Volume 10 ISSUE 9 - September 2026

GETTING TO KNOW YOU







DEVOTIONAL BY ELDER NICOLE FREEMAN

BE STILL AND KNOW THAT I AM GOD --- Psalm 4610
God has been teaching us to listen to the still voice within. Many of us have been practicing sitting quietly before God, and if you're like me, you have discovered that it is not as easy as you thought it would be.

When we become still, we realize just how busy our minds really are. Thoughts, worries, emotions and memories can all become distractions that want to steel our attention. We would like to believe we are in control of our lives and the decisions we make but when we ask God to search our hearts, He begin to reveal just how many other voices have been ruling us. As He brings these things to light, we begin to recognize the voices we've allowed to speak louder than His.

God has also been showing that He gave us our emotions, and our emotions are not wrong when they are surrendered to His spirit. We all experience fear, hurt, anger, disappointment and insecurity. But even emotions that feel good, like happiness and excitement, were never meant to be the measure of what is true or right. Something can make us happy and still not be what God has for us.

Our emotions were never meant to rule us; they were meant to come under the leading of the Holy Spirit. God is teaching us that we do not have to be controlled by everything we feel. Through His spirit within us, He has given us self-control. Our feelings may change with our circumstances, but His truth does not change. As we surrender our emotions to Him; we learn to let His truth lead us rather than simply following what feels good or reacting to what feels difficult.

God is teaching us to allow earthly circumstances to determine our responses. Before we react, we are learning to pause, become still and less governed by the noise around us and more led by the spirit within us.

And after the earthquake a fire; but the LORD was not in the fire and after the fire a still small voice." – 1 Kings 19:12

We are learning that no matter how loud the noise around us becomes, or how loudly our thoughts and emotions may speak, God's s whisper is louder. His voice does not have to compete for our attention, or shout over everything else. The spirit of God within us brings a quiet knowing a peace and assurance that settles deep withing our hearts.

As we become still before Him, we begin to recognize that knowing more clearly. The noise may be loud, but His voice is deeper. And as we learn to listen, we begin to know when He is speaking.

May we become a people who do not simply speak about God, but who have first heard from God.

To God be the Glory!



Hello Family,

Bible study is back, starting Wednesday, September 2nd at 7:30 p.m. until 9:00 p.m. in the Sanctuary.
You can come a few minutes early to have coffee and a snack in the Fellowship Hall. I don't know if you have ever been to Bible Study but it is always fun and interesting here at New Image Ministries. I hope to see you there.

Do you know that there is always a continental breakfast in the Fellowship Hall before church service? Our own Elder Sandra

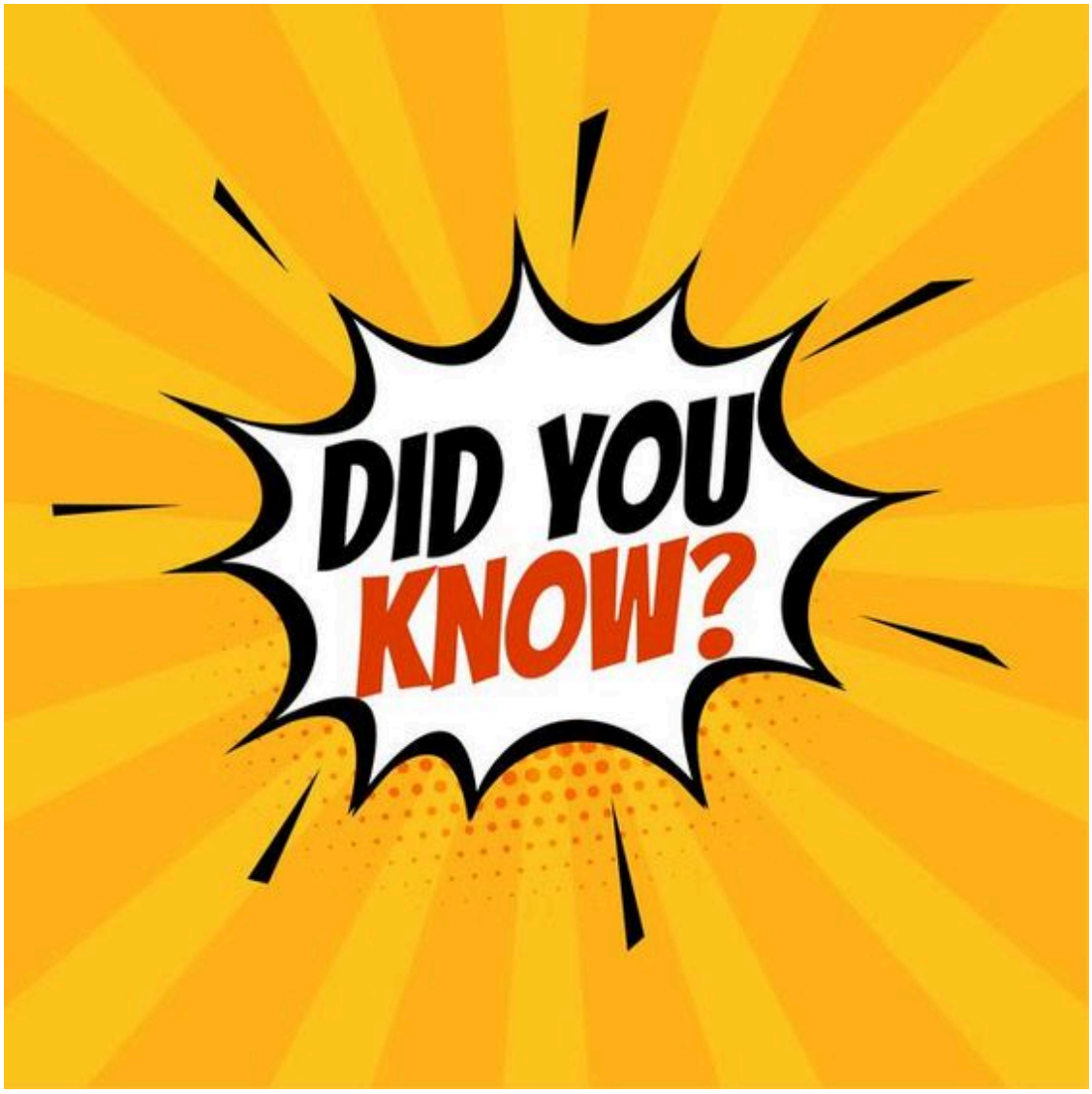
Roman and Deacon Eddie McImtosh take turns every Sunday preparing bagels, coffee, orange juice, a snack and fruit; not to mention the fellowship. It's wonderful and I would like to thank them and Peg Lynch, who is always willing to fill in when needed. Please come a little early and sit and talk with your church before "what we know" will be an amazing church service.

