Volume 6-5 MAY, 2022

GETTING TO KNOW YOU







DEVOTIONAL BY NICOLE FREEMAN

SPIRITUAL REFLECTION

James 1:23-25 Anyone who listens to the word but does not do what it says us like a man who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But the man who looks intently into the perfect law that gives freedom, and

continues to do this, not forgetting what he heard, but doing it, he will be blessed in what he does.

We have been talking lately about our natural and spiritual lives and how we all identify with our natural lives very easily and assume that's just the way we are or the way we were born because we've been like this our whole life. The interesting thing is, we can hear a lie about ourselves in the natural and hold onto it as a truth but when it comes to our spiritual life, our true life, who we really are, it's seems hard to believe, because it's so good we end up denying or dismissing it based on our thinking because we feel we don't measure up. God knows our weaknesses, failures, shortcomings call them whatever you like we were created with them. They are not a concern for God but they are for us. Thank God for the cross; it was the love of God for all of us and the forgiveness we all needed. The cross allows us to accept His love and forgiveness, anytime we don't accept His forgiveness we deny our true self. The same if we hold back forgiveness, we were created in the image of Christ as He is in this world so are we. What does He do with our failures; He forgave them which gives us permission to do the same.

When we look into the natural world we see both good and bad, right and wrong and that's how we divide all day long in our minds whether we speak it or not. God said in scripture, let them be one as we are one. The oneness will be seen on the outside when we accept our natural self on the inside. It's such a beautiful picture of the two becoming one, and only God can do this for us and has through the cross. He removed all separation between Heaven and Earth. God is healing our land where there is peace on both sides. We need to remember our enemy is not outside of us, it's inside and God will use it to mature us until He's ready to take it out, which is usually when we don't see it or talk about it anymore. We are now blind to the natural realm, what we can see, feel, and touch, and believe the word of God no matter what's

going on. The Heavens are open. Praise be to God



Hello From Helen

Hello again family,

I don't know if you were here or not but we had an absolutely wonderful Easter Service. To start with, there were 48 Easter Lily plants adorning our sanctuary this year. Wow it was truly a sight to see. Our Easter service was wonderful, as it always is. Sister Tric and Brother Carlos played some old Hymns and we had a good, old fashioned "Hymn Sing" before the service and it was so much fun. The Hymn Sing was a bonus because at the usual time, they also played the beautiful worship songs that we are used to. We had some visitors and some family members that we don't get to see all the time. It was a wonderful Easter Service!

Have you taken a good look around the church lately? There are all kinds of beautiful additions; for example; the front of the church, look closely at the Pillars, wow they are just beautiful. Look toward the road and see all the new little plants/trees that will grow up big and strong. Just keep your eyes open because I'm sure that Pastor Michael and his crew will keep making more and more improvements as time goes on. I personally can't wait to see them. I think that we already have a beautiful church inside and outside and of course that includes all of you.

Please don't forget to visit the Book Store, Elder Sandra Roman is always putting new things in there and even if you've been in there recently or not you are bound to see some new, beautiful and unique items at amazing prices.

Don't forget that we have Communion Dinner on the first Sunday of each month.

Until Next time may The Good Lord continue to bless you.

With all my love,

Deacon Helen J. Caliendo



WHO AM I?

I was born in Chicago Illinois
Beside Florida, I also lived in The Carolina's
My favorite thing to do is to hang out with friend
I have been a cook and have worked in retail
I enjoy cooking
My favorite food is spaghetti
My favorite author is Stephen King
My favorite singer is Randy Travis
My favorite actress is Whoopi Goldberg
I love to watch Dancing with the Stars
Do I like to travel? That would be Yes and No
My favorite holiday is Thanksgiving
The best part of waking up is waking up with The Lord
I would love to lose weight
I collect Porcelain Figurines

If I came with a warning label it would day “Don’t cross me.”
The song that best sums me up is “Material Girl” by Madonna
An autobiography of my life would be called “Many Faces Have I”
My favorite cologne is Tabu



