

Compassionate Outreach Ministries



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*We Are Reaching Out,
Not Out Of Reach*



into our family. We can do this through prayer. Where there is love, there is the complete oneness that Jesus talked about when he said, be one as the Father and I are one; and love one another as I love you; and as the father loved me, so I have loved you. Have you received love in an unusual way from someone? Look for a new way to show love to those who normally hear you say I love you. Read 1 Cor 13:1 and John 3:16. *(Written By Mother Inez McKinnon)*

O Taste And See That The Lord Is Good

Tuna Greek Salad

By Sister Brenda Lyons

Ingredients

- 1 pk 12 oz Romaine Lettuce
- 1 pk 12 oz Springmix Lettuce
- 1 pt of plum tomatoes
- Feta Cheese
- Italian Seasoning
- Garlic (granulated or powder)
- 1 lemon
- 1/2 cup olive oil (or veg. oil)
- 1 small red onion
- 1 can of tuna

Directions

- Place the lettuce in medium to large mixing bowl.
- Cut the tomatoes in 1/2 and add to greens.
- Crumble feta cheese over the salad.
- Sprinkle 2 teaspoons of Italian seasoning over the salad mix.
- Cut the lemon in 1/2 and cut a wedge from a 1/2 piece.
- Squeeze juice from lemon wedge over salad. Save wedge for garnish.
- Take other piece of lemon and squeeze into a small bowl with 1/2 cup of oil and a dash of salt and pepper.
- Add this to the salad and toss gently.
- Slice the onion thinly and place on top.
- Place salad in serving dishes and add tuna on top.
- Garnish with lemon wedge.

Youth Weekend Celebration



Minister Lamonte Miles

What an exciting Youth Weekend Celebration we had this year! On April 25th, the Youth Weekend Celebration kicked off with a host of outdoor activities, fellowship, food, and fun in the sun. This event called for people of all ages; family, friends and neighbors from the community. On Sunday, April 26th, the church service was charged up spiritually and youthfully, with special presentations by our dynamic youth.

There was singing, praise dancing, and youth expressions of what it takes to be saved. We were all blessed with an awesome word from guest speaker, Minister Lamonte Miles of the Mime Boyz. This youth weekend celebration was very successful. On behalf the C.O.M. Youth Committee, we would like to thank everyone who helped make Youth Weekend Celebration 2009 possible. *(Written by Sis. Cassandra Deas)*

Observation Love

Christians should be well-known in their communities for their obedience to government and their love for each other. Let us pray for each other so that we grow in tender love, so that we allow God to love us, and so that we allow God to love others through us. Where does that showing of love begin? At home. So let us bring that love to the sick, to the old, to the lonely, and to the unwanted. For people do not hunger only for bread, but they hunger for love. They hunger to be somebody. Sometimes a hand-

shake brings love to someone. Let us remember to bring that kind of love

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COMPASSIONATE OUTREACH MINISTRIES

Heart-To-Heart Newsletter

Women, Mother, and Daughter Luncheon



First Lady Dennison & Prophetess Jones at the Annual Women, Mother, Daughter Luncheon

Under the leadership of First Lady Margaret Dennison, Compassionate Outreach Ministries hosted the annual pre-Mother's Day celebration in the form of the Women, Mother, and Daughter Luncheon. Boasting the biggest turnout ever, the event was held at the Best Western Grand Hotel in Gainesville, Florida. As the guests walked into the ballroom, many "Oohs!" and "Aahs!" were heard in response to the breathtaking beauty of the space. The room had been brilliantly transformed into a turquoise and silver wonderland by Minister and Brother Bradley, Sis Scippio and the Women's Fellowship Committee. After a heartfelt praise, a powerful prayer, and the extension of a warm welcome to all the guests, the women were treated to a mother-daughter praise dance by Sis. Terri Woodard and

