

Compassionate Outreach Ministries



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*We Are Reaching Out,
 Not Out Of Reach*

Healthy Hearts

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tion of the Spirit is given to each one for the profit of all" (1 Cor. 12:7).

Stretching Stretch out in faith. Faith is a life-changing truth. Stretch beyond your comfort zone in obedience to God and things will began to take shape.

Walking Walk in the Word daily. "Man shall not live by bread alone, but by every word that proceeds from the mouth of God" (Matthew 4:4). Reading the Bible is like physical exercise. Some days you don't feel like doing it, but you know it's good for you. Discipline yourself for godliness by making it a habit to read the Bible every day.

Being consistent in practicing these moves of an active faith is key because a "stop-start" exercise regimen rarely produces lasting results. If you want to make a new start in your spiritual fitness routine, consult your physician — the Great Physician, Jesus Christ. Ask God to help you practice daily spiritual disciplines that will increase your faith. *(Submitted by the C.O.M. Health Team, Adapted From Lifeway Christian Resources)*

Oh God, Help Me To Remember

Oh God, When I have food, help me to remember the hungry. When I have work, help me to remember the jobless. When I have a warm home, help me to remember the homeless. When I am without pain, help me to remember those who suffer. And remembering, help me to destroy complacency and stir my compassion. Make me concerned enough to help by word & deed to those who cry out. For what we take for granted, they take for good. Thank you Lord. Jesus said to the disciples "My heart is moved with pity for the crowd." He took seven loaves and a few small fish and blessed them and distributed them. About 4,00 people ate their fill (Mark 8:2-9). So let this be a lesson to us to help others in need. Oh God help me to remember. *By Mother Inez McKinnon*



Black Marriage Day

(Continued from page 2)

Wife: *I love you, _____, and I thank the Lord for the love that has bound our hearts and lives together in the spiritual fellowship of marriage. I will love, honor, cherish and obey you always. As we walk in the privileges and joys of life's most holy relationship and continue in the great adventure of building a Christian home, I will look to you as head of our home as I have looked to Christ as Head of the Church. I will love you in sickness as in health, in poverty as in wealth, in sorrow as in joy, and will be true to you by God's grace, trusting in Him, so long as we both shall live.*

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COMPASSIONATE OUTREACH MINISTRIES

Heart-To-Heart Newsletter

C.O.M. Christian Academy Students Travel to Washington D.C.

This year, the 5th grade class at the Compassionate Outreach Ministries Christian Academy is planning to travel with the Alachua County Sheriff's Office Juvenile Relations Bureau and Educational Tours on the 29th Annual Washington, D.C. Safety Patrol Trip. Along with the other fifth graders in Alachua County, our students will be traveling with over forty law enforcement officers, a medical team of four doctors and six paramed-

ics/nurses as well as parents and chaperones. Our



own First Lady Margaret Dennison will chaperone the C.O.M.C.A. students.

The dates for the Washington, D.C. trip are June 2-7. The itinerary will include visits to Arlington National Cemetery, the National Zoo, the Ford Theater, Capitol Circle, Jefferson Memorial, the Washington Monument, Mt. Vernon, the home of George & Martha, the Air & Space Museum, and the Natural History Museum. Please keep the travelers in your prayers.

Healthy Hearts: Spiritual Fitness

The spring season is upon us and many are working to attain physical fitness. We must also put forth the effort to achieve spiritual fitness. Unlike bodily exercise, the benefits of spiritual fitness last into eternity. Let's take heed to the following spiritual exercises. **Sit-ups** Sit up under the teaching of the Word of God every week. In Acts 20:7 we read that the disciples came together on the first day of the week to break bread and hear the teachings of the Apostle Paul.

100-yard dash Be ready to run to the aid of a hurting soul and demonstrate God's love. We were not created to live and function alone. We need one another. Ecc. 4:9 says that "Two are better than one ... for if they fall, one will lift up his companion."

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Dates To Remember

April 16	Resurrection Sunday (Easter)
April 21	Women's Shut-In Praise
April 22	Men's Video Presentation
April 28-30	Youth Weekend Celebration
May 6	Church Information Meeting
May 13	Women/Mother/Daughter Luncheon
May 14	Mother's Day
May 20	Health Fair
May 27	Men's Basketball at SFCC

Bible Trivia Answer

Mat. 16:26 For what shall it profit a man, if he shall gain the whole world, and lose his own soul?

The Bible on Parenting: Practical Tips

The bible provides Godly instruction for every area of our lives. The following tips will help us to become the parents that God has called us to be.

It is never too early to begin training a child. Proverbs 22:6 says, "Train a child in the way he should go, and when he is old he will not turn from it."

Parents must be godly examples in words and actions. Deuteronomy 6:6-7, NIV reads, "These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and

when you walk along the road, when you lie down and when you get up."

God expects parents to be patient. Colossians 3:21, TLB states, "Fathers, don't scold your children so much that they become discouraged and quit trying."

"Train a child in the way he should go..."

Discipline is an expression of parental love. Proverbs 13:24, TLB says, "If you refuse to discipline your son, it proves you don't love him; for if you love him, you will

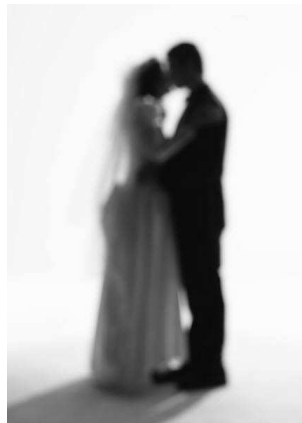
be prompt to punish him."

