

# Body of Christ News

SERVING COMMUNITIES IN: DENVER, AURORA, MONTBELLO, BOULDER, COLORADO SPRINGS &amp; PUEBLO

## WATCH NIGHT



### Grace is a Second Chance

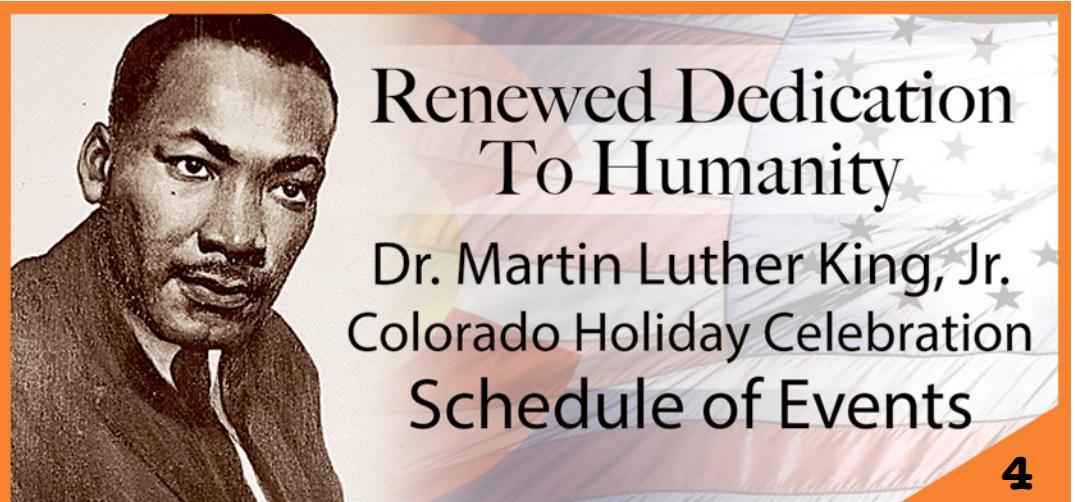
PM WYNN-GROVE: As we start into the new year, every day you have the opportunity to build relationships and heal wounds by giving and receiving God's grace.

21

**the gift:** a journey through immersion learning » M. Celeste Jackson  
ZIMBABWE SOUTH AFRICA



9



4



### Brotherhood of Beaus

Jack & Jill's  
30th Annual  
Beautillion

photos /  
Vern L. Howard, top;  
James Rowe, bottom

16

- EST. 1983 -

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## Where in The Universe Can Light and Darkness Co-Exist?

THIS QUESTION, I PROPOSE TO EACH OF YOU, and you should ponder the answer to this question within your own minds. To co-exist is to exist together at the same time and to occupy the same place in a peaceful way. The only clues that I offer you is that truth which represents light, and darkness which represents sin, definitely does not co-exist in Heaven or hell. One good example of non co-existence would be to place a fox within the confines of a hen house. What would be your expectations in this scenario? You would most likely hear loud clucking, sharp squeals and screams, scratching and clawing with a fair amount of feathers flying, and in conclusion: death. In Romans (KJV) 6:23 the bible says, "For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our lord." You should also notice that the verse did not speak to any particular death. Another example would be where someone driving under the influence kills another person with their automobile. Then the family and friends of the person who died questions God as to why this would happen to someone that they considered to be a good person and one whom they believed everyone loved. I am not at all indicating that God was at fault for the death, but I do know that He is in control of all things and he also has the prerogative to allow such to happen. Our first thoughts would be to believe that the one drinking and driving should have been the one to die in this instance. But this just happens to be one of those situations where there is no searching the understanding of God. Isaiah (KJV) 55:8 says, "For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord." Now, we all should know that at some point in this role we play called life, the final act in the last scene always calls for death. As it states in Hebrews (KJV) 9:27 it says, "And as it is appointed unto men once to die, but after this the judgment."

Light and darkness cannot exist in the same place at the same time. In the Book of Genesis (KJV) 1:3-4 it reads, "And God said, Let there be light: and there was light. And God saw the light, that it was good: and God divided the light from the darkness." If God saw light as good, then we have to surmise that darkness represents something evil or sinful. His intention was that the two could not, nor should not co-exist together. This is one of the reasons why I don't understand why we the children of God do not come together and display a brilliant light when darkness is present. If you go into a dark basement with just a small candle, you can dispel a little darkness but when you turn on the switch you will get much light and darkness will have to move out. When will we as believers let our lights shine? Not only should our lights shine when darkness is present, but our lights should also light a path where others may see their way? In 1 Thessalonians (KJV) 5:5 it says, "Ye are all the children of light, and the children of the day: we are not of the night, nor of darkness." Are we the children of God concerned about the weakness of our lights? Jesus always stands at the ready to recharge each of us if we just ask.

One way or another, we've tried to merge sin and truth together not realizing that no matter how it may appear to some, it cannot work. Are we becoming satisfied with darkness in our midst? Sin is transgression

or wrongdoing. Truth is reality, certainty, or fact. Sin has generally been thought to be hidden or covered by darkness, where God's truth will surely come to light. God is truly aware of all that goes on in the lives of mankind. Since he's the one we will answer to, our focus should mainly be on him as we journey through this brief life here on earth.



Wil Wilson

In the book of Exodus (KJV) 4:1-5 it says, "And Moses answered and said, But, behold, they will not believe me, nor hearken unto my voice: for they will say, The Lord hath not appeared unto thee. And the Lord said unto him, What is that in thine hand? And he said, A rod. And he said, Cast it on the ground. And he cast it on the ground, and it became a serpent; and Moses fled from before it. And the Lord said unto Moses, Put forth thine hand, and take it by the tail. And he put forth his hand, and caught it, and it became a rod in his hand: That they may believe that the Lord God of their fathers, the God of Abraham, the God of Isaac, and the God of Jacob, hath appeared unto thee." As we look at the situation of Moses, the question I have for the people of God is, have we been given any tools to work with? What about the Comforter that Jesus said would come after he ascended to his father? In

the book of Acts (KJV) 1:8 it says, "But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in Judaea, and in Samaria, and unto the uttermost part of the earth." What about the book that contains the word, or is the word of God that each of us has in our possession? What about our faith? Do we really believe or is it for show?

One of Excel's goals within her mission is to enlighten and make the children aware of God's truth. In Matthew (KJV) 5:14 Jesus says, "Ye are the light of the world. A city that is set on an hill cannot be hid." The children are also made aware of what God's expectations are for those of us who are called by his name. In the 1st Epistle of Peter (KJV) Chapter 2, it speaks of Christ the corner stone. In 1st Peter (KJV) 2:9-10 it reads, "But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvelous light: Which in time past were not a people, but are now the people of God: which had not obtained mercy, but now have obtained mercy." 2 Corinthians (KJV) 6:14 tells us, "Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?"

"Show me your friends and I will show you your character"  
— African Proverb

— Wil Wilson

"May your light in the new year shine with everlasting power."  
— VL Wilson

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# Sr. Pastor Kenneth Roberts Retiring

## Anchor Of Hope Church Seeks A New Pastor

Senior Pastor Kenneth Roberts and his sister, Wanda Roberts co-founded Anchor of Hope Church and recently celebrated the church's 44th Anniversary. They were born and raised in Beaumont, Texas, in a family of seven children. Their parents knew the Lord and taught the children about Christ at a young age, however Kenneth preferred to follow in the footsteps of his favorite jazz musicians. He loved jazz, especially Miles Davis, Gillespie and Clifford Brown, and he tried to emulate them as he played the trumpet in school, including college. While in Chicago, at the age of 19, Kenneth Roberts came to Christ.

Pastor Kenneth says, "I consider it a privilege that I have been in a 44-year love affair with the wonderful people at Anchor of Hope Church. It happens that both my sister and I have Parkinson's Disease, and that has taken its toll over the years. So, it is time to step down and let a younger pastor take the church where it is yet to go." The church is located at 21st and High Street, where it has been located for the past 40 years. Pastor Roberts explains, "The previous location was in a storefront on East 28th from 1969 until 1973 when we purchased and



Pastor Kenneth & LaFaye Roberts

extensively expanded a former doctor's office, and built the current building around the old structure—at a price of one million dollars. The church started with just two families and has grown to over 100 families."

"I hope the new pastor would be someone who really loves the Lord, the Word, and the people of God, and who

***Pastoring is not a job; it is a calling —to preach, teach, lead, empower, gather and keep God's people together.***

takes the calling seriously," says Pastor Roberts. He continues, "Pastoring is not a job; it is a calling —to preach, teach, lead, empower, gather and keep God's people together. Also, to reach out to people who are hurting in various ways, in the Name of Jesus, all for the Glory of God. The main emphasis is teaching salvation by grace, through faith in Jesus, plus nothing."

Pastor Roberts says, "We are to be

busy about building God's Kingdom. Some of the ways we have sought to do that is by reaching out to the poor in Jesus' name. We have a food ministry and the Arapahoe County Jail outreach ministry that we have had for about 25 years. We have had youth ministries over the years, including summer camps. We strongly believe in giving our children college scholarships when they graduate from high school. We have an after school tutoring program (Whiz Kids), and a bible study program where one can earn college credits."

"Anchor of Hope Church is also in partnership with licensed, Christian Counselors to provide counseling to the hurting and wounded, and we also network with other churches and ministries to provide additional services and proclaim the whole gospel to the "whole man," says Pastor Roberts, and "We have sent people in our church on short-term mission trips to Europe, Africa, Asia, North America, and other locations."

Anyone interested in being considered for the position of Pastor at Anchor of Hope Church, can call the church office at 303-861-4597 and ask to be directed to the Pastoral Search Committee. +

## REMEMBER, CELEBRATE, ACT! 2014 MLK EVENTS

Dr. Martin Luther King, Jr. Colorado Holiday Celebration - 'Renewed Dedication To Humanity'

### Sunday, Jan 12

10:45 AM — Interfaith Dr. Martin Luther King Jr. Recognition for the City of Aurora's week long commemoration. at The House Worship Center 195 S. Monaco Pkwy, Denver, CO 80224

### Monday, Jan 13,

10 AM — Aurora Mayor Steve Hogan kicks off a week of commemoration at the Aurora Municipal Center, 15151 E. Alameda Pkwy. The unveiling of the T-shirt contest artwork & Quilt display from the Rocky Mountain Wa Shonaji Quilters Guild.