her daughter Brynae. Through the dance, the attendees were encouraged to believe that what God has for you, is for you. After a scrumptious meal, a delightful time of fellowship, and a song from Sis. Vivian Alexander, the speaker of the hour brought forth the Word of God. Prophetess Shwanada Jones, of Royalty Christian Fellowship, International Ministries in Lumber City, Georgia, preached about "Godly Mothers." Using Proverbs 31 as the foundation scripture, Prophetess Jones taught that there are four traits that characterize a Godly mother: 1) She has *undying love* for her children; 2) She makes *untiring sacrifices* for her children; 3) She has *untold influence* over her children; and 4) She has an *unfailing faith* in God. Sharing her testimony of God's delivering power throughout the presentation, the Prophetess convinced the mothers and the mothers-to-be to practice the traits of Godly mothers, and she also persuaded the daughters to appreciate Godly mothers who have committed their lives to God and to their families. The event ended with door prizes and all the excitement that comes along with waiting to hear one's number called. At least 10 people won prizes, but every attendee left this event a winner! The women of Compassionate Outreach Ministries extend gratitude to First Lady Dennison for this year's Women, Mother, and Daughter Luncheon.

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Dates To Remember

5/23-24	Men's Weekend Celebration
5/30	C.O.M. Christian Academy Graduation
6/12-13	Extreme Spiritual Makeover
6/13	Gospel Extravaganza
6/21	Father's Day
6/25-27	Women's Retreat
7/10	Youth Weekend Celebration II
8/9-14	W.O.R.D. Conference
8/22-23	Family & Friends Weekend Celebration

Extreme Spiritual Makeover

Evangelist Jacky Clark-Chisolm, of the Grammy Award Winning Clark Sisters, will offer an "Extreme Spiritual Makeover" at Compassionate Outreach Ministries on June 12th and 13th. The extreme spiritual makeover experience is designed to address spiritual warfare and enlighten women in the body of Christ on standing against the enemy. The makeover workshops, which will be highly interactive, will provide participants with the opportunity to take a spiritual life inventory, discover one's purpose in God's kingdom, and realign one's life with God. Evangelist Chisolm-Clark will offer this life-changing program in conjunction with Evangelist Sabrina Jackson. The first part of the makeover will be held on Fri. June 12th from 7-9 pm and the second part will be held on Sat. June 13th from 10 am to 2pm. Don't miss this time of transformation and maturation!



Gospel Extravaganza

On Saturday, June 13th at 7:00 pm, C.O.M. will host a Gospel Extravaganza. Special guests include Recording Artist Kierra "Kiki" Sheard, God's Example, Evangelist Gladys Simmons-Ellis and Psalmist Charlotte Ellis-Colbert. All are invited to attend this special service!

A Home Run For COM Academy Students



Students at the Compassionate Outreach Ministries Christian Academy are on the move! Four students from the academy will be recognized as *Florida Young Scholars* by the Florida Marlins major league baseball team. The honorees are Sarah Harmon (5th grade), Trenadia Henderson (3rd grade), Isaiah White (5th grade), and Christy Williams (3rd grade). Prior to the Marlins/Phillies game on Sunday, July 19th, the scholars will be honored in a field ceremony at Landshark Stadium in Miami, Florida. These high achievers will also be pictured in a souvenir book and listed on Florida's Young Scholars' website. A special thank you is extended to the C.O.M Christian Academy Principal, First Lady Margaret Dennison, for facilitating the students' participation in this program.

Special Recognition

HAPPY WEDDING ANNIVERSARY

Mr. Henry & Mrs. Roberta Bell	33 years	5/17
Mr. Buford & Mrs. Claudia Brown	34 years	5/28
Mr. Rodney & Mrs. Vanessa Mitchum	21 years	6/1
Mr. Charles & Mrs. Brenda Williams	19 years	6/29
Mr. Willie & Mrs. Regina Wims	6 years	6/29

CONGRATULATIONS BARTONS

Brother James Barton retired on February 19, 2009 from the State of Florida after 25 years of working with high-risk inmates at the North Florida Evaluation and Treatment Center.

Sister Kim Barton received the Outstanding Community Service Award from the Alachua County League of Women Voters.

