



TRIUMPH LIFE CENTER & SPIRITUAL CONNECTIONS CAFÉ

SUMMER 2022

FROM THE DESK OF THE EXECUTIVE EDITOR, NADIA GAPUR



And just like that, the first six months of 2022 have gone by in the blink of an eye. I am at a loss of words on how to describe how it has been but America seems to be going through it all. Who knows, maybe the next half of the year will be slightly more positive.

Honestly, it has been difficult to stay positive when all we hear in the news are the countless shootings and most recently, the Supreme Court's decision to overturn Roe v. Wade. Why is a stricter gun bill only now being signed into law after almost three decades? Gun violence is now the leading cause of death among American children. Families shouldn't have to worry whether their loved ones are safe or not in school.

Just this past month, the Supreme Court decided to overturn Roe v. Wade. While I understand that not everyone agrees with abortion, all those who seek an abortion, especially when it is life-threatening, no longer has the constitutional right to one. What this means is, that people seeking abortions will have to resort to unsafe practices just like they did before the 1970s. It is a racial justice, economic, and human rights issue among many others.

Moving on to lighter news, earlier this month, Juneteenth was celebrated. This is the second year it has been recognized as a federal holiday. Next month, in August, we will have our Second Annual Community Gathering. We are very excited to see familiar and new faces while we do community outreach. Our very own Brenda has started a community connections group that serves as a support system during these difficult times. Also, watch out for our new music project. We have incorporated encouraging messages into them to inspire our global community.

As always at Triumph Life Center, we strive to provide a safe space where all conversations are welcome. We are an inclusive community and open to all opinions as we build upon a foundation that affirms life.



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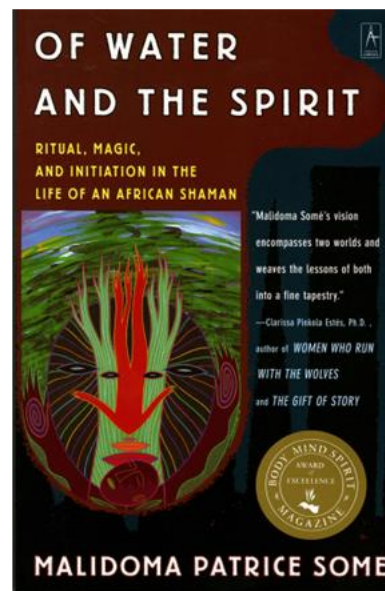
**BRENDA ECHEVERRY
COMMENTARY**

**“SOCIAL ACTIVISM
IN THE CURRENT**

**CONTEXT” BY ANGELA DAVIS,
LESLEY UNIVERSITY ON MAY 12,
2022**

Angela Davis stated that “...if you live long enough, every victory will turn into a defeat, and vice versa,” noting how history tends to repeat itself over and over. Her answer to ending this cycle in its tracks is to listen to young people, the generations of the future. Reciprocal intergenerational learning is necessary for growth and sustainability within a community. Another is to take the time to listen to people who are different from you. Even if your values do not align, there is much to be learned from those who are different from us. This process is mutually beneficial. In response to questions about the role of institutions of higher education in the community, Davis’ response was to remind us that the academy is not the only place where people are educated. The academy monopolizes knowledge to the point that other methods of learning are undervalued. This can be improved by welcoming and incorporating the wisdom and experience of those not typically enrolled in an academic institution. Institutions should be highly aware of their position and presence in the community and be held accountable for their effects on local community members. To go beyond into the future, it is necessary to prioritize educating the imagination. ***END***

SUMMER READ...



Malidoma Patrice Some was born in a Dagara Village, however he was soon to be abducted to a Jesuit school, where he remained for the next fifteen years, being harshly indoctrinated into European ways of thought and worship. The story tells of his return to his people, his hard initiation back into those people, which lead to his desire to convey their knowledge to the world. "Of Water and the Spirit" is the result of that desire; it is a sharing of living African traditions, offered in compassion for those struggling with our contemporary crisis of the spirit.

UPCOMING EVENT...

