

**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*

**Youth & Young Adults Social**



Saturday, February 20th proved to be an awesome day of fellowship for the young and the young at heart at COM! Coordinated by Elder Samuel Neal, a group ranging in age from about 6 to 60 gathered together in the sanctuary in the late morning. Xavier Monroe gave the welcome and occasion, Hannah Davis offered a prayer and an ensemble of youth led the group in praise and worship songs. Afterwards, everyone engaged in a "Getting To Know My Brothers and Sisters" exercise. This was followed by a game-show like competition in which the person who could recite the most facts about the people that they had interacted with would win. Prizes were given and winners were congratulated. Then, the larger group was divided into age-based smaller groups. Each group then participated in a break-out session that offered lively and edifying discussions. Later in the afternoon, everyone gathered together for a delicious lunch that included grilled hamburgers and hotdogs, baked beans, chips, soda and water. The afternoon continued with more games, music, fellowship and fun. Thanks to everyone who made this event possible!

**C.O.M. Health Clinic: Self Control**



Self-control is the issue underlying healthy living. If we use self-control over the amount of food that we eat, our appetites will become satisfied with less quantity. At the same time, if we use self-control in selecting the right foods to eat, we learn to select and enjoy more healthful, less fatty foods. Here are some every day tips to help you achieve a healthier lifestyle:

- **Eat breakfast every day.** When you skip breakfast you are actually not saving calories because later in the day, you are more likely to over eat to make up for those calories.
- **Drink water.** By choosing to drink water more frequently, you are avoiding drinks that may contain a lot of calories and sugar.
- **Eat smaller food portions.** This can be achieved when eating at restaurants by asking the server to put half of your meal in a container to take home before bringing it out to the table or by splitting one meal between two people. When dining at home, eat smaller portions by placing what you want to eat in a small bowl and not returning to get seconds.
- **Maintain your physical activity routine.** To stay motivated to be physically active try an activity that has always interested you like bicycling, swimming or praise dancing. When needing extra encouragement try to exercise with friends or family.
- **Prepare a healthy lunch at home and take it to work.** Bringing healthy lunches to work will help you avoid last minute choices that might include high-fat and high-calorie foods.

Self-control or temperance is a fruit of the spirit. When God, through His grace and Holy Spirit, produce this quality of self-control in our lives, we will find ourselves improving in many areas of our lives. Self-control is not something we can just decide to start having. It's going to take grace coupled with the indwelling power of the Holy Spirit to achieve lasting victory. *(Adapted from <http://www.cdc.gov> and submitted by the C.O.M. Health Team).*

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**COMPASSIONATE OUTREACH MINISTRIES**

**Heart-To-Heart Newsletter**

**Valentine's Night Love Banquet**

The Compassionate Outreach Ministries Valentine's Night Love Banquet was held on Sunday, February 14, 2010 at the Hilton Conference Center in Gainesville, Florida. The featured speakers were Pastor Frank "Fireball" Watkins and First Lady Clara Watkins of Restoration Time Deliverance Center in St. Augustine, Florida. Our godly hosts for the evening were none other than Bishop Larry J. Dennison and his lovely valentine of 32 years, First Lady Margaret Dennison. Other guests included a dynamic group of married couples, singles, family, and friends. We entered a room adorned with a beautiful bliss of red and white rose decor. The atmosphere was a feeling of welcome and love was definitely in the air. The love was not only in the marital relationships, but also in the loving presence of God: the one who we really showed up to celebrate. Most of us know that love is the greatest commandment and to love all is what Christ expects us to do. Love is expressed in the bible in many of the books: 1 Corinthians 13:13, 1 John 3:16, John 13:34-35, and Mark 12:29-31, just to name a few.



As Pastor Watkins and First Lady Watkins took the podium, the C.O.M. family and friends settled in for a presentation that offered biblical wisdom for relationships and tips for wholesome living in marriages. The couple expressed that there will be the trying of hearts in every relationship, but one must learn to trust and to understand that individuals have to give of themselves in all aspects of marriage. Learning to compromise with your companion is not an easy thing to do when each individual is still learning who they are. We play an important role as husbands and wives when we work towards meeting the needs of the other and when we work through shortcomings to overcome hardships. Pastor Watkins and First Lady Watkins expressed that no matter what we experience in a relationship, we have to honor our vow to love, honor, trust, and obey. Above all, we must settle our differences in marriage. Love in marital relationships is the object of affection, and we must show the personification of love if we are going to have a marriage founded on true love. Indeed, marriage is honorable as revealed in Genesis 2:18-24, Ephesians 5:22-25, and Mark 10:5-9.

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**Dates To Remember**

March 27	Men's Spring Cleaning at COM
March 27	Women's Athletic Association Event
April 2	COM at Titus Harvest Dome Spectrum
April 4	Resurrection Sunday
April 23-25	Youth Weekend Celebration
May 1	Information Meeting
May 8	Women's Fellowship Luncheon
May 9	Mother's Day
May 15	Health Fair
May 22-23	Men's Weekend Celebration

