

**UPCOMING
EVENTS**

- Dec 16th
Marriage
Get-A-Way
- Dec. 18
Church Anniversary
- Dec. 24th
Homeless
Outreach
- Dec 25th
Christmas Day
Service
- Dec 31st
Bishop
Dennison's Birthday
- Dec 31st
Watch Night
Service
- Jan 21st
Women's
Fellowship
Princess
Brunch

Clergy Appreciation Banquet

Sister Kim Barton



If you know Bishop Larry J. Dennison, then you know that it is very hard to get anything past him, especially surprises. But this time the Compassionate Outreach Ministries family was able to do just that. In a celebration of love, respect and honor for years of service to the kingdom of God, the COM family held a surprise banquet in October at the Hilton University of Florida Conference Center to celebrate Clergy Appreciation

Month. This special celebration, planned by the C.O.M. First Family Care Committee, was reminiscent of a presidential dinner for heads of state or dinner with the queen of England. The ballroom décor was beautifully adorned in blue and gold, and was simply elegant.

As they entered the ballroom, Bishop and First Lady Dennison were greeted with a standing ovation from a room full of parishioners, friends, family, and well-wishers shouting, "We love you Bishop and First Lady Dennison." Bishop Dennison was surprised, once again, when he saw that the speaker for the evening was his brother, Bishop Cleveland Dennison of Pentecostal Full Gospel Crusade of Jesus Christ of Poulan, Georgia. Bishop C. Dennison had journeyed with his family for this special banquet honoring his younger brother.

The evening began with soul-stirring praise and worship by the C.O.M. praise ensemble and selections by the C.O.M. male ensemble and adult choir, which prepared our hearts for what was to come – the WORD. Sister Nice Hodge ministered in dance to the song "God Favored Me," which is one of Bishop Larry J. Dennison's favorite songs. As we feasted on the delicious meal, we waited in anticipation for the main course – THE WORD OF GOD. There was plenty of time for good fellowship amongst the saints and I could hear others speaking from tables nearby of how Bishop and First Lady Dennison's ministry has been a blessing to their marriage and family.

Bishop Cleveland Dennison preached from the subject, "He Is More Than a Preacher" coming from Acts 28:8 and Isaiah 61:1. The Lord used Bishop C. Dennison to remind us that Bishop Larry Dennison is more than a preacher – he's a husband, father, counselor, and teacher that is anointed to heal the broken hearted. Bishop C. Dennison recalled when he first started pastoring that he had to realize that it was more to it than just preaching. He had to reach out to help others. It sometimes meant he missed out on some sleep. He concluded his message by telling the C.O.M. family that Bishop Larry Dennison deserves to be appreciated and that there is nothing wrong with loving and caring for our pastor.

A touching moment during the celebration was when Brother Scott Sloan presented Bishop Dennison with a rare, limited-edition bass guitar. Bishop Dennison was overwhelmed by the gifts of love that were given by the Compassionate Outreach Ministries family. Brother Sloan spoke of how Bishop Dennison and the C.O.M. family has been a blessing to him and how his life had changed since coming



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Women's Weekend Celebration

Sister Vivian Alexander & Dr. Karen Woods



Dr. Jeanette Holmes-Vann

Apostle Jean Porter

From the praise and worship at the opening of the banquet to the close of the Sunday morning Worship Service on the next day, the Compassionate Outreach Ministries Women's Weekend was a BLESSED SUCCESS! Sister Breon Middleton rendered a solo – Because He Lives; Minister Chandra Cooper sang a beautiful compilation of two songs – You Bring Out the Best in Me by Vanessa Bell and He Saw the Best in Me by Marvin Sapp; Sister Patricia Jeter performed a beautiful praise dance to the song – Why Not Trust God Again; Elder Neal offered the blessing for the meal; and Minister Rutha Harrison kept the enthusiasm high throughout the evening as presider of the banquet. The speaker, Pastor Jeannette C. Holmes-Vann brought the word from her heart about spiritual teachers who get their

