

Compassionate Outreach Ministries



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

BIBLE TRIVIA ANSWER

Nine Gifts of the Holy Spirit
1 Corinthians 12:1-14

- | | |
|--------------------------|------------------------|
| 1. Wisdom | 6. Prophecy |
| 2. Knowledge | 7. Faith |
| 3. Discerning of spirits | 8. Working of miracles |
| 4. Speaking in tongues | 9. Healing |
| 5. Interpreta- | tion of tongues |

O Taste And See That The Lord Is Good

Quick & Easy Crab Cakes
By Sister Brenda Lyons

Ingredients

- 16 oz. Pkg. Imitation Crabmeat
- 2 Celery Stalks
- 1/2 Green Pepper
- 4 Green Onion Stalks
- 1 Egg
- 1/2 Cup Flour
- 2 pats/tbsp margarine or butter
- Olive Oil
- 2 Tbsp Old Bay Crab Boil
- 1 Cup Breadcrumbs

Directions

- Combine the crabmeat, breadcrumbs, flour, egg and Old Bay seasoning in a medium bowl.
- Blend evenly and set aside.
- Add butter, celery, green onions, and green peppers to skillet and cook until the vegetables are soft.
- Add the crabmeat mixture and stir in with a fork.
- Take a handful in the palm of your hand and make a patty.
- Add 1/4 cup of olive oil to skillet
- Cook the patty on each side until golden brown (2-3 minutes on each side)
- Flip only once to keep from tearing
- When done, remove patties and pat dry on paper towel and serve.



Great Ideas For Everyday: Did You Know?

Broken Glass: Use a wet cotton ball or Q-tip to pick up small shards of glass you can't easily see.

Mosquitoes: Place a dryer sheet in your pocket to keep mosquitoes away.

Static Cling: Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress.

Sealed Envelope: If you realize you forgot to include something inside of an envelope you have already sealed, just place your sealed envelope in the freezer for an hour. It will unseal easily.

Conditioner: Use hair conditioner to shave your legs. It's cheaper than shaving cream and leaves your legs smooth. (Courtesy of Dr. Dianne Clark, www.kingdomlifejax.org)



Trust God

I believe that many of us go through life sucking on pacifiers. Oh, we don't see them because they are in our bank or they are parked in our garage, or we live in them. Don't put your hope into things that change: relationships, talents, beauty or even health. Set your sights on the one thing that can never change. Trust in your heavenly Father.

God loves those who need him most, who rely on him, depend on him and trust him in every little thing. He cares whether you have been as pure as John or as sinful as Mary Magdalene. All that matters is your trust in Him. Father, help us today to maintain our promise of faith and fullness to you, even in times when we are not surrounded by people who agree with us, encourage us, nor understand our devotion to you. Give us great courage as we face the challenges of each new day. Trust in God. He will make everything all right. Trust in Him. He loves you. (Written By Mother Inez McKinnon)

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COMPASSIONATE OUTREACH MINISTRIES

Heart-To-Heart Newsletter

Arms of The Ministry: Women's Athletic Association

This month, the newest arm of Compassionate Outreach Ministries is being unveiled. On Saturday, March 21st, the C.O.M. Women's Athletic Association (COMWAA) will host their first event from 9-11:00 am at the volleyball court on the church grounds. Women of all ages are encouraged to grab their water bottles and come out to engage in physical activity.

As Compassionate Outreach Ministries was birthed to minister to the total man, it is only fitting that a new arm of the ministry has been developed that offers fellowship through physical activity. The connection between regular physical activity and positive health benefits is well established. Physical activity reduces fat, helps control weight, helps build and maintain healthy bones, builds lean

muscle, and prevents the development of high blood pressure.

According to Sister Antoya Shuler, the coordinator of COMWAA, "This arm of the ministry will offer women the opportunity to fellowship and engage in physical activity while having fun. It really offers an incentive to exercise." Sister Shuler, who received both a Bachelor's and a Master's degree in Sport's Administration, is excited about



coordinating a variety of athletic activities that will help the women of Compassionate Outreach Ministries reach optimal health.

