

Compassionate Outreach Ministries



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*We Are Reaching Out,
Not Out Of Reach*

Healthy Hearts

If your husband has chest pain, you'd rush him to the hospital. However, many women would not recognize signs of heart attack in themselves. Many people are unaware that heart attack symptoms in women can be quite different from men's. In fact, most people don't have a plan of action if faced with possible heart attack. Yet, acting quickly is vitally important. Dial 911 for an ambulance because within the first few hours after a heart attack, there is a high risk of fatal arrhythmia, and only ambulances with fire department personnel or paramedics are equipped to revive a person whose heart has stopped beating. Symptoms of a heart attack in men and women include: squeezing chest pain or pressure; shortness of breath; sweating; tightness in chest; pain spreading to shoulders, neck, arm, or jaw; feeling of heartburn or indigestion; and sudden dizziness or brief loss of consciousness. Heart attack symptoms more likely to be found in women include: indigestion or gas-like pain; dizziness or nausea; unexplained weakness or fatigue; discomfort or pain between the shoulder blades; recurring chest discomfort; and a sense of impending doom.

Heart Attack Action Plan:

- ◆ Call 911 immediately.
- ◆ Provide one aspirin to chew. Heart attacks are caused by bloodclots in heart arteries, and aspirin helps reduce these clots.
- ◆ Give CPR if the patient is not breathing. If you don't know CPR, find a class and sign up. It's easy to learn, and it can save lives.
- ◆ Get to the hospital quickly. The longer it takes to get treated, the more badly damaged the heart will be. *(Written by Jeanie Lerche Davis; Adapted from WebMd; Submitted by the C.O.M. Health Team)*

Holy Alphabet

Although things are not perfect
Because of trial or pain
 Continue in thanksgiving
Do not begin to blame
 Even when the times are hard
Fierce winds are bound to blow
God is forever able
Hold on to what you know
 Imagine life without His love
Joy would cease to be
Keep thanking Him for all the things
Love imparts to thee
Move out of "Camp Complaining"
 No weapon that is known
On earth can yield the power
Praise can do alone
Quit looking at the future
Redeem the time at hand
Start every day with worship
To "thank" is a command
Until we see Him coming
Victorious in the sky
We'll run the race with gratitude
Xalting God most high
Yes, there'll be good times and yes some will be bad, but...
Zion waits in glory...where none are ever sad!

Reading For Fun

The C.O.M. Book Club is up and running. Get on board if you like to read and talk about what you have read. The members meet once a month for a fun fellowship in which they discuss a Christian book. The group is now reading *Brother Word* by Derek Jackson. The Book Club will convene to discuss the book on Friday, August 3rd from 6pm to 7pm. If you would like to join, just read the book and show up at the next meeting. Contact Sis. Naima Prince for more info.

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COMPASSIONATE OUTREACH MINISTRIES

Heart-To-Heart Newsletter

Dear Bishop Dennison

Q. My friend is a 45 year-old, divorced, Christian woman with no children. She took her divorce really hard and was depressed for quite a while afterwards. A while back, she met a man over the telephone at work. She was excited and I was happy for her. She and the guy have been talking on the phone for over a year, but have only seen one another once. Now, she is telling me that she is planning to marry him and move to another state in September. I really think that she is moving too fast because of the limited amount of time that they have spent together. Even more, I believe that her new fiancé may be some kind of con-artist. I have done some background checking on him (without her knowledge) and have found that some of the things that he has told her regarding his employment, retirement, and property ownership are not true. My friend has cut off everyone (friends and family) that has questioned or criticized her new fast-track relationship. I know that the bible tells married people to leave and cleave, but I am very concerned about her leaving everyone that loves her and cleaving to this man. I want to talk with her about my feelings, but I don't want to drive her away or offend her. Please help.



Bishop Larry J. Dennison

A. I am not sure that your friend will initially appreciate your doing a background check on her friend and of course you were not authorized to do so. However, it is my belief that you did this with pure motives. It shows your love and concern for the best interest of your friend. Now that this information can be proven to be factual, you should (because of your motive), discuss it with your friend and trust that she will receive it as something positive, not negative. Here are some tips to avoid fast-track relationships.