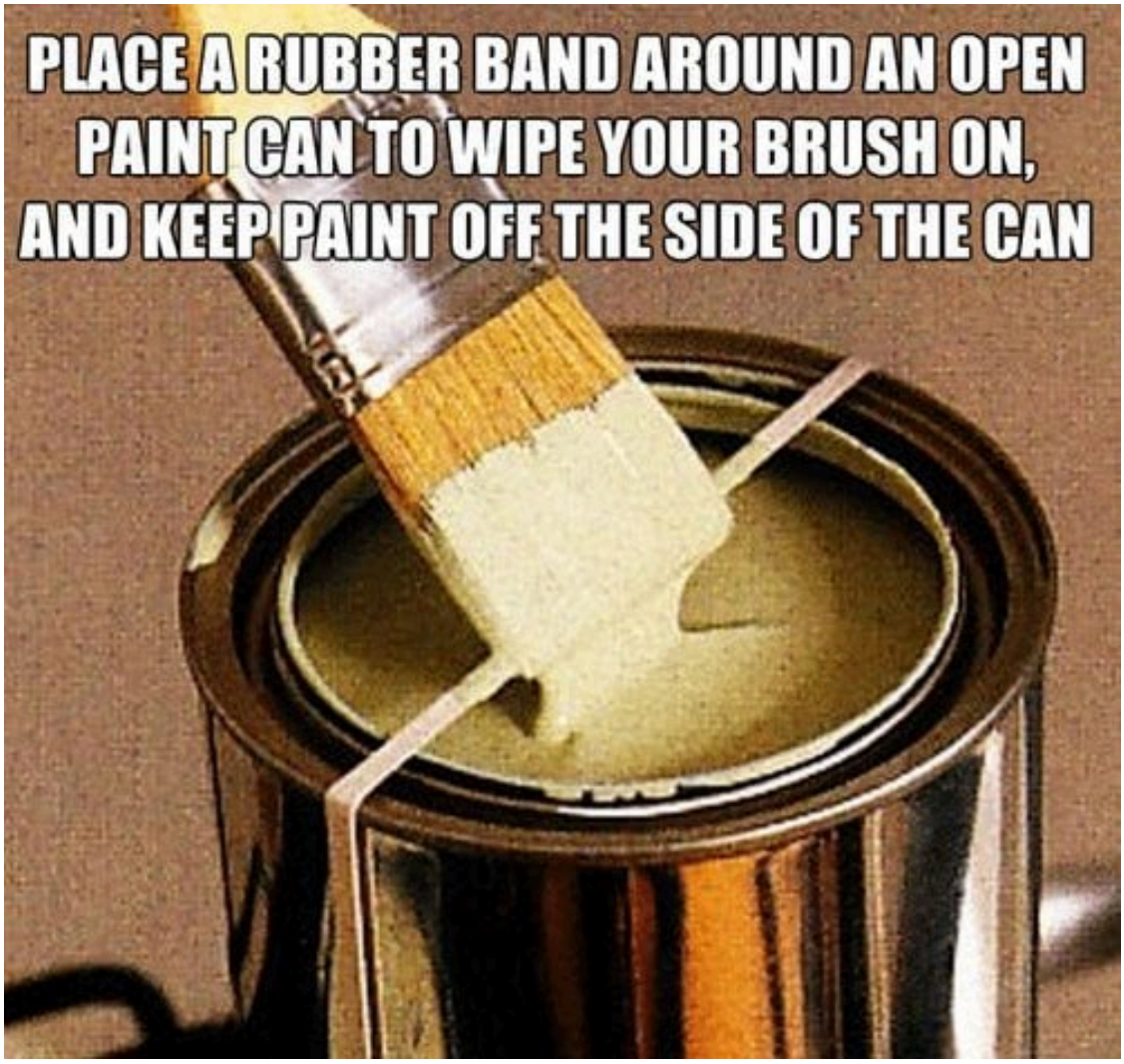
How about our talented and dedicated Praise team; the worship music just keeps getting better and better. We are so blessed to have Sister Tric, Brother Tiger Lou and of course Brother Randy. Randy, we are praying for a speedy recovery and we can't wait to see you back here soon!

