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COMPLIMENTARY

BY THE WILL OF I AM THAT I AM — Exodus 3:14

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MARCH 2013  
 VOLUME 24, ISSUE 7

# Body of Christ News

COLORADO

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## 'We are Preachers First'

Golson, Newly Elected President of the Ministerial Alliance, Sets Agenda for Coming Year

*By Rev. William T. Golson, Jr.*

It is with a great sense of anticipation that I assume the helm of the Greater Metro Denver Ministerial Alliance (GMDMA). I stand on the shoulders of those previous presidents, most recently Apostle Leon Emerson, who have with tireless energy

and dogged determination been a strong voice in our community, and to our city.

The Alliance has a long history of serving the metro area. Throughout the years of the civil rights movement we were involved in the "struggle for freedom, justice, and equality." We continue to remain vigilant in that struggle. As the theme for this

year's Dr. Martin Luther King celebration declared, "Injustice Is Still A Threat."

More recently, we have been instrumental in the "Get Out to Vote campaign" for the election of Barack Obama. We have held the police and city accountable along with the family of Rev. Marvin Booker and

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**ViSalus Sciences**  
 Assisting the Community in Nutritional Changes  
 'You could have it all!'  
**page 18**

*the People's Preacher*  
 'I love people and I'm all about souls and don't look down on nobody but to pick them up and look them in the eye and we look up to heaven and thank God for another chance.'  
 - Minister George L. Roberts  
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*Faith*  
**Mental Health**  
 Ministers Dr. Peggy Norwood and Jendayi Harris talk about important issues among African Americans.  
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## Is this not a Hate Crime?

The Greater Metro Denver Ministerial Alliance (GMDMA) is overwhelmingly concerned regarding the recent death threats on State Representative Rhonda Fields life. It comes as rude awakening to the fact that violence abounds at all levels of our society.

The desire to maintain the status-quo regarding the availability of guns has created a sharp division among all levels of our society. We have had great debates and open dialogue between

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## HUMILITY vs. ARROGANCE

WE CONTINUE TO LIVE IN A WORLD where people feel and believe that they have supremacy over another. This may be your attitude if you consider yourself something other than a child of God. In Romans 12:3-8 Paul says, "For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith. For we have many members in one body, and all members have not the same office: So we, being many, are one body in Christ, and every one members one of another. Having then gifts differing according to the grace that is given to us, whether prophecy, let us prophesy according to the proportion of faith; Or ministry, let us wait on our ministering; or he that teacheth, on teaching; Or he that exhorteth, on exhortation: he that giveth, let him do it with simplicity; he that ruleth, with diligence; he that sheweth mercy, with cheerfulness.

When most of us who are a little up in age look in the mirror, it lets us know that a change has come. As we view ourselves from the front, then from side to back, we see the flaws and marks from the years of time and are somewhat turned off by what we see. Only those who are younger may say to themselves, I like what I see.

As we critique ourselves with the external eye, it should at some point cause us to be curious about our internal. There we will see the things which God is more concerned about with each of us. If we are as honest about our internal as the external, we should ask ourselves, do we like what we see?

As we continue to see ourselves as a country, we are divided on many issues, it is evident that some people are convinced within themselves, that there is, and should be a difference in how we see and view each other. In Matthew, the 18th chapter, Christ instructs his disciples in humility. In Matthew 18: 1-7 it reads, "At the same time came the disciples unto Jesus, saying, Who is the greatest in the kingdom of heaven? And Jesus called a little child unto him, and set him in the midst of them, And said, Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven. Whosoever therefore shall humble himself as this little child, the same is greatest in the kingdom of heaven. And whoso shall receive one such little child in my name receiveth me. But whoso shall offend one of these little ones which believe in me, it were better for him that a millstone were hanged about his neck, and that he were drowned in the depth of the sea. Woe unto the world because of offences! for it must needs be that offences come; but woe to that man by whom the offence cometh!"

Arrogance is one of those things that apply to some people, and we may know who a few of them are that embody a spirit of arrogance. Arrogance is defined as, conceit, egotism, haughtiness, condescension, pride, overconfidence, superciliousness, self-importance, or superiority. Someone once said that, "Some people are so arrogant, that they walk around with their noses so high in the air, that if it started to rain heavily, it would only take two teaspoons of water to drown them on the spot." God hates this type of spirit in his children.

God is the one who gave, and continues to give us the things he wants for us, including life. Why do you feel that you have something that you yourself created, and placed yourself in a position above others? As President Barack Obama stated in a speech in Roanoke, Virginia on July 13th 2012, "You didn't build that," he was suggesting that what ever success you may think you have, your family, or someone outside your family, or some organization assisted you in reaching your goals or potential, and you did not do it alone. Get over yourself. This is why we should teach our young people the meaning of humility early, as arrogance will become an obstacle for them later in life. In the Acts 10:34-35 it says, "Then Peter opened his mouth, and said, Of a truth I perceive that God is no respecter of persons: But in every nation he that feareth him, and worketh righteousness, is accepted with him."

When God sent his son Jesus, he came in an unexpected way that many didn't understand. They believed that as they watched, he would be descending from the God who is everything, and has everything. They expected him to possibly arrive on the Concorde or maybe one of the space shuttles. They also expected him to sport large diamond earrings, gold chains, rings on every finger, a grill made of diamonds and gold with an oversized crown made of rubies, gold and diamonds, wearing Berluti's on his feet and clothed in Giorgio Armani. He would also be expected to have a great entourage of angels. And after landing, Jesus and those with him would get into a solid gold limousine and parade to the synagogue and meet with those in positions of authority.

Since we now know the story of how Jesus came to being, and why he was sent by God, we should have a better understanding of him and his mission. We should also want to follow his example as a servant sent by the Almighty. Romans 15: 1-2 reads, "We then that are strong ought to bear the infirmities of the weak, and not to please ourselves." The Apostle Paul in Philippians 2:3-11 says, "Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others. Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, he humbled himself, and became obedient unto death, EVEN THE DEATH OF THE CROSS. Wherefore God also hath highly exalted him, and given him a name which is above every name: That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth; And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father."

"Be careful not to mistake insecurity and inadequacy for humility! Humility has nothing to do with the insecure and inadequate! Just like arrogance has nothing to do with greatness."

— C. JoyBell C.

— Wil Wilson

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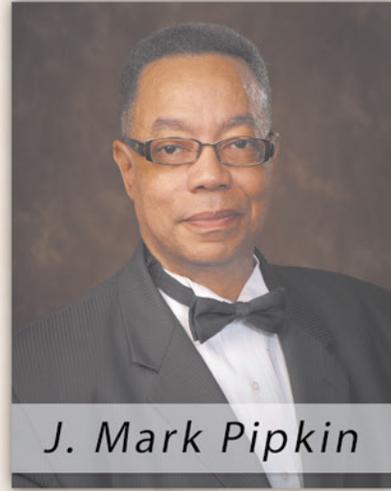
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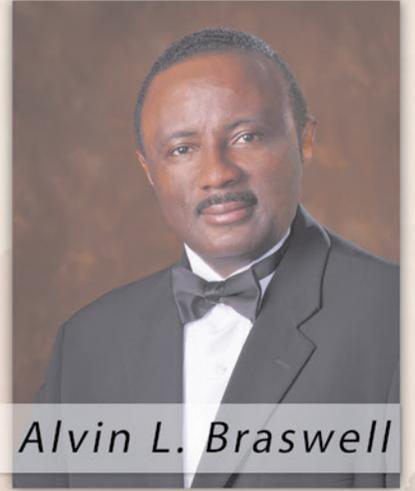


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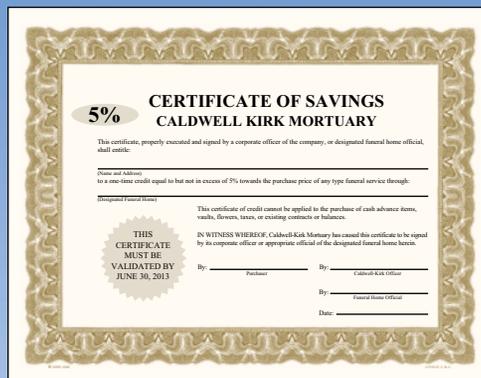
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# Advance Planning Presentation

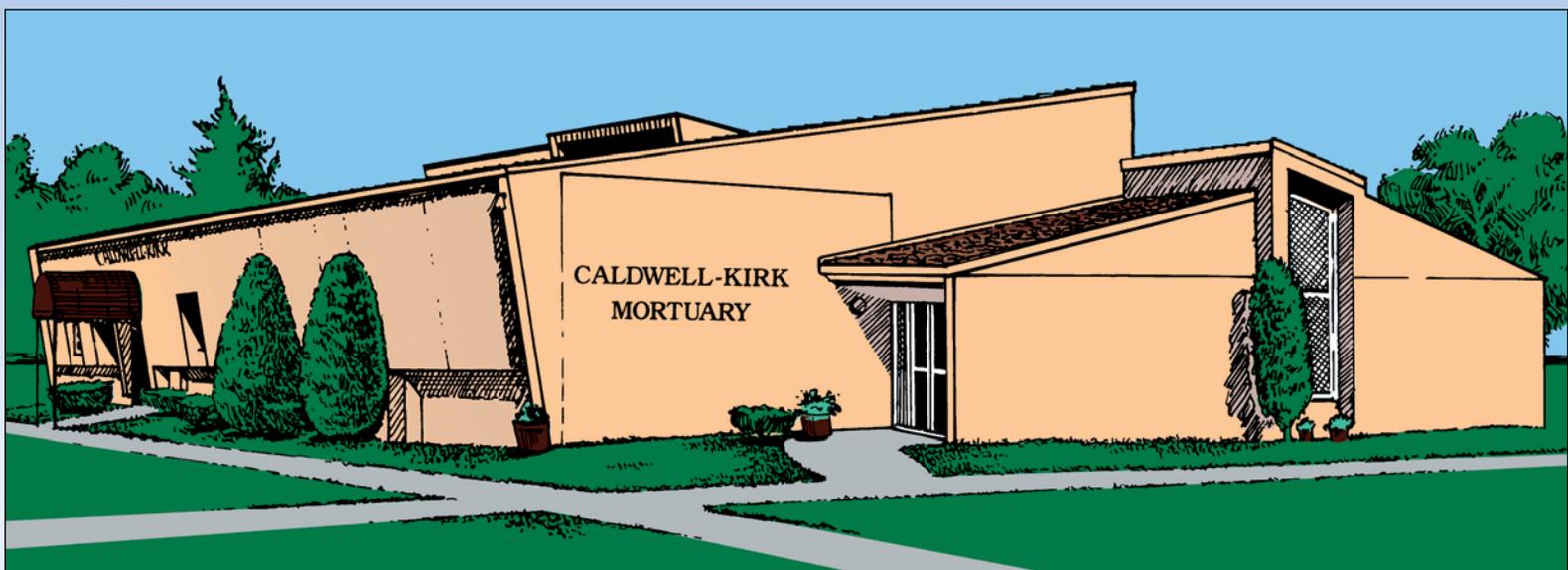
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# Southern Comfort

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

- I Corinthians 10:31

By Byron E. Conner, M.D.

