

# The Monthly Chronicle

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

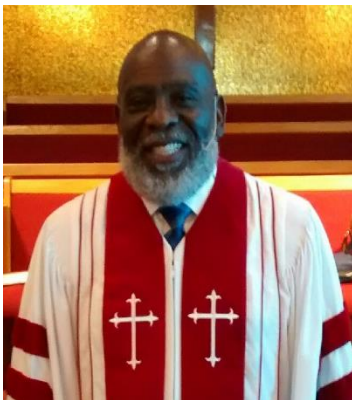
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**December 2016**



## FROM THE PASTOR



As we come to the close of another year, our hearts are filled with exceeding gratitude for the gracious gifts that God provides to us, all to be celebrated because of the gift of Jesus the Christ, the Promised Messiah. It is because of Christ that we enjoy everything that we do. Through Christ, we are given everything *“for life and godliness”* (2<sup>nd</sup> Peter 1:3). Throughout the years of her life, my Mom would

say, **“THANK GOD FOR JESUS!”**

And, that is my testimony of praise. Now, that we have entered the Advent season on the Christian liturgical calendar, preparing to celebrate the First Advent or birth of Jesus the Christ and as we remain watchful for the Second Advent, preparing for His Second Coming. What we have in Christ is too numerous to name or count. So, I just echo my Mom’s words and say, **“THANK GOD FOR JESUS!”**

In addition, **THANKS BE UNTO GOD** for the Church Street family! **THANKS BE UNTO GOD** for what is given in time, talents/abilities/spiritual gifts/life experiences and tithes & offerings as well as other resources! **THANKS BE UNTO GOD** for what individuals contribute and what is collectively and cooperatively contributed! **THANKS**

**BE UNTO GOD** for the Church Street family and our partnership with you during this season of life and ministry!!!

We wish you and your family a **MERRY CHRISTMAS & A HAPPY NEW YEAR!**

Loving the Lord & Loving the Lord's people!  
Pastor Mitchell & Mother Elaine Walker

Other **December** events of celebration:

✚ **Hanukkah** that begins at sundown on Tuesday, December 4th and ends at nightfall on Wednesday, December 12<sup>th</sup> and is celebrated by the Jewish culture around the world. "Hanukkah (or Chanukah) is the celebration of Jewish national survival and religious freedom. It commemorates the Maccabees' military victory over the Greek-Syrians and the rededication of the Second Temple."

✚ **Kwanzaa** that is observed from December 26- January 1 and is celebrated by millions throughout the African community. "Kwanzaa

celebrates family, community and culture. Its origins are from the first harvest celebrations of Africa where it takes its name. The name is derived from "matunda ya kwanza" which means "first fruits" in Swahili. Kwanzaa was created in 1966 by Dr. Maulana Karenga, a professor in the Department of Black Studies at California State University. It is a cultural holiday, not a religious holiday."

✚ **Watch Night** that is observed on New Year's Eve that usually begins anywhere from 7 p.m. to 10 p.m. and ends at midnight with the entrance of the New Year. On *Freedom's Eve* (Dec. 31, 1862), the night before the Emancipation Proclamation took effect on Jan. 1, 1863, worshipers gathered in black churches to pray, give thanks and wait for the stroke of midnight, the stirring moment when slaves would officially, and finally, be "forever free."



# Our Daily Bread

December 5, 2016

## Christmas Lights

**E**ach year for several weeks around Christmas, Singapore's tourist belt, Orchard Road, is transformed into a wonderland of lights and colors. This light-up is designed to attract tourists to spend their money at the many stores along the street during this "golden month of business." Shoppers come to enjoy the festivities, listen to choirs sing familiar Christmas carols, and watch performers entertain. The first Christmas "light-up" ever was not created by electrical cables, glitter, and neon lights but by the "glory of the Lord [that] shone around" (Luke 2:9). No tourists saw it, just a few simple shepherds out in their field. An it was followed by an unexpected rendition of "Glory to God in the Highest" by an angelic choir (v. 14). The shepherds went to Bethlehem to see if what the angels said was true (v. 15). After they had confirmed it, they could not keep to themselves what

they had heard and seen. "When they had seen him, they spread the word concerning what had been told them about this child" (v. 17).

Many of us have heard the Christmas story often. This Christmas, why not share the good news with others that Christ – "the light of world" – has come (John 8:12)

**Lord, help** me this Christmas to reflect the light of Your presence and goodness to others.

### TODAY'S READING:

John 8:12-20

**I am the light of the world.  
Whoever follows me will never  
walk in darkness, but will have  
the light of life. John 8:12**

*The gift of God's love in us can  
bring light to any darkness*



**UPCOMING EVENTS DECEMBER 2016**

**Communion Sunday** – December 4  
**Christmas Program** – December 11  
– 9:30 a.m.  
**Christmas Day** – Combined  
Worship Service – December 25 –  
9:30 a.m.

**At Church Street**

**Worship Service**  
8am & 11am Sunday

**Children's Church**  
8am – 1<sup>st</sup> and 3<sup>rd</sup> Sunday

**Sunday School**  
9:30am – Sunday

**Fifth Sunday Combined Worship**  
Service – 9:30 am  
Sunday School – 8:30 am

**Fourth Sunday**  
Family Worship Emphasis

**Bible Study**  
11:30 & 6:30 Wednesday

**Children's Bible Study**  
5:00pm – 6:00pm  
Wednesday

**Radio Broadcast – WEUP**  
2:30pm – Sunday

**Video Tape Ministry - CD, DVD \$10**  
Contact the Church Office

**DO YOU KNOW**  
YOUR  
**BIBLE? ~ Gifts**



1. Who, before meeting with an estranged brother, sent to him a gift of many cattle, his thought being, I will appease him with the present that goeth before me peradventure he will accept of me”?
2. Who, because he interpreted a king's dream, was “given many great gifts”?
3. Which newborn baby was given gifts by men who had traveled a long way to find him?
4. Which man, when his lost fortunes were restored by God, was given a piece of money and an earring by his friends?
5. Who, after testing a king with questions, gave him gifts of gold, spices and precious stones?