We are working remotely now, meaning that we are not in the office on a regular basis, but you can still call and leave a message because we will always be here for you no matter where we are.

We are a family and we always will be.

Until next month and always with love and blessings,
Deacon Helen J. Caliendo


DID YOU
KNOW?



WHERE DID THE PHRASE "EVERY CLOUD HAS A SILVER LINING" COME FROM?



The silver lining is the optimistic part of what might otherwise be gloomy.

The Expression can be traced back directly to a line from Milton about a dark cloud revealing a silver lining, or halo of bright sun behind the gloom. The idea became part of literature and part of the culture, giving us the proverb every cloud has a silver lining in the mid-1800's


Grandpa what is the meaning of life
Getting to know the Lord Jesus Christ


©Keren Keet 2014
If there were cellphones at the Red Sea



WHO AM I?

I was born in the" Bronx, NY"
My favorite color is "Red"
I love "reading" and "going to the beach"
I spend each day taking care of "my spouse and my house and animals"
My most treasured memory is "the day I got married"
I have worked at banking and "bookkeeping"
I love "Chicken Parmesan"
I enjoy listening to "Jazz music"
I love "Michael Buble"
"Jason Statham" and "Tom Curise" are two of my favorite actors
My favorite actress is "Elizabeth Taylor"
"Soft music" makes me feel peaceful
I have been to "The Bahamas, Bermuda and California"
I would love to see "Europe and Greece"
My favorite holiday is "Christmas"
I love the smell of "roses"
My autobiography would be called "God is always in my life and my adventures"
A new day is" a good day for feeling loved"
I would love to be like "Wonder Woman" with all of her powers
I have had a "good family and a good life"
I collect little tchotchkes (knick-knicks)
If I were the ruler I would make "Be good to each other" a law
And "No Negativity"
"Do the right thing in life and you'll be blessed"



MEET PASTOR MICHAEL PORZIO

I was born in Mary McNamara Hospital
My favorite color is blue
My favorite activity is meditation
My typical day consists of creating atmospheres
My most treasured memory is Family vacations
I have worked as metal bender
Favorite food tortellini salad
I listen to worship music
My favorite singer is Clum Scott
My favorite author is Denzel Washington
My favorite movie is Young Washington
My favorite author is Thomas Keaton
My favorite actress is Anne Hathaway
My favorite T.V. show MASH
What truly makes me happy is quiet evenings
What makes me feel peaceful is a quiet morning
I have traveled to Boston
My favorite vacation was Camp Brett-Endeavor
My favorite holiday is the 4th of July
I love the smell of night blooming Jasmine
My autobiography would be titled The Journey *I*nward”
The best part of waking up is a clean slate

If I could have one superpower, I would choose to see the invisible
One thing I dream about doing is to go Italy
The one thing I am most proud of is my family
My philosophy is to be quick to listen and slow to speak
The thing that makes me laugh the most is Clean Comedy
I collect coins and knives
The most important law I would enforce if I were ruler is “obey your heart”
My warning label would say “quiet please
I would like to add Always take time to enjoy the moments in life.