One of the most vivid memories that I have of my childhood family life is mealtime, and in particular my mother's cooking. My mother grew up in remote, rural Texas, and she brought to Denver the cooking patterns, and habits of people born in the South. She cooked for a husband and eleven children and she knew how to stretch a little to feed a lot of hungry people!

I loved my mother's cooking and even at a young age I appreciated what she herself must have learned as a child. She wasted little. For an example, she cooked lots of ham, bacon, and sausages. She would save the grease left over from such cooking and pour it into an old Crisco can to use over and over again to fry other things such as eggs, and other fried food.

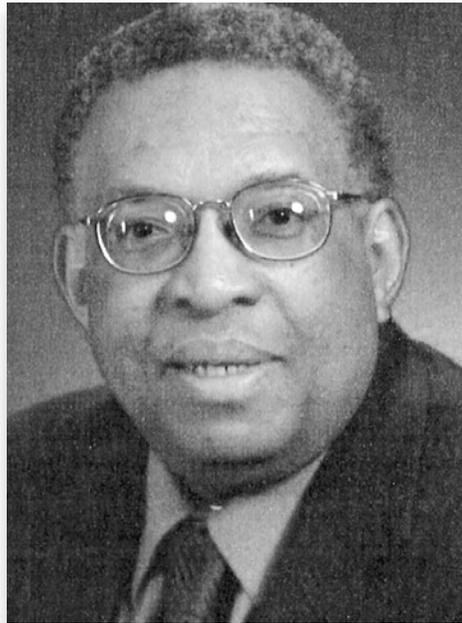
The eggs tasted so much better when fried in that grease! She cooked lots of fried chicken, fried potatoes, greens and beans with salt pork, meat loaf, cold cuts, cornbread, pork chops, and beef tongue. For dessert we might have banana pudding, or peach cobbler and wash it all down with sweet tea or kool-aid. We also used a lot of light bread, butter, and whole milk.

Our diet was high in fat, salt, sugar, and calories. We were not concerned about our health at that time as the food was delicious! One day as I became a physician, and one of my sisters a nurse, we let my mother know that we needed to change our family traditions and eat a more healthy diet. We did not advise despising our history, but just decide to make some healthy changes.

It turns out now that all of us used to eating the food associated with life in the south need to make some changes for the sake of our longevity and health. At a meeting of the American Stroke Association about two weeks ago, it was revealed that things such as deep fried chicken and some other scrumptious Southern fare may taste great but not be good for our heart and our blood vessels.

A study had been conducted using a survey made of 20,000 white and black adults aged 45 and up and looking at some dietary patterns. The people in the study were followed for the next 6-10 years to see what could be learned from eating certain types of food.

It was found in the study that people who ate food such as fried chicken, fried potatoes, processed meats, and salty greens every day were 30 per-



Dr. Conner

cent more likely to have a stroke than people who rarely ate such foods.

It was found in addition that African Americans in southern states most frequently consumed this type of fare and this could explain why blacks in southern states have higher stroke rates than whites and why some states constitute a region of the United States which is known as the "stroke belt". This region of the country consuming the greatest amounts of this Southern diet include Arkansas, Louisiana, Mississippi, Alabama, Georgia, North Carolina, South Carolina, Tennessee, Delaware, Michigan, and Illinois. However, those of us in other states may eat the same way!

Those eating the diet in question ate lots of processed meats, salty greens, and sweetened iced tea. In addition now we have a problem with fast foods which are in effect a nationwide plague. Such a diet is high in salt, fat, and sugar. The result can be devastating, in terms of obesity, diabetes, high blood pressure, heart disease and stroke.

Stroke is the fourth leading cause of death, in the United States, and about 800,000 strokes occur each year. In addition, it should be noted that Blacks are about twice as likely than whites to have a first stroke and more likely to die from a stroke. The sad reality is that if a person does not die from a stroke, he or she may be disabled for life. High blood pressure, obesity, and diabetes is playing a significant role in all of this. The really sad thing to note is that we are talking about a large amount of preventable disability and premature death. What is the remedy for all of this, and what should we be doing?

One thing we need to do is just recognize that there is a problem, and then make some changes in our life style and habits. We can enjoy our food, and we should, without our food causing us to leave this earth too early! We need to cut down on our use of salt, sugar and fat. We need to control our blood pressure, blood sugar and our weight. We can live longer and better and stay around to enjoy our families. In a future article, we will explore the problem of stroke in our community and how to avoid it.

May God help you to live longer and better. ✝

**Stroke is the fourth leading cause of death, in the United States, and about 800,000 strokes occur each year.**

## LOCAL EVENTS

### College Fair

Saturday, March 16, 8am - 3pm. @ East High School-1600 City Park Esplanade-Denver. 89 Historically Black Colleges and Universities Represented.

\$5.00 registration fee; deadline March 11.

Continental Breakfast and Lunch provided to those attending the workshops and fair.

Also Fri., March 15, 6 pm - 8 pm @ Holiday Inn Hotel Denver Stapleton Plaza-3333 Quebec St. Denver A reception will be held for seniors and their parents

register online at:

[EthnicCollegeCounselingCenter.org](http://EthnicCollegeCounselingCenter.org) or Call 303-423-6422

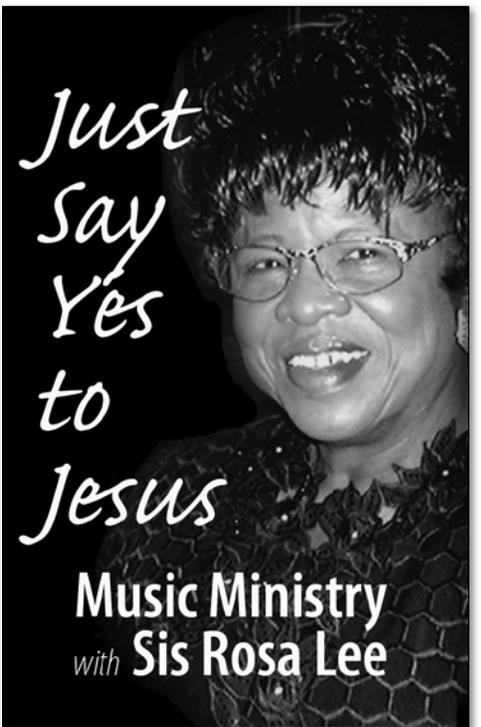
### Diabetes Class

Monday, March 4th - Monday, April 8 @ Park Hill Seventh Day Adventist Church, 3385 Albion St, Denver, CO.

A self management diabetes class, sponsored by the Park Hill Seventh Day Adventist Church in partnership with The Center for African American Health.

### 11th Annual Health Fair

The Center for African American Health presents the 11th Annual Health Fair. Saturday, March 2nd, 8:30am - 3:30pm @ the Renaissance Denver Hotel, 3801 Quebec St, Denver, CO.



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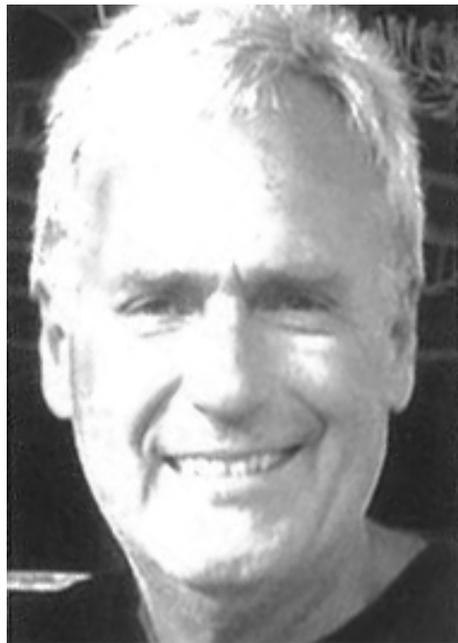
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# Peace and Safety

By Michael Forti



Michael Forti

The Lord teaches that in the very last days, the major signs of the times will increase on a global scale, indicating that He is coming soon. The Word also teaches that there will be a seven-year period of tribulation, consisting of God's JUDGEMENT and WRATH that will hit this earth like never before (Matt 24:1-44, Mk 13:1-37, Luke 21:1-36). Unfortunately, the unsaved people of this world, including many who claim to be Christian are IGNORING God's offer of salvation through His only Son Jesus Christ.

According to God's awesome prophetic plan, the following events will begin to take place. The governments and religions of the world will continue to strive for PEACE, especially in the Middle East. Then, Jesus will come for His bride. "For the Lord Himself will come down from heaven, with a loud command, with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be CAUGHT UP (raptured) together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever" (1 Thess 4:16-17).

At that moment in time, a worldwide marshal law will most likely be set forth as freedom will become scarce. The main line media will be confused as several well-known pastors, their congregations and many people who claim to be Christians were left behind (Rev Ch's 2-3, 2 Tim 4:1-8, 2 Pet 2:20-21, 2 Cor 11:1-15). Earthquakes, asteroids, volcanoes and large hail activity will continue to increase all around the world. (Lk 21:25, Rev 8:7). Internet, cell phones and communications will be disrupted which will devastate businesses and the economy.

After you read 1 Thessalonians 4:16-17 concerning the rapture of true believers in Jesus Christ, you will then go to chapter 5:2-3 to find out what happens next. "For you know very well that the day of the Lord

will come like a thief in the night. While people are saying, "PEACE and SAFETY, destruction will come on them suddenly, as labor pains on a pregnant woman, and they shall not escape." Who will be saying "Peace and Safety?"

If you now turn to Ezekiel chapter 38, you will read and learn that Almighty God is going to ALLOW the countries to the far north of Israel to attack His people who are living in "PEACE and SAFETY." Even though God allows the lands of the North to invade, He will protect Israel and devastate those armies with catastrophe. The Lord explains that there will be a great earthquake in Israel. The mountains will be overturned, and there will be hailstones and burning sulfur falling on those who attack God's people (Eze 38:21-23). As you go on to read Ezekiel 39:1-9, you will see that this great event takes place at the BEGINNING of the seven-year period of God's wrath and tribulation. "Then those who live in the towns of

Israel will go out and use the weapons (of those who attacked Israel) for fuel and burn them up. For SEVEN YEARS they will use them for fuel." Again, this indicates that this event will take place just after the rapture, and at the beginning of the great seven-year tribulation period. Note: the anti-Christ cannot come forth until the restraining church is taken out of the way (2 Thess 2:1-8). Also, the anti-Christ comes forth in the very beginning of the tribulation because he will make a three-and-a-half-year peace agreement with Israel. Midway through the seven-year period, he will break that agreement (Dan 9:27). Where is the United States through all of this?

