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ANNUAL 12 NIGHT "GOD'S GLORIOUS LIBERTY" Romans 8:21 JANUARY 1 - 12, 2023 7:00 - 8:00 PM EST

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FROM THE DESK OF THE CHIEF OVERSEER

2023! The year of the Glorious Liberty of the children of God!

"Because the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God," (Romans 8:21)!

God's "...yet a very little while..." (Isaiah 10:25) has ended and the children of God and the adopted through Jesus Christ have been spared His indignation and have (cont. on p.2)

Righteous Kelationships

by Deaconess Christal Ward

The New Year is finally upon us and with it comes the renewed hope of transformation. This is the time of year where many look to press the reset button on last years transgressions and take hold of the opportunity to learn from their past mistakes. When you think of the word transformation and apply it to the current state of your marriage relationship, are there any aspects of your relationship that you would like to change this year? The unknown can be quite daunting at times, creating anxiety and fear at the idea of not knowing what lies ahead. It can also be a vehicle of excitement, ushering in the anticipation of harvest and the hope of finally reaping the blessing of unanswered prayer or an unmet desire from the Lord. If you allow

(cont. on p.2)

SPIRITUAL MINDS, HEALTHY BODIES

by Dr. Jamande Jones



It is the Winter season in the contiguous United States America. While viruses like influenza, respiratory syncytial virus (RSV) and coronavirus spread faster in Winter months due to the majority of activities (school especially) take place indoors due to the cold, those individuals in warmer climates are at risk for contracting these viruses as well due to travelers from colder states. There are time-tested and research-proven methods to help you significantly decrease your chances to become infected bv these viruses. (cont. on p.3)

From the Desk of the Chief Overseer (cont. from p.1)

come into the year of His glorious liberty unscathed—tried, yes, but unscathed! Paul's letter to the Romans declares "For the creature was made subject to vanity, not willingly, but by reason of him who hath subjected the same in hope," and "...we are saved by hope," (Romans 10:20, 24).

As we eagerly anticipate our 12-day New Year's Celebration and Sacrifice (January 1-12, 2023), let us not grow weary in well doing (Galatians 6:9; 2 Thessalonians 3:13). Continue to be careful and watchful regarding the COVID viruses. Our hope is in the Lord Jesus, the Christ, for He gave Himself as sacrifice for us unto salvation (Titus 2:14).

Our 12-day study will come from the entire 8th chapter of Paul's letter to the Romans. Following is the tentative schedule: January Romans 8:1-4, Bishop Luke D. Lewis; January 2, Romans 8:5-7, Bishop Earlie M. Hardwick; January 3, Romans 8:8-11, Bishop Milton Byrd; January 4, Romans 8:12-15, Bishop Gloria Lockhart; January 5, Romans 8:16-18, Bishop Mary Bankston; January 6, Romans 8:19-21, Bishop Toni Jones; January 7, Romans 8:22-23, Bishop Marguerite Redding; January 8, Romans 8:24-Bishop George Lockhart; January 9, Romans 8:27-29, Elder Veary Gillings; January 10, Romans 8:30-33, Elder Mary Magee; January Romans 8:34-36, Elder Christopher Satchel; January 12, Romans 8:37-39, Elder Samuel Furlow.

"though one may be overpowered by another, two can withstand him. And athreefold cord is not quickly broken."

Righteous Relationships (cont. from p.1)

vourself a moment to reflect on the nature of your current relationship status, are you satisfied with where your relationship is? As you begin to prepare for the upcoming year, my prayer is that you will also reflect on how you can cultivate the ingredient of righteousness in your relationships to bring the most out of them through the Lordship of Jesus Christ. Take a moment to reflect on Ecclesiastes 4:12 which states that "though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken." This scripture shows the power of relationship and that alone one can be easily be overpowered. When

there are two who are joined together with the combined relationship of Jesus Christ, that bond cannot easily be broken.

The goal of the righteous relationships section of our church's newsletter is to provide insight, support, and encouragement each quarter concerning all things related to relationships. This will include subject matter related to singles who are in prayer of finding that perfect partner, as well as couples who have been happily married for quite some time.

