



The Vanderveer Park Perspective

NEWSLETTER OF VANDERVEER PARK UMC

JULY-AUGUST 2021 – VOLUME 11 NO. 4

ENDINGS AND BEGINNINGS

By June Bobb, Chair, Church Council

Community cannot feed for long on itself; it can only flourish where always the boundaries are giving way to the coming of others from beyond them, unknown and undiscovered [leaders]. - Howard Thurman

At the end of June, the friends and family of Vanderveer Park United Methodist Church said goodbye to our pastors Reverend Kirk Lyons Sr. and Reverend Dr. Keisha Agard. We thank them for their service and dedication to Vanderveer and the initiatives they introduced during their tenure. Churches flourish in an atmosphere of collaboration as congregations pursue the development of their personal spiritual journeys and develop a sensitivity to the inequities within our communities and beyond. We are charged to move beyond the walls of the church putting our faith into action. As we say goodbye to our pastors who have been with us for the last four years, let us, friends and family of the church of the “sweet, sweet spirit,” wish them all that is good on their next journey.

We welcome our new pastor, Reverend Melvin Boone and look forward to supporting him as he leads us further on our Christian mission of transforming and uplifting the community and beyond in “making disciples of Jesus Christ for the transformation of the world.”



CHANGING SEASONS *by Tanya Rodriguez*

There is an old story mothers told their little ones to teach them about the seasons:

One day, the seasons had an argument. Each one of them said, "I am the best!"

Spring said, "I am when flowers bloom and it is green and fresh everywhere. Birds fly and insects have fun with new flowers."

Summer said, "Yes, but I am when the sun shines brightly, and it feels too hot to do anything. People eat ice-cream, enjoy cold drinks and eat yummy watermelon."

Autumn said, "I am when trees shed their leaves and cover the earth in orange brilliance. The air feels cool."

Winter said, "I am when people wear woolen clothes, caps and gloves to keep their bodies warm. They get to drink hot chocolate. Birds fly south for the winter because it's too cold."

Since they couldn't decide who was best, they agreed that they were all important because one could not do without the other.

If I asked you what your favorite season is, what would your response be? Do you enjoy the brilliant summer sun, love basking in the glow of the beautiful spring flowers, appreciate taking in the gorgeous autumn foliage, or adore the breathtaking snowcapped landscape? Every season comes with a new climate, a new experience and most importantly a new purpose. Much like the environmental seasons, our lives are also affected by the ever-changing seasons. Ecclesiastes 3:1 reminds us that "for everything there is a season, and a time for every purpose under Heaven." To best equip ourselves to navigate life's seasons we must seek its

purpose, temper our attitudes, and above all trust God. As we all know, not every season in life will be joyous or plentiful; however, it is an undeniable fact that each will have a purpose. Some periods like the joys of finding new love, will feel like the carefree days of summer, while other times like laying a loved one to rest, may be filled with sorrow that stings like a biting cold winter day. While each one is drastically different, each is designed to grow us. It is vital that we take the opportunity to acknowledge what season we are in, for to miss the lesson of any experience would be tragic.

Each season has the potential to affect our attitudes and by extension our character. It is imperative that we always temper our attitudes. Moments of abundance that feel like the freshness of spring can harbor arrogance and conceit. We must remember to stay humble and grateful to God in those times. Periods of lack could cause our emotions to resemble a lone bare tree stripped of its lovely foliage in the cool autumn breeze thus cultivating bitterness and depression. We must remain hopeful and rejoice in all things.

Finally, while the seasons may change, we can always trust in our unchanging and ever-present loving God. How reassuring it is that every season is guided by His mighty power, and He is working everything for our good.

As we move into a new season as a church family, laced with both the sorrow of a goodbye and the joy of a welcome, let us journey together learning from the purpose of change, holding fast to positive attitudes, and trusting God always.

CONGRATULATIONS GRADUATES

By Robert Bobb

As you begin your journey on the third phase of your academic life, I pray God's blessings of wisdom, grace, peace, and discernment be with you all. The Apostle Paul in his letter to the Philippians wrote that everything that you do must be excellent and pleasing to the Lord. This is most important for as Dr. Cambridge-Phillip said in her presentation on Self Care, seeking excellence regarding one's health promotes a healthy body and a sound mind which fortifies you as you struggle to learn and learn to struggle. As you are, exposed to new philosophies,

concepts, cultures, and modes of learning, it becomes imperative that you acquire social skills to ascertain those who will truly help you and together with whom you can achieve your goals. Humility, prayer and striving to be the best you can be are positive and necessary qualities to acquire if you do not already have them. Frederick Douglass wrote, 'It is easier to build strong men [women] than to repair broken men [women].' Hence your focus on learning and inculcating a sound value system lay the foundation for your future.

Continued on page 3

Black Excellence in Education; Sister Wilma Ambrose

By June Bobb

Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is people who come alive.

-Howard Thurman

If you ever speak with Sister Wilma Ambrose and introduce her favorite topic teaching, prepare to be entirely absorbed in the conversation. Ideas pop out of her head! She shares her deep love and concern for her students and can speak at length on the strategies and initiatives she creates and utilizes in and out of her classroom; she comes alive”!

The NYC DOE office of sustainability has awarded Sister Wilma Ambrose and Karen Perrella, her partner on this project, a Gold, S.E.E.D. (Sustainability, Efficiency & Environmental Dedication) certification from the NYC DOE office of Sustainability. Sister Ambrose’s school, K627 Brighter Choice Community

School, is one of twelve schools across the city to have accomplished this goal, and the only school in Community School District 16 to be S.E.E.D certified.

