

Compassionate Outreach Ministries



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*We Are Reaching Out,
Not Out Of Reach*

Appearance

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ents. We should strive to always be good representatives of our heavenly father and good ambassadors for the kingdom of God. Read St Matthew 5:44-45
2. Because of our relationship with others. We serve as an example to others. We may not know who, but someone is always watching. We are called to be fishers of men, so our lifestyle should draw others. Read St. Mark 1:17 . We don't want people to think that we are doing things that we are not doing.
3. Because of our relationship with our bodies. We are inhabiting bodies that are temples of God. Read I Corinthians 6:19-20 We are tenants and have been bought with a price. We do not own the temple. Read Roman 12:1-2.

A Prayer For 2008

By Mother Inez McKinnon

Dear Master, for this year just one request I bring.
I do not pray for happiness or any earthly thing.
I do not ask to understand the way thou leadest me.
But this I ask: teach me to do the thing that pleaseth thee.
A quiet lot in life is mine, made up of little things.
Teach me to do as unto thee the duties each day brings.
Faithful in that which is least dear Master I would be so thankful to you,
Thus making all my daily work the thing that pleaseth you,
I want to please thee through this year in every word I say.
Dear Master take these lips of mine and keep them day by day.
From foolish talking, angry words and evil speaking free.
Teach me that I may ever speak that thing that pleaseth thee.
Not only what to do and say would I be daily taught.
I ask thee so to cleanse my heart and purify each thought.
That every thought and every wish may be pure and holy.
I want in everything to be the thing that pleaseth thee.
I want to know thy guiding voice to walk with thee each day.
Dear Master make me swift to hear and ready to obey.

O Taste And See That The Lord Is Good

Salmon Fillet Over Spinach

By Sister Brenda Lyons



Ingredients

- 2-4 salmon fillets
- 1 16 oz. bag of fresh spinach (bagged salad section)
- 1 lemon
- Paprika
- Pepper
- Olive Oil

Directions

- Preheat oven to 350°
- Gently rinse filets.
- Dab filets with olive oil.
- Season filets with pepper and paprika.
- Melt a pat of butter in a sauté pan and brown filets.
- Remove filets from sauté pan and set aside.
- Put spinach in the same sauté pan until it withers.
- Spread withered spinach across the bottom of a 9 inch baking dish.
- Place filets on top of spinach.
- Squeeze 1/2 of lemon over salmon fillets.
- Cut 1/2 lemon into round circles and place over salmon in pan.
- Bake for 10 minutes in the oven.
- Decorate with parsley and serve. Serves 2-4.

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

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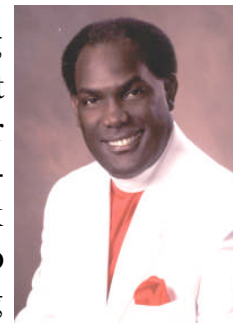


COMPASSIONATE OUTREACH MINISTRIES

Heart-To-Heart Newsletter

Dear Bishop Dennison

Q. My siblings and I have been discussing options for caring for our elderly parents. Their health has deteriorated to a point that it is a hardship (physically and economically) to care for them at home. We are all raising young children in our respective homes and none of us are able to afford around-the-clock nursing care. We understand that the bible commands us to honor our parents and we want to do just that. Is admitting one's parents to a nursing home dishonoring them? Please provide us with a biblical perspective on our situation.



