or a major transformation is about to happen.

John 9:1-3 ~ ¹ Now as Jesus passed by, He saw a man who was blind from birth. ² And His disciples asked Him, saying, *Rabbi, who sinned, this man or his parents, that he was born blind?* ³ Jesus answered, ***Neither this man nor his parents sinned, but that the works of God should be revealed in him.***

According to The Holy Scriptures, a man born blind received his sight during an encounter with Christ Jesus (John 9:1-12). This is one example of how God is the potter, and we are the clay; to be shaped and molded according to His divine plan and purpose.

This man was able to begin again in at least three (3) different ways: **First:** He was given the gift of natural sight; he was no longer bound to natural darkness for the first time in his entire life. **Second:** He was able to travel with a greater level of independence. **Third:** He was unemployed—a *beggar*—but God blessed him beyond measure—*He touched him and transformed his life forever. This man was able to begin again with a fresh new purpose.* This man became a living testimony and an evangelist for The Lord. To emphasize, he, nor his parents did anything wrong which caused his blindness at birth. As Jesus revealed, it was so that the works of God could be demonstrated.

So, if you are unsure as to your purpose or direction in life, yet you have a made up mind and heart to receive Christ Jesus as Savior according to The Holy Scriptures, knowing that The Helper is your guide, you can attain comfort and the assurance in knowing that with determination, you can begin again by adhering to the principles of God.

1 John 5:3 ~ ³ For this is the love of God, that we keep His commandments. And His commandments are not burdensome.

A Driven Path

Many of us have remained steadfast and immovable in our walk in Christ Jesus; however, there could be events in our lives, whether knowingly or unknowingly, when we had not solidly relied

upon the principles of God for *our* specific walk in Christ Jesus—I *surely can identify with this*. Not all of us are supposed to remain on certain paths but only for so long. For example, we could join a ministry for a season, but when that season is over, we may develop resistance towards leaving that ministry, or hinder beginning again on another path for a number of reasons. It could be due to one's desire to remain dedicated to a particular ministry; it could be due to not wanting to begin again somewhere else. That is why it is so important to stay focused upon the principles of God; knowing that His Holy Word instructs us to not be troubled or concerned about the cares of tomorrow.

Proverbs 16:9 ~ ⁹ A man's heart plans his way, but the Lord directs his steps.

Matthew 6:31-34 ~ ³¹ Therefore do not worry, saying, *What shall we eat? or What shall we drink? or What shall we wear?* ³² For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. ³³ But seek first the kingdom of God and His righteousness, and all these things shall be added to you. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about its own things. **Sufficient for the day is its own trouble.**

I pray that the prompting of The Holy Spirit is so loud that we will be able to know that I know when to begin again. I pray the same for you, too; that you grow increasingly knowledgeable about the Will of God for your life; that all perfect and good gifts God has in store for you are attainable to you; and that you not falter as The Holy Spirit leads and guides during each new day of promise.

Begin Again

I believe it is worth pointing out that a realignment could potentially mean a total change of what is known, or what one is accustomed to. *Don't wait until change comes to decide to more earnestly seek The Face of God*. When change or your new beginning comes, if you become rooted and grounded with the principles of God, you will have that much more confidence when new situations come your way.

Another thought that came to mind is this: When you begin again, not necessarily will everyone will be supportive (but that should not be a surprise). *Don't be discouraged if this is the case*. If you find those you expected to remain by your side have fallen to the wayside, it could be because for good reasons. It could be that God's purpose and blessings they bestowed upon you have been completed; or that He wants you to focus less upon them; thereby, giving Him all the honor and all the praise for the things He has done and is doing in your life. We all (or most of us) desire constants in our lives. However, similar to how God has proven His power to remove people, enemies, and obstacles out of His Chosen's path—*read The Old Testament!*—so may be the case for you and I. It would not necessarily mean that we or they were out of God's Will, it could simply be, so that the works of God would be glorified that much more; just as was the case for the beggar man who was blind at birth. Another important point is to not react negatively should that be the case—that people depart from your new beginning. Honor your new beginning by remaining steadfast and immovable upon the principles of God. That entails being loving, kind, and forgiving—*it means being like Christ Jesus*.



Hebrews 13:20-21 ~ ²⁰ Now may the God of peace who brought up our Lord Jesus from the dead, that great Shepherd of the sheep, through the blood of the everlasting covenant, ²¹ make you complete in every good work to do His will, working in you what is well pleasing in His sight, through Jesus Christ, to whom be glory forever and ever. Amen.



❧
THE BEATITUDES

Matthew 5:1-12 ~ ¹ And seeing the multitudes, He went up on a mountain, and when He was seated His disciples came to Him. ² Then He opened His mouth and taught them, saying:
³ **Blessed are the poor in spirit, for theirs is the kingdom of heaven.**
⁴ **Blessed are those who mourn, for they shall be comforted.**
⁵ **Blessed are the meek, for they shall inherit the earth.**
⁶ **Blessed are those who hunger and thirst for righteousness, for they shall be filled.**
⁷ **Blessed are the merciful, for they shall obtain mercy.**
⁸ **Blessed are the pure in heart, for they shall see God.**
⁹ **Blessed are the peacemakers, for they shall be called sons of God.**
¹⁰ **Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.**
¹¹ **Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. ¹² Rejoice and be exceedingly glad, for great is your reward in heaven, for so they persecuted the prophets who were before you.**



I would like to express my deepest and sincerest condolences to those who are experiencing grief and hardship during this COVID-19 pandemic. As I pray for my family, friends, and those I encounter, I pray for you, too.