1. By all means, do a thorough background check on the individual.
2. Spend quality time together. This goes beyond lengthy telephone conversations and internet chats.
3. Avoid cutting off your family and genuine friends.
4. Seek wise counsel from your pastor or spiritual leader.
5. Do not enter a new relationship immediately after a divorce or separation.
6. Avoid hasty decisions in relationships, especially in reference to marriage.

Inside this issue:

Dear Bishop Dennison	1
2007 Women's Retreat	2
You Are Worthwhile	3
The Arms of Compassionate	3
Special Recognition	3
Healthy Hearts	4
Holy Alphabet	3
Book Club	4

Dates To Remember

August 3	C.O.M. Book Club
August 5-10	W.O.R.D. Conference
August 18-19	Family & Friends Weekend Celebration
August 25	Men's Retreat
September 1	Information Meeting
September 14	C.O.M. Book Club
September 29-30	Women's Conference

Bible Trivia Answer Deuteronomy

6:6-7 And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

Women's Retreat 2007

WOW! The 2007 Compassionate Outreach Ministries Women's Retreat was AWESOME! There was something for everyone to enjoy when the women set off to Charleston, South Carolina for a weekend get-a-way. When asked what they enjoyed the most about the retreat, the women had a lot to say. Their comments provide a good idea of what went on during the weekend and why the women are already looking forward to the 2008 Women's Retreat. **The women shared that their favorite part of the 2007 Women's Retreat was:**

1. The beautiful, powerful, heartfelt prayer led by our First Lady.
2. Realizing that my sisters and I have each other's back.
3. Laughing with the other ladies on the bus.
4. The warmth that I heard in my sister's words.
5. Learning the history of Charleston, South Carolina.
6. Experiencing the life-changing power of God in the service.
7. Watching the Bishop Noel Jones DVD while riding the bus.
8. Receiving the Word of God from Dr. Geraldine Eady.
9. Singing songs with my roommates in the wee hours of night.
10. Learning that we all have strength!
11. Riding the merry-go-round in Savanna, GA.
12. Experiencing unity and God-driven restoration!
13. Seeing Charleston's numerous historical landmarks.
14. The feeling of freedom!
15. Spending time with other sisters outside of the church setting.
16. Fellowshiping with my sisters in Christ's love, peace and joy.
17. Laughing with my roommates.
18. Shopping, shopping and more shopping!
19. Realizing that I am strong enough to fulfill my purpose.
20. Receiving compassion.
21. Having fun with my sisters.
22. When the Spirit fell in the worship service and God did His THING!
23. Knowing that me and my sisters are in this together.
24. Receiving strength for the journey.
25. When the women took their masks off and received deliverance.
26. Realizing that I am free from EVERYTHING!
27. Fellowshiping with ladies who truly love the Lord.
28. When my First Lady shared her commitment to weight loss because it encouraged me to lose some weight.
29. When I walked into my new beginning!
30. The fellowship and the awesome Word of God.
31. The fellowship with my sisters and the Lord.
32. Connecting with my sisters in Christ.
33. When I was delivered from the spirit of grief and depression.
34. The togetherness that I felt.
35. When I learned the value of unity.
36. When I received a Word that released and freed my Spirit.
37. When my soul was blessed and revived.
38. Having my faith strengthened by Darlene Bishop's testimony.
39. Being renewed and refreshed.
40. Learning that we are women of strength.
41. Spending time with my sisters.
42. Dr. Eady's message regarding a woman's strength
43. Learning how to stay strong through all my tests.
44. Having my eyes opened.
45. Getting to know some of my sisters in Christ.
46. The merry-go-round experience with Sister Dennison.
47. The spiritual growth in my life, in my mind, and in my heart.
48. The awesome speaker.
49. The informative and entertaining tour of Charleston.
50. Sister Dennison's remarkable and holy words of love.
51. When everyone came together in unity, understanding that I need you and you need me.
52. The workshop message that blessed my heart and spirit while changing my outlook on life.
53. Fellowshiping with my sisters and worshipping in the Lord.
54. Being able to relax.
55. The many shopping opportunities.
56. Realizing that this trip was appointed by God and that it was all in His plan.
57. The love, peace and joy that was shown.
58. The move of God in the workshop.
59. The word of deliverance.
60. Realizing that I am stronger now and UNSTOPPABLE!
61. Getting some much needed rest!
62. The great fellowship with my Sisters in Christ.
63. Having my strength renewed in the Word.
64. The encouraging Word from the speaker.
65. Being totally freed from my past and released into my destiny.
66. Relaxing by the pool with my sisters in Christ.

