Vol. 1, No. 7 **November 2025**

PAULINE LETTER

From St. Paul AME Church – Lake Alfred
"The Church Where the Spirit Leads"
180 Clark Rd, Lake Alfred, Florida 33850
Reverend Dorian Harris, Pastor
Wayne & Jane Coleman. Editors

St. Paul Mission Statement

The Mission of St. Paul AME Church is to preach, teach, and reach fellow image bearers with the gospel of Jesus Christ.

St. Paul Vision Statement

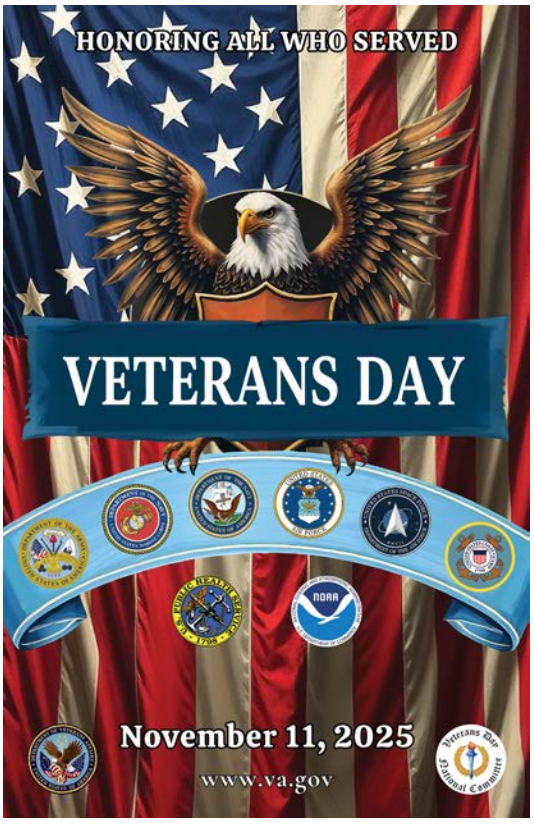
The Vision of St. Paul AME Church is to create an atmosphere of worship where the Holy Spirit is welcome.

St. Paul Core Values

Biblical Preaching, Gospel Centered Teaching, Christ- centered leadership, The Image of God and Embracing Deliberative over Embedded Theology

AME Church Motto

The motto of the African Methodist Episcopal Church (AME) is "God Our Father, Christ Our Redeemer, the Holy Spirit Our Comforter, Humankind Our Family". This motto summarizes the church's beliefs.





Word from the Pastor



St. Paul AME Church – Lake Alfred

"The Church Where the Spirit Leads"

The Pauline Letters – November 2025 | Volume 1, Number 7

From the Desk of Rev. Dorian Harris, Pastor

A Thanksgiving Welcome from the Pastor's Desk

Beloved St. Paul Family,

Grace and peace be unto you from God our Father and the Lord Jesus Christ. As we enter this blessed season of Thanksgiving, my heart is filled with gratitude for the goodness and faithfulness of God. At the conclusion of the 85th Session of the West Coast Annual Conference, I give thanks to God for the privilege of returning to serve as your pastor for a fourth consecutive year. Truly, it is an honor to continue laboring in the vineyard of the Lord alongside such a faithful and loving congregation.

This season calls each of us to pause and reflect upon the many ways God has blessed our church and our individual lives. Through trials and triumphs, God has sustained us. Through change and challenge, God has kept us. As the Apostle Paul reminds us, "In everything give thanks: for this is the will of God in Christ Jesus concerning you" (1 Thessalonians 5:18).

Let us, therefore, continue to cultivate hearts of gratitude and spirits of service. May we be found faithful in our worship, steadfast in our witness, and generous in our thanksgiving. As we gather with family and friends, let us not forget to give thanks for the great things God has done and for the greater things yet to come.

It remains my joy to serve as your pastor, and I look forward with anticipation to what God will do in and through the ministry of St. Paul in the year ahead.

With a thankful heart,
Rev. Dorian A. Harris, M.Div.
Pastor, St. Paul AME Church – Lake Alfred, Florida A Thanksgiving Welcome from the Pastor's Desk

Theme: "Still Grateful, Still Growing, Still Giving Thanks."
(Psalm 107:1 – "O give thanks unto the Lord, for He is good; for His mercy endureth forever.")

