Vol. 2, No. 9 **October 2026**

PAULINE LETTER

From St. Paul AME Church – Lake Alfred
"The Church Where the Spirit Leads"
180 Clark Rd, Lake Alfred, Florida 33850

Facebook: https://www.facebook.com/profile.php?id=90087250621994
YouTube: https://www.youtube.com/@StPaulAMELA

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"

From the Desk of Rev. Dorian Harris, Pastor

Eyes Fixed in 2026 — Hebrews 12:2

Greetings in the Name of our Lord and Savior, Jesus Christ!

As we enter the beautiful fall season, I am reminded that God is always faithful through every season of our lives. The changing of the season gives us another opportunity to pause, reflect, and give God thanks for His goodness, His grace, and His continued presence with us.

St. Paul, we have much to be thankful for!

As we move into October, our hearts and attention turn toward Annual Conference. Annual Conference is an important time in the life of our church and our connection. It is a time when we gather for worship, fellowship, accountability, encouragement, and to celebrate the work God continues to accomplish through His church.

I encourage each of you to continue praying for our Bishop, Presiding Elder, pastors, churches, and delegates as we prepare for this important gathering. Let us remember that what we do at St. Paul is part of something much larger than ourselves. We are connected to a great tradition of faith, service, justice, and ministry through the African Methodist Episcopal Church.

A Season of Appreciation

October is also a special time as we celebrate Pastoral Appreciation.

I want to take this opportunity to simply say thank you to the St. Paul AME family. It is a tremendous blessing and privilege to serve as your pastor. I am grateful for every prayer, every word of encouragement, every act of service, and every sacrifice that you make for the ministry of St. Paul.

Pastoral ministry is a calling, but it is also a journey that we walk together. I am thankful that God has entrusted us to serve together in this season.

Thank you for allowing me to preach, teach, pray, lead, learn, and grow alongside you. Thank you for trusting the vision God has given us and for continuing to believe in what He is doing through St. Paul.

This is not simply my ministry. This is our ministry.

And as we celebrate Pastoral Appreciation, my prayer is that we will continue to appreciate not only the pastor, but also the people, the ministry, and the God who has called us together.

Keep Your Eyes Fixed

Our 2026 theme continues to speak to us:

"Eyes Fixed in 2026."

Hebrews 12:2 reminds us that we are to be "looking unto Jesus the author and finisher of our faith."

There will always be distractions. There will always be challenges. There will always be seasons of transition. But our assignment remains the same:

Keep your eyes on Jesus.

As we enter this fall season and prepare for Annual Conference, let us continue to worship faithfully, serve joyfully, love intentionally, and walk together in unity.

St. Paul, let's keep our eyes fixed on Jesus.
Let's keep trusting God.
Let's keep serving His people.
Let's keep moving forward in faith.

We believe the best is yet to come!

With Love and Gratitude,

Rev. Dorian A. Harris
Pastor
St. Paul African Methodist Episcopal Church
Lake Alfred, Florida

ST. PAUL AME CHURCH

The Right Reverend Marvin Clyde Zanders, II,
Presiding Bishop of the 11th Episcopal District
President of the Council of Bishops

The Reverend Jimmy James Thompson,
Presiding Elder of the Lively Lakeland District

The Reverend Dorian Ashon Harris, Pastor
Sister Tracey Harris, First Lady

The Reverend Billy A. Shaw, Retired

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 OCTOBER

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.

10/04/2026 - NINETEENTH SUNDAY AFTER PENTECOST
Ezekiel 18:25-32; Philippians 2:1-11; Matthew 21:28-32

10/11/2026 - TWENTIETH SUNDAY AFTER PENTECOST
Isaiah 5:1-7; Philippians 4:4-9 ; Matthew 21:33-43

10/18/2026 - TWENTY-FIRST SUNDAY AFTER PENTECOST
Isaiah 25:6-10a; Philippians 4: 12-20; Matthew 22:1-14

10/25/2026 - TWENTY-SECOND SUNDAY AFTER PENTECOST
Isaiah 45:1-7; I Thessalonians 1:1-5; Matthew 22:15-22





First Sunday – Communion Sunday
Second Sunday – Family & Friends Sunday
Third Sunday – Son's of Allen (Men's Sunday)
Fourth Sunday – YPD (Youth Sunday)

Group Colors
Pastors – black suit and round clergy shirt
Stewards – black and purple
Trustees – black and white
WMS – Royal Blue and White
YPD – Green and White
Sons of Allen – Burgundy and White
Lay – Navy Blue and White
Ministers Spouses – Black with corsage

Facebook: https://www.facebook.com/profile.php?id=90087250621994
Please Check us out, Share, Follow, Comment, Like and Leave a review.
Make it part of your daily routine, it's updated daily.