Bishop Larry J. Dennison

A. *The bible does teach us in Ephesians 6:2, "Honor your father and mother; which is the first commandment with promise." If your family was in a position to offer around-the-clock care for your parents, I'd strongly suggest that this would be the route to take. However, I do not believe that you are dishonoring your parents in any way by placing them in a nursing home. To honor means to attach high value to something or someone. For you to see to it that your parents are properly cared for, is attaching high value and is indeed an honorable thing. Here are a few things to consider as you discuss this with your family:*

1. *Seek the best nursing home facility that you can find that will provide the loving and professional care that your parents deserve.*
2. *Seek a facility that is conveniently located within close proximity to one of the siblings' home, if possible.*
3. *Develop a plan so that a sibling or responsible family member can visit your parent daily.*
4. *Once a facility has been chosen, encourage family members to develop rapport with the staff.*
5. *Be observant and pay attention to the care that is being administered.*

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Dates To Remember

| | |
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| March 21 | Women's Fellowship Movie |
| March 23 | Resurrection Sunday (Easter) |
| April 25-27 | Youth Weekend Celebration |
| May 3 | Information Meeting |
| May 10 | Women/Mother/Daughter Luncheon |
| May 11 | Mother's Day |
| May 17 | Health Fair |
| May 24-25 | Men's Weekend Celebration |

Loving Myself

By Sister Renee Hall

When I don't love myself, I will settle for less.
 When I don't love myself, I will think I don't deserve the best.
 When I don't love myself, I will hide behind sin and shame.
 When I don't love myself, I will put others to blame.
 But when I love myself, I won't settle for less.
 And when I love myself, I'll think I deserve the best.
 When I love myself, I won't hide behind sin and shame.
 When I love myself, I won't put others to blame.
 Because I love myself, I will stand strong and fight.
 Because I love myself, I will fight with all my might.
 Because I love myself, I will open my eyes and see.
 Because I love myself, and see that Jesus lives in me.

Arms Of The Ministry

Cancer is a group of diseases characterized by the uncontrollable growth and spread of abnormal cells. Although African Americans make up 12% of the American population, they account for only 8% of the cancer survivors in America. More needs to be done in the African American community to fight cancer.



As Compassionate Outreach Ministries ministers to the total man, the church is actively engaged in the battle against cancer. In fact, Compassionate Outreach Ministries has already formed a team to participate in the East Gainesville Relay for Life. The East Gainesville Relay for Life is an event sponsored by the American Cancer Society to raise money for and awareness of cancer. It will be held May 16th -17th at Howard Bishop Middle School. The event is historical as it marks the first year that the American Cancer Society will host a relay event in East Gainesville.

The relay team from Compassionate Outreach Ministries is called "The Heart of Compassionate." It is headed by Sister Patricia Jeter, coordinator of the church's Safe 'N Him, cancer support group. There are 9 church members on the team and they will take turns walking or running around the track for 18 hours.

If you would like to get involved in the East Gainesville Relay for Life, there are many ways that you can help. You can support The Heart of Compassionate by making a donation to the team (at www.events.cancer.org/rfleastgainesvillefl or in person)or you can form another team of 8-10 members from Compassionate Outreach Ministries or if you are a cancer survivor, you may participate in a survivor's lap and/or a survivor's dinner. Please see Sis Patricia Jeter for more information.

For The Married Folks

By Sister Naima Prince

Communication is necessary for an enduring marriage. Research shows that men and women tend to talk for different reasons. Realizing that such a difference exists in your relationship can help you and your spouse avoid common communication pitfalls.



Women tend to talk for "rapport." That means that they typically talk for closeness, to develop relationship and to feel connected. The more a woman talks to another person, the closer she feels to them. Men, on the other hand tend to talk for "report." This means that men usually talk to make a point, to answer a question or to give some information. Once the task has been completed, he stops talking. The problem, in many relationships, is that men feel frustrated that their wives are sharing so much information (taking the long road to get to the point) and women feel frustrated that their mates are sharing so little (quickly getting to the point). In such situations, the frustration exists because each spouse expects the other to communicate from the same reason. Men expect women to be like them, short and to the point while women expect men to be like them, sharing most of the details of their lives.

When we understand that these differences exist, we can improve our relationships by being sensitive to our mates communication style. Husbands can share more details and also be more accommodating to their wives long-windedness, knowing that the more she shares with him and he with her, the closer she feels. And wives can cut out a few of the details and be more accommodating to their husbands shortness, recognizing that when he talks, he may just want to make a point and move on.

