

Compassionate Outreach Ministries



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

Main Sanctuary

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*

C.O.M. Health Clinic: Avoiding The Flu

In the U.S., 5-20% of the population gets the flu each year. Yet, there is a prevention method that requires minimal training, no special equipment, and is one of the best ways to avoid becoming ill with an infectious disease. The answer is washing your hands. Proper and frequent hand washing can prevent many illnesses. According to CDC, about one in three people don't wash their hands after using the restroom. But the problem goes beyond the restroom. Throughout the day, you accumulate germs on your hands from a variety of sources: direct contact with people, contaminated surfaces, foods, even animals and animal waste. If you don't clean your hands frequently enough, you can infect yourself with these germs by touching your eyes, nose or mouth. You can also spread these germs to others by touching them or touching surfaces that they also touch, such as doorknobs. Good hand hygiene techniques include washing your hands with soap and water or using an alcohol-based hand sanitizer.



Some people are at higher risk for serious flu complications. The CDC recommends yearly flu vaccinations for children aged 6 months until their 5th birthday; pregnant women; people 50 years of age and older; people with certain chronic medical conditions; those living long term care facilities; household contacts of persons at high risk for complications from the flu; household contacts and out of home caregivers of children less than 6 months of age; and health care workers. Some people should not be vaccinated without first consulting a physician. They include those with a severe allergy to chicken eggs and those with a severe reaction to an influenza vaccination in the past. Please consult your health care provider about whether you should get a flu vaccine. For more information, visit www.cdc.gov/flu. (Adapted from the CDC, Submitted by the C.O.M. Health Ministry)

O Taste And See That The Lord Is Good

**Chicken Scampi
By Sister Brenda Lyons
Ingredients**

- 1 pack of chicken breast
- 1 red pepper
- 1 yellow pepper
- 1 green pepper
- 1 red onion
- Parmesan Cheese
- 2 quarts of butter or margarine
- 1 pack of angel hair pasta
- 1 cup of heavy cream
- 2 tbsp of olive oil
- Italian seasoning
- Sea salt
- Black pepper
- Paprika & Parsley

Directions

- ◆ Cook pasta
- ◆ Wash chicken
- ◆ Wash and slice peppers
- ◆ Season chicken with Italian seasoning, sea salt and black pepper
- ◆ Pour olive oil in sauté pan and sauté chicken 2-3 minutes on each side and set aside
- ◆ Sauté veggies until color brightens and set aside
- ◆ Add butter to drippings in pan and stir
- ◆ Pour in the heavy cream and parmesan cheese, stir well and set aside
- ◆ Pour hot pasta in a serving bowl, add

olive oil to keep from sticking

- ◆ Pour sauce over pasta
- ◆ Cut chicken into quarters
- ◆ Pour veggies over the pasta
- ◆ Arrange chicken over veggies
- ◆ Sprinkle cheese on top
- ◆ Sprinkle paprika and parsley on top
- ◆ Serve with broccoli and romaine salad



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COMPASSIONATE OUTREACH MINISTRIES

Heart-To-Heart Newsletter

The Bishop's Pen

Reducing Christmas Stress

For many of us, the celebration of Christmas is filled with despair, disappointment, and depression as we are overwhelmed with the pressures of having a Merry Christmas. We fail to remember the very reason that this celebration exists. Here are a few suggestions for reducing your Christmas stress:



Bishop Larry J. Dennison

1. Determine to spend quality time with God this holiday season in prayer and worship. Find the time to put Christ back in to your Christmas.
2. Reach out to others who are needy by giving the gifts of your Talents, Time and Treasure. Acts of kindness are refreshing to you as well as to those who are struggling or needy.
3. Think of ways to reduce your spending. You need to ask yourself. "Do I really need to prepare a long gift list? Do I really need to spend this much money for gifts?" Chances are, you do not.
4. Think about the message that you are sending to your children about Christmas. It is by your actions that you reflect whether the true meaning of Christmas has been lost or not.
5. Remember that there are responsibilities after Christmas. Be sure not to lose sight of your everyday necessities.

Dates To Remember

11/27	Homeless Ministry Thanksgiving Dinner
12/20	Women's Fellowship Pre-Christmas Breakfast
12/21	Annual Ministry Celebration
12/31	Bishop Dennison's Birthday
12/31	Out With the Old, In With The New Service

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HOLIDAY SCRIPTURE READING

St Matthew 1:18-25

Now the birth of Jesus Christ was on this wise: When as his mother Mary was espoused to Joseph, before they came together, she was found with child of the Holy Ghost. Then Joseph her husband, being a just man, and not willing to make her a public example, was minded to put her away privily. But while he thought on these things, behold, the angel of the LORD appeared unto him in a dream, saying, Joseph, thou son of David, fear not to take unto thee Mary thy wife: for that which is conceived in her is of the Holy Ghost. And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins. Now all this was done, that it might be fulfilled which was spoken of the Lord by the prophet, saying Behold, a virgin shall be with child, and shall bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us. Then Joseph being raised from sleep did as the angel of the Lord had bidden him, and took unto him his wife: And knew her not till she had brought forth her firstborn son: and he called his name JESUS.

Women's Celebration 2008

On October 19th, Compassionate Outreach Ministries held its annual Women's Celebration with a powerful move of God. Our guests included Recording Artist Evangelist Lorraine "Punch" Baldwin, Pastor Faye Allen & The Wings of Love Worshipers, and Bishop Fred Williams.

Evangelist Punch Baldwin was accompanied by her husband Sam Baldwin. She sings with the Georgia Mass Choir, which was nominated for a Glove Award, a Grammy Award and a Stellar Award. Evangelist Baldwin ministered in song and shared a testimony about the divine healing power of God's deliverance over her husband's illness.