Triumph Life Center presents

Community Connections

A Psycho-Spiritual Wellness Group

This group offers adults an opportunity to engage in creative reflection and conversation on topics including stress, trauma and grief as well as sustaining joy, wellness and effective self-care

Saturday, July 16
11am-12:30pm EST
Via Zoom

**Exploring
Parts of Self**

Suggested donation \$20/session

Facilitated by Brenda Echeverry

Community Connections is a group that meets monthly and offers participants a space for creative reflection and discussion on mental health topics such as identity, emotions, self-care, and managing stress. The group, facilitated by TLC team member Brenda Echeverry, is open to adults 18 years of age or older. Each group includes time to engage in creative arts individually and together. The next group meets via zoom on Saturday, July 16, 2022, from 11:00 AM – 12:30 PM (EST). The suggested donation is \$20.00; however, it is not required.

To register click the link below:
<https://us06web.zoom.us/meeting/register/tZUqcqurTwoGdysafHh4Ux-CcpcqvgNBP4C>



*“IN SILENCE GOD CEASES TO BE AN
OBJECT AND BECOMES AN EXPERIENCE.”*
—Thomas Merton

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(Rev. Lc) Sandra Addison-Britto, Supervising Editor
The Rte. Rev. Milton F. Britto, Senior Bishop Emeritus

On Eagles Wings

Triumph, The Church of the New Age - International
 Second Annual Community Gathering
 In-Person ~ August 4 – 7, 2022 ~ Newark, NJ
 Expanding Our
 Message, Ministries & Missions
 Organization, Operations & Opportunities

1st Chronicles 4:10

Register Here
<https://forms.gle/GcoAjWxot8UWt3sU7>

Upcoming Event...

The 2nd Annual Community Gathering (formerly District Religious Congress) is August 4 - 7, 2022.

This will be our first full in-person annual meeting since July 2019 and we are looking forward to having our TLC team, board members and community gather in Newark, NJ.

Registration is now open online at:

<https://forms.gle/GcoAjWxot8UWt3sU7> and on our website at:

<https://triumphthechurchofthenewage-international.org/>

Triumph's Music Production

WESLEY AMORIM, MUSIC DIRECTOR



We working on a series of musical singles featuring artists from different cultural, musical, or religious backgrounds.

We seek to find a place where agreements are connected and disagreements are respected. The musical themes will be about cultivating love, peace, respect, raising voices from minorities, gender equality, empathy, and, other related subjects. On August 5th, our first single called 'Ser La Brisa' will be available on digital platforms, i.e., Spotify, YouTube, Deezer, Apple Music, etc. Thereafter, we will release one single on the 5th of each month. Stay tuned!

<https://show.co/social-unlock/3GV8cOx5l8iE3WFEg3CO58/widget>

Title of the first single:

Ser La Brisa [Be The Breeze]

Composition & Vocal: Brenda Echeverry

Music Production: Wesley Amorim

Percussion: Cyro Baptista

Male Vocal Narrator: Bazz Valencia

Mix and Master: Rodrigo Andrighetti

Art Cover: Brenda Echeverry

Label: WA Media Solutions

Cover of First Single



Triumph Nigerian Mission

MINISTER OBINNA JASON ANYANWU



Triumph's Nigerian Mission was commissioned on August 8, 2021, with Minister Obinna Anyanwu, Evangelist Chinwe, Brother John Maradonna, MaryJane Ojor, Judith Ogbonna, Amarachi Elvis, and newly introduced Evangelist Chilaka Mary.

The mission meets on the second and last Saturdays of each month at members' homes. Outreach Ministry includes community-based evangelism in IDP camps, prisons, hospitals, compassionate care homes, widows, schools, and orphanages.

The outreach conducted a community mass testing and counseling and was able to connect patients with HIV/AIDS and Tuberculosis to government health care facilities for retroviral drugs and also care for them as much as we can.

Nigeria has experienced an upsurge in violence in recent years with reports of kidnapping, killing, and all forms of terror attacks across the vast country; including, the recent Catholic church massacre in South-West Nigeria on June 5th where gunmen detonated explosives and opened fire on the congregation who were celebrating Pentecost. The WHO supported by providing emergency trauma materials.

The team has connected with other non-governmental organizations to expand outreach and learn how they make profits and manage their businesses, real estate, investments, charity programs, and ministries.

The mission is awakened to continue the redemption message without bloodshed and engage in more community outreach and evangelism towards the end of the year.



