

• Sunday, March 7, Ms. Physique 1st Place
Mo Brown – Your Faith & Your Wellness!
Part 3.

Sunday, March 14, Spring Ahead! Daylight
Saving Time Begins...
Communion! Pastor Christopher

Sunday, March 21, 3rd Place Winner
Bodybuilding Championship! Lo'Ren Elam
Your Faith & Your Wellness! Part 4

Sunday, March 28, Palm Sunday Gathering
Pastor Christopher

Sunday, April 4, Easter Sunday
Communion Service w/Pastor Christopher



DEAR DAYLIGHT SAVING TIMES,

NO THANKS.



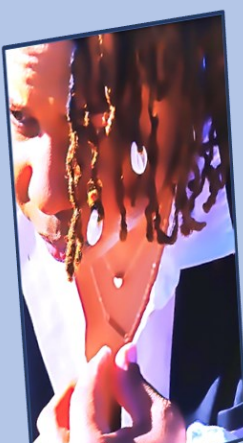
Zoom Sunday Gathering - Every Sunday 11:00am Pacific, 12:00 Noon Mountain, 1:00pm Central, 2:00pm East. [To Join our Sunday Gathering Click Here!](#)

Your Faith and Your Wellness!

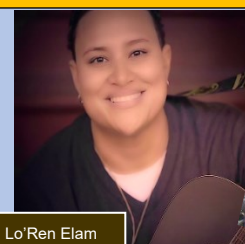
Our series continues with Christ-Following experts in the fields of Health & Wellness, to share their faith & their professions with you. You will hear testimony, see products, and get wellness advice, all with the intent of helping YOU tie your faith to your wellness and become stronger and healthier along your journey in faith!

Religion is often defined as a system of beliefs and practices relative to sacred or forbidden things, or rituals, beliefs and practices which unite into one single moral community, usually called a church, and is often practiced unthinkingly by all those who adhere to those beliefs... The meaning of spirituality on the other hand, refers to a process of reformation in which a person, tries to recover the original shape of "human being", oriented back into God's image. Spirituality is the experience of the sacred and the deepest values, and meanings by which those who seek it live; often separate from organized religions and institutions. Spirituality can include a belief in the supernatural, and things and ideas far beyond what one might see, hear, or know; and often is considered a personal journey or awakening... Please join us as, Mo Brown continues with us on our journey of "Your Faith and Your Wellness" as we explore the spiritual part of a Mind, Body & Spiritual Wellness. Mo will help bring a greater understanding of the distinction between a person who may be religious, and person seeking a deeper level of spirituality, and how all of this can help us grow closer to God.

Pastor Christopher



Mo B
Board Member



Lo'Ren Elam



Elam Fam!

Transcendent: [adjective] exceeding usual limits : surpassing. extending or lying beyond the limits of ordinary experience. being beyond the limits of all possible experience.

Did you forget I too am God's Child?

The bible tells us "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7)

cont. on 2nd page

Truth – Part I – March 2021 by: Kent Rylander

As Jesus stood accused before Pilate, he said, "The reason I came into this world is to testify to the truth." Pilate responded by asking, "What is truth?" So the crowds threatened Pilate with his loyalty to Caesar, and he quickly distanced himself from Jesus. Demonstrating his political loyalty was more important than finding out the truth. Sound familiar?

Throughout history, truth has been ignored and manipulated for nefarious purposes. So, the ability to discern between truth and deception is essential for recognizing accurate direction, safety vs danger, and good vs evil. One definition of truth is, "that which is in accordance with fact or reality". Yet false truths can be created with alternative facts. Distortion of truth can send us in the wrong direction, expose us to harm, and separate us from God. *cont. on 2nd page*

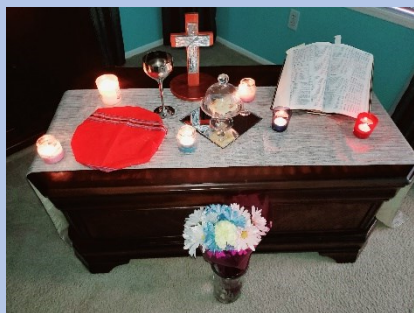


Kent Rylander
Treasurer

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

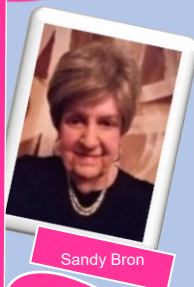
Please keep donating, and we'll continue to let you know how your gifts are being used. Donate@www.oasisministriesgroup.org/

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!](#)



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



Sandy Bron

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!

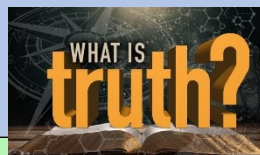
Next Communion...

Sunday, March 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>



Truth – Part I cont...

These days, conspiracy theories abound: “climate change isn’t real”, “masks don’t reduce the spread of the virus”, “the 2020 election was stolen”, and QAnon claims influence many. It’s disturbing to think that so many of our fellow Americans, people who engage in the public discourse of our common issues and share in the responsibility for electing our leaders, believe in such things. And it’s extremely damaging to the Gospel message that so many adherents of these ideas also purport to be Christians.

So why do people believe these ideas when there is so much overwhelming evidence to the contrary? Here are some possible reasons:

- . They want to believe them (they like what they hear)
- . They may be insufficiently educated about science and history (they can only rationalize with what they know)
- . Fear tactics are used to scare them into false choices (they feel threatened)
- . Others whom they respect tell them they are true (they want to join the bandwagon)
- . It distracts from inconvenient truths (they avoid facing change, difficulties, and loss)
- . They’ve been deliberately deceived for the benefit of someone else (they’re being played)

Jesus warned us “to watch out that no one deceives you, for many will come in my name and deceive many”. Jesus was speaking about false prophets at the end of times, but his teaching is wise and applicable for information that is conveyed to us at any time. As his followers, we must learn to be guided by the Holy Spirit to recognize what is true and what is not.

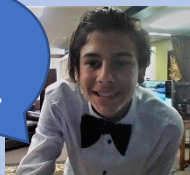
Next month, we’ll examine some tools to help us in discerning the truth...

Transcendent cont.

What does it mean to Transcend? To be or to go beyond the range or limits of something abstract? How do we continue to push through the barriers in a world full of anguish, hate and above all judgement. How do we exercise the freedom of our Mental Wellness to be our true authentic selves amongst others who cannot? Where can we find the support from the villages within? Is there a village out there to support such individuals also known as God’s Children? What about our forgotten youth and their hunger to be saved?

I invite you to join me as we take this Journey together to learn what it truly means to have peace in our minds, hearts, and spirit as we embrace the importance and freedom of Mental & Spiritual Wellness.

Mom, Can we have Easter at our House?



Easter Sunday Cookout @ Sally & Caesar's House!

If you are in town for Easter please plan to join us for some Easter Family Fun, Food, Games & More! Bring your favorite dish or treat to share, along with your favorite meat to throw onto the grill, and we'll put it all together for everyone! Contact Sally for more info!

562/619-8202

I don't know son, is your room clean?



Mom, can we have Easter at someone else's house?



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/>

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

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!](#)