



The Monthly Chronicle

Dr. Mitchell M. Walker, Sr., Pastor-Teacher

Website: www.churchstcpca.org

E-mail: connect@churchstcpca.org

August 2021

Vol. 8

RELAUNCH SUNDAY

(IN-PERSON WORSHIP)

August 1, 2021

CPAC
Mission
Statement
(What we are
doing):

We, a united
body, are
equipped,
focused, and
entrusted by
God to obey
His great
commission
and
commandments. We lead
through:
biblical
study,
worship and
witness;
exemplifying
love for
mankind,
sharing
Jesus' examples
through
righteous
living;
ministries,
teachings,
actions, and
evangelical
service
throughout
the
church/community and
world.



CPCPCA
Vision
Statement
(What we
are
becoming):

Church
Street
CPCA
aspires to
live
faithfully,
peacefully,
and
lovingly,
growing
through
change
and
spreading
the gospel
to the
world.



Est. 1874

Church Street CPCA Worship Service
9:30 AM - Sunday



228 Church Street NW, Huntsville, AL 35801

Church Office: 256-536-0922



FROM THE PASTOR

Month of August Greetings

What have we learned during these 16 1/2 months of COVID-19?

I would suppose that these unprecedented times have taught us all some significant lessons during this pandemic.

Without a doubt, *we have reprioritized* our lives based upon what we have faced as well as what continues even now.

Understandably, *we have learned* that not all things are essential, even if they maintained a level of prior importance. I confess that *I have been reminded* that not everything is a priority and not everything matters as much as which mattered before this pandemic. *I have been prompted to really take a hard look* at what really counts not just for now but also with the hereafter in view.

These times have reminded me of how fragile life is and of how vulnerable our human existence is. It's almost unbelievable that we are doing our best to avoid that which is unseen. And yet, it is exactly this unseen virus that has taken more than 600,000 lives, and that is right now mutating and having another ravaging rampant run throughout our country and the world as a whole.

In brief, *I certainly have been stirred* to rethink not only *where* but also *how* I spend the precious fleeting time that God gives me each day. During this more than a year of confronting what is so threatening to our very lives and livelihoods, *I have been reminded* that we are not in control of as much as we suppose. Or, maybe the truth is...we are not really in control of anything!?

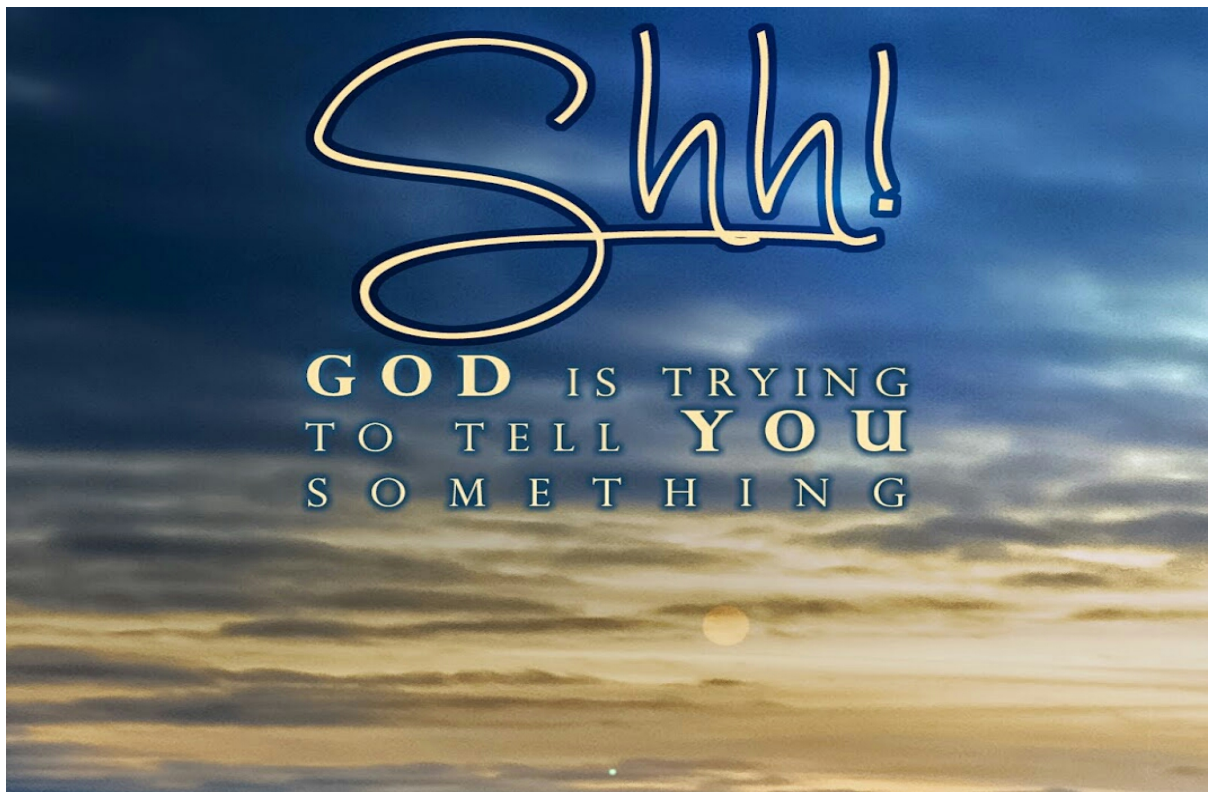
One thing for certain, surely we all have been reminded that only God is in charge. Surely, God has gotten our attention, by what either He has sent or by what He is allowing/permitting. Either way, the question is what is God saying to us, individually or as families or as congregations who are a part of the universal church or to nations and the world as a whole? What do you think?

Surely, God is speaking!

As Samuel is instructed by Eli to respond to the voice he heard calling him, by saying, *“Speak, for your servant is listening.”* (1st Samuel 3:10b, NIV) So, ought we to lean in to hear and heed what God is saying.

Stay safe and discerning!

Pastor





DON'T LET YOUR HEART
BE TROUBLED

VISION STATEMENT, MISSION STATEMENT, & CORE VALUES

Vision: Church Street CPCA aspires to live faithfully, peacefully, and lovingly; growing through change and spreading the gospel to the world.

MISSION: We, a united body, are equipped, focused, and entrusted by God to obey His great commission and commandments. We lead through: biblical study, worship and witness; exemplifying love for mankind; sharing Jesus' examples through righteous living, ministries, teachings, actions, and evangelical service throughout the church/community and world.