TOOLS FOR PRACTICING MEDITATION & PRAYER

<https://www.youtube.com/watch?v=vkGaoeaktE>



Trigger Protection Mantra by Jhené Aiko

This is a seven-minute mantra with singing bowls alchemy crystal singing bowls played by Jhené Aiko in the key of A (third eye), E (solar plexus), and C (root chakra).



SECRETS, LIES & DEATH: WHOSE RIGHT IS IT ANYWAY?

(REV. LC) PROFESSOR SAUNDRY Y. ADDISON-BRITTO

It was the summer of 1963 and my family had just arrived in the deep south for our Church's annual convention. In those days we didn't stay in hotels because segregation was still legal in many of the southern states. My mother managed to get us all unpacked and settled in from our 36-hour journey and ready for the next day when the convention would begin.

The house that we were staying in and the country store next door belonged to the pastor and his wife, the church mother; Elder, and Mother Bright. It was a beautiful day. We took our baths and had on clean crisp white cotton slips that my older sister had sewed for us. My mother made a pallet on the floor for the children to lay. The door was open but the screen door was closed. One of the children from our church who lived nearby came over to visit. When they opened the screen door to come into the house a lizard hopped in. It was the coolest thing, I thought at the time. We were not afraid but kind of amused with the small green creature roaming around the house until someone let it out.

The house was what my dad referred to as a 'shotgun' house. It was years later that I learned what that meant. Anyway, in the rear bedroom was the only daughter of Elder and Mother Bright, her name was Lovejoy. We learned that Lovejoy had been ill for several weeks before we arrived. I wondered what was wrong with her. Back then children didn't ask these kinds of questions to adults. At best, if you got close enough without being caught to overhear their conversation you would put bits and pieces together and try to make sense in your mind about what they were talking about. Lovejoy was one of the people in the Church down south that I liked. I mean all the people in the church were nice but they seemed old to my young self; and so religious and unapproachable.

Lovejoy was different. Sometimes she would come north and stay with us. She was cool. An adult but fun and real and joyful. She had good energy; always kind. One side of Lovejoy's face was disfigured. She had fallen into a fireplace as a child and from what I learned almost died. She lost sight in one eye and her skin was looking like

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"Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them;"

Ecclesiastes 12:1 (AKJV)

—The Rte. Rev. Milton F. Britto, Senior Bishop Emeritus

MEDITATION CORNER...

THINK ON THESE THINGS!

"NO ONE AT ANY TIME IS CUT OFF FROM GOD." —Meister Eckart

"THERE'S A PLACE IN THE SOUL WHERE YOU'VE NEVER BEEN WOUNDED." —Meister Eckart

FEATURED VIDEO CLIPS FROM TLC GATHERINGS & SPECIAL EVENTS...

'*HOLISTIC BECOMING...*' [JANUARY 23] (OM PRAKASH) REV. DR. JOHN GILMORE
<https://youtu.be/BQv4Lsb4Zdw>

'*BLACK HISTORY MONTH*' [FEBRUARY 27] NIKIYA MONE
<https://youtu.be/6UBugAZNWDg>

'*SEVEN LIFE-AFFIRMING PRINCIPLES – BASIS OF UNION*' [MARCH 20] MINISTER OBINNA JASON ANYANWU
https://youtu.be/_uKEwHj2ral

'*THE LORD'S PRAYER*' [APRIL 30] WILLIAM MOORE [TCNA INTERN]
https://youtu.be/ehuOW73_1sQ

'*THE HARMONY OF TAOISM*' [MAY 1] BRENDA ECHEVERRY
<https://youtu.be/YF33YmG65KQ>

'*THE INDWELLING SPIRIT*' [JUNE 5] (REV. LC) S.Y. ADDISON-BRITTO
<https://youtu.be/5qoWUALXnuw>

'*A TRIBUTE TO MY FATHER*' [JUNE 19] THE RTE. REV. MILTON F. BRITTO SENIOR BISHOP EMERITUS
[HTTPS://YOUTU.BE/OS1GFOAMAZ8](https://youtu.be/os1GFOAMAZ8)

Triumph is Christ' centered spiritual community. We are diverse, inclusive and welcoming of all.

Find us online:

Facebook: [Triumph Life Center & Spiritual Connections Café](#)

Website: [Triumph The Church of the New Age - International](#)

Instagram: [@TriumphLifeCenter](#)

YouTube Channel: [Triumph Life Center](#);

Spotify [playlist](#)

Email: triumphlifecenter@gmail.com



Secrets, Lies & Death: Whose Right is it Anyway?