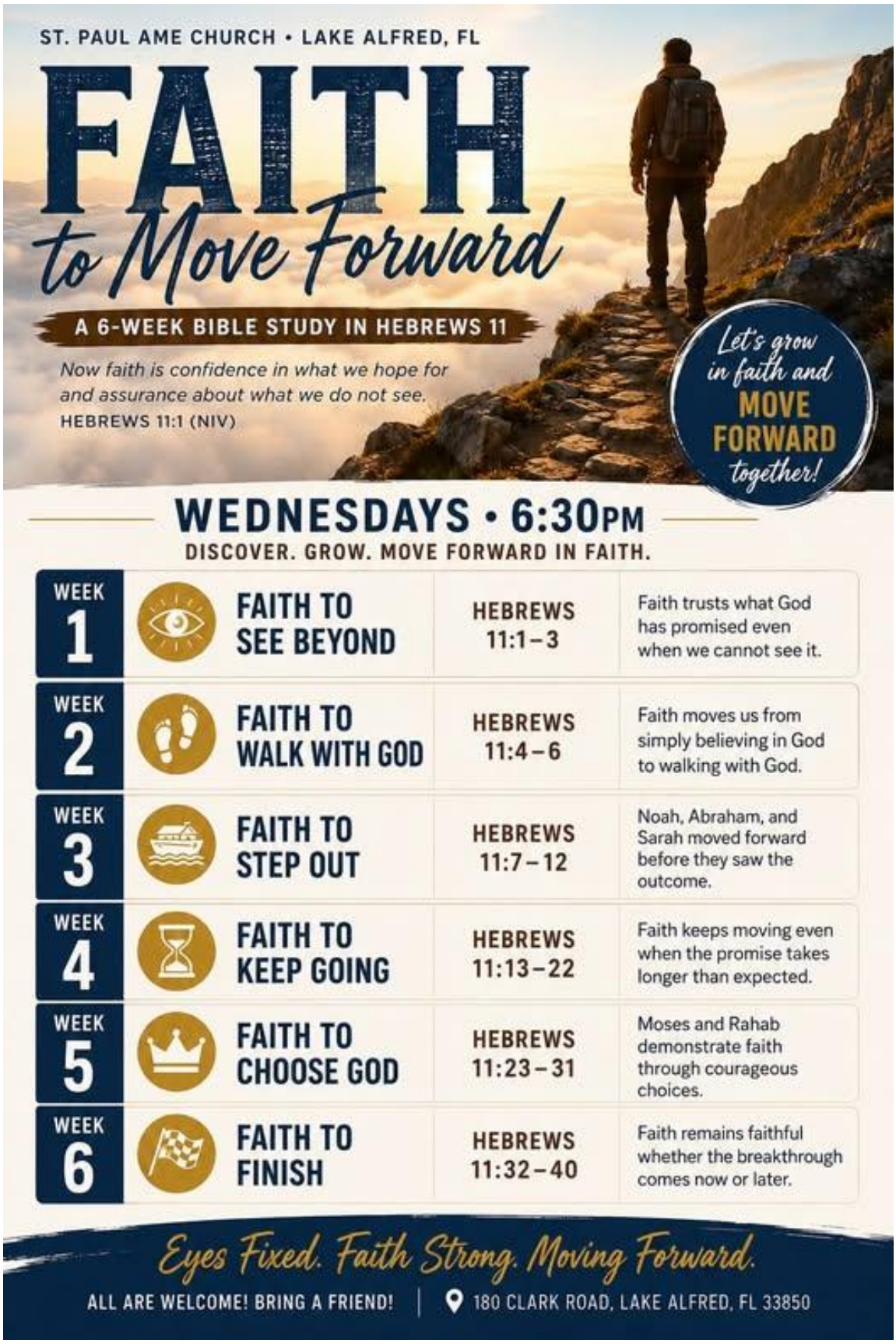
Also check out our Youtube page for our past Church services at:
https://www.youtube.com/@StPaulAMELA