Fun Fast Fat Food
by Geraldine Patterson

Ever promise yourself to cut down on the amount of fast food you eat? Ever wonder why you can’t seem to keep that promise? It might help you to know that the pull toward fast food involves more than the food itself. Most teens choose fast food because of the flavor, availability, and environment. A closer look at these three factors will show you what I mean. Think about your neighborhood and community. Food establishments are on just about every corner and in every shopping mall and if that isn’t close enough to you, they will happily deliver the delectables to your door. It’s tough to stave off hot, crisp, golden brown, fries, of stuffed crust and mega topping pizza. This stuff is fun, fast and full of fat, fat and more fat!

Nutritionists tell us that some fat, is good for us. For example, your body has layers of fatty tissue under your skin that services as the body’s natural insulation against hot and cold. It also acts as an inner cushion to protect your body against injuries. God, the designer of your body knew exactly what He

was doing when He provided fat as an insulator. It's like falling on a foam cushion when you bump your knee or stub your toe. Imagine having a broken bone every time these incidents happen? Painful!

Fat not only insulates but it makes your skin and your hair more attractive. It is a nutrient just as proteins, carbohydrates, vitamins, and minerals are. Without fat your skin would look gray, dull and dry. Your skin would lack that natural luster and shine. So, you see you need some natural fat in your diet but you need to have it in moderation. That's the key. Here's the help you need to keep your fat intake within reasonable and healthy limits.

1. Avoid super or king-size orders of hamburgers, fries, and other tasty items.
2. When eating foods south of the border avoid hard-shell tortillas, which are usually deep fried. Choose a burrito or fajita rolled in soft flour tortilla or a taco in a baked soft shell. Look for grilled meat or chicken, then pile on some lettuce and tomatoes.
3. Stay away from fried and breaded foods. Instead, opt for roasted, grilled or baked
4. Undress yr food. Reduce the amount of butter, cream, cheese, and sour cream dressings.
5. Use low-fat or fat-free dairy products.

Hey, let's face it. We all love fat. We need to have the healthier fat, so choose on healthy portion per day and eventually you will tame that desire for too much of it. Now that you have some fat-Tastic knowledge you can be sure to enjoy yourself more when you sit down to lunch.

Did you know there's nothing new about "FUN FAST FOOD"

The food that God provided miraculously for the Israelites in the wilderness during their Exodus 16:15,31 & 33, Numbers 11:16 – 19; The FAST FOOD was delivered everyday and it was called Manna.



A LIGHTHOUSE IN THE DISTANCE
by: Lisa S Satcher

I'm a Lighthouse in the distance,

A light for all to see,
I'll point you in the right direction
And plan your destiny.

I'm a very bright Beacon of Hope
Shining on the water in the night
Echoing – softly
"Come to Me-beause-I am the Light."

I'm calling to everyone on the water,
Especially the ships at sea,
Calling oh bring you light and hope
Throughout all of eternity.

Come toward the light
And I'll steer you to harbor safely onto the land.
When the winds and waves are crashing down
I hear your plea and bodly I always stand.

When you only see storms and
Darkness furiously raging all around,
Remember your Lighthouse in the distance
And you surely will not drown.

I have a purpose on the water
And it's for all of the world to see,
My Light forever burning,
Throughout precious eternity.

Love, God

BEEF BRISKET



2 tablespoons chili powder
1 tablespoon salt
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon ground black pepper
1 tablespoon sugar
2 teaspoons dry mustard
1 bay leaf, crushed
4 pounds beef brisket, trimmed
1 ½ cups beef stock

Trim the fat and slice meat thinly across the grain. Top with juice from the pan.

Directions

Preheat the oven to 350 degrees F.
Make a dry rub by combining chili powder, salt, garlic and onion powders, black pepper, sugar, dry mustard, and bay leaf. Season the raw brisket on both sides with the rub. Place in a roasting pan and roast, uncovered, for 1 hour.
Add beef stock and enough water to yield about 1/2 inch of liquid in the roasting pan. Lower oven to 300 degrees F, cover pan tightly and continue cooking for 3 hours, or until fork-tender.
Trim the fat amd slice meat thinly across the grain. Top with juice from the pan

1.



GLAZED CARROTS

Ingredients

½ pounds carrots, peeled and cut into ½ inch thick slices
½ cup butter
¼ cup brown sugar
¼ teaspoon salt
1 tablespoon chopped parsley optional

DIRECTIONS
Place the carrots in a large pan and add 1 1/2 cups of water. Bring the carrots to a simmer
Cook for 8-10 minutes or until carrots are tender. Drain off any excess water.
Add the butter, brown sugar and salt to the pan. Stir to coat the carrots.
Cook for an additional 4-5 minutes, stirring occasionally, until a sauce has formed.
Sprinkle with parsley if desired, then serve.

Notes:

Make sure your carrots are cut into uniformly sized pieces so that they cook at the same rate.

Leftovers will stay fresh in the refrigerator for up to 3 days in an airtight container. You can reheat your leftover carrots on the stove over low heat for 5-7 minutes

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God’s mercy is bigger than any of your mistakes



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