My hope is to provide Christ centered information that is helpful and healing to whatever relational circumstance that you are currently in. I also invite your questions, comments, and concerns regarding the topics shared quarterly in this portion of the newsletter.

My hope is that I can feature some members in our church's organization for stories, wisdom, and words of advice to share with our members as examples of hope and healing to learn from. It is with your cooperation, and feedback that I hope to make this portion of the newsletter progressive, safe, and healing for each of our readers.

"If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing. Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not selfseeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres." 1 Corinthians 13:2-7

(cont. from p.1)

SPIRITUAL MINDS, HEALTHY BODIES

by Dr. Jamande Jones

Wash Your Hands!

James 4:8. Psalm 24:4

Simple, but effective! Think about all of the surfaces that you touch, that also have been touched by others.



Your hands can pick up these viruses from door knobs, shopping carts, light switches, remote controls, and many other surfaces that you don't even think about. Properly washing your hands with soap and water will kill the majority of viruses and bacteria on your hands. This will prevent you from infecting yourself with these germs when you touch your eye, nose, and mouth. The following link is to the Centers for Disease Control and Prevention (CDC) web page on hand washing.

https://www.cdc.gov/handwashing/ when-how-handwashing.html

Stay home if you are sick.

lames 5:14

This is perhaps one of the most difficult things to do. We worry about the financial consequences of missed work if we are sick, however, in order for you to recover properly from your illness, your body needs rest. It may seem like you do are missing out on finances, however finances will not help your body recover faster. Also, do not send your children to school when they are ill. Not only do you prolong their healing process, you also risk their illness being spread throughout the school and the community.

Cover your mouth and nose when you cough or sneeze.

Another simple, but effective way to prevent transmission of germs. Use a tissue to cover your mouth and nose when you cough or sneeze. Throw used tissues in the trash. If you don't have a tissue, cough or sneeze into your elbow, not your hands. This information and more come from the following <u>CDC web page</u>: https://bit.ly/3vo3sK4

Get your Flu shot!

It is not too late to get your Flu shot! The Flu (influenza) shot can decrease your chances of getting the Flu and it can decrease the severity of symptoms of the flu. The CDC's web page on influenza is below:

https://www.cdc.gov/flu/ ◆



Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

3 John 2.



by Bishop George Lockhart

Chief Financial Officer

Part One: Tithing

"Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it." Malicah 3:10

Church tithes are a form of giving that has been experienced since biblical times. It was originally used to support the church financially. Today, however, it is often misinterpreted and distorted.

Tithing is an act of worship and obedience to God, and it is also a way of showing gratitude to God for his blessings. The Bible says that tithing should be done without fail. However, there are certain

exceptions to this rule. Tithing is an act of worship and obedience to God, and it is also a way of showing gratitude to God for his blessings.

This article will explain the basics of tithing and discuss its biblical connection, purpose, and limitations.

WHAT IS TITHING?

The word "tithe" comes from the Old English language meaning tenth part or one-tenth. In other words, it means 10% of your earned income OR if not gainfully employed, then 10% of one's time. Genesis 14:18 offers a concise introduction to Melchizedek. This is where Abram "gave tithes of all."

HOW DOES TITHING WORK?

The monies often go to pay for the upkeep of the Band and supplement income for the pastors and general church located at the headquarters.

WHY SHOULD I PAY CHURCH TITHES?

When one pay tithes, this shows respect towards those who serve God by helping them with their needs. By doing so, you demonstrate love and humility towards others.

These qualities make us better Christians because they help us live our lives according to His teachings. ◆



FITNESS IN HOLINESS

by Ambassador Carla Fields

It will soon be 2023 and this section of the newsletter will focus on Christian Fitness. With a new year approaching, we all make promises to ourselves thinking that we will change in the up coming year. As we look ahead, often times we fall behind and lose focus on wellness for our bodies and minds. Yet, we only need to remember this scripture to help us be mindful of our choices as it relates to our bodies.

"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."