Tuesdays – Talbot House Ministries Bible Study 6:30 pm at
320 MLK Blvd NW, Winter Haven, FL, 33881

Wednesdays – St Paul Bible Study at Church and/or
via Zoom ~ Zoom ID: 552 39 4213 ~ Study 6:30 – 7:30 PM
Please Check Rev. Harris Church Text for determination of Church or Zoom Study

The West Coast Annual Conference (Theme: A Season of Action) will be held at
Hurst Chapel AME Church, 875 Ave O NE, Winter Haven, FL 33881
October 11- YPD Annual Day
October 13- WMS Service
October 14-16- West Coast Annual Conference

Week 4 Will Be 10/07/2026




AFRICAN METHODIST EPISCOPAL CHURCH
West Coast
CONFERENCE
YOUNG PEOPLES AND CHILDREN DIVISION
WCC YPD
ANNUAL DAY 2026
MISSION PROJECT
Supporting
TALBOT HOUSE
WINTER HAVEN, FLORIDA
TALBOT HOUSE
Every Gift Makes a Difference.
As we gather for Annual Day, the West Coast Conference YPD is proud to support Talbot House, an organization serving individuals and families in need within our community.
We invite YPD members, churches, and areas to participate by giving from the heart. There is no set amount and no sponsorship level. Every contribution, regardless of size, helps us make an impact.
GIVE WHAT YOUR HEART DESIRES!
You can give:
INDIVIDUALLY
AS A CHURCH
AS AN AREA
Every gift, big or small, helps us serve with purpose, love, and excellence.
MAKE CHECKS PAYABLE TO:
West Coast Conference YPD
Please mail checks to:
West Coast Conference YPD
3176 Kiwi Ave
Winter Haven, FL 33881
WCC YPD
Serving Beyond the Church Walls


The Lively Lakeland District
M-SWAWO+PK's
(Minister Spouses A.M.E. Church)
2nd Annual
Soulful
Christmas
Gala
Dinner, Silent Auction, Giveaways and
Live Entertainment
featuring
"The Soul Sensations Band"
Friday
December 18, 2026
Doors Open
6 PM - 10 PM
Semi - Formal - After Five Attire
Donation: $100 Per Person
The Club at Eaglebrooke
1300 Eaglebrooke Blvd
Lakeland, Florida 33813
Tickets Available Now:
Please call (813) 737-2640 or contact
any Spouse on the Lakeland District



Happy October 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.

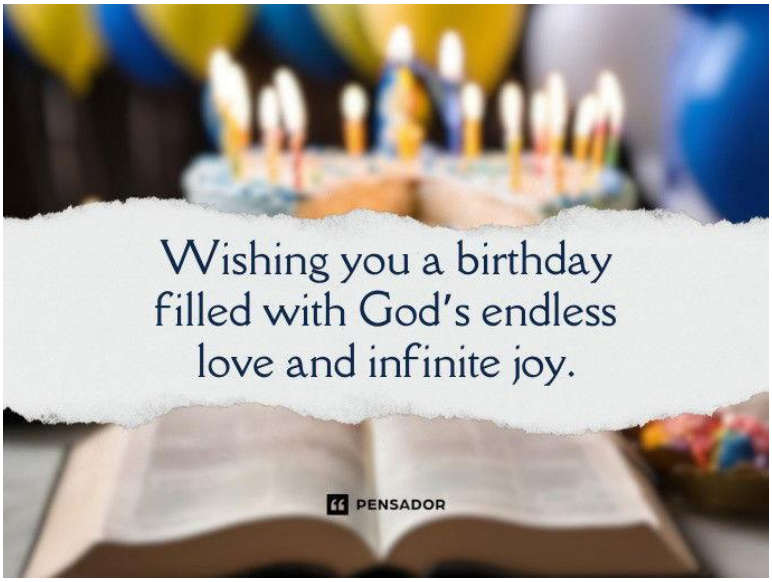
Birthday Blessings

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

Happy Birthday

We pray you have many more happy & healthy birthdays.