A letter of congratulations from the DOE Office of Sustainability focusses on the series of “sustainability-related actions that have positively impacted [their] school community and directly supported NYC’s goals for a sustainable city.” It further acknowledges

the “inspiring commitment and leadership” which can only result in the transformation of “today’s students into tomorrow’s leaders.”

The community of Vanderveer Park UMC offers warmest congratulations to Sister Ambrose, and we wish her much success in future projects and collaborations.

Graduates

Continued from page 2

As Bob Marley sang, “Emancipate yourself from mental slavery, none but yourself can free your mind;” therefore, read as widely as you can, and learn to appreciate differences in cultures and mores while ensuring that your own values are respected. This will not be an easy struggle as those who have already travelled this way can attest; but with your faith in God, your determination, and the support of family and friends, you will survive, and pave the way for those who will follow you.

“To thine own self be true!” If you find that you are having problems that you are unable to solve on your own, be honest with yourself, put self-pride aside, be humble, and seek help. Remember

it is easier to correct and continue building than to breakdown and rebuild. When you graduate from this journey you will have been equipped to be citizens contributing to the development of your family, friends, and community.

*Be ye transformed by the renewing of your mind.
Romans 12: 2*



Summer Reading List

*Once you learn to read, you will forever
be forever free.— Frederick Douglass*

Adult

Get Good with Money: Ten Simple Steps to
Becoming Financially Whole
Tiffany Aliche

Hungering for God: Selected Writings of
Augustine
Upper Room Spiritual Classics

Just A Sister Away: Understanding the Timeless
Connection Between Women of Today and
Women in the Bible
Renita J. Weems

Kingdom Men Rising: A Call to Growth and
Greater Influence
Tony Evans

Notes On Grief
Chimamanda Ngozi Adichie

The Light of the World
Elizabeth Alexander

The Little Book of Self-Care
Suzy Reading

Children / Youth

All Because You Matter
Tami Charles

Juneteenth for Mazie
Floyd Cooper

The Curious Incident of the Dog in the Night-
Time
Mark Haddon

A Mango in The Hand: A Story Told Through
Proverbs
Antonio Sacre

*The more that you read, the more things
you will know. The more that you learn,
the more places you'll go. – Dr. Seuss*

My Soul Has a Hat

By Mário de Andrade

I counted my years and realized that I have less time to live by, than I have lived so far. I feel like a child who won a pack of candies: at first he ate them with pleasure but when he realized that there was little left, he began to taste them intensely.

I have no time for endless meetings where the statutes, rules, procedures and internal regulations are discussed, knowing that nothing will be done.

I no longer have the patience to stand absurd people who, despite their chronological age, have not grown up. My time is too short: I want the essence; my spirit is in a hurry. I do not have much candy in the package anymore.

I want to live next to humans, very realistic people who know how to laugh at their mistakes and who are not inflated by their own triumphs and who take responsibility for their actions. In this way, human dignity is defended, and we live in truth and honesty. It is the essentials that make life useful.

I want to surround myself with people who know how to touch the hearts of those whom hard strokes of life have learned to grow with sweet touches of the soul.

Yes, I'm in a hurry. I'm in a hurry to live with the intensity that only maturity can give. I do not intend to waste any of the remaining desserts. I am sure they will be exquisite, much more than those eaten so far.

My goal is to reach the end satisfied and at peace with my loved ones and my conscience. We have two lives and the second begins when you realize you only have one.

Blindness and Vision Impairment

Submitted by Escline Green

Blindness is “the state of being unable to see due to injury, disease or a genetic condition.”

Visual impairment is “a decrease in the ability to see to a certain degree that causes problems not fixable by usual means, such as glasses.”

A person’s experience of vision impairment varies depending upon many different factors. These include:

- the availability of prevention and treatment interventions
- access to vision rehabilitation (including assistive products such as glasses or white canes) and
- whether the person experiences problems with inaccessible buildings, transport, and information.

Causes

- Globally, at least 2.2 billion people have a near or distance vision impairment. In at least 1 billion – or almost half – of these cases, vision impairment could have been prevented or has yet to be addressed.
- The leading causes of vision impairment and blindness are uncorrected refractive errors, cataracts, age-related macular degeneration, glaucoma, diabetic retinopathy, corneal opacity, and trachoma.

- Most people with vision impairment and blindness are over the age of 50 years; however, vision loss can affect people of all ages.

There is substantial variation in the causes between and within countries according to the availability of eye care services, their affordability, and the eye care literacy of the population. For example, the proportion of vision impairment attributable to cataract is higher in low- and middle-income countries than high-income countries. In high income countries, diseases such as glaucoma and age-related macular degeneration are more common.

Among children, the causes of vision impairment vary considerably across countries. For example, in low-income countries congenital cataract is a leading cause, whereas in middle-income countries it is more likely to be retinopathy of prematurity. Uncorrected refractive error remains a leading cause of vision impairment in all countries.

Impact of vision impairment

Personal impact

Young children with early onset severe vision impairment can experience delayed motor,

language, emotional, social, and cognitive development, with lifelong consequences. School-age children with vision impairment can also experience lower levels of educational achievement.