1 Corinthians 6:19-20...

This year, God willing, we will discuss the following categories:

- Stress Management, Rest, Eating,
- 60, 50, is the new 30
- Don't burn off muscle
- Weight lifting vs Cardio
- Embrace who you are... It's ok to have a little jiggle
- Have fun with your workouts
- Meal Plans
- Protein, Carbs, Fats,
- Are Carbs and Fat the enemy?
- Water
- Antioxidants: What they do
- Supplements
- Energy Bands
- Exercise of the day
- My knees hurt, what exercise can I do?
- Why am I binge eating? Trigger points, Stress Management
- Are you hiding behind your weight? ◆

SPOTLIGHT: Ne See Jou!

REDISCOVERING OUR YOUTH



Recognizing Our Members: Jordan Aboderin

Jordan Aboderin is a senior at the Alexander Dreyfos school of the Arts. He currently has a 3.2 GPA and an HPA of 3.59. This young man is on track to graduate with honors in 2023. In the fall, Jordan seeks to attend the University of Miami, where he intends to major in a music related field.

We are not surprised. Jordan's talent has opened many doors for him. In the summer of 2022, Jordan attended the University of Miami's prestigious Jazz Camp. For two weeks he lived, worked, and performed as a sponsored student scholar. Jordan was quickly recognized as a standout musician. Consequently, he was hand picked to work with one of the college professors. Jordan was so impressive that he was placed in the advanced group. He was the only trumpet player to be selected for this tremendous honor.

One of Jordan's top career goals is to become a professional musician. He aspires to travel around the country playing beautiful music. He loves music, but he also loves education. After his touring days are behind him, or maybe when he is in his prime, he would like to teach music.

The son of Elder Jennifer and Brother Ola Adoderin, Jordan is also a lifelong member of The Church of the Living God, the Pillar and Ground of the Truth, Inc. Whether he is playing his instrument or working in the classroom, his faith is strong. The scripture that he most identifies with is Proverbs 3:5, Trust in the Lord with all of thine heart; and lean not unto thine own understanding.

LOCAL CHURCH NEWS

Building Progress

The local Church band, NASH, has weathered the first round of winter with little to no negative impact thus far. As time has gone by we have come to best prepare and maintain a HQRTRs facility such as ours. Our 25,000 sqft. HQTRs building and Parsonage has been winterized by the Facilities Engineering crew, headed by Elder James Lewis, to help prevent pipe damage from winter freezing.

The local NASH band continues to support those members in need by submitting a Love Offering to the COS for use as needed. Please continue to pray for our members in Nashville, TN. God Bless,

Elder Aaron Lockhart Assistant Pastor













Keep up the great work Jordan, WE SEE YOU! ♦



This is one of my favorite pictures of me with my mom. She had dementia at this point, but I never reminded her of her illness. If she said something fifty times, I acted like it was the first time I heard it. I would dress her up and take her out to lunch. They may be forgetful, but the memories at this point are not just for them, they are for you and your future generations.

THE YOUNG AT HEART

A Christening

The local NASH band held a Christening for Bro. Marquese's daughter, Meah Lynn Jones. The parents and God-Parents participated fully to support the child and family. Prayers, guidance, and counsel by State Bishop Gloria Lockhart are greatly appreciated by the family.



CARING FOR THE AGING

Part 1: DOCUMENT THAT! by Reverend Charlotte Lockhart

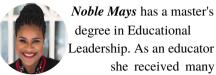
In our careers, we are taught the importance of documentation. We walk around with our expensive phones on a daily basis, taking the time to capture selfies when we feel like we are looking our best. But when was the last time you took the time to document something from your parents? So many times, I am hired to design funeral programs for families who are grieving after having lost their parent. When I ask them for a photo for the cover, they scramble to find a professional shot. This is so sad in a culture of people who carry their phones everywhere. Often times the program contains a cropped photo where I've taken out the people around them because families can not find one good, RECENT, photo of their deceased loved one.

Document your parents. Take great pictures of them. Record them. If your father is still alive, record him telling stories of his upbringing. Record your mama. Record her around the kitchen. Ask her why she used chicken broth instead of water, or why she does or doesn't use velveeta and record that. Record your dad fussing about the same old stuff like he always does. Record them laughing, smiling, looking out "yonder". Take pictures of their hands and gray hair. Record that. Document that. Record her funny sayings and her bits of advice. Record him tying his necktie or fixing something around the house. This will be the only way his or her future generations will meet them after they are gone.