11 AM — Press Conference/Launching of Torch and MLK Colorado. The Blair-Caldwell African American Research Library 2400 Welton St Denver, CO

### Tuesday, Jan 14,

6 PM — 23rd Annual MLK, Jr. 2014 Humanitarian Awards and Lifetime Achievement Awards & Colorado Symphony Orchestra - King Celebration Concert. Boettcher Concert Hall Denver Performing Arts Complex 14th and Curtis Streets.

7 PM — Multicultural Performances Heritage Attire . Aurora Fox Theater 9900 E. Colfax Ave. Aurora, CO 80010. Public requested to dress in heritage attire or \$5 donation at door.

### Wednesday, Jan. 15

7-9 PM — Live Telecast on "Contemporary Issues." Aurora Channel 8.

### Thursday, Jan. 16

7 PM — Critique of Live Telecast and continuation of contemporary issues at Martin Luther King Jr. Library, 9898 E. Colfax Ave. Aurora, CO 80010

### Friday, Jan 17,

8 AM — The 20th annual MLK Peace Awards & Breakfast. Tivoli Turn Hall Auraria Campus. \$7 for students, \$14 for adults

8 AM — Aurora Community of Faith Breakfast. Aurora Municipal Center, City Café, 15151 E. Alameda Pkwy. Speaker: Dr. James

Peters Tickets \$15, RSVP to 303-739-7580.

11:45 AM — 29th Annual MLK Social Responsibility Awards Luncheon. Marriott City Center Downtown Denver. \$75. Guest: Dr. Derek Barber King, Sr., (nephew of Dr. Martin Luther King, Jr.)

4:30-7 PM — Z Place! Birthday Party. Evie Dennis Campus, Building 5, 4800 Telluride Street. In honoring the legacy of Dr. Martin Luther King, Jr. we are coming together to celebrate Far Northeast Denver and all its incredible achievements this year at This community open-house celebration will feature music and entertainment, complimentary refreshments and interactive fun and games for all ages.

6:30 PM — Dr. Martin Lither King, Jr. Colorado Holiday Commission's Scholarship & Marade Awards Dinner. Dr. Martin Luther King Jr. Library, 9898 E. Colfax Ave. Aurora, CO 80010. Invitation Only

### Saturday, January 18,

10 AM — MLK Marshall Training for Marade Time: 10:00 a.m. Place: Denver Waste Water Building 2000 West 3rd Avenue, Denver, CO 80223- 1027 1st floor (Lunch will be served)

8 AM - 3:30 PM — Planting the Seed Conference & The MLK We Are People Conference (WAPC). Registration at 7:30 AM. PUSH Academy 4501 Airport Way. Engage in dialogue with elected officials, CEOs, and leaders about National issues that affect our communities. Topics include: Community sustainability, civic engagement, education, emerging leadership, health & wellness, school readiness, and workforce development. The conference is free and open to all! ¡Tenemos sesiones en Español tambien!

4-7 PM —Young Adults for Positive Action (YAPA) Networking. UNOS Chicago Grill 16375 E 40th Ave

### Sunday, January, 19th,

2 PM —Highlands Ranch, Community 2011 Unity Walk and Reception. Fox Creek Elementary School 6585 Collegiate Drive Highlands Ranch, CO

6 PM —29th Annual Ecumenical Service Honoring Dr. King and Nelson Mandela. New Hope Baptist Church

### Monday, Jan 20st,

9 - 11 AM —16th Annual Dr. MLK, Jr. Breakfast Celebration. Arapahoe Community College (In main Dining Hall) 5900 South Santa Fe Drive, Littleton, CO 80120. Tickets \$15 for Adults, \$5 for children 12 and under

7:30 AM — Marade Aurora Motorcade. Participants gather at the east side of Aurora Municipal Center, 15151 E. Alameda Pkwy. & travel to Fletcher Plaza, 9898 E. Colfax Ave. Aurora, CO 80012, for laying of the wreath ceremony, dedication of Dream Tree, and breakfast.

10 AM —Travel to Denver City Park. Aurora Mayor Steve Hogan lays a wreath at the "I Have a Dream" monument.

9 AM — **29TH ANNUAL MLK MARADE** — Time: Gather @ 9:00AM program starts at 9:30 a.m. Starts at the Dr. Martin Luther King Jr., I Have a Dream Monument, Denver City Park, concluding at Civic Center

**GET TO CLEANIN', REMEMBERING MEMPHIS** — Day of Service Community Project — Volunteers needed to remove litter from the Marade route and surrounding neighborhoods immediately following the Marade

**PHONES, BOOKS COLLECTION** — Again this year we will collect old cellular phones, non- perishable food and children books. We will have the phones refurbished and donated to battered woman shelters. The food will be donated to local food banks

3-6 PM —29th Annual "Dinner for Those Who Hunger. Volunteers of America, Sunset Park, 1865 Larimer, Denver, CO 80202.

**DR. MARTIN LUTHER KING JR., DAY OF SERVICE** — Start Planning Your Project Today! Visit www.MLKday.org. "EVERYBODY can be great, because EVERYBODY can serve", Dr. Martin Luther King, Jr."

6 PM — MLK Jr. American Heritage Rodeo of Champions. National Western Stock Show Coliseum 4655 Humboldt St. Denver 80216

### Tuesday, January 21,

2-3:30 PM — Honoring Dr. Martin Luther King, Jr. and Community Leader. A Salute to George & Marjorie Morrison. Auraria Campus Confluence Assembly Rooms 800 Curtis St. Denver.

**MORE INFORMATION: VISIT BOCNEWS.COM**

# America's Most Serious Health Problems

"My people are destroyed for lack of knowledge..."

— Hosea 4:6

**By Byron E. Conner, M.D.**

America is a nation that is among a group of countries that spend more on health care than all others. When we look at health care spending in America as a percentage of GDP and on a per capita basis we are among the top spenders. We are talking about trillions of dollars here. However, we need to pause and ask, what good is all the funds spent doing? We might be dismayed to learn that despite the dollars spent, we still face some staggering health issues. It seems that in the US, health care is more of a privilege, than a right.

High income people enjoy better care overall without question, and we seem to begrudge that fact that many need help with even basic care, or just getting any care at all. If you have the income you will enjoy the best hospitals, more doctors including "specialists", and overall better treatment. But there is trouble in America in regards to our state of health.

We have an obesity problem which is the worst in the world. Because of this we have a host of problems such as diabetes and heart disease. We have too many of our citizens who live longer, but not better. If you spend just a brief period of time observing things in our nations clinics and hospitals you will find that a significant amount of our illnesses are preventable. Much infirmity and permanent disability does not have to really happen. So what if the problem? The problem is chronic diseases.

As a nation, 75% of our health care dollars go to treat chronic diseases. These diseases cause a decrease in the quality of life for too many of us and 7 out of 10 deaths among Americans each year are due to these ailments. To look at things briefly, heart disease, stroke, cancer, diabetes and arthritis are among the most common, costly, and preventable of all health problems in the US. About 133

**Heart disease, stroke, cancer, diabetes and arthritis are among the most common, costly, and preventable of all health problems in the US.**



Dr. Conner

million Americans have at least one chronic disease. These conditions may cause daily limitations in activities and chronic pain and other discomfort.

Just imagine that you are a doctor trying to help people with their health conditions and you are just trying to keep people healthy. You might be surprised to know that you will be spending a lot of time, scolding, imploring and just pleading with people to do certain things or to stop doing certain things. So you tell people in a nice and diplomatic way: Quit smoking. Quit drinking or drink less. Eat this, don't eat that. Don't sit all day, get up and exercise. You will find yourself saying these things all day and to multiple people. You are motivated to do this because you know what might happen. You have seen far too many people who live to a ripe old age, but spend the last 5-10 years of their lives in misery, and chronic pain, and in and out of the hospital, or in a nursing home. You don't want to see anyone go through unnecessary pain and suffering, and that is why you are motivated to say what you have to say. You can see what might happen. You do have the need to accept that fact that you can't make people do anything!

We have the statement in the text above that people "perish for lack of knowledge". In addition we need to remember the old saying that "knowledge is power". So here is some empowering knowledge. Four modifications in lifestyle can serve to help prevent the illness, suffering, and early death related to chronic disease:

Do not live a sedentary lifestyle. Consider exercise as something you have to do.

Eat a better diet: Less meat, more fresh fruits and vegetables, less salt, less sugar, and little in the way of fast food and processed food.

Curb excessive alcohol consumption-talk with your doctor about how much this should be or listen to a friend, family member, or spouse who tells you that you should do this.

Quit smoking. Don't just "cut down"-Quit!

In addition take care of conditions such as diabetes, hypertension, high cholesterol, and obesity. See your doctor and do what you are advised to do! These are simple things to do, but they can help you to live longer and better by God's grace. \*

## LOCAL EVENTS

### Gody Women Ministries

JAN 3 — Cenece Dixon Ministries presents The Breaking of The Chains Service. A night of worship, praise Healing and deliverance. Chains of Soulies from previous relationships, financial chains, chains of sickness will be broken. For more information call 720-808-9291

JAN 6 - 11 — Cenece Dixon Ministries and Gospel Cntr presents Soak the Altar Leadership Conference. Location: The Absolute Word Church, 2400 California St Denver. Theme: No Church Left Behind. Speakers from around the city will be teaching on Mischa (family), Ministry, Money and Members. All Services are FREE. For more info call 720-808-9291

JAN 25 — Cenece Dixon Ministries and JCHutt Ministries presents A Night With The King. Ladies are able to renew their Vows to Christ. This is a wedding in white ceremony. You will receive 3 counseling sessions by Minister Saundra Topazz McBride and Wedding Officiated by Pastor Yvonne McCoy. Interest meeting is Jan. 25th at 10am. You must call and RSVP at 720-808-9291

### 26th Quilt Giveaway

JAN 18 — Table of Brotherhood 26th Quilt Giveaway Event will be held at the Blair Caldwell Library 2401 Welton Street, Denver, Colorado 80201 from 11am - 2pm.