WHO AM I?
Meet Malissa Carter

My favorite color is blue

I love to read
I love puppies
Once I moved with the circus
My favorite memory is the birth of my children, they are my best gift and they make me laugh
I have 2 children
I worked as an apartment complex manager
I do not like to cook
I love French fries & hamburgers and I would eat them forever if I could
Listen to R & B music
My favorite author is Terry McMillan
My favorite all time singer is Luther Vandross
I love Comedies, movies and T.V.
My favorite actor is Denzel Washington
My favorite actress is Cicely Tyson
My favorite show as a kid was Different Strokes
I love to travel and I have gone to the Bahamas and Washington D.C.
I really like to eat my meals out
I like night time.
My favorite holiday is Christmas
I love the smell of Charlie cologne
The name of my autobiography would be “The Imperfect Kid”
The best part of waking up is eating breakfast
If I could have one superpower, I would like to be perfect
My bucket list includes a trip to Africa
I don’t think that anyone realizes that I’m older than I look
I went to Westchester State University
I collect books
If I ruled my own country I would make a law that everyone has to get along
My warning label would say “Don’t Touch Me Because I’m Close to the Edge”

If you think you know who I am, contact Helen in the

church office with your guess. All correct guesses will be published in next months issue of 'Getting to Know You'.

ONE OF MY FAVORITE RECIPES



New Delhi: The vegetable Thukpa soup is a popular noodle soup in India, especially in the North-eastern states. This easy to make one-pot meal is great for the lunch or dinner option.

Ingredients
1 Tsp Sesame Oil
1 Tbsp Ginger, Julienne
1 Tbsp Garlic, Chopped
1 Fresh Red Chili, Sliced
1 Medium Onion, Sliced
½ Tomato, Cubes
1 Cup Cabbage, Cubed
1 Medium Carrot, Rounds
3-4 Pieces Mushrooms, Quarter
3-4 French Beans, Cubes
3 Cups Vegetable Water

½ cup whole wheat or egg noodles
Handful Coriander Leaves
For Garnish
Lemon Wedges

1. Heat the saucepan, add sesame oil, ginger, garlic, red chili, onion and saute well till the onions are translucent.
2. Add tomato, cabbage, carrot, mushroom, french beans and saute well.
3. Add vegetable broth and let it cook on medium flame.
4. Add whole wheat or egg noodles
5. Add coriander leaves and mix well.
6. Garnish with lemon wedges and serve hot.



Flourless Honey-Almond Cake

Honey and almonds flavor this simple **(and gluten-free)** cake. It's lovely for afternoon tea or a spring holiday dessert. Be careful not to overbeat the egg whites--they should be white and very foamy, but not at all stiff or able to hold peaks. If you beat them too much, the cake may sink in the middle as it cools.

Cake Ingredients

1 ½ cups whole almonds, toasted
4 large eggs, at room temperature
½ cup honey
1 teaspoon vanilla extract
½ teaspoon baking soda
½ teaspoon salt
Topping
2 Tablespoons honey

¼ cup slices almonds, toasted

Directions

Step 1

Preheat oven to 350 degrees. Coat a 9-inch springform pan with cooking spray. Line the bottom with parchment paper and spray the paper.

Step 2

Process whole almonds in a food processor or blender until finely ground (you will have about 1 3/4 cups ground). Beat 4 egg yolks, 1/2 cup honey, vanilla, baking soda and salt in a large mixing bowl with an electric mixer (or use a paddle attachment on a stand mixer) on medium speed until well combined. Add the ground almonds and beat on low until combined.

Step 3

Beat 4 egg whites in another large bowl with the electric mixer (use clean beaters on a hand-held mixer or the whisk attachment on a stand mixer) on medium speed until very foamy, white and doubled in volume, but not stiff enough to hold peaks, 1 to 2 minutes (depending on the type of mixer). Using a rubber spatula, gently fold the egg whites into the nut mixture until just combined. Scrape the batter into the prepared pan.

Step 4

Bake the cake until golden brown and a skewer inserted into the center comes out clean, 25 to 28 minutes. Let cool in the pan for 10 minutes. Run a knife around the edge of the pan and gently remove the side ring. Let cool completely.

Step 5

If desired, remove the cake from the pan bottom by gently sliding a large, wide spatula between the cake and the parchment paper. Carefully transfer the cake to a serving platter. To serve, drizzle the top of the cake with honey and sprinkle with sliced almonds.