(Rev. Lc) Professor Sandra Y. Addison-Britto

[Continued from page 4]

wrinkled leather. The way she looked you would think most people and certainly, children would find her scary. But not so. Lovejoy had an inner beauty that overshadowed the scars on her face.

My mother took us to the rear bedroom to say hello to Lovejoy. When we walked into the room, Lovejoy sat up in the bed and greeted us with a smile. She was so happy to see us and so sorry she wouldn't be able to attend the convention. What I remember most about that day is the sun shining through her bedroom window; the simplicity of her bedroom and the joy that she exuberated just seeing us. She appeared weak in her body yet so full of life. I don't remember if she hugged us before we left her room, but she probably did because that was how she was.

To my knowledge, Lovejoy never married and didn't have children. Like me and my siblings, she was raised in the church with strict religious parents who preached holiness and physical purity. In those days young girls were held to a high standard of physical intimacy which was only permitted within marriage. Dating was supposed to be a supervised event under the watchful eye of one's parents and the church mothers.

Lovejoy's parents' church where the convention was being held was on a country road with a creek running in front of it. There was no air conditioner or electric fans. The convention went on as usual even though Lovejoy an essential part of the church wasn't there. We had three services each day for seven days; morning, afternoon, and evening. The old and young both participated in the singing, shouting, praying, and would be overcome by the spirit. I can still hear the sounds of, the guitar playing, and the soulful voices of the saints. They were mostly farmers who could make you laugh, cry, shout or bring you to your knees in praise. The preaching, well that was an artform... it could last for hours it seemed... and the saints would often dance or become overtaken by the spirit amid the preaching.

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*Health
Wellness
Summer Fun*

Remember:

- Drink lots of water
- Check on seniors in your community...
- Practice pool safety with your little ones ...
- Remember laughter is good for the soul and body...so laugh often...



Check out this website for more summer health – wellness – fun ideas at Mental Health First Aid from National Council for Mental Wellbeing [15 Activities for Your Summer Self-Care Checklist - Mental Health First Aid](#)

Here are two tips:

1. Ditch the couch and relax outdoors. Grab a blanket or lawn chair and something to read and set up camp on a shady patch of grass.
2. Go for a stroll. A long walk can be a great way to clear your head and enjoy a warm summer afternoon. You can also grab a friend and get your exercise while catching up.



**BREAKING NEW GROUND:
RENOVATIONS & RE-PURPOSING 950 BERGEN STREET, NEWARK, NJ**

Triumph, The Church of the New Age, Inc.
In Collaboration with Pastor Thomas Reddick &
The Urban New Direction Development Corporation

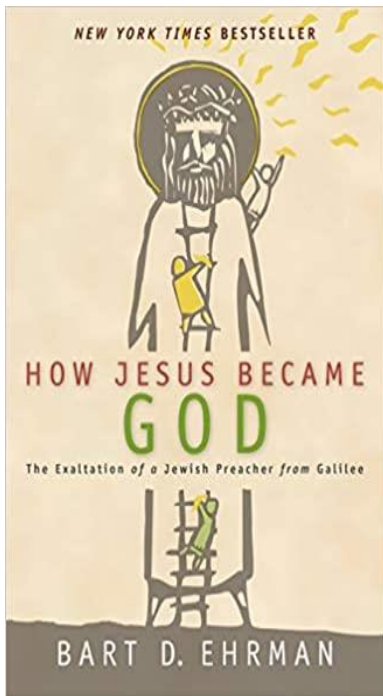


Community resource center providing job readiness training, life skills, parenting, and mentorship. Compassionate Counseling & Peer Support; Economic Self-Sufficiency; Healthy Lifestyles; Food Pantry.

Triumph Worship Center at 950 Bergen Street, Newark, NJ will continue to be a hub for the community as a place of hope through preaching, Bible study, and mentoring and training.

Renovations are underway to renovate and transform the fellowship hall, sanctuary, and lobby area into a safe and sacred space for the community. Our vision is of a welcome center where the community will connect with a spiritual director, faith community; mentors, and develop connections for life's transitions.

SUMMER READ...