May God's grace and mercies keep you; and that the joy of the Lord and the love of God which surpasses all understanding strengthen and encourage you always.

May God continue to bless and uplift all those who seek His Face, and may the Spirit of the Living God bless the works of those across the nations who serve to make this world a better place.

Eunice A. Christian

Content Writer; Missionary

Stay Encouraged

We cannot truly fathom how great our Lord and God is, but what we can identify with is our Lord and our God's mercies towards us. Knowing that there are recorded accounts of how Jesus walked this earth—and knowing how He lived and died for us—should cause us to serve Him with an abundance of gratitude and humility. We know that we could never repay Him for what He has done, and continues to do for us, by the power of the Holy Spirit—we know this—but the way we can honor Him is to love and obey Him.

We should, therefore, be willing to spread the gospel so that the Holy Word may be received by all who will believe—and for those who truly believe, may we rejoice together, and be continually encouraged in knowing that we have a glorious expected end in Christ Jesus.

Philippians 2:14-16 ¹⁴ Do all things without complaining and disputing, ¹⁵ that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world, ¹⁶ holding fast the word of life, so that I may rejoice in the day of Christ that I have not run in vain or labored in vain.

* * *

*There is no greater gift than the power of God's redemption.
So, if you've have not done so already, give your heart to Jesus while you still have time.
Have a transformed mind, look to Jesus.*

Be blessed and be a blessing. ❤️

*Unless otherwise indicated, all biblical references are from the New Kings James Version (NKJV) - Public Domain.

Words in **bold are words spoken by God our Father, and the Lord Jesus Christ; exceptions are when emphasis has been applied.

*St. James
Celebrating Our
Pastor & First Lady*



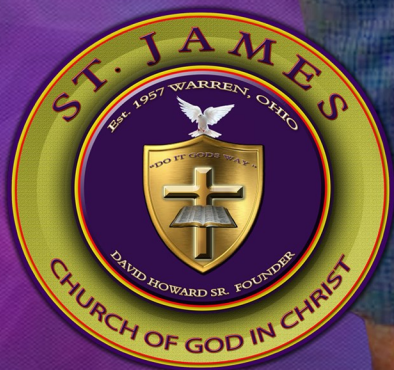
*Dr. Melvin L. & First Lady Betty
Howard Sr.*

October 16 -17, 2021

7:00 pm Saturday & 11:30 am Sunday

**St. James Church of God In Christ
1838 Main Street SW. Warren Ohio**

MASK ARE REQUIRED



You Can Begin Again

Dr. C. A. Dangerfield II

Our society has been programmed to operate in a particular way through traditions and fears. We tend to push forward the same agendas from one generation to another repeating the same outcomes. Overall, a small percentage of the population puts in an assertive effort for change but because of the selfish and disconcerting majority, we spiral into outcomes that could have been avoided had we been more observant of the truth.

When reality comes calling it always seems to present what some would consider a rude awaking. Unfortunately, in some cases, there is no opportunity for repentance. This scenario unfortunately plays out within every facet of our lives. But when we do consult the owner's manual on life (the Word of God)? It does point out so many times the expectations for our chosen responses to everyday life. Such as Ecclesiastics, Proverbs and James. So, we find ourselves being reactive to life rather than being proactive because we feel the right way of doing something that doesn't fit in with the popular agenda desiring to be with the so-called popular movement.

Furthermore, not knowing or understanding the historical data on various decisions because they have all been tried before. Think about this for a moment there has been what has been considered great societies that had existed before, this time in which we are living now. But the greatness deteriorated to ruins and a small mention because mankind failed to consult and apply that which was written within the Word of God life's manual. Which serves as an instrument to help ensure with a smooth operation and journey. It provides the necessary guidance to help avoid inconvenient situations, breakdowns, and total destruction.

Pause and consider these very prominent facts. Reviewing the history validate the truth of the matter to any given decisions we have chosen to make. It speaks directly to the outcomes manifested. When we take the necessary time to completely stop and pause all forward motion and re-access our current situations and consider what the outcomes could be. Go back and begin again by realigning our behavior to the way it should have been. Also, to be conscious of the fact that we were created for marvelous works that will glorify God and our purpose in Him.

This rebirth will bring out the expectations that God had in His thoughts concerning us. Allowing us to fulfill our purpose, understanding we all have a reason for being here at this given time, consult the Word of God to learn and understand your hidden treasure. There is an old saying "If you really want to hide something from someone put it in a book". Because when you take the time to consult God's book for mankind, life comes full circle and you get off the hamster wheel to no where and you recognize you are now here at the doorway of opportunity to complete and fulfill your true purpose. Therefore, you can begin again.

We do have these treasures in earthen vessels and as this is found in the Word of God it explains our condition but it provides a better way to our intended outcome.

But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us. We are troubled on every side, yet not distressed; we are perplexed, but not in despair; persecuted, but not forsaken; cast down, but not destroyed;
2 Corinthians 4:7-9 KJV

TYSCOT

LIFE-CHANGING MUSIC & ENTERTAINMENT
10 Stellar Award wins in 2021 for Anthony Brown & Group Therapy

TyScot Records represent highly acclaimed gospel artists such as John P. Kee; Dietrich Haddon; Carmen; The Amazing Pace Sisters; Twinkie Clark; Bri; and a long list of singing artists.