Ezekiel chapters 38 and 39 explain that the whole world will tremble at the awesome presence of the Lord. However, God's Word also teaches that the anti-Christ will deceive the people of the earth through his lying, signs, wonders and false miracles. He will most likely try to convince the Jews that it was him who devastated the armies from the north, thus gaining political power (2 Thess 2:1-11). The anti-Christ will then go marching out to gain control of the world as the four housemen of the apocalypse go riding out to conquer (Rev 6:1-16).

Half way through the great tribulation period, the anti-Christ will break his covenant with the Jews and cause the armies of the world to turn against Israel. Zechariah 14:1-2 says, "A day

of the Lord is coming when your plunder will be divided among you. I will gather ALL the nations to Jerusalem to fight against it; the city will be captured, the houses ransacked, and the women raped. Half the city will go into exile, but the rest of the people will not be taken from the city."

The Lord continues to explain that He will allow His people to be punished because most have not received His Son Jesus as their Savior. Again, God still devastates the armies that will attack Israel. Zechariah 14:12 continues on by saying, "This is the plague with which the Lord will strike ALL the nation that fought against Jerusalem: Their flesh will rot while they are still standing on their feet, their eyes will rot in their sockets, and their tongues will rot in their mouths."

As the armies of the anti-Christ continue to gain control over the world, fight against Israel, and strive for more political power, tribulation saints will continue to be persecuted to the death as they refuse to submit to the anti-Christ and receive the MARK of the Beast (Rev 7:9-15, 13:15-18). Today, the technology of the mark is already being introduced to the societies of the world. Soon it will become mandatory to receive this mark (Rev 13:15-18). This should explain the real reason and hidden motives for disarming societies. History shows that as soci-

Continued on Page 7

**The Lord continues to explain that He will allow His people to be punished because most have not received His Son Jesus as their Savior.**



**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  
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*Wednesday*  
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 Evening Prayer .....6:30 pm  
 Bible Study .....7:00 pm  
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2. DOTTIE PEOPLES - I GOT THIS	7. WOW GOSPEL 2013
3. JE'KOB - FAITH HOPE & LOVE	8. GEORGIA MASS - I STILL HAVE A PRAISE
4. KURT CARR - BLESS THIS HOUSE	9. HART RAMSEY - NEXT NOW
5. WILLIAM MURPHY - GOD CHASER	10. TASHA COBBS - GRACE

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# The Good Friday Worship Experience

By Dr. P.M. Wynn Grove

I had a young adult (I'll call Carolyn) ask the question; "If Good Friday is the day of which Jesus Christ was crucified, why is Good Friday called good?" I smiled and began to reflect truly why it is Good Friday. As I begin to tell Carolyn, I was touched by the Holy Spirit! I said; "Good Friday is the kick off of Believers most important holiday celebration, The Resurrection. Jesus loved us so much He would suffer for our sins and we didn't and still don't deserve it. Oh what a love! That he would suffer die and arise on the 3rd day, just for you and me. Oh what a love...there is no greater love.

That question puzzles many children and adults. After all, it isn't obvious that we should call Good Friday good, since it is the day on which our

Lord Jesus Christ was crucified. How can Good Friday be good when it commemorates the day on which the sins of mankind brought about the death of our Savior?

Some theologians declare that Good Friday is called good because Christ, by His Death, "showed His great love for man, and purchased for him every blessing". Good in this sense, means "holy" and indeed Good Friday is known as Holy and Great Friday among Eastern Christians, both Catholic and



Evan Dr. Wynn Grove

Orthodox. Good Friday is also known as Holy Friday in the Romance languages.

I agree with that statement but would like to explain in addition why we have a worship experience on Good Friday.

The Observance of Good Friday is a solemn occasion, purposed to draw people into the experience of Christ's agony. The Apostle Paul declares in Romans 8:17 (NIV) "Now if we are children, then we are heirs-heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory."

While the temptation may be for the tone and tempo of the Good Friday observance to mirror our normal worship experiences, we have on this occasion a wonderful opportunity to break out of the norm. Good Friday gives us the opportunity to lead people to a real understanding of Christ's suffering. It gives us a chance to help people to personalize Christ's supreme sacrifice to own their debt of gratitude and to better commit their lives to the Savior who died for them. The worship experience should move the congregation towards deep introspection and meditation with sincere praise and share in the suffering of Christ, to journey with him along the Via Dolorosa, the path of suffering. Paraphrasing Romans 8:17, if we cannot share in his SUFFERING on Good Friday, how can we share in his GLORY on Resurrection Sunday?

A great tradition in many churches has become the delivery of the Seven Last Words. Generally seven preachers are invited, with each one addressing one of the last sayings of Christ from the cross. In the spirit of the observance, there is a wonderful opportunity to help persons share in the suf-

fering of Christ.

This isn't an atmosphere of competitiveness it's an atmosphere for the seven preachers to paint the picture of those seven last words. This is done with seamless transitions from preacher to preacher until the last of seven words is completed.

As we celebrate this season of salvation, Denver has kept with the tradition of featuring the Seven Last Words. You are invited to the upcoming city-wide service, on March 29, 2013 at 12 noon on Good Friday. The service will be held at Shorter Community AME Church, 3100 Allen Court, Denver, CO The theme "Women At The Cross Service." Senior Pastor Reginald Holmes of New Covenant Christian Church has spearheaded this event for several years now. Selecting seven female preachers throughout Denver, who will deliver the Seven Last Words. Schedule Women of God on program are;

Minister Deidre Brooks, Evangelist Temple, Denver, CO - Evangelist Yvonne Emerson, Now Faith Christian Center, Montebello, CO - Sis Carolyn Beechum, Elect Lady of the House of Joy, Denver, CO- Rev. Kay Farley, Pastor Faith Baptist Church, Denver, CO - Rev. Tawana Davis, Youth Pastor Shorter AME, Denver, CO - Dr. Evan. PM Wynn Grove, Associate Pastor Potter House of Denver, Denver, CO - Dr. Sandra Powell, Co Pastor Soul Care Gospel Ctr, Commerce City, CO

Come join us for this soul stirring noonday Good Friday service to draw near the experience of Christ's agony. HE did it for you and HE did it for me. Oh what a love! This event is FREE to the public. Come one come all. ✝

*Dr. P.M. Wynn Grove is an Associate Pastor at the Potter House of Denver. Pastor PM & Pastor Lee are the founders of Heavenly Sent Ministry. You can contact her at pmwynn9@msn.com.*

## Self Employed Healthcare

By Dr. Taffy Wagner

Have you decided to join the ranks of the self-employed? It can be exciting and rewarding all at the same time. Yet, it comes with some challenges especially when it comes to healthcare and health insurance. Healthcare can become difficult for the self-employed.

It's very possible to obtain private insurance, but the cost of it is often excessive. If you are starting a new business your budget may not allow for the high cost of health insurance and the high deductibles that are part of it.

Some of you may be fortunate enough to have a spouse who works full-time and can help you purchase insurance. However, when you add a spouse or children to an employee health plan the cost skyrockets.

In some situations, health insurance can be a significant percentage of your spouse's salary. Most families need a second income to cover more than just healthcare expenses. Unfortunately when faced with this situation, it is very easy for your own healthcare to become less of a priority.

Sure you may be willing to sacrifice the cost of a doctor's appointment if you're very ill. However, you may not be able to afford those important

health screenings and regular wellness exams that are preventative and help you to stay healthy.

Let's face it, without preventative care, you're more likely to develop illnesses which are more advanced by the time you go to a doctor. Then you could also suffer from symptoms that could have easily been treated if you had access to medical care.

Another preventative service that is commonly avoided is dental exams, getting cavities filled and even taking care of gum disease due to a lack of a solid healthcare plan. When you don't get these important services, you set yourself up for bigger and more expensive problems down the road.

Other services not covered by traditional insurance such as chiropractic and vision care. Whew! It can be overwhelming as a business owner trying to take care of your own health, that of your family and run a business when you don't have a corporate health plan to fall back on.

Are there healthcare options available for the self-employed? Absolutely. There's programs available without spending your entire month's wages that you can enroll in that provides you with medical, dental, vision, chiropractic care and hospitalization.

With a wide range of plans and services, you'll find a benefit program that fits the needs of your family and stays well within your budget. Your health is too important to ignore. Without good

health, you can miss out on many of the joys and freedoms of life. Being self-employed doesn't mean that you have to give up this important priority. ✝

**Dr. Taffy Wagner** is a Certified Educator in Personal Finances, Certified Credit Report Reviewer, & Benefits Specialist. For more information about an affordable healthcare solution, email [taffy-wagner@gmail.com](mailto:taffy-wagner@gmail.com) or visit [www.apdentalplan.com/twagner](http://www.apdentalplan.com/twagner).

*without preventative care, you're more likely to develop illnesses which are more advanced by the time you go to a doctor.*

*If we cannot share in his SUFFERING on Good Friday, how can we share in his GLORY on Resurrection Sunday?*

PEACE ... continued from page 7

eties in the past have been disarmed, they were soon after exterminated.

What is left of civilization will then see the great battle of Armageddon in the Middle East as the armies of the world continue to come together to attack Israel. Fortunately, Jesus Christ will be seen on the big screen when He puts an end to the anti-Christ and all his armies. "The Lord Jesus will overthrow (the anti-Christ) with the breath of His mouth and destroy (him) by the splendor of His coming" (2 Thess 2:8). "I saw heaven standing open and there before me was a white horse, whose rider is

called Faithful and True. With justice He judges and makes war. His eyes are like blazing fire, and on His head are many crowns. He has a name written on Him that no one knows but He Himself. He is dressed in a white robe dipped in blood, and His name is the Word of God. The armies of heaven were following Him, riding on white horses and dressed in fine linen, white and clean. Out of His mouth comes a sharp sword with which to strike down the nations. He will rule them with an iron scepter" (Rev 19:11-21).

Until next time, Jesus is coming very soon. Are you going to be ready?

# Milligan: 'Black Pastors Stuck on Stupid'

By Dr. Rosie Milligan

Allow me to say, I am not talking about all Black pastors—just many of them. I, myself, am a minister, and I am in no way attempting to tarnish Black pastors. However, being a woman of God, I am spiritually obligated to seek truth. We are losing too many of the young generation because they sense that there is something wrong or something missing with Black religion.

Our youth are confused about the God who owns everything, like the cattle on a thousand hills, yet they can't even purchase a ham hock for their family. Black youth must feel like unwanted stepchildren to God because they are on the back burners and at the end of the line in most situations.

I realize that I will get few invites to speak at churches after writing this—so be it—but I am compelled and mandated to speak truth. Somebody has got to speak the truth. The hour has come for the real men and real

women to please stand up. Can't you see that in every city, we have more megachurches than any other race? It's a shame and a disgrace that Blacks do not own one supermarket in any city. We know that we eat, and we eat a lot. The proof is in the pudding. Just look at our obese pastors and their members.

Here is what caused me to write these words. I read an article in the Raise The Praise Church newspaper dated February 17, 2013, page 5, titled, The Greater Zion Church Valiant Effort To Purchase Compton Landmark. You have to read this. Here is a quote from the article: "The Greater Zion Church family is attempting to honor this awesome request to preserve the legacy of our spiritual pioneers and forefathers. It's all about legacy. Our culture has a right to preserve our inheritance for generations to come."

My question is this: Was there an attempt made to recover the alleged \$800,000 that the former pastor stole from the church? I heard that he is out of jail and has started a new church. If this is true, what has the Black Minister's Organization attempted to do about this? Is there a code of silence among pastors? It would be nice if some of the pastors stop stealing the inheritance. Can we leave more than merely churches as an inheritance for Black folk?

I would like to suggest the pastor of The Greater Zion Church proceed with the purchase of Double Rock

*We should be helping to provide for the orphans, the widows, the needy, the hungry, the widows, etc.*

Baptist Church, but rather than taking people's tithe money to purchase it, allow the members and the community to invest in the building and make it a culture center and a place where events and conferences can be held, or a supermarket, etc. Such would better serve the community, provide jobs, a sense of pride, and then it would be a real legacy.

To the older pastors, you need to teach the younger pastors to seek a path that will help their members become balanced in every aspect of their lives, not just spiritually only. We are at the bottom of the bottom in every area. Carest thou not that we perish?

The Black church used to be the pillar of the Black community; it was the schoolhouse for our forefathers. Black churches started schools, colleges, etc. We have more than enough Black churches. In fact, some of the churches we have should merge. Tithes were never meant just for us to build big churches. We should be helping to provide for the orphans, the widows, the needy, the hungry, the homeless, etc. Stop taking the people's money to build more churches; instead, invest in something that can yield a return for our children's children.

There are many churches that are

doing a good job. I will just mention a few: Dr. Fred Price and The Crenshaw Christian Center have many employees, and they are paid well. They have schools and many venues that help the community at large. Consider Dr. Scuffie Shigg and The Love Lifted Me Missionary Baptist Church. Pastor Shigg's legacy is that of building up and restoring Black men who have fallen by the wayside. He helps them to get back on track via feeding, housing, training, and helping them gain skills needed for a job—that's a legacy.

In my book Black America Faces Economic Crisis, you will find solutions, and you will find out how Black churches can help solve Black America's problems. Come on, Black pastors, let's do better and make better decisions. Didn't the Bible tell us to leave an inheritance for our children's children? If we are going to eat from the biblical plate, let's eat it all. PASTORS, STOP BEING STUCK ON STUPID, TRYING TO IMPRESS AND OUTDO OTHERS. AND CHURCH MEMBERS, YOU HAVE A JOB TO DO ALSO—HOLD PASTORS ACCOUNTABLE. AFTER ALL, GOD GAVE YOU SOME SENSE TOO, AND YOU ARE GOING TO HAVE TO ANSWER FOR YOUR SIN OF OMISSION.✝

**Dr. Rosie Milligan**, minister, author, talk-show host, estate planner, and owner of Professional Business Management/Consulting Services, 1425 W. Manchester Avenue Ste B, Los Angeles, CA. 90047, 323-750-3592, e-mail [www.Drrosie@aol.com](mailto:www.Drrosie@aol.com), [www.Drrosie.com](http://www.Drrosie.com)

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Fax: 303.322.1334

# Are We There Yet?

*"Delight thyself also in the LORD: and he shall give thee the desires of thine heart."*

- Psalm 37:4 (KJV)

By Rev. Dr. Henry L. Armington



Henry L. Armington

Sounds strange, but every once in a while I look around and ask myself, "What on earth am I doing here?" Odd question, especially because I'm the one who put myself there in the first place. I undoubtedly have a very good reason for being there - wherever "there" is. And every time I ask myself that question, I shake my head at the obvious rhetoric because the answer is always, at that particular time, "I don't know."

Perhaps I marvel at wherever it is that I am because "there" isn't exactly what I thought it would be, or perhaps it's because simply having the freedom to travel anywhere I want is a providential American right. I also marvel at the ease with which I can get "there." With each new adventure and with every new road and bridge, even the farthest reaches of the Earth are seemingly all within reach. And once you physically and mentally commit to having a peripatetic lifestyle - be it for business or pleasure - all you need is to see it through. As any good road warrior will tell you: "If you're in, you got to be all in."

And so it goes that I put myself all in every time I'm on the road, which is often these days. I'll take in the sites that are sources of pride for a particular city or region because that gives me a sense of its values and ethics. Then I'll purposefully get lost and rely on the locals to point me in the direction of what they think an outsider should experience. Like clockwork, after a few hours, I'm no longer an outsider to them, nor are they strangers to me. There's an unspoken appreciation for one another when you're inherently interested to teach. Your effort and enthusiasm will be evident and, in time, your travel experience will be heightened.

Remember, of course, that no matter how much you travel and how much you know about a region or country or major city, small towns out there still

*Like clockwork, after a few hours, I'm no longer an outsider to them, nor are they strangers to me.*

have their own way of doing things. The folks in those towns are all too happy to invite you in and make you part of the family. Take a happening I experienced in Mombasa, Kenya for instance. The townspeople there invited me to partake in an annual festival cook-off, which was about as foreign experience for me as a moonwalk. Yet it was one of the most memorable experiences I've ever had, and it made me appreciate the people, many of whom have been attending this event since before I was born.

As we conclude the holiday season, and as we prepare to travel near and far to share experiences with loved ones and strangers alike, please consider the underlying desires of your heart. It has a name: placefulness, a term coined by Dr. Rob Britton, who holds a doctorate in economic geography and is about as seasoned a world traveler as they come.

Placefulness is as unique as celebrating Thanksgiving in Las Vegas, making your home inside a historical landmark, watching professional basketball in Brooklyn, walking through a garden of ice sculptures in Dallas or exploring the intricacies of a street in Chicago that you've traveled a dozen times but may not have taken the time to really get to know. And then there's my hometown of Jefferson, Texas that takes you to the homemade syrup products of T.J. Blackburn.

Make this new year seasons an adventure. Travel somewhere you've never been, even if it's not too far from your own backyard. Engage the locals. Partake in their customs and traditions. Eat their food. Meet their families. Go and get lost for a little while. Then come home safely. You deserve to have a Happy New Year, America!

For more information regarding Rev. Dr. Henry L. Armington, Sr., please visit Central Baptist Church this Sunday morning for a dynamite worship experience at 10:45 a.m. located 2400 California Street, Denver, Colorado or [cbcdenver.org](http://cbcdenver.org) via cyberspace.✝

Macedonia Baptist Church

## 2013 Women's Event Celebration

THEME

**"CHRISTIAN WOMEN ANSWERING THE CALL FROM GOD SPIRITUALLY"**

Joel 2:27-29 and Acts 2:16-18

**SATURDAY MARCH 16, 2013**

**2013 WOMEN'S CELEBRATION BRUNCH**

Featuring Styles from

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Doubletree Hotel

3203 Quebec Street - Denver, CO 80207

11:00 am

Tickets \$40.00

Tickets Deadline ~ Wednesday March 11, 2013

For Additional Ticket Information Please Contact Church Office 303-377-8821

**WEDNESDAY, MARCH 13, 2013**

**PRAYER & PRAISE ~ KICK OFF SERVICE**

7:00 pm

**SUNDAY, MARCH 17, 2013**

Women's Day Service

**SPEAKER: DEBORAH MORRIS-HARRIS PH.D., M.D.**

From: Dallas, Texas

Daughter of Macedonia's Former Pastor, Rev. Dr. John B. Morris

10:30 am

Macedonia Baptist Church, 3240 Adams St. Denver 80205

Women's Event Celebration | Barbara Shannon-Banister, Chairperson

## READY for Battle!

Ready to: Listen, Walk, Count, and Shout Joshua 6:1-5

Cleaves Memorial CME Church 91 Years

Fighting for the LORD

Join us for a Series of events in honor of Cleaves 91<sup>st</sup> Church Anniversary:

March 3 -4pm **LISTEN!** Sundays BEST musical Kick-off

Mass Choirs, Praise and Worship, and other Musical presentations from all over Denver

March 6 -7pm **WALK!** Community wide Bible Study

Facilitated by Rev Anthony Hill of St. Lukes CME Church

March 7 -7pm **COUNT!** Evening Service Program

Speaker- Bishop Jerry Demmer of The Absolute Word Church

March 8 -7pm **SHOUT!** Youth and Young Adult Day

Speaker- Pastor Ryan J Fontenot of The Rock Church

March 10 -10:15am Sunday Morning Service **READY FOR BATTLE!**

4pm Evening Program Featuring Apostle Lawrence E Powell

**ARE YOU READY!?!?**

All events to take place at:  
Cleaves Memorial CME Church  
2222 Marion St  
Denver CO 80205

# Body of Christ News

**KCCC**



**OUR MONTH OF**  
*Glorious Conquest*  
— 1 John 3:8 (nkjv)

**MARCH**

*KCCC Teachers Workshop*  
call KCCC for more info

**SATURDAY MARCH 16<sup>TH</sup>**  
*@ Mt. VERNON COUNTRY CLUB*

---

**SATAN NO PARKING**  
*A Spiritual Authority Conference*  
MARCH 20<sup>TH</sup> – 24<sup>TH</sup>  
KINGDOM CONNECTION CHRISTIAN CENTER  
for more info visit [www.adeajalaministries.com](http://www.adeajalaministries.com) or call 720.859.1737

---

**GLORY NIGHT 7PM**  
FIRST 3 FRIDAYS OF THE MONTH

**HOUR of FRIDAY** MAR 29<sup>th</sup>, 7PM  
**DELIVERANCE**  
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---

**WEEKLY**

**SUN. SERVICE** 8:30 & 10:30AM — **WED. SERVICE** 7:00PM

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*Living Hope Baptist Church*

**HE HAS RISEN**

And the angel answered and said unto the women, Fear not ye: for I know that ye seek Jesus, which was crucified. He is not here: for he is risen, as he said. Come, see the place where the Lord lay.  
**Matthew 28:5-6**

**EASTER SERVICE 10:00AM**  
SUNDAY MARCH 31, 2013

**GOOD FRIDAY PLAY 7:00PM**  
FRIDAY MARCH 29, 2013  
IN THE CHAPEL

**Easter Jesus**

"Praise be to God for a Living Hope" 1 Peter 1:3-5

**Worship**

**PASTOR & MRS. ROBIN D. HOLLAND**

9:00AM SUNDAY SCHOOL 10:00AM SUNDAY  
4:30PM SATURDAY  
7:00PM BIBLE STUDY TUESDAY

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# The 2nd Annual Denver Metro Safety Summit

"People Partnering to Prevent Violence."