Kind, firm correction helps children learn. Proverbs 29:15, TLB states, "Disciplining a child helps him to learn. Left to himself, he brings shame to his mother."

The purpose of discipline is to help the children mature, not to anger them. Ephesians 6:4, TLB says, "And now a word to you parents. Don't keep on scolding and nagging your children, making them angry and resentful. Rather, bring them up with the loving discipline the Lord Himself approves, with suggestions and godly advice." (Adapted from Bibleinfo.com)

Black Marriage Day 2006

Research supports the idea that marriage is a good thing! Married people live longer, have better health, earn more money, accumulate more wealth, buy more homes, feel more fulfilled in their lives, report enjoying more satisfying relationships and have happier, more successful children than their single counterparts. In spite of these statistics, Blacks are less likely than whites to get married and to stay married. To create a greater awareness of the benefits of marriage in the Black community, Sunday, March 26th is being recognized across the nation as Black Marriage Day 2006. For the fourth year in a row, Black Marriage Day will celebrate the institution of marriage in the Black community by praising and congratulating the couples around the country that have made a lifetime commitment to one another before God and man. In a culture in which it is easier to break up a family than it is to get help to stay together, the day provides encouragement for married couples to endure.



Some ways that you and your spouse might celebrate Black Marriage Day include: a special date; reading a marital book together; taking a marriage-strengthening course together; creating a list of your ten most desirable dates; having a family gathering in which everyone discusses how the marriage has impacted them; sharing the benefits of marriage with others; celebrating the couples that have encouraged your marriage; and reaffirming your marriage vows. A sample of wedding vow reaffirmations is below:

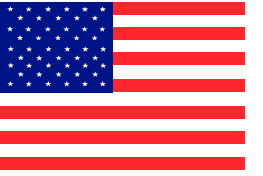
Husband: *I love you, _____, and I thank the Lord for the love that has bound our hearts and lives together in the spiritual fellowship of marriage. I will love, honor and cherish you always. As we walk in the privileges and joys of life's most holy relationship, and continue in the great adventure of building a Christian home, I will look to Christ as Head of our home as I have looked to Him as Head of the Church. I will love you in sickness as in health, in poverty as in wealth, in sorrow as in joy, and will be true to you by God's grace, trusting in Him, so long as we both shall live.*

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International Perspective: Kenya & U.S.A.



Recently, Compassionate Outreach Ministries hosted Pastor Martin Ssuna of Nairobi, Kenya for Spring Revival 2006. During his visit, Pastor Ssuna compared the United States to Kenya and concluded that Americans enjoy many more privileges than our Brothers and Sisters in Kenya. Instead of taking such things for granted, Pastor Ssuna encour-



aged us to be grateful for what God has provided us with and more importantly, to be good stewards over the blessings that we enjoy. The table below highlights some of the differences between Americans and Kenyans, showing that overall Americans live much longer, have more educational opportunities, experience less unemployment, enjoy more buying power and live in poverty less frequently. Let's keep these statistics in mind, pray for the people of Kenya, thank God for what He has done for us and use Godly wisdom over what we have.

	Kenya	United States of America
Total Population	About 34 million	About 296 million
Life Expectancy	47.99 years	77.71 years
Death Rate	14.65/1,000 pop.	8.25 deaths/1,000 pop.
Infant Mortality Rate	61.47 deaths/1,000 births	6.5 deaths/1,000 births
Literacy (able to read & write)	85%	97%
Unemployment	40%	5.1%
GDP-per capita	\$1,200	\$41,800
Population below the poverty line	50%	12%

Taken from the CIA World Factbook, 2005

Special Recognition

HAPPY ANNIVERSARY

Mr. Douglas & Mrs. Yvonne Bivins	18 years	3/1
Mr. Clarence & Mrs. Roberta Graham	26 years	3/1
Mr. Tracy & Mrs. Martha Henderson	10 years	4/27
Mr. David & Mrs. Sadie Holmes	26 years	4/19
Mr. Eddie & Mrs. Leslie Isaac	2 years	3/1
Mr. Earnest & Mrs. Julia Jordan	5 years	4/12
Mr. Patrick & Mrs. Kathy Kimbrough	2 years	2/18
Mr. Hinton & Mrs. Deborah Kinsler	8 years	3/12
Mr. Calvin & Mrs. Cherry Lewis	17 years	3/17
Mr. Bernard & Mrs. Phillip	14 years	4/30
Mr. Leon & Mrs. Diane Rowe	17 years	4/29
Mr. Kenneth & Mrs. Bridget Stokes	6 years	3/11
Mr. Tyrone & Mrs. Licia Watson	17 years	3/11
Mr. Larry & Mrs. Louyse Williams	17 years	4/21



Happy Birthday
To Everyone Born
in the Months of
March & April
We Love You, We Do!

Bible Trivia
Finish the quote.
"For what shall it profit a man, if he shall gain the whole world..."

Healthy Hearts

(Continued from page 1)

Push-ups Lifting up a person in need builds your spiritual muscles. The Father of mercies "comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God" (2 Cor. 1:4). Christians who have been encouraged by God should be the world's best encouragers.

Deep knee-bends If you want the Lord's blessing on your life, pray. Paul urges us to "continue earnestly in prayer, being vigilant in it" (Col. 4:2). It takes effort and commitment to confess your sins before God, and to pray for guidance for yourself and others.

Lunges Lunge into Christian service. When God shows you a need that you can fill, get involved and see the Holy Spirit work through you. "The manifesta-

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