CEO/BISHOP/DR. LEONARD SCOTT &
LADY CHRISTINE TYSON SCOTT

“Entrepreneurial Christianity”

Teaching and Training Seminar

Saturday, October 16th

Beginning at 11:00 a.m.

Registration Fee: \$20.00 -- Website Link: greaterafc.org

Sunday, October 17th

Bishop L. Scott & Lady Tyson Scott will Minister in Song and with the Word!

GREATER A.F.C.

3571 Tod Ave., N.W., Warren, OH

330-394-0922

GREATER A.F.C.



J. Laverne Tyson & Linda Tyson
Hosts

#BibleStudy4Life Class

Join Bishop Carlton Williams

October-November Theme "Falling Forward"

Every TUESDAY Night at 7 pm



 CashApp \$1134RFCC



Roanoke Family Community Church

1134 Marshall Ave. Roanoke Rapids, NC



Elder Linda Guest

Elder Linda D. Guest, a native of Philadelphia Pa., was educated in the Philadelphia public school system. At an early age her mother, Evangelist Gertrude C. Guest, offered her daughter to the Lord as Hannah did in 1 Samuel 1:21. Elder Guest came to the knowledge and understanding of salvation at the age of four and received Jesus Christ as her personal Savior under the pastorate of the late Bishop A.C. Wilson.

Raised in the church, Elder Guest was a faithful member and loved to be in the House of the Lord. Elder's grandmother, the late Mother Lindy B. Guest introduced her to the Child Evangelism Fellowship of Eastern, Pa. where she served faithfully as the summer missionary for six years and then served on the staff in Philadelphia County. Elder Guest attended and completed her studies at Word of Life Bible Institute while praying and seeking the Lord to lead her to a ministry where she could grow and develop.

Although Elder was not ordained as such until February of 2008, she heard the call of God for her life in Sept of 1986 and continued her spiritual growth and development by serving as the Youth President, Sunday School and V.B.S. teacher. Elder also taught at the Sanctuary Bible Training Institute.

Elder Guest relocated from Philadelphia, PA in 2021 and is currently a member of Refuge Church of Southshore in Ruskin, Florida. Elder Guest is excited to put her hands to the plow in this portion of the vineyard.

Distractions

Linda Guest

Have you ever taken the time to look at the distractions in your life? Are you honest enough with yourself to identify the distractions?

If we first look at the definition for the word distractions, we would find the following according to the Oxford Dictionary: a thing that prevents someone from giving full attention to something else. Example "the company found passenger travel a distraction from the main business of moving freight"

Similar: diversion, interruption, disturbance, intrusion, interference, obstruction, hindrance, a diversion or recreation.

Example "there are plenty of distractions such as sailing"

Similar: amusement, entertainment, diversion, activity, pastime, recreation, interest, hobby, game, leisure pursuit, occupation divertissement.

2. extreme agitation of the mind or emotions. Example "he knew she was nervous by her uncharacteristic air of distraction"

Distractions can hinder every part of our being, especially spiritually. The Bible says in Peter 5:8

King James Version

8 Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

Although his attack is like a roaring lion, hungry and ready to devour, his approach is smooth, quiet and settled.

When we watch a lion in attack mode he is very quiet, close to the ground to blend in and at times can be very still before the attack. Most times this approach catches the target off guard and becomes dinner.

Satan desires the same for you. It's the little things, the other things that so often we think nothing of that keeps from God's Word

Psalm 119:11

King James Version

Thy word have I hid in mine heart, that I might not sin against thee.

Communing with God

1 Thessalonians 5:16-21

King James Version

16 Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you. Quench not the Spirit. Despise not prophesyings. Prove all things; hold fast that which is good.

Allowing God to speak to us. Meditate so that God can speak to us

Joshua 1:8

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

Can you imagine how much more power we would have?

2 Timothy 2:15

Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

The Word says John 14:12

Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father.

Why aren't we seeing the greater as normal? We as a body of believers have allowed the enemy to limit our effectiveness with distractions. These distractions have caused a power leak in our connection.

I invite you to take a self evaluation.
There are 24 hours in a day, now do a breakdown.....
How much time do you spend?

Working:

Sleeping

Eating

Errands

Recreational working out reading shopping etc.

Watching TV

Relaxing

Playing games

Social media

Praying

Reading and studying God's Word

Listening for God to speak

How much more powerful and effective would we be as individuals and collectively if we tithe of our time as well?

Christ Church Apostolic Prophetic Ministries
presents

ANNUAL PROPHETIC Conference

LIGHT IN THE MIDST OF DARKNESS



APOSTLE
SOLOMON WEEKS



PROPHET
CHRIS FISHER



PROPHETESS
FORLINE JEAN LOUIS



PROPHETESS
MICHELLE WILLIAMS

FAITH, EXCELLENCE, AND POSSESSING THE GATES
*Come join us for personal prophecy and
breaking the strongholds of the enemy*

SATURDAY, OCTOBER 9TH, 2021 /: 11:00AM-5:00PM

882 EAST 233RD ST, BRONX NY 10466



RTW

SENIOR TRAINING
WORKOUT



We would like to introduce one of our newest contributing writers in the person of Sgt. Nate Griffin. If you want to reach out to him you will find his contact information on our website at Meet the Writers.