***Vision Statement:***

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

## Refuse To Settle



Are you pressing on toward the goal to win the prize for which God has called [you] (Php3:14 NIV), or have you “settled” along the way? God made a pact with Abraham—one that continues to influence the modern world. A lesser-known fact is that years earlier Abraham’s father, Terah, “set out...to go to Canaan,” the land of abundance where God later called Abraham. But Terah never made it: When they came to Haran, they settled there.” No question, it couldn’t have been easy traveling hundreds of miles across rough terrain with flocks, herds, children, and servants.

Can you imagine the sheer coordination? Remember, there were no professional movers to pack and load your stuff! Finally, Terah decided they couldn’t go any

farther, so they settled where they were comfortable.

I wonder how many times we do the same thing? We have a big dream...to excel in our careers...as parents...and in our walk with God. We get started, but things get difficult and achieving our goals doesn’t happen as quickly as we hoped. Perhaps like Abraham’s father we say, “Let’s just settle here. It’s not really what we wanted, but it’s good enough”. Don’t fall into that trap.

You were made for more than good enough...Don’t settle for a little love and joy, a bit of peace and contentment, or a small helping of happiness...Pull up stakes, pack your tents, get your belongings, and start moving forward. Enlarge your vision. You may have had a delay, but...you can begin again.

Submitted By

Elder Monica Oden



## **The Christmas Story** *The Birth of Jesus*



18 This is how the birth of Jesus Christ came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be with child through the Holy Spirit. 19 Because Joseph her husband was a righteous man and did not want to expose her to public disgrace, he had in mind to divorce her quietly.

20 But after he had considered this, an angel of the Lord appeared to him in a dream and said, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. 21 She will give birth to a son, and you are to give him the

name Jesus, because he will save his people from their sins."

22 All this took place to fulfill what the Lord had said through the prophet: 23 "The virgin will be with child and will give birth to a son, and they will call him Immanuel" - which means "God with us."

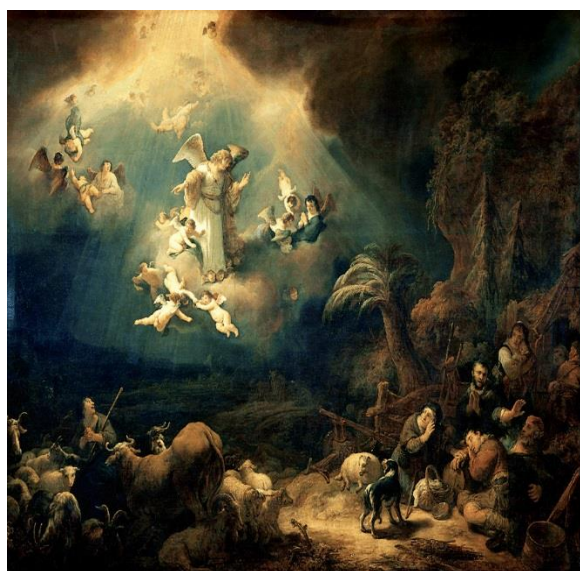
24 When Joseph woke up, he did what the angel of the Lord had commanded him and took Mary home as his wife. But he had no union with her until she gave birth to a son. And he gave him the name Jesus. Matt 1:18-24 NIV



8 And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. 9 An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they

were terrified. 10But the angel said to them. "Do not be afraid. I bring you good news of great joy that will be for all the people. 11Today in the town of David a Savior has been born to you; he is Christ the Lord. 12This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger."

13Suddenly a great company of heavenly host appeared with the angel, praising God and saying,



14"Glory to God in the highest, and on earth peace to men on whom his favor rest."

15When the angels had left them and gone into heaven, the shepherds said to one another, "Let's go to Bethlehem and see this thing that has happened, which the Lord had told us about."

So they hurried off and found Mary and Joseph, and the baby, who was lying in the manger. 17When they had seen him, they spread the word concerning what had been told them about the child, and all who heard it were amazed at what the shepherds said to them. But Mary treasured up all these things and pondered them in her heart. 20The shepherds returned, glorifying and praising God for all the things they had heard and seen, which were just as they had been told. Luke 2:8-18 NIV



*December 2016  
Happy Birthday*



*Brenda Winfrey  
Renee Gertman  
Patricia Mathenay  
Jean Owens  
Alice Jenkins  
Alexander Gilmore  
LeRoy Daniels  
Stacey Hart  
Lawrence Williams  
Antwon Mathenay  
Allison Lewis  
Dave Sales  
Charles Ownes, Jr.  
Rev. Mitchell  
Walker  
Jalyn Ignont*

*Happy Anniversary*



*Lawrence & Mary  
Williams*

*Charles & Deborah Smith*

*Andrew & Dorothy  
Fuller*

*Gene & Neva Bright*

*Donald & Willetta  
Walker*

*Carlos & Joycelyn  
Craighead*



## **NEW: VISION STATEMENT, VISION 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. **B**oast in the Lord
- C. **C**onnect and commit to ministries
- D. **D**edicated and accountable to vision, mission and discovering gifts
- E. **E**vangelize (inside/outside/everywhere)
- F. **F**aithful and forgiving
- G. **G**ive cheerfully (stewardship - time/talent/thanks - total praise)
- H. **H**umble and **h**opeful
- I. **I**nclusion - every person matters; all are God's diverse children
- J. **J**oin in ministry - **a**ll are spiritually gifted; join in fellowship
- K. **K**indness and self-control
- L. **L**ove - This is not optional
- M. **M**otivate and encourage each other
- N. **N**ever miss opportunity to do right things, right
- O. **O**bedient to God's will/His word
- P. **P**rayerful
- Q. **Q**uiet time -- patience/wait on the Lord
- R. **R**espectful - value relationships
- S. **S**tudy; learn to be selfless stirred to serve in every way to the glory of God
- T. **T**rust in God; **t**hank Him daily
- U. **U**nited and **u**seful. All = 1 blessed body
- V. **V**olunteer - Harvest is plentiful; laborers are few
- W. **W**orship, **w**ork, and **w**alk spirit filled
- X. **X**-ray - eXpose -- let light shine everywhere/everyday
- Y. **Y**ou take the lead -- Here I am, send me"
- Z. **Z**ealous -- in total praise, worship, service, and witness for the Lord

**Note:** Our **vision** is a **goal** we seek to attain. **Mission** is **why** we exist & how we operate; a little more in-depth supporting the vision. It's our in-house business strategy; X nr. Paragraphs not necessarily advertised or learned as our vision. It can always be more detailed/developed into several objective paragraphs. Core values enhance/further help explain to define mission (task breakout). **God gives the church universal, a mission - Matt 28:19-20** Thereby, we so layout as to how we incorporate this (**it's**) mission.