Core values/statements (principles/worth that summarize/enhance mission)

- A. Acknowledge that God is head and center of our lives
- B. Boast in the Lord
- C. Connect and commit to ministries
- D. Dedicated and accountable to vision, mission and discovering gifts
- E. Evangelize (inside/outside/everywhere)
- F. Faithful and forgiving
- G. Give cheerfully (stewardship - time/talent/thanks - total praise)
- H. Humble and hopeful
- I. Inclusion - every person matters; all are God's diverse children
- J. Join in ministry - all are spiritually gifted; join in fellowship
- K. Kindness and self-control
- L. Love - This is not optional
- M. Motivate and encourage each other
- N. Never miss opportunity to do right things, right
- O. Obedient to God's will/His word
- P. Prayerful
- Q. Quiet time -- patience/wait on the Lord
- R. Respectful - value relationships
- S. Study; learn to be selfless stirred to serve in every way to the glory of God
- T. Trust in God; thank Him daily
- U. United and useful. All = 1 blessed body
- V. Volunteer - Harvest is plentiful; laborers are few
- W. Worship, work, and walk spirit filled
- X. X-ray - eXpose -- let light shine everywhere/everyday
- Y. You take the lead -- Here I am, send me"
- Z. Zealous -- in total praise, worship, service, and witness for the Lord

228 Church Street, NW
Huntsville, Alabama 35801-5541
Church Phone: 256-536-0922
Church Fax: 256-536-6344
www.churchstcpea.org

The Ministers of Church Street CPCA
Dr. Mitchell M. Walker, Sr.,
Pastor-Teacher

Reverend Felecia Ewing
Reverend Al Garrett
Dr. Deborah A. Matthews
Reverend Fred Richardson
Reverend Paula Rooks

Sunday School
8:30am

Worship Service
9:30 am - Sunday

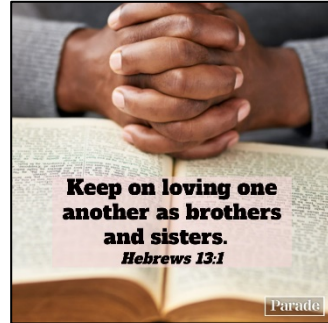
Bible Study
11:30 & 6:00 Wednesday

Children's Bible Study
5:00pm - 6:00pm
Wednesday

Radio Broadcast - WEUP
2:00pm - Sunday

Video Tape Ministry - CD, DVD
\$10

Contact the Church Office
256-536-0922



Keep on loving one another as brothers and sisters.
Hebrews 13:1

We invite you to join us in Evening Bible Study as we dig deeper into the subject, "Growing in Christ."

The "Confession of Faith for Cumberland Presbyterians" will serve as our reference source. Study material may be found at the link www.gobible.org/bible/62.php

The link will take you to a page with all the lessons for "Growing in Christ" listed. Click on the lesson title to pull it up and print it.

The call-in number is the same:
Evening Bible Study Telecom
Call-in number for everyone: 1.302.20 2.1108

Access Code for everyone: 183961
Got questions? E-mail Latricha Greene at trishgre2@aol.com



Est. 1874

To God Be The Glory
for the things HE has done

Church Announcements

PASTOR'S MORNING DEVOTIONAL: Monday thru Friday, 7:00-7:15 am, Dial-in #: 1-302-202-1108. Conference Access Code #: 625948. SHARE WITH & INVITE OTHERS! **"ASK THE PASTOR BLOG:** Have questions? Want to talk? www.churchstreetcpca.blogspot.com

UNTIL FURTHER NOTICE – JOIN a Sunday School class.

- For adult class connection information, call the respective teacher/leader for that class:
- **Elder LeRoy Daniels** (256 850-4947)
- **Deacon Charles Smith** (256 722-1484)
- Elder **Deborah Smith** (256 722-1484)
- For young people to connect to a Youth class, call either **Sister Kiietti Walker-Parker** or **Sister Gwen Mitchell**, to obtain that information. **JOIN SUNDAY SCHOOL ON SUNDAY MORNING!**

On Sunday Morning at 9:30am...to **WATCH & LISTEN "LIVE"**, continue to tune in to:

- (1) Facebook Live
- (2) YouTube
- (3) Church Street's TeamApp

For recordings:

- (1) Go to our website: www.churchstcpca.org and click on the YouTube icon.
- (2) Tune in to our weekly Sunday afternoon radio broadcast at 1:30pm on **WEUP-1700AM Station**.

Mid-Day Bible Study Wednesday at **11:45a.m. – 12:45p.m.** All are invited to take part in this study session. **To join the teleconference, dial 1.302.202.1108; Access Code: 771322.**

Holy Communion – August – 1
Church Relaunch – August – 1



Elder Daniel, Mother Ewing, and Deacon Lewis

Be Still
AND
KNOW THAT
I am God

PSALM 46:10

Truth That Nourishes

To get the most out of this devotion, set aside time to read the Scripture referenced throughout.

SUN

1

THE GOOD LIFE. For each one of us, this phrase conjures up something different. What is it for you? Vast wealth? Sunny days free from responsibility? Perfect health? A powerful position? We all long for whatever we think will make everything just right.

But that joy is *ersatz*—a word that means “synthetic” or “artificial.” Think of a child’s kitchen play set, the kind with plastic pork chops and foam bread. When little ones bring us a heaping plate of “food”, we only pretend to eat. The same is true of our misplaced desires—they look enticing but will leave us empty. Instead, we must seek out the life Christ presents and feast on His truth.

In 1 Timothy 6, Paul tells his pupil, “Instruct those who are rich in this present world not to be conceited or to set their hope on the uncertainty of riches, but on God, who richly supplies us with all things to enjoy” (v. 17). Only through Him can we “take hold of that which is truly life” (v. 19).

THINK ABOUT IT

- Consider the ways you may have settled for ersatz joy. How can you begin to let those things go and take hold of God’s best?

LET'S WORSHIP TOGETHER AGAIN

RELAUNCH

SUNDAY

(IN PERSON WORSHIP)

AUGUST 1





SESSION SUMMARY

July 12, 2021

Moderator: Pastor Mitchell Walker

Stated Clerk: Elder Deborah Smith

Engrossing Clerk: Elder Don Carter Jr

Active Session Members: Elder Olivia Brandon, Elder Monica Brooks, Elder Cedric Ewing, Elder James Reynolds, Elder Bernice Richardson, Elder Winfred Wilson and Elder Frankie Yarbrough

Session Standing Committees:

Worship and Commitment: Chair Elder Richardson, Elder Brandon and Elder Brooks

Strengthening the Church: Chair Elder Ewing, Elder Reynolds and Elder Yarbrough

Witness and Service: Chair Elder Wilson, Elder Carter and Elder Smith

Approved:

Stated and Engrossing Clerks

Elder Deborah Smith as Stated Clerk and Elder Don Carter Jr as Engrossing Clerk for the next three years

Assignment of Elder for Standing Committees

Worship and Commitment – Chair Elder Bernice Richardson, Elder Monica Brooks and Elder Olivia Brandon

Strengthen the Church – Chair Elder Cedric Ewing, Elder James Reynolds, and Elder Frankie Yarbrough

Witness and Service – Chair Elder Winfred Wilson, Elder Deborah and Elder Don Carter

Huntsville Presbytery – September 18, 2021.