ideas from the scriptures, but present the scriptures in a way that lines up with the direction they want the church to go in, rather than teaching the scriptures purely as they are in the Bible. Babes in Christ and those who do not read the bible for themselves may not know whether such message comes from the Bible or not. Pastor Holmes-Vann's message had a very profound impact on the hearts of the attendees in the room. Many could relate to the examples given as they recognized the approach of preachers promoting their own ideology. Pastor Holmes-Vann also addressed our responsibility as believers to carry the bible in our hearts to know the Bible truth, discern and distinguish the truth, walk in the truth, and walk with Biblical principles, so that people can see the Bible truth in us. Many ministries have invited much of the world into the church, which often blurs the Biblical truth. If we hold the Biblical truth in our hearts, we will be able to distinguish worldly rhetoric in all its various forms and differentiate those ministries which are aligned with God's Word from those that are not. Pastor Holmes-Vann encouraged attendees to walk in the favor of God and under the righteous blood of Jesus. The word of God and the blood of Jesus covers us as we walk through this earthly realm on our way to the heavenly realm. To deliver her message, Pastor Holmes-Vann spent much of her time preaching and teaching between the tables of godly women and men in attendance. The red and black themed luncheon featured a woman's shoe – a bejeweled high heel pump – on each table. Attendees left the banquet with a genuine and uncompromising devotion to God and an eagerness for part two at Sunday's service with Dr. Jean Porter.

Dr. Porter continued the theme of "Jesus' Righteous Blood" that flows through us! Nothing but the Blood of Jesus that makes us walk in His Grace and His righteousness! Dr. Porter taught us about the righteousness of Jesus and why we should accept and embrace the fullness of His righteousness. She explained that the righteousness of God is not often understood when we are not yet walking in the fullness of His righteousness. As believers, we have God's favor and we have God's power. Then, why don't we act as if we already have His righteousness? We don't need to seek God's favor because we are always in His favor; likewise, we already have the Power of God in us. We seem to practice more self righteousness than God's righteousness. Dr. Porter used the story of the miracle of the woman with an issue of blood to convey that until we come into the righteousness of God where God's blood flows through us and we are able to recover from all of our imperfections. She assured us that God wants us to walk in His grace and righteousness; the fullness of His righteousness! She closed her message encouraging us to lock our faith in Christ so that when we look in the mirror or think about ourselves in light of our own flaws, we see Jesus!

Heartfelt thanks from the Compassionate Congregation to First Lady Margaret Dennison and the Women's Fellowship Committee for organizing such a blessed occasion and weekend.

Clergy Appreciation

to Compassionate Outreach Ministries. Pastor Beatrice Kathy Long-Richardson of Greater Love and Faith Ministries Inc. and her husband, who were in attendance, sowed a monetary gift into the ministry and committed to do so on a monthly basis. Pastor Long-Richardson expressed how Bishop Larry Dennison and the Compassionate Outreach Ministries family has been a blessing to her, her family and her ministry.

We have the most loving, caring, committed, anointed, and God-fearing leaders in the world. Bishop and First Lady Dennison, we appreciate your life of service to the Kingdom of God. We love you, honor you, and thank God for the precious gifts He has given to us.

Special Recognition

Happy Birthday Bishop Dennison & Congratulations On Being Nominated For The Spirit of Gainesville Award!

HAPPY WEDDING ANNIVERSARY!

Mr. Ricky & Mrs. Carol Blaylock	15 years	12/31
Mr. Clifford & Mrs. Edwennia Britt	11 years	11/25
Mr. Jethro & Mrs. Blanch Clark	27 years	11/26
Mr. Hal & Mrs. Lisa Davis	22 years	12/29
Mr. Cleve & Mrs. Ruthie Ferguson	8 years	12/5
Mr. Jeffrey & Mrs. Jackie Madison	27 years	11/02
Mr. Curtis & Mrs. Priscilla Reese	36 years	12/05
Mr. Bob & Mrs. Karen Woods	3 years	11/1

HAPPY BIRTHDAY!