Nathaniel Griffin or, "Sgt. Nate", is a retired US Army Veteran and former US Army Medical Specialist, with over 35 years of experience as a healthcare professional. Sgt. Nate has a Bachelor's of Arts Degree in Leadership Development from Peirce College in Philadelphia, PA. He has a Certificate of Completion as a Health and Nutrition Specialist from The Independence Correspondence School in Wilkes Barre, PA. He is a former US Army Sergeant from The NCO Academy in Fort Indiantown Gap, Pa. and an Ordained Evangelist from The Crusaders for Christ Evangelistic Church Int. in Philadelphia, Pa.

He currently owns and operates an online fitness service, Sgt. Nate Fitness, and has been in business since 2004 offering in studio and in home, fitness training in the Philadelphia area.

He recently released his first book of inspirational quotes, phrases with commentary entitled, Soldier On (forging ahead despite the odds) on Xlibris Publication in 2020.

Sgt. Nate has conducted workshops and lectures for a number of prominent companies, organizations and groups such as... Burn's Engineering, FMC Bio-Polymer, ZETA PHI BETA Sorority, and DECA (non-profit student organization).

His focus is on empowering, educating, and inspiring his listeners to pursue personal development and professional growth in their pursuit to a better version of themselves. He uses humor, philosophical quotes and amazing metaphors in his talks, and believes it makes for a well informed and entertaining experience.

Selecting A Qualified Fitness Instructor Pt I

Sgt. Nate Griffin

In this age of Peloton, CrossFit, large commercial gyms and so forth. It can be very confusing choosing the best fitness program that's specific to your goal. What's even more challenging, is finding the best qualified fitness instructor to coach you toward optimal health. Despite college degrees, nationally recognized certifications, You Tube influencers and social media gurus. Many people are still finding it difficult to find the trainer/coach that's just right for them. It's not as easy as stealing a workout or two from someone at the gym and doing it yourself. That's like taking someone else's medication and expecting the same results.

We all have different goals when it comes to fitness. Yes, losing weight for many is true. But that's too generic an answer. When you dig deep down to the matter, you find the need for increased strength, endurance, core conditioning, improved mobility, increased stamina, flexibility, stability, and the list goes on. There is a plethora of fitness professionals who can provide these services. However, you need to be able to sort through the riff raffs of trainers who pride themselves on how difficult they can make an exercise as a sign of its efficacy. They still believe in the "no pain, no gain" concept of years gone by. New studies have now come to light indicating that severe soreness and near incapacitation from workouts is not the sign of a good training program. But actually, may be a recipe for life threatening disasters just waiting to happen.

So, how can one be sure they are selecting the best coach/trainer for their needs? Research! Yes, research! I have encountered so many people who, in wanting to show support their friends and family members who work out, have them be their "trainer" because they look good (as their only qualification) and therefore, must know what they are doing. Many also make this selection because it's cheaper than paying the rates that the more qualified trainers require. All of our mothers could apply bandages, administer cough medicine and make us hot soup when we have a cold. But that did not qualify them as nurses or doctors. Most of those family friends and colleagues are not CPR qualified should the need for the skill arise. Very few if any of them know what rhabdomyolysis is or the signs and symptoms of it should it occur during your training session. Then there's the issue of elevated blood pressure or drop in blood pressure during a workout. Let's not forget the issues surrounding inflammations to the joints, tendons and ligaments as the result of the crazy over the top exercises they will have you do.

Research the person you wish to work with. Research them as you would or should when searching for a good medical specialist, tutor for your child, or accountant to

handle your business books. Your friends or family members may know how to count, but you wouldn't give them control of your finances just to be supportive or save money would you? Can they work with your healthcare professional in treating the orthopedic issues you may have? Are you rehabbing from surgery or injury? Are they qualified to handle those situations? Is their idea of a meal plan, eating a bunch of food as if you preparing for the next apocalypse? Then popping pills and drinking powdered shakes when simple food would do just fine? Since they have no idea of your health background or possible allergies, you may want to look elsewhere for coaching.

The profession of personal trainers, fitness coaches, and group fitness instructors, should be as respected a field as the medical, legal, academic and financial arenas are. Those with the degrees, certifications, and or equal experiences can give you the quality of training you desire. You just need to know what to look for. You get what you are willing to pay for. True, you can find millions of exercises from social media. You can also find many cheaper medications online as well. However, who is regulating them? Who is supervising your workouts to be sure they are not only effective but safe and specific for you?

In my next article, I will delve deeper into what questions you should have addressed in screening possible candidates when seeking the services of a fitness instructor. Soldier On!



J. Laverne Tyson
& Linda Tyson
Hosts



GREATER A. F. C.