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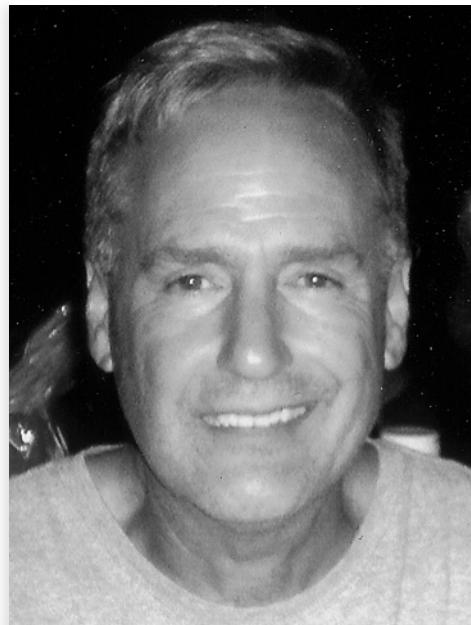
# 2014 The Revelation Begins to Unfold PART II

**By Michael Forti**

For several years now, many Christians have shared their differences of opinion concerning the RAPTURE of the church, the GRACE of God, and His WRATH to come. The following is a basic view of the most common yet concrete interpretation of the Lord's prophetic timeline. To begin, knowing that the Fathers prophetic time clock is ticking, how should we be living? "For the GRACE of God that brings salvation has appeared to all men. It teaches us to say "NO" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we WAIT for the blessed hope-the glorious appearing of our great God and Savior, Jesus Christ, who gave Himself for us to "REDEEM" us from all wickedness and to purify for Himself a people that are His very own"(Titus 2:11-14" NIV).

Jesus teaches about future events in Matthew chapter 24:21, "For there will be great tribulation unequaled from the beginning of the world until now-and never to be equaled again"(NIV-KJV). The most common challenge for Christians who are observing the signs of the times is to figure out when this will all happen, and, if God has a rescue plan.

The Lord teaches that He will rescue true born again Christians BEFORE the tribulation takes place which is commonly known as the "Pre-Tribulation Rapture." Jesus will DELIVER His faithful by means of a sudden "CATCHING AWAY", known as the "RAPTURE" (1 Thess 4:16-17, 1 Cor 15:50-51, Phil 3:20-21). Jesus will rescue true born again believers "FROM" the WRATH of the Lamb, and FROM the entire 7 year tribulation period that starts in Revelation chapter 6:1-17 (1 Thess 1:9-10, Rev 3:10-11). 2 Thessalonians 2:1-8 teaches that the CHURCH is the RESTRAINING force that is currently holding back the antichrist from coming forth (2 Thess 2:1-8-12). After the church is taken out of the way (raptured), the



Michael Forti

antichrist will be revealed and he will make a 7 year covenant with Israel (Daniel 9:27). Daniel 9:27 along with Revelation chapter 6 will be the BEGINNING of the tribulation.

The Pre-Trib Rapture view has a back bone with its support being based on the scriptures within the New Testament gospels and epistles. It shows how Jesus gives an accurate prophetic forecast of the LAST DAYS events based on the Old Testament accounts which consists of God's WARNING, DELIVERANCE and His final DEVASTATION. If you take a close look at the accounts of Noah, Lot and of Exodus, you will see that it illustrates a great consistency in God's prophetic timeline. It shows how God first WARNED the people of their wickedness.

He then DELIVERED His faithful from bondage. For His faithful were vexed in their hearts as they continued on as the RESTRAINING force of evil. Finally, He then poured out His WRATH on the wicked. This view is based on the words of Jesus that are

found within the New Testament. Luke 17:26 clearly says, "When the Son of Man RETURNS, it will be like it was in the days of Noah and Lot" (2 Pet 2:4-10). In these accounts, the wicked were living life as normal; eating drinking, marring, giving in marriage, buying, selling, planting and building, all up until the day that God DELIVERED His faithful.

No question, the account of the book of Exodus is a shadow of what God is doing all around the world today. While the societies of the world are living the way they were in the days of Noah and Lot, God will be allowing the devastating earthquakes, forest fires, hurricanes, tornadoes, asteroids, floods, melting ice caps and record breaking freezes to continue to increase on a global scale as a WARNING to this lost world, and to the apostate church.

Luke 21:10-11 says, "Nation will rise against nation, and kingdom against kingdom. There will be great earthquakes, famines and pestilences in various places, and fearful events and great signs from heaven." While all of this activity is taking place, the Lord will be preparing His faithful to be READY for their DELIVERANCE! "When these things BEGIN to take place, stand up and lift up your heads, because your REDEMPTION is drawing near" (Luke 21:28", Heb 9:28").

Could we know the exact day and hour of our Lord's return (Matt 24:36)? The answer in "NO"(Matt 24:36)! However, is it possible that we will know the season of our Lord's coming? Could 2014 fit into God's prophetic

forecast and could the Lord be trying to show us something? His word says, "Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another-and all the more as you "SEE" the Day approaching" (Heb 10:25 NIV).

"While people are saying "Peace and Safety," destruction will come on them suddenly as birth pains on a pregnant woman, and they shall not escape. But you brothers are not in darkness so that this day should surprise you like a thief" (1Thess 5:3-4, Rev 3:1-3 NIV). He then WARNS the church of Sardis, "Remember therefore what you have received and heard; obey it, and repent. But if you do not WAKE UP and be WATCHFUL, I will come like thief, and you will now know at what TIME I will come to you"( Rev 3:3 NIV-KJ). "For He has a set day when He will judge the world with justice" (Acts 17:30 NIV).

In closing, as we continue to see the earth shaking, what should we expect to see next according to God's historical and prophetic forecast of the future? Let's take a look at the number 2014 to see if it "COULD" fit into God's prophetic time clock. The biblical meaning of the number 20 is "Redemption." The number 14 is "Deliverance and Salvation. "The great DELIVERANCE of the Exodus is located in chapter "14". Israel was RESTORED as a nation on May"14" 1948. When you add 1948 with the 66 books of the Bible you get 2014.

**Continued on BOCNEWS.com**

**God will be allowing the devastating earthquakes, forest fires, hurricanes, tornadoes, asteroids, floods, melting ice caps and record breaking freezes to continue to increase on a global scale.**



## ORDER of WORSHIP

### Sunday

- Morning Prayer .....7:30 am
- Morning Worship .....8:00 am
- Sunday School .....9:30 am
- Morning Worship .....10:45 am
- Youth Church/Nursery .....10:45 am  
(Every 1st & 3rd Sunday)

### Wednesday

- Noon Day Prayer .....12:00 pm
- Evening Prayer .....6:30 pm
- Bible Study .....7:00 pm
- Teen Bible Study .....7:00 pm

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## THE GOSPEL TOP 10

- |  |   |
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# Freedom in Giving

*For if there is first a willing mind, it is accepted according to what one has, and not according to what he does not have.*

— 2 Corinthians 8:12

By Rev. William T. Golson, Jr.

Many of us wrestle with the matter of giving; asking ourselves, "How much can I afford to give?" "How much should my commitment be to the church?" "Should I play it safe, or should I trust God and give the desire of my heart?" Giving is the opportunity to sow seed into the kingdom. However, the goal is to experience the joy and blessings of giving and in no way be put in a place where the devil can steal our joy in giving. He would try to put us on a guilt trip because for whatever reason, we are not able to give as we would like. We cannot all give equally, but we can all give sacrificially.

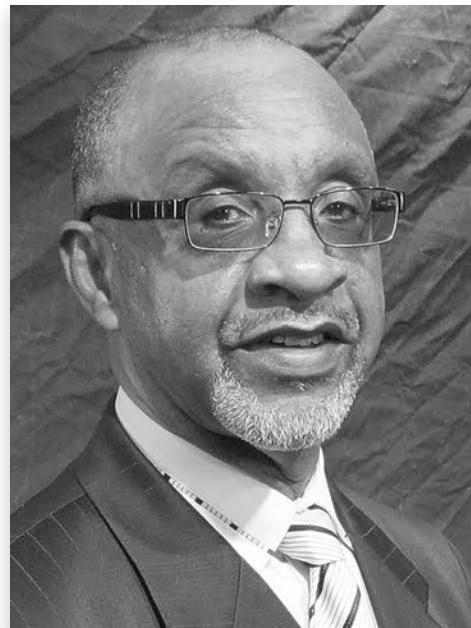
The immediate occasion of which Paul wrote was that there was a severe famine in Judea, which put God's people there in dire need, and he was collecting an offering to help. The Corinthians had determined a year before to join in the collection that was being made for the poor and suffering saints at Jerusalem. Evidently, the Corinthian church was in danger of neglecting to do what they had promised. Therefore, Paul sent Titus and his companions to Corinth to encourage them to complete their share in the offering, to encourage the Christians there to do the very best that they could. That by the grace of giving they might share in God's blessing and give him the joy of carrying their gifts to the poor Jerusalem saints, in whom he was so deeply interested.

As we consider the matter of our giving and also the need to be a continued blessing to our church and to others, it is essential that each of us exercise the freedom to give as we are led of the Lord. In that regard the appeal to give is made in the spirit of Paul, that is, not by command, but by urging you to do the right and best thing.

We Need To Abound In Giving (vs. 7, 8). Giving is a natural response to love. Giving is the most sincere expression of love. When you love someone, you want to give him or her of your time, attention, and provide for his or her needs. If you refuse to give, your love is not as genuine as you say. Dr. James Peters, my pastor, used to say that if someone says they love you but is not willing to give you anything or do anything for you that is a strange kind of love. You may be in a relationship with someone like that who claims that they love you but he or she is always a taker and never a giver. All you hear is: lend me, give me, can you spare!

Theologian Martin Luther said in the life of the believer, "There are three conversions necessary: the conversion of the heart, the mind, and the purse. Of these three, it may well be that we find the conversion of the purse the most difficult." For some of us it is easier to embrace the conversion of our soul, to accept the renewal of our mind, than to accept the commitment

**William T. Golson, Jr., MDiv,**  
is President of the Greater Metro  
Denver Ministerial Alliance.



Rev. William T. Golson, Jr.

to tithe or regularly give to ministry. Sometimes we get caught up in the exercise of Christian graces: serving, seeing the manifestations of spiritual gifts, receiving all the blessings that God has for us and lose sight of the need to be as passionate in the matter of giving. Paul recognizes this difficulty in the conversion of the purse as he challenges the Corinthian church to abound in the grace of giving also as they do in other spiritual gifts.