# National Health Observances – December, 2016–

December 1

## World AIDS Day

*Sponsor:* World AIDS Day Campaign



World AIDS Day is a global initiative to raise awareness, fight prejudice, and improve education about HIV, the virus that causes AIDS. World AIDS Day is December 1.

Around the world, about 37 million people are living with HIV. In the United States, about 44,000 people get infected with HIV every year.

The only way to know if you have HIV is to get tested. It's important that everyone ages 15 to 65 gets tested for HIV at least once. Some people may need to get tested more often.

### How can World AIDS Day make a difference?

We can use this day to raise awareness about HIV/AIDS, encourage people to get tested, and take action to support people living with HIV.

### Here are just a few ideas:


- Encourage people to get tested for HIV. Let them know that some health clinics offer free HIV testing.
- Talk to parents about teaching their kids the basics of safe sex.
- Wear a **red ribbon**, the symbol of HIV awareness and support. Tell people why you are wearing it. You can order a red ribbon online — or make your own.

### How can I help spread the word?

We've made it easier for you to make a difference. This toolkit is full of ideas to help you take action today. For example:

- **Add information about World AIDS Day to your newsletter.**
- **Tweet about World AIDS Day.**
- **Host a community event where people can learn about local health resources and options for HIV testing.**
- **Add this Web badge to your website.**

### Sample Tweets

It's #WorldAIDSDay and @AIDSgov has ways you can take action and spread awareness: <http://bit.ly/1Kl6zUc> 

Have you been tested for HIV? Use this tool to find #HIV testing centers in your area: <http://1.usa.gov/9h37x0>

True or false? Everyone ages 15 to 65 needs to get tested for #HIV at least once. @healthfinder has the answer: <http://1.usa.gov/jhanrM>

The only way to know for sure that you don't have HIV is to get tested. Learn more: <http://1.usa.gov/jhanrM> #WorldAIDSDay

Q. What is HIV? A. HIV stands for human immunodeficiency virus. It's the virus that causes AIDS. Learn more: <http://1.usa.gov/upkWve>

Did you know? You could have HIV and still feel healthy. Find out how to get tested: <http://bit.ly/2epPptI>

Fact: African Americans are the racial/ethnic group most affected by HIV. Learn more about HIV from @CDCgov: <http://bit.ly/1U0iM5v>

Women account for about 1 in 5 new HIV/AIDS cases in the U.S. Learn more: <http://bit.ly/29uuaJI>

Do you have your red ribbon yet? Learn everything you need to know about #WorldAIDSDay here: <http://bit.ly/1Kl6zUc>

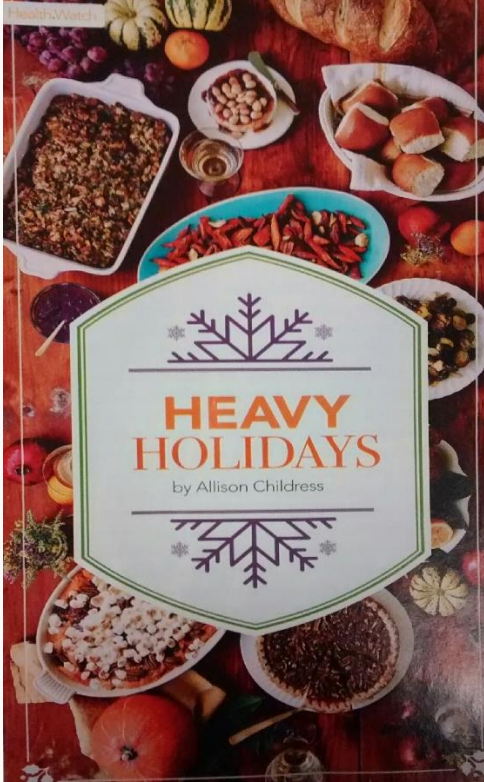


SPREAD  
THE WORD



## **NUTRITION ACTIVITY**

### **Heavy Holidays**



*You may get more than presents under the tree this year.*

Weight gain over the holidays can be scarier than the ghosts and goblins at Halloween, but it may not be inevitable. We may go into the holiday season thinking, “The holidays are only once a year, it’s OK for me to indulge and live a little.” The problem with this mindset is that the holidays are not just Thanksgiving Day and Christmas Day. Our holidays start with Halloween and usually don’t end until just after

the New Year. This is a months-long string of big meals, parties, edible gifts and getting together with friends, family and coworkers over drinks.

#### **How much weight do we really gain?**

It is commonly reported that Americans gain, on average, 5 pounds or more over the holidays. Sounds daunting, right? Well, how about this for a little holiday cheer: Research shows our holiday weight gain is actually more like 1-2 pounds between Thanksgiving and New Year’s Day. While some people may gain more and some people won’t gain at all, 1-2 pounds instead of 5 may seem like a walk in a Winter Wonderland.

#### **Is that really a problem?**

Some may not think that 1-2 pounds is a serious amount, but research shows that people usually do not lose the weight they gain over the holidays and winter season. This extra couple of pounds a year could lead to a weight gain of 10-20 pounds in the next 5-10 years. Those 10-20 pounds can contribute to the development and progression of chronic conditions such as diabetes and heart disease.