ST. PAUL AME CHURCH

The Reverend Dorian Harris, IE, Pastor
The Reverend Billy A. Shaw, IE, Retired
The Reverend Daisy Montenegro, IE

SUNDAY MORNINGS

CHURCH (SUNDAY) SCHOOL
Continental Breakfast 9:00AM
Lesson 9:30 AM – 10:45 AM
Sister Qiana Davenport, Superintendent

WORSHIP SERVICE 11:00 AM

WEDNESDAY NIGHT BIBLE STUDY
Fellowship & Meal 5:30 - 6:30 PM
Lesson 6:30 – 7:30 PM

Church Stewards

Sister Kay Fields - Pro Tem

Brother Wayne Coleman

Sister Jessica Lowery

Sister Cheryl Taylor

Brother Lester Thomas

Church Trustees

Brother Robert Jackson - Pro Tem

Sister Qiana Davenport

Brother Jaylyn Harris

Sister Cecilia Summersett

Church Other Leadership Positions

Sister Tracey Harris – Women's Missionary Society (WMS)

Sister Qiana Davenport – Young People's and Children's Division (YPD) President

Sister Kay Fields - Lay President

Brother Antwann Jones – Sons of Allen (SOA)

Brother Wayne Coleman – Christian Education (CED)

Sister Miracle Gray – Richard Allen Young Adult Council (RAYAC)
Brother Timothy Key – Richard Allen Young Adult Council (RAYAC)

LECTIONARY READINGS FOR NOVEMBER

Lectionary - A sequence or list of lections (passages of scripture) to be read in church services during the year. The AME Lectionary is on a 3 year cycle designated as Year A, B and C in the AME Hymnal #795.

11/01/2025 - ALL SAINTS' DAY
Isaiah 26:1-4, 8-9, 12-13,19-21 ~ Revelation 21:9-11, 22-27 ~ John 11:32-44

11/02/2025 - TWENTY-FIRST SUNDAY AFTER PENTECOST
II Kings 5:9-17 ~ II Timothy 2:8-13 ~ Luke 17:11-19

11/09/2025 - TWENTY-SECOND SUNDAY AFTER PENTECOST
Exodus 17:8-13 ~ II Timothy 3:14-4:5 ~ Luke 18:1-8

11/16/2025 - TWENTY-THIRD SUNDAY AFTER PENTECOST
Deuteronomy 10:12-22 ~ II Timothy 4:6-8, 16-18 ~ Luke 18:9-14

11/23/2025 - LAST SUNDAY AFTER PENTECOST
Job 23:1-7 ~ Colossians 1:12-20 ~ Luke 23:35-43





First Sunday – Communion Sunday
Second Sunday – Family Sunday
Third Sunday – Sons of Allen Sunday
Fourth Sunday - Young People's and Children's Division (YPD) Sunday
Fifth Sunday – Missionary Sunday

November 10th at 6pm - Our First Quarterly Meeting With Presiding Elder Thompson Onsite at St. Paul




Celebrating 20 Years
A Journey of Faith, Love and Grace
"Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith." Hebrews 13:7
as a
Presiding Elder
November 16, 2025
4PM
Host: New Bethel AME Church, Lakeland, FL
PRESS
TOP NEWS
Presiding Elder
Jimmy J. Thompson
LIVELY LAKELAND DISTRICT
11TH EPISCOPAL DISTRICT
A.M.E. CHURCH

Operation Christmas Child

Our church's YPD Department is soliciting your support as we participate in Operation Christmas Child, striving to provide six boxes that propagate the love of Jesus internationally. Please consult the pictures below for the required items to fill the boxes.

The goal is to pack two boxes for each age group, one girl and one boy per age group.

- two for ages 2-4
- two for ages 5-9
- two for ages 10-14

Our goal is to pack the boxes by 11/16/2025.

Let's teach our YPD the importance of being other people focused this holiday season.

Thank you for helping with this mission project.





Chicken Salad Chick (Bradenton, FL) ·
Follow
14h ·

Children Eat Free at Bradenton Chicken Salad Chick until SNAP benefits are restored.

We are not taking sides or making this political. We just believe that no child should ever go hungry.

Any child visiting our Bradenton restaurant will receive a free Kid's Meal until SNAP benefits are restored in Florida. Please limit to 1 Kid's Meal per child...the child must be present and eat in the dining room. No purchase necessary.

Let's look out for our children, who are both our most vulnerable and most valuable. They are our future.



THANKSGIVING FOR ALL

So, let's make sure no one goes hungry.



Due to the ongoing **government shutdown**, many familles are at risk of missing their **SNAP benefits** –leaving them without the means to celebrate the holiday. **We're hosting a Thanksgiving Dinner for these in need,** and we need your **help to make it happen.**

WHAT WE'RE DOING: We're preparing a warm, home-cooked Thanksgiving meal for individuals and families in our community-rallore struggling. This is a grassroots effort --powered by **kindness, not funding.**

HOW YOU CAN HELP: We're seeking donations of food items that can be cooked and served at the dinner. Whether you're a local business, restaurant, grocer, or **caring neighbor**, your contribution will make a real difference.