The Example of Christ (vs. 9). Paul appeals to Christ as the ultimate example of giving. He makes mention of the sacrifice that Christ has made on their behalf. The richness of salvation and the blessing of life now and eternally are all possible because of Jesus sacrifice. In his incarnation, that is, becoming God in the flesh, God voluntarily became man—the wholly human person, Jesus of Nazareth. He was poor in respect to his heavenly position. As a man, Jesus was subject to place, time, and other human limitations (Philippians 2:5-7). Christ laid aside the power, dignity, prestige, and privilege that we associate with the Godhead, and took the form of a servant, sharing the ordinary labor of men, and enduring without exemption the ills and injustices of the world in which he lived. He became poor, poor in money, in position, in power, in reputation, poor in all things that people call wealth. This he did in order to be one with us and to win us by love and goodness from the power of evil to fellowship with God.

We owe God a debt we could never repay. Yet, that debt was paid in full when Jesus died for you and for me (First Corinthians 6:20). Jesus Christ has paid the cost of our freedom from sin, death, hell, and the grave. He experienced the shame for us. He encountered the suffering for us. It came at a great price. It is in him that we claim our citizenship; our deliverance, our hope for today and our hope for tomorrow. Our freedom was not free!

We Need To Finish Well (vs. 10-11). Many of us start well, we have good intentions, but we fail to finish. We enroll in an exercise class, we start a painting or remodel project, or we begin a weight loss program, only to find after a few days or weeks that we set it aside convincing ourselves that we will pick it up at a more convenient time or day. The problem is—life hap-

pens! Our best intentions are often compromised by the issues of just trying to live from day to day. Few of us can set our agenda. Whatever we purpose to do is often modified by the needs of children, family and work obligations, breakdowns of cars, and breakups of relationships. It is easy to lose focus and stray from our intent, our desire, and find ourselves either delaying or totally setting aside what we had determined to do.

It appears that life had happened to the church in Corinth. However in spite of their difficulties, Paul urges that they now complete what they had had at one time intended to do.

God Does Not Expect You To Give More Than You Are Able (vs. 12). How do you decide how much to give? Verse 12 informs us that there are two factors that make one's giving acceptable to God. The first is a willing mind. The desire to give, the eager willingness to relieve human need and further advance God's kingdom on earth, makes a gift valuable in God's sight. Second, God asks us for what we have not for what we don't. He judges our

generosity in relation to the means we possess, not by the amount we actually give. God evaluates the gift, not just by the amount given, but in the light of one's ability to give. Real wealth never consists in what we have but in the love we show. We are rich or poor according to the width of our sympathy and the depth of our love.

We have great freedom to give or not give, to share or not share, to be generous or not be generous. At the same time with great freedom comes great responsibility. We are most like God; we are living out our calling as the children of God, when we share to meet the needs of others. We owe God a debt we could never repay. Yet that debt was paid in full when Jesus died for you and for me. His sacrifice leaves us free.

Jesus Christ has paid the cost of our freedom from sin, death, hell, and the grave. He experienced the shame for us. He encountered the suffering for us. It came at a great price. It is in him that we claim our citizenship; our deliverance, our hope for today and our hope for tomorrow. \*

**Jesus Christ has paid the cost of our freedom from sin, death, hell, and the grave. He experienced the shame for us. He encountered the suffering for us. It came at a great price. It is in him that we claim our citizenship; our deliverance, our hope for today and our hope for tomorrow. Our freedom was not free!**

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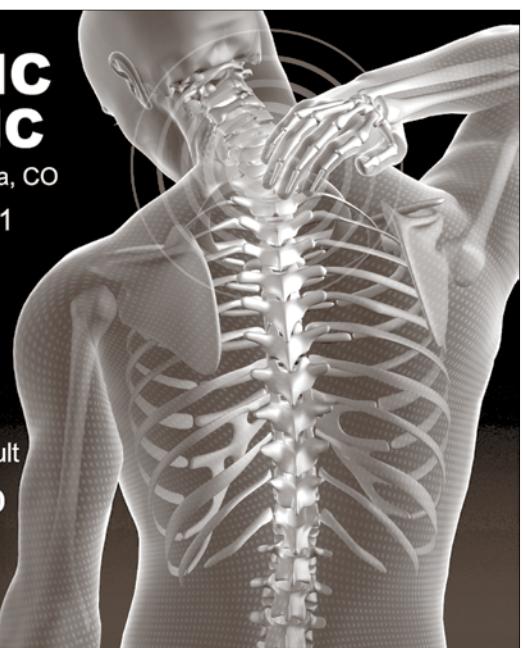
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# Deciding, Not Sliding Into The New Year

**By Dr. Daniel Haupt**

Deciding and not sliding into the New Year will require a new skill of authentic partnership for today's Kingdom centric saints. This is a call to collaborative efforts between us and God to accomplish the destiny He has directed for you and me to fulfill. I prophetically sense the word of the Lord for the church this year is not to simply set goals but to set habits. A wise poet once said "We first make our habits then our habits make us" because once our habits are set in place they operate on autopilot, they get us to the intended destination: redemption or destruction.

"I am your constant companion. I am your greatest helper or heaviest burden. I will push you onward or drag you down to failure. I am completely at your command. Half the things you do you might just as well turn them over to me and I will be able to do them quickly and correctly. Who are you," asks the poet and the poem answered "I am Habit."

Our habits are the things we do repetitiously without thinking. Habits are sometimes beneficial and sometimes destructive they are the offspring of our thoughts. Depending on what our habits are they will make us or break us to fulfill our destiny in this New Year.

**Dr. Daniel Haupt** is a social entrepreneur and prophetic teacher on Jesus' Kingdom culture. He is the host of the Voice of Destiny Show on [voiceofdestinyonline.com](http://voiceofdestinyonline.com) and co-owner of [destinyspacsecrets.com](http://destinyspacsecrets.com). To enroll in the next Vertical Shift encounter visit [voiceofdestiny.org](http://voiceofdestiny.org).



Daniel Haupt

The good and bad about Habits is that they are the offspring of our thoughts even our best and worst thoughts, which we can become slaves to. Our thoughts produce the habits that predict our future. Thoughts are crystallized into habits. When a habit is crystallized from thoughts they turn into circumstances. This is why the apostle Paul exhorted that

we not be conformed to this world; but be transformed by the renewing of our mind, that we may prove what is the good and acceptable and perfect will of God (Rom 12:2). So let's discern from our devotional time with God, personal prophecies and our unfinished assignments from last year, what is the ambitious goal that God is setting before us this year, not just to set new goals but to establish new habits. Deciding into the New Year is a responsibility to be proactive and not reactive with a new set of habits that are not just a new battery of carnal New Year resolutions that may or may not be an inspirational fantasy and not very smart goals at all.

Webster's dictionary says, "Habits are what we do repetitiously without thinking about it." They seem like such little things but what great powers they wield; most of the time we are hardly aware that we even have them. Habits are all around us playing autopilot in every area of our lives even prophetically predicting our futures and defining who we are and where we are going. Again "we first make our habits, and then our habits make us".

Habits are one of the strategic combination strategies to success in life that empowers winners to win and losers to lose. If we are going to seize the promise of God's glory for the new year as perceive that is key to our turn around and acceleration in the new year. It is not just setting ambitious goals but establishing redemptive patterns that lead to our destiny.

The good news about the truth around habits is

**[Habits] seem like such little things but what great powers they wield.**

that it's not too late for even the most challenged saint, because just like bad habits come from our collective thoughts so can good ones. We must discipline ourselves to create new habits to overcome the bad ones. One formula that has worked for me is the REPOH formula, an acronym for Repetition, Easy, Often Pleasure, and Habit. Many have used this formula to take control of their life from the autopilot of bad habits.

Again REPOH stands for Repetition—easy—Easy-pleasure-Pleasure—Often, Often-habit. Anything done with repetition becomes easy. When it becomes easy, it becomes a pleasure to perform. When it is a pleasure to perform, it is man's nature to perform it often. When any act is performed often, it becomes a habit. If your will is to be rid of a bad habit, then it becomes your will to become a slave to good habits. Again let's remember the wisdom of Samuel Smiles and challenge ourselves to obtain a dimension of living in God's Kingdom by establishing godly, redemptive and strategic habits to realize a greater destiny in our new year. "Sow a thought, and you reap an act; sow an act, and you reap a habit; sow a habit, and you reap a character; sow a character, and you reap a destiny." Deciding and not sliding into the New Year is the quintessential key to getting the most out of the year. The Lord has positioned you and your family to win.

Join Dr. Daniel Haupt daily on the Voice of Destiny Radio show on [voiceofdestinyonline.com](http://voiceofdestinyonline.com), 24/7 to learn how to develop Kingdom habits that will bring you into the next level of your destiny. For more Kingdom resources and events to be, do, and have what God has destined for you visit [voiceofdestiny.org](http://voiceofdestiny.org) or email us at [info@voiceofdestiny.org](mailto:info@voiceofdestiny.org). ♣

## BOC News talks with KLDC's Sandy Thompson

I have been in the media business for 32 years, and have met many people from various walks of life. When Muhammad Ali was here promoting a movie, Larry Smith and I escorted him around town. I'm also a theater actress. I was in the play "You Can't Take It With You" at the Arvada Center. I have also written articles for the newsletter at my church. When my sister, a lay Pastor and Chaplain moved to the Seventh-Day Adventist Church in Arvada, we followed her there. I also wrote entertainment for Gene Reed in a professional wrestling magazine.

I was born in Kansas and my large family (I have eight siblings) moved to west Denver when I was 6 months old. I graduated from West High School, got my Bachelor Degree in Criminology from Metro State College, and am presently at Regis University pursuing a Masters in Criminology. I worked at the Thornton Police Department as a Victim's Advocate for four years and plan to return to law enforcement in the future.

I lost my husband of 22 years to cancer 4½ years ago, and was left with my 23-year-old son and 19-year-old daughter and now have a grandson; all are the joy of my life.

**Sandy Thompson** is Public Affairs Director, KLDC Radio.



Sandy Thompson

My career at KDKO Radio began in 1981, as the receptionist for Dr. Daddy-O. In 1991 Mr. Crawford bought KLDC Radio and we are still the only Gospel station in Colorado. From my beginnings as receptionist, I started to write and produce commercial copy from midnight until 6:00am program, "Late Night Delight." Presently, I host several gospel programs on air. "Rise and Shine" the morning rush hour show is from 6:00-7:00am. "We help you get up, get ready, and get on your way." From 9:00-11:00am is my midday program. Then, "Music For Drive-Time" from 5:00-6:00pm, the evening rush hour show.

