



Dear Bishop Dennison

Q. Congratulations on 30 wonderful years of marriage! Please offer some tips for married couples who desire to have such a long-lasting marriage.

A. *The number of tips and suggestions for couples who desire a long-lasting marriage is countless. I would like to share some simple, yet profound, tips that I believe, if applied, will enable couples to have such a relationship.*



Bishop Larry J. Dennison

- C** Communication. *Effective communication is to speak so that your spouse will always listen to you and listen so that your spouse will always speak to you.*
- H** Honesty. *I firmly believe that honesty is the best policy: in spite of, regardless of, because of...*
- R** Respect. *Respect is the number one principle for building a long-lasting marriage. Never disrespect or devalue your mate in public or in private.*
- I** Intimacy. *I believe that intimacy in and out of the bedroom is much more effective if you use the 3 B's: Begin Before Bedroom.*
- S** Significance/Security. *There is nothing or no one more significant than your significant other. When you demonstrate that, it will assure your mate of security in the relationship.*
- T** Trust. *Trust is a must foundation for the above principles to be built upon.*

As we can clearly see, Christ is the answer for a long-lasting marriage!

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Dates To Remember

Jan 26	Women's Fellowship Breakfast
Jan 28	Black History Month Program Rehearsal
Feb 1-3	Singles Conference 2008
Feb 4	Bishop & First Lady Dennison's 30th Wedding Anniversary
Feb 8	C.O.M. Book Club Meeting
Feb 12	Women's Fellowship at the Woodland Care Center
Feb 23-24	Children's Choir Weekend Celebration
March 1	Church Information Meeting
March 5-7	Revival
March 14	C.O.M. Book Club Meeting
March 21	Women's Fellowship Movie
March 23	Resurrection Sunday (Easter)

Arms Of The Ministry

The Homeless Ministry

By Sis Bonnie Means

On November 22, 2007, we went to the downtown plaza in the storm and the rain to feed the less fortunate and God met us there. Minister Nyron Jenkins ministered the Word of God. The people were truly blessed by the Word and the meal. We had an awesome time!

On December 22, 2007, The Homeless Ministry went to the St. Francis House to feed the residents. Elder Mabel Coon ministered the Word of God and we had a praise dance ministered by Sister Barbara Cummings. As the dance went forth, the people were truly touched. You could see tears rolling down their faces. God was in control!



The Homeless Ministry serving food at the Downtown Plaza

On December 23, 2007, the Homeless Ministry and the Compassionate Outreach Ministries Choir went to the Downtown Plaza to feed the less fortunate. We sang songs, we prayed, and the Word of God was ministered by Elder Lee Ray Harden. We had an awesome time and we fed 103 homeless people. We also passed out gifts and everyone there received a gift. Not one person was left out!

I saw the hand of God move on this weekend. It was like the boy with the two fish and five loaves of bread. God made a way out of no way. Who did it? God did it! He had everything in control and for that I give Him all the praise and the glory. This year has been a great year. Thanks Be To God!



Don't forget. We are in the midst of a food drive to re-stock the food pantry. Remember to bring non-perishable food items with you when you attend church services.

Healthy Hearts

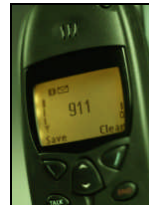
LEARN TO RECOGNIZE A STROKE,
BECAUSE TIME LOST IS BRAIN LOST

Stroke is a type of cardiovascular disease. It occurs when a blood vessel that carries oxygen and nutrients to your brain gets blocked or bursts. When that happens, the affected part of your brain doesn't get the blood it needs. In minutes, it starts to die.

What are the stroke warning signs?

You and your family should learn the warning signs of stroke today. If you or someone you're with has any of these signs, a stroke may be occurring:

- ◆ Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- ◆ Sudden confusion, trouble speaking or understanding.
- ◆ Sudden trouble seeing in one or both eyes
- ◆ Sudden trouble walking, dizziness, loss of balance or coordination.
- ◆ Sudden, severe headache with no known cause.



Respond by calling 9-1-1 immediately if you or someone close to you is having warning signs of a stroke.

What are the key point to remember?

- ◆ ***Reduce*** your chances of having a stroke by learning the risk factors and working with your doctor to help reduce your risk.
- ◆ ***Recognize*** the warning signs of a stroke. Stroke is a medical emergency. Every second counts!
- ◆ ***Respond*** by calling 9-1-1 immediately if you or someone close to you is having warning signs of stroke. Then check the time. When did the first symptom start? You'll be asked this important question later. *(Submitted by the C.O.M. Health Ministry; Info adopted from www.strokeassociation.org)*

Happy 30th Wedding Anniversary



Bishop & First Lady Dennison,
Your marriage is a testimony
Of what our God can do.
He can put a marriage together.
And He can keep it together too.
You are indeed "Terrific Together."
Just like a hand and a glove.
We thank our Father in Heaven
For your enduring and lasting love.
We love, admire, and cherish you.
And respect what you stand for.
Congratulations on 30 years of marriage.
We wish you many, many more!