Ask her to tell you about the day you were born and record her face as she lights up remembering. Record her telling you to "put some socks on that baby" and when she tells y'all "don't go in her pots without washing your hands". Ask her questions, both serious and silly ones, and record her answers. Play his favorite song and when he starts singing, yep, you guessed it... record it.

Make her laugh... I mean REALLY laugh and for the goodness sake, record that too. And take lots of pictures of and WITH your mom or dad, even when they tell you they are not dressed for pictures. Take them anyway. Record it anyway. And when you get the chance, tell him/her you know they did their best with what they had and their best was always enough. And if you want, record that too. Because when they are gone, all these things will only exist for you in your memory if you don't document their life. Take it from someone who heeded this advice and is better for it. ◆

CONTRIBUTING WRITERS AND EDITORS



awards, buts she left her job in the school district of Palm Beach County to open her own business and continue to creatively serve and help children. Faith's Place Center for the Arts started with 12 students and currently has over 100 students enrolled in their program and an ongoing waiting list. The afterschool enrichment program focus on:

- o PIANO
- VIOLIN
- MUSICAL THEATER
- DANCE
- STEEL DRUMS
- o DRUM LINE
- ETIQUETTE CLASSES

The program also focuses on the "Five B's":

- o Be Trustworthy
- o Be Respectful
- Be Responsible
- o Be Fair
- o Be Kind

Faith's Place is an organization that provides educational services to the community. We offer pre-shcool (VPK), homework assistance, FCAT tutorials and after school arts enrichment programs. We also provide S.T.E.A.M. (science. technology, engineering, arts and mathematics) lessons through Prime Time.

Noble has been a member of the Church of the Living, The Pillar and Ground of the Truth, Inc. all her life. She is a gifted singer and an ordained reverend. She not only gives to the children in the community, but has been faithful with mentoring, teaching, and guiding children in the church through various programs. She is married to Tarry Mays and together they have three children, Faith, Tarry and Honor.

George Lockhart

Dr. George L.Lockhart was born to George and Gloria (Lewis) Lockhart in Lake Worth,

FL. He is the eldest son of the four Lockhart children and is a graduate of John I. Leonard High School in Greenacres, Florida.

Bishop Lockhart received a B.S. Degree in Accounting /Minor in Finance from Tuskegee Institute (University). He received a Masters in Mathematics & Educational Leadership from Nova

Southeastern University.

He earned his Doctorate in Instructional Technology Distance Education from Nova Southeastern University.

An educator, Dr. Lockhart has 33 years in the industry and has served as a teacher, athletic head coach, assistant principal, and principal. He was the first Black Head BASEBALL Coach at John I. Leonard HS and reached the Final Four. He is currently the Instructional Supervising Principal within Department of Charter Schools for the School District for Palm Beach County where he directly oversees 50 charter schools.

He is the author of several books including Wireless Mobile Devices in Public Education (2013); (3)57: A Beginning Teacher Guide for Success; Easy Leader: Principal Guide to School Achievement, and The Onyx Stones: African-American Male School Administrators Palm Beach County and several publications and articles in the educational realm.

He is the web designer for several organizations and enjoys fishing. He is married to Kemia (Hudson) Lockhart and they are the proud parents of three children, Alexis, Micaliah, and Jason.

Charlotte Lockhart is resident
Boynton Beach, Florida.
She received a Masters of

Science degree (MS) in Educational Media from Nova Fort Southeastern University in Lauderdale, Florida. She has been an active member of The Church of the Living God the Pillar and Ground of the Truth Inc. since she married her husband, Anthony, in 1997. She works full-time in the School district of Palm Beach County as a Media Specialist who oversees a library media program technology the department. Reverend Lockhart also teaches two classes in Media Production. She is also a small business owner of a company called The CC Hyman Company where she services clients all over the United States. In her spare time she loves reading, writing, decorating, cooking and traveling to new places. She is the mother of four, Logan Zion, Lauren Joy, Lanai Grace and Lane Hope.