Vision impairment severely impacts quality of life among adult populations. Adults with vision impairment often have lower rates of workforce participation and productivity and higher rates of depression and anxiety. In the case of older adults, vision impairment can contribute to social isolation, difficulty walking, a higher risk of falls and fractures, and a greater likelihood of early entry into nursing or care homes.

Economic impact

Vision impairment poses an enormous global financial burden. The estimated annual global cost of productivity losses associated with vision impairment from uncorrected Myopia (nearsightedness) is \$244 billion and Presbyopia (farsightedness) is \$25.4 billion.

Strategies to address eye conditions to avoid vision impairment:

While a large number of eye diseases can be prevented, (e.g., infections, trauma, unsafe traditional medicine, perinatal diseases, nutrition-related diseases, unsafe use or self-administration of topical treatment), this is not possible for all.

Treatment is also available for many eye conditions that do not typically cause vision impairment, such as

dry eye, conjunctivitis, and blepharitis, but generate discomfort and pain. Treatment of these conditions is directed at alleviating the symptoms and preventing the evolution towards more severe diseases.

Vision rehabilitation is highly effective in improving functioning for people with an irreversible vision impairment that can be caused by eye conditions such as diabetic retinopathy, glaucoma, trauma, and age-related macular degeneration.

References

Blind vs Visually Impaired: What’s the Difference? Ibvi.org

Blindness and Vision Impairment <https://who.int>

Fast Facts of Common Eye Disorders/CDC; cdc.gov

Excellence in Cancer Nursing Education

Janice Reid started her career at Memorial Sloan Kettering in 1981 as a senior nursing student in the Clinical Assistant Program (CAP). Now, 40 years later, she's still at MSK serving as a nursing professional development specialist where she onboards, educates, mentors, and empowers nurses and support staff.

She has planned, developed, coordinated, implemented, and evaluated nursing staff development classes for orientation, inservices and continuing education programs. She was recently named the 2021 Oncology Nursing Society (ONS) Award Winner of Excellence in Cancer Nursing Education.

"Janice cares for her students and fellow nurses as she had cared for her patients; with kindness, compassion and respect," said her nurse leader Elizabeth McNulty MA, RN, OCN®. "She tailors education to meet the specific learning needs of the target audience and develops highly effective engagement strategies to foster learning."

"I joined the Ambulatory Care Nursing Education Council and served as chair, which fostered the development of educational programs for ambulatory care staff," Reid said. "We developed a leadership training program for council co-chairs and coordinated and presented abstract workshops for the division." Reid received the Samuel and May Rudin Award for Excellence in Nursing Practice in 1995 and a Masters' Degree in Nursing Education from Teacher's College, Columbia University.

After a role as a clinical nurse specialist in an ambulatory leukemia office practice, Reid became one of the two nurse educators in ambulatory care in 2002. She onboarded new nurses and managed the continuing education and professional development at four main campuses and three regional MSK sites.

During that time, she realized that while the education resources were often directed toward professional nursing staff, the unlicensed assistive personnel (UAP) was an underserved learner population. Based on an informal needs assessment from nursing leadership and UAPs Reid fostered a collaborative effort between nursing education and practice aimed at providing knowledge and fostering teambuilding in the UAP staff.

In 2010, Reid developed Partners in Practice, the first formal continuing education program for support staff, which built upon knowledge of relationship-based care and included content on

role responsibilities, scope of function, team building delegation and communication skills, and career development and advancement.

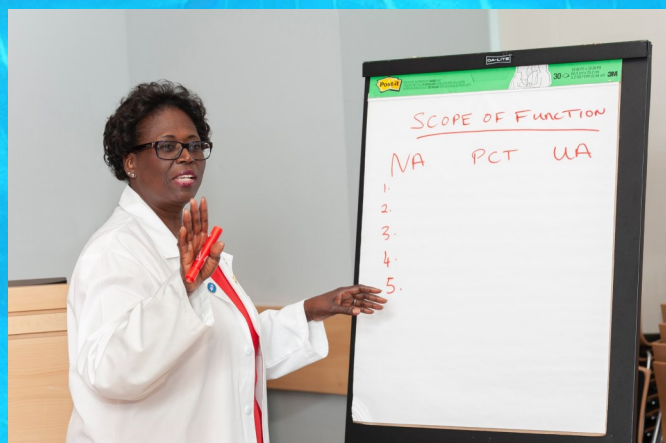
Reid assumed the role of nurse educator for the nursing support staff in 2015 and has created other support staff programs as well, including a customer service workshop, a back to basics course, an oncology basics class and a preceptor workshop all aimed at helping them to advance personally and professionally, while also elevating the experience for the patients they serve.

"There are over twenty different support staff roles at MSK, and Janice has skillfully crafted individual and group programs to meet their needs. She has elevated these roles and the people who are in them," her nurse leader, McNulty said. "Janice is known throughout MSK as a clinical and educational expert who provides guidance, sets standards and reinforces the support staff and nursing practice."

Even outside of work, Reid uses her expertise and shares her knowledge of oncology.

"I believe to whom much is given, much is required. If we are blessed with talents and knowledge it is expected we benefit others," she said.

She's a member of her community board where she serves as the social services committee chair and represents the board on one the local hospital's community advisory board. Reid also serves as vice president of her block association, secretary of her church's healthcare committee and the vice president of the Barbados Nurses Association of America Inc. She's also an active member of BNAA affiliate nursing organizations and received a community service award from the Caribbean American Nurses Association in 2020.