HAPPY BIRTHDAY!

To everyone born in the months of
May & June
We Love You, We Do!

CONGRATULATIONS Class of 2009!

We Expect Great Things
From You!

CONGRATULATIONS STUDENTS

Seniya Anderson had straight A's for the 3rd report card term and made the A/B honor roll for the first 2 terms. She is in the 3rd grade at Alachua Elementary School. *Keep Up The Good Work Seniya!*

Lakeria Mitchum had a total of 5 items (1 painting and 4 drawings) of her very own artwork on exhibit at the GHS Art Show on April 22nd. Lakeria, the daughter of Bro. Rodney & Sis. Vanessa Mitchum, is a 9th Grader at GHS. *Well Done Lakeria!*

William Grant received all A's on his report card. He is in the 9th grade at East-side High's IB program and is the son of Sis Tammy Williams. *Good Job William!*

COM Health Clinic

Are You An Emotional Eater?

Do you eat when you are nervous, sad, anxious or stressed? Is a certain type of food the only thing that makes you feel better? If so, you may be an emotional eater, conditioned to turn to food for comfort. Food does more than provide nutrients; it also satisfies feelings. If you satisfy those feelings with comfort food when your stomach isn't growling, that's emotional eating. Emotional eating can lead to over-eating and weight gain. If you eat because of emotions, it may be helpful to start keeping a food journal of what you eat, when you eat and why you eat. Recognizing what triggers emotional eating can often make it easier to make changes. Are you un-



certain about whether or not you are an emotional eater? There are several differences between emotional hunger and physical hunger:

1. Emotional hunger comes on suddenly; physical hunger occurs gradually.
2. When you are eating to fill a void that isn't related to hunger, you crave a specific food, such as pizza or ice cream, and only that food will meet your need. When you eat because you are actually hungry, you're open to options.
3. Emotional hunger feels like it needs to be satisfied instantly with the food you crave; physical hunger can wait.
4. Even when you are full, if you're eating to satisfy an emotional need, you're more likely to keep eating. When you're eating because you're hungry, you're more likely to stop when you're full.
5. Emotional eating can leave behind feelings of guilt; eating when you are physically hungry does not.

To break the habit of turning to food to satisfy your emotional needs, find other things to do, such as walking around the block, taking a bike ride or playing with the dog. As always, God wants to be included in every aspect of our lives. So pray this prayer to ask for his strength: *"Father, give me your strength to stand because I do not have the strength to do this within my power., I know that you are working in and through me to conform my life to glorify you. Lord, lead me into your truth by helping me to resist the flesh and to surrender to your Word and your will in my life. In Jesus' name I pray. Amen."* (Adapted from the ADA by the COM Health Team)

Social Change

Social Change
New people, new attitudes
And new faces

Social Change
New directions, new ideas
And new places

Social Change
New techniques, new strategies
And new style

Social Change
New motivation, new inspiration
And new smiles

Social Change
New challenges, new storms
And new choices

Social Change
New conversations, new anticipation
And new voices

Social Change
New trust, new comfort
And new relief

People of God
Be prepared to shift into the social change level
Where unity and love resides that will defeat the devil
(By Sis. Renee Hall)

COM at the Arts Festival

On April 18th, the Gainesville Cultural Arts Coalition kicked off the 30th Annual 5th Avenue Arts Festival. While the arts festival has traditionally featured art, food vendors, and live music, this year's celebration also offered a spiritual gathering. Various arms of Compassionate Outreach Ministries were in the midst of the activity. First, the C.O.M. Adult Choir lifted their voices in worship to God. Next, Bishop Larry J. Dennison encouraged those that were gathered to give their lives to Christ. Then, the C.O.M. Ministers prayed with the new believers to help usher them into the Lord's Kingdom. Finally, the C.O.M Drama Team provided a powerful presentation on spiritual warfare and victory through Jesus Christ. Once again, Compassionate Outreach Ministries is reaching out and not out of reach.