Elder Wilson and Elder Brandon approved as church delegates

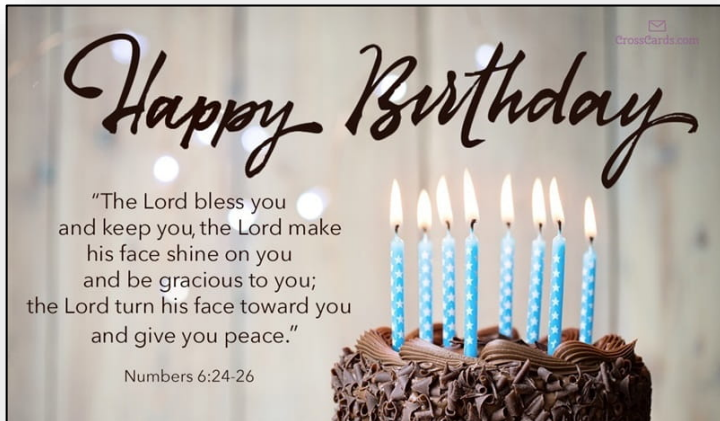
Information:

Update of Congregational Database

All data received from Elders and Deacons entered. About 65% of data received for members and still needing information for the remaining members.

Next Session meeting: August 9, 2021 at 6:00PM

CELEBRATIONS



August 2021

Andrew J. Fuller - 1
Fred Richardson - 4
Henry Lane Bradford, Jr. - 5
Elizabeth Jolly - 6
Michael Smith - 8
Army Daniel, Jr. 10
Yana Edwards - 11
Kendrick Chisolm, Jr. 12
Jade Chisolm, Jr. -12
Zack Lankford - 13
Ra'Chelle Jordan-Franklin - 20
Lamont Redrick - 22
Mary Elaine Walker - 24
Monica Brooks - 29

Al & Ruth Garrett - 6
Mitchell & Mary Walker - 17
Winfred & Jackie Wilson - 29

And now these three remain:

Faith, Hope, and Love

But the greatest of these is Love.

- 1 Cor 13:13 -

The goal in marriage is not to think alike, but to think together.
--Robert C. Dodds

CONGREGATIONAL CARE CONCERNS

***Home **Hospital **Nursing Home ***Rehab**

*Sister Nannie Allen
***Sister Patrice Bradley
*Sister Nell Lane Bradford
*Mother Neva Bright
*Elder Monica Brooks
**Mother Cheryl Brown
*Deacon Thad Brown
*Sister Christine Canada
*Mother Sandra Daniels
*Brother James Garner
*Sister Georgina Griffin
*Sister Jackie Hurt
*Sister Alice Jenkins
*Elder Margaret Loperena
*Brother Simeon Loperena
*Sister Jericka Kinlaw
*August P. Kinlaw-Jones
*Sister Linda Kinlaw
*Sister Jewell Kinlaw
*Dr. Deborah Matthews
*Sister Wanda Scott Hall
*Sister Dora Njigha
*Elder John Phipps

*Sister Arlene Starks
*Sister Carolyn Thomas
*Sister Irene Thomas
*Sister Mary Williams
*Brother Lawrence Williams
*Sister Renee Collins Williams
*Deacon Harding Wyckoff
Social Injustice
President Joe Biden & family
Vice-President Kamala Harris & Family
Governor Kay Ivey
Mayor Tommy Battle
Mr. John Meredith, HSV City Council
Ms. Michelle Watkins, HSV School Board
Decatur/Huntsville/Madison City Schools
Madison County Schools
Councilman Devyn Keith
COVID-19 Matters
Commissioner Violet Edwards
Dale Strong, Madison County
The Madison County Commission
The Huntsville City Council
Mr. Carlos Matthews, HSV School Board

The Madison County Commission
All Government Political Leaders
All Educational Institutions
All First Responders
All Law Enforcement
The United States of America
The International Community
All US Military Personnel
Christ Church of Monrovia CPC
Weatherly Heights Baptist Church
Sonny Hereford Elementary School
Representative Anthony Daniels
Representative Laura Hall
Sheriff Kevin Turner & Department
Police Chief Mark McMurray & the
Huntsville Police Department
Chief David Jernigan & the Madison
City Police Department
Police Departments of Triana,
Owens Cross Roads, New Hope,
Gurley, Hazel Green, & Meridianville



Please call the Church Office at 256-536-0922 to Add or Remove Names on Condolence, Friends & Family, and/or Congregational Care and Concerns Prayer Lists.

INTERCESSORY PRAYER FOR FAMILY & FRIENDS:

Loreen Andrews, Naomi Bell, George Blair, Aneika Boyd, Eula Brooks, Pastor Phil Carter, Joyce Calhoun, Christine Canada, Beverly Crook, Catherine Crook, Alexis Daniel, Jacob Daniel, Brandon Douglas, Katie Evans, Beulah Fletcher, Melody Forbes, Charlie Fowlks, Hannah Freeman, Marcia Gaskins, Andree Helvetius, Evelyn Hight, Linda Fay Hood, Patricia Howell, Robert Jackson, Jackie Jones-Garland, Beverly Hicks, Deb Kampman, John Kinlaw, Sr., John Kinlaw, jr., & family, Jonathan Kinlaw & Christina Kinlaw & family, Victor Macon, Lewis Matthews, Willie Mae Meekins, Margaret Murphy, Robert Nichols, Myrtle Nichols, Vivian Paschel, Mary Porter, Polly Porter, Traci Priest, William & Dehavilland Rivers, Rosario Robinson, Pearl Sales, Rodney Sales, Yolanda Sales, Yvonne Sales, Clark Sharp, Crystal Sharp, Dutier Sinous, Mildred Skillman, Erica Smith, Mary Sparkman, Mary Stanley, Thomas Stanley, Sr., Rosa Taylor, Mary Thomas, Tammi Townsend, Maria Turner, Charles Underwood, Jr., Gaynell Walker, Kimberlie Walker, Karla Walker, Tyler Walker, Billy Walker, Curtis Walker, Jr., Ann Walker, Christian Walker, Kim Westland and family, Lorene White-McCullough, Ida Yarbrough.

CONDOLENCES: Love and prayers to **Deacon Freddie (Mother Wilma) Porter** and **Sister Polly Porter** in the passing of their niece; cousin of **Sister Wanda Porter**, **Sister Wichaune (Brother Christopher, Sr.) Ford**, **Christopher Jr.**, and **Caleb**; **Brother Frederick Porter**, **August**, **Aiden**, and **Kari**; **Sister Briann (Giancarlo Centeno) Porter-Centeno**, **Bobby**, **Giannah**, and **Bentley** (Ms. Tawana LaCount – Anniston, AL). Funeral arrangements are pending; **Mother Bettye Cain** in the passing of her sister-in-law, aunt of Sister Stephanie Cain Jackson, great aunt of Melissa and Jessica, and great great aunt of Jaden (Ms. Ruby Cain (83) – Nashville, TN); **Sister Anita (Brother James “Chief”) Garner** in the passing last evening of her brother, uncle of **Sister Thomasena Garner**, and cousin of **Sister Angela Wilson**, **Sister Alison Young**, and **Brother Eric Young** (Mr. Taylor Ervin Burns, Jr. – Huntsville, AL).

