



Heart-To-Heart Newsletter

Women's Retreat 2009: Total Praise

The Compassionate Outreach Ministries Women's Retreat 2009 was the greatest ever! This year's theme was "Total Praise." Bishop and First Lady Dennison provided the women of Compassionate a retreat beyond the expectation. The retreat began with an awesome prayer of protection and blessings by our Bishop. The first stop was to Shoney's of Lake City, FL for a buffet breakfast, followed by a second stop in a most beautiful shaded Georgia rest area for a special prepared lunch of fried and roasted chicken, a fresh garden salad, croissant and a slice of First Lady's melt-in-your mouth-home-baked iced pound cake. The retreat journey continued to a Ryan's Restaurant in the great city of Atlanta, Georgia. Upon our arrival at the signature Embassy Suites Hotel, the women excitedly unloaded the buses and were provided with their keys to wonderful suites of comfort which were enjoyed by all until our next scheduled activity for the evening: The 16th Annual Full Gospel International Conference at the Georgia World Congress Center .

The services opened with the Full Gospel Mass Choir, under the direction of Elder William Murphy, ministering in powerful songs of worship and praise. Bishop Clarence McClendon presided over the service. The featured guest soloist was the dynamic Pastor Marvin Sapp, who sung to the glory of God! The featured speaker for the evening was Bishop Paul S. Morton and we were honored by special words of welcome by First Lady Morton. The Word of the Lord was powerful and needful.

The scriptures for the evening was from Isaiah 6:1-10 and the title was "Give God the Glory!" Bishop Morton stressed how the seraphim possessed six wings and how they used only two to fly and the other four to cover their faces and feet. The spiritual message was, it is not about our gifts, talents or positions, but letting God's glory be seen in our lives. A life that is full of His glory and a life that displays and honors His holiness in this earth is our primary focus. What an awesome Word! Upon departure of the services several of the women were blessed with free Word Network T-Shirts on their return to the bus....favor! The women returned to the hotel for a night of fellowship and rest.

Friday morning the women enjoyed a wonderful Embassy Suites breakfast buffet and omelet bar before the anointed and charged morning workshop with presenter, Evangelist



Pastor Sapp, Bishop Morton & Evangelist Baylor

(Continued on page 3)

Inside this issue:

W.O.R.D. Revival	2
C.O.M. Health Clinic	2
Special Recognition	2
COM Health Clinic	3
The Word of God That's In Your Belly	3
Extreme Spiritual Makeover & Gospel Extravaganza	3
The True Meaning of Being Single	4
NAACP Youth Council	4
O Taste And See	4

Dates To Remember

- 7/25 Men's Fellowship Bowling Event
- 8/9-13 W.O.R.D. Conference
- 8/15 Men's One Day Getaway
- 8/22-23 Family & Friends Weekend Celebration
- 9/5 Information Meeting
- 9/27 Women's Conference

Bible Memory Verses

Proverbs 3:5-6 Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

WORD Revival 2009

Compassionate Outreach Ministries will host the annual Week of Restoration & Deliverance Conference (W.O.R.D. Revival) beginning Aug. 9th and ending on August 13th. This year's featured guests include Prophet Anthony Moore, Prophetess Beatrice Gardiner, Recording Artist Jeremia Cannon, and Recording Artist Elder William Murphy III. On Sunday evening, services will begin at 6:00 pm and for the remaining nights, services will begin at 7:30 pm. For more info, visit www.compassionateoutreach.org

Special Recognition

HAPPY WEDDING ANNIVERSARY

Mr. Charlie & Mrs. Gloria Bradley	44 years	7/11
Mr. Leon & Mrs. Barbara Cummings	13 years	7/15
Mr. Rickey & Mrs. Mary Davis	28 years	7/16
Mr. David & Mrs. Wanda Frazier	15 years	7/29
Mr. James & Mrs. Katie Hardy	24 years	8/2
Mr. Simon & Mrs. Dawn Harris	11 years	7/18
Mr. L.J. & Mrs. Ruby Johnson	48 years	7/16
Mr. Rudolph & Mrs. Carla Lake	15 years	7/16
Mr. Floyd & Mrs. Cassandra McAllister	19 years	8/4
Mr. Nathaniel & Mrs. Kathy McAllister	10 years	8/22
Mr. Jerry & Mrs. Cynthia Miller	15 years	8/25
Mr. Todd & Mrs. Tangelyn Mitchell	29 years	7/26
Mr. Samuel & Mrs. Carla Neal	20 years	8/26
Mr. Tony & Mrs. Wanda Owens	8 years	7/18
Mr. Freddie & Mrs. Mildred Robinson	60 years	7/16
Mr. Sidney & Mrs. Sharonda Turner	6 years	7/26
Mr. Willie & Mrs. Vondalyn White	13 years	8/17

HAPPY BIRTHDAY!