As Public Affairs Director, on Mondays 10:00am I host "Outlook On Colorado" where we spotlight events and human interest stories about and for the community. Most recently, we featured Epworth United Methodist Church's "Daddy Bruce's Thanksgiving Give Away." On Wednesdays the Midday show is our "Listener Appreciation" open line call-in show. Listeners call in and make requests, give testimonies, make dedications, and receive prayer. I love to pray for our listeners. (the call-in line is 303-433-8000)

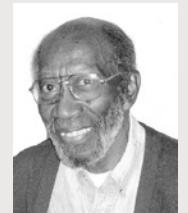
Even with the ups and downs of the economy, Mr. Crawford has given us the chance to still be here. He has a heart for the station, KLDC, and the people of the Denver Metro area. With the economy in its present state, some churches can't afford to be on the air and we are a blessing to the community. The community continues to support the station and we truly need and appreciate your support and your prayers. We are happy about the many calls that we receive on the Wednesday morning "Listener Appreciation" call-in show.

I'm thankful to God that He took me out of the secular broadcasting life. I'm doing His work now, hosting on KLDC, the Gospel station. When God opened the door for me to do His work, my fulfillment as a radio personality was complete. What I want others to know about me is, "I love the Lord very much and He is the center of my world." ♣

— OBITUARY —

## Dr. Major William Tappan

**Dr. Major William Tappan** was born in Chester, Pennsylvania on March 18, 1924 and raised by his parents in Roselle, NJ. After graduating high school, Major earned a Bachelor's degree in 1945 and a Doctorate degree in 1948 from Howard University in Washington, DC. During the Korean Conflict, Major served his country as a dentist for the United States Army. In 1953 Dr. Tappan returned to Roselle and opened and operated his own practice until 1964.



In 1967 Dr. Tappan accepted a position in Denver as the Director of Dental Services for Denver General Hospital, now Denver Health. He became an advocate for the use of sealants in pediatric dentistry and began applying them in the 1970's. He also worked as a dental consultant for Region 8 of Job Corp. During his 30-year tenure, he received many awards for his selfless dedication in the management of seven city wide dental clinics.

Dr. Tappan served on the board of Salud Family Health Centers, was vice president of the National Network for Oral Health Access, and was a leading advocate for including dental care in community health centers. After retiring, he continued to serve the community through his Dental Access Center dental practice. ♣

# The Gift: A Journey Through Immersion Learning

**By M. Celeste Jackson**

In an opportunity of a lifetime, I recently experienced Southern Africa traveling with a group of 14 alumnae and students of the Iliff School of Theology (Iliff). The school's tradition serves students and alumni from all walks of life, ages and faiths and helps people express their callings in myriad ways.

Dr. Edward P. Antonio, associate dean, Diversities, Harvey H. Potthoff associate professor of Theology and Social Theory, Iliff, and wife Gladys Antonio, who are natives of Zimbabwe, designed Iliff's Zimbabwe South African Immersion Learning Program to engage the mind, heart and soul around the issues of social justice and they did so handily!

Through this article, I share my interpretation of the adventure in the former land of apartheid, and the ways issues of Justice and Peace, faith and goodwill were evidenced for us during 17-days of immersion learning through the African southern hemisphere with visits to Zimbabwe's Harare, Mutare, Victoria Falls and South Africa's Cape Town, Robben Island, Pretoria and Johannesburg.

Iliff is a graduate theological school affiliated with the United Methodist Church, so fittingly we attended Sunday services at St. Peter's United Methodist Church in Mutare, Zimbabwe. A black congregation, we witnessed the opportunities of progress represented in the markedly patriarchal country. You see, the entirety of church leadership was led and loved by talented women!

From the woman who taught Sunday school for the congregation's youngest parishioners to St. Peter's choir director and Reverend – it was women sharing and interpreting the gospel for the more than 70 faithful who were present on that day.

For more than 120 years, Iliff has

**M. Celeste Jackson** is assistant director of Diversities and Community Relations at Iliff School of Theology.

been preparing imaginative, innovative leaders for the world, church and academy, and I was delighted to see my fellow travelers describing and expressing their callings as we took turns introducing ourselves to the parishioners. As I stood in the church, I felt the presence of the Divine encouraging, comforting and affirming us amid the strangers we would come to know. A special witness for me was observing four women in our group, each of whom holds a strong Christian faith, gain an ease and a clear presence of peace as they engaged in the service.

It would be several days later, that I would again witness grace as we encountered a baby in an orphanage. The baby's name is Morelight, and as she emerged from her nap, the little one, who had never seen the Reverend, reached for her as though seeking to connect with my friend's spirit-filled, warm and loving body. The blessing of that moment was profound, joyous and moving. I am convinced the Divine brought forth the encounter of two souls destined to be known!

Our travels took place during the American period of Thanksgiving, and served to vividly bring into focus the abundance present in my life. Exploring Justice and Peace in the former land of apartheid, at the time of our discovery, with our distinctly diverse group of travelers enriched the lessons and immeasurably amplified its messages. If not for the American Civil Rights movement and its successes, which for 40 years Americans have embraced. If not for the end anti-apartheid movement and the two decades of liberations its successes created for South Africans, our trip simply would not have been possible. Our family of travelers represented diversities socioeconomic, gender, race, ethnic, sexual orientation, education and even country of origin. Our concurrent group dining, learning, lodging, and travel were results of opportunities born of successful Justice and Peace commitments. It was the miracle of these progresses that made possible my room sharing with my Caucasian friend throughout the journey, and for



that, I again give thanks.

If like me, you believe in the influence of the Divine and that nothing happens simply by chance or coincidence, then you might imagine how poignant it is that exactly one week before the passing of

Tata Madiba, we toured Robben Island, seeing first-hand the cell that jailed the great leader for 18 years. You might also agree that our having stood in "Mandela House" on Vilakazi Street, Orlando West, in Soweto, South Africa during this time also was remarkable. Justice and Peace, and progress allowed that together we could learn, tour and photograph the home in which the great leader slept on the night before he was jailed for the final time, and it was to "Mandela House" that he returned 27 years later. He was said to have called his home located at 8115 Vilakazi Street "the centrepiece of my life, the place marked with an X in my mental geography." Having personally stood in that space, which was sacred to him, the place he called home, built a life with his wife Winnie, welcomed his children into the world, shared dreams

and organized plans, was humanizing, highly personal and intimate.

I give thanks for the immense opportunities afforded me to feast on the bounty of beauty, sights, smells, countless generosities, hospitality, cuisine and lands previously foreign to me, and yet, the native land of my blood ancestors. I am humbled and grateful for the abundance seen fit for me and am eager to advance my role in the efforts of social justice. Repeatedly individuals have answered the call to bring forth change whose time has come and for that the world has been made better. ♣

## Bannered Host Ministries Announces 'CPAcoach for the Churches'

Attention Pastors, Church Administrators, Financial Officers and Church Board Members! Alarming statistics have emerged in recent years regarding the state of many churches in America.

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- 3500-4000 churches close their doors each year
- Churches lose an estimated 2,765,000 people each year to nominalism and secularism
- Only 21% of Americans attend religious services each week
- As of June 8, 2011, 275,000 nonprofits had lost their 501 (c) Tax Exempt status due to non-filing of Form 990 for 3 consecutive years

And this is only a partial picture of the direction the church in America has been heading. Bannered Host Ministries in conjunction with CPAcoach (Parsons and Parsons.org) has put together an exciting new program "CPAcoach" for churches to protect themselves from the many financial pitfalls that have caused so many 501c3 organizations to close or barely remain operational.

CPAcoach also includes Financial Training that could benefit your entire congregation, an emergency medical program and an encrypted storage solution for all your personal data!

Do you have questions about accounting standards, legal issues that face church and para-church

organizations today, or IRS requirements that can make the difference in compliance vs. future audits? If so, you need the right solution and that solution is CPAcoach!

There will be an introductory meeting on January 11, 2014. Location: 1690 S. Chambers Rd. (Agape Care Community) Time: 10:00-11:30am

There is an urgency in the land! You are the Watchman on the Wall it is time for us to partner together! We compel you to Come and learn about this exciting opportunity and how it will bless and protect your church or para-church organization as well as your congregation.

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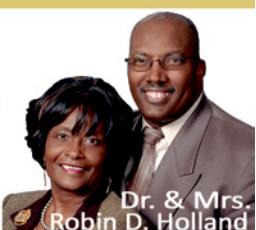


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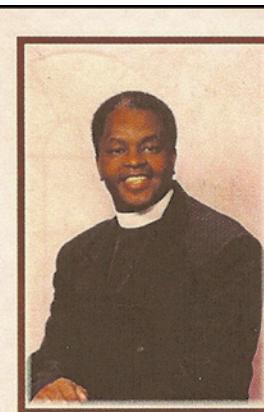
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"I will bless the Lord at all times;  
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### WEDNESDAY

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# Why So Mean 2014?

**By Pastor Wright**

PART ONE

Churches like to pen slogans for the coming year. Here's mine.

A few months ago I posted an article on Facebook about Change. I should have been more specific, in that I was not talking about Spiritual change. (I humbly stand corrected.) That is a process. No this is concerning something much more dire. Governmental, Financial and Institutional change. I have been holding on to a lot of information, much of it you wouldn't believe if, I'd shared. It deals with evil. As Christians we learn about evil and see it played out in our lives and our loved ones. But most of us have never seen the depths and depravity of real evil. It does exist however, as good as good is, evil is bad. It has been held in check by the good, but there will come a time when a great delusion or lie will be allowed to present itself to the world. Those who are not of Christ, and some who are His in name only, will be swept away. (Lost)

There will be Two, major distractions presented to humanity in the coming months. One will be Islam, the other will be universalism.

Both will be designed to appeal to the masses, and those with a, luke-warm relationship with the one true God. It will be a, "let's all come together" type of message, a blending if you will of inter-faith, which will seem ok



Pastor Wright

on the surface, but will be a diabolical trap set by the enemy, to ensnare many. Those who have a "go along to get along" mentality will be swept up and taken captive by the spirit of anti-Christ. This will cause millions to lose the protection and safety that can only be found in a true blood bought relationship with Christ. Many will suffer and their worlds will be turned upside down because the found it easier to go with the crowd, then to turn and say, "yall' go on, I'm stayin' right here." Now is the time to take a stand, and be unmoveable in what you know is right!