April 4th - 6th 2013

Pastor William T. Golson Jr. President G.M.D.M.A.

Pastor Reginald Holmes Safety Summit Coordinator



Dr. VIRGIL A WOOD WITH MARTIN LUTHER KING JR

## Youth Rally Night

### "Nonviolence

means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him."

Martin Luther King, Jr.

## Friday

April 5, 2013

7pm

## Saturday

April 6, 2013

8am-1pm

Guest Performances by Denver Youth in various genres of : Rap, Expressive Dance, Song, Poems, Spoken-Word and Testimonials



Breakfast and Lunch will be provided

Hosted at Manual High School 2759 Williams Street, Denver, CO 80205.

Thursday, April 4, 2013 7pm

## Dr. Virgil A. Wood

Church Leader, Educator, and Civil Rights Activist

Dr. Wood, Church leader, educator, and civil rights activist has committed much of his life's work to the struggle for economic, educational and spiritual development among the nation's disadvantaged.

A Pastor for over 50 years in the states of Virginia, Massachusetts, and Rhode Island, he retired from active Pastoral Ministry in 2005, and became a resident of Pearland.

He served with Martin Luther King, Jr., as a member of his National Executive Board of the Southern Christian Leadership Conference for the last ten years of Dr. King's life and work, and Coordinated the State of Virginia in the Historic March on Washington April 28, 1963.

He received his Doctorate in Education from Harvard University. As an educator, he served as Dean and Director, the African American Institute, and Associate Professor of Northeastern University at Boston, and had been a Professor at Virginia Seminary and College, in Lynchburg, and a visiting Lecturer, Research and Teaching Fellow at Harvard University.

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For more information please call Pastor Reginald Holmes Safety Summit Coordinator @ 303.907.1337



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# EASTER SUNDAY

S E R V I C E

MARCH 31, 2013

SUNRISE SERVICE AND BREAKFAST @ 6AM.  
11AM SERVICE - COME AND ENJOY A LIFE CHANGING  
SERVICE & EXPERIENCE THE PASSION OF EASTER!

CHILDREN'S PROGRAM - MARCH 29, 2013  
STARTING AT 7PM

D E N V E R ' S L A R G E S T

**Easter Egg Hunt**  
**March 30, 2013**

VILLAGE PLACE PARK • ANAHEIM & ALBROOK

10AM - 12PM

NOW FAITH CHRISTIAN CENTER CHURCH  
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# Faith and Mental Health

Without question, Mental Health is a taboo subject among African Americans, and to close out Black History Month, brother jeff's Cultural Center presented, The State of Black Mental Health: What's the Diagnosis?

"The Black community is confronting challenges on many fronts," said brother jeff. "I truly believe many of our approaches to these challenges will not be as effective as we would like until we begin to seriously address mental health."

The event exceeded expectations as nearly two hundred participants filled New Hope Family Life Center to hear from mental health professionals, indi-

viduals living with mental illness, community members seeking resources, and those ready to bring the issue of mental illness out of the shadows and into the light.

Some of the topics discussed include Post Traumatic Slavery Syndrome, the relationship between continental Africans and African Americans, mental health, violence, and gun control, children, education and high stress environments, receiving culturally congruent services, and how to enter mental health professions. Faith, Family and mental health were also core topics.

Peggy Norwood, Ph.D., a clinical psychologist, ordained minister, and

former psychology professor shared how faith and mental wellness are linked and that having a relationship with a religious leader and a mental health provider are not at odds. And if medication is necessary remember, "Medicine comes from God's creation."

Jendayi Harris, owner of Next Level Therapy, is an Emotional Fitness Trainer, specializing in father wounds, dysfunctional upbringing effects including struggles around depression. Harris discussed how she overcame personal obstacles and created a Christ centered practice and ministry. Harris, Dr. Norwood and Dr. Reo Leslie, who is also a minister, provided practical insight

from a Christian perspective.

Dr. Leslie, encouraged ministers who may not be licensed mental health providers to know when to make referrals and to make sure they purchase proper insurance. "The Lord owns their souls," Dr. Leslie said. "But if you get sued without insurance, the plaintiff will own your assets."

In honor of Women's History Month, the topic will be Black Women and Mental Health, from 3-5 p.m. March 30 at Now Faith Christian Center, 4834 Chambers Road in Denver. Free and open to the public. For more information visit [www.brotherjeff.com](http://www.brotherjeff.com) or 303.297.0823.✝



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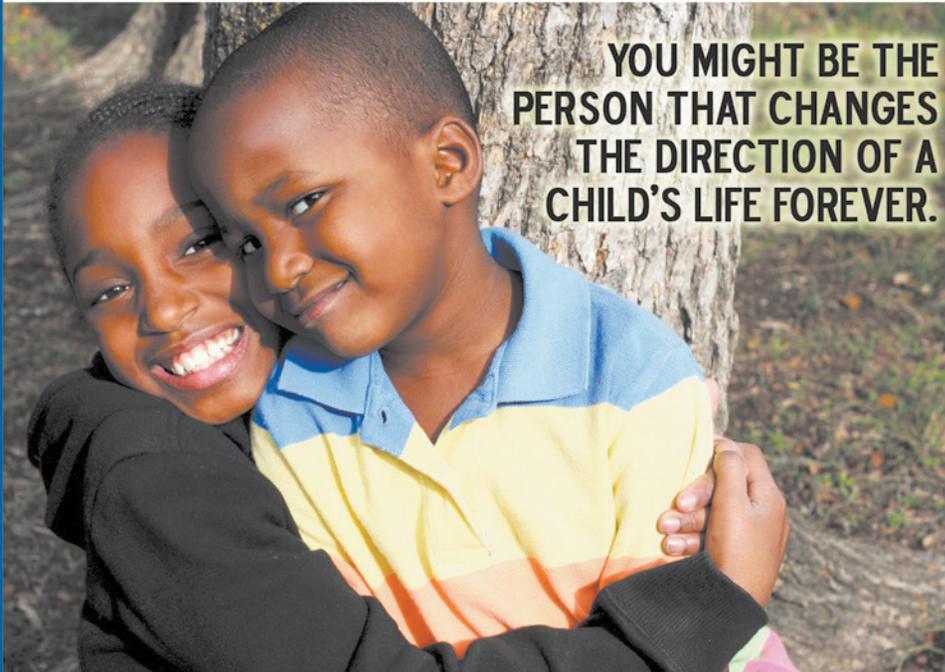
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# WOMEN AT THE CROSS

## GOOD FRIDAY SERVICE

March 29th @ 12 Noon



### New Covenant Christian Church

Rev. Reginald C. Holmes, Pastor

Location: At the Shorter AME Church  
3100 Richard Allen Court, Denver, CO 80205.



Rev. Kay Farley  
Faith Community Baptist



Rev. Tawana Davis  
Shorter AME Church



Rev. P.M. Wynn  
The Potter's House



Sis. Carolyn Beechum  
House of Joy



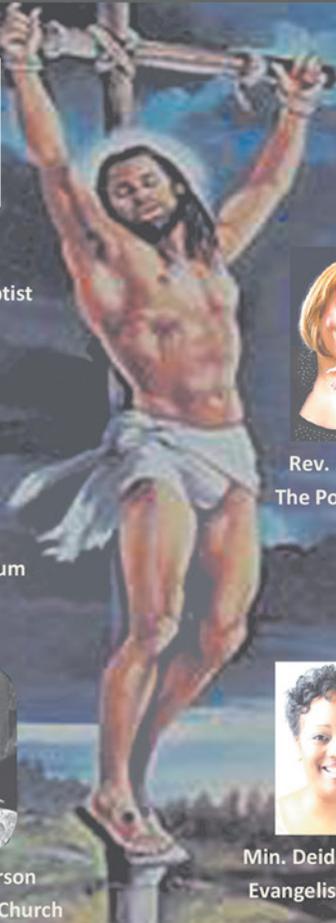
Dr. Sandra Sullivan-Powell  
Soul Care Gospel Center



Rev. Yvonne Emerson  
Now Faith Christian Church



Min. Deidre Brooks  
Evangelist Temple



*They came...  
They stayed...  
And on Good Friday they will tell you what happened.*

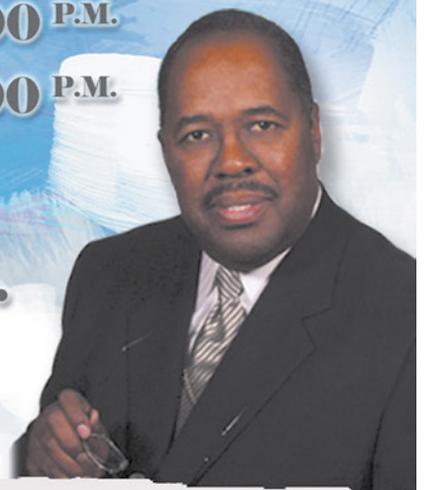


## SAVE THE DATE

### ODOM MEMORIAL CHURCH OF GOD IN CHRIST

**30<sup>TH</sup>** SATURDAY MARCH 23<sup>RD</sup> 5:00 P.M.  
& SUNDAY MARCH 24<sup>TH</sup> 4:00 P.M.

ANNIVERSARY  
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& FIRST LADY  
MCDONALD



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2ND ASSISTANT PRESIDING BISHOP

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# Unintentional Falls Leading Cause of Injury for 65+

*By Maya Wheeler, MHA*

According to the Center for Disease Control (CDC) falls are the number one source of nonfatal injuries among older adults (those 65 or older). Each year, one in every three seniors falls but less than half talk to their health-care providers about the incident. Falls can cause moderate to severe injuries, such as hip, leg, ankle, upper arm, and hand fractures which can make it hard for older adults to get around or live independently.

Many seniors, who fall, even if they are not injured, develop a fear of falling which may cause them to limit their activities leading to reduced mobility and loss of physical fitness, which in turn increases their actual risk of falling. In 2009, 2.2 million nonfatal fall injuries among older adults were treated in emergency departments and more than 581,000 of these patients were hospitalized.

The chances of falling and of being seriously injured in a fall increase with age. In 2009, the rate of fall injuries for adults 85 and older was almost four times that for adults 65 to 74. People age 75 and older that fell were four to five times more likely than those age 65 to 74 to be admitted to a long-term care facility for a year or longer.

Fortunately, falls are largely preventable. There are several ways to reduce the chances of falling which include: exercising, reviewing medications, annual eye exams, and making your home safer. Exercising regular is a great way to reduce the chances of falling. Exercising improves balance and coordination. Ask your doctor or pharmacist to review your medicines (i.e. prescription and over-the-counter) to identify medicines that may cause side effects or interactions such as dizziness or drowsiness.