Greater Apostolic Faith
Church

3571 Tod Ave., NW. Warren, OH

Joint Fellowship

& Worship Service

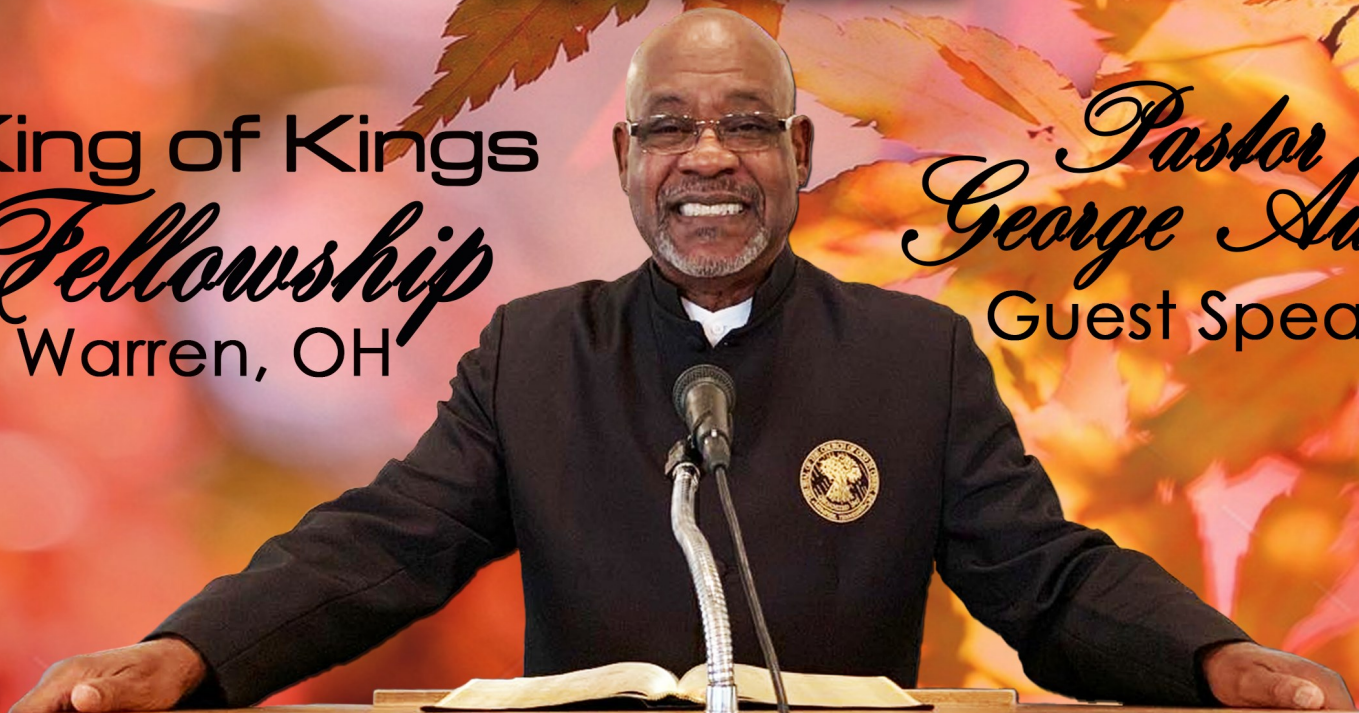
Wednesday, October 20, 2021

7:00 p.m. - 9:00 p.m.

All Invited!!!

King of Kings
Fellowship
Warren, OH

Pastor
George Austin
Guest Speaker



THINK ABOUT IT



There are Key Components in life that have existed since creation that mankind continues to miss or stumbles across as if it were some new thing. The misconception of the fact we just didn't recognize it for what it is. It has already been established and because of our inability within our observation, we tend to miss or delay some key factors that were there all the time.

At creation the foundation was laid and the principles established so that purpose would be fulfilled and manifest. In saying this you are here existing for a reason to fulfill something key to God's plan. Never devalue yourself or give permission to another to do so either. But, rather establish your relationship with God our creator so you too can fulfill your unique gifting and purpose. Rise up to your God-given potential it's the only thing that matters. Be strong!

C. A. Dangerfield II

A stylized, golden-brown leaf logo with multiple pointed leaves radiating from a central point, positioned in the upper left quadrant of the image.

RELEASE & REALIGN WELLNESS



Rachael Voss

My Story:

Rachael Voss

For years I felt stuck in my job as a Recruiter. I liked helping people find a job that suited them, and it was not enough. I craved more. I wanted to have an even greater impact – though I had no clue how.

I had no way out, no way to pay my bills while also pursuing what I truly desired: working, on a deep level, to help people break through negative beliefs and the barriers holding them back.

I had previously been introduced to various alternative medicines. My first introduction was the most personal. In 2003 when my mother had surgery to remove an ovarian cyst the doctors found stage three cancer. They told her she had four years to live. My parents pursued conventional chemotherapy, which my mom favored, though my father explored – and introduced us to – numerous types of alternative medicines.

My mother died in 2007. In the end progress my mom experienced from alternative interventions could not hold. Chemo had destroyed her stomach. She lived four years after the diagnosis – exactly as long as the doctors told her she would. This confirmed for me the power of one's mindset!

In 2017 I worked with a therapist who taught me that we are made up of energy and we give off certain vibrations. This sparked my interest, I wanted to know what I could do to increase my vibration, which led me to Binaural Beats. Nine months later, in 2018, I became a Certified Level II Reiki Practitioner. Within two months I was researching organic skin care and became a consultant with Neal's Yard Remedies. These powerful modalities were steppingstones to where I was going.

In March 2020 I was laid off from my job due to Covid... a blessing in disguise. At that moment life seemed to come at me non-stop: weeks before I was laid off my best friend died, there was family trauma, children starting to homeschool during Covid times and house hunting. My life felt unmanageable. In November 2020 I had started praying for clarity; clarity on how to utilize my deep desire to help others while serving my Higher Power. I started a Neuro Linguistic Programming course that fall, but it was put on hold when my aunt died. The week I returned from her funeral my son was in the hospital for HSP, a rare inflammatory disease. During his stay in the hospital my grandfather died, and a few days later I had a miscarriage. Life was throwing things at me left and right.

