

Obtaining The **POWER**



Baltimore Maryland

Shoutout to Area code 410, which covers territory in 16 counties including: Baltimore, Baltimore, Anne Arundel, Harford, Howard, Carroll, Cecil, Wicomico, Calvert, Queen Anne's Its principal city is Baltimore, which has a population of 585,708.

Area code 410 officially entered service on October 6, 1991; it was initially implemented in a permissive-dialing phase, with ten-digit dialing for local calls across the new 301/410 boundary. The split largely followed metro lines. However, slivers of Anne Arundel and Carroll counties, as well as much of western Howard County, stayed in 301 even though these counties reckoned as part of the Baltimore area. Conversely, slivers of Frederick County, a Washington exurb, switched to 410.

Effective November 1, 1991, ten-digit dialing was required when calling a different area code in Maryland.

-Verse Of The Day-

Today my focus in the scriptures is located in the lines of the Apostles Pauls letter to the church at Ephesus. I wanna talk about the significance of Power, outlined in Ephesians chapter three clauses twenty thru twenty-one

Global Work From Home Day:

The general idea behind it is to highlight the freedom, discipline, and responsibility required to make working from home work. Getting up early in the morning and commuting to work to spend at least nine hours became the norm, so when more and more people started choosing jobs that gave them the ability to work from home, and the digitization of jobs became widespread, it all created a frenzy around remote working.

The industrial revolution created the need for offices.

However, with the advancement in technology, the stressful nature of commutes and the lack of fulfillment from a regular job became glaring so much that they influenced most people's decision to go back to working from home. Here are some ideas to making money at the house work.

Shoutout to Ellie Marks:

Before the injuries, before she found purpose in the pool and the platform for advocacy it offered, before the gold medals, before there was Sgt. 1st Class Elizabeth Marks, there was Ellie — a girl who grew up among members of the veteran community. Marks enlisting in the Army in 2008 as a combat medic during a time when women were not permitted to join the infantry.



Two years later, Marks was injured while deployed to Iraq and sent to Brooke Army Medical Center at Fort Sam Houston, Texas.

Marks found further inspiration when she discovered the pool — even though her first visits more closely resembled “not drowning” than swimming, she jokes. Swimming also diversified her goals.

In addition to fighting to preserve a career in uniform, Marks joined adaptive swimming events, beginning with the Warrior Games before moving on to paralympic competitions.

In 2012, after being declared fit for duty, Marks took another step toward her advocacy goals when she joined the Army’s World Class Athlete Program to pursue competitive swimming full-time while in uniform.

In 2014, Marks’ lungs gave out while she was en route to London for the inaugural Invictus Games. She subsequently spent a month in a medically induced coma, kept alive by a machine that pumped her blood outside her body to replenish it with oxygen. Once more, recovery in the pool beckoned.

Two years later, Marks won a gold medal at the 2016 Rio de Janeiro Summer Paralympic Games, setting a world record for her classification in the 100-meter breaststroke. She also took home a bronze medal in a medley relay.

“The only reason I became or have stayed a swimmer or stayed in the military wasn’t because of medals and accolades, rather It was because of my brothers and sisters in the military and my hope that they could be afforded opportunity and support.”

Outline of Meditation:

Moment of Thought and Prayer: MoM Elizabeth Staton

MUSICAL MELODY: MoM Barbra Bell

Moment of Awareness: EDB

Moment to Breathe: (Mom Bell)

Moment of Therapy: