

New Faith News

SEPTEMBER 13, 2009

VOLUME 6, ISSUE 8

THE TIME IS NOW!

THIS ISSUE:

COMMUNITY SPIRIT

Celebrate the lives and legacy of those who have paved the way for us not only in February but year round

PASTOR'S MESSAGE

Get to know what's on the mind and heart of our beloved pastor, Rev. Curtiss L. Long

OUTREACH

Take the time out to know yourself and your heart during this national heart awareness month

CHURCH NEWS

Up to date information pertaining to New Faith, our endeavors, and our members

You, O Lord, shall endure forever, and the remembrance of Your name to all generations -Psalms 102:12



Matthew 4:17 teaches us that the Kingdom of Heaven "is at hand." The glorious moment of surrender that many of us have been waiting for is already here. The Kingdom is not waiting for some mystical moment to measure whether we are up to par or for some catastrophic event to take place. The Kingdom is a consciousness that is always available to us. Jesus said that the Kingdom is within us. The time for expanding in the unlimited realm of pure possibility is now. In fact, the word heaven used in the Bible means expanding.

Our dreams, our goals, our commitment to doing what Jesus has called us to do is part of our expansion. We expand by leaving our net of self-imposed limitation, thereby transcending fear, doubt and trepidation. We expand by releasing lack, frustration and despair and believing instead in the omnipotence, omniscience and omnipresence of God. In the Book of Revelation, Jesus teaches what we need to do to tap the power that God has given us. To the part of us that is Ephesus, Jesus urges us to be patient and steadfast. When we hit a wall, when we feel despair, when we experience a block, Jesus teaches us that we must stay tapped in, tuned in and turned on to the power that is bigger than appearances. No matter what is before us in the flesh, we cannot forsake our first and only love, which is God.

As Confucius says, great things have no fear of time. Everything is in perfect divine order. Whatever we need, whatever we long for is manifesting when it is supposed to. We are in our right time, at our right place. To the part of us that is Smyrna, Jesus says, I know your afflictions and your poverty -- yet you are rich! Jesus is teaching us about substance, which is everywhere present. The true secret of abundance is God, which is infinite, unlimited, omnipresent source. Manna -- the substance of God -- is not about what we collect in the physical. The true secret is the realization of our Oneness with Divine Source. Do not confuse the channel of your good with the Source of your good. You can be blessed in a multitude of ways. It is when you start worshipping the channels of your good that you lose sight that God is your good. You lost your job? So what. You lost that opportunity you had staked your hope in? So what. God is trying to make you realize that there is something better in store!

As Michelangelo said, "The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it." Jesus says to the part of us that is in Pergamum, which is intellectual knowledge, you must be careful about your reliance on the external and learn to trust God. You don't need fortune tellers to forecast your future because the Kingdom of God is within you! To the part of us that is Thyatira, which is unbridled zeal, Jesus says stop getting lost in the superficial trappings of worship. You can wear the biggest hat, hold the most prestigious position, and kneel in a temple made of pure gold, but it means nothing if you don't recognize the Kingdom within. The time to move away from appearances is now. The time to move away from confusion is now. The time to move forward as a full expression of Jesus is now.

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OUTREACH

Part 7

Going Green to Ease Arthritis

If you suffer from rheumatoid arthritis you know first-hand how important it is to explore all possible remedies. Flares can occur without warning, and seemingly, without a cause. And sometimes prescription drugs aren't as effective as you'd like.

There's growing evidence that environmental factors play a role in autoimmune diseases, including rheumatoid arthritis (RA). While doctors and researchers haven't pinpointed the exact cause of RA, they believe that genes and environmental triggers play a role.

According to a paper published in *Mædica: A Journal of Clinical Medicine*, avoiding environmental triggers such as viruses, bacteria, diet, toxins, radiation, metal, estrogen, and chronic infections may help to prevent autoimmune diseases from getting worse. Going green when you have arthritis is one way to limit your exposure to triggers that can burden your immune system, cause flares and further joint damage.

Here are some green methods that may help your arthritis:

Keep volatile organic compounds (VOCs) out of your home. VOCs are toxic chemicals found in many household and workplace products. Several studies have linked them to autoimmune diseases.

According to the U.S. Environmental Protection Agency (EPA), these products are among the most common that contain VOCs:

Paints, paint strippers and other solvents; Wood preservatives; Aerosol sprays; Cleansers and disinfectants; Moth repellents and air fresheners; Stored fuels and automotive products; Hobby supplies; Dry-cleaned clothing.



Rev. & Mrs. Curtiss L. Long

sermon during 11AM service. We are expecting a great day in the Lord. Many thanks in advance to the Charter Day leaders: Betty Simpson, Mary Oliphant, Stacey Rowe, and Tammy Bellamy.

The annual report is being prepared. It is my desire to have it ready for distribution by the end of the month. It reflects the hard work of the church members and God's blessings on New Faith. Our church has grown in such a diverse way and it is essential for us to continue to capitalize on this growth in a positive way.

Finally, this month we want to get off to a great start spiritually; arming the church for the long haul of a years work. Boards and auxiliaries are asked to make special effort to make plans for this fiscal year to do better than you did the prior year. Remember, great plans along with a concerted team effort, produces great results. I am excited about what God and people will do together at New Faith. I want to thank you all for the extra push in last month in getting us off to a great start. There is plenty work. Let's do it together!

Rev. Curtiss L. Long, Pastor

LESSONS TO LIVE BY

Don't be deceived, my dear brothers.

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

He chose to give us birth through the word of truth, that we might be a kind of firstfruits of all he created.

(James 1:6-18)



GOD is the Only Freedom That I Need

The book of Exodus teaches us that after the Israelites left Egypt, Moses climbed Mt. Sinai, and God appeared to him from the mountaintop, giving Moses the Ten Commandments. Moses is a Hebrew word that means drawing out. Metaphysically, Moses means salvation. Moses was not just drawn out of the water and saved as an infant; he did not just draw the Israelites out of slavery and lead them to freedom; he liberated his people from the slavery of negativity and led them to the liberty of a consciousness that realizes the power of God. When Moses went to the mountaintop, he rose in consciousness. He climbed in his prayer. He climbed in his meditation. He climbed in his affirmations. He climbed in his studies of truth. He climbed in his belief. He climbed in his faith. And when he did, he saw God. He was enlightened with divine principle, which gave him eternal truth -- something that we call the Ten Commandments. The first five commandments govern our thought; the second five commandments govern our action.

The most important commandment is the first one, in which God told Moses to tell the Israelites: "I am the Lord thy God, which have brought you out of the land of Egypt, out of bondage. You shall have no other gods before me." The "I AM" Principle is not saying that you owe God because God liberated you but that to maintain your liberation, you can put nothing before God. I AM is the only source of your deliverance. When you realize the I AM as God, nothing will have the power to enslave you.

When we realize that God is All Good, Inexhaustible Supply, Unconditional Love, Gracious Peace, and Perfect Wholeness, we experience true salvation. Salvation isn't just saying that you

acknowledge Jesus Christ as Lord and Savior. If you put the economy first, politics first, doubt first, reality shows first, old lovers first, jobs first, and even that old ugly, time-draining stuff from the past first, you aren't putting God first. God says I am the Alpha and the Omega, the first and the last; nothing and no one comes before me.

The Psalmist says, be still and know that I AM God. Be still and know that the most important communion in your life is your personal relationship with the God, in which you live and move and have your being -- the God in you. When you know, believe and center in the One Principle and Power of God, nothing can contain you. The shackles have to come off; the wilderness wandering has to end; the light at the end of the tunnel has to shine; the way out of no way has to open up.

Mary, Mary sings it well, when they sing "It's the God in me!" Put nothing else before that realization. My power is not the devil. It's not Satan. My power is the God in me! My power is not fear of the future; it's not fear of the past; it's not fear of what I can do; it's not worry about what I can't do. My power is the God in me! The God in me prays and moves her feet. The God in me knows that all things come together for my greatest good. The God in me rescues me from the river of abandonment, draws me out of the water of fear, allows me to leap -- knowing that the net will appear, crowns me with victory before the race has begun. The God in me is the only God there is -- always and forever leading me out of the bondage of appearances to the freedom of simply being.

CHURCH NEWS

New Faith members are encouraged to attend Wednesday's noon day prayer if you are not working.

Get onboard New Faith! New Faith will be having its inaugural Junior Miss/Mr. New Faith Pageant on October 11, 2009. All interested contestants must get a copy of the rules, an information sheet and ad sheets from Miss GiGi. This is a great opportunity to showcase our children and youth at New Faith through spectacular pageantry. The pageant is open to male and female ages 1-19. At present we have the following commitments: Keasia Marshall, Jakeya Allen, Kellton Stacy, Rianna Landers and Telia Palmer. All contestants will receive a trophy award; however, the contestant that raises the most money will be crowned.

Our Charter Day Celebration will culminate on the fourth Sunday in this month. Each member is asked to pay

an assessment to \$200.00. Our colors are Navy Blue and Light Blue. Our theme comes from the 121st Book of Psalms: "Looking Upward, Thinking Outward, Striving Forward". Our own Rev. Tony Hill will deliver the morning message and our guest for the 4:00 pm service will be Rev. Leonard Holt and Victory Community Church of Orlando, FL. Charter Day Chairpersons are Mrs. Stacey Rowe, Ms. Betty Simpson, Ms. Mary Oliphant, and Mrs. Tammy Bellamy.

GET INVOLVED

The New Faith Health Ministry has an information board on the Mattie L Gardner Center foyer. It has a lot of material on health issues including smoking cessation, health care for the uninsured, support groups, breast cancer, Alzheimer disease, and others. Glance at it now and keep abreast of what the church's Health Ministry can for the members

God does not want shares of your life....

He wants controlling interest!

Coming Events

Don't forget these dates!

- Church Dinner Sale - September 13
- Worship @ St. Mark AME - September 20
- Charter Day - September 27
- Musician/Director Appreciation - October 18
- Usher Board I & II Anniversary - October 25

Don't forget to pray for our sick and shut-in members.

Don't forget to fast from midnight to 3pm every Wednesday.

Don't forget, be a blessing to at least one person daily as God has been a blessing to you.

IT'S OK TO QUIT

1. Quit arguing with people about the same old foolishness! Respect their position and keep it moving!
2. Quit telling people your secrets when you know they are not going to keep them! And if you keep telling them, then quit getting mad when they tell your secrets!
3. Quit trying to pull people on your journey who don't want to travel with you. Either they believe in you and value you...or they don't!
4. Quit complaining about things you can't and won't change!
5. Quit gossiping about other people! Minding our own business should be a full time job!
6. Quit blaming each other for things that in the big picture aren't going to matter three weeks from now! Talk solutions...and then implement them!
7. Quit eating things you know are not good for you! If you can't quit...eat smaller portions!
8. Quit buying things when we know we can't afford them! If you don't have self control, then quit going to the stores! Quit charging things, especially when you don't NEED them!
9. Quit staying in unhealthy relationships! It is not okay for people to verbally or physically abuse you! So quit lying to yourself! It is not okay to stay in the marriage for the children! Ask them and they will tell you that they really would prefer to see you happy and that the misery you and your spouse/partner are living with is affecting them!
10. Quit letting family members rope you into the drama! -Start telling them you don't want to hear it! Quit spreading the drama! Quit calling other relatives and telling them about your cousin or aunt! Go back to #5 minding your own business should be enough to keep you busy!
11. Quit trying to change people! IT DOESN'T WORK! Quit cussing people out when you know that they are just being the miserable and jealous people that they are!
12. Quit the job you hate! Start pursuing your passion. Find the job that fuels your passion BEFORE you quit!
13. Quit volunteering for things that you aren't getting any personal fulfillment from anymore! Quit volunteering for things and then failing to follow through with your commitment!
14. Quit listening to the naysayers! Quit watching the depressing news if you are going to live in the doom and gloom of it all!
15. Quit making excuses about why you are where you are or why you can't do what you want to do!
16. Quit waiting on others to give you the answers...and start finding the answers for yourself! If what you are doing isn't working for you...then quit it!
17. Quit settling and start making your dreams a reality!- Quit being afraid and START LIVING YOUR LIFE! CREATE THE LIFE YOU WANT! If you want something different than what you have had in the past....you must quit doing what you have done before and DO something different! JUST QUIT IT

..... and START DOING something to create the experience you want!

The other day, a friend of mine visited me in the lobby of my dorm just to chat while her laundry was drying. As we were chatting, two young freshmen came by. One of the 2 boys wanted to 'talk' to my friend (as in date). She asked him how old they were, and both of the boys replied 18. My friend and I both laughed hysterically because we are both 22 years old.



After my friend left, the young men were still hanging around and one wanted to know how he could gain her interest.

The first thing I told him to do was to pull up his pants! He asked why, and then said he liked 'saggin' his pants. I told him to come over to my computer and spell the word 'saggin'. Then I told him to write the word 'saggin' backwards.

S-A-G-G-I-N ---- N-I-G- G-A-S

I told him the origin of that look was from centuries ago. It was the intent of slave owners to demoralize the field workers by forbidding them to wear a belt as they worked in the fields or at any other rigorous job. In addition, men in prison wore their pants low when they were 'spoken for'. The other reason their pants looked like that was they were not allowed to have belts because prisoners were likely to try to commit suicide. And, 'saggin' pants prevents you from running.

We as young Black people have to be the ones to effect change. We are dying. The media has made a mockery of the Black American. Even our brothers and sisters from Africa don't take us seriously. Something as simple as pulling up your pants and standing with your head held high could make the biggest difference in the world's perception of us. It is time to do right by ourselves. We need to love and embrace each other. No one is going to do that for us.

It all comes down to perception. What people perceive is what reality to them is. We have to change not only the media's perception of us, but we need to change our perception of ourselves.

Remember all eyes are on you Black Man. All eyes are on you Black Woman. All eyes are on your Black Child. People point the finger at us and expect us to engage in negative and illegal activities, to manifest loud, boisterous behavior, to spend our hard earned money in their stores, buying goods we don't need, or really want. We have allowed not only the media, but the government and the world to portray us as a 'sub-culture.' They have stripped our culture down to the point where the image of Black people is perpetuated as rappers, athletes, drug users, and consumers of junk food, expensive tennis shoes, expensive cars, expensive TVs, cell phones and not investing in homes for our families.

We are so much more!!!!!!

To all our men, especially Black Men: It's time to stand up. There are billions of Women who want to do nothing more than worship the ground that you walk on. We are so in love with your potential. We want to have your back, we want to love, support and cherish every ounce of your being. But with that you have to show that you are willing to be the head of our households. You have to prove yourselves worthy of our submission. We need you to be hard working, Not a hustler. We need you to seek higher education, to seek spirituality. We need you to stand! And trust us; we will have your back. We know that it gets hard. We know you get weary. Trust and believe that there is nothing that a Black Man and a Black Woman can't handle with GOD on their side.

To all our women, Black Women: It is also time for you to stand up. It is time for you to stop using our bodies as our primary form of communication. It is time to be that virtuous woman that Proverbs spoke of. You cannot sit by the wayside while our men are dying by the masses. You are the epitome of Black Love. It starts within you. You need to speak with conviction to let not only our Black Men know, but the world, that you are the Mothers of this world. You are so powerful. You are so beautiful. You need to love and embrace every blessing God has given us physically, emotionally and spiritually.

For all our Black Children: We need to love them. We need to teach them. We need to stand up for them. We need to protect them. We need to show them that there are no 'get rich quick' schemes. We need to tell them that they WILL die trying if they submit to a life of crime and deceit. We need to teach our children that no one will love them the way we can. And being a basketball player, a rapper, or a drug dealer is not reality. It's not realistic and only a small percentage of people ever make it as a rapper or professional athlete. We need to teach our children that we can be more than rappers and athletes. We can be the owners of these sports teams. We can be the CEO's of OUR fortune 500 companies. We can even be president of the United States. We need to believe in literacy. I am almost certain if we were to look back to the 1930's and 40's, the literacy rates for Black American Children are probably still the same.

September 2009

Visitor's Creed

New Faith Free Methodist Church was founded in 1990 with a little more than 35 chartered members. Today we boast a membership of well over 180 members. We consistently seek out ways to better improve our church and the community that we live in. We have an open door policy where everybody is welcome here and we do our best to make your visit to our church a pleasant one so that you will visit us again. As we always state "if you are looking for a church home, please look first to New Faith!" May God bless you!



HELP IS ONLY A PHONE CALL AWAY!

If you require a visit from the Pastor please call the Church at
727-323-1290

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Prayer service - 12pm Bible Study & prayer @ 6:30pm Boy Scout meeting @ 6:30pm	3	4	5 Sanctuary rehearsal - 5:30p Made Free Ministry - 7p
6	7 Labor Day	8	9 Prayer service - 12pm Bible Study & prayer @ 6:30pm Boy Scout meeting @ 6:30pm	10	11	12 VOF rehearsal - 3p Made Free Ministry - 7p
13 Youth Sunday Church-wide Dinner Sale	14 Youth meeting - 7pm	15	16 Prayer service - 12pm Bible Study & prayer @ 6:30pm Boy Scout meeting @ 6:30pm	17	18	19 VOF rehearsal - 5:30p Made Free Ministry - 7p
20 Fellowship @ St. Mark AME - 4pm	21 Youth meeting - 7pm	22	23 Prayer service - 12pm Bible Study & prayer @ 6:30pm Boy Scout meeting @ 6:30pm	24	25	26 Men of Faith rehearsal - 5:30p Made Free Ministry - 7p
27 Charter Day	28 Youth Choir rehearsal - 7pm	29	30 Prayer service - 12pm Bible Study & prayer @ 6:30pm Boy Scout meeting @ 6:30pm			

SPECIAL ANNOUNCEMENT!

Happy Birthday to all members born in the month of September: Cathelia Taylor, Samuel Smith, Dorian Johnson, Deon Harper, Drako Bush, Deondrick Moultrie, Wilbur Speights, Sr., Regina Oliphant, Isaiah Tucker, Maurice Stewart, Monique Williams, Ella Mills, Summer Tucker, and Keesha Dunbar

REV. CURTISS L. LONG, PASTOR
 REV. SALLIE PELT, ASST. PASTOR
 REV. BERNICE CHASE, ASST. PASTOR
 REV. WILLIAM GRAVELEY, ASST. PASTOR
 REV. EDWARD V. MARCH, ASST. PASTOR
 REV. BESSIE MOHEAD, ASST. PASTOR
 REV. KARLA HILL, MINISTERIAL ASST
 REV. TONY HILL, MINISTERIAL ASST



YOUTH MINISTRY
 MALE MINISTRY
 CHILDREN'S MINISTRY
 MISSIONARY MINISTRY
 WOMEN'S MINISTRY
 BOY SCOUTS
 MUSIC MINISTRY
 MADE FREE MINISTRY
 TUTORING MINISTRY

If you have a story to tell or information to share with our Church, contact the Church at 727-323-1290 or news@newfaithfmc.org