The recovery from my miscarriage was painful—some days I could barely move around the house. I was starting a charity organization for mothers going through a miscarriage when the words, "The Emotion Code" popped into my head, clear as day. Was this a book I had heard about? I looked it up, found it and bought it. Apparently, I had been told about it during a phone call with someone who had provided meals for my family after my aunt's death. When I started reading the book, I learned how unprocessed emotions become Trapped Emotions. I also learned how these trapped emotions can be released. This filled me with

excitement – it spoke to my soul! It truly felt like the answer to my prayers, and I knew this was what I was meant to be doing. I signed up for the course immediately and LOVED doing the work with all my volunteers. I became a Certified Emotion Code Practitioner.

Through the Emotion Code, I learned of Dr. Bradley Nelson's second major modality: The Body Code, a patented energy balancing system, intended to help uncover root causes of discomfort, sickness, and suffering in mind/body/spirit. I knew I needed to be able to offer this as well and I soon became a Certified Body Code Practitioner.

My passion and desire to help others has become my own practice: Release & Realign Wellness LLC. I am grateful and excited to work in partnership with you.

How The Emotion Code & Body Code has Impacted Me:

Before The Emotion Code and The Body Code, I was not the mom I thought I would be. I was easily triggered, feeling unheard, overwhelmed, and needing to control. Which led to anger. Which led to EXTREME anger. And lots of yelling. I felt defeated time and time again.

In April 2021, I started working on *myself* with the Emotion Code – I was able to identify unprocessed trapped emotions of which I was not even aware I had: betrayal, abandonment, love unreceived, taken for granted, lack of control, fear, anxiety, worthlessness, and resentment all came up often. Sometimes after identifying the emotion, it was necessary for my conscious mind to know more, such as; age of occurrence and who it was in relation to. I found that many of these trapped emotions occurred due to trauma from just nineteen months through age seven. I now have clarity regarding my childhood trauma, when before I was in the dark. I had blocked it all out.

Doing The Body Code work on myself, I have been able to release Physical-Emotional Shock over 80 times. Each time it showed up in a session was one time I hadn't processed this type of shock – each time it became trapped within. I uncovered that I had unhealthy wills and negative statements in my Subconscious such as:

- “A will to please others” from nineteen months
- “A will to die and avoid connection” from nineteen months
- “No will to love self” from nineteen months
- “People want to hurt me” from age two
- “I am stuck” from age five
- “No will to be vulnerable/open” from age five

“I am not good enough”

As a non-verbal baby, I just went into my head – the only place I was able to go. My discoveries have helped me to understand why as an adult I would get so upset, shut down, build up walls and get stuck. I now understand why it was so

hard for me to share my feelings. Now when I get upset, I can readily acknowledge my feelings and, instead of shutting down with my husband, I communicate sooner than I ever was able to before.

In doing the work on myself and releasing all that was not processed, I am finding that I am showing up to life in alignment with the person I desire to be. I am more present for my children! Instead of getting upset when they are not listening to me, I can work on understanding what's going on with *them*.

I am no longer consumed by anger. My kids tell me I am so much nicer! I am not overwhelmed with daily tasks around the house. I am finding that I have more energy even though I sometimes get less sleep! I am setting healthier boundaries.

If you are a mother interested in energy healing, with children still at home:

- Who often gets triggered by your children or spouse, and you desire to be present with them
- Who feels stuck in your personal life or your career and you are ready to break through what is holding you back

Who feels as if you are not enough; struggles with loving yourself or doing selfcare; desires to finally love and accept yourself just as you are

If you are a mother looking for alternative help for your child, who:

- Has been labeled with a learning disability
- Has been affected by trauma
- *...I would love to be in partnership with you and or your child.*

I am here for you. I am on the other side, reaching out my hand, sharing my experience, hope and strength. I am here to walk with you, to assist you in the possibility of realigning with the person you are meant to be. hard for me to share my feelings. Now when I get upset, I can readily acknowledge my feelings and, instead of shutting down with my husband, I communicate sooner than I ever was able to before.

In doing the work on myself and releasing all that was not processed, I am finding that I am showing up to life in alignment with the person I desire to be. I am more present for my children! Instead of getting upset when they are not listening to me, I can work on understanding what's going on with *them*.

I am no longer consumed by anger. My kids tell me I am so much nicer! I am not overwhelmed with daily tasks around the house. I am finding that I have more energy even though I sometimes get less sleep! I am setting healthier boundaries.

I am here for you. I am on the other side, reaching out my hand, sharing my experience, hope and strength. I am here to walk with you, to assist you in the possibility of realigning with the person you are meant to be.