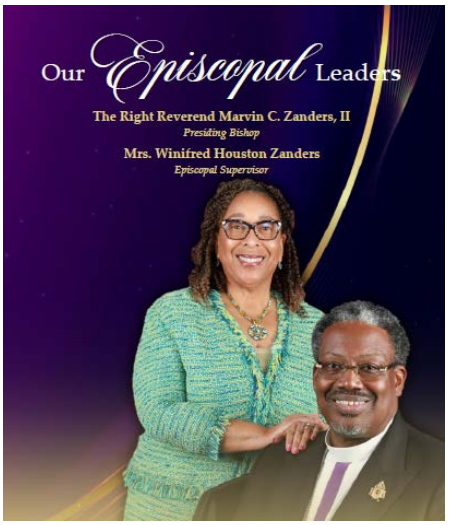
DROP-OFF LOCATION: 1015 Mahaffey Rd. Winter Haven, FL

DEADLINE FOR DONATIONS: November 23, 2025

OUESTIONS OR WANT TO VOLUNTEER? Contact Luis at. **689-206-2688**

Let's **come together** to show that compassio doesn't shut down -- **even when the government does.**

AME Church Eleventh Episcopal District 85th Session of the West Coast Annual Conference



Highlights of the AME Church Eleventh Episcopal District 85th Session of the West Coast Annual Conference, held Wednesday, October 8th - Friday, October 10th, convened at the Greater Mt. Zion AME Church, 1045 16th Street South, St. Petersburg, Florida.
The Reverend Clarence Williams, Host Pastor.

The Reverend Dr. James O. Williams, Sr. ,Host Presiding Elder , **The Reverend Jimmy J. Thompson,** Associate Presiding Elder ,**The Reverend Dr. Patricia Wallace,** Associate Presiding Elder (Via Zoom)

Theme: "It's A Season of Vision"

"And afterward, I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions." Joel 2:28

The Conference was convened at 8:00 a.m. with a Worship Service, which marked the beginning of each session.

Bishop Zanders conducted the Roll Call of Ministers (individually recognized and asked to respond with a Bible verse of their choice), Lay Delegates (group response with their individual chosen Bible verses). Anyone not present at the 8:00 a.m. Roll Call was given an opportunity to be acknowledged at appropriate intervals during the Conference.

The Chief of Police, Anthony Holloway, for the City of St. Petersburg was introduced to the Conference by The Reverend James V. Williams, Host Pastor. Chief Holloway gave brief remarks and extended greetings and welcome to the Conference.

Host Pastor Rev. James Williams delivered the first message of the Conference. The theme was "God's work is not for the Faint of Heart" – the Audacity of a Finisher. Reference was made that in spite of Paul's trials and tribulations, he never gave up, but completed his course. We were also reminded that every race is unique- your race is not your neighbor's race. Stay true to the word of God and he will take care of the rest. Not every fight requires your opinion. It is not about not failing but always finishing. Whatever ministry you find yourself, have the audacity to finish. Never forget where the Lord brought you from**.**

The Organization of the Conference, Approval of Agenda, Presiding Elder's Summary, and Board of Examiners Reports were received and approved. Specific questions or concerns not addressed during the presentation and approval process can be referred the respective Elder.

The next planning meeting will be held in Orlando Florida, November 19th-21st. A block of rooms for $149.00 have been reserved. Reservations need to be made as soon as possible because this time period is during the Florida Classic and the room rates will be much higher.

Candidates for ordination and other levels of study for the ministry were presented and received.

Presiding Elder Clarence Williams Sr. was recognized for his 50 years of service and Rev. Billy Anderson Shaw was recognized for his 28 years of service. Both are retiring this year and received personal thanks from the Bishop.

During the Service of Superannuation (retirement), both retirees expressed their thanks and appreciation for all the support they received from the Bishop, Presiding Elders, Colleagues, laity, and others in ministry. They received a standing ovation from the Conference.

Individual Worship Services, which were very spirited and well received, were conducted by the Sons of Allen (SOA), Lay Witness, and Women in Ministry.

During the Conference, Bishop Zanders shared several of his concerns/challenges and listed below is an overview of some of them:

1. Importance of attending every Annual Conference. Each year is a new season and, unfortunately, too many are counting on the previous year's experiences. The Annual Conference is not just about money, but it is an opportunity for ministers and laity to receive firsthand knowledge about what is happening and to participate in the process.

2. Importance of following the hierarchy for the House of God as outlined in the AME Discipline, Pastor, Presiding Elder, Bishop. We need to show respect to God's House.

3. Necessity for a budget in order to gain and sustain financial responsibility. Normal and expected expenses such as utilities, mortgages, salaries, and other known financial obligations within the AME structure such as Annual Conference and other meetings should be planned. While chicken and fish dinners are great social gatherings, they should not be dependent upon to meet your financial obligations. Without a budget, it is extremely difficult, if not impossible, to plan for your expenses. As the saying goes, "If you fail to plan, you are planning to fail".