Church Activities









9/27/2026 – Rev. & First Lady Harris & Ari Harris Appreciation Service



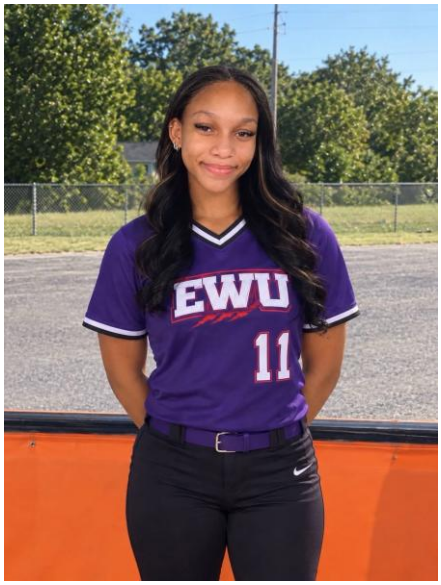
9/20/2026 - Sister Retha Roberts Returning to St Paul





9/20/2026 - Sister Retha Roberts Returning to St Paul





Edward Waters University Softball Team & Player Kennedy “Koko” Davenport









9/19/2026 - YPD Meeting at Hurst Chapel AME Church, Winter Haven



BLACK HISTORY: Covert, Michigan (1860-1910)

A century before the Civil Rights movement, this small town on Lake Michigan had racially integrated schools, churches, government, and civic organizations. Settled by black and white pioneers in the mid-1800s, Covert Township worked across racial and ethnic lines at a time when doing so was widely rejected if not outright illegal. Learn the story of this remarkable community, told against the backdrop of Reconstruction's overthrow in the South and worsening racial conflict in the North.

When much of America was tearing itself apart and squandering the moral victories of the Civil War, this community nestled in the west Michigan wilderness came together — not as a utopian social experiment, but as ordinary people who relied on one another to solve the problems of ordinary life on the frontier, and whose legacy endures today in Covert and beyond. This little-known American story offers an example our country needs now more than ever.

BLACK HISTORY: Paul Cuffe (1759-1817)

Paul Cuffe was a sea captain, entrepreneur, and philanthropist who lived through the birth and early life of the United States. As a young man, he helped smuggle goods past the British blockade during the Revolutionary War; by the early 1800s, he was perhaps the wealthiest Black man in the young republic, renowned and respected for his business sense and moral character and the first free man of color to visit The White House. An ardent abolitionist, Cuffe used his wealth to build one of the first integrated schools in America and to power his ambitious — and controversial — plans to build a new Black republic in West Africa.

BLACK HISTORY: Robert Smalls (1839-1915)

Robert Smalls was an American politician, entrepreneur and Navy pilot who exhibited courage and undeterred conviction in his fight for freedom, respect, and legal rights for former slaves. As a slave in the Gullah community of South Carolina, he risked his life to give the Union Navy an edge during the Civil War by commandeering a Confederate gunship and escaping to freedom with his family in 1862. His wartime celebrity began a life of public service and statesmanship. Smalls' political and business career revealed his determination to right past wrongs. During the Reconstruction Era, his integrity and non-discriminatory perspective helped both Black and white citizens transition into a new and just society. Throughout his life, Smalls demonstrated "radical grace," showing mercy to his former oppressors, trying earnestly to rebuild a South Carolina devastated by four years of war, and never compromising on the values for which he risked his life both during and after the war.



Health Corner



9 Fast Stress-Busting Pick-Me-Ups From WebMD

Medically Reviewed by Raja Durai Sam Nishanth, MBBS, MD on September 19, 2025

1 / 9 Laugh Out Loud

Feeling stressed about work and family responsibilities? There are plenty of quick things you can do to reduce your tension. Throw a comedy into the DVD player, invite over some friends, and share a few good laughs. Every time you crack up, increased oxygen courses to your organs, blood flow increases, and stress evaporates. In fact, just thinking about having a good laugh is enough to lower your stress hormone levels.

2 / 9 Pet Your Dog

Your pet not only gives you unconditional love, but they're also good for your health. When you pet your dog even for just a few minutes, your body releases feel-good brain chemicals like serotonin, prolactin, and oxytocin. At the same time, it decreases the amount of the damaging stress hormones that are released. That can mean lower blood pressure, less anxiety, and even a boost in immunity.

3 / 9 Clean the Clutter

Being surrounded by too much stuff can be overwhelming and contribute to stress. It brings on anxiety when you can't find your checkbook, your child's homework, or the utility bill. So de-clutter to de-stress. Tackle a drawer, a shelf, or a tabletop one at a time. An uncluttered space can feel satisfying and restorative. As an added plus, spring cleaning is good exercise, burning more than 250 calories an hour.