To everyone born in the months of November & December
We Love You, We Do!

Single Women's Movie Night

Sister Gloria Fullard



This was a night to remember! We started out with a meet & greet with all of the single ladies. The Singles Committee was excited to see that so many single ladies took the time to come out on a Friday night. After we dined on some wonderful food, we proceeded into the sanctuary for praise, worship, prayer, and a few words from our Bishop. Then, Minister Rutha Harrison read an abstract about the documentary that we were about to view. Right from the start, we noticed

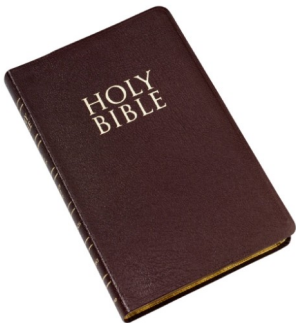
that our audience was in agreement with the ladies in the film concerning the issues involved in being Black and single in the U.S. We could hear all the ladies in the sanctuary agreeing by saying, "Amen" or, "I know that's right." I actually felt like I was discussing my issues with the women in the documentary as they poured out their hearts about the issues that they face. I remember in particular that

they talked about the little innuendos that I have heard from time to time in my life like, "You are so beautiful. Why aren't you married yet?" or "He's intimidated by you, that's why he won't approach you." Well, I take these little remarks and I respond, "Yes, I am a beautiful single woman of God, and when a man see me, he see's Jesus. Therefore, if he's not the one God sent, then he needs to keep on stepping." These comments may cause some single women to question their life of singleness, but you don't have to do that! Don't let it get you down, let it build you up. Enjoy your singleness while you have it. Get involved with your ministry, stay before God in all your free time, fast & pray, spend more time with your family and friends, get a hobby, travel, and see the world now because when God does send your mate, you may not be able to do these things as freely as you can now. The movie night for single ladies helped us realize that we are not alone in our singleness. We all saw some of our issues through some of these women in this documentary. The discussion after the movie allowed us to express ourselves and connect with our sisters. There was laughter, fun and much love as we encouraged each other and gained a greater understanding of our singleness. We as single ladies know that there are many benefits to being single and when we are ready, God will send the man that He has specially set aside for us. Until then we will wait and we will wait patiently.

"Enjoy your singleness while you have it."

Join Us For Bible Study

Brother Donald C. McLean



If I could place a stop light in the corner of your decisions, I would ask every one to make a decision to come to Wednesday night bible study. I think it is exciting to go to bible study, understanding that I will be encouraged to be obedient to the commands and precepts that are in the bible. The fellowship is very enhancing for our spiritual growth. Even more, the praise and worship service is one of the most joyful times of the service as the praise team leads us in singing, praising, and

worshipping the Lord. The musicians play their instruments as we often clap and wave our hands to the glory of God. We are regularly encouraged by the testimonies of the power of God moving in the lives of the Saints. There are times that Bishop Dennison allows us to engage in questions and answers on a particular subject matter before giving us a more in -depth spiritual analysis of the discussion. And the corporate prayer is a spiritual covering that is remarkably powerful, when all minds are focused on the Lord and we are believing Him for life-changing experiences. This service during the middle of the week is just what we need to continue to uplift us in the things of righteousness and to help us follow Bishop Dennison as he follows our Lord and Savior Jesus Christ. I would like to encourage all members and friends to come out to fellowship with us on Wednesday night. I assure you that you will be blessed.

AIDS Walk 2011

Dr. Naima Brown

Ever since the very first World AIDS Day Walk was organized by B.A.S.E (Black AIDS Service & Education) in Gainesville, Compassionate Outreach Ministries has been a staunch supporter and sponsor of the walk. This year walkers donned World AIDS Day sweat-shirts that read "You can't tell by looking at me" on the front and listed



the names of sponsors (including Compassionate Outreach Ministries) on the back. The 1.2 mile walk traversed the Duval area of Gainesville and spread awareness about the disease that is now the number two killer of Black women aged 25-44. A key message from this year's walk is "Get Tested." Free testing is available at the Alachua County Health Department.