New York Times bestselling author and Bible expert Bart Ehrman reveals how Jesus's divinity became dogma in the first few centuries of the early church.

The claim at the heart of the Christian faith is that Jesus of Nazareth was, and is, God. But this is not what the original disciples believed during Jesus's lifetime—and it is not what Jesus claimed about himself. *How Jesus Became God* tells the story of an idea that shaped Christianity, and of the evolution of a belief that looked very different in the fourth century than it did in the first.

A master explainer of Christian history, texts, and traditions, Ehrman reveals how an apocalyptic prophet from the backwaters of rural Galilee crucified for crimes against the state came to be thought of as equal with the one God Almighty, Creator of all things. But how did he move from being a Jewish prophet to being God? In a book that took eight years to research and write, Ehrman sketches Jesus's transformation from a human prophet to the Son of God exalted to divine status at

his resurrection. Only when some of Jesus's followers had visions of him after his death—alive again—did anyone come to think that he, the prophet from Galilee, had become God. And what they meant by that was not at all what people mean today.

Written for secular historians of religion and believers alike, *How Jesus Became God* will engage anyone interested in the historical developments that led to the affirmation at the heart of Christianity: Jesus was, and is, God.

[How Jesus Became God: The Exaltation of a J... - Kindle \(amazon.com\)](#)

Secrets, Lies & Death: Whose Right is it Anyway?

(Rev. Lc) Professor Sandra Y. Addison-Britto

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What I also remember is that it was hot-hot-hot and there were bugs-bugs-bugs. The mosquitoes were vicious they went for blood and left their mark on you. It was so hot that the old folks would sometimes offer to pay the children a nickel or a dime to fan them during the service.

In all of this adult activity, the children managed to have a whole lot of fun. We found humor in the small things. We enjoyed seeing our friends that we had not seen since the year before. Occasionally, there was a new child introduced to the mix, or from one year to the next one child would go through puberty and they would be 'brand-new.' This was our summer vacation, our 'Disney World' experience. So, when the day came to make the journey back up north I would be a little sad because my escape from the mundane of our everyday life was ending and in a few days we would be back home. I would remind myself that next year we would see our friends again which gave me something to look forward to.

The next year came and it was our turn to host the convention in the north. But something was different; Lovejoy did not make the journey with her family. Sad to say, Lovejoy was no longer with us she had passed shortly after we left the south the prior year. What happened to her? Why did she die so young? Even I knew she was too young to just die? I mean she wasn't old like the 'old' folks in the church. There were stories and things said but no one would say exactly what happened to her.

My curious mind wanted to know, needed to know. So, cleverly as I often would, I found a way to stay close enough around the old folks when they were talking yet at a safe distance so that I wouldn't get in trouble for being in grown folks' conversations. I knew eventually they would talk about what happened to Lovejoy. [\[Continued on page 7\]](#)

"Do the right thing and God will bless you!"

—The Rte. Rev. Milton F. Britto
Senior Bishop Emeritus



"I KNOW WHAT IT MEANS TO LACK, AND I KNOW WHAT IT MEANS TO EXPERIENCE OVERWHELMING ABUNDANCE. FOR I'M TRAINED IN THE SECRET OF OVERCOMING ALL THINGS, WHETHER IN FULLNESS OR IN HUNGER. AND I FIND THAT THE STRENGTH OF CHRIST'S EXPLOSIVE POWER INFUSES ME TO CONQUER EVERY DIFFICULTY."

~PHILIPPIANS 4:12-13 (TBT)



Summer Foods...



Nigerian Jollof Rice
Submitted by
Minister Obinna Jason Anyanwu

INGREDIENTS:

Vegetable oil, seasoning (spices), protein (fish, white or red meat, and liver), onions, rice or spaghetti, salt, tin

or sachet tomatoes, fresh tomatoes, fresh pepper, and crayfish.

PREPARATIONS:

- Per-boil rice or spaghetti (half-done) and sieve well to reduce starch or sugar level.
- Cut onions, grind or blend fresh tomatoes, pepper and crayfish separately.
- Steam the protein with little water, spices, and a little salt.
- Boil fresh tomatoes and allow them to dry up.

HOW TO COOK:

- Heat vegetable oil (the normal quantity you often cook with and you can fry the protein (liver and white or red meat) with the same oil and keep it aside.
- In the oil, you add onions and a little salt,
- Add pepper, then add fresh tomatoes, then spices, and crayfish.
- You can as well add ginger and garlic (if you want).