Self-care: Why it's Important

By Dr. Rhonda-Cambridge-Phillip

*Self-care is not being selfish, it is being self-full.
Remember to take care of yourself*

Self-Care

What is self-care?

Self-Care is defined as the practice of taking an active role in protecting one's own well-being and happiness. Having a structured self-care routine is important all year round but especially during periods of stress.

Self-care is the mindset, activities, practices and habits we use to help us stay in a positive mood, combat stress, unhappiness, illness, anxiety, depression and many more negative emotions.

Research suggest that promotes positive health outcomes, such as fostering resilience, living longer, and becoming better equipped to manage stress.

Self-care is about giving ourselves relief when we feel overwhelmed. It is about addressing our

problems holistically. Self-care can be simple. It can include things like, asking for help, setting boundaries and learning to say no, staying at home, forgiving yourself, taking a step back, asking for what you need when you need it, or just putting yourself first.

Types of Self-Care

There are 8 basic categories of self-care: physical, emotional, social, spiritual, personal, special, financial, work.

Myths about Self-Care

Myth #1: Self-Care is indulgent.

Fact: Meaningful self-care includes making mindful changes in patterns of thoughts and behaviors that do not contribute to your well-being.

Myth#2: Self-Care is selfish.

Fact: When you make time for yourself and get sufficient rest and exercise, you feel more energetic and will be able to do more, for yourself as well as others.

Myth#3: Self-Care is a one-time experience.

Fact: Looking after yourself is an on-going practice in building resilience to face hardships and prevent burn-out.

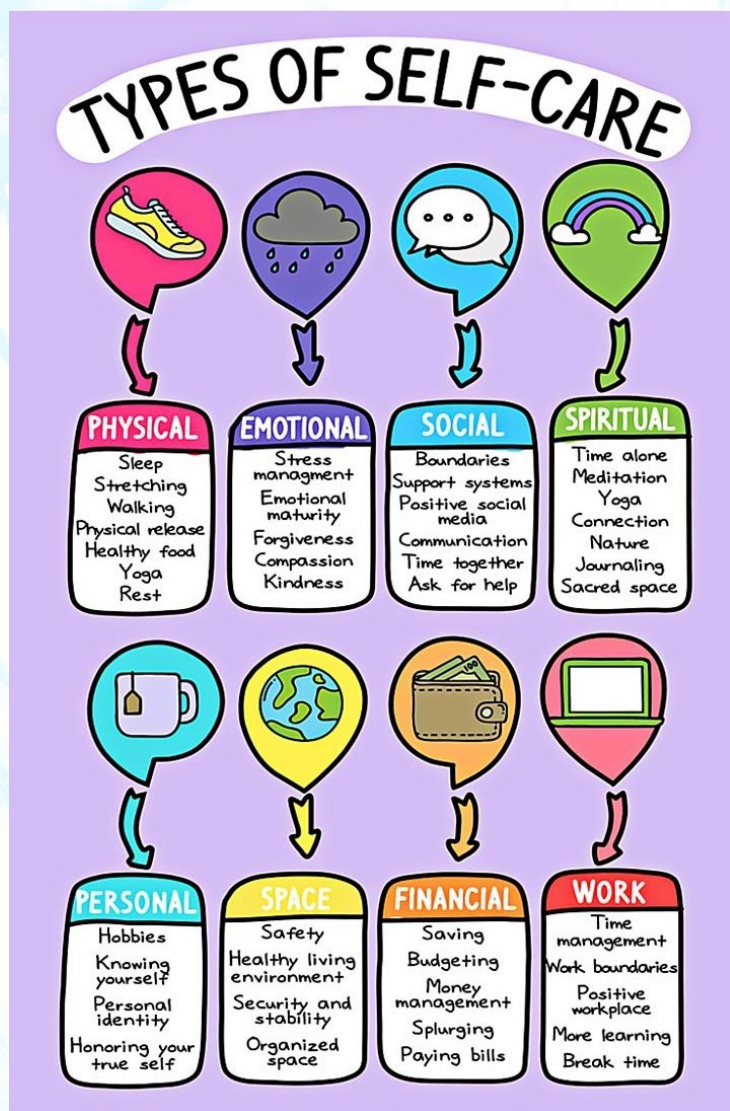
Myth#4: Self-Care is time consuming.

Fact: Self-Care does not require you to take out a huge chunk of time from your busy day.

If you are new to the idea of practicing self-care, start with these 5 simple tips and make them a daily habit.

These practices will change your life for the better.

Continued on page 11



Celebrating Our 2021 H.S. Graduates



Selwin Antrobus

Ferrum College
Major: Veterinary Science



Taniel Correia

John Jay College of Criminal Justice
Major: Forensic Psychology



Ian P. Daniel

Full Sail University
Major: Music Production



Jayda Frett

Virginia State University
Major: Psychology



**Franchesca
Marcellus**
Criminal
Justice
Virginia State
University '25



Jean Marcellus
Kingsborough Community College
Major: Engineering



Aaliyah Sonny
Borough of Manhattan
Community College
Major: Creative Writing



Christian Nwenyi
University of Pennsylvania
Major: Finance



Miles Stennett
George Washington University
Major: Creative Writing/Political Science

Celebrating Our 2021 College Graduates



Courtney Caldwell
Brooklyn College
BA Psychology Honors



Dr. Asha Liverpool
Stonybrook School of Medicine
Pursuing 4 yr. Residency in Anesthesiology



Michael McAlpine
West Virginia Wesleyan College
BA Health Management



Shanna Peters-Richards
Hunter College
**MA TESOL (Teaching English to Speakers of
Other Languages) Summa Cum Laude**

Self-Care...*continued from pg. 7*

#1 Wake up earlier: When you wake up earlier, you are waking up FOR your day, rather than being forced to wake up TO your day. Take a few minutes to read, meditate, pray, and/or stretch.