4 / 9 Mow the Lawn

Cutting the lawn might sound like work, but the smell of freshly mown grass actually can make you feel more relaxed. Scientists say chemicals from newly cut grass may help block the release of stress hormones in the brain. Just remember to wear earplugs to drown out the mower, because too much loud noise can send your stress rate soaring again.

5 / 9 Drink Some Orange Juice

The tart beverage that already may be a regular part of your morning routine could help you in surprising ways. Researchers say vitamin C may help people manage their stress more effectively, in part by lowering levels of stress hormones like cortisol. As an added bonus, vitamin C-rich foods such as orange juice, grapefruit juice, strawberries, or sweet red peppers can help boost your immune system.

6 / 9 Sing a Song
Turn up the radio in the car or start crooning in the shower. No matter how out of tune you are, singing can make you feel happier. Choral members who were surveyed said singing put them in a better mood and made them feel less stressed. Singing also can be good for your breathing and posture, as well as your heart and immune system.

7 / 9 Take a Walk
Exercise is a great way to ease stress. It helps your body produce endorphins -- the neurotransmitters in your brain that make you feel good. It also forces you to focus, helping you forget what's making you anxious. Exercising in warm, sunny weather can boost your mood. And if you walk briskly for at least 30 minutes, you'll meet daily exercise recommendations, and ramp up stress-busting benefits even more.

8 / 9 Chew Some Gum
Chewing gum can do more than freshen your breath. According to research, chewing a stick of gum also seems to reduce stress and anxiety, as well as improve mental performance during tasks. In one study, not only did gum chewers report they were less stressed, they were also less depressed and less likely to see a doctor for high blood pressure or high cholesterol.

9 / 9 Take a Deep Breath
Aromatherapy isn't just for spas. No matter where you are, taking a deep whiff of lavender or rosemary may put you into a more relaxed state. Inhaling those aromas may lower your levels of the stress hormone cortisol. But just the act of breathing deeply is also a stress buster. Deep breathing sends oxygen surging through your bloodstream, helping to calm your entire body.

The Strange Origins of Common Food Superstitions

AuthorTony Dunnell September 9, 2026

Humans are superstitious creatures by nature, with many strange habits that seem entirely illogical. We avoid walking under ladders or opening umbrellas indoors in fear of bad luck. We knock on wood to prevent disappointment. We shun the number 13 and we can't quite decide whether black cats are good or bad omens. None of these actions makes much practical sense, and the same is true for a range of superstitions involving food. Food is a necessity that keeps us functioning and alive, but eating is also a cultural experience, rich with symbolic gestures, long-held traditions, and curious rituals. These include plenty of superstitions believed to bring luck, prosperity, health, wealth, and a range of other supposed benefits. And while modern science may dismiss these practices as mere folklore with no logical basis, there are plenty of common food-based superstitions we just won't let go. Here are six superstitions involving food, all of which demonstrate the human desire to find greater meaning or significance in the otherwise simple and essential acts of cooking, eating, and sharing meals.

Throwing a Pinch of Salt Over Your Shoulder

According to one common food superstition, if you accidentally spill salt, you should immediately throw a pinch of it over your left shoulder. The origins of this strange belief aren't entirely clear. It possibly dates back to the ancient world, including the Romans and Sumerians, when salt was a highly prized commodity and therefore spilling it was frowned upon. Later, during the Renaissance, Leonardo da Vinci created one of his most famous works, "The Last Supper," in which Judas Iscariot is portrayed knocking over a container of salt with his elbow, suggesting that the connection between spilled salt and bad luck was well established by that time. But why do we throw the spilled salt over our left shoulder? The common belief today is that the devil and evil spirits are said to lurk over the left shoulder, and the pinch of jinx-reducing salt is destined for their eyes.

Eating Black-Eyed Peas on New Year's Day

In the American South, eating black-eyed peas on New Year's Day is a common tradition and superstition said to bring luck and prosperity throughout the year ahead. When enslaved Africans brought black-eyed peas to America, the beans were initially used as food for livestock and enslaved people only. Black-eyed peas gained wider acceptance during the Civil War, when they were one of the few foods left untouched by Union troops, who considered them animal feed. Southerners therefore managed to survive on black-eyed peas during the winter, and so began the association with good luck and prosperity, and the tradition of eating them on New Year's Day.