Continued on Page 16

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*– Exodus 16:36 (nkjv)*

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# Four Things to Beware of in The End Times

**By Christine Coleman**

Happy 2014! As I have shared before, in the summer of 2013, the Lord Jesus Christ visibly came and visited 12 prayer warriors from our church. In the letter addressed to us by Father God, Jesus said "I am coming very very soon... I ask you to be my feet and to not walk, not run, but to sprint and to fly faster than ever before! Take my message out to the people faster than the eagle soars and faster than a gazelle runs. I ask you to crucify your flesh, and allow me to inhabit you." Ever since then, the Lord started taking us to heaven and hell. How those two places are real! More real! Earth seems but like a dream!

"And in the last days it shall be, God declares, that I will pour out my Spirit on all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams" Acts 2:17. In these end times we are in, there are four things the Lord said: "Warn them clearly!"

**Deception:** Deception is caused by pride. The Lord said, "Deception is satan's strongest weapon. He is the father of lies! Warn them clearly!" Being deceived is to believe the lies of the devil over the Truth. Those who believe the lies of the devil become bound and get scales over their eyes that they can't see nor hear. They refuse the truth. "... and you will know the truth, and the truth will make you free." John 8:32.

Be warned of reading article dedicated to gossip, slander, criticizing, blaming believers and servants of God because by doing so you will be stepping into the field of deception. The Lord has told us over and over again that He is a personal God. His Holy Spirit convicts His children on a personal basis. We are called to expose the devil and sin but not the sinner. Remember to exercise discernment in what you hear, read or see. Be warned of pride!

Jesus told us "Do not let pride be an open door or deceit will run straight through it." Pride destroys people's hearing that they cannot hear nor obey the Lord anymore. In these end times, people who are deceived will follow false prophets, this will lead them to easily follow Anti-Christ and take the mark of the beast. Anyone who takes the mark of the beast will be cast into hell!

**In the end He will force people to take The Mark of the Beast. Please do not follow a leader who promotes sin and teaches people to sin. Only follow Jesus.**



Christine Coleman

**False Prophets:** In Matthew 24, Jesus warned us many times of many who in the last days will come misleading even if possible the elect. We are in the last days, some of us have encountered false prophets with outward signs in the streets, maybe in the church parking lot but today be warned from the Lord of false prophets in the church pews, on youtube, internet, maybe on your favorite Christian radio and TV shows, in your prayer groups and Christian fellowships.

False prophets will come in sheep' clothing to deceive the sheep. On the outside they wear Christians uniform, they might be holding a Bible and preaching from it but they won't have the fruit of the spirit (Galatians 5:22-23). Do not follow anyone whose fruit you have not seen yet! In order to mislead many, false prophets will mix the truth with the lies so it seems believable!

They will preach half truths instead of preaching the full Gospel of Christ. They will talk about the coming of the Lord and the visions they had from the Lord, on top of that they will give you the date of His coming (remember none knows the day or the hour) and when it does not happen, they will set another date, and another one and another one... Their words will not come to pass. They might talk about an upcoming earthquake, tell you to move to that place and to stock up for food and point you into trusting in human provision. It is wisdom to heed God's warning but God's wisdom will not point you to trust in the arm of the flesh, but in God. "Beware of the false prophets..." Matthew 7:15

**Anti-Christ:** A world-wide charismatic leader who comes in these end times! His coming is in accord with the activity of satan who gives him all power to perform signs, wonders and false hope to deceive the whole world. He will point people into the ways that cause them to sin and in the end He will force people to take The Mark of the Beast. Please do not follow a leader who promotes sin and teaches people to sin. Only follow Jesus. ♣

**Cristine Coleman** is Pastor, of Blazing Holy Fire Church, 13101 E Mississippi Avenue in Aurora. She can be reached at 720-422-1796, or via [TheBlazingHolyFire.com](http://TheBlazingHolyFire.com) and [info@theblazingholyfire.com](mailto:info@theblazingholyfire.com)



## Jack And Jill Denver Chapter Celebrates Its 30th Annual Beautillion With A 'Brotherhood Of Beaus'

On December 22, 2013, the doors closed behind over 800 guests at the Downtown Sheraton's Plaza Ballroom for the 30th Annual Jack and Jill Beautillion. These guests, dressed in their finest formal wear, entered a winter wonderland punctuated by multicolored dancing lights. Besides the 29 "Beaus," clad in top hat and tails, and their Escorts in white ball gowns, the audience included families, teachers, school representatives, corporate and community sponsors, and dignitaries. It also included many of the hundreds of former Beaus and Escorts that exist as a result of the 30-year history of the event. Moses Brewer, who recently retired as MillerCoors' Community Relations Director, was spotlighted as an "Honorary Beau" for his years of service in support of the community and the Beautillion.

Representatives of the Denver Chapter each used the word "village" when referring to the gathering, highlighting the system of support that has been cultivated for the youth who will soon be transitioning to college and adult life. "Do not forget your village," stated Beautillion Co-chair Angelle Fouther, addressing the honorees. "We look forward to the ways you will strengthen its future generations."

Emcees Dr. Ryan Ross, Dean of Student Retention at Community College of Denver (and 1997 Beau); and co-emcee Kyle Speller, Announcer and Team Chaplain for the Denver Nuggets helped to create an air of both levity and honor for the gentlemen as

the presented the Beaus in alternating fashion. Amidst laughter from the audience, the two hosts sauntered onto the stage while the theme music from "Shaft" played, they dusted off each other's shoulders, and offered each other a "bro" hug before commencing with the program. Each sprinkled in words of encouragement and advice for the high school seniors.

Denver Chapter President Robin Lawson announced the inaugural awarding of College Expense Awards on behalf of Jack and Jill. Nathaniel Bradley III, Dawit Gebresallassie, Sequoyah Copeland, Justin Howard, Andrew Tillman, and Antonio Hill, Jr. were the recipients, of the awards which ranged from \$500 to \$1,000. Former Beau, Javon Brame (2005), who serves as Assistant to the Vice President of Student Affairs at Community College of Aurora, announced that he is adding an additional \$500 of his own dollars to the amount awarded top winner -Nathaniel Bradley III. "I invite other Alums to help make this a yearly tradition," Brame stated.

Before gathering with former Beaus in a heart-warming circle on the dance floor, 2013 honorees offered several dances including a high-energy performance to a medley of songs from the 1980s through the present, a ballroom dance with Escorts, and a dance with their mothers. ♣

*For more info about Beautillion or Jack and Jill of America Denver Chapter visit <http://www.jack-and-jill-denver.org>.*

## 2014 ... from page 15

### Treacherous Times

If you have noticed, many, have been "going thru," both the righteous and the un-righteous alike. These "hard times" are to get you ready for what is to come. He is building our faith, step by step, little by little so that when the hard times really come, we will be able to stand. Haven't you noticed people are doing, "un-thinkable" things to themselves and others? This is the evil I was speaking about. It is something that in this country, (US) we are not a costumed to. We never thought that we, as a people would be subjected to the terrible events taking place in our Nation daily. Make no mistake about it, these are spiritual and gross evil. These events will increase. This category or rank of spirits can only be loosed, by permission, and for a specific purpose. In the Facebook article, I also discussed why this is being allowed. In short, when the leadership of a Nation declares or passes laws, that are opposite or in violation of God's word that Nation will come under God's Judgment. (I will cover this in more detail in a future article.) If you don't know Jesus as your Lord and Savior, now would be a good time to make that decision. If you are His,

(as the older saints use to say) it's time to, "grab another hold."

Please understand if you are in Crist, and He is in you, will not fail. You have the Victory. Yes you may "go through" some things. These might be challenging times, but read Romans 8. All of it. No matter what comes, you are an overcomer! Continue to cover your loved ones in Prayer, and plead the Blood of Jesus over you and yours. Then over the ones you don't know. This is important.

No weapon formed against you shall prosper, didn't say it wasn't going to hit you, didn't say it wouldn't hurt either. But it is designed to kill you, to take you out, and that can't happen! Faith will be one of the keys to help you through, and the knowledge of who you are, and how much God loves you, and your position in the Kingdom. You did not go through all you have been through, all you will go through, to be cast aside, or "kicked to the curb." This is one of the enemy's greatest weapons against us as Christians. We don't understand the depth that the Father, (God) loves us, keeps us, and is always there for us. In future articles, we will dig deeper, but for now, May God's peace be with you all. ♣

# The Challenges of Aging

**By Maya Wheeler**

Today, with all the hustle and bustle of our lifestyles less attention is paid to the "Challenge of Aging".

January is poverty awareness month. I ask that you take the time to think about our elders and how you can assist at least one senior in 2014.

You see, more and more of our seniors are living in poverty. Many of them simply don't have the financial resources to live out their golden years without financial insecurity (Governing the State and Localities, 2013). They live on modest retirement incomes, which often are barely adequate and sometimes inadequate to cover the costs of basic necessities.

In Colorado eleven percent of our seniors live in poverty according to the Kaiser Family Foundation. This number may increase in 2014, if there are cuts to Social Security and Medicare (Colorado Springs Business Journal, 2013).

Compounding the problem is the fact that many seniors who may qualify for assistance don't apply. They are either too proud to ask or don't know where to get help (Huffington Post, 2013).

Senior poverty is most acute among Latino and African-American seniors. In 2009, the poverty rate was twenty-nine percent for Hispanics and about twenty-five percent for Blacks which is more than three times higher than the rate for Whites, at around eight percent (Huffington Post, 2013).

Single women are also vulnerable, one in five women over 65 lived in poverty in 2009 according to the Huffington Post. In 2013, thirty-two percent of the total Colorado African American population lived in poverty (Spotlight on Poverty, 2013).

The effects of poverty on health cause higher rates of chronic diseases and shorter life expectancy (America's Health Rankings, 2013). Poverty directly influences an individual's ability to meet their basic needs including lack of access to health care, limited availability of healthy foods, and constrained choices for physical activity.

According to the American Medical

**The effects of poverty on health cause higher rates of chronic diseases and shorter life expectancy**

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Bannered Host Ministries announces enrollment for the 2014 Season of the "After God's Own Heart" Youth Mentoring Program.

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This program is for youth ages 11-16 where they will learn the Biblical foundation for Purity, Financial Training, Spiritual Warfare



Maya Wheeler

Association, by age 65, two-thirds of Americans will have at least one chronic disease and will be seeing seven different doctors; a fifth of elders will have five or more chronic diseases and will be tangled up with 14 doctors (Governing the State and Localities, 2013).

To combat the "Challenges of Aging", Forest Street Compassionate Care Center accepts Medicaid pending residents on a case by case. We provide a Community Outreach Liaison Program to assist individuals and caregiver's in navigating the healthcare system to gain access to resources and information that will allow them to maintain their health and independence for no charge.