#2 Try to look good: By taking the time to get ready for your day by putting a little effort into your appearance, you are telling yourself that you are important, and your day is important.

#3 Make time for yourself: You need to make yourself a priority every day. Even if you have just 10 minutes, you need to do something that is not on your TO DO List, and just take a few minutes just for you.

#4 Get Moving: Whether you go outside for a quick jog, take your kids out in the stroller, or head to the gym, taking a few minutes to move is beneficial, not just to your physical health, but also your mental and emotional health.

#5 Keep looking forward: There is so much power in looking forward, identifying your dreams and goals, and finding a way to achieve

them. This growth mindset type of thinking is good for your soul.

More Self-Care Ideas

- Attend a church or spiritual community service.
- Squeeze in a morning workout or just go for a walk.
- Make time for meditation in your day.
- Do a 10-minute body scan technique to check in with each part of your body.
- Do several one-minute body awareness meditations throughout the day.
- Do several one-minute thought awareness meditations throughout the day to check in with your feelings and emotions.
- Read a good book.
- Intentionally schedule some “me-time” on your calendar.
- Declutter your wardrobe. Every month, pick three clothes that you do not love (or love least) and give them away.
- Clean up one small corner of your home. Tidying up can calm our minds.
- Buy a new coloring book and some crayons. Coloring is just not for kids anymore. Adult coloring is a great form of therapy.

WHAT YOU CAN DO TO AVOID A SCAM

Block unwanted calls and text messages. Take steps to block unwanted calls and to filter unwanted text messages.

Don't give your personal or financial information in response to a request that you didn't expect. Legitimate organizations won't call, email, or text to ask for your personal information, like your Social Security, bank account, or credit card numbers.

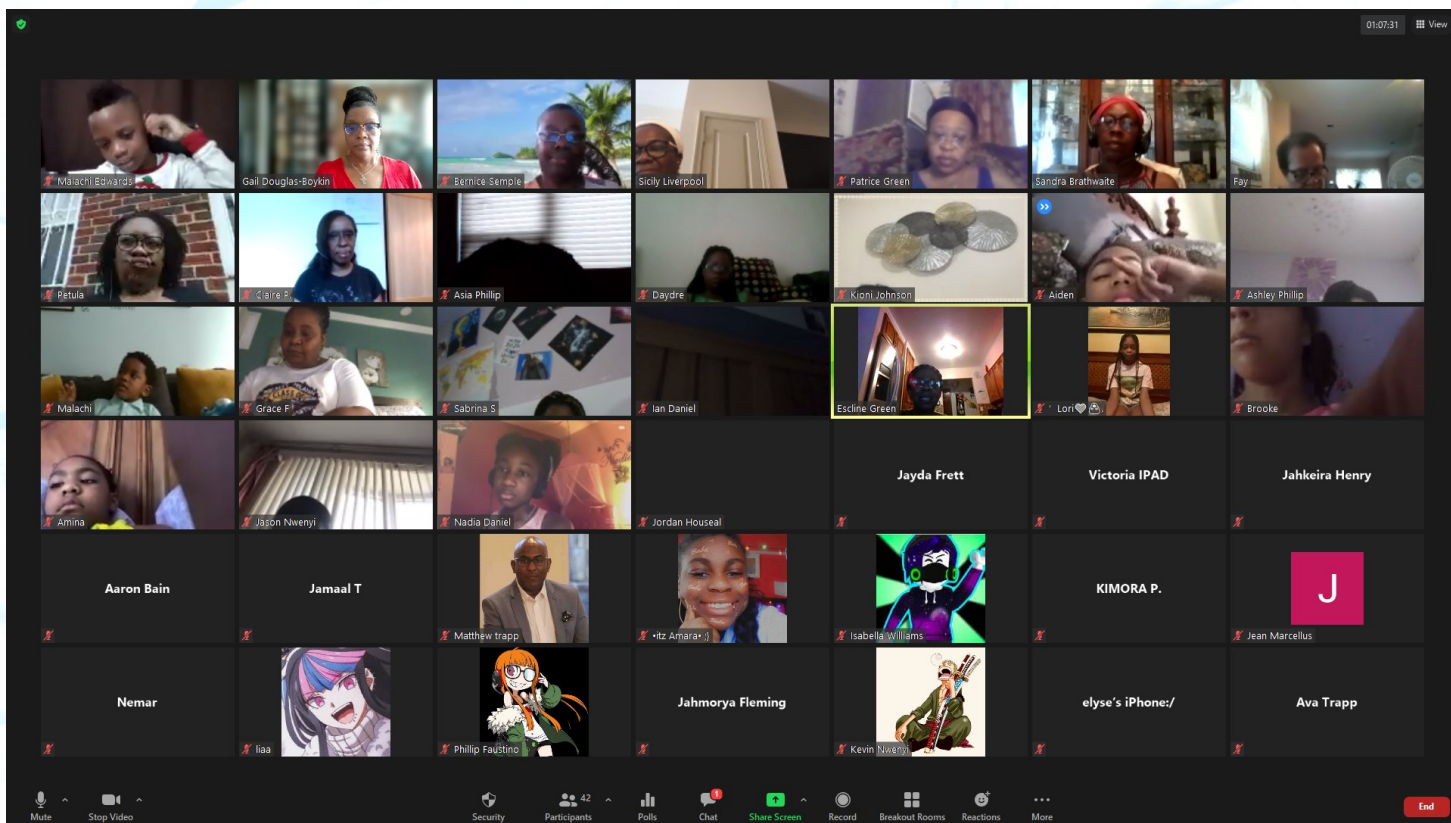
If you get an email or text message from a company you do business with and you think it's real, it's still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number. Don't call a number they gave you or the number from your caller ID.