Breaking the Wishbone

Breaking the wishbone of a cooked chicken or turkey is a common Christmas practice in the United Kingdom and a Thanksgiving tradition in the United States. Objectively, it's a very strange thing to do, no matter how much luck might be up for grabs: It involves making a wish while pulling the

bird bone in two with another person, and the person who gets the bigger piece will have their wish granted. The origins of this peculiar superstition are debatable. One common theory goes all the way back to the ancient Etruscans, who saw birds as potent oracles. They extracted wishbones from chickens, dried them in the sun, and then touched the bones as a form of divination. The Romans picked up this practice later, by which time the bone was being snapped in half, possibly to double its power. The Romans then introduced the concept to Britain, and it eventually found its way to the Americas via English settlers. It's hard to say whether the superstition really has such a long and storied history with a direct link all the way back to the Etruscans. We do know that the wishbone-breaking tradition as we know it today existed at least as early as the 17th century or early 18th century, when the bone was known as a "merrythought." The term "wishbone" first appeared a century or so later.

Double-Yolk Eggs Bring Good Fortune

Statistically, about one in every thousand eggs has a double yolk. So, if you regularly crack open and cook eggs, there's a chance you'll come across one at some point. For the superstitious, an egg with two yolks is widely considered a sign of impending good luck. It's not known where or when this superstition emerged, but the reasoning behind it is clear to see. Eggs have long been associated with life, rebirth, and potential, making a double yolk a natural candidate for a symbol of abundance, prosperity, and good luck. Double yolks are sometimes regarded as a sign of an upcoming marriage, or that a woman will soon become pregnant with twins.

Blowing Out the Candles on a Birthday Cake

The superstitious tradition of blowing out candles on birthday cakes has surprisingly ancient origins. Some historians believe it goes as far back as the ancient Greeks, who may have made cakes adorned with lit candles to honor Artemis, the goddess of the hunt and moon. This, in turn, was adopted by the Romans, who helped spread the tradition.

In modern Europe, the ritual of celebrating birthdays with a cake and candles — as we do today — has been around since at least the 18th century. One of the first documented accounts comes from the 1746 birthday party of Count Ludwig Von Zinzendorf, a German bishop, who had a massive cake covered in candles. At this point, in Germany at least, the act of extinguishing the candle flames was seen as a way to carry desires up to the gods — not dissimilar to how we blow out candles and make a wish today.

Eating 12 Grapes at Midnight on New Year's Eve

The tradition of eating a dozen grapes on New Year's Eve comes from Spain, and while the origins are still debated, it dates back to at least the 1880s. According to some historians, the Spanish bourgeoisie decided to imitate the French New Year's celebration of drinking champagne by skipping the middleman and going straight for the grapes. Others suggest the tradition began as a shrewd marketing tactic by grape growers who had a surplus harvest to unload in the early 1900s. Either way, the ritual caught on: By eating one grape at each of midnight's 12 clock chimes, you are destined for a lucky year, with each grape representing one of the 12 forthcoming months. The custom soon spread throughout Latin America, in countries as diverse as Cuba, Mexico, Puerto Rico, Argentina, and Peru. Some Latino populations in the U.S. have also maintained the grape-eating superstition.

THE FRUITS OF THE Spirit

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.

Galatians 5:22-23



1. LOVE

Love is patient, love is kind.

1 Corinthians 13:4



2. JOY

The joy of the Lord is your strength.

Nehemiah 8:10



3. PEACE

You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Isaiah 26:3



4. PATIENCE

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Galatians 6:9



5. KINDNESS

Be kind and compassionate to one another.

Ephesians 4:32



6. GOODNESS

Let us not become tired of doing good, for we will reap at the proper time if we don't give up.

Galatians 6:9



7. FAITHFULNESS

The Lord is faithful, and he will strengthen you and protect you.

2 Thessalonians 3:3



8. GENTLENESS

Be completely humble and gentle; be patient, bearing with one another in love.

Ephesians 4:2



9. SELF-CONTROL

A person without self-control is like a city with broken-down walls.