Also be sure to take in adequate amounts calcium and vitamin D from food and/or from supplements. Get screened and treated for osteoporosis. Have your eyes checked by an eye doctor annually and update your



Maya Wheeler

eye glasses to maximize vision. Make your homes safer by reducing tripping hazards, adding grab bars inside and outside the tub or shower and next to the toilet, adding stair railings and improving the lighting in your home.

In Park Hill there are several resources to help with preventing falls, one such place is the Zion Senior Center located at 5151 E. 33rd Ave, Denver, CO 80207. The Zion Senior Center is a place where seniors can meet together, receive services, and participate in activities that will enhance their dignity, and support their independence.

Services offered at the center include low impact fitness exercises taught by R.U.A. Pro Fitness for a small donation and fall prevention workshops taught by the Center for African American Health. For more information on programs offered at the Zion Senior Center call 303-333-5746.

If you should find yourself in situation where you need short or long-term rehabilitation from an injured sustained from a fall, Forest Street Compassionate Care Center a 24 hour African American skilled nursing facility can help you on the road to recovery and regaining your independence. Forest Street offers a full spectrum of rehabilitation services including: physical, occupational, speech, and respiratory therapies.

Patients who return home following rehabilitation at Forest Street Compassionate Care Center receive a home evaluation to assess the need for durable medical equipment to insure a successful and safe return home.✝

For more information on Forest Street Compassionate Care Center please visit the facility at 3345 Forest Street, Denver, CO 80207, or visit [www.forestst.org](http://www.forestst.org), or call 303.393.7600.

**Ask your doctor or pharmacist to review your medicines (i.e. prescription and over-the-counter).**

## Redeemed Ones

**Jail-Prison and Community Outreach**



- JAIL & PRISON MINISTRY
- SEEDS OF HOPE FOOD BANK

**Office Hours**

Tues. 9:00am-1:00pm  
Wed. 9:00am – 1:00pm

**Corporate Prayer**  
Tues. 8:00 – 9:00am



**Apostle Pat Winn**  
Founder/Exec. Dir.  
with husband John

Office: 1425 Florence , Aurora CO 80010  
Mailing: PO Box 31105, Aurora, CO 80041  
Ph: 303-574-3347  
E-mail: [redemedonesmin@msn.com](mailto:redemedonesmin@msn.com)

**Ex-Offenders Orientation**

Tues. & Wed. 10:00am

**Food Bank**

1st & 3rd Tues. 10:30am-12:30pm

Distribution at local hotel Thurs. 4p

Kidz Food Bags distribution Fri. 4p

**Accountability / Mentoring Group**

Ex-offenders, families and friends

2nd & 4th Saturdays 11:00am-1:00pm

Distribution of resources following lunch

**Anointed for the Call**

Ministry & Leadership Training

1st & 3rd Saturdays 10:00am-12:00noon



### Ministry Agenda

**Sunday**

'Soul' School - 10am

Family Worship Celebration - 11:30am

**Tuesday** Evening - Community Computer Classes (9 wk. intervals)

**Wednesday**

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

**Saturday**

Joy Junction Youth Academy & Other Special Meetings

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303-287-7932 (church / prayer line) 303-695-5372 (messages)

[soulcarefullgospelcentercolorado.com](http://soulcarefullgospelcentercolorado.com)



*Apostles Lawrence E. &  
Dr. Sandra Powell*

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Send Church News and Items for Calendar of Events to [editorial@bocnews.com](mailto:editorial@bocnews.com) or mail to:

Body of Christ News  
11 Del Mar Cir.  
Aurora CO 80011

**DEADLINE:**  
15th of the Month

# 'We are Preachers First'

from page 1

others who have been senselessly killed. We have been the face and voice of the African American faith community, the voice for those who are disenfranchised, neglected, needy, and with nowhere else to turn. Our community involvement speaks for itself.

These are troubling times in our city and in our nation. The issues of violence as manifested through the use of guns are at the forefront of every newspaper headline and atop the agenda of just about every legislative body. As ministers, we value freedom and life. God has given us the freedom to make choices in this life to love and live, or to hate and die. Every choice has a consequence, every seed sown has a harvest, and what we as a nation are experiencing is a harvest of bad choices. We have chosen to satisfy personal rights over personal righteousness. We have opted to value ownership of implements of mass destruction over the basic need of self-protection, recreational pleasure, and in some cases the need to hunt and put food on the table.

In the days of the old west, the early settlers in cities recognized the danger of everyone packing a gun and instituted policies that disallowed firearms within city limits. It appears that we have regressed as a modern and "enlightened" society. When homicidal tendencies are mixed with a plethora of drugs, mental remnants of the horror of warfare, and the stress of living in a seemingly hopeless society some people have been pushed over the edge. Anger within has manifested itself as anger without. Hopelessness within has manifested itself as hopelessness without.

***We Are Preachers First!  
Whatever we do, however we  
serve the community, it must  
be from a biblical stance  
founded upon the truth of the  
Word of God. We must never  
forget that "we can do all  
things through Christ!"***

Personal discontent has manifested itself in public massacre.

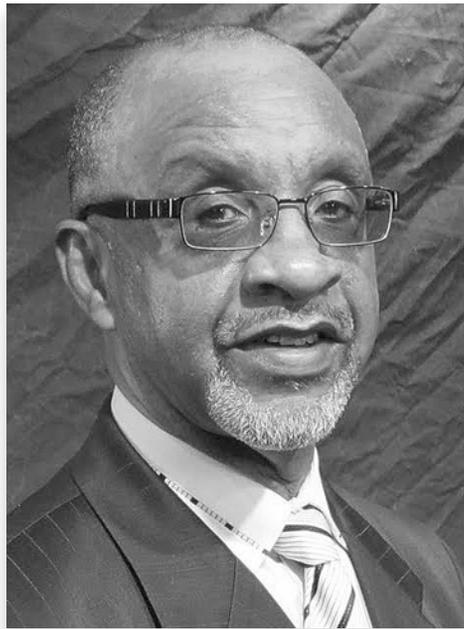
From a biblical point of view, there is no legislation that will significantly change the tendency of our society towards homicide. Although the problem is around us, the source is in us buried deep within the recesses of our being. When there is a void in power someone or something will always step in. The presence and power of God was pushed out of our schools many years ago and is being so daily in our lives. Truth has become relative and speaking to issues of morality deems one a "homophobic" or worse. It has now become "politically incorrect" to talk of sin and the ultimate destination of sinners—Hell.

The issue of the misuse of guns is the manifestation of a society that feels hopeless and helpless. As with video games, humans are just objects to be shot down at will to advance to the next level. It is a great contradiction where animals have been elevated to the status of human and can be killed "in season," but result in felony convictions and mass media campaigns when not in season.

In her book "The New Jim Crow," Michelle Alexander details a new caste system that has disproportionately incarcerated our black males. Interestingly, where issues of immigration, health care, and other issues abound to the forefront of news our society is amazingly quiet to the masses of people of color who are incarcerated. Where the majority of those on death row, and in the case of Colorado in total, are people of color our society is amazingly quiet. The GMDMA joins with those who are need of a voice in the midst of the quietness of our society.

We are committed to talk about what no one wants to talk about. We desire to direct the eyes of our society to see those who are the downtrodden, unemployed, underserved, unjustly incarcerated, profiled, and the like.

On the positive side, we want to celebrate our elected officials. When the content of our states ethnicity is considered, Colorado, Denver in particular, is a most progressive city. There is a bright light shining to guide those young men and women willing to apply themselves in the belief that they can achieve great success and cross ethnic and economic boundaries.



Rev. William T. Golson, Jr.

The GMDMA is committed to help empower our leaders that they may better serve the needs of our communities. The GMDMA is committed to help young people realize their full potential.

While all those things are important, as President, I am called to remind the pastoral and ministerial constituency of the metro area that we are first and foremost preachers. We Are Preachers First! Whatever we do, however we serve the community, it must be from a biblical stance founded upon the truth of the Word of God. We must never forget that "we can do all things through Christ!" We must not allow ourselves to conform to the ethos of our society.

We must be militant and vigilant to promote truth, moral uprightness, respect, and dignity for all. We must not lean

to the left or to the right. We must not accept as our mission the platform of either Democrats or Republicans. We must not be controlled by the majority opinion. We must stand on the firm foundation of the Word of God. Jesus and his disciples were radicals. So much so that they were accused of turning the world upside down (Acts 17:6. We must be guilty of doing no less.

Therefore, one of my initial goals is to help the GMDMA find and maintain balance between our outreach and in-reach, between the political and the spiritual, between our human efforts and God's favor. We must first be the GMDMA (allied and unified) to generate the strength to do the work of the GMDMA.

Only as we recognize the strength of our unity and become true co-laborers in Christ can we present a unified voice to the community and collaborate with our civic leaders to speak with power and the expectation of being heard to affect change.

If our cause resonates with you, we invite those of you who have been members, attended GMDMA meetings and programs, or who have possibly observed the activities of the Alliance from a distance to come and give us another look.

The GMDMA meets the first and third Tuesday of each month at 11:00 a.m. at True Light Baptist Church, 14333 Bolling Drive Denver, 80239. We invite your participation and prayerful support. ✚

## PJ Gage named executive director for The Urban League Pikes Peak office

The Urban League of the Pikes Peak Region (ULPPR) Board of Directors is pleased to announce the appointment of Mrs. PJ Gage as the Executive Director.

Mrs. Gage is an energetic motivator with a proven ability to manage staff, volunteers and projects. She generates new ideas to improve efficiency and service delivery, and she creates opportunities for all people to support each other and their communities.

Mrs. Gage is a long-time resident and volunteer of the Colorado Springs community.

She is a member of the Colorado Black Women for Political Action, the Colorado Baptist Southern District Association and the National Council of La Raza and formerly served on the Board of Directors of the Hillside Neighborhood Association.

Mrs. Gage is the recipient of the Martin Luther King, Jr. Drum Major for Service

Award and the U.S. Presidential Award from President of the United States Barack Obama. Mrs. Gage is married to Deacon Carl Gage and they have

five adult children and 10 grandchildren. The family attends Trinity Missionary Baptist Church.

Board Chair, Tim Trowbridge states, "The ULPPR Board remains committed to assuring the work of the Urban League of the Pikes Peak Region, Inc. moves forward. We ask that you, our membership, colleagues and supporters continue to assist us in executing our plans to renew and revitalize this organization. Our future remains bright; and we remain steadfast in our mission to promote equality and opportunities for the socio-economically disadvantaged through education, empowerment and advocacy." ✚



## Valentine Extravaganza

The Soul Care Full Gospel Center with Apostle Lawrence E. & Dr. Sandra Powell held their annual Valentine Extravaganza where Christian couples came together and had a Hallelujah goodtime provided by comic Akintunde. Akintunde has traveled and performed throughout the United States and has delivered comic relief on BET's Comicview, and That Comedy Show.