Speaking Out: The Voice Of Our Youth

By Xavier Jackson-Monroe

With the local NAACP, I have been privileged to meet and discuss numerous topics with local, state and even national leaders. Yet, I'm concerned. I'm concerned that when I graduate this year, 40% of the class I began high school with will forever remain high school dropouts. I'm concerned that of that 40%, the vast majority are people of color. I'm concerned that of the 60% of students that will manage to graduate, only 52% of them will attend college with the vast majority of them not being people of color. With the position I have attained, I have become discouraged and at times felt as if all of my efforts, hopes, initiatives were in vain. I look back at history where the church was the driving force behind organizing the community and instituting a unilateral bond that could never be broken. But sadly, today we forget about the prominence the church should have and instead trade it in for the vanity of position, title and ignorance all of which lead to bickering, distrust, and hopelessness. It is time that we realize that we must place our faith first, education second and reinvigorate our audacity to hope. We live in perilous times, and from only five months with my experience with government, I'm afraid. I'm afraid for our nation, its stability, and its people. We, especially the Black Community, are tearing ourselves apart by lack of knowledge. There is nothing wrong with a person with a decent vocabulary grounded in their faith. We have to take back our destiny and we can only do that by knowledge and faith. When we find the common ground between the two, then and only then will we have nothing to fear. The time for change, progress, prosperity is now. We have been given all the necessary tools, now let us use them. Let us remember the story of Joseph and how faith coupled with knowledge led him to become a ruler of the most powerful nation of his time.



Avoid The Appearance Of Evil

In 1 Thessalonians 5:22, we are commanded by God to abstain from all appearance of evil. God wants us to avoid the very appearance of sin. Some of the reasons to avoid the appearance of evil are:

1. Because of our relationship with God. We are God's children. Children are supposed to look like their par-

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Special Recognition

HAPPY WEDDING ANNIVERSARY

| | | |
|------------------------------------|----------|------|
| Mr. Douglas & Mrs. Yvonne Bivins | 20 years | 3/1 |
| Mr. Henry & Mrs. Beatrice Flagg | 34 years | 3/8 |
| Mr. Clarence & Mrs. Roberta Graham | 28 years | 3/1 |
| Mr. Tracy & Mrs. Martha Henderson | 12 years | 4/27 |
| Mr. David & Mrs. Sadie Holmes | 8 years | 4/19 |
| Mr. Eddie & Mrs. Leslie Isaac | 4 years | 3/1 |
| Mr. Earnest & Mrs. Julia Jordan | 7 years | 4/12 |
| Mr. Patrick & Mrs. Kathy Kimbrough | 4 years | 2/18 |
| Mr. Calvin & Mrs. Cherry Lewis | 19 years | 3/17 |
| Mr. Bernard & Mrs. Brenda Phillip | 16 years | 4/30 |
| Mr. Leon & Mrs. Diane Rowe | 19 years | 4/29 |
| Mr. Kenneth & Mrs. Bridget Stokes | 8 years | 3/11 |
| Mr. Tyrone & Mrs. Licia Watson | 19 years | 3/11 |

HAPPY BIRTHDAY

To everyone born in the months of March & April.
We Love You, We Do!

CONGRATULATIONS!

William Grant Jr. has been accepted into the prestigious IB Program at Eastside High School. *Wow!*

CONGRATULATIONS

Sister Bessie Day completed 37 years of service with the State of Florida.
Well Done!

CONGRATULATIONS

Ana' Nichols-Holcy maintains honor roll status at St. Patrick Interparish School.
Keep Up The Good Work !

CONGRATULATIONS

Tauvia Strappy has been inducted into the National Achievers Society for excellence in academics.
We are proud of you!

CONGRATULATIONS

Kaila Brown has been East Side High School's "Student of the Month" twice.
We expect great things from you!