## *How can I keep weight gain in check?*

### **1 – Limit liquid calories**

Holiday parties and gatherings usually include imbibing in beverages we may not often drink. Alcoholic or not, what we drink can add hundreds or even thousands of calories a day, on top of what we are eating. And it's easy to go overboard because most beverages lack a satiety factor, meaning they will provide lots of calories but won't make us feel full. Choose beverages that are low in calories like sparkling water, infused water, club soda, unsweetened tea or coffee, or diet soft drinks. Alcoholic drinks not only contain lots of calories but they can also lower our inhibition, causing us to make poor food choices or eat much more than we planned. If you choose to drink alcoholic beverages, stay away from sweetened mixers like soda and juice and practice moderation: one drink per day for women and two drinks a day for men.

### **2 – Stay away from the buffet**

Part of your holiday enjoyment can be indulging in the foods you love and only eat during this special time of the year. However, this one simple tip may keep you from piling on the pounds. When you are at a party or holiday

meal, fill your plate only once and choose only one “splurge” item. Load up on vegetables, fruits and lean meats, but leave room for grandma's famous mac and cheese, if it's your favorite. Once you've made your plate, remove yourself from the serving area. Many times we like to congregate around the food and in the kitchen, which makes nibbling and having “just a bite” of something all too easy. Vow to do your visiting away from the food.

### **3 – Don't save calories**

When you are looking forward to a holiday get together with your favorite foods and drinks, it may seem like a good idea to skip lunch to “save” calories so you can splurge later. However, research shows that when we do that, we may eat more than TWICE as many calories during that splurge than we would have if we had eaten our normally scheduled meals and snacks. Also, it is stressful for our body to consume a very large meal at any time, so don't show up to the party starving.

### **4 – Start non-food traditions**

Some of our most treasured memories during the holidays can be made spending time in the kitchen with loved ones making delicious holiday goodies. But those holiday goodies can

pack on the pounds, even when we plan to give most of them as gifts. Start new traditions this year that don't revolve around food. Plan to decorate a gingerbread house from a kit (that way you won't be tempted to eat it), make Christmas tree ornaments, holiday wreaths or cards, or assemble care packages for nursing homes or the troops overseas. You can also find ways to incorporate some physical activity into your holidays. Plan a pre-Thanksgiving dinner walk/run with your guests or de-stress with an online yoga class. These activities can foster bonding just as much as baking cookies and can benefit us and others as well.

**Allison Childress, MS, RDN, CSSD, LD, Ph.D. candidate,** is a registered and licensed dietitian and is Board Certified in Sports Dietetics.



## How to Make a WIRE ANGEL ORNAMENT



## Physical Activity Matters for Cancer Prevention

This article appears in the November 3, 2016 issue of AICR's eNews.



Today, you can begin adding more cancer prevention to your life by boosting your physical activity with a few more minutes of walking or taking a few more steps. Start now to build in more activities, day-by-day and week-by-week, to help lower your risk for cancer and other chronic diseases.

### What We Know about Activity and Cancer

AICR reports find strong evidence that 30 minutes of moderate physical activity daily reduces risk for three cancers: colon, endometrial and postmenopausal breast. Moving more may help lower risk for these cancers by:

- Regulating blood levels of insulin, estrogen and related hormones that can fuel cancer growth
- Decreasing chronic inflammation, which links to cancer growth
- Reducing excess body fat -- a major risk factor for many cancers
- Speeding up digestion, reducing the time gut cells are exposed to potential cancer-causing substances

### Tips to get active:

- Schedule activity: Plan walks and other activities just like you would eating, sleeping, and meetings.
- Make every minute and step count: Sneak in a walk or an activity anytime you have a free moment: before work, at break time or waiting for someone.

- Add up minutes: Wear a watch with a timer or use the timer on your phone. Start the timer each time you walk or are active during the day.

OR

- Count steps: Wear your pedometer or fitness tracker all day and note your step counts. Reliable, inexpensive pedometers and fitness trackers are available in sporting goods stores.

### Physical Activity and Preventing Cancer

Set your initial goal for at least 30 minutes of moderate intensity physical activity every day. Then boost cancer protection by aiming for 60 minutes daily.

Click on the image to share the infographic on physical activity and cancer.

### What We Know about Inactivity and Cancer

Another way to think about activity is to work toward sitting less. Spending too much time being inactive – called sedentary time – appears to affect hormones and other factors associated with cancer risk, according to emerging evidence. Even if you are active, research suggests you are not protected against the risks associated with prolonged sitting. Breaking up sitting time by getting up and moving around every 30-60 minutes may be helpful.

### Ideas to break up your sitting:

- Take stairs or walk up escalators. Start by climbing as many flights as you can before riding elevators or escalators
- Take mini-activity breaks when watching television or using the computer for 1, 2, 5 or 10 minutes
- Set the timer on your computer, phone or watch to alert you hourly. Stand up, stretch and shake out your arms and legs!

### These keys to success will help you get started and keep it up:

1. Start where you are - go at your own pace
2. Do more than you're doing now - gradually add more
3. Make it fun – do activities you've enjoyed in the past, and try new ones

# Recipe of the Month

## Chocolate Truffle Cheesecake



Let this elegant chocolate cheesecake be the centerpiece of your holiday tablescape featuring a gorgeous **White Chocolate Snowflake** in the center.

### Ingredients

- 1 1/2 cups crushed dark chocolate-and-almond shortbread cookies (about 18 cookies; we tested with Keebler Dark Chocolate and Almond Shortbread Sandies)
- 2 tablespoons melted butter
- 2 (4-oz.) semisweet chocolate baking bars, chopped
- 1 cup whipping cream
- 4 (8-oz.) packages cream cheese, softened
- 1 (14-oz.) can sweetened condensed milk
- 2 teaspoons vanilla extract
- 4 large eggs
- Ganache Topping

- Garnish: fresh raspberries or White Chocolate Snowflake

### Preparation

1. Preheat oven to 300°. Combine crushed cookies and butter. Press mixture on bottom of a 9-inch springform pan.
2. Microwave chocolate and cream at HIGH 1 1/2 minutes or until melted, stirring at 30-second intervals.
3. Beat cream cheese at medium speed with a heavy-duty electric stand mixer 2 minutes or until smooth. Add sweetened condensed milk and vanilla, beating just until combined. Add eggs, 1 at a time, beating at low speed just until blended after each addition. Add chocolate mixture, beating just until blended. Pour batter into prepared crust.
4. Bake at 300° for 1 hour and 5 minutes or just until center is set. Turn oven off. Let cheesecake stand in oven with door closed 30 minutes. Remove cheesecake from oven; gently run a knife around outer edge of cheesecake to loosen from sides of pan. Cool completely in pan on a wire rack (about 1 hour). Cover and chill 8 to 24 hours.
5. Remove sides of pan, and place cheesecake on a serving plate. Slowly pour warm Ganache Topping over cheesecake, spreading to edges. Chill 1 hour before serving. Garnish, if desired.