With Love,
The Compassionate Outreach Ministries Family

Singles Conference 2008

Compassionate Outreach Ministries will host its first Single's Conference Friday, February 1st through Sunday, February 3rd. The conference theme is "Sustaining & Maintaining God's Way." Single, divorced, and widowed adults are invited to attend. Among other things, attendees can expect to learn about the keys to Godly dating, the blessing of being single, and the single person's role in the church.

The Guest Speaker is Pastor/Prophetess Shwanada Jones. Pastor Jones is the Senior Pastor of Royalty Christian Fellowship in Lumber City, Georgia and she is also the president and founder of Shwanada Jones Ministries. Pastor Jones will speak at the Singles Conference on Friday, February 1st and on Saturday, February 2nd .



Pastor Shwanada Jones

On Sunday, February 3rd (the eve of their 30th wedding anniversary), Bishop Larry J. Dennison and First Lady Margaret Dennison will pour words of Godly wisdom into the lives of the singles and will also offer a concluding prayer for the conference.

Childcare will be provided on Friday and Sunday and lunch will be provided on Saturday. All guests are asked to register for the conference. Registration is free and may be done on-line at www.compassionateoutreach.org.

Special Recognition

HAPPY WEDDING ANNIVERSARY

Bishop Larry J. & Sis. Margaret Dennison	2/4	30 years
Mr. Harold & Mrs. Gwendolyn Jenkins	1/8	26 years
Mr. Keith & Mrs. Patricia Jeter	2/9	18 years
Mr. John & Mrs. Donna Smith	2/12	8 years
Mr. Bruce & Mrs. Kathy Robinson	1/5	18 years

HAPPY BIRTHDAY

To Everyone
Born in the Months of
January & February
We Love You, We Do!

Compassionate Outreach Ministries



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

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*We Are Reaching Out,
Not Out Of Reach*

FPU

Financial Peace University (FPU) is a life-changing program that teaches you how to make the right decisions with your money. You'll be empowered with the practical skills and confidence needed to achieve your financial goals and experience true financial peace! Imagine what the People of God could do for the Kingdom of God if they were debt-free. FPU began at COM on Jan 15th and will continue for 13 weeks. If you are interested in the next class please see Sis. Wanda Nichols for more info.

Book Club

The C.O.M. Book Club will discuss "The Emotionally Destructive Relationship" by Leslie Vernick on Feb. 8 and "It's Not Over Til It's Over" by Matthew Ashimolowo on March 14.

The Chef's Corner

O taste and see that the Lord is good. (Psalm 34:8)

Grilled Chicken Pasta Salad

By Sister Brenda Lyons

Ingredients

1 lb. bag of grilled chicken (available in the deli-meat section of the grocery store)

1 box of tri-color pasta

Two medium tomatoes

A bunch of green onions

1 green pepper

16 oz. bottle of Italian dressing

Directions

1. Cook pasta according to directions on the box. Pour in a colander to drain and set aside.
2. Wash tomatoes and green pepper. Pat dry with a paper towel.
3. Dice tomatoes. Set aside.
4. Julienne (thinly slice) green peppers. Set aside.
5. Chop onions (the green portion only). Set aside.
6. Place pasta in the bowl. Add chicken. Add vegetables.
7. Pour the dressing over all the ingredients.
8. Gently toss the salad.
9. Refrigerate 30 minutes.

(Look for a delicious and easy recipe from Sis. Brenda Lyons in each newsletter)

Good Times & Bad Times

By Mother Inez McKinnon

Through the good and bad times, God is always there. He can make a way out of no way. He is always on your side and He is there to carry you through. In good times and bad times, you must strive to go through because He will be with you always. He will be your guide. I will pray for you today and I hope you will remember that God is the way, the truth, and the light. God who reigns above is our Supreme Being. He rules both heaven and earth. He is a God who has compassion on us in everything that we do. He is a God who never fails. He can make a way out of no way. When we sin and do wrong, he is forgiving. He will forgive us when we are wrong and He is a God who comforts and consoles us when sorrows come. He is a God who reigns eternal with His love. He is a God who will not forsake you nor leave you. So why don't you just trust Him and give Him the praise. He is worthy of the praise!