4. Necessity for laity and pastors to work together. Contrary to what some might believe, congregations cannot pastor themselves, no more than sheep can lead their shepherds. We must all work together to achieve the will of God. Pastors are charged with specific responsibilities which cannot be delegated.

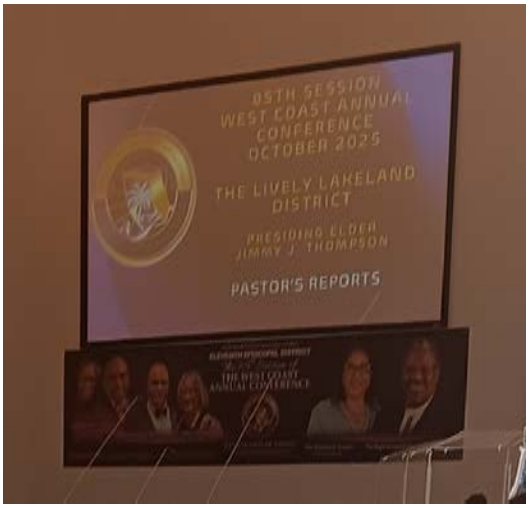
In this new season for conference year 2025-26, God will present new, fresh and challenging ministries to stretch you. He hopes that you will be able to come to conference next year and declare that you have fulfilled the vision that God gave you. Remember, it is not always about the numbers (read Proverbs 29). Our forefathers planted these churches. What are we going to leave future generations? An unclear or no vision leads to indecision, drifting and wandering. We need to have a vision/plan, both short and long term.

With the assistance of the respective Elders, the Pastors' reports for the West Coast were presented to Bishop Zanders and received.

Delegate Wayne Coleman, Sister Jane Coleman, Rev. Billy Shaw and Rev. Daisy Montenegro stood proudly with St. Paul and New Mt Zion AME Churches as Ministers Harris and Shaw gave their individual reports which were accepted with thanks

The Closing Worship and Commissioning Service of Annual Conference resulted in the reappointment of our beloved Pastor Dorian Harris and family to St Paul – Lake Alfred.

Respectfully submitted,
Delegate Wayne & Sister Jane Coleman





Reverend Billy Anderson Shaw Final Pastor's Report



Elder Jimmy J. Thompson Receiving His Presiding Elder Appointment Certificate



Rev. Dorian Harris Receiving His St Paul – Lake Alfred Appointment Certificate

October 5th 2025 Rev. Shaw's Retirement Sermon at New Mount Zion AME Church – Lake Hamilton



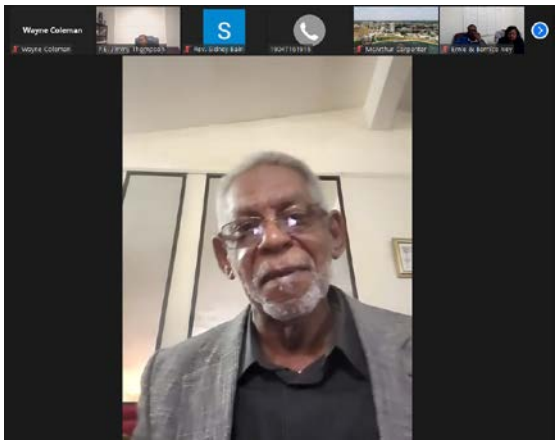


Rev. Billy Shaw's Zoom Retirement Celebration









November 2nd 2025 - Rev. Dorian Harris Awarded YPD Pastor of the Year

YPD Director, Sister Olivia Maultsby (Sister Opie), presented our Pastor, Rev. Dorian Harris, with the West Coast Conference YPD "Pastor of the Year" Award with the following declaration:

> From the West Coast Conference YPD:
> Congratulations on being selected "Pastor of the Year" for all you do to support the YPD!
> We Love and Appreciate you!