A physically inactive or sedentary lifestyle is one in which a person does not engage in any regular pattern of physical activity beyond daily functioning. This is a significant problem that contributes to numerous preventable diseases among Black women. The President's Council on Physical Fitness and Sports suggests that inactivity among Black women is related to lack of motivation, lack of support, lack of knowledge on the importance of physical activity, and limited access to affordable health programs. COMWAA will help women overcome these barriers and live fuller, healthier lives. For more information about upcoming programs, please contact Sister Antoya Shuler.

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Dates To Remember


3/15	Marriage Class with Bishop & First Lady Dennison
3/21	COMWAA Fellowship Through Physical Activity Event
3/24	City of Gainesville Election on Charter Amendment
3/26	Dinner at Piccadilly Restaurant
3/28	Women's Fellowship Prayer at the Hope Lodge
4/1	Deadline for 1st Sunday Announcement Submissions
4/12	Resurrection Sunday
4/18	Bishop Dennison at the 5th Ave Arts Festival
4/19	Marriage Class with Bishop & First Lady Dennison
4/24-26	Youth Weekend Celebration I
5/2	Information Meeting
5/9	Women, Mother & Daughter Luncheon
5/10	Mother's Day
5/16	7th Annual Health Fair at C.O.M.

Being Alone


Being Alone
 In a moment of quietness
 Being Alone
 With my eyes closed and my eyes at rest
 Being alone
 Casting all my cares upon the Lord
 Being alone
 Meditating on the Holy One instead of being bored
 Being Alone
 In the presence of an infinite love
 Being alone
 This love can only come from above
 Being alone
 Allows me to be strengthened in the inner man
 Being alone
 Motivates me to stay in the master's hand
 Being alone
 Inspires me to love my enemies
 Being alone
 Encourages me to do this unconditionally
 Being alone
 Teaches me to fight for what I believe in
 Being alone
 Helps me to conquer wickedness and sin
 Being alone
 Is not so bad at all
 Because by being alone
 Causes me to answer an holy call
 So if you're reading this poem and you are all alone
 Know that God is with you and he sits on the throne
 (By Sis. Renee Hall)

Marriage Classes

 Marriage classes, led by Bishop & First Lady Dennison, will resume on Sunday March 15th. The marriage classes will be held on the third Sunday of each month at 5:00 pm.

BIBLE TRIVIA
 What are the 9 Gifts of the Holy Spirit? 

Charter Amendment 1

 Because of vague wording in the Gender Identity Ordinance of Gainesville, any man can legally gain access to facilities normally reserved for women and girls. The safety of women and children in public facilities is at stake. Registered voters can either approve or reject a Charter Amendment during the March 24th election. If you vote yes, men will not be able to use women's facilities in Gainesville.

Take Time To Pray



It's an excuse I've heard a thousand times—and even used a few times myself; “I'd like to pray everyday but I just don't have the time. So Take Time To Pray. Our Lord frequently spent time in prayer, you and I should too. My Lord, I do not see the road ahead of me. I cannot know for certain where it will end. I know that you will lead me by the right road, though I may know nothing about it. Therefore I trust you. I will not fear, for you are with me. You will never lead me to face my perils alone. Lord, thank you for another day, within this life of mine. Give me strength to live it well, whatever I may find. Bestow from abundance whatever I may lack to use the hours wisely, for I cannot have them back. Lord, thank you for another day in which to mend for little slights or petty words, inflicted on my friends. For sometimes lasting patience with problems that I find, for seeing faults in other lives, but not the ones in mine. Lord, thank you for another chance, in which to try to be a little more deserving of the gifts you've given me. For yesterday is over, and tomorrow is far away, and I remain committed to the good I do today! Lord, make me an instrument of your peace. Where there is hatred, let me sow love. Where there is injury, pardon. Where there is doubt, faith. Where this is despair, hope. Where there is darkness, light. Where there is sadness, joy. Where there is sorrow, comfort. Lord, grant that I may not so much seek to be consoled as to console to be understood, as to understand, to be loved as to be love. For it is in giving that we receive, it is in pardoning that we are pardoned, and is in dying that we are born to eternal life. Lord Jesus, I give you my hands to do your work. I give you my feet to go your way. I give you my eyes to see as you do. I give you my tongue to speak your words. I give you my mind that you may think in me. I give you my spirit that you may pray in me. Above all, I give you my heart that you may dwell in me, I give you my whole self that you may grow in me, so that it is you, Lord Jesus, who lives, works, and prays in me. Amen (By Mother Clara Parker)