DEEPEST
sympathy

ANNOUNCEMENT BULLETIN BOARD
E-mail: connect@Churchstcpca.org

The Community Grief Support Group will meet every Tuesday, 3:00-4:00, at a new location: **Good Shepherd Catholic Church**, 13550 Chaney Thompson Rd (corner of Chaney Thompson and Hobbs). We will meet in the Meeting Room at the south corner. The facilitator will be the Rev. Carl Malm, Center for Loss, Grief and Change. Anyone grieving any kind of loss is welcome.

For more information: malmcarl@hotmail.com or 256-883-6539.



Those not vaccinated are advised to mask.




JOIN US EVERY SUNDAY

Livestream
WORSHIP SERVICE
9:30 AM


 **WATCH NOW**  

5:19  4G 

app brochure (1).pdf - Read-only



CHURCH STREET CPCA NOW HAS ITS OWN APP





Your Team. Your App.

Download our awesome new app now and stay up to date with all the latest information!

Install the Church Street CPCA App on your smartphone or tablet now!

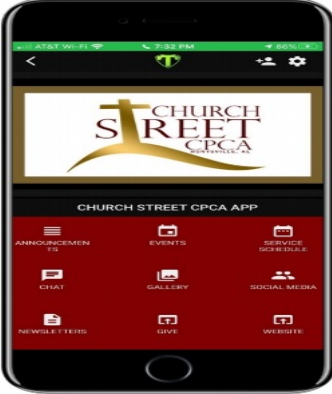
Follow these steps:

1. Download Team App from the Apple or Google Play app store.


 

2. Sign up to Team App. You will be sent an email to confirm your registration.
3. Log into the App and search for "Church Street CPCA".
4. Choose your applicable access group(s).
5. If you don't have a smartphone go to churchstcpca.teamapp.com to sign up and view this App online.

Need help?
Contact: Church Street CPCA
Email: secretary@churchstcpca.org
Phone: 256-536-0922



teamapp.com





ROCKET CITY

TRASH
PANDAS

SISTER RENEE KNIGHT



TO SING NATIONAL ANTHEM AT TRASH PANDAS BASEBALL GAME

Church Street CPCAs own Sister Renee Knight will sing the National Anthem at the Rocket City Trash Pandas' baseball game on Sunday, September 5th at 2:35pm....and members are invited!! Let's support Renee, enjoy a baseball game and fellowship with each other. See details below.

Date/Time: Sunday, September 5th at 2:35pm (arrive at the Toyota Field stadium by 1:45pm to allow time to park, enter the gates and find your seat. National Anthem will be sung 10 minutes before first pitch)

Seating: Section 3, Rows R and S in mostly shaded seating

Tickets: Cost: \$24 package per person (includes \$14 game ticket + \$10 voucher for concessions or merchandise)

Parking: Not included and can be paid on site

Send number of tickets needed and payment to Deacon Lamont Redrick by Sunday, August 22nd. Provide via Cash, CashApp or check to Deacon Redrick (Add Trash Pandas in memo line)

Note: No outside food or beverages allowed in the stadium

Game Giveaways:

1. Lunch bag for first 1500 kids, age 12 and under
2. Kids run the bases after the game

Enjoy the game!!

HONORING OUR PANDEMIC HEROS

I am the Founder of a non-profit called Body Ministry whose mission is to inspire, empower, challenge & charge those in our community & abroad to fulfill their God-given destiny.

Over the past 6 years, Body Ministry has sponsored the annual **I Am a Survivor Event** where we celebrated women in our community, who have overcome insurmountable challenges in their lives (i.e., cancer, domestic violence, etc.). This event has surpassed our expectations. **Please visit our website at <http://www.bodyministry.org>**

The purpose of this letter is to ask for your help. As you know, 2020 has been a challenging year for our country and the world. The Lord has placed on our hearts honor those who put their lives on the line to help others to live. We will honor doctors, nurses, and 1st responders in the U MATTER Luncheon on November 13, 2021 – 6:00pm at the Cooper House in Huntsville, AL. (See attached flyer) Our guest will be America Got Talent and FB Sensation, Ms. Callie Day.

We are asking you to join us in saying thank you to these heroes by becoming a sponsor of this event. Please go to our website to make your pledge to become a sponsor at [U MATTER PLEDGE | Body Ministry](#) We are asking that you please make your pledge by August 10, 2021. If you cannot become a sponsor as a church I would appreciate it very much if you can become an individual and donate \$30 which is tax deductible.

I am asking Pastors to nominate anyone from your church who may have worked as medical staff or caregivers during this pandemic that we can honor. Please submit their name online at [U MATTER NOMINATION FORM | Body Ministry](#)

Please feel free to contact me if you have any questions or concerns. Even if you cannot support our event, please pray for us and email me to let me know that you cannot support us at this time. We look forward to your response.

--

Minister Gresha P. Lewis
Founder, Body Ministry
757-329-7542



Serving Alabama, Georgia, and Mississippi
Robert Rogers – President and CEO

July 7, 2021

Dear Bishop/Pastor/Chaplain,

I am writing to you on behalf of Volunteers of America Southeast. We are a Christian ministry that each day serves thousands of people in need across Alabama, Georgia, and Mississippi. We provide all sorts of programming and services, but a significant part of our ministry is the provision of care for persons with developmental disabilities.

These individuals are like family to us, and we strive to maintain an environment that is loving, uplifting, and supportive for those in our care. We consider ourselves a "ministry of service" and many of our employees find their work as a fulfillment of God's calling on their lives to care for those in need.

The workforce crisis has significantly touched our efforts, and we are in dire need of direct support staff to work with those in our care. These are \$9 and \$10/hour positions that are full or part-time and come with benefits.

I would ask you to please pray about this need and to send anyone in your congregation that has a heart for this type of ministry in our direction. Our jobs are posted at www.voase.org under the "Jobs" tab.

This need is very important to us and those we serve, and we want to bless your ministry with a financial contribution as a thank you for supporting us. For every person hired from your congregation, we will make a donation to your Church of \$250 provided they complete the 90 day probationary period and are in good standing. You can email us the names or contact information of anyone you are referring to hr@voase.org and we will notify you if/when they meet the requirements, and will send you the related donation.

Thank you for your prayerful consideration!