> Anthony R. Lockhart was born in West Palm Beach, Florida. He earned

his bachelor and master's degrees from Jackson State University, and earned his doctoral degree from Barry University.

For over twenty years, Dr. Lockhart has worked In the Palm Beach County School District. No matter the position, guidance counselor, mentor, coach, assistant principal, or principal, he has always worked hard to help colleagues and students reach their full potential. As an educator, Dr. Lockhart has always sought to improve the lives of the students he serves.

He has been a faithful member of this church for as long as he can remember. Anthony is currently and elder and is a member of the Riviera Beach Band where he carries out financial/administrative duties.

CONTRIBUTING WRITERS (CONT.)

Carla Fields is a certified fitness expert with over 31 years of practical and competitive experience that

includes successfully owning and operating Carla Fields Fitness, Inc., a full- service fitness establishment. since 1991. Her company offers an array of services to include personal training/wellness, fat loss/muscle gain, aerobics/kickboxing as well nutrition/meal plans. Dubbed as "The No Nonsense Trainer," Carla has shared her expertise and transformed the physical well-being of thousands through group training and structured programs for governmental entities, corporations, small businesses and individuals.

A former bodybuilding competitor, Carla has competed nationally and won first place in the Pro Natural Northeast Classic Figure Championship (Atlanta, GA and Worcester, MA), the Coastal USA Body Building Competition, and the Southern Natural Figure Championship, amongst others. Her trailblazing accomplishments have landed her national media coverage in Ebony Magazine. She has also graced the cover of Atlanta Woman, as well been featured Natural Bodybuilding & amp; Fitness and The Atlanta Journal-Constitution. Carla's include certifications Personal Trainer/Fitness Counselor Certification (YMCA), Aerobics & amp; Fitness Association of America (A&FAA), Exercise Physiology (Georgia State University Master's Program, Atlanta, GA). Additionally, Carla earned her Bachelor's degree in Business Accounting from Tuskegee University.

She is married to David Fields, and has one child, William Allen Fields III.

Jamandé Amin Jones, MD, MS is an Elder in the Church of the Living God, the Pillar

and Ground of the Truth, Inc. (CLGPGT) Born and raised in South New Jersey, he was a member of the Egg Harbor Band of the CLGPGT. After graduating from Absegami High School in 1996, he moved to Durham, NC to attend North Carolina Central University where he received a Bachelor's and Master's degree in Chemistry. He has been a member of the CLGPGT mission in Durham, NC since 1996.

In 2006, he was accepted into the Brody School of Medicine at East Carolina University in Greenville, NC. While in medical school, he met and married Geniene Loucas, who continued on to become a Family Physician.

Jamandé received his Doctorate of Allopathic Medicine in 2010 and was accepted into the Pediatric residency program at Vidant Medical Center in Greenville, NC. After completing his Pediatric residency in 2013, he, his wife, and oldest child, Jadé moved to Ahoskie, NC, where both doctors were hired and continue to work for the Roanoke Chowan Community Health Center.

Since moving to Ahoskie, Hannah and Lucas were born into the Jones family. Both Jamandé and Geniene share a love for medical mission work, both foreign and domestic.

Christal Ward is a Florida resident who received a dual Master's degree in mental

health and marriage and family counseling from Webster University in Ocala, Florida. She has been an active member of The Church of the Living God the Pillar and Ground of the Truth Inc. all of her life and is recently a new mom to a beautiful daughter, and wife to her childhood sweetheart Bro. Terry D. Ward who she met at a General Assembly when she was 12 years old. In addition to her formal education she is a licensed mental health counselor and marriage and family therapist. She specializes in treating trauma. addiction, attachment disorders. codependency, and mood and anxiety disorders. She works with individuals, couples, groups, and families struggling with a range of issues and hopes to further her passion and expertise to aid in the healing process of individuals, families, and communities. Christal has worked in residential treatment centers. private practice, community mental health outpatient settings, and intensive outpatient treatment centers. Christal utilizes her training and education to provide a therapeutic experience for clients to grow, heal, and take risks in all areas of their lives.

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