Pastor Harris & YPD Director Sister Maultsby



Pastor Harris and St Paul's YPD



Pastor Harris, YPD Director Sister Maultsby and St Paul's YPD

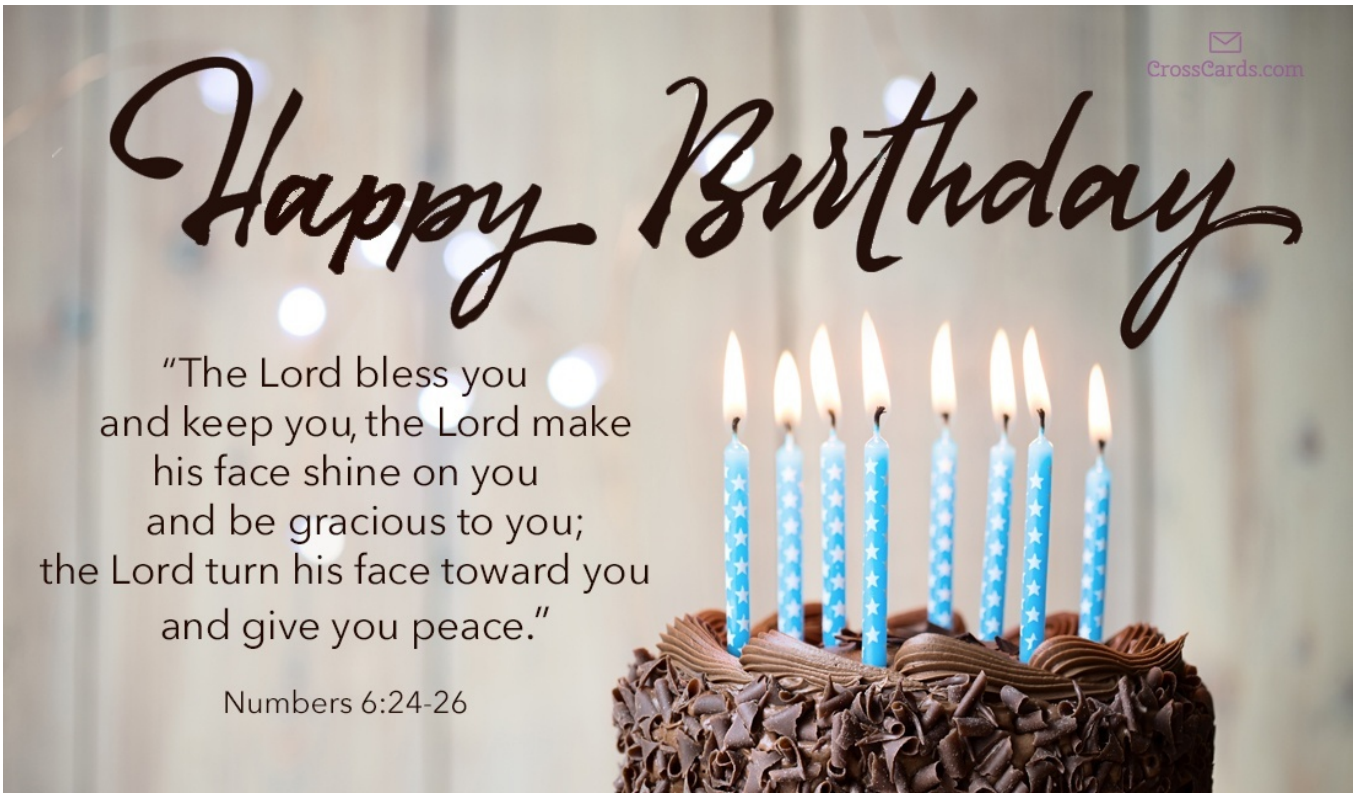


Happy November Birthday to All

Please text your name & birthday to the Church at 863-301-4859 or to Wayne Coleman at 516-633-4566 To get your birthday added to our birthday list Or to have names deleted.

Birthday Blessings

Instead of counting candles, or tallying the years,
Contemplate your blessings now, as your birthday nears.
Consider special people who love you, and who care,
And others who've enriched your life just by being there.
Think about the memories passing years can never mar,
Experiences great and small that have made you who you are.
Another year is a happy gift, so cut your cake, and say,
"Instead of counting birthdays, I count blessings every day!"
By Joanna Fuchs



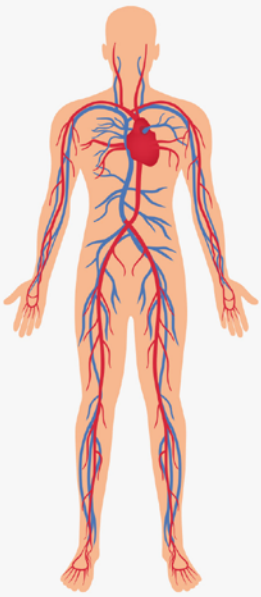
Health Corner

CIRCULATORY SYSTEM
AT-A-GLANCE

The circulatory system is made up of your heart and blood vessels. The heart pumps blood throughout the body, giving our organs and muscles oxygen.

Think of the heart as a restaurant and blood cells as delivery drivers. They use the blood vessels like roads to deliver oxygen to whichever organ or muscle ordered it.

After they have delivered their oxygen, the heart sends blood cells back to the lungs, where they can refuel before making their next delivery.



The heart pumps between 60-100 times a minute. That's over 2.5 billion beats in the life of a 75-year-old!