Resist the pressure to act immediately. Legitimate businesses will give you time to make a decision. Anyone who pressures you to pay or give them your personal information is a scammer.

Know how scammers tell you to pay. Never pay someone who insists you pay with a gift card or by using a money transfer service. And never deposit a check and send money back to someone.

Stop and talk to someone you trust. Before you do anything else, tell someone — a friend, a family member, a neighbor — what happened. Talking about it could help you realize it's a **scam**.

SUNDAY SCHOOL on Zoom



We met for an entire year on Zoom! We persevered! We got the job done! Students, teachers and parents are to be commended. Our average attendance throughout the pandemic was 40—45 persons in attendance every week! GREAT JOB SUNDAY SCHOOL!

Sunday School Teachers - Nursery Class: Claire Caldwell, Daydre Green, Patrice Green; Primary Class: Fay Cholmondeley-Brown, Sandra Brathwaite; Junior 1 Class: Laurelli Faustin; Junior 2 Class: Petula Hayes, Daniel Knuckles, Brenda Laidley; High School Class: Escline Green, Kevin Semple; Sunday School Superintendent: Deaconess Gail Douglas-Boykin

SUNDAY SCHOOL PROMOTIONS

Promoted to Primary Class

Jahmorya Fleming, Aaron Nelson, Liam Schultz, Matthew Trapp

Promoted to Junior 1 Class

Elijah Ifill

Isabella Williams - Home School

Promoted to High School Class

Ashley Phillip, Royanna Johnson

Moving to Middle School (6th Grade)

Victoria (Tori) Albert - Windmill Montessori School

Brooke Bain - Our Lady of Trust Catholic Academy

Nadia Daniel - Lady of Perpetual Hope

Grace Faustin - Medgar Evers College Preparatory School

Victoria Green - Marine Park Middle School

Zachary Hayes - St. Edmund's Catholic Academy

LoriAnn Naraysingh - Midwood Catholic Academy

Jason Nwenyi - Marine Park Middle School

Ava Trapp - Mark Twain Middle School for the Gifted and Talented

Spotlight on Youth Ministry

Youth Ministry in the United Methodist Church provides a framework for youth to grow spiritually and relationally while they are developing physically, mentally, and socially. Strong, developmentally appropriate ministry activities and experiences provided by trained, caring adults is essential for a vital youth ministry. The *Book of Discipline* stresses its importance.

There shall be a comprehensive approach to development and implementation of youth and young adult ministry programming at all levels of the Church. The comprehensive approach is based on the understanding of the primary task of young people's ministry: to love young people where they are, to encourage them in developing their relationship to God, to provide them with opportunities for nurture and growth, and to challenge them to respond to God's call to serve in their communities. Four parts undergird this comprehensive ministry. (§1119.2)

The *Discipline* goes on to describe those four parts: the production of curriculum resources for effective young people's ministries in the local church and at all levels of The United Methodist Church; leadership development; and local, district, conference, jurisdictional, and general church structures that promote and support young people's ministry.

Youth ministry should be broad-based and encompass a wide range of activities. In establishing your youth ministry, consider the resources of your church and the community, current and local trends in youth recreation and music, input from your church council and leadership teams. Always include the youth in decision and planning for their ministry.

As you "help plan and carry out a varied and wide-ranging ministry with youth, including worship, Bible study, fellowship and service," you face an almost limitless number of options of what to do. In general, these options might be described as building relationships, planting seeds of faith, nurturing faith development and putting it into action, tending to body and soul, and celebrating ages and stages.

Youth Ministry Advisors: Arnold Duncan, Beverly Fuller, Sandra Hay, and Petula Hayes.



Welcome!

Prior to being appointed to Vanderveer Park UMC, Reverend Melvin D. Boone served as Pastor of the Kings Highway UMC since 2017.

Previously, he served for three years as Senior Pastor of the Monticello and the Hurleyville United Methodist Churches in Sullivan County, NY. While serving in Sullivan County each congregation grew more diverse and vibrant in worship.

Reverend Boone accepted his call to ministry in 2000 and served for over ten years as an associate minister at the St. Paul AME Church in Rockville Centre, NY., under the mentoring of the late Reverend Elliot J. Hobbs. He was ordained Deacon in 2007. At St. Paul he used his gifts of preaching, teaching and exhortation, in numerous ways including the men's ministry, boys mentoring ministry, bible study and a number of choirs.

Pastor Boone is the father of three children and a native of Long Island. He served the community of Lakeview L.I., N.Y. for fifteen years as a Fire Commissioner.

Professionally, he has retired as a Detective from the Nassau County Police Department where he served for twenty years. Seventeen of his years with the Police Department were spent as an Undercover Detective. Reverend Boone has also worked as a New York State Certified Instructor at the Police Academy and a Hostage Negotiator.