Proverbs 25:28

Walk by the Spirit, and you will not gratify the desires of the flesh.
Galatians 5:16



Recipe **Slow Cooker Mac and Cheese**

Ingredients

- 16 oz package elbow macaroni
- ½ cup butter, melted
- 2 eggs, beaten
- 12 oz can evaporated milk
- 10¾ oz can condensed cheddar cheese soup
- 1 cup milk
- 4 cups shredded cheddar cheese, divided
- ⅛ tsp paprika (optional)

Directions

Cook macaroni as directed. Drain. (Cook to firm as it will be in a slow cooker for 4 hours.) Place in a 5 quart slow cooker; mix in melted butter, soup, milk and 3 cups cheese. Pour over macaroni, stir to combine. Cover and cook on low for 4 hours. Sprinkle with remaining cheese and cook for 15 minutes longer until cheese has melted. Sprinkle with paprika and enjoy!

11

Sides

Recipe **Sweet Potato Soufflé**

Ingredients

- 2 cups sweet potatoes, mashed
- 2 eggs
- 1¼ cup sugar
- ¾ stick butter, melted
- 1 cup milk
- ½ tsp nutmeg
- ½ tsp ground cinnamon
- ¾ cup cornflakes, crushed
- ½ cup pecans, chopped
- ½ cup brown sugar, packed
- ¾ cup butter, melted

Directions

Mix potatoes, eggs, sugar, melted butter, milk, nutmeg and cinnamon well. Pour into greased dish. Bake at 400°F for 20 minutes. Mix remaining ingredients and spread over potatoes. Return to oven for 10 more minutes.

Recipe **Mountain Bean Madness**

Ingredients

- 15½ oz can pork and beans
- 15½ oz can butter beans
- 15½ oz can kidney beans
- 15½ oz can lima beans
- 15½ oz can pinto beans
- 15½ oz can great northern beans
- 1 pound ground beef
- 1 pound bacon
- ½ cup ketchup
- ½ cup brown sugar

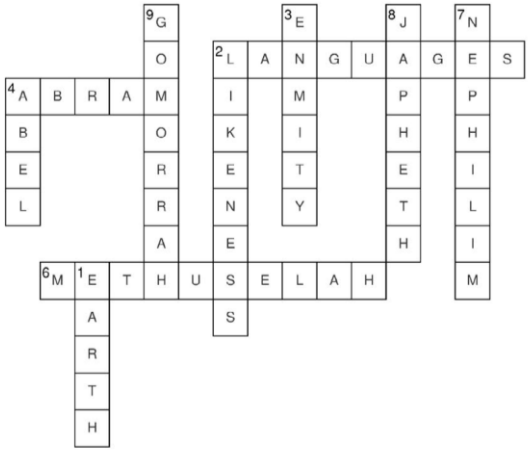
Directions

Drain all except pork and beans, put in slow cooker. Add ground beef and crumbled bacon, do not drain before adding to slow cooker. Mix remaining ingredients in slow cooker and heat thoroughly.

12

Last Issue's Puzzles Answer

Genesis





INTRODUCTION

What better way to know your Bible scriptures than by writing out one verse a day for a year! This calendar of verses contains 365 Bible scriptures on 12 wonderful themes. Just write out a verse each day and you'll draw near to God in a special way—by knowing his word!

Write out a scripture a day with your children and watch the whole family grow in faith and wisdom. Use whatever Bible translation is your favorite. Then do things like post them in special places around the house where family members will be sure to bump into them. Put them in lunch boxes or give them to friends who could be blessed by that particular scripture.

Each month begins a different theme including the following: Joy, Faith, Wisdom, Unity, Perseverance, Honesty, Courage, Understanding, Hopefulness, Rewards, Patience, and God's Kindness.

At the end of each month, you will know about 30 famous scriptures on each theme. And at a year's end, you will be well-equipped to know God's choices of behaviors for any given situation.

WRITE -a- VERSE -a- DAY

October Theme

REWARDS

(In Heaven & On Earth)

- October 1: Hebrews 11:6
- October 2: Revelation 22:12
- October 3: 1 Samuel 26:23
- October 4: Hebrews 12:2
- October 5: 1 Corinthians 9:24
- October 6: Philippians 3:14
- October 7: Matthew 6:2
- October 8: Matthew 6:5
- October 9: Psalm 127:3
- October 10: Ephesians 6:8
- October 11: Matthew 6:6
- October 12: Matthew 16:27
- October 13: Luke 6:35
- October 14: 2 John 1:8
- October 15: Matthew 6:16
- October 16: Hebrews 10:35
- October 17: Proverbs 12:14
- October 18: 1 Corinthians 3:8
- October 19: Hebrews 11:26
- October 20: 1 Corinthians 9:17
- October 21: Matthew 6:4
- October 22: Proverbs 11:18
- October 23: Proverbs 9:12
- October 24: 1 Corinthians 9:18
- October 25: Luke 6:22-23
- October 26: 1 Corinthians 3:14
- October 27: Ruth 2:12
- October 28: Colossians 3:24
- October 29: Romans 6:22
- October 30: Deuteronomy 10:17
- October 31: Proverbs 19:17