HALF A BLANKET
BY Fran

Half a Blanket

There is a fable that comes out of Arabia, from hundreds of years ago.

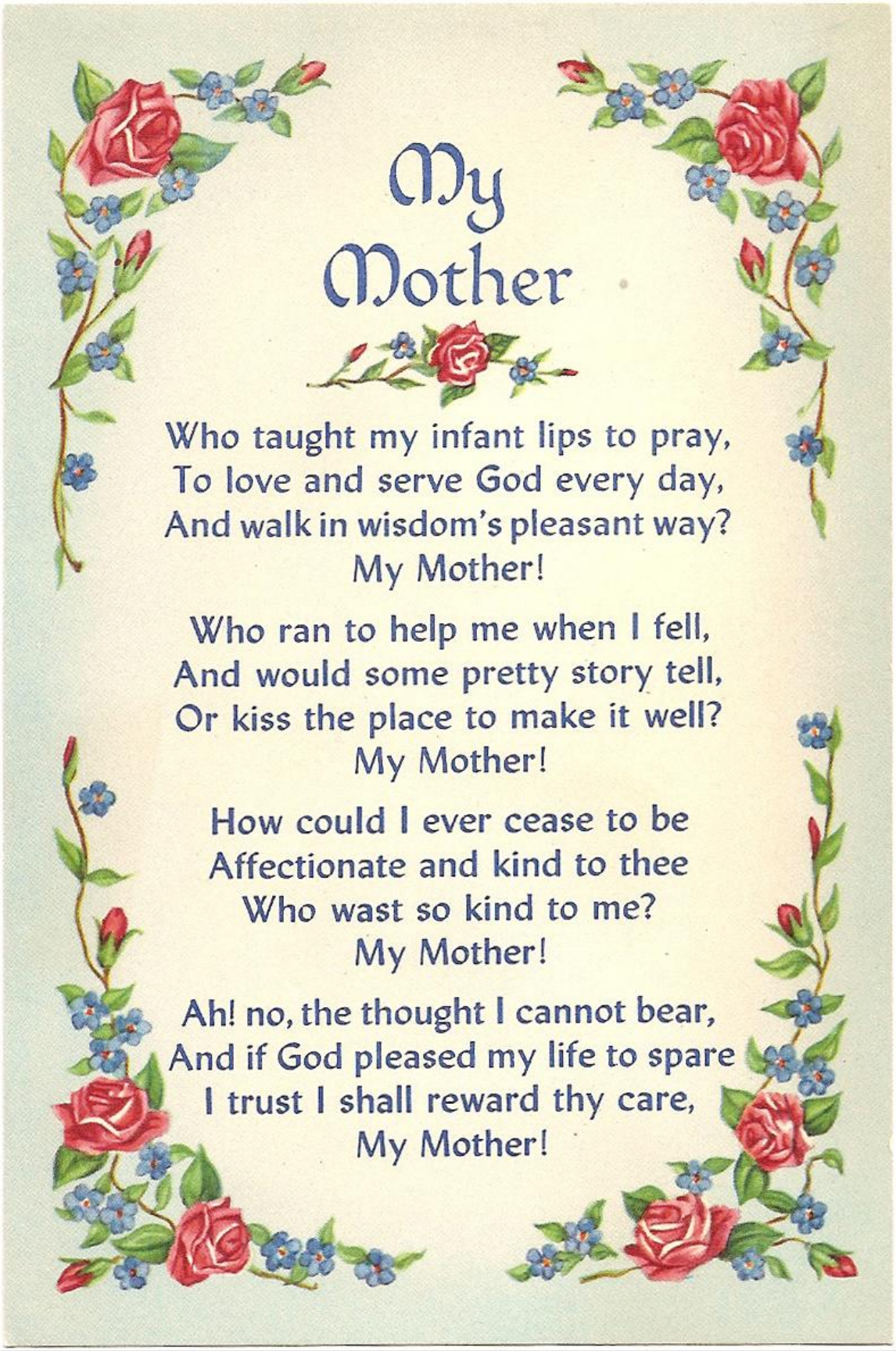
A couple lived in their tent with their son and the husband's elderly father.