Yield:

Makes 10 servings

Total time: 12 Hours, 25 Minutes

**SouthernLiving**



**ANNOUNCEMENT BULLETIN BOARD**  
**Church Street Cumberland Presbyterian Church in America**  
E-mail: [secretary@Churchstcpca.org](mailto:secretary@Churchstcpca.org)

International Travel with Bob Watkins (Rev Robert Watkins) <[watkr@mac.com](mailto:watkr@mac.com)>

Dear Friends,

I have begun to get inquires about whether I will be scheduling a tour for 2017. The answer is—I am considering a trip to Greece and its islands. The link below describes the tour as offered by Gate 1 travel. The price quoted on this page is only good for certain spring dates. The summer departure date of July 8 prices at \$2,379 for an outside cabin on the cruise portion. This does not include airfare and of course summer fares are higher. So, I am also interested whether you would be able to travel in spring or only in the summer. Naturally, the spring dates are considerably less expensive due to demand and airfares.

The following web site gives all the details about itinerary, specific hotels, cruise portion, etc. I decided to use a less expensive tour group to assist those families traveling with several people.

Please let me know if you are interested in this trip and whether you can travel in the spring, summer, and/or fall.

Kindly,

Bob Watkins

[https://www.gate1travel.com/mediterranean/greece/2017/cruise/greece-cruise-12dclagricnaeg17.aspx?utm\\_source=google&utm\\_medium=remarketing&utm\\_campaign=grecetours&adid=fe15deb6-eb26-49d8-9e1d-22fe8d32aca7](https://www.gate1travel.com/mediterranean/greece/2017/cruise/greece-cruise-12dclagricnaeg17.aspx?utm_source=google&utm_medium=remarketing&utm_campaign=grecetours&adid=fe15deb6-eb26-49d8-9e1d-22fe8d32aca7)  
<[https://www.gate1travel.com/mediterranean/greece/2017/cruise/greece-cruise-12dclagricnaeg17.aspx?utm\\_source=google&utm\\_medium=remarketing&utm\\_campaign=grecetours&adid=fe15deb6-eb26-49d8-9e1d-22fe8d32aca7](https://www.gate1travel.com/mediterranean/greece/2017/cruise/greece-cruise-12dclagricnaeg17.aspx?utm_source=google&utm_medium=remarketing&utm_campaign=grecetours&adid=fe15deb6-eb26-49d8-9e1d-22fe8d32aca7)>

## CornerStone C4 Conference "Beyond Barriers"

Tuesday, February 21, 2017 8:30 AM to 2:30 PM  
CST "Beyond Barriers"

What are the barriers that keep us from moving past immediate relief efforts towards long term investment in the lives of others? What barriers keep us at arms-length from communities that surround our city?

Join us in February as we attempt to identify those barriers and seek longer lasting solutions that seek to break the cycle of poverty in this city.

EARLY BIRD PRICING: \$79 Now through  
December 31, 2016

For more information: Debbi Akers, Executive  
Director CornerStone Initiative / 256-479-5294 /  
[debbi.akers@cornerstone-al.org](mailto:debbi.akers@cornerstone-al.org)



**Church Street CPCA Goes to Washington, DC**

May 31 – June 4, 2017

Registration deadline is December 6, 2016 (\$99 deposit)

Contact: Rev Al Garrett or Sister Paula Hogans

**E.D. White Men's Fellowship Christmas Dinner  
Announcement**

Brothers,

We are pleased to announce the location and time of our E.D. White Men's Fellowship Christmas dinner. Remember, the cost is \$20 per person. Please plan accordingly.

The Fellowship's Christmas Dinner is Dec 14, 2016 @ the Alabama A&M University Ernest L. Knight Center VIP Dining Room at 4PM.

Also, as a reminder our next meeting is Dec 10<sup>th</sup> at 8:00 AM.

Arbie A. Parker, President

**INTERCESSORY PRAYER FOR OUR  
FAMILY AND FRIENDS:**

Caleb Atnip, Naomi Bell, Annie Joyce Brown, Taylor Burns, Dr. Kathy Castilla, Catherine Crook, Alexis Daniel, Brandon Douglas, Katie Evans, Melody Forbes, Evelyn Hight, Linda Fay Hood, Robert Jackson, Deb Kampman, Donnie Love, Jr., Victor Macon, II, Athelstine Malone, Pastor Mary Miller, Tonzie Moore, Ann Pettaway, Sylvester Pettaway, Thomas Richardson, Debra Rush-Santens, Beverly St. John, Mildred Skillman, Erika Smith Rosa Taylor, Tias Mignon Walker, Willie Fred Walker, Emma Warren, Adrian Wright, Angela Zeigler.

**PRAY FOR ME - (PUSH) PRAY UNTIL  
SOMETHING HAPPENS. We**



**continue to pray for the lost and  
backslider.** If you have family or  
friends in either of those

categories, please remember the Church  
meets each *fourth Sunday at 4:00* p.m. for  
corporate prayer. Come and join us!

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



*Pray, not because people are  
doing it, but because it's the  
least you could do for all those  
who are affected. Pray for  
everyone. God listens. God cares.*

**Our deepest sympathies go out to you and  
your family. May God give you the  
comfort and peace that you seek and may  
the soul of your loved one rest in peace.**

**Condolences to:**

**Sister Liz Jolly, Sister Brenda (Brother Michael)  
Forte, Elder Monica (Brother Sydney) Oden, and  
Brother Justin Pitts** in the passing of their cousin  
(Mr. Calvin Bernard Ellison).