Our circulatory system is massive! It stretches to over 60 thousand miles—more than enough to go around the world twice!

HEALTHY HABITS

Remember your heart is a muscle! To keep it strong, do activities that get you huffing and puffing, like dancing, playing soccer, or riding your bike up a hill.

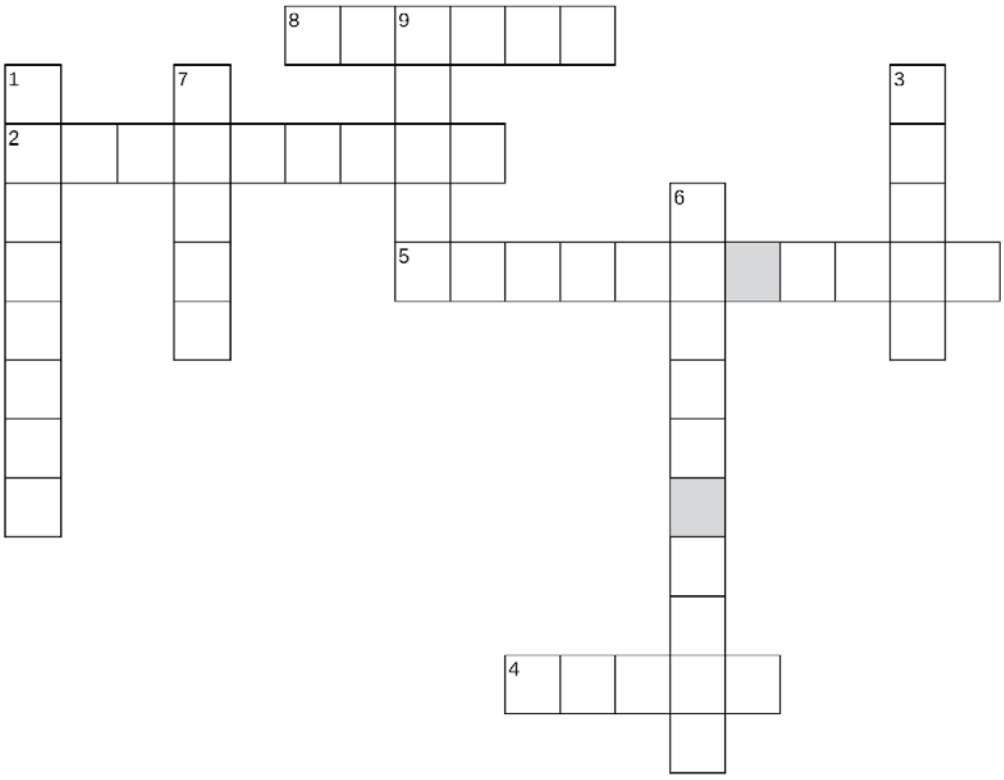
Don't smoke or vape! It can damage your heart and lungs, make you run slower, give you bad breath, yellow teeth and yellow fingernails.

Eat a healthy, balanced diet with plenty of fruits, vegetables, whole grains and healthy proteins. Avoid sugary drinks and fried, fatty foods.

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HUMAN BODY SYSTEMS

CROSSWORD



ACROSS:

2. This part of our digestive system pulls the nutrients out of the food we eat.
4. This part of the skeletal system protects our brain.
5. This long thin tube that runs down your back that your brain uses to get messages to the rest of the body.
8. This joint allows us to walk, run and jump while standing on 2 feet comfortably.

DOWN:

1. This connective tissue is part of the skeletal system and attaches bones to other bones.
3. A muscle that is responsible for pumping blood throughout the body.
6. These cells use blood vessels to travel throughout the body and deliver oxygen wherever it is needed.
7. This part of our nervous system is responsible for receiving signals and information that we then send to our brain.
9. The organ responsible for inhaling and exhaling air.

Black History Moment

National Inventors Hall of Famer Alexander Miles



Improved Method for Opening and Closing Elevators - U.S. Patent No. 371,207
Inducted in 2007
Born May 18, 1838 - Died May 7, 1918

Alexander Miles developed innovations for elevator cabin and shaft doors, making it possible for the doors to automatically open and close. His work ensured much safer and more convenient elevator rides.

Born in Circleville, Ohio, in 1838, Miles spent much of his early adulthood working as a barber in Waukesha, Wisconsin. Here, he became widely renowned for his earliest inventions – hair care products.
After moving to Minnesota and opening a highly successful barbershop in the St. Lewis Hotel in Duluth in 1879, Miles used his earnings to buy a real estate office, becoming the first Black member of the Duluth Chamber of Commerce. In 1884, he built a three-story building in an area that would become known as the "Miles Block."