If you need help with completing a Medicaid application, setting up transportation with First Transit or Access-a-Ride, or finding Senior Housing, call Forest Street at (303)393-7600, we can help at NO COST.

You can also call your County Department of Human/Social Services at (800)221-3943, and/or Colorado Eldercare Planning Council (CoEPC) at (800)989-8137 to receive information about free resources available to seniors.

Individuals over 65 can visit benefitscheckup.org to find benefits they may be eligible for. The website lists more than 2,000 public and private programs for low-income people on Medicare.

It is estimated that seventy one percent of BenefitsCheckUp users in 2011 were missing out on \$1.2 billion in benefits (USA Today, 2012). \*

For more information on Forest Street Compassionate Care Center, a skilled nursing facility located in the community of Northeast Park Hill, or our Community Outreach Liaison Program, please visit [www.forestst.org](http://www.forestst.org), call (303) 393.7600, or stop by and visit us at 3345 Forest Street, Denver, CO 80207.

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Parents our youth are being distracted and exposed to all the things contrary to God's word. To conquer darkness and chaos you must have light! (Genesis 1:1)

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Morning - Prayer & Deliverance Teaching - 11:30am-1pm  
Evening - Intercessory Prayer - 6:30pm  
Evening - Bible Institute & Academy of Ministry - 7:30pm

Thursday Evening - Choir Rehearsal - 6:30pm

Friday Evening - Jubilee Service - 7:30pm

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# The Attitude of Gratitude

Gratitude is the quality or feeling of being grateful or thankful.

Research has shown that an attitude of gratitude has the power to bestow a multitude of physical and mental health benefits. According to Dr. Robert Emmons, a Professor at the University of California, Davis and a leading researcher in the psychology of gratitude, discovered that individuals who practice gratitude:

- Have lower blood pressure and reduced risk of heart disease
- Experience less loneliness and isolation

■ Enjoy stronger immune systems and generally report fewer symptoms of illness

- Have an easier time falling asleep and feel more refreshed in the morning
- Are optimistic about the future, have a stronger sense of-being, and suffer fewer symptoms of stress and depression.
- Promotes forgiveness – even between ex-spouses after a divorce
- Makes us “pay it forward” more helpful, altruistic, and compassionate

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**Continued on Page 23**

# Church Directory

Come Worship with us... Visitors always welcome




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Elder John M. Conway III.

& First Lady Renee'

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Tuesday Prayer & Bible Study 6:30 PM  
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<b>Wednesday Bible Study .....</b>	<b>7:00 p.m.</b>	
<b>Friday Minister's Night .....</b>	<b>7:00 p.m.</b>	

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CHILDREN'S CHURCH	11 am
WEDNESDAY BIBLE STUDY	7 pm

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**Bishop Al R Combs**  
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Tuesday Men's Bible Study ..... 7 p.m.

**Lowry Community  
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[www.lowrychurch.org](http://www.lowrychurch.org)  
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**Wednesday**

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*"But seek ye first the kingdom of God and his righteousness, and all these things shall be added unto you."  
- Matthew 6:33*

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<b>WEDNESDAY</b> Baptist Training Union (BTU) - <b>6PM</b> Bible Study - <b>7PM</b> Prayer Meeting - <b>8PM</b>	<b>REV. FRED L. BROCKINGTON, (SENIOR PASTOR)</b>

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Golson Jr. and Mrs.  
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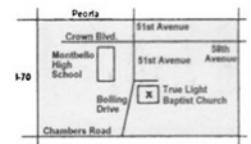
**Sunday**

8:00 a.m. Early Morning Worship  
11:00 a.m. Morning Worship

9:30 a.m. Sunday School for all ages  
Children's Church and Nursery  
provided at 11:00 a.m. service

**Wednesday**

12:00 p.m. Senior Adult Bible Study  
7:00 p.m. Adult and Youth Bible Study



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1 Peter 1: 3-5*

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7:00pm Bible Study Tuesday  
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Pastor Kraig and  
First Lady Autherine Burleson

**SUNDAY**

Sunday School 9:30 a.m.  
Worship Services 11:00 a.m.  
"KING"dom Kids 2nd & 4th Sundays

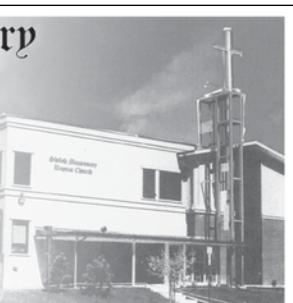
**WEDNESDAY**

Family Prayer & Bible Study 7:00

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Rev. Willie C. Jones, Pastor



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Sunday School ..... 9:30-10:50 a.m.  
Sunday Morning Worship ..... 11:00 a.m.  
Sunday Children's Church ..... 11:00 a.m.  
Wednesday Prayer & Bible Study Meeting ..... 7:00 - 8:00 p.m.  
Friday Day of Prayer ..... 7:00 a.m. - 7:00 p.m.

**Family of Christ  
Living Word Church**

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303-573-1072

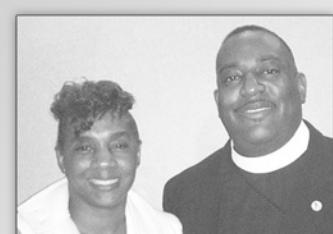
Changing lives thru the WORD of God  
Deut. 8:3 - Man doth not live by bread only, but by every Word  
that preceded out of the mouth  
of the LORD doth man live.

**SERVICE TIMES**  
Sunday School : 10 a.m.  
Sunday Worship Service: 11 a.m.  
Wednesday Prayer & Bible Study: 6:30 p.m.

**Founder & Pastor**  
Elder Albert L. Anderson  
1st Lady Evangelist  
Miss'y Lillie Anderson  
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Pastor James and First Lady Sonja Harris

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720-545-7941 | Email: [BreadofLifeDenverCOGIC@gmail.com](mailto:BreadofLifeDenverCOGIC@gmail.com)

**King Baptist  
Church**

3370 Ivy Street  
Denver, CO 80207



Rev. Hendricks, Pastor: 303-355-1543  
Church Secretary: 303-388-3248

Fax: 303-393-8660

Toll Free: 800-353-3304

Email: [kingbc69@aol.com](mailto:kingbc69@aol.com)

**Sunday**  
Early Worship ..... 8:00 a.m.  
Sunday School ..... 9:30 a.m.  
Morning Worship ..... 10:45 a.m.  
Bible Study & Prayer ..... 6:45 p.m.

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Denver, Colorado

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## THE LAW

# Don't Go It Alone

**By Shirley Cowan**

Pastors today have an increasingly complex role. There was a time when pastors worked with little fear of litigation or having to get involved in the legal issues affecting the church. The old days of a pastor shaking hands with a parishioner to seal a deal have given way to a much more challenging role for clergy and church administration.

■ **The Pastor as Counselor** - The days of pastors being able to counsel their parishioners on a large number of topics that historically fell to the pastor to "fix" are gone. Litigation today reveals pastors charged with unauthorized practice of counseling and sued for malpractice. It is appropriate for pastors to assist in areas of religious counseling, but they need to find out what the laws are in their jurisdiction for various types of counseling and have an understanding of the scope of any malpractice coverage provided. The pastor may become a party to a dispute, not merely the mediator.

■ **Employees** - Many congregations have a need for employees beyond the services of the pastor: minister of music, secretary, groundskeeper, janitor, and an assistant pastor depending on the size and resources of the church. It not only makes legal sense to meet the requirements of employment laws, but also is inherently the right thing to do to be fair to its employees.

■ **Volunteers** - Churches could not fulfill their mission without volunteers—members who are willing to give of their time and talents to advance

**Shirley Cowan** is director of Legal Shield.

the work of their church. It seems burdensome to subject volunteers to screenings. The purpose of these screenings is not to punish the volunteers, but to safeguard the congregation, resources, members, and especially children from those who might lead a double life or fail to provide the church with information about their past misbehavior.

■ **Sexual Abuse** - While pastors must take all steps necessary to avoid the appearance of any inappropriate conduct on their part, they must also make sure to safeguard their members from all forms of abuse. Of special concern are the children and young people entrusted to the ministry of the church.

■ **Political Activity** - Pastors are on a slippery slope when they move beyond the religious to the political. Certainly, there are matters of legislative interest to churches today that deal with morality and other social issues that influence the church. However, laws expressly prohibit churches from supporting or opposing candidates for office, no matter what their positions.

The pastor's primary motivation in life must be to preach the gospel and provide spiritual leadership and encouragement to the members. Leaders can easily get distracted from that mission with challenges inherent in doing the business of the church in today's legally charged environment. I'm not suggesting that the pastor's mission be sacrificed for the sake of addressing legal issues, but careful thought and planning must be given on how such issues are cared for. The pastor should seek competent assistance. The mission of the church will be seriously distracted and displaced if pastors fail to recognize and plan for these issues as part of their ministry. ♦

## Pastor Holland Receives Honorary Doctorate

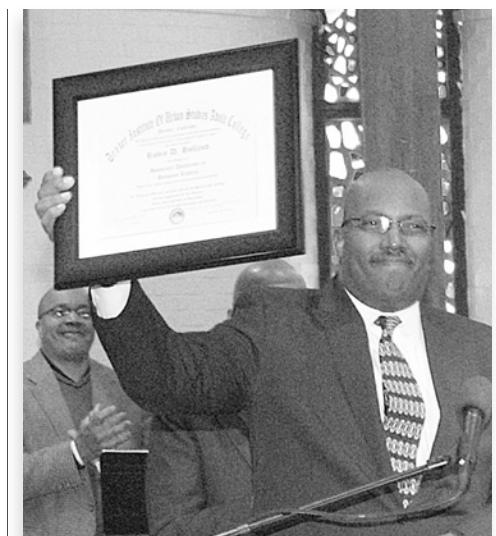
Sr. Pastor of Living Hope Baptist Church honored by Denver Institute of Urban Studies

On Sunday, December 8, 2013 at Living Hope Baptist Church, 11373 E. Alameda Avenue in Aurora Colorado, Dr. Malcolm Newton and Dr. Hugh Harris of the DIUS and Adult College, conferred upon Pastor Robin D. Holland the degree of Honorary Doctorate in the area of Human Letters. The degree was conferred for Dr. Holland's life of ministry and active community and global service.