Sincerely,

Robert Rogers
President & CEO

NOW HIRING



Direct Support Professionals

Positions: \$9 - \$10 per Hour
Full or Part-Time with Benefits

Apply: www.voase.org under "Jobs" tab, or scan the **QR Code** below.

For more information, call 1-800-859-4431

Churches and Members: For every person from your congregation who is successfully hired and completes the 90-day probationary period in good standing, we will make a donation to your church of \$250. New employees will also receive a **\$1,000 bonus** under the same provisions: **90 Days and in Good Standing**

Please let your Bishop/Pastor/Chaplain know that you are applying.



VOA Southeast is a Christian ministry serving thousands of people in need across Alabama, Georgia, and Mississippi every day.



NEED A RIDE TO A CONFIRMED COVID-19 VACCINE APPOINTMENT? RIDE UNITED is HERE!



FREE RIDES *in a secure, safe ride-share environment*

- Especially for seniors, veterans, AND
- those with no other options for transportation to and from a CONFIRMED appointment at a designated VACCINE SITE.

2-1-1 M-F 8AM-4:30PM
Get Connected. Get Help.™

Part of the RIDE UNITED 2021 initiative
 Made possible by

TOYOTA



BlueCross BlueShield of Alabama | gm | ProgressBank | United Way of Madison County | uwmadisoncounty.org



REDISTRICTING IN HUNTSVILLE, MADISON COUNTY AND THE STATE OF ALABAMA

WHAT'S AT STAKE?

GUEST PRESENTER
BRIELLE MORTON, NAACP LEGAL DEFENSE FUND

SPONSORED BY ALABAMA NAACP, HUNTSVILLE MADISON COUNTY NAACP.

AUGUST 5TH, 2021
AT 6:00PM CST

BOB HARRISON SENIOR WELLNESS AND ADVOCACY CENTER

6156 PULASKI PIKE,
 HUNTSVILLE, AL 35810

FOR ADDITIONAL INFO, PLEASE CONTACT THE ASC NAACP PRESIDENT,
 BENARD SIMELTON, AT 256-426-6406.



Helping Hands Outreach Ministry

ON-GOING EFFORT.....

A receptacle has been placed in one of our classrooms to receive white socks (men & women), reading glasses, underwear (men & women), incontinence needs (depends), Vaseline, disposable razors, shaving powder, deodorants (regular size), cough drops, wash cloths, coupons for food, shuttle passes (\$1.00 each way), bottle water, allergy meds, cough medicine (alcohol free), over the counter meds, women sanitary needs....

Let's be a blessing to others!

Questions?
Contact Sister Peggy Steger



A Luscious Lime Smoothie for Hot Summer Days

by [Cooking Tips + Recipes](#) · July 5, 2021



From beach towels and sunglasses to swimsuits and flip flops, almost everything you need to enjoy some fun in the sun is likely already on-hand. However, summer can be so much sweeter with a fresh and fruity drink in your hand. Made with fresh ingredients, this drink is a perfect addition to any poolside party.

Next time you are looking to relax outdoors all day, try this Tart Lime Smoothie, which is filled with fresh fruit and cool enough to wash away that summer warmth. This chilled, tart drink will have everyone in the family ready to go for round two down the water slide.

To make this smoothie, in a blender, blend two kiwis, two ripe bananas, some fresh mint, lime juice, orange juice and 2 cups of crushed ice until all the ingredients are incorporated.

Light, fresh and a little bit frothy, this smoothie has a unique texture that may leave you wishing for a second cup the moment you take your first sip. Find more fun summer recipes at [Culinary.net](#).

Tart Lime Smoothie

Yield: 1 1/2 cups

- 2 kiwis, peeled and halved
- 2 ripe bananas
- 3 tablespoons fresh mint, chopped
- 2 limes, juice only
- 1 cup orange juice
- 2 cups ice, crushed

1. In blender, blend kiwis, bananas, mint, lime juice, orange juice and ice until smooth.

2. Pour into glasses to serve.



Science of Grays

Your hair follicles have pigment cells that make melanin, a chemical that gives your hair its color. As you age, these cells start to die. Without pigment, new hair strands grow in lighter and take on various shades of gray, silver, and eventually white. Once a follicle stops making melanin, it won't make colored strands again.

When and Why It Happens

You might blame your stressful job or your unruly teens for your grays. But it's mostly your genes that dictate how early and how quickly it happens. So if either of your parents had a full head of gray hair in their 30s, there's a good chance you will, too.

How Race Plays a Role

On average, white people start to gray in their mid-30s. Asians start in their late 30s. And African Americans usually don't see color changes until their mid-40s.

What's Premature Gray?

Some people go gray 10 or more years earlier than the average person does. It's premature if you're gray before:

- 20 if you're white
- 25 if you're Asian
- 30 if you're African American

Do Health Problems Turn Hair Gray?

They could. These conditions include:

- Lack of vitamin B₁₂
- Certain rare, inherited tumor conditions
- Thyroid disease
- Vitiligo, a condition that destroys pigment-making cells in the scalp

Alopecia areata causes patches of hair (usually ones with color) to fall out. This can look like sudden graying because the hair that's left is gray or white. When your hair regrows, it could be gray, white, or your normal color.

Does Stress Make You Go Gray?

Not directly. But it can cause a condition that causes your hair to shed about 3 times faster than normal. It's possible that when your hair grows back, it's gray instead of your original color.

The Smoking Link

Lighting up affects your body from head to toe. That includes the hair on your head. One study showed that smokers are 2 1/2 times more likely to gray before age 30 than nonsmokers. It also can make silver gray look yellow.



To Pluck or Not to Pluck ...

There's an old wives' tale that says if you pluck a gray, three will grow back. That doesn't happen. Still, don't pluck. You're just delaying the inevitable -- another gray strand will replace it. Besides, pulling hair out can damage follicles so much, they no longer grow hair. This can make your mane look thin over time.

Do Grays Feel Different?

Gray hair is thinner than hair with natural color because its cuticle is thinner. Your hair needs that natural protection from water, ultraviolet rays from the sun, humidity, chemicals, and heat styling. Without that barrier, your hair loses water. So your gray will feel dry, fragile, and coarse. African American hair tends to be more prone to damage, compared to that of Asians and whites.

Special Care for African American Hair

Black people's hair usually is thinner, drier, and breaks more easily, compared to hair of people of other races. So comb and otherwise treat it gently, especially if you use chemicals to relax your hair. Add moisture with a light conditioner that penetrates your hair shafts, instead of lanolin or other oily treatments that simply coat the strands.



Go Au Naturel

If you're ready to ditch the dye, you can go gray gracefully while it grows out. Ask your stylist how much gray you actually have. If it's a lot, you can go lighter through highlights to minimize grow-out. Or, you can switch from a permanent color to less opaque demi color, which can make your gray strands mimic highlights and blend in better with the rest of your hair.