Rewards: a thing given in recognition of one's service, effort, or achievement

BOOK-BY-BOOK Bible CROSSWORD PUZZLES

EXODUS

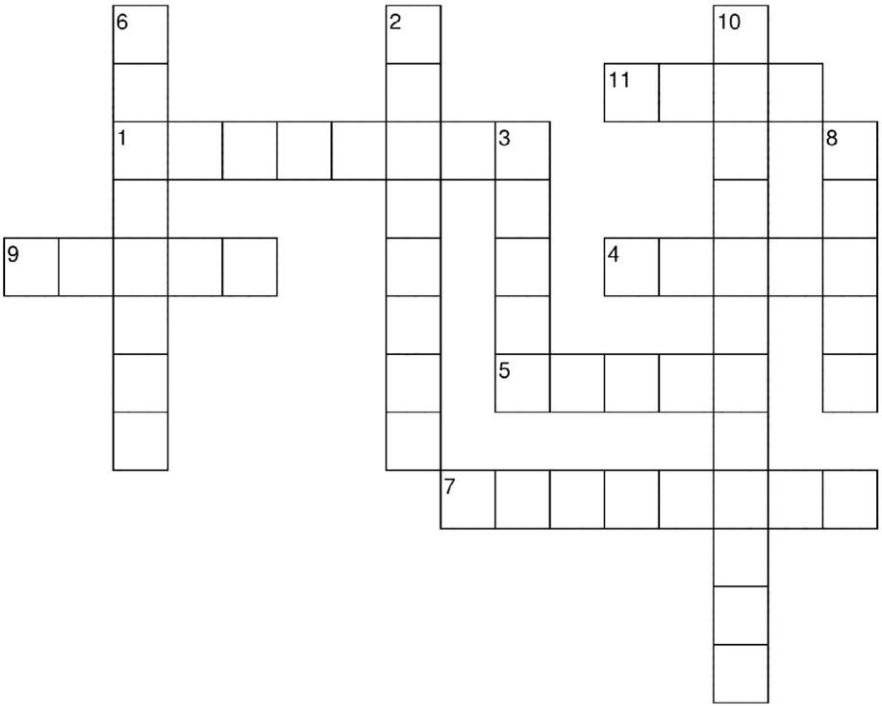
ORDER IN THE BIBLE
OT: #2

WRITTEN BY:
Moses

TIME PERIOD COVERED:
1525 BC to 1400 BC

OVERVIEW

At the end of Genesis, all the Hebrew people had gone to Joseph in Egypt to escape a drought. The start of Exodus reveals they had been there a long time and had become slaves. The Exodus, led by God and Moses, marked part of their journey to return to the Promised Land. The Book of Exodus ends with only one story after the gathering of the Ten Commandments. The rest of the book contains laws and instructions for the constructing of the Tabernacle.



Across

1. The midwives refused to kill Hebrew babies. One midwife was named _____ (1:15)
4. When Moses threw his staff down, it turned into this as a sign for Pharaoh (4:3)
5. In the first plague of Egypt, the waters of the Nile turned to this (7:20)
7. At this time, the Red Sea returned to its normal levels after the Hebrews passed through it (14:27)
9. God appeared in this thick natural mass at Mount Sinai (19:16)
11. In chapter 32, the people erred horribly by creating a golden calf, which served as this.

Down

2. The sin Moses committed as a young man (2:12
3. When Moses saw the burning bush, he was at this mountain (3:1)
6. A famous holiday named for the protection from the last plague of Egypt (12:11-12)
8. God rained down manna from heaven for the people to eat. Manna is another word for _____ (16:4)
10. Ten of these are given in Exodus 20.



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 - Health
Sister Retha Roberts – Health
Brother Moses Dennis - Nursing Home
Sister Mildred Davis - Health
Brother John Parker (Pops) – Health

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.