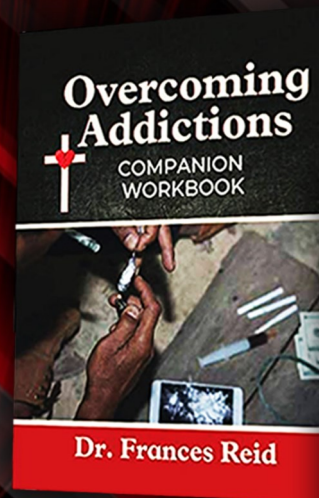
Overcoming Addictions

Available at

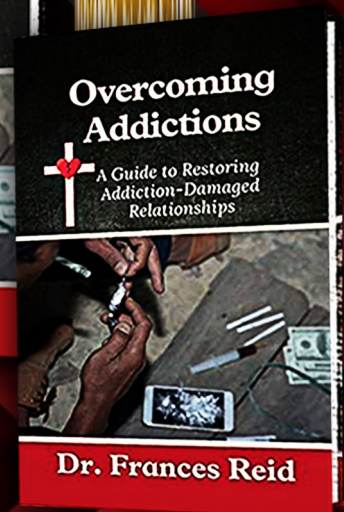
amazon



Overcoming Addictions: Companion Workbook Paperback \$14.99



A Guide to Restoring Addiction-Damaged Relationships Paperback \$14.99



Overcoming Addictions is a powerful new resource to shine light on how addiction destroys relationships, as well as tools to support those who are on the road to recovery. Each day God continues to tap the resources of heaven's loom to weave divine healing to the tattered souls of His people. The resources that are identified in this book have been used with spiritual guidance to bring about renewal and transformation to countless individuals. The purpose of Overcoming Addictions is to combine the study of Scripture with other methods of ministry including the Twelve Step program, to guide addicts through an experience of restoring broken relations via transformation. Through meditation and journaling, participants will be exposed to biblical truths that will transform them, aligning them with the character and ways of God. Through this encounter, they will overcome the poverty, addiction, and destruction associated with their addictive behavior and emotional dependencies. When coupled with the Overcoming Addictions Companion Workbook, this powerful tool becomes a blueprint for substance abuse recovery programs facilitated by faith-based organizations.



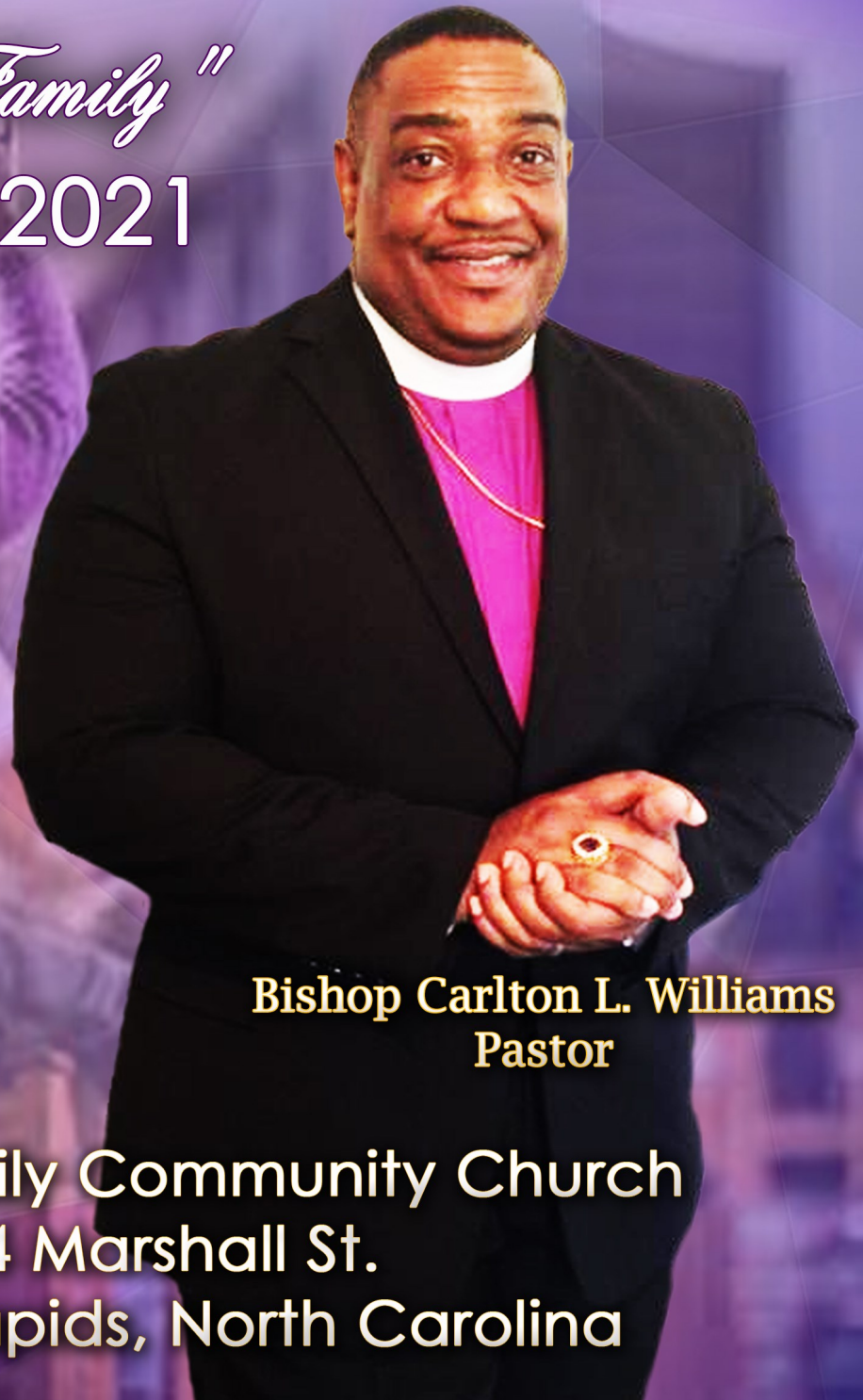
Family & Friends Day

(Masks & social distancing required)

"Come Join the Family"

October 10, 2021

9 am



Bishop Carlton L. Williams
Pastor

Roanoke Family Community Church
1134 Marshall St.
Roanoke Rapids, North Carolina

Insert from the book "Praising my Pond" by Elder Diane Harvell

"As I stood and watched all of this play out, my heart began to race. I couldn't believe what I'd just seen and heard. Why was Joe dead? Why would Richard ask Mommy such a thing? Richard left and Mommy walked out of the kitchen. I quietly sat on the metal step chair in the kitchen and wondered WHY????"