## Special Recognition

<b>HAPPY WEDDING ANNIVERSARY</b>			<b>Congratulations Dominique' Tucker!</b> She is an 11th grader in the Health Professions Program at Gainesville High School. Dominique maintains a 3.7 weighted G.P.A., has earned 3 college credits, has achieved high honors and has been certified for work in the professional health field <b>We Are Proud of You!</b>
Mr. Douglas & Mrs. Yvonne Bivins	22 years	3/1	
Mr. Henry & Mrs. Beatrice Flag	36 years	3/8	<b>Congratulations Ja'von Smith!</b> He is in the gifted/talented program at Duval Elementary School and has been invited to enter the Cambridge Program at Westwood Middle School upon his entrance into the 6th grade next year. <b>Well Done!</b>
Mr. Clarence & Mrs. Roberta Graham	30 years	3/1	
Mr. Tracy & Mrs. Martha Henderson	14 years	4/27	
Mr. David & Mrs. Sadie Holmes	30 years	4/19	
Mr. Eddie & Mrs. Leslie Isaac	6 years	3/1	
Mr. Earnest & Mrs. Julia Jordan	9 years	4/12	
Mr. Calvin & Mrs. Cherry Lewis	21 years	3/17	
Mr. Bernard & Mrs. Brenda Phillip	18 years	4/30	
Mr. Leon & Mrs. Diane Rowe	21 years	4/29	
Mr. Kenneth & Mrs. Bridget Stokes	10 years	3/11	
Mr. Tyrone & Mrs. Licia Watson	21 years	3/11	<b>Congratulations Shanice Brown!</b> She successfully completed one semester of honors classes with flying colors. <b>Keep Up The Good Work!</b>
<b>HAPPY BIRTHDAY!</b> To everyone born in the months of March & April <i>We Love You, We Do!</i>			
<b>Congratulations Sister Vickie Holmes!</b> She is the 2009-2010 "First Year Teacher of the Year" for Alternative Programs in the Osceola County School District. What an Awesome Accomplishment!			

## COM Black History Program 2010

The 2010 Black History Program at COM inspired the audience to reflect on how very far God has brought African Americans. Under the leadership of Sister Shawndria Dennison, life in Africa, through the Middle Passage, on slave plantations, throughout the Civil Rights Movement and up to the present day was portrayed through a creative and unique blend of music, dance, recitations, and drama presentations. Bravo!

## The Power of Praise



I believe that there is nothing that can bring victory like praising the Lord. I have found that when I am in my home and things look dark and I feel discouraged, if I get up and start praising the Lord, everything turns out well and the devil flees. Did you know that in the olden days it was the priest's business to offer sacrifices? Well, we are made priests unto God by the washing of His blood. He made us for the purpose of offering the sacrifice of praise. What is the sacrifice of praise? We find the answer to this question in Hebrews 13:15 and Psalm 69:30. Hebrews 13:15 states "By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name." Psalm 69:30 reads "I will praise the name of God with a song, and will magnify him with thanksgiving." (Written by Mother Inez McKinnon)

## Life Wilderness Journey

Journey through the wilderness of life,  
Walking through confusion and strife.  
Going through making mistakes,  
Gaining wisdom along the way.  
Pressing, going through,  
The Lord is near you.  
Yearning to reach the end,  
Trusting again and again.  
Guidance through the day,  
Praise, praise, praise.  
Love of God never cease,  
Giving always peace.  
At the end of the test,  
Entering rest.

By Sister Estella J. Pete

## To Encourage Your Heart



Louise Redden, a poorly dressed lady with a look of defeat on her face, walked into a grocery store. She approached the owner of the store in a most humble manner and asked if he would let her charge a few groceries. She softly explained that her husband was very ill and unable to work, they had seven children, and they needed food. John Longhouse, the grocer, scoffed at her and requested that she leave his store. Visualizing the family needs, she said: "Please, sir! I will bring you the money just as soon as I can." John told her he could not give her credit, as she did not have a charge account at his store. Standing beside the counter was a customer who overheard the conversation between the two. The customer walked forward

and told the grocer that he would stand good for whatever she needed for her family. The grocer said in a very reluctant voice, "Do you have a grocery list?" Louise replied, "Yes sir." "O.K." he said, "Put your grocery list on the scales and whatever your grocery list weighs, I will give you that amount in groceries." Louise hesitated a moment with a bowed head, then she reached into her purse and took out a piece of paper and scribbled something on it. She then laid the piece of paper on the scale carefully with her head still bowed. The eyes of the grocer and the customer showed total amazement when the scales went down and stayed down. The grocer, staring at the scales, turned slowly to the customer and said begrudgingly, "I can't believe it." The customer smiled and the grocer started putting the groceries on the other side of the scales. The scale did not balance so he continued to put more and more groceries on them until the scales would hold no more. The grocer stood there in utter disgust. Finally, he grabbed the piece of paper from the scales and looked at it with even greater amazement. It was not a grocery list, it was a prayer, which simply said: "Dear Lord, you know my needs and I am leaving this all in your hands." The grocer gave her the groceries that he had gathered and placed on the scales and stood in stunned silence. Louise thanked him and left the store. The customer handed a fifty-dollar bill to John as he said, "It was worth every penny." It was sometime later that John Longhouse discovered the scales were broken. Only God knows how much a prayer weighs! (Author Unknown, Submitted by Sister Gloria Mitchell)

## Love Banquet

(Continued from page 1)

Oh what a night! All of the attendees had an opportunity to get involved and demonstrate love at the banquet. We accepted a challenge of unscrambling quotes and excerpts from the book of Proverbs; and yes, we did have a winning table in a matter of minutes. They were labeled by our Bishop Dennison as the champions and they took the trophy for the night. We also had a challenge to name three letter words which described parts of the body; and, Mother Rosa Quinn was the recipient of that prize. Another highlight of the night was Brother Eugene Jones & Sister Keisha Jones, who provided the crowd with a lively and rhythmical dance that expressed their love for God and for one another. Door prizes were given and winners were elated! As the night ended, Bishop Dennison and First Lady Dennison gave thoughtful words of appreciation.

We should all embrace the reality that Valentine's Day is not just about candy, cards, stuffed animals and balloons. Valentine's Day is considered a "Profession of a Confession of Love." Love was truly expressed at the Valentine's Night Love Banquet! It's all about our Lord and Savior, Jesus Christ. (Written By Sister Ruthie Hale Ferguson)

