## In this issue: February 2021 Vol. #9

- Sunday, February 7 Pastor Ordination & Installation
- Sunday, February 14, Valentine's Day Pastor Patty – A Message of Love, Communion & Guest: Reena Hajat Carroll Executive Director of California Conference for Equality and Justice - Giving Sharing!
- Sunday, February 21, Dr. Trina Wiggins Your Faith & Your Wellness!
- Sunday, February 28, Rev. Ron Pierre Your Faith & Your Wellness! Part 2





Zoom Sunday Gathering - Every Sunday 11:00am Pacific, 12:00 Noon Mountain , 1:00pm Central, 2:00pm East. To Join our Sunday Gathering Click Here!

**1 Corinthians 3:16 & 17 (ESV) 16** Don't you know that you yourselves are God's temple and that God's Spirit dwells in your midst? **17** If anyone destroys God's temple, God will destroy that person; for God's temple is sacred, and you together are that temple.

**Exciting New Worship Series...Your Faith and Your Wellness!** 

Join us this winter & spring as we invite Christ-Following experts in the fields of Health & Wellness, to share their faith & their professions with you. You will hear testimony, see products, and get wellness advice, all with the intent of helping YOU tie your

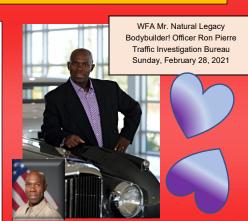


WFA Ms. Fitness Legacy! Dr. Trina Wiggins Sunday, February 21, 2021





My grandmother, Sister Eldora Clement, mother of Hosanna Church of God in Christ, her favorite verses that have resonated with me over the years, and especially now, are Hebrews 11:1 and Mark 9:23. As a physician for over 30 years, I have witnessed people struggle with both their physical and mental health. This pandemic has added an extra layer of stress that is challenging for all of us. My grandmother would frequently refer to Hebrews 11:1, "Now faith is the substance of things hoped for, the evidence of things unseen." Another verse she would recite is Mark 9:23. It says, "All things are possible to him who believes." When speaking to patients... cont. on 2<sup>nd</sup> page



In <u>1 Corinthians 10:31</u>, we are told to do whatever we do to the glory of God... That said, if you choose to not follow a healthy lifestyle, to not eat in a... cont. on 2<sup>nd</sup> page

# Pastor Ordination & Installation!

Pastor Christopher completes his term with us as OMG's Interim Pastor and embarks on a new journey with us as OMG's official Pastor. The Ordination & Installation will commence on

Sunday, February 7, 2021 @11:00am!

# February is the month to celebrate LOVE!!! Walking around the community I live in, people that know me always ask the same questions regarding the holidays... and in this case it's, "are you, Pastor Patty, celebrating Valentine's Day here in Arizona, or are you going to California to celebrate with your family?" This time of year, going to the store, and it doesn't matter what store, whether a department store, grocery store, or drugstore, they are all full of red balloons, heart shaped chocolates and celebratory gifts of love. You will see occasional cards that abound with silly thoughts, to cards with very deep writings in them; and...

now the eatty, you with the latty, you with the latty, you with the latty, you will be latty, ore, ore, eates lards eeep ladge.

# A JORNEY TO BECOMING A MORE SPIRITUAL BEING IN 2021!

What does being spiritual mean? Spiritual means an embodiment with God and the Universe. It's a connection. The definition of spirituality is that it: "involves the recognition of a feeling, or sense or belief that there is something greater than yourself, something more to being human than the sensory experience, and that the greater whole, of which we are part, is cosmic or divine in nature." Becoming spiritual... *cont.* 2<sup>nd</sup> page

OMG! is thankful for all gifts we receive, and as a legal 501(c)(3), your gifts are tax deductible.

Please keep donating, and we'll continue to let you know how your gifts are being used. Donate@www.oasisministriesgroup.org/

### Coming up:

- Monday, February 22, 6:00pm PST **New Members Class**
- Sunday, March 7, Ms. Physique 1st Place Mo Brown - Your Faith & Your Wellness!
- Sunday, March 14, Spring Ahead! Daylight Saving Time Begins... Communion! Pastor Christopher
- Sunday, March 21, 3<sup>rd</sup> Place Winner Venice Beach Bodybuilding Championship! Lo'Ren Elam Your Faith & Your Wellness!
- Sunday, March 28, Palm Sunday Pastor Christopher
- Sunday, April 4, Easter Sunday Pastor Christopher & Pastor Patty



# Holy Communion

Please plan to join us once per month for Holy Communion! If you are joining us on Zoom, bring your Bread & Wine/Juice with you to our gathering so that we can share in this great celebration as a family! Next Communion...

Sunday, February 14, 2021

### HOW TO FIND OR CONTACT OMG!

Oasis Ministries Group: 1965 East 21st Street; Signal Hill, California 90755 Phone: 562/292-4086 Website: http://www.oasisministriesgroup.org



... healthy manner, to not practice self-

**Oasis Cares Team** 

Someone you know needing some love? Contact Sandy Bron and she will send them an e-greeting or hard-copy card to cheer them up, wish them a Happy Birthday, or just let them know that Oasis is here. and we care! SandyBron@aol.com

..about leading a healthy lifestyle, they must be willing to take a leap of faith. I tell them once they begin eating right and incorporating regular exercise into their daily habits, internal changes will begin immediately. However, external changes will take time to manifest. I encourage them not to get discouraged because they don't see changes. I reiterate the importance of establishing small healthy habits over time with the faith and understanding that internal changes are happening. If they keep the faith and believe they can do all things with God, they will achieve their goal of a healthy lifestyle.

... I have but one thought in my mind... 'Have we commercialized the word love to the degree of, not really knowing what LOVE IS? Or worse yet, have we commercialized it so much, that now we only celebrate love once a year?' So now, the Big Question Is... what is Love? Is it a pathway? Is it an ingredient? Is it a decision made? Is it a Key? Is it a sentiment? Is it an emotion? Can it be all of these and more? Is there a formula to know how to love, how to use it or apply it, or walk in it? Is there a way to use it as an ingredient to be transformed or help others to be transformed? Or as a key to open

> God's door and get to know Him? So let's explore this on: Sunday, February 14, Valentine's Day!

control, to not exercise, and to not care about your body, you are choosing to not honor God. We are to offer our body as a living sacrifice. Our bodies are given to us to do His work. A healthy body gives us the energy to do God's work. As Christians, taking care of our bodies is taking care of the place where the Holy Spirit dwells... Please, join me for this journey in faith, as it relates to our wellness, and well-being as Christ-Followers. There's no magic formula, and it's not about "counting calories for Jesus" (you know who came up with that line...). It's about making a choice, just like the choice you made to follow Christ!

...only means to tap within self, understanding who you are, and how to become that. Allowing you to connect on a deeper level with GOD; the most-high. Every journey that you live through will be a spiritual connection with humanity, struggles, happiness, sadness, growth, and successes. Embrace you, and your spirituality with GOD and allow him to open your heart in creating your change. Ase' A 💭 With positive love and vibrations,

Mo B, OMG Board Member

Oasis Ministries Group update our website & social media each month!

Website: www.oasisministriesgroup.org/whats-happening

Facebook: https://www.facebook.com/pages/category/Religious-Organization/Oasis-Ministries-Long-Beach-California-362700353845105/