This presentation was witnessed by the Living Hope Baptist Church Family, Dr. Gene Marlott of American Pathways University, as well as Rev. Paul Mitton, District Executive Minister of Converge Rocky Mountain, where Dr. Holland is the new CRM Overseer.

Dr. and Mrs. Robin Holland founded Living Hope Baptist Church in 1992 in Aurora Colorado. He holds degrees in Education, Urban and Intercultural Studies, and Leadership and Management.

He is married to Nita Faye and their 35-year marriage has blessed them



Pastor Robin D. Holland

with two lovely daughters and two grandchildren. Dr. and Mrs. Holland also have an "adopted" son, from Zimbabwe, Africa. ♦

# Grace is a Second Chance

**By Evang. Dr. P.M. Wynn Grove**

Happy New Year! So now what? God has blessed each of us to see another year. What will you do different this year than last year regarding your walk with Christ?

As we grow in life we work hard to meet deadlines and study in order to pass to the next level. All levels of education, we are constantly tested throughout the year to determine if we will pass or fail going to the next grade. Also, with certain career moves we must take courses or complete training program before we can be consider for the position. When was the last time you took some biblical study classes for your own good? Or went to Christian seminars or conference for enhancement of your faith?

As we start into the new year of 2014, Grace is a vivid reminder that every day, you have the opportunity to build relationships and heal wounds by giving and receiving God's grace. Now is the time to take a stand. Consider volunteering in a local ministry that serves the many people who are desperate for a second chance. This might be a prison ministry, homeless shelter, or crisis pregnancy center. Look for an opportunity to share the love of the God of second chances. Perhaps your in

**Evang. Dr. P.M. Wynn Grove** can be contacted by email; pmwynn9@msn.com. PM and her Lee Grove Jr. are the Founders of Heavenly Sent Ministries and both are members and Associate Pastors and the Potter House of Denver.



Wynn Grove

a storm yourself, then take your mind off what has gone wrong in your life and help someone else. While your helping someone else God will be at work on your behalf! Do you really trust Him? He's working it out and know all about your situation.

In Luke 19, we read about Zacchaeus, a man who made his living at the expense of others. But while those people despised him, Jesus loved him; he saw Zacchaeus's unlimited potential. When Jesus called out to him, Zacchaeus immediately began following Jesus and made it a point to pay back those he had wronged. Much like Zacchaeus, many of us need a second chance.

We all know someone who has walked away from their relationship with God and they are not sure if God will take them back. They question how God could ever forgive them for all they

have done contrary to His will. Sometimes, it takes another person believing in them, seeing their worth, offering a little grace, and giving them a second chance to realize that our loving heavenly Father is a God of second chances. The person that needs a second chance might be you. Last year was a bad year for you: either you lost your job, lost your home to foreclosure, lost your marriage, you had to file for bankruptcy and your not speaking to any of your siblings, there is no relationship with your siblings and or parents and because your over 45 you feel like life is over. If you feel this way....you need to know God is a God of many chances; second, third, seventy-seven and more. God's grace is over, and over again each day we arise.

Getting back to Zacchaeus, When Jesus reached

**Let's remember if God can give us a second chance we should give those who have hurt us in some way a second chance. Forgiveness brings freedom. We all qualify by Grace for a second chance.**

the spot, he looked up and said to him, "Zacchaeus come down immediately. I must stay at your house today." So he came down at once and welcomed him gladly. All the people saw this and began to mutter, "He has gone to be the guest of a sinner." But Zacchaeus stood up and said to the Lord, "Look Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount." Jesus said to him, "Today salvation has come to this house, because this man, too, is a son of Abraham. (Luke 19:5-9).

Let's remember if God can give us a second chance we should give those who have hurt us in some way a second chance. Forgiveness brings freedom. We all qualify by Grace for a second chance. Start the year off by doing something that will enhance your walk with God....Study more deeply the Word of God take courses on faith, grace, servant hood etc. Just enhance your walk with God. 2014 Is another opportunity to enhance you walk with God.

Dr. PM Wynn Grove and Pastor Lee Grove are the founders of Heavenly Sent Ministries and both are Associate Pastors at the Potters House of Denver. \*

## OBITUARIES

### Robert "Treebob" Anderson, Sept 1945 - Dec 2013

Mr. Robert Anderson (Bob, "Treebob") Williams—a devoted husband, family man, fraternity brother, alumnus and friend—passed from earthly life on Dec. 12, 2013 after 68 generous and life-loving years.

Born in Brooklyn, New York on September 16, 1945, Bob was the youngest of three siblings born to the late James and Clementine Williams. He attended P.S. 25 and graduated from Erasmus Senior High School. He was accepted to Hampton Institute, now Hampton University, graduating in 1968 with a Bachelor's Degree in Business and then gaining an MBA in 1969 from Atlanta University, now Clark Atlanta University. Growing up in Brooklyn and as a student at Hampton University, Bob exhibited his love of life through his active participation in activities that brought his friends together to celebrate various events. He believed in having fun and enjoying life.

After graduation from Atlanta University, Bob worked in New York for two years with Esso (Exxon) International as a market analyst in the Aviation Fuel Division. He then took a market research position with Carborundum Company (now Standard Oil of Ohio) in Niagara Falls, New York.

Constance and Bob met and fell in love in Rochester, New York, on a blind date arranged by mutual friends. After eight months of courtship, they were married in Niagara Falls, New York on May 27, 1973. To this union, two wonderful children were born—Chawnte' Janelle and Robert James Williams.

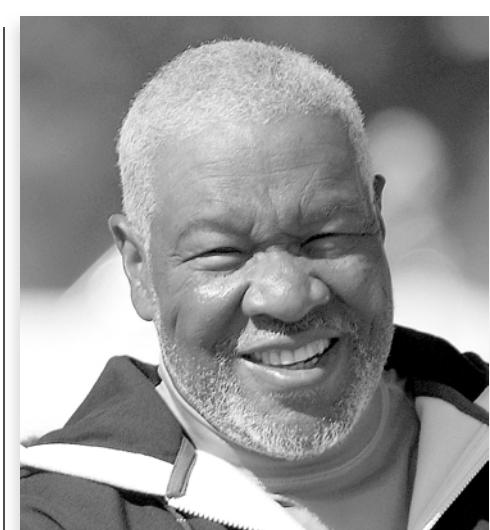
The next year, in 1974, Bob and Constance moved to Colorado where Bob had accepted a position heading the Marketing Research Department for Information Handling Services in Englewood, Colorado. After seven years, he became part of a start-up software company, Integrity Solutions,

which later was acquired by BMC Software. In 1987, Bob rejoined the corporate world with US WEST. Bob worked as a Senior Manager of Operations until he retired in 2008. While at US WEST, Bob received many awards, including recognition as an Outstanding Community Leader.

Bob is noted for his community work with both Alpha Phi Alpha Fraternity, Inc. and the National Hampton Alumni Association, Inc. He is a 48-year Life Member of Alpha Phi Alpha Fraternity, Delta Psi Lambda Chapter, Denver, CO. As a dedicated member, Bob has been active in many scholarship fundraising efforts, tutoring and mentoring youth and participating in community service efforts. During the past 25 years, Bob served as a math and English tutor at Phillips Elementary (DPS), Crawford Elementary (APS) and Hallet Academy (DPS). He is also the recipient of several honors and awards.

Bob is one of the founding members of the Denver Metro Hampton Alumni Association, serving as treasurer and Chairperson of the Ski Bonanza (ski trip), the chapter's chief fundraising activity. This fundraiser provides scholarships to students from Colorado who attend Hampton University. Since its inception in 1987, the Ski Bonanza has raised over \$200,000 to support over 175 deserving students. Bob established an endowed scholarship designed to provide funds when the Ski Bonanza retires.

Bob and Constance have been members of Shorter Community African Methodist Episcopal Church for more



Robert Anderson

than 38 years. Bob served on the Finance Committee for 25 years. He has also been active in the Married Couples Ministry and the Men's Ministry.

Bob leaves to cherish his memory: his loving wife, Constance; a son, Robert James Williams; a daughter, Chawnte' Williams Howard (Enrico); grandchildren Micah and Joshua Howard; sister, Ida Bentham; mother-in-law, Annie Cecil Dunkins; sisters-in-law: Tanya Whitfield and Cassandra Russell; brothers-in-law: Theodore Russell, Kenneth Russell, Ronald Russell (Constance), Elvis Dunkins, Bruce Dunkins (Melissa), Perry Russell III (Selena); and a host of nieces, nephews, other relatives and many friends. \*

**Anderson is noted for his community work with both Alpha Phi Alpha Fraternity, Inc. and the National Hampton Alumni Association, Inc. ... Bob has been active in many scholarship fundraising efforts, tutoring and mentoring youth and participating in community service efforts.**

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Elissa and Rudy McClinon of R-U-A PRO FITNESS LLC

## GRATITUDE ... from page 18

participants.

So with the help of our sponsors and friends we were able to thank God for using us in a mighty way and everyone in attendance for the loving care and wisdom they have shared with us over the years. We were able to give each participant a personal invitation to the luncheon, a certificate of appreciation, a gift bag, a custom made T-shirt, 32 door prizes, entertainment by Mr. Charles Let's Start Dancing students and a seated luncheon in which they were professionally served. We were also able to thank everyone for putting up with our tears of joy and helping us to stay focused on "What We Can Do" and that "We Loved Them"

Gratitude involves two attributes — first, the affirmation of goodness, or the recognition that life is generally good, and second, that the goodness can be attributed to someone or something outside of ourselves. It's counting our blessings and appreciating what we have.

Gratitude has the power to do three things: To heal, to energize, and to change lives. How can you cultivate an

attitude of gratitude? Here are some practices to employ:

- Pray and Meditate
- Count your blessings frequently.

Take time each and every day to ponder upon and appreciate what you have.

- Try keeping a gratitude journal, an ongoing accounting of all the things in your life for which you are grateful.

■ Say "thank you." Habitually. Thank God, your spouse, children, friends, parents and co-workers. Thank the grocery cashier and your stylist; your kids' teachers, your librarian, and local fire and police personnel; your trainer, doctor, and neighbor; your pastor, your mentor, and the person holding the door for you out of common courtesy.

It is never too late to show appreciation to others for lighting up your life. We are grateful for our family, friends and clients for the many ways they've enhanced our lives. As we enter a New Year let us remember to take care of our Mind, Body and Spirit and be grateful. ♣

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