Akintunde wrote material for the television show It's Showtime at the Apollo as well as for comedian's Monique and Chris Tucker. In 1999 Akintunde became a Christian and his comedy act reflects his walk with Christ. After all we find this passage of scripture in Job 8:21 He will yet fill your mouth with laughter and your lips with shouts of joy. (KJV) Apostle Lawrence E. & Dr. Sandra Powell are photographed here with Akintunde Warnock. ✚

# Visalus Sciences Assisting Nutritional Change

**Aveechayil**

Would you like to lose weight? Have you been trying to eat properly yet you continue to eat too much junk food and sweets? Ever started a nutritional program only to fall away after a few weeks?

Why not try Visalus Sciences? "Vi" meaning life and "salus" meaning "salud" - health and prosperity, is a nutritional company that seeks to positively impact the health, life and prosperity of everyone they come into contact with.

BOCN welcomes Vincent Owens, a One Star Ambassador and Equity Owner of Visalus Sciences. Mr. Owens, a Denver native and son of Pastor Robert Owens (Pastor of The Bethel Church of God in Christ in 1960's through early 1980's) is married to Renee Owens the daughter of Pastor Lee Harris, who today pastors New Testament Church - Holiness. Owens was educated in Denver Public Schools, went to college in Seattle where he played basketball and later joined the Navy, travelling around the world. He returned to the United States after an eight-year tour of duty with the military. After leaving the military, Owens gravitated towards the insurance and investments fields, spending 25 years as consultant and producer in insurance and investment business during the 1980's. "Because the country was becoming economically unstable at that time, I looked for ways to supplement my income, and [that's when] the Visalus business model was introduced to me."

Statistics are showing more and more that the black community is failing in good health due to such illnesses as high blood pressure, hypertension, diabetes and arthritis. Owens says that all these illnesses have obesity in common, which is at epidemic levels in America. Today, one-third of all American adults are considered to be obese and a recent study from the Center for Disease Control (CDC) says that 42% of Americans will be obese by the year 2030. Owens says that adults and children do not have to become obese and suggested that good health and prevention of today's common diseases can be prevented by doing three

basic things: watching what you eat; getting proper exercise; and using proper food supplements. He explained that adults and children must have proper supplementation because American soil is nutritionally deficient, such that by the time it reaches the consumer (who later cooks it) it further loses some of its nutritional value. In addition, grocers rush the food to market, which also destroys the nutritional value of foods. Due to busy lifestyles of people today, Visalus can provide 90-calorie meals that provide needed supplementation, plus vitamins, minerals and weight maintenance blends that keep people healthy. Visalus comes in a shake form, and the company also provides supplements. Visalus primarily focuses on weight loss, nutrition and performance, and is also nutritionally sound for children who are currently experiencing obesity. In addition, Visalus can be a great help to senior citizens since it is low in sugar and low in carbohydrates and also helps save bone density.

Interested persons can receive more information about this product through Pastor Owens' radio program called "Household of Faith Ministries" that he shepherds, as well as "Voice of the Shepherd" radio program which is broadcast every Friday at 11:30 a.m. - 12:00 noon with co-host and Pastor Don Givens. These programs are also expanding their community efforts to help the community develop healthy nutrition lifestyles with nutrition and food programs. The "Community Challenge" is for the non-profit sector of Visalus to raise funds for other non-profit organizations whereby a person can donate \$24.00 and Visalus will provide 60 nutritious shakes (which is a meal) to an economically disadvantaged child.

Visalus is currently working side-by-side with Denver Public Schools to be a part of their mandate to change their nutritional program by 2015. This opportunity has given Visalus a platform to effectively work in the community and help people become nutritionally aware and change unhealthy nutritional lifestyles. Visalus will be working to introduce and establish their "90-Day Challenge" which encourages and educates community members to dedicate 90 days to themselves in order

to change their lifestyle. Owens recited that it takes 21 days to develop a habit, therefore, Visalus works with people to reshape and form "good habits" that will be actualized for better health and healthy choices. Another component inside the 90-Day Challenge is the "Project 10" program that proves that if the person can lose the first ten pounds, they can actually lose the remainder of the weight, and/or build lean muscle, depending upon their goals. Visalus nutritional regimens impact the total person - positively affecting the health, lifestyle and prosperity of those who commit to experience what its nutrition provides. Owens explained to BOCN that with the 90-Day Challenge, a changed

mindset must also occur, and that the community needs to understand that with challenge comes change, and if there is no challenge, there will be no change. Visalus wants to challenge America and the African-American community to make sure we begin to change our mindset so healthy lifestyles follow. Said Owens: "We are sick and tired of seeing more and more of the mortuary-type of life where they are waiting to die instead of living life! We want to show them that there is a lot of life to live and you can have it all - right now!"

Vincent Owens can be reached at Visalus Sciences at (720) 422-3297 or on the web at Convince.Myvi.net. ✚



## 2nd Annual "3 Score & 10+ Women of Distinction."

This event honors the Mother's of Friendship Baptist Church of Christ Jesus (FBBCJ) who have reached this milestone by the grace of GOD. Along with dinner prepared and served by the "POSSE" the Women of Distinction of FBBCJ was presented with a crystal roses dipped in 24ct gold, plaques with their names identifying them as Friendship's Women of Distinction and a professional portrait.

Those pictured here from the left to right back row: Pastor Paul and First Lady Dallas Bursleson, 2013's newest inductee Mother Deloris Alexander, Mother Ella Hayes, Mother Irene Guss and Mother Myrtle Clark. Front row from left to right: are Mother's Peggy Barnes, Dorothy Johnson, and Carrie Mitchell. Grand Women of grace that are not photographed here include Mother's Anna Alston, Clara Daily, Betty Knight, Pauline Lyle, and Rosie Moore.

# Church Directory

Come Worship with us... Visitors always welcome



## Leake Memorial Methodist Church

1300 Iola Street  
Aurora, CO 80010  
Phone 343-2815

Elder John M. Conway III.  
& First Lady Renee'

### Scheduled Services:

Sunday Worship Service 11:00 AM  
Tuesday Prayer & Bible Study 6:30 PM  
Chancel Choir Wednesday at 6:30 PM  
Men's Chorus Thursday at 6:00 PM

All Other Services Are Announced

## MOUNT MORIAH BAPTIST CHURCH

1711 Altura Blvd.  
Aurora, CO 80011  
303-361-6430



Pastor & Mrs. Marlin Malone

### COMMITTED UNTO GOD

SUNDAY WORSHIP 11:00 AM  
SUNDAY SCHOOL 9:30 AM  
BIBLE STUDY (THURSDAY) 7:00 PM

## Bethsaida Temple Christian Center

3930 E. 37th. Ave.  
Denver, CO 80205  
office (303) 388-7317



Pastor Dr. Earl O. & Avrelia Holiman

Sunday Morning  
Worship Service ..... 11:00 a.m  
Sunday Evening Service ..... 7:00 p.m  
Wednesday Bible Study ..... 7:00 p.m  
Friday Minister's Night ..... 7:00 p.m

# Church Directory



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**SHORTER COMMUNITY  
AFRICAN METHODIST EPISCOPAL CHURCH**  
3100 Richard Allen Court – Denver, Colorado 80205  
303.320.1712 [shorterame.org](http://shorterame.org) [ShorterChurch@aol.com](mailto:ShorterChurch@aol.com)  
*Thanking God for a Season of Excellence*



**Dr. Timothy E. Tyler**  
Pastor

**SUNDAY**  
8:45 AM Church School  
10 AM Sunday Morning Worship and Children's Church

**Wednesday Bible Study**  
Noon Wisdom and Revelation Bible Study  
7 PM Spiritual Disciplines Bible Study

**1st Friday**  
6:30 PM Youth & Young Adult Worship  
6:30 PM Jesus and Me Children's Worship

**Rising Star Missionary Baptist Church**




**Rev. Jules E. Smith**  
Pastor

**'Behold the Vision'** Habakkuk 2:1-4

Sunday School 8:45 am (except 1st Sunday)  
Sunday Worship 10 am  
Communion 1st Sundays  
Youth Church 2nd & 3rd Sundays  
Nursery Ages 6 wks-3yrs  
Praise & Bible Study 7 pm Wednesdays

1500 South Dayton St  
Denver CO 80247

303-752-0546  
[risingstarmbc.com](http://risingstarmbc.com)

**Scott United Methodist Church**

*"Striving to make the Healing grace of God Real"*

2880 Garfield Street  
Denver, CO 80205  
(303)322-8967



**Rev. Dr. Aaron D. Black, Sr.**  
Senior Pastor

Sunday Worship Service ..... 10:00 a.m.

Sunday School ..... 9 a.m.  
(classes for all ages)

Nursery Available

**Cleaves Memorial Christian Methodist Episcopal Church**  
*Rebuilding the Village*



2222 Marion Street  
Denver, CO 80205  
303.839.5683



**Rev. Mark Hill**

Sunday School ..... 9 a.m.  
Sunday Morning Worship ..... 10:15 a.m.  
Prayer Hour ..... Noon  
Food Ministry - Sat. .... 3 - 4 p.m.  
Monday Women's Bible Study ..... 7 p.m.  
Tuesday Men's Bible Study ..... 7 p.m.

**Lowry Community Christian Church**

855 Yosemite Street  
Denver, CO 80220  
[www.lowrychurch.org](http://www.lowrychurch.org)  
303.364.7146



Sunday Worship Services  
8:00 AM and 10:45 AM

Sunday School  
9:30 AM

Prayer Meeting & Bible Study  
Wednesdays at 6:30 PM

Colorado Share Ministry Available, Leadership Training

*A non-denominational church "Seeking to save the lost for the cause of Jesus Christ"*

**The Freedom Church**  
SPOTTSWOOD AME ZION CHURCH  
3301 MILWAUKEE ST.  
DENVER, CO 80205



Sunday School 9:30AM  
Worship Service 11:00AM

AFRICAN METHODIST EPISCOPAL ZION CHURCH  
FOUNDED 1796

PASTOR  
**Alex Person**

CHURCH PHONE  
**303-321-2744**

**Friendship Baptist Church Of Christ Jesus**

880 Fairfax Street Denver, CO 80220  
PHONE: (303).321.5529 FAX: (303).333.9529  
E-MAIL : [fbccj@aol.com](mailto:fbccj@aol.com)



**Pastor Paul & Evangelist Dallas Burleson**



Sunday  
Sunday Morning Fire! .....10:30AM

Wednesday  
Mid-Week Family Worship.....6:00 PM

Thursday  
Mind-Lifting School Of Truth (Minister's Class)...6:30 PM

Saturday  
Hungry For God Prayer (1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup>).....12:00 PM

The Church Where LOVE Is Foundational

THE CHURCH THAT'S PRESSING ON  
—Phil 3:13-14

**Solomon Temple Missionary Baptist Church**

3000 Holly Street  
Denver, CO 80207  
303.377.2249  
Fax 303.377.2632



**Rev. Dr. John Tellis, Jr.**  
PASTOR

SUNDAY SCHOOL ..... 9:30 am  
MORNING WORSHIP ..... 11 am  
CHILDREN'S CHURCH ..... 11 am  
WEDNESDAY BIBLE STUDY ..... 7 pm

**Christ's Church Apostolic, Inc.**  
14007 East 22nd Pl Aurora, CO 80011



(303) 340-3520  
**Bishop Al R Combs**  
Founder/Pastor  
[christchurchapostolic.com](http://christchurchapostolic.com)

Sunday: Prayer - 10:00 a.m.  
Sacred Worship – 10:15 a.m.  
Wednesday: Prayer – 6:30 p.m.  
Bible Study – 7:00 p.m.