Get the Right Cut

Rock a great cut with lots of style and texture, and get a trim every 6-8 weeks. Women who are 100% gray often wear their hair short. But consider long layers. They can be beautiful and add movement to healthy, bouncy hair.

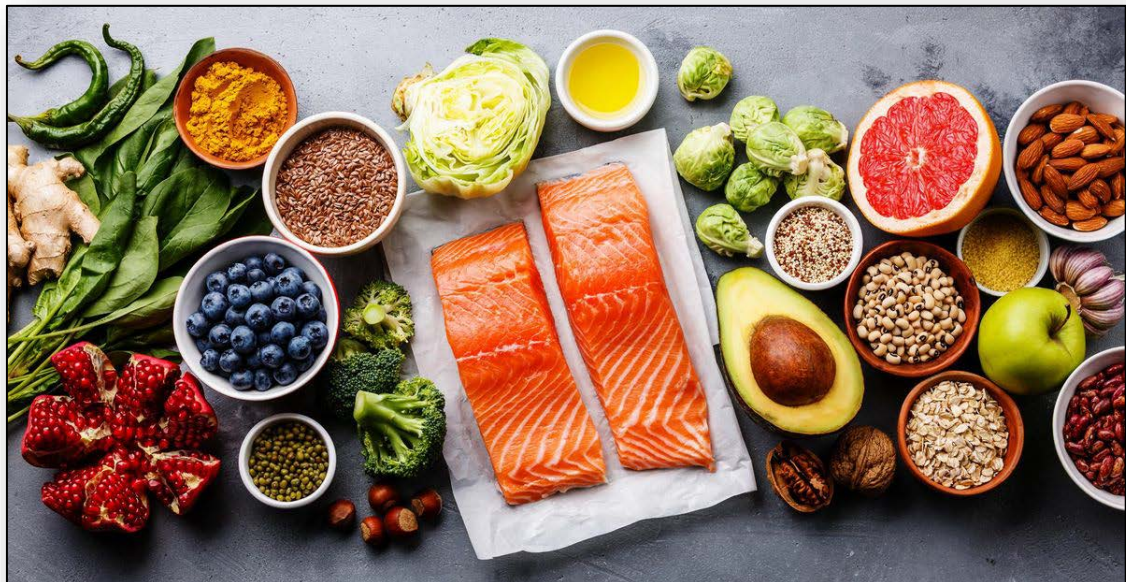
These anti-inflammatory foods can reduce chronic inflammation and improve your health

The word inflammation is often thrown around when talking about a cut or a wound, but do you really know what it means and what's going on in your body when it happens? Inflammation is one of the tools our immune system uses to keep foreign entities and pathogens, like bacteria or viruses, from causing damage to our bodies. When the [immune system](#) detects any sort of foreign invader, it sends blood, antibodies and proteins to fight it. This is a good thing, because it helps with healing. That process is acute inflammation, and it's probably what comes to mind first when you think of inflammation.

A lesser known type of inflammation is [chronic inflammation](#). This refers to inflammation that lingers for months or even years, and it's not good for you. It leaves your body in constant alert and can be very harmful over time, playing a role in many debilitating health problems such as [dementia](#), [diabetes](#), [cardiovascular disease](#), arthritis and joint diseases, allergies and chronic obstructive pulmonary disease (COPD). There are several different causes for chronic inflammation in the body, such as smoking, having obesity, chronic stress, exposure to chemicals and pollutants, and eating certain foods, which include:

- Refined carbohydrates (white bread, pasta, French fries and pastries)
- Added sugars (soda, cookies, crackers – most processed foods contain added sugars)
- Fried foods
- Red meat (burgers, steaks) and processed meat (hot dogs, sausage)
- Margarine, shortening and lard

Just as certain foods can cause inflammation, other foods can lower it.



Anti-inflammatory foods

Since chronic inflammation can be so bad for your health, it's a good idea to reduce it as much as you can. While there are medications that can help, healthcare providers advocate for a healthy and varied diet full of anti-inflammatory foods, which have been shown to lower chronic inflammation.

We spoke with registered dietician nutritionist [Emily Callahan](#), owner and founder of EAC Health and Nutrition and a member of HealthyWomen's [Women's Health Advisory Committee](#), to help you find the top five best food groups you should eat to combat your chronic inflammation.

1. Fruits and vegetables

Fruits and vegetables like berries, broccoli and peppers, as well as dark leafy greens like spinach and kale are high in antioxidants such as anthocyanins and [polyphenols](#). These antioxidants naturally protect our bodies from [harmful stressors](#) that can be the source of inflammation in a variety of diseases, including [heart disease](#). Antioxidants and polyphenols can also be found in other items that are derived from fruits and vegetables, like dark chocolate, green tea and even red wine.

2. Plant Proteins

Plant proteins like black beans, pinto beans, chickpeas and navy beans, as well as nuts and seeds like almonds and walnuts can be great sources of healthy fats, which help lower chronic inflammation.

3. Fatty fish

A great acronym to use when remembering the best types of fatty fish to eat is SMASH. This stands for salmon, mackerel, anchovies, sardines and herring. Another great fish full of healthy fats is albacore tuna.

4. Omega-3s

Olive oil and avocado are great sources of omega-3s, along with nuts and fish. A key part of an anti-inflammatory diet is keeping your ratio of [omega-3 and omega-6 fats at 1:1](#). [Omega-6s](#) include oils like sunflower and corn oil and can be found in sunflower seeds and walnuts. The typical American diet includes more omega-6s, and it's a good idea to try to limit these while increasing your omega-3 consumption. Omega-6s in and of themselves aren't a bad thing, but they can be harmful when they aren't balanced with omega-3s.

5. Whole grains

Excessive consumption of refined grains like white bread, cake and pastries has been linked to a variety of chronic diseases. Whole grains like brown rice, oatmeal, quinoa and 100% whole wheat bread are healthier choices.

Eating a balanced diet is important for everybody

While these five food groups are particularly helpful in reducing inflammation, it's important to remember that they should all be part of any [healthy diet](#). Eating a variety of foods from all of the food groups sets you up with the best chance of success when it comes to reducing inflammation, combating disease, and keeping yourself healthy.



Money-Life Balance means taking money off a pedestal, and putting your happiness on it. It means fulfilling your life, instead of pursuing the almighty dollar. It means spending enough to enjoy life today, and saving enough to enjoy life tomorrow. So, what *does* money life balance look like? Since it is different for each of us, how do we begin to think about that balance for ourselves?

Our Head

Our head is the logical side of money. It's where we build our personal and business goals for life. Our head helps us keep "our eye on the prize" – what we spend now, and what we save for later. It is also where all the "shoulds" in life live – and hang over us day and night until we tackle them.