There is more than one story of how Miles became driven to improve the design of elevators. Some report that he could hear the operation of the elevator adjacent to his barbershop within the four-story St. Lewis Hotel and began thinking of different ways to improve it. Others speculate Miles took note of the dangers of elevator operation when he saw that a shaft door was left open during an elevator ride with his daughter Grace, who was born in 1876. In either case, Miles was determined to improve the method of operating elevator doors.
At the time, opening and closing the doors of both the shaft and the cabin had to be completed manually, by either the elevator operator or by passengers. Because of this, doors were often left open, and passengers would fall into the elevator shafts, leading to serious injuries and even deaths.

To address this life-threatening problem, Miles attached a flexible belt to the elevator cage. When the belt came into contact with the drums positioned along the elevator shaft, just above and below the floors, it allowed the elevator shaft doors to operate at the appropriate times. The elevator doors themselves were automated through a series of levers and rollers.

Miles patented his design for an improved method for opening and closing elevators in 1887. By allowing the doors to automatically open and close at the desired floors, his innovations made elevators not only safer but also easier and more convenient.

In 1899, Miles and his family moved to Chicago, where he founded a life insurance company. This company, The United Brotherhood, advocated for racial equality by selling insurance to Black Americans who had been refused coverage from white-owned insurance firms.

When Miles and his family relocated once more to Seattle, he was known as "the wealthiest African American in the Pacific Northwest Region," but he eventually returned to working as a barber.
The influence of this trailblazing inventor and entrepreneur still can be seen in modern elevator designs, with the standard feature of automatic cabin and shaft doors continuing to ensure safety.

History of Veterans Day

World War I – known at the time as "The Great War" – officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of "the war to end all wars."

Veterans Day continues to be observed on November 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to November 11 not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day: A celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

Veterans Day Timeline

1919
In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations…"
The original concept for the celebration was for a day observed with parades and public meetings and a brief suspension of business beginning at 11:00 a.m.

1926
The United States Congress officially recognized the end of World War I when it passed a concurrent resolution on June 4, 1926, with these words:
Whereas the 11th of November 1918, marked the cessation of the most destructive, sanguinary, and far reaching war in human annals and the resumption by the people of the United States of peaceful relations with other nations, which we hope may never again be severed, and
Whereas it is fitting that the recurring anniversary of this date should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations; and
Whereas the legislatures of twenty-seven of our States have already declared November 11 to be a legal holiday: Therefore be it Resolved by the Senate (the House of Representatives concurring), that the President of the United States is requested to issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on November 11 and inviting the people of the United States to observe the day in schools and churches, or other suitable places, with appropriate ceremonies of friendly relations with all other peoples.

1938
An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day." Armistice Day was primarily a day set aside to honor Veterans of World War I,

1954
In 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation's history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the Veterans service organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of this legislation (Public Law 380) on June 1, 1954, November 11th became a day to honor American Veterans of all wars.

Later that same year, on October 8th, President Dwight D. Eisenhower issued the first "Veterans Day Proclamation" which stated: "In order to insure proper and widespread observance of this anniversary, all Veterans, all Veterans' organizations, and the entire citizenry will wish to join hands in the common purpose. Toward this end, I am designating the Administrator of Veterans' Affairs as Chairman of a Veterans Day National Committee, which shall include such other persons as the Chairman may select, and which will coordinate at the national level necessary planning for the observance. I am also requesting the heads of all departments and agencies of the Executive branch of the Government to assist the National Committee in every way possible."

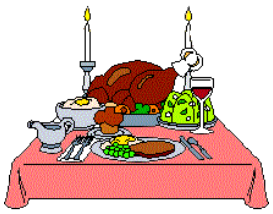
1958
In 1958, the White House advised VA's General Counsel that the 1954 designation of the VA Administrator as Chairman of the Veterans Day National Committee applied to all subsequent VA Administrators. Since March 1989 when VA was elevated to a cabinet level department, the Secretary of Veterans Affairs has served as the committee's chairman.

1968
The Uniform Holiday Bill (Public Law 90-363 (82 Stat. 250)) was signed on June 28, 1968, and was intended to ensure three-day weekends for Federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. It was thought that these extended weekends would encourage travel, recreational and cultural activities and stimulate greater industrial and commercial production. Many states did not agree with this decision and continued to celebrate the holidays on their original dates.

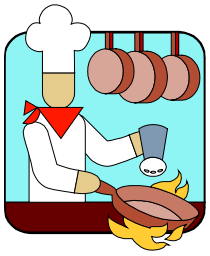
1971
The first Veterans Day under the new law was observed with much confusion on October 25, 1971. It was quite apparent that the commemoration of this day was a matter of historic and patriotic significance to a great number of our citizens, and so on September 20th, 1975, President Gerald R. Ford signed Public Law 94-97 (89 Stat. 479), which returned the annual observance of Veterans Day to its original date of November 11, beginning in 1978. This action supported the desires of the overwhelming majority of state legislatures, all major veterans service organizations and the American people.