## SOME HEALTH AWARENESS REMINDERS FOR DECEMBER

- Safe Toys and Gifts Month
- 1 World AIDS Day
- 4 - 12 National Influenza Vaccination Week
- 4 - 10 National Hand-washing Awareness Week



### **HELP FOR THE HOMELESS**

- a RECEPTACLE has been placed in the foyer 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!*

**CHURCH NEWSLETTER** – Our Newsletter Editor (Elizabeth Jolly) is working to produce our next monthly newsletter. Please submit your articles by **noon on the 15<sup>th</sup> of each month** for consideration. If you have articles or photos, please send them camera-ready.

### **HELP WANTED**

If you are interested in working with the newsletter ministry, please contact the church secretary, Ms. Dianne Bryant and let her know of your interest.

## The Kiddie Korner

# Coming Soon!



**Theme:** Watching for Christ's return. 1st Sunday of Advent, Year A

**Object:** A box of popcorn and, if possible, show a movie clip of movie preview.

**Scripture:** "So you also must be ready, because the Son of Man will come at an hour when you do not expect him." Matthew 24:44 (NIV)

Look what I brought today. . . a box of popcorn. I think there is enough popcorn for me to share it with all of you. Can you guess why I brought popcorn today? It is because I wanted to talk to you about going to the movies. Popcorn and movies go together — like peanut butter and jelly — or a burger and fries. When we go to the movies, we get a big box of popcorn, sit back and relax, and get ready to watch the movie. But first, we have to watch the previews of coming attractions. These are short clips of movies that will be coming soon. In fact, they almost always say, "Coming soon to a theater near you!" If we went to a movie today, we would probably see previews of all the new movies that will be coming during the holiday season. It is only four weeks until Christmas you know. As we watch the previews, we decide which movies we want to see and then we watch and wait until they come to a theater near where we live.



This is a season when we look forward to "Coming Attractions." We call this season Advent. Do you know what that means? It means the coming of something important. What is that important thing that is coming? Well, for one thing, Christmas is coming. We look forward to hearing the beautiful music and seeing the decorations. We look forward to Christmas parties and to sharing gifts with family and friends. Most of all, we look forward to celebrating the birth of Jesus.

There is something else that we are looking forward to during Advent, do you know what that is? We are looking forward to the day when Jesus is coming again. Jesus told his disciples that he would come again, but when they asked when, he told them that no one knows when that day will be. He said, "No one knows the day or the hour, not even the angels in heaven. Only the Father knows."

Wow! If we don't know when it is going to happen, what should we do? Well, it is a bit like the movie previews that say, "Coming Soon to a theater near you." They don't say exactly when, so we have to be watching so that we will be ready when they come. In fact, that is exactly what Jesus told his disciples. "Be ready, because the Son of Man will come at an hour when you do not expect him."

What should we do to make sure we are ready for Jesus when he returns? We should be doing the things that Jesus wants us to be doing -- loving one another, caring for the sick, feeding the hungry, and helping the poor. If we are doing those things, we will be ready when he comes.

Dear Jesus, we look forward to your return. We don't know if you are "Coming Soon," but if you are, we pray that we will be ready when you come. Amen.

# Ready for His Return



So you also must be ready, because the Son of Man will come at an hour when you do not expect him. Matthew 24:44 (NIV)

The puzzle is based on Matthew 24:36-44 (NIV).

U Q Q Y G R I N D I N G X I O  
 H E A V E N C Y S F I C J W Q  
 H E X P E C T O O J I U J C B  
 M A R R Y I N G N R E A D Y I  
 C D G Z R H Y M T H I E F P Y  
 A Z E I A F C J K S E M O Z T  
 A O H O K A Y P I M T P A O H  
 D N N E L T F K O R Y Z M C R  
 R S G Q U H L C M J P F T U Y  
 I R W E Y E O R B K E A O A Z  
 N B O S L R O S L Z W H D G I  
 K Y M M L S D I C D R D Z M V  
 I O E M E E A T I N G G E S U  
 N G N V G N V F S P F A N N L  
 G T J Y K G E P E O P L E E F

WATCH	FATHER	PEOPLE	HEAVEN	READY
NOAH	DAY	DRINKING	COME	MARRYING
GRINDING	WOMEN	ANGELS	MEN	THIEF
FLOOD	EXPECT	SON	EATING	HOOR



## *Peer Pressure Points*

### *Helping your kids learn how to stand up for themselves*

*By Felice Mikelberg*

“EVERYONE’S doing it!”  
“Don’t you want to be my friend?”  
“If you cared about us, you would try it.”

If these phrases sound familiar, chances are good you’ve faced peer pressure at some point in your life. Chances also are good that your children will face it, too.

As kids navigate through childhood and adolescence, they meet classmates, neighbors, and friends – their “peers” – who are supportive, helpful, and provide positive feedback. However, peers can sometimes encourage risky or dangerous behavior. Children, especially teens, may feel the pressure to make certain choices to fit in and belong to a group. Sometimes children conform to the wishes of their peers because they don’t know how to get out of a situation. In other instances, they give in to their peers

because they don’t want to be teased or they’re afraid of rejection.

Children of military families face unique situations and may be especially vulnerable to peer pressure. When you relocate to a new town, your kids are entering a new school, possibly with different academic requirements. They are trying to make friends and find extracurricular activities. Many military youth also deal with deployments and possibly less parental involvement. Others are adjusting to civilian life after their parent or parents retire from a military career.