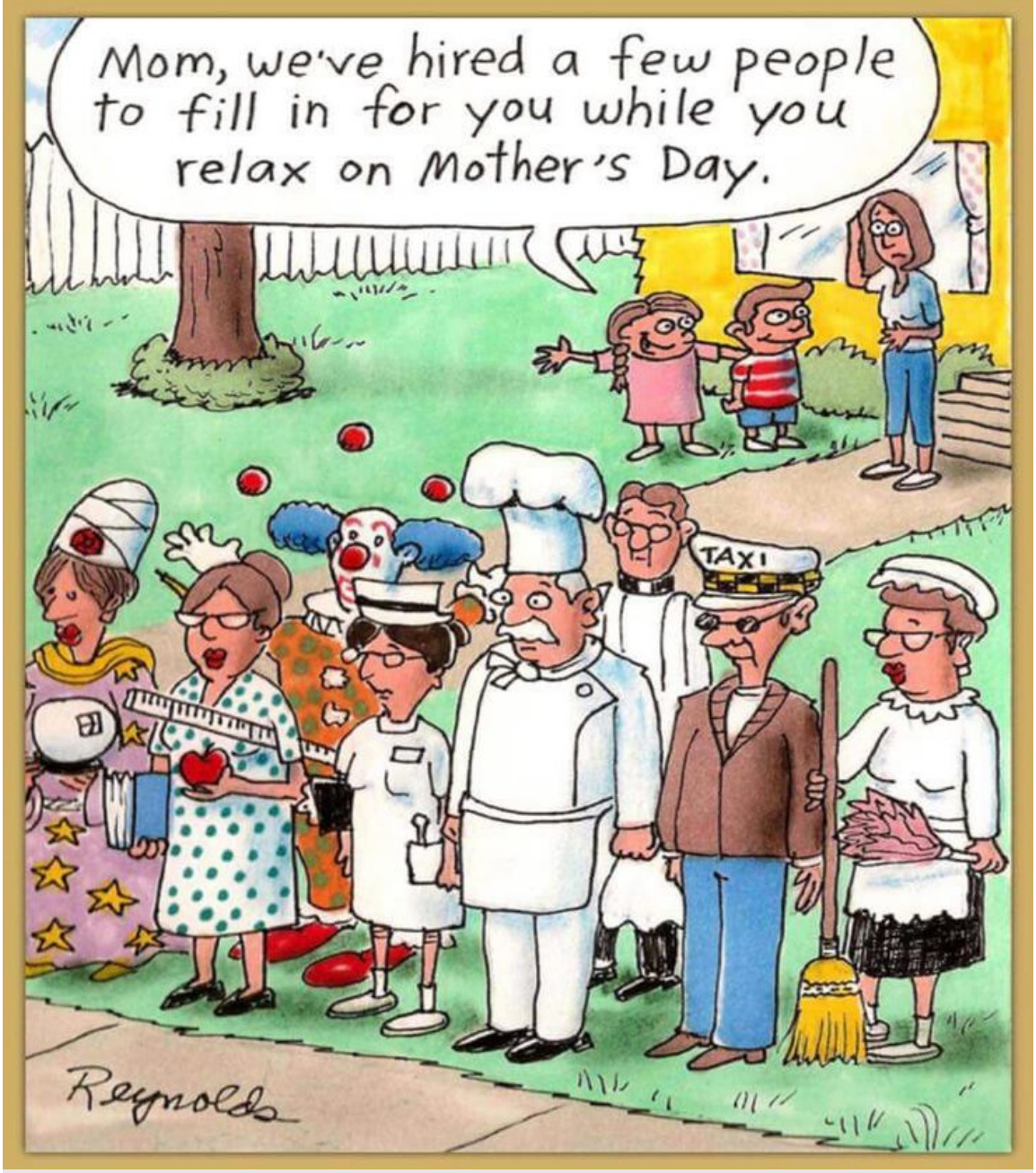
It began that the wife started arguing with her husband that the tent was no longer large enough for all of them and that the grandfather had to move on.
"But my father is too old to care for himself, where can he go?"" That is not my concern, she said, we have kept him long enough.