NB: You should be turning it so that it won't burn and you will be adding the ingredients within intervals of 30 seconds or one minute.

- Now you add or pour in, the water from the steamed protein, turn it, and allow it to boil for a few minutes.

Finally, you add a little more water and pour in the per-boiled sieved rice or spaghetti, turn everything well and allow to dry and as soft as you desire, and serve with the protein.

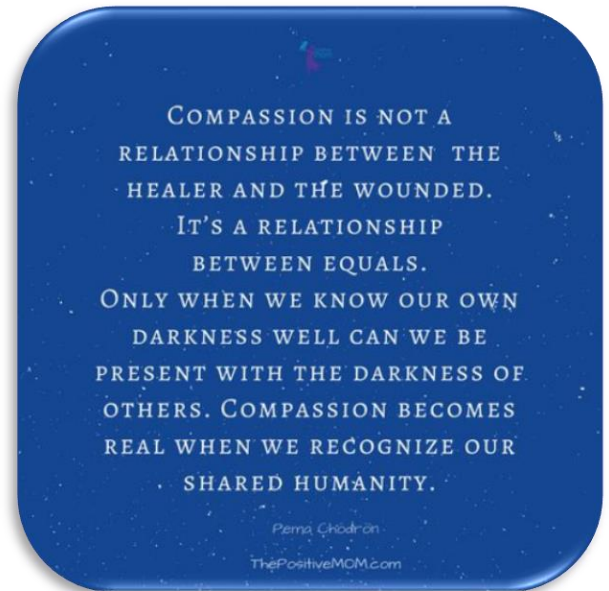


Note: (1). You can serve or eat it with boiled egg and salad or vegetable, fried plantain, yam or potatoes, etc. Also, with chilled juice or wine.

Note: (2). At the last stage of cooking before

you add per-boiled rice or spaghetti, is Nigerian stew! and the stew is being served with boiled white rice, spaghetti, or yam.

SERVE AND ENJOY!!!



Secrets, Lies & Death: Whose Right is it Anyway?

(Rev. Lc) Professor Sandra Y. Addison-Britto

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'Lovejoy got herself in trouble and Mother Bright (her mother) took her to a woman to get fixed.' This is what I overheard listening to the grown folks' conversations. This was a lot for a young mind to take in and it happened decades ago. Memories fade and we tend to embellish and remember what is convenient. I want to acknowledge that with the passage of time I am stringing together pieces of what I remember clearly with pieces of what I felt when I overheard their conversations. So, this is my interpretation and may not be exactly what was said.

Lovejoy, was unmarried and pregnant so her mother took her to a woman in the back woods to get rid of it. It didn't go so well and Lovejoy never fully recovered and later died from an infection. My childhood mind thought, why would her mother do this to her.

At the time, I knew little to nothing of the adult world of sex, pregnancy, abortion, and death. I didn't know the word abortion or what it meant and that it was illegal.

According to an article written by Elisabeth Stevens for the Washington Post on June 24, 2022, women faced "Humiliation, agony, and the risk of sterility or death..." to terminate an unwanted pregnancy ([How women got illegal abortions before Roe v. Wade - The Washington Post](#)).

Ten years after Lovejoy passed in 1973, I was a senior in high school and planning for my future. I wanted to go to college to study economics and political science then law school.

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Secrets, Lies & Death: Whose Right is it Anyway?

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I was busy navigating life as a teenager on the verge of becoming an adult and all that it entails. It was not lost on me when the SCOTUS issued a 7-2 decision (January 22, 1973) stating the *“Due Process Clause of the Fourteenth Amendment, which protects against state action the right to privacy, including a woman’s qualified right to terminate her pregnancy.”* Thereby with the Roe v. Wade decision abortions became legal in the U.S. with certain limitations:

<https://supreme.justia.com/cases/federal/us/410/113/>.

The SCOTUS decision for me was not so much about pro-life or pro-choice, but rather the affirmation of a woman’s right to bodily autonomy.