If you suspect your child is facing peer pressure, here’s how you can help them:

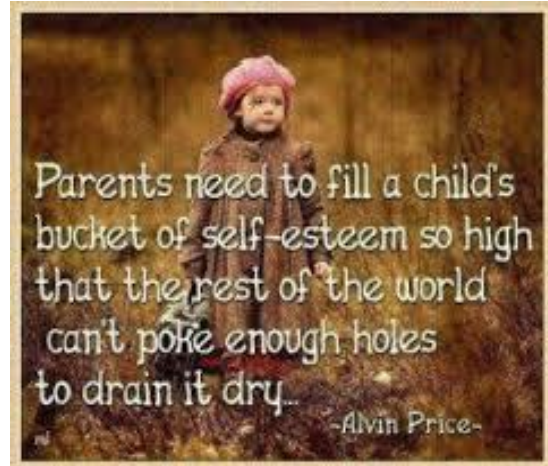
- Teach your children to recognize peer pressure situations, which can be defined by spoken words and unspoken signals, such as looks of approval or disapproval. Help them learn to trust their instincts. If they feel uncomfortable in a situation, even if their friends are in agreement, they need to know they should leave.
- Coach your kids about standing up to peer pressure. Teach them how to say “no” assertively with phrases they can rely on. Remind them it’s also important to stand up for others, too. Suggest choosing friends with similar interest and activities.
- Help your children walk away from an uncomfortable situation by preparing them for possible scenarios and how to leave. Practice dialogue through role playing. Establish a code phrase in a call or text to alert you to pick them up. If the situation seems dangerous, make sure they know how to find an adult for help.
- Assure your kids that they’re not alone. Share stories from childhood about how you faced peer pressure. Several young adult

books on this topic include *Stargirl* by Jerry Spinelli, *Buddha Boy* by Kathe Koja, and *The Chocolate War* by Robert Cormier. Some teen movies that address peer pressure are *The Breakfast Club* and *Mean Girls*.

get appropriate resources that help with topics such as stress and relocation.

- Reach out to your child's teachers, guidance counselors, and therapists for additional support. Military One-Source ([militaryonesource.mil](http://militaryonesource.mil)), a Department of Defense (DoD) funded program, provides support groups and family counseling for military children and their families.

Additional resources can be found at Military Kids Connect ([militarykidsconnect.dcoe.mil](http://militarykidsconnect.dcoe.mil)), an initiative through the DoD that is an online community for military children (ages 6-17), providing access to





# *The Photo Gallery*

## *Church Street New Married Couples*



*Mr. and Mrs. Terry Stokes*



*Mr. and Mrs. Mitchell Oko*



Kiietti Walker-Parker 13.1 mile Half-Marathon, Rock and Roll Las Vegas Sunday, November 13, 2016  
5:36pm Time - 3:45:38; Pastor of the New Hope Baptist Church in Jackson, MS, Dr. Jerry Young, the 18th  
President of the National Baptist Convention, Inc. and Pastor Mitchell Walker



*Church Street New Members: Shelea Garrett, Brandon and Brasia Benjamin*



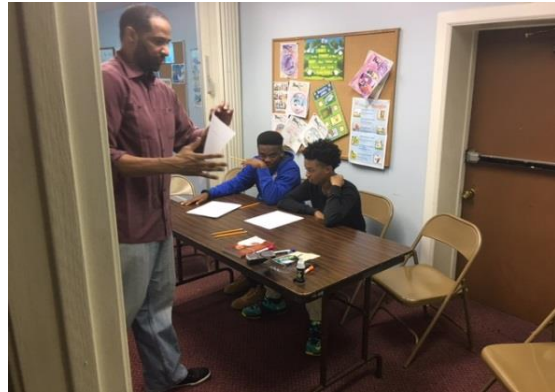
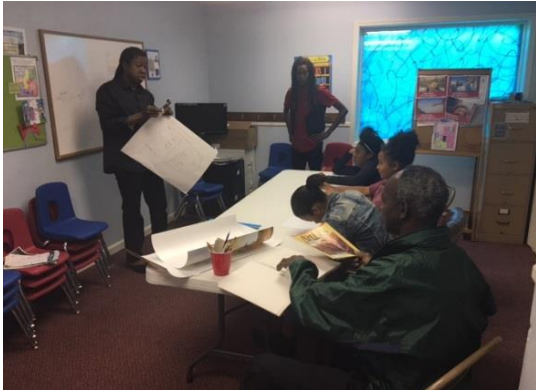
*Baptisms*



*Brasia Benjamin and Jamin Redrick*



**Our Artistic Play Day was a success. Artist included Marc Lacy, Jahni Moore, Ben Patton and Jerika Kinlaw.**



“Art is my weapon of choice in my quest for peace and justice...and for me justice is wanting for the you I want for myself in terms of equity desires... I am a creative spirit manifest in the flesh... I was born to do this as the cricket chirps and the lion roars...” John "Jahni The Artist" Moore

"I think the art program at Church Street is very beneficial in that the children get a double dose of two prominent forms of expression: drawing, and poetry. In today's society filled with numerous negative distractions, art is a positive diversion that allows the youth to go to different places in search of hope and solace." -Marc Lacy

### **Veterans Celebration: Honoring all who served**





Mr. Tarik Townsend – Played “TAPS” and “America the Beautiful” – Sung by Samara Bowden



Member veterans being recognized



Reverend Garrett ministering to our youth



**Two new Huntsville City School Board members**



Mrs. Michelle Watkins being sworn in as one of the new Huntsville City School Board member



Mrs. Pam Hill is one of the new Huntsville City School Board members being sworn in



The Huntsville City Schools Board of Education

**Practically**

# Perfect



“No matter how **large** or  
small, a **gift** is a symbol of  
**love & gratitude.**”

**H**olidays are the universal opportunity to provide thoughtful items to our families, friends, coworkers and extended network to show we care. It’s also known as buying-anything-not-nailed-down-panic time. Some of us painstakingly purchase items throughout the year for each individual. Others wait until Black Friday or even the night before the celebrations to pull together the items on their gift list.

Some of the most thoughtful gifts can be found in the beauty aisle. From hair treatments to dental care wonders, health and wellness items are an incredible way to pamper the people we love.

**[Here are some ideas and product to cover all of your gift needs for every person on your list.](#)**

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## **Natural oils (All-natural powerhouses)**

When looking for beauty gifts keep an eye out for oils. All-natural oils like macadamia, olive and almond have risen to the forefront of beauty. From skin care and color cosmetics to hair treatments, oils are an incredible way to pamper and treat people at the holidays

## **Gifts, gifts, gifts (for everyone!)**

Try buying beauty essentials in multipacks and creating gift baskets. Try matching a shower pouf with a bottle of heavenly-scented shower gel and a candy cane to create a great gift for anyone on your list.