To everyone born in the months of July & August

The Word of God That's In Your Belly

The Word of God that's in your belly can help you pass the test
 The Word of God that's in your belly can build you and make you your very best
 The Word of God that's in your belly stands firm, sure, and upright
 The Word of God that's in your belly will help you fight through the night
 The Word of God that's in your belly strengthens you in moments of unbelief and doubt
 The Word of God that's in your belly empowers you in the midst of the storms, and is able to pull you out
 The Word of God that's in your belly speaks to the trials, situations, and circumstance
 The Word of God that's in your belly reminds the Devil that he doesn't have a chance
 The Word of God that's in your belly is willing to fight for you until the very end
 The Word of God that's in your belly pronounces victory over Satan and his sin
 So Saints of the Most High, hold on to the Word of God that's in your belly.

Because it can heal a sin sick heart.

Always possess God's Word and do not allow it to ever depart

By Sis. Renee' Hall

C.O.M. Health Clinic

Each year, the Center for Science in the Public Interest picks its top 10 "best" foods based on nutritional content. Here are the 10 foods they selected as "best" this year. Try adding these to your plate to boost nutrition.



- Sweet potatoes
- Grape tomatoes
- Fat-free (skim) or 1% milk
- Broccoli
- Wild salmon
- Crispbreads
- Brown rice
- Citrus fruits
- Butternut squash
- Spinach and kale

Taking control of health and wellness begins at home, and it begins with choosing healthy foods for the whole family. Incorporating healthy eating and healthy living in the household can and will become habitual once you take the necessary steps to make those changes. *(Adapted from cspinet.org)*

Extreme Spiritual Makeover & Gospel Extravaganza

The ladies of Compassionate Outreach Ministries were tremendously blessed by the Extreme Spiritual Makeover and the Gospel Extravaganza which followed. The ministry of Evangelist Jacky Clark Chisholm (of the legendary Clark Sister) and Evangelist Sabrina Jackson, (CEO of Sabrina Jackson Enterprise), was definitely anointed and enlightening. The aim of the workshops was to create avenues for enhancing communication, a better understanding of self, and more effectual use of natural gifts and talents within ministry. Through the utilization of the Essential Colors Model, the ladies learned about the blended colors of Christ and how to work on being more Christ-like.



Kierra 'Kiki' Sheard

With special guest appearance from recording artist Kierra "Kiki" Sheard, God's Example, Evangelist Gladys Simmons-Ellis, and Psalmist Charlotte Ellis-Colbert, we definitely experienced a mighty move of God at the Gospel Extravaganza. The praise was electrifying and the worship was beyond description. Attendees also enjoyed a powerful skit presentation by Brother Eugene and Sister Keisha Jones. God was truly in our midst. We pray that God blesses our leaders for moving with vision and being sensitive to God's plan. *(By Minister Demetria Childs)*

Women's Retreat 2009

(Continued from page 1)

and Recording Artist Helen Baylor. The workshop opened with songs of praise and the introduction of our presenter by First Lady Dennison. Evangelist Baylor ministered on an intimate personal level and shared some never-spoken details of her life's challenges, trials, deliverances, and victories. She encouraged the hearts of the women through God's Word to be steadfast, unmovable, and consistent in the work of the Lord, to fight the good fight of faith, to persevere, and to work out their own salvation. She further exhorted the women to have confidence in God and in His Word. In closing, she gave an opportunity for personal prayer for women that wanted freedom from the spirit of rejection and for those needing physical healing. The presence and power of God fell in the room as Evangelist Baylor, First Lady, and other prayer warriors prayed on one accord for each individual that came for prayer. First Lady Dennison went forth in a powerful exhortation of praise and worship as the angels of the Lord began to minister within certain sections of the room to the individual needs of women, as was witnessed by First Lady personally and felt by many that were present. After the anointing of the Lord lifted, Evangelist Baylor presented her newly published book and personally signed each copy for those that desired to purchase one. The benediction was given and the women left to prepare for the next scheduled event for the day....Shopping!