Visit her website www.nowatw.org and order your copy today.

You Can Begin Again

By Elder Diane Harvell

Whether we begin and fall time after time God is a forgiving God and we could never drift so far away from him that he will never forgive us when we truly repent. However true repentance is not only a change of mind but a change of conduct. The word of God says we are also responsible for how obedient we are to what we have heard and to what we have been taught.

According to **Hebrews 2:1**-“**Therefore we ought to give the more earnest heed to the things we have heard, lest at any time, we should let them slip.**”

v.3-“How shall we escape, if we neglect so great salvation; which at the first began to be spoken by the Lord...”

Many times, we take God’s word for granted as if its reach only goes as far as the page its written on. Once we’ve accepted the Lord, and heard the word of God, expects us to meditate on his word day and night. Think deeply on it, apply it to our lives to make our way prosperous so that we will have good success.

Joshua 1:8 and Psalm 1:2.

So yes, we can begin again however not as blind leading the blind but as those with purpose and accountability remembering the word of God and applying it to our daily lives. Therefore, it is also imperative that we receive sound biblical teaching of the Word of God for correct instruction in righteousness, that we may be complete, thoroughly equipped for every good work.

April of 2020, I began again! If I’ve learned anything, I’ve learned that the pandemic alone has proven that we can begin again but we must remember God!

You can begin again too. All you have to do is take the first step forward not backward to your new beginning. All of us have fallen and gotten back up and have fallen again.

But **Isaiah 43:18-19** says, “**Remember ye not the former things, neither consider the things of old.**” v.19-“**Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert.**”

No matter who you are, you have an assignment from the Lord that you must fulfill. He says, “**Fear not, for I am with thee.....Even every one that is called**

by my name: for I have created him for my glory, I have formed him; yea, I have made him.”

So never give up but begin again and spring forth into your purpose, God has created you for His glory!

May God Bless You All!



Sharon Shannon
Founder/CEO of
In Sharon's Heart
& Women of
Movement

Women **FREE**
of Movement
Speaks
Business
Conference

Saturday
October 9th, 2021
11am - 4pm EST



Neva Brooks
SPEAKER

REGISTER FOR FREE
ON EVENTBRITE

womenofmovement.org

What Are You Plugged Into?

Dr. C. A. Dangerfield II

Sometimes in life you have to sit yourself down and have a heart to heart or better yet mind to mind and identify your areas of opportunity. We find ourselves so programmed to routines that we lack flexibility. So, life is like a hamster on a hamster's wheel just going around and around but advancing only in tiredness. We may have received exercise increase circulation but that's about all. The analogy of the hamsters will demonstrate what is considered insanity stuck in a rut without any significant advancement. It would also be like quoting passages of scriptures like "I can do all things through Christ who strengthens me" and then take a seat and do absolutely nothing to illustrate the strength behind the passage because we lack in the faith to move forward. So, we put ourselves and God within a comfortable box of limitations and just exist without impact. We are at this point denying access to our true potential that's within us placed there by God for our reveal. The scriptures tell us that in spite of what we see. ***But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us, persecuted, but not abandoned; struck down, but not destroyed. 2 Corinthians 4:7, 9 NIV***

We have to come to a place of understanding that really, we have the power to push through any situation it just depends on the source that we choose to plug into to provide that power to give us the strength to power through. The question is will it be a temporary source like battery or continual source of power like electricity as long as you remain plugged in. It comes down to that source of power. Another way of looking at it is nutrients what are you using to feed yourself. There is so much that comes at us on a daily bases that feeds our mental and spiritual mind. Creating sometime an emotional response that blocks your growth and hampers your mental, emotional and spiritual growth. This is caused by what we allow to feed these areas that reside in us. Then we demonstrate a response to what we are feeding on and our outward behavior will validate the effects. We all have heard the saying "You are what you eat". When we feed on negativity, gossip and nonsense it will drive us to a place of insanity because it is difficult to survive on junk food because it doesn't provide proper nutrients that stimulates growth. It in fact impedes our health in some form when we continue in the same practices of over indulgence especially when we have been alerted. Too much of anything is not good.

The Word of God instructs us to ***Study to show thyself approved a workman that need not be ashamed rightfully dividing the word of truth. 2 Tim 2:15.***

Speaking from experience and a place of transparency I myself had to go through several stages to change the courses of journey to realign myself with the principles of God found in is Word. This in turn meant I had to denounce my prideful ways putting on a garment of humility which actually corrected my vision



Coming soon the first of a five
part series on Relationships

Self

Defining Our Essence From The
Inside Out

Uncovering deeper truths hidden
within ourselves!

and my understanding therefore putting me on the path of God's intended journey for my life to the point of allowing me to share my experiences with you now. For I know the thoughts I think towards your thoughts of peace and not of evil to give you an expected end. Jeremiah 29:11. We have to understand God knows our end before we know our beginning. Creator, Father, Mentor, Director, Savior and more.

When we truly pause and reflect, we can see each time God redirect our movement and new doors of opportunity open up and a new chapter begins. You can also see the intensity of chess game so to speak as you move across the board of life.

C.V.M.G.F.A.

Invites you to join us at our



Table Talk

*Apostle, Dr. Stephanie Roberts,
Bshp D L Aiken,
Pastor Ella J. Alexander*

ChurchTalkRadio.com
or visit us on FB at ChurchTalkRadio
every Wednesday at 11:00 am EST.
LIVE