The financial industry has been speaking to our *Head* for decades. And finance companies been giving us loads of information on what we logically need to do to have financial health. If this approach were good enough, we wouldn't have approximately 50% of Boomers retiring with almost no savings. And unfortunately, only a few in the investment advisor or coaching field help us actually fit the "shoulds" into everyday life. When we don't get to the "shoulds" it makes us feel guilty and demoralized. And, ignoring what goes on in our heart just isn't realistic.

Our Heart

In our Heart is our joy, our passion, our emotion. (And our money fear, guilt, shame). There is emotion in every decision we make! And frankly, life is too short to not have joy and live passionately!

The retail industry has been speaking to our *Heart* for decades. They romanticize buying with fitting in, spending with deserving, and material accumulation with success. They tug at our hearts 24 hours a day in commercials, online visuals, emails, billboards – you name it. It's really hard to fight it!

Too much emotion can separate us from our cash while we pursue the next trend, gadget or drink guaranteed to give us the perfect life. And money fear, guilt, shame can paralyze us so we lose money mindfulness.

Our Hands

If our *Head* is ruling too much of our life, we feel deprived and on a forced march. We rebel, and eventually spend. Money flows through our hands. If our *Heart* is ruling too much of our money life, we give in to “wants”, instant gratification, and emotional triggers. We might be enjoying life today a wee bit too much. And money flows through our *Hands*.

Sometimes spending on auto-pilot and not being mindful is OK. If we had to think about every action in life every day we'd be exhausted! When we are conscious of our money, mindful of what is flowing through our *Hands*, we are able to define what requires thoughtful deliberation before purchasing and what can be automatic.

The Head, Heart, Hands Money-Life Balance

Balance of any kind is a constant work in progress. But the more we practice, the easier it gets. And it starts with small steps. When we are balanced, we know the goals most important to our own lives – not what someone tells us they should be. We have long term goals to take care of our future, and we decide how much money goes toward them. We have short term goals for needs, joy, fun, and passion because deprivation doesn't work, and life is too precious. And, we are able to say No when temptation isn't aligned with our goals. We *choose* to not afford things *because* we have our *own* dreams.

Your Head, Heart & Hands Money-Life Balance is unique to you. Your purpose on this earth, and what you choose to leave behind is special, and dependent upon your own gifts. Have you achieved your money life balance?



Carrie Rattle is a North American money behavior specialist and veteran financial executive, with multi-country experience in banking, brokerage and credit card practices. During her career, Carrie witnessed heart-breaking events where women had their freedom restricted, got into heavy debt, or had to commit fraud to get out of a terrible situation. Lacking the funds to have choices and independence destroyed their lives.

Carrie built [Behavioral Cents](#) to help women write happy endings to their money stories. Financial knowledge is a start but does not always guarantee success. Understanding individual money beliefs and nurturing behavior change provides a more powerful path to truly help people align their money with their life's dreams.

PRAY FOR ME - (PUSH) PRAY UNTIL SOMETHING HAPPENS. We continue to pray for the lost and backslider.

"Commit to the Lord whatever you do and your plans will succeed". Proverbs 16:3



"With God all things are possible."

MATTHEW 19:26

He that giveth unto the poor shall not lack: but he that hideth his eyes shall have many a curse.

Proverbs 28:27

To God Be The Glory
for the things HE has done

Prayer Changes
More Than Things.
It Changes **YOU**
verseinspire.com



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Monday through Friday, 7:00am,
Dial-in Number 1 302-202-1108.
Conference Access Code #: 625948

WELCOME GUEST WORSHIPPERS

We, the Church Street CPCA family, are delighted that have chose to worship with us. We welcome and invite you to share with us in worship, study, ministry, mission service and fellowship.

HELP WANTED

If you are interested in working with the newsletter ministry, please contact the Church Office or Sister Liz Jolly with your interest.

CHURCH NEWSLETTER – Our Newsletter Editor (Elizabeth Jolly) is working hard to produce the next monthly newsletter. Please submit your articles **by noon on the 15th of each month** for consideration

THE PHOTO GALLERY

Photos of Soft-Openings Services



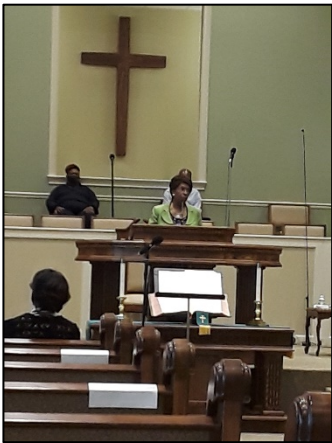
THE PHOTO GALLERY



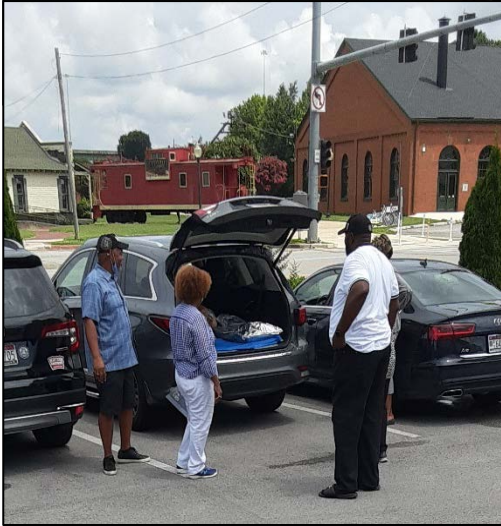
THE PHOTO GALLERY



THE PHOTO GALLERY



The Helping Hands Outreach Ministry



We are still having fun and enjoying each other every Wednesday here at Church St. Today, July 21st we delivered lunch to First Stop, Inc. Thanks to Elder Patton for helping with the fried chicken as we served fried chicken, green beans, potato salad, rolls and pound cake.

Elder Patton's nephew, Bro. Greg Allen son of Sis. Nannie Allen delivered the fried chicken. Also, we've had two helpers for the past two weeks. They are the grandsons of Elder Don and Mother Mabel Carter visiting them from Texas. As always, thanks to our church family We could not do it without you.



The above meal was prepared by the Reverend Chef Felecia Ewing for the Rose of Sharon Soup Kitchen

THE PHOTO GALLERY



Nyla Grace and some of the girls ran into Russell Westbrook at #GirlsNikeEYBLNationals !!



Nyla Grace and Juan Howard, an NBA player

Jesus Is the Bread of Life



Theme: Jesus is the Living Bread.

Object: "Signs" printable - one copy

Scripture: John 6:24-35

We see signs all around us every day. As we walk down the halls at school, we may see signs that tell the different rooms in the school such as the cafeteria, office, library, computer lab, or music room. Each classroom probably has a sign by the door with the teacher's name on it so students will be able to find their classrooms.

When we travel around our town, we see signs that tell us what we should or should not do. I have some pictures of some [signs](#) that you probably see every day. Let's see how many of them you know. (Hold up each of the signs and invite kids to tell what they mean.)