You Are Worthwhile

When Jesus told the story of the missing sheep, some of the people who were listening wiped away tears because they knew how it feels to be lost among the crowd. Jesus wanted us to understand that we have a Father who sees and cares for each one of His children and that we are all equally valuable to Him. No one is useless to God. No one, at any point in his life, is useless to God: not a little child, not the unattractive, not the clumsy, not the tired, not the discouraged. God uses all of His children. Our value is inherent. It is not based on the Ph.D. after a person's name or the amount of money in one's bank account. We have value simply because of who we are in the eyes of God. Every human has value simply because he or she is the creation of the Almighty God. You belong to God eternally. Now, you may not feel motivated. You may not feel like you have a reason for living, but you must renew your mind with the immovable fact that you are a part of a commissioned people. You have a reason to be alive. There is an eternal purpose. There is a great river of God's purpose that is moving towards an eternal home with Him. You cannot stop God's purpose! God's purpose is greater than you and if you are God's child, nothing is going to slow down God's purpose for your life. *(Mother Inez McKinnon)*

The Arms Of Compassionate: Media Ministry

The Media Ministry is directly involved in the great commission of Mark 16:15 which reads, "And he said unto them, Go ye into all the world, and preach the gospel to every creature." It is through this ministry that the Word of God moves from Compassionate Outreach Ministries into the entire world via television, radio, and CD sales. Because of the full schedule of activities at Compassionate Outreach Ministries, the Media Ministry is always recording something. More volunteers are needed to join the team. Media Ministry volunteers are asked to sign up to work two Sundays, one Wednesday and one special service (wedding, homegoing, WORD conference, etc) each month. In order to be an effective member of the team, a volunteer must be dedicated, willing to learn new things and comfortable with learning about technology. It is a high pressure environment because we record live. Nevertheless, praying before starting always helps! Working with the Media Ministry provides volunteers with the opportunity to develop computer skills, to operate audio and video equipment and to produce video for television broadcast. If you're faithful and have your own transportation we'd love to have you. Come and be apart of spreading God's Word! *(Brother Eugene Jones, Media Ministry Coordinator)*

Special Recognition

HAPPY WEDDING ANNIVERSARY

Mr. Charlie & Mrs. Gloria Bradley	42 years	7/11
Mr. Leon & Mrs. Barbara Cummings	11 years	7/15
Mr. Rickey & Mrs. Mary Davis	26 years	7/16
Mr. David & Mrs. Wanda Frazier	13 years	7/29
Mr. James & Mrs. Katie Hardy	22 years	8/2
Mr. Simon & Mrs. Dawn Harris	9 years	7/18
Mr. Nyron & Mrs. LaShandra Jenkins	6 years	8/25
Mr. L.J. & Mrs. Ruby Johnson	46 years	7/16
Mr. Rudolph & Mrs. Carla Lake	13 years	7/16
Mr. Floyd & Mrs. Cassandra McAllister	17 years	8/4
Mr. Nathaniel & Mrs. Kathy McAllister	8 years	8/22
Mr. Jerry & Mrs. Cynthia Miller	13 years	8/25
Mr. Todd & Mrs. Tangelyn Mitchell	27 years	7/26
Mr. Samuel & Mrs. Carla Neal	18 years	8/26
Mr. Quincy & Mrs. Carol Osborne	20 years	8/8
Mr. Tony & Mrs. Wanda Owens	6 years	7/18
Mr. Willie & Mrs. Vondalyn White	11 years	8/17

Thank You First Lady Dennison

The women of Compassionate Outreach Ministries would like to sincerely thank Sister Margaret Dennison for the 2007 Women's Retreat. *We Love & Appreciate You!*

Happy Birthday

To Everyone Born in the Months of July & August *We Love You, We Do!*

Bible Trivia: Complete The Verse

And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and