The women loaded the bus for the Malls, Ross, Burlington Coat Factory and a shopper's lunch stop at the first shopping mall. After the wonderful opportunities of shopping and sharing, the evening ended with dinner at the famous Gladys Knight and Ron Winans Chicken & Waffles Restaurant. The food was absolutely delicious. My personal favorite dish was the sweet potato cheese cake topped with caramel and fresh pecans. After dinner the women once again returned to the Embassy for another night of fellowship and rest.

Saturday started with a well prepared Embassy Suites breakfast buffet. Afterwards, the women loaded the buses and offered thanksgiving to God and asked for His protection as we started a return journey of shopping activities and fellowship back to the beautiful city of Gainesville, Florida where our loved ones, family and friends awaited our safe return. On behalf of the Women of the Compassionate Outreach Ministries we would like to say a special thank you to Bishop and First Lady Dennison for your demonstrated love and leadership along with the wonderful women of the Women's Fellowship Committee for the best Women's Retreat ever! *(By Minister Deborah Harden)*

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*

NAACP Youth Council

The Alachua County Branch of the NAACP is looking forward to revitalizing youth involvement. Since the creation of the organization in 1909, the NAACP has worked with the community to accomplish numerous goals. With this year serving as the 100th Anniversary of the NAACP, we have initiated a campaign to recruit 100 new members into the Youth Council. In Matthew 21:16, we learn that "Out of the mouth of babes and sucklings thou hast perfected praise?" In this era of change and the 'Yes We Can' spirit, local youth need to know that there is a platform to participate and fulfill the call. We are asking youth to sign up for an NAACP Youth Membership at a cost of \$10.00. For more information contact Brother Xavier Monroe, the Alachua County Youth Council President.

The True Meaning of Being Single

Some look at being single as having no life at all,
And they look at those in relationships as just having a ball.
Relationships take work, time, patience, and a lot of energy.

It's all about give and take, and there's no more

ME! ME! ME! ME!

Being single can be a blessing, if we truly take a look within.

This is the time of getting to know yourself and God,

And on Him learn how to lean and depend.

We can witness more, pray more, and fast a lot too.

We can get our houses in order,

And help those who are going through.

We can take our time and begin to unpack all of our years of baggage

We can learn from, understand, and get rid of past hurts and pains.

Once that process is over, we're free to love again.

Now we can truly become someone's help meet.

Trials, battles, and tribulations together you both can beat.

I know the world today will say being single is just being incomplete.

But why jump in a relationship with baggage,

Only to have it end in defeat?

So enjoy being single as long as you can.

Go and spread the gospel throughout this fearless land.

Let's bring back the true values that are written from Genesis through
Revelation.

Let's increase people's levels of faith, while decreasing temptation.

It's time we become brave like Ester and Paul,

While sustaining our faith like the three Hebrew boys.

Let's live single, sanctified, and free.

As we continue to keep the world's views, and values under our feet.

By Sis. Tia Wilson

O Taste And See That The Lord Is Good

Spring Salad

By Sister Brenda Lyons

Ingredients

12 oz pkg. of Spring Mix Salad

12 oz bag of Raisins or Craisins

4 oz bag of walnuts

12 oz can of Mandarin Oranges

12 oz pkg. of Pepper Jack

Cheese

1 Red Onion

16 oz bottle of Balsamic Vinaigrette

2 Teaspoons of Sugar

12 oz pkg. of tomatoes

Directions

- Evenly spread lettuce on serving platter.
- Sprinkle raisins/craisins over greens.
- Drain oranges and arrange over salad
- Cut tomatoes in 1/2 and arrange over salad
- Dice cheese into bite size pieces and sprinkle over salad
- Place balsamic vinaigrette in bowl and add sugar to taste.
- Drizzle mixture over the salad.
- Add nuts on top of the salad.
- Serve.