Our lesson today is about signs of a different kind--not a sign you can touch, but something that would prove to people that Jesus really was sent by God. Like when Jesus fed 5,000 people with just five loaves of bread and two fish. That was a sign that Jesus was from God, but the people totally missed it. They wanted even more signs, more proof.

The Bible says when people realized Jesus had left that place and gone somewhere else, they went looking for Him. They found Him way over on the other side of the lake.

Jesus said to them, "You came looking for me not because you saw God in my actions, but because I fed you. You shouldn't be so concerned about things like food. Instead, you should be seeking the eternal life that I can give you."

Here's how the people responded: "Show us a miraculous sign if you want us to believe in you. What can you do? After all, Moses gave our ancestors bread from heaven to eat when they were in the wilderness. Can you do that?"

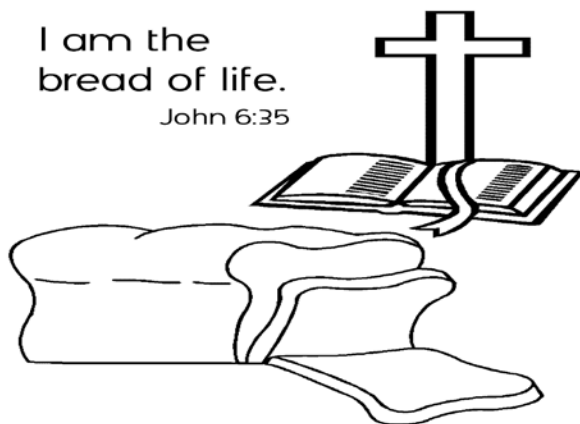
Jesus answered them, "The true bread of God is the One who comes down from Heaven and gives life to the world."

"Give us that bread! Give it to us every day," the people said.

Jesus replied, "I am the Bread of Life. Whoever comes to me will never be hungry again, and whoever believes in me will never be thirsty."

Some people today are still asking for some special sign that will prove that Jesus was sent from God. But God has given us all the signs we need right here in the Bible. All God wants is for us to believe in the one He sent.

Heavenly Father, we thank You for Your Son Jesus, who is the Bread of Life. We don't need a sign. We believe in Him, which means He gives us life forever with You. In Jesus' name, amen.

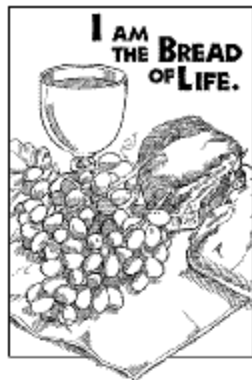


I am the
bread of life.
John 6:35

Looking for a Sign

Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty. John 6:35 (NIV)

Based on John 6:24-35 (NIV)

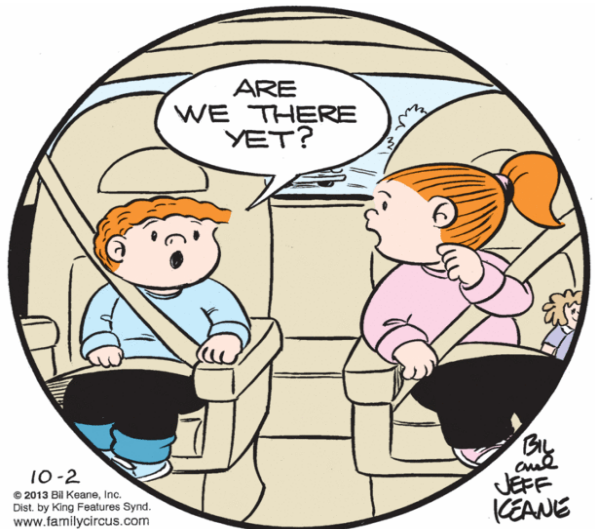
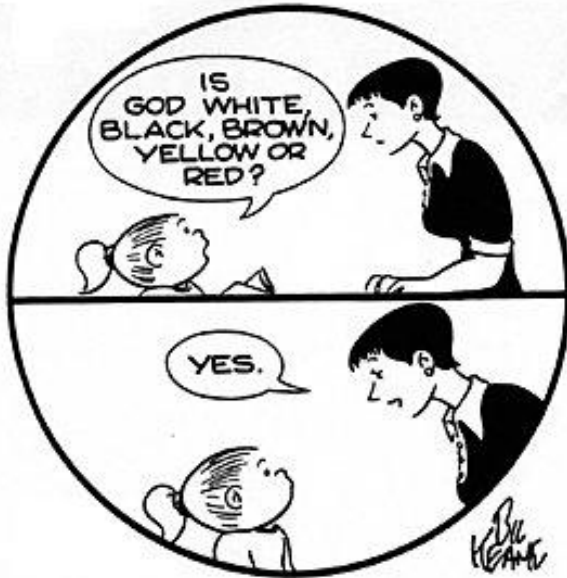


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LIFE	HEAVEN	LOAVES	TRUTH	FATHER
ETERNAL	TRUE	MANNA	DESERT	MOSES
SIGNS	FILL	THIRSTY	LAKE	BREAD
RABBI	BELIEVE	LIFE	HUNGRY	FOOD

Chuckles – God has a sense of humor: A merry heart doeth good like a medicine: but a broken spirit drieth the bones. Proverbs 17:22

life is
**BETTER
WHEN YOU'RE
LAUGHING!!!**



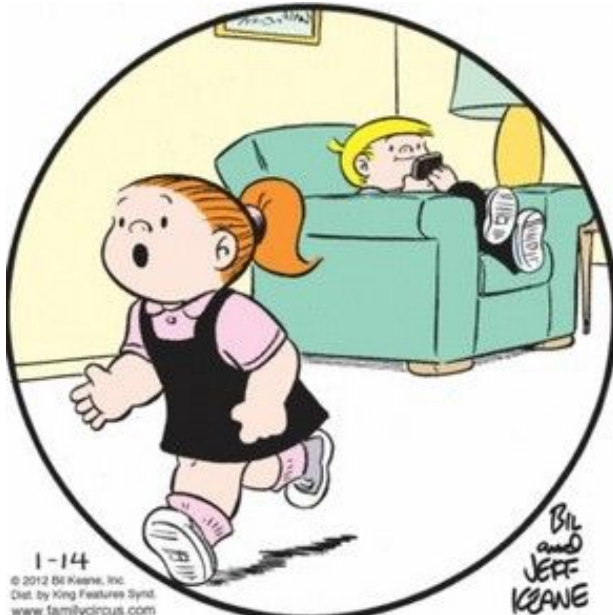
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Bil
and
JEFF
KEANE

"It depends on where you think we're going."

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1-14
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Bil
and
JEFF
KEANE

"Billy says he doesn't hafta go to church anymore 'cause his phone has an app for that!"



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JEFF
and
BIL
KEANE

"Look in this, Daddy, and you'll see church windows."

Give your
BURDENS
to the Lord,
and he will
take care
of you.

-Psalm 55:22



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