Marriage Getaway

The married couples at COM received a pre-Valentine's Day boost with Marriage Getaway 2009. Bishop and First Lady Dennison planned and executed a first-class trip that was filled with love. After boarding a coach, we watched the movie *Fireproof*, which tells the story of a struggling married couple who get through their problems by turning to the Lord. The movie encouraged many of us to recommit to our marriages. Just as the movie ended, we rolled into our 1st stop, Cypress Grove Park in Orlando, Florida. There, we took romantic strolls in a lush, natural setting and enjoyed a delicious, catered lunch. Soon after that, the games began! Couples worked together and showed team spirit in a competition that, among other things, included jumping in a potato sack, walking while balancing an egg on a spoon in one's



one's knees. Oh, how we laughed and bonded. After that, we checked into the very beautiful and luxurious Gaylord Palms Resort. Each couple was able to explore the five-star grounds and then meet up with the group at a Mediterranean buffet, which offered dozens of delectable choices. Following that, the couples received marital tips from Bishop and First Lady Dennison. Afterwards, we played “The Truly Wed” game, which is similar to the newlywed game. The game was filled with suspense and laughs as wives answered questions about their husbands and then compared their husband's answers to their own for points. The winners actually walked away with a Red Lobster Gift Certificate. And the evening was not over yet! We then traveled to Old Town, an amusement area with shops and rides, and each couple had time to go on yet another date. The next morning, we breakfasted and returned to Gainesville, refreshed in our marriages and grateful to our leaders.


A Spiritual Encounter



Bishop George G. Bloomer

March is the month of much and the members of our community received much during “A Spiritual Encounter with Bishop George G. Bloomer.” Bishop Bloomer shared the Word of God at Compassionate Outreach Ministries on 2 nights (3/5-3/6). He informed us about angels, taught us about man's dominion, and reminded us that the devil is a liar. More importantly, lives were saved and souls were delivered. What a blessing!

7th Annual Health Fair

Compassionate Outreach Ministries proudly announces our 7th Annual Health Fair, which will be held on Saturday, May 16th from 9:30 am-1:30 pm. The purpose is to introduce you to the power and importance of health and nutritional information. We will have a variety of professionals including doctors, pharmacists, respiratory therapists, nurses, and a host of other counselors to provide you with info on minority health issues.  Our theme this year is “Healthy Living-Yes You Can-One Change at a Time” Some of the topics to be discussed include: Cancer Awareness, Diabetes Awareness, High Blood Pressure, HIV/AIDS, Nutrition & Wellness, Asthma, Dental Care, Elder Care, Teen Issues, Sickle Cell, General Safety and much more. As always, there will be activities for the children, free food, and prize giveaways. Please come out and help us celebrate health and wellness in our community. (C.O.M Health Team).

Special Recognition

HAPPY WEDDING ANNIVERSARY

Mr. Douglas & Mrs. Yvonne Bivins	21 years	3/1
Mr. Henry & Mrs. Beatrice Flag	35 years	3/8
Mr. Clarence & Mrs. Roberta Graham	29 years	3/1
Mr. Tracy & Mrs. Martha Henderson	13 years	4/27
Mr. David & Mrs. Sadie Holmes	29 years	4/19
Mr. Eddie & Mrs. Leslie Isaac	5 years	3/1
Mr. Earnest & Mrs. Julia Jordan	8 years	4/12
Mr. Calvin & Mrs. Cherry Lewis	20 years	3/17
Mr. Bernard & Mrs. Brenda Phillip	17 years	4/30
Mr. Leon & Mrs. Diane Rowe	20years	4/29
Mr. Kenneth & Mrs. Bridget Stokes	9 years	3/11
Mr. Tyrone & Mrs. Licia Watson	20 years	3/11

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

CONGRATULATIONS
 Bro. Bennie & Min. Demetria Childs!
We are very proud of you!