Rev. Boone has earned a BA Degree from Adelphi University and is pursuing a Masters of Divinity degree at United Theological Seminary, OH.

He says that his greatest accomplishment in life is, "Understanding that I am blessed, anointed and highly favored of the Lord, and that each accomplishment is not my own, but is evidence of God's Grace, God's favor and to God's Glory; and the best is yet to come!"

Children's Corner

Tell the Truth Hidden Message



memory verse

.....
You will know the truth, and the truth will set you free. ~John 8:32

Telling the Truth (Acts 6:12-7:53)

The men who lied about Stephen made many people angry at him! They grabbed Stephen and brought him to the temple. False witnesses said that Stephen spoke evil about God. The Jewish leaders looked at Stephen and saw that his face was like the face of an angel. They asked, "Are these charges true?" Stephen did not lie; he told the truth.



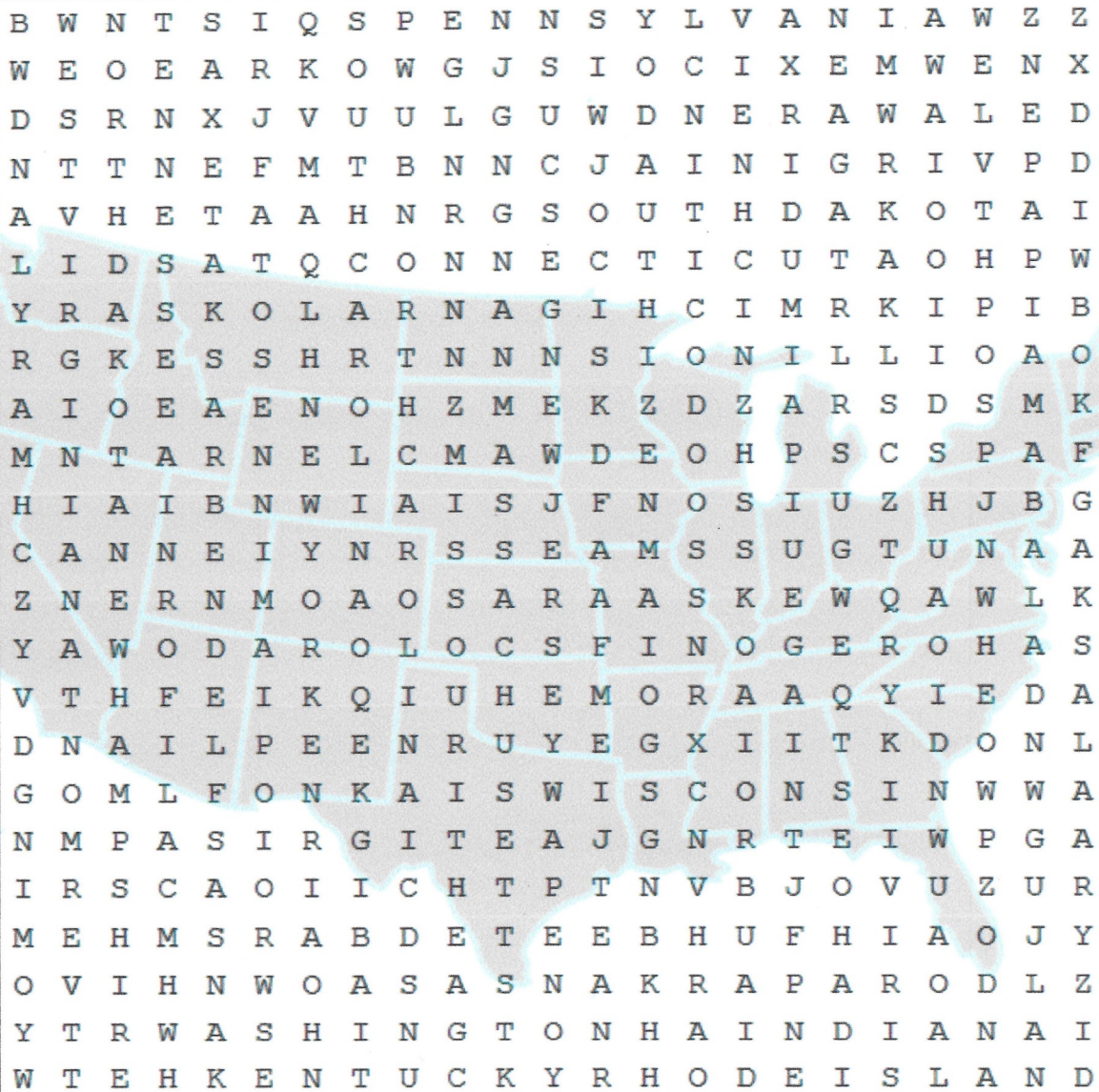
What to Do

* Begin the puzzle at the circled letter. Cross out the next two letters and circle the following letter. Continue crossing out two letters and circling the next letter (or number) until you come to the end of the spiral. Then go back to the first circled letter and write it in the first blank at the bottom of the page. Print the next circled letter (or number) in the next blank. Continue until all the blanks are full. Read what Stephen said to the people in the temple. Stephen told the truth, even though it made the people mad.