Compassionate Outreach Ministries



Pastor & Founder: Bishop Larry J. Dennison
First Lady: Sister Margaret Dennison

320 SE 43rd St.
Gainesville, FL
352-373-1888
1-888-780-7729

Website

www.compassionateoutreach.org

E-mail

info@compassionateoutreach.org

**We Are Reaching Out,
Not Out Of Reach**

Homeless Outreach

The Homeless Ministry at COM is reaching out and not out of reach! On Thanksgiving Day, the Homeless Ministry set up shop at the Bo Diddley Community Plaza in Downtown Gainesville and showed the love of God to the less fortunate population in the city. About 185 dinners, which included all of the traditional Thanksgiving fare like turkey, stuffing, ham, macaroni and cheese, greens, candied yams and dessert were provided. In addition to receiving a hearty meal, the homeless attendees were able to hear an encouraging word, to enjoy the songs of worship that were sang, and to marvel at the goodness of God through the testimonies that were shared.



The Homeless Ministry will return to the Bo Diddley Community Plaza to reach out to the homeless on Christmas Eve. To make the Christmas Eve event a success, church members are needed to help set-up the event, serve the food, secure the area, and help with clean up. If you are interested in assisting this arm of ministry in any way, please contact Sis. Bonnie Means.

Healthy Hearts: Holiday Eating

C.O.M. Health Team

For many people, the holidays are a time for celebration. These celebrations often involve foods that are high in fat, sugar, and calories but low in nutrition. With a few minor changes, however, special occasion foods can be both delicious and nutritious.



One of the most significant diet dangers revolves around sugar consumption. When you binge on sugar, you crave more and more and your body slows down. Sugar binges cause a drop in serotonin, a chemical in the brain that regulates sleep and appetite. A lack of serotonin is often associated with depression. When you're deprived of serotonin, you won't feel calm and in control. To help boost your serotonin level naturally, eat small but frequent meals that include complex, starchy veggies. You can also help control blood sugar levels by eating small quantities of protein three times a day. Here are some other holiday survival tips:

- Exercise one hour a day during the holidays. This burns calories, relieves stress, elevates your endorphins, and regulates your mood.
- Avoid eating no fat foods. Eating moderate amounts of fat during the holidays will satisfy the appetite and prevent overeating of carbs.
- Don't skip meals. Hunger and low blood sugar lead to overeating.
- Don't pass up favorite foods or deprive yourself completely. Moderate consumption is the key.
- Don't tempt yourself by keeping trigger foods or comfort foods around the house.
- Plan meals by keeping in mind the demands you'll have on your schedule that day.
- Don't go to a party starving. Before you leave home, eat something light or drink a protein shake.
- Drink a great deal of water the day of the party.
- When you attend holiday festivities, don't plant yourself near the buffet table. Make a clear-cut decision to distance yourself from all goodies.
- Soothe your spirit with a massage, manicure, pedicure, or facial. Men can enjoy these uplifting treats too!
- Eat before you leave home so you won't resort to cookie breaks.
- To satisfy your sweet tooth, set limits. For example, you might allow yourself two desserts per week at 250 calories each.
- Just because it is the holidays doesn't mean you should give yourself the license to eat everything that passes by.
- Eat whatever you want on the main holiday feast. If you overdo it just go back to your regular plan the next day.
- Breathe deeply, and clear your mind of all the clutter.

In spite of these small changes, we can still enjoy the holidays. Just remember that the real reason for the season is not the food. The true spirit and meaning of the season is loving our neighbor as ourselves, by genuinely caring for them through acts of kindness, courtesy, compassion, and hospitality, while expecting nothing in return. As we celebrate this holiday season, let's keep in mind that Jesus is the Real Reason for the Season!