Taken from https://department.va.gov/veterans-day/history-of-veterans-day/

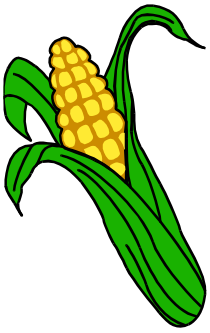
THANKSGIVING SOUL FOOD



I love the taste of T-bone steak,
Delicious every bite,
But there's nothing like the Word of God,
For my spiritual appetite.



The Word of God has milk and meat,
And even ice cream and cake.
Take a slice of the Bread of Life,
And coffee to keep us awake.



Open your Bible and turn to Psalms,
For David's famous buffet.
You can drink all the wine of the word you want,
And still feel fine the next day.

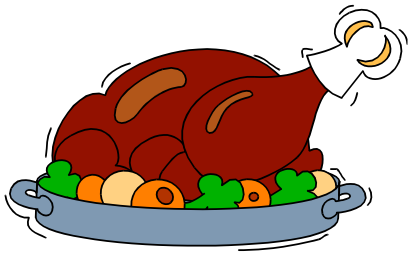


There's enough of the Word for everyone,
And no one has to cheat.
The Word of God is a smorgasbord,
So take all you are able to eat.

Let's have a little long suffering,
Job gives the recipe.
Patience is the main ingredient,
Self denial is the fee.



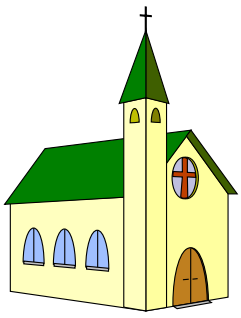
Wrap that up in temperance,
It may not make much sense,
Cover that with contentment,
Then add some joy for strength.



Let's have love for dessert,
Jesus made this dish,
Cream of joy and peace together,
Sift out all selfishness.

Add some deeds of righteousness,
Enough to make it sweet.
Humility is the frosting,
That makes the dish complete.





Or are you on a diet,
Cause the race seems hard to run.
For a weight losing menu,
Try Hebrews 12 and 1.

Are you suffering from malnutrition,
And don't know what to do?
Your spiritual growth seems hindered,
Try I Peter 2 and 2.





If when every time you battle,
The enemy always wins,
Try some Holy Ghost Protein,
And spiritual vitamins.

God's Word can feed millions,
And still have plenty left.
Because the Word of God is Soul Food,
Sent from the World's Greatest CHEF.

But Whom Do You Say I AM?

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

1. Advocate **2.** Almighty **3.** Alpha **4.** Omega **5.** Amen **6.** Apostle **7.** Beloved

8. Bishop **9.** Branch **10.** Bread **11.** Carpenter **12.** Chosen **13.** Christ

14. Consolation **15.** Cornerstone **16.** Counselor **17.** Deliverer **18.** Emmanuel

19. Everlasting **20.** Father **21.** Son **22.** Foundation **23.** Holy **24.** IAm **25.** Jesus

26. Word **27.** Wonderful **28.** Waymaker **29.** Shepherd **30.** Redeemer **31.** Governor

32. Messiah **33.** Master **34.** Faithful **35.** Good **36.** Nazereth **37.** Rock **38.** Savior

39. Salvation **40.** Lord **41.** Life **42.** Servant **43.** OnlyBegottenSon **44.** Light

45. Forerunner **46.** LambofGod **47.** KingofKingds **48.** MightyGod **49.** God

50. SonofDavid **51.** SonofGod **52.** LionofJudah **53.** HolyandJustOne **54.** SonofMan

55. FirstandLast **56.** HighPriest **57.** Judge **58.** HornofSalvation **59.** Yaweh **60.** Word



PLEASE PRAY FOR



Please remember these persons and families in your prayers, and/or perhaps send a card, drop by and visit, or give them a call. Rev. Harris needs to be informed when members become ill or hospitalized so that he can minister to them. You can contact him directly at 214-213-5714.

Sister Mary Euline - Back at Home - 513 Sears Ave NE, Winter Haven, FL 33881
Sister Retha Roberts – Health
Brother Moses Dennis - Nursing Home
Brother Koby Veillon – Back Home recovering after successful surgery
Sister Mildred Davis - Health
Brother John Parker (Pops) – Health
William Wills – Bereavement
Prayers for all those who are incarcerated. Hebrews 13:1-2

Hebrews 13:1-2 English Standard Version
Sacrifices Pleasing to God
[1] Let brotherly love continue. [2] Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares.