*"Offering A Better Life for You and Your Family"*

**Family of Christ Living Word Church**

6610 E. 72nd Place  
Commerce City CO 80022  
303-573-1072




**Founder & Pastor**  
Elder Albert L. Anderson  
**1st Lady Evangelist**  
Missy Lillie Anderson

[familyofchristlivingwordchurch.com](http://familyofchristlivingwordchurch.com)

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.

**Bread of Life Pentecostal COGIC**  
*"And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst". John 6:35*



**Pastor James and First Lady Sonja Harris**

SUNDAY SCHOOL: 9am  
SUNDAY WORSHIP: 10am  
MON & THURS NIGHT Pastoral Teaching /Evangelist Hour:  
CALL FOR TIMES

1565 Elmira Street | Aurora, CO 80010  
720-545-7941 | Email: [BreadofLifeDenverCOGIC@gmail.com](mailto:BreadofLifeDenverCOGIC@gmail.com)

**Loving Saints Christian Fellowship**  
Impacting for the Kingdom of God



Meeting at the Zion Senior Center  
5151 E. 33rd Ave., Denver, CO  
(between Elm & Forest on 33rd Ave)  
P. O. Box 7280 Denver, CO 80207  
303-377-2762  
[praisehimfirst@comcast.net](mailto:praisehimfirst@comcast.net)



**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

# Church Directory



Come Worship with us... Visitors always welcome



**NAACP**  
COLORADO | MONTANA | WYOMING  
STATE CONFERENCE



**Rosemary Harris Lytle**  
President

P.O. Box 15583 • Colorado Springs, CO 80935  
Phone (719) 475-7255  
Cell (719) 233-0243  
stateconferencenaacp@gmail.com

## Shiloh Missionary Baptist Church

3301 Leyden Street  
Denver, CO 80207  
Office (303) 322-5983  
Study (303) 322-4814  
Fax (303) 393-6614  
www.shmbc.com



Rev. Willie C. Jones, Pastor

*The Friendly Church - A Bible Centered Ministry*

Sunday early Morning Worship..... 8:00 a.m.  
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.

## King Baptist Church

3370 Ivy Street  
Denver, CO 80207



Rev. Terence E. Hendricks, Pastor

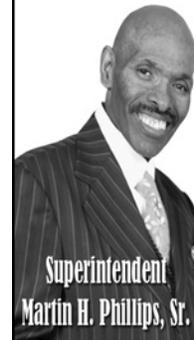
Rev. Hendricks, Pastor: 303-355-1543  
Church Secretary: 303-388-3248  
Fax: 303-393-8660  
Toll Free: 800-353-3304

Email: kingbc69@aol.com

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

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JOHN 15:13, KJV



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Church Phone  
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Fax: 303-839-1720



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**Sunday School 9am**  
**Morning Worship 10:45am**

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303.555.8747

### Sunday

Sunday School 9:30am  
services 11am

### Wednesday

Sunday School Review 5:30pm  
Prayer & Bible Study 6:30pm



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**WEDNESDAY**  
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Bible Study - 7 PM  
Prayer Meeting - 8 PM



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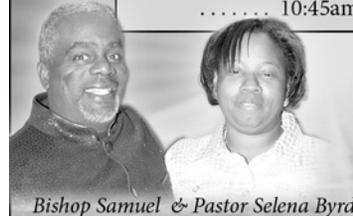
4821 E. 38TH AVE DENVER, 80207 | myfathershouseicdc.com | 720.443.2812

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Sun 3PM - Radio Show - KLZV 810AM    Sun 11AM - Worship Experience  
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..... 7pm Bible Study  
SUN ..... 9:30am Sunday School  
..... 10:45am Morning Worship



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Thursday Pastoral Teaching..... 7:00p.m.

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## True Light Baptist Church



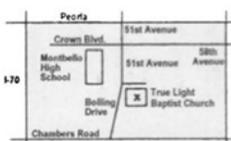
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Golson Jr. and Mrs.  
Melvia Golson

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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



# The People's Preacher

*Avechayil*

Denver native, Minister George L. Roberts has been delivered many times in his life, and Denver is reaping spiritually from his earlier life of sin and rebellion. In ministry for the past 12 years, he was licensed by Pastor Paul Burleson of Friendship Baptist Church of Christ Jesus) and he was sent on assignment to go to Union Baptist Church, when Pastor Gregory Johnson of Friendship Baptist Church ordained him under his ministry.

It all began when he was saved in 1995, while attending service at Now Faith Christian Center, under the leadership of Pastor Leon Emerson. Just a year earlier, in 1994, he had ended up in the Colorado Department of Corrections, with a 45-year prison sentence.

His first deliverance came when a lady from Now Faith gave him a Bible and then God sent a Deputy Sheriff named Tracey Jones to teach him to read and write. She not only taught him to read and write from his Bible, but Minister Roberts recalled how she encouraged him that God was his judge - and not man.

Minister Roberts' next deliverance came when it was his time to go to prison from the Denver County Jail. As he went to change his clothes to go to the penitentiary, he received an appeal bond. The appeal turned into an acquittal and Roberts was freed "...and I've been serving God ever since," he said. After this, in December of 1995, Roberts was invited to attend service by a friend, Sherry Whitesel, who took him to Now Faith Christian Center and Pastor Emerson cast demons out of Roberts. Delivered once again, he boasted, "I have never been the same!"

Looking back, Minister Roberts spoke about the errors of his ways as a youth, admitting that he was educated in the Denver Public Schools system and did not pay attention in class or try to become educated. He attended such schools as Whittier Elementary, Morey Middle School and Manual High School, where he was kicked out in the 11th grade for playing dice.

His mother raised him and his four brothers by herself and Minister Roberts stated that he and his brothers had rebellious spirits. He pointed out that the public schools just passed him on, and by the 11th grade, he did not know very much, including how to read or write. After being kicked out of Manual High School, he attended the original Street Academy but did not finish at this school either. Now, and



George L. Roberts

adult, he began living for the world.

Today, however, Roberts is a Minister to those in need and you can find him in places of rebellion to help those who were once like him. "I go to the places that Jesus would go...to the jails and the Rescue Mission and the Triangle. I go to night clubs and I let people know I am there to intercede for them so they don't go out and kill a family of five on their way home because they're intoxicated. I minister to the Bloods and Crips and to the gang-bangers. And I do hang out with the least of them. When I got saved, I asked God to send me back where I came from so somebody could see that He still hears people's prayers today."

He also officiates over many gang funerals, stating that not a lot of Pastors usually show up at these types of funerals. But Minister Roberts asserts that this is a good time to minister to youth in gangs, noting that most local funeral homes know that he has a relationship with these youth. "A lot of the gang bangers will die for their "colors" or their gangs, but I teach them that the real reason to die is for Jesus: "... to live is Christ, to die is gain."

Minister Roberts, now 55 years of age, has been in the funeral business for 35 years having worked with Pipkin, Taylor Mortuary, Calvin Natt, Everett Moon and other mortuaries including some in Oakland, California. Therefore, Denver funeral homes call upon him to minister to families with no clergy or church affiliation.

Recently licensed as non-profit, he has set up an organization called Church Without Walls Ministries to minister to those in the streets. Church Without Walls means a church outside the walls of a church, since his members "...are not in the seats of the church, but in the streets. " He ministers to people and then sends them to the ministries that he knows can help them.

Minister Roberts takes life seriously, God seriously and also his mission for the kingdom: "If we would stop worrying about whose church is the best and whose denomination is better, then the churches could be full. If we stop competing with one another and just preach the truth, then we will be better people in Christ Jesus and get into the Word because Jesus is the Word! Then people can get saved and delivered."✝

For further information, or to contact **Minister George Roberts**, call **720-275-6708**.

## NAACP Changing the Game for 2013

As the New Year begins, the NAACP has started 2013 off as passionate freedom fighters do, winning a Governor's pardon for the Wilmington 10 in North Carolina, a group of wrongly incarcerated and wrongly accused civil rights activists from the '60s that included the young Rev. Benjamin Chavis who would go on to be the National President of the NAACP.

In the NAACP Colorado Montana Wyoming State-State Area Conference, too, the New Year has begun with efforts to ensure the political, social, educational and economic equality of rights for all through the work of the state organization led by President Rosemary Harris Lytle of Colorado Springs.

An award-winning newspaper journalist, inspiring public speaker and sought-after communications consultant, Lytle has dedicated herself to civil rights and social justice through the NAACP and believes that now is the time for the NAACP to experience its greatest victories and make its greatest contributions.

"I have been energized and invigorated by the work of the NAACP since I was 16 years old," said Lytle, who lives in Colorado Springs with her husband US Army Reserves Capt. Ret. Frank Lytle, an engineer, business owner and a leader in their home church, Christ Temple Community led by Pastor Jessie Brown Jr.

"The NAACP for more than 100 years has led the fight for civil rights and social justice and our vision is clearer than ever before," Lytle said. "We are committed in 2013 to changing the game in education, in crimi-



Rosemary Harris Lytle

nal justice, in health, in economic development and in voter empowerment."

Other State Conference officers include First VP Elder Rodney McDowell, Pastor at Beautiful Zion Baptist Church of Cheyenne, WY., Second VP Sondra Agnew Young of Denver, Third VP Dr. Eric Nelson of Aurora, State Secretary First Lady Theresa Daniels, Asst. State Secretary Dawn Williams and State Treasurer Linda LeMieux, all of Colorado Springs.

For more info. on the NAACP Colorado Montana Wyoming State Conference, or to become a member of the organization, contact Lytle at (719) 233 0243, visit [www.stateconferencenaacp.org](http://www.stateconferencenaacp.org) or email [stateconferencenaacp@gmail.com](mailto:stateconferencenaacp@gmail.com). ✝



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