Stephen said, "_____



50 State Word Search



B	W	N	T	S	I	Q	S	P	E	N	N	S	Y	L	V	A	N	I	A	W	Z	Z
W	E	O	E	A	R	K	O	W	G	J	S	I	O	C	I	X	E	M	W	E	N	X
D	S	R	N	X	J	V	U	U	L	G	U	W	D	N	E	R	A	W	A	L	E	D
N	T	T	N	E	F	M	T	B	N	N	C	J	A	I	N	I	G	R	I	V	P	D
A	V	H	E	T	A	A	H	N	R	G	S	O	U	T	H	D	A	K	O	T	A	I
L	I	D	S	A	T	Q	C	O	N	N	E	C	T	I	C	U	T	A	O	H	P	W
Y	R	A	S	K	O	L	A	R	N	A	G	I	H	C	I	M	R	K	I	P	I	B
R	G	K	E	S	S	H	R	T	N	N	N	S	I	O	N	I	L	L	I	O	A	O
A	I	O	E	A	E	N	O	H	Z	M	E	K	Z	D	Z	A	R	S	D	S	M	K
M	N	T	A	R	N	E	L	C	M	A	W	D	E	O	H	P	S	C	S	P	A	F
H	I	A	I	B	N	W	I	A	I	S	J	F	N	O	S	I	U	Z	H	J	B	G
C	A	N	N	E	I	Y	N	R	S	S	E	A	M	S	S	U	G	T	U	N	A	A
Z	N	E	R	N	M	O	A	O	S	A	R	A	A	S	K	E	W	Q	A	W	L	K
Y	A	W	O	D	A	R	O	L	O	C	S	F	I	N	O	G	E	R	O	H	A	S
V	T	H	F	E	I	K	Q	I	U	H	E	M	O	R	A	A	Q	Y	I	E	D	A
D	N	A	I	L	P	E	E	N	R	U	Y	E	G	X	I	I	T	K	D	O	N	L
G	O	M	L	F	O	N	K	A	I	S	W	I	S	C	O	N	S	I	N	W	W	A
N	M	P	A	S	I	R	G	I	T	E	A	J	G	N	R	T	E	I	W	P	G	A
I	R	S	C	A	O	I	I	C	H	T	P	T	N	V	B	J	O	V	U	Z	U	R
M	E	H	M	S	R	A	B	D	E	T	E	E	B	H	U	F	H	I	A	O	J	Y
O	V	I	H	N	W	O	A	S	A	S	N	A	K	R	A	P	A	R	O	D	L	Z
Y	T	R	W	A	S	H	I	N	G	T	O	N	H	A	I	N	D	I	A	N	A	I
W	T	E	H	K	E	N	T	U	C	K	Y	R	H	O	D	E	I	S	L	A	N	D

Alabama

Alaska

Arizona

Arkansas

California

Colorado

Connecticut

Delaware

Florida

Georgia

Hawaii

Idaho

Illinois

Indiana

Iowa

Kansas

Kentucky

Louisiana

Maine

Maryland

Massachusetts

Michigan

Minnesota

Mississippi

Missouri

Montana

Nebraska

Nevada

New Hampshire

New Jersey

New Mexico

New York

North Carolina

North Dakota

Ohio

Oklahoma

Oregon

Pennsylvania

Rhode Island

South Carolina

South Dakota

Tennessee

Texas

Utah

Vermont

Virginia

Washington

West Virginia

Wisconsin

Wyoming

Prayer Time

PRAY FOR GOD'S WORKING IN OUR CHURCH

Father, thank You for the privilege of fellowship with brothers and sisters in Your family. Some are such caring and encouraging Christians helping fellow believers grow, reaching out to the lost, and serving in countless ways. Others need a greater interest in You and Your loving purposes. Work in me, making me faithful to pray regularly for them, in view of how dear they are to You.

Lord, may I, and each of us in our church, grow in Your grace and in the knowledge of Your Son. In each service may we be worshipful and attentive, eager to learn and change our ways. And may we learn to use our spiritual gifts and serve as You lead.

Protect us from being deceived and led astray. Help us with our doubts, our stresses, our trials, and our relationships, especially in our families. Make our love for You and for one another

increase and overflow. May those who have disputes or grievances resolve them quickly, before the end of the day. I pray these same things for our church leaders and workers. In new ways make us a glory to Your name.

May we so live together in harmony, both in our families and our church, that our unity will be like sweet perfume to You and to others, both believers and unbelievers.

In Jesus' name we do pray.
AMEN.

Romans 12:12

*"Be joyful in hope,
patient in affliction,
faithful in prayer."*

Hebrews 10:24-25, NIV

*"Let us...spur
one another on
toward love and
good deeds...Let
us encourage
one another."*

Meditation

The Golden Rule we all learned as children: "Do unto others as you would want done unto you". This is a good principle for living a happy life. It is also known by another name: "Natural Justice". It is common sense but how few people seem to have this virtue. It is easy for many people to prefer lies over truth. The words below are a meditation. Enjoy.

Nobody's Friend

My name is Gossip. I have no respect for justice.

I maim without killing. I break hearts and ruin lives

I am cunning and malicious and gather strength with age.

The more I am quoted, the more I am believed.

My victims are helpless. They cannot protect themselves against me because I have no name and no face.

To track me is impossible. The harder you try, the more elusive I become.

I am nobody's friend.

Once I tarnish a reputation, it is never the same.

I topple governments and wreck marriages.

I ruin careers and cause sleepless nights, heartaches and indigestion.

I make innocent people cry in their pillows.

Even my name hisses. I am called Gossip. I make headlines and headaches.

Before you repeat a story, ask yourself:
Is it true? Is it harmless? Is it necessary?

If it isn't, don't repeat it.