Try a shaving set for teen boys and men: start with a great razor or a pack of disposable razors. Then add a soothing shave gel or foam followed with a smoothing moisturizer, skin oil or even

facial self-tan lotion. Finish off with a quality travel toiletry bag to keep everything together and you've got a thoughtful gift that will not get returned.

Think of pampering gifts for friends and family: a soft and warm pair of bedroom slippers, indulgent foot or body cream, bubble bath or bath bombs, and a smoothing body scrub.

Putting gifts together for people who help you every day (daycare teachers, school teachers, health care providers and more) can be challenging. This is where creative gift building can come in handy. Lip treatments, mints, moisturizers with natural scents (nothing too strong), immune support supplements and a gift card for a favorite coffee shop or lunch make great holiday offerings.

Lastly, remember beauty starts from within. A quality blender, protein powder, a healthy cookbook and a daily multi-vitamin can be a great gift heading into the New Year.

No matter how large or small, a gift is a symbol of love and gratitude. The most important quality of any gift is the thought behind it.

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Dr. Alveda King's Post-Election, Holiday Message  
Wednesday, November 23, 2016



[Evangelist Alveda King with Post Election Prayers for the Holidays](#)

Dr. Alveda King (Nov 23, 2016)

*"...during this 2016 winter holiday season, let those of us who will, agree that for Thanksgiving, we will carve the turkey and not each other with our words. Then in repentance and Agape Love, for Christmas, let us celebrate the birth and Gospel of Jesus Christ—the Lamb of God who takes away the sins of the world."*

**Dr. Alveda King:**

**America has elected a new president, Mr. Donald Trump. He needs our prayers, not our vitriol. The fussing and fuming is hurting our fragile relationships in our homes, our churches and in the marketplace.**



Throughout the 2016 debates and elections, many, including "yours truly" have reminded America that with prayer, we can do as my Uncle MLK often said: "We must learn to live together as brothers [and sisters] or perish as fools."

Let's do what Dr. Martin Luther King suggests so we don't "Perish as fools!"

**"Evangelist Alveda King with Post Election Prayers for the Holidays"**

*"Stay on good terms with each other, held together by [Agape] love."  
Hebrews 13:1 (MSG)*



The 2016 Thanksgiving and Christmas holidays are at our doors. Yet, so many Americans are still reeling with post-election shock. Several weeks ago, I realized that if God didn't touch our hearts with healing, during the holidays many of us would have miserable times around the "family and friend" tables of America. (Photo: Dr. Alveda King)

So I rolled up my sleeves and got on my knees, so to speak, and began to pray for America. Then I designed a holiday meme (below) and began writing this message.



Somehow, America has elected a new president, Mr. Donald Trump. He needs our prayers, not our vitriol. The fussing and fuming is hurting our fragile relationships in our homes, our churches and in the marketplace.

(Meme by Alveda

King)

Throughout the 2016 debates and elections, many, including "yours truly" have reminded America that with prayer, we can do as my Uncle **MLK** often said: **"We must learn to live together as brothers [and sisters] or perish as fools."**

My Uncle MLK, Daddy Rev. A. D. King and Grandfather Daddy King often taught from *Acts 17:26*: ***"Of one blood, God made the human family to live together on the earth."***

**So we are not separate races, from womb to tomb, we are one blood, designed by our Creator to live together on the earth.**

Honestly this has been a very difficult season for me; testing my faith and my love for God's human family.

From the onset of my publicly acknowledged support for the 2016 candidacy of first, Dr. Ben Carson, and then Mr. Donald Trump, I have received so much angst that if it hadn't been for God's mercy and forgiveness in my heart, for myself and for my loved ones—friends, family, church members and others—I would have fallen into sin by either striking back at those who don't agree with me or at least trying to defend my position.

Never mind that during the elections I wrote many blogs and participated in many interviews explaining that in accord with *Proverbs 3:5* and *1 Timothy 2:2*—we Americans must trust God and not the human candidates to rescue America from this present state of disharmony. People still continued to flay each other with words, and in some cases as with the violent protesters, with physical acts of anger.

**Yet God continues to shine through our *2 Chronicles 7:14* prayers,** and we must continue to pray and trust that even in the midst of the Book of Revelation Days, God has not abandoned us. *(Photo: King Family Legacy/Thanksgiving 1963)*



**In closing, during this 2016 winter holiday season, let those of us who will, agree that for Thanksgiving, we will carve the turkey and not each other with our words.**

Then in repentance and Agape Love, for Christmas, let us celebrate the birth and Gospel of Jesus Christ—the Lamb of God who takes away the sins of the world.

Let Agape Love prevail.

**Dr. Alveda C. King, Evangelist and Author**  
**Alveda King Ministries and Priests For Life**  
**Email: [ak@alvedaking.com](mailto:ak@alvedaking.com)**  
**Website: [www.alvedaking.com](http://www.alvedaking.com) / [www.priestsforlife.org](http://www.priestsforlife.org)**

*Dr. Alveda King is an evangelist and civil rights activist; niece of Rev. Martin Luther King, Jr.; daughter of Rev. AD King; and guardian of the "King Family Legacy." Alveda King Ministries aims to advance the Gospel of Jesus Christ as the catalyst for salvation and being born again; promoting traditional family morals and values, from a Biblical worldview. Building strong, healthy families is a cornerstone—where individuals and families are given the necessary tools and resources to live prosperously to their full potential. An aim is to educate through community events, mentoring programs, media campaigns scholarship awards, coalition-building Christian advocacy groups and other means of positive reinforcement in order to lead people to Christ in expectancy of life, family, hope and "agape love" in the global community.*

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**Do You Know Your Bible Answers: (1) Jacob (Gen. 32:11-20); (2) Daniel (Dan. 2:45-48); (3) Jesus (Matt. 2:7-11); (4) Job (Job 42:10-11) and (5) Queen of Sheba (2 Chron. 9:1-9)**



**2016 Theme: "Watch and Be Ready!" Matthew 24: 36-44**

**CHURCH STREET CPCA**  
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