Pastor Faye Allen & The Wings of Love Worshipers sang from their hearts. Pastor Allen went on to share two powerful testimonies about her sons. Her testimony of God's protective covering and divine intervention was accompanied by a lesson on how full obedience to the instruction of God's commandments will help believers through our ordeals. The fact that her two sons were present to share in the celebration added even more joy to the occasion.

Bishop Fred Williams is known all over the world as the God-brother of Bishop Noel Jones. Bishop Williams began speaking under the power and anointing of the Lord. He made a powerful, prophetic statement saying, "People say that we are in recession, but God said that we are in the best place to receive from Him based on His word." Such a move of God calls for us to have mountain-moving faith. Bishop Williams read his text from John 8:1-11, speaking of Jesus going to the Mount of Olives and the men coming to him to complain of a woman who had been caught in the act of adultery. Jesus spoke a word of conviction by saying any person that was without sin should cast the first stone. Jesus stooped to the ground and began to write with his finger. After rising, he asked the woman where her accusers were. Bishop Williams pointed out that the woman was the one God used to get his point across. The title of the message was "If He Can Do That, I Can Do This." When there's a connection between God and the people of God in the house of the Lord, it cannot be broken by any spirit that may be sent there to distract the people. The word of God will always be contested by the enemy as the enemy tries to remove the seed of God before it takes root. When we receive and carry out God's word, we experience deliverance. The enemy is unable to touch us because of God's anointing. God stoops down to our level and pulls us up to our deliverance. He identifies with our burdens on a spiritual level. Only God understands that we need deliverance and turns us around. God's word will send back anything that comes our way to put us in bondage. We can't allow anyone to stop our mission, our worship, our praise, or our destiny. We can be saved and live holy and walk in righteousness. If he can do that, I can do this!

What a divine, rhema word from the Lord. Bishop Williams left a powerful, spirit-filled message for us to receive and hold on to. *(Written by Sister Ruthie Ferguson)*

In My Patience

In my patience,
God possesses my soul

In my patience,
I am made whole

In my patience,
lieth my strength, joy, and peace

In my patience,
my faith can be released

In my patience,
the Word of God is sure, solid,
sound and concrete

In my patience,
the enemy is under my feet.

In my patience,
I can sing, dance, and shout

In my patience,
I can speak to the devil and cast
him out

In my patience,
things can seemly be going wrong

But, in my patience,
God will always give me a new
song

So people of God,
allow God to perfect patience in
your soul

That you will know that you have
the victory, and you are made
whole

(Written by Sister Renee' Hall)

To Encourage: Worship



Worship is the believer's response of all that he is (mind, emotions, will and body) to all that God is, says and does. God is holy. We worship God because of who He is. He is the creator. He is the sustainer. He is the savior of the world. He is the judge. Thinking it over, oh come and let us worship and bow down. Let us kneel before the Lord, our maker, for He is our God. God is trying to call us back to that for which he created us. He created us to worship Him and to enjoy Him forever. We were created to worship! Man was made to be a responder. We were made to find fulfillment by responding with thankfulness to the greatness and goodness of God. When we love those who are undeserving, it is an act of mercy. But loving God is an act of worship. When we worship God, we will find him far too wonderful to keep to ourselves. Our worship pleases him because he uses our worship to accomplish his purposes. Thinking it over, we are commanded to worship when it is offered through His Son. When it is assisted by the Holy Spirit, our worship is not just a matter of saying the right words or using the right form, it must be the true expression of our heart. Worship is not offered in spirit OR in truth, it is to be offered in spirit AND in truth. *(By Mother Inez McKinnon)*

Middle School Girls Sleepover

The sleepover was so much fun! The hotel was big and beautiful. We ate soul food, fellowshipped, but most of all we learned about what girls our age should do when we are facing peer pressure. We all enjoyed ourselves while we laughed, and got to know each other better. Sis. Linda Allen did such a good presentation about parents and peers, with her favorite phrase, "Hello, somebody!" We truly thank and appreciate First Lady Dennison and all of the chaperones for taking out of their busy schedules to minister to us. We also thank Bishop Dennison for allowing us to have this sleepover. Our lives were truly changed after this inspiring event. We appreciate you all and hope to do the same thing next year! *(By Alexis Williams, 7th Grade Student at Fort Clarke Middle School)*



AIDS Walk 2008



You can help bring awareness to HIV/AIDS in this community by being a sponsor and/or walking in the 2008 World AIDS Day Walk sponsored by Black AIDS Services and Education, Inc. (B.A.S.E.). The walk will begin on Saturday, December 6th 2008 at 9:00 a.m. in front of the Gainesville City Hall building. All walkers who donate or raise \$25.00 or more will receive a World AIDS Day t-shirt. As in previous years, Compassionate Outreach Ministries is sponsoring the walk. As such, the name of the church will be on the back of all AIDS Walk t-shirts. If you would like to walk or to make a tax-deductible donation, please see Sister Naima Prince.

Special Recognition

HAPPY WEDDING ANNIVERSARY!

Mr. Ricky & Mrs. Carol Blaylock	12 years	12/31
Mr. Clifford & Mrs. Edwennia Britt	8 years	11/25
Mr. Jethro & Mrs. Blanch Clark	24 years	11/26
Mr. Hal & Mrs. Lisa Davis	19 years	12/29
Mr. Cleve & Mrs. Ruthie Ferguson	5 years	12/5
Mr. Jeffrey & Mrs. Jackie Madison	24 years	11/02
Mr. Curtis & Mrs. Priscilla Reese	33 years	12/05

HAPPY BIRTHDAY!

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

A SPECIAL BIRTHDAY WISH!

To Bishop & First Lady Dennison
We Wish You Many More!