You see, I came of age at a time in this country when the female body was objectified by both males and females and subjected to daily surveillance and control. Male dominance included oversight of what a woman could wear, where she could work, and her right to refuse intimacy. Too often women and girls were subjected to unwanted sexual advantages and assaults that went unadjudicated because a woman’s body was not her own. All of this and more was formulated and dictated by government policies, enshrined in cultural norms held in place by religious and educational institutions with the aid of the social policing of women’s bodies. According to Linda R. Hirschman and Jane E. Larson, not so long ago in this country, married women lacked ‘personhood’ under the law. [Hard Bargains The Politics of Sex, Oxford University Press 1998.]

[Hard Bargains - Linda R. Hirshman; Jane E. Larson - Oxford University Press \(oup.com\)](#)

Over the years, I have occasionally thought about Lovejoy and on occasion spoke about her to my students in the gender studies courses I taught.

On June 24, 2022, my grandson graduated from high school and is headed to college in the fall with a bright future ahead of him. It was this same day that the news was announced that almost fifty years after the landmark SCOTUS decision Roe v. Wade in 1973, legal abortion is no longer the law of the land in the U.S.

Suddenly, I could sense Lovejoy’s presence, and just like that, I was back in the summer of 1963. I was in that little shotgun house where I saw Lovejoy for the last time. The SCOTUS decision hit me... like a bullet; I could have been Love Lovejoy if not for Roe v. Wade.

What about you? Could you have been Lovejoy?

What about your grandmother, mother, sister, friend, lover, or daughter?

Why isn’t a woman’s right to bodily autonomy sacred and protected?

What’s next? What other freedoms are we at risk of losing?

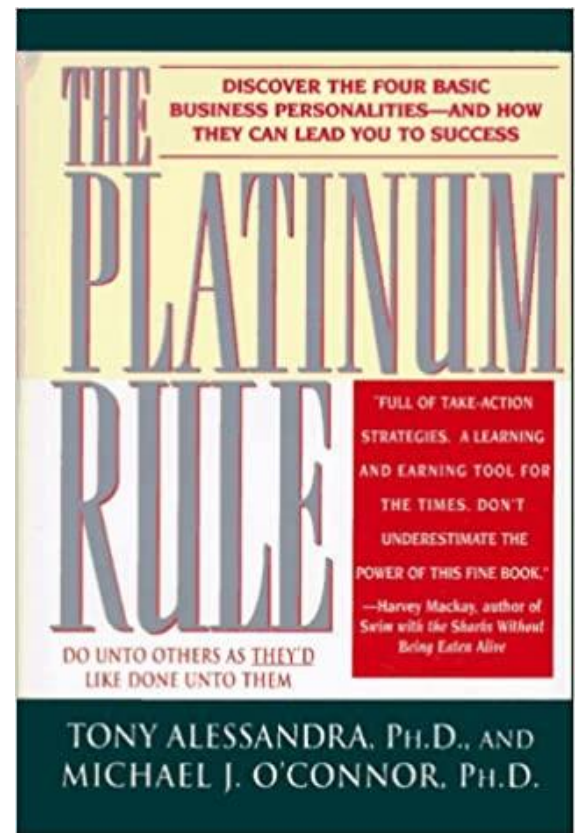
I mean, whose right is it anyway? ***END***

[The names have been changed to protect the family’s privacy]

SPECIAL ANNOUNCEMENT

TRIUMPH LIFE CENTER’S TEAM WILL BE ON SABBATICAL FROM AUGUST 8TH – SEPTEMBER 8TH FOR A PERIOD OF REST AND RENEWAL. VISIT OUR WEBSITE FOR UPCOMING EVENTS AND OUR FACEBOOK PAGES AND YOUTUBE CHANNEL FOR OUR SUNDAY GATHERINGS WHICH WILL PREMIERE EACH WEEK DURING THE SABBATICAL AT 11:45 AM – 1:15 PM.

SUMMER READ...



Identifying four basic types of employees-- Directors, Socializers, Relaters, and Thinkers--two business experts show how to respond to the specific needs of those workers and in that way achieve a greatly improved bottom line.

Poetry Corner...



The Blue Roses By Travis Mills



You are the first
Of your kind
Some might call
You giggepig
Because y'all special
Don't worry about others
Just focus on y'all
Focusing on others
Won't help y'all
Just continue to soak
Up the nutrients from
Earth
Focus on growing

LET YOUR *faith*
BE BIGGER THAN YOUR FEAR