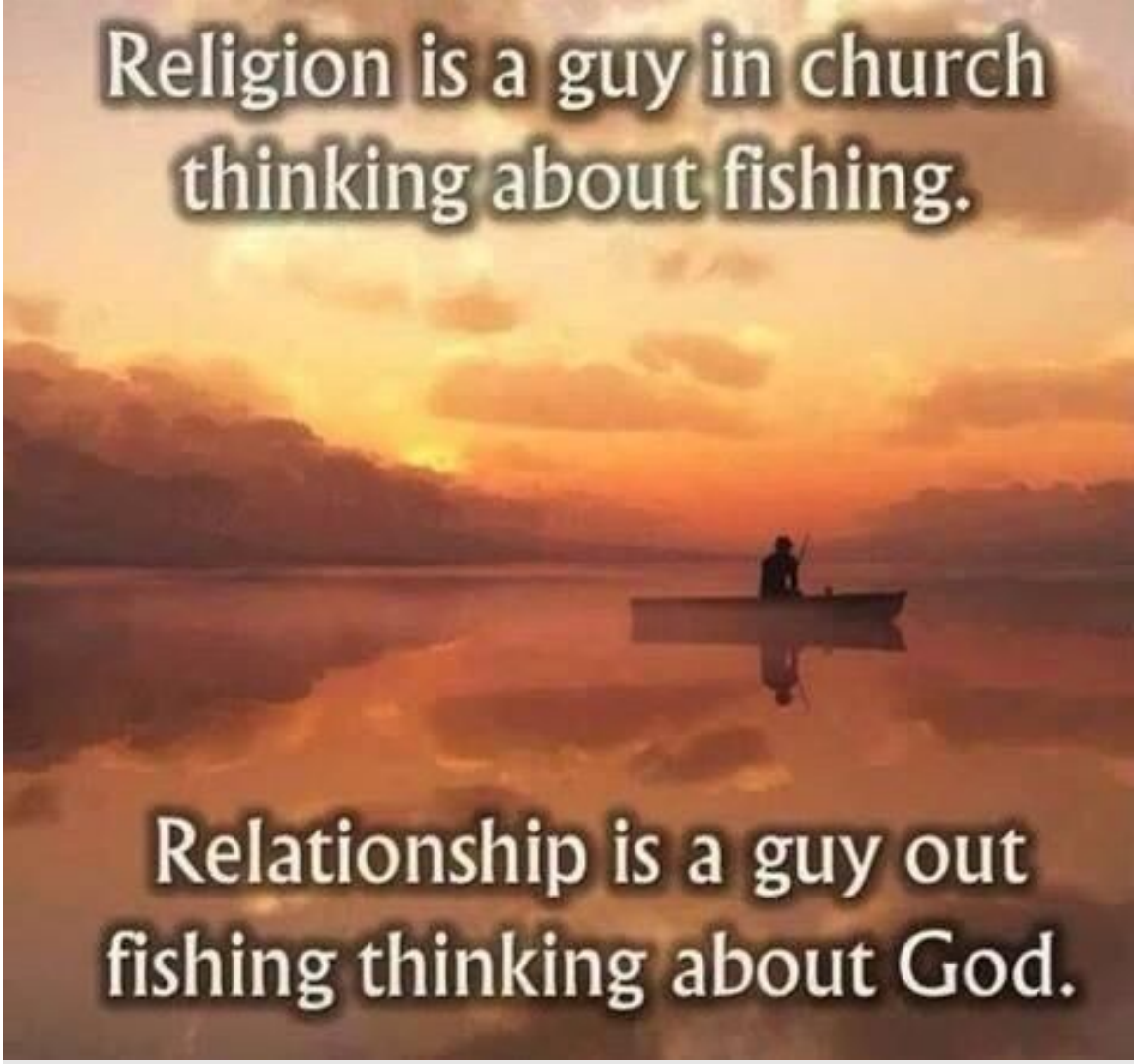
"Sadly, the man called to his young son and told him of the decision. He then told him to go to the barn and get his grandfather a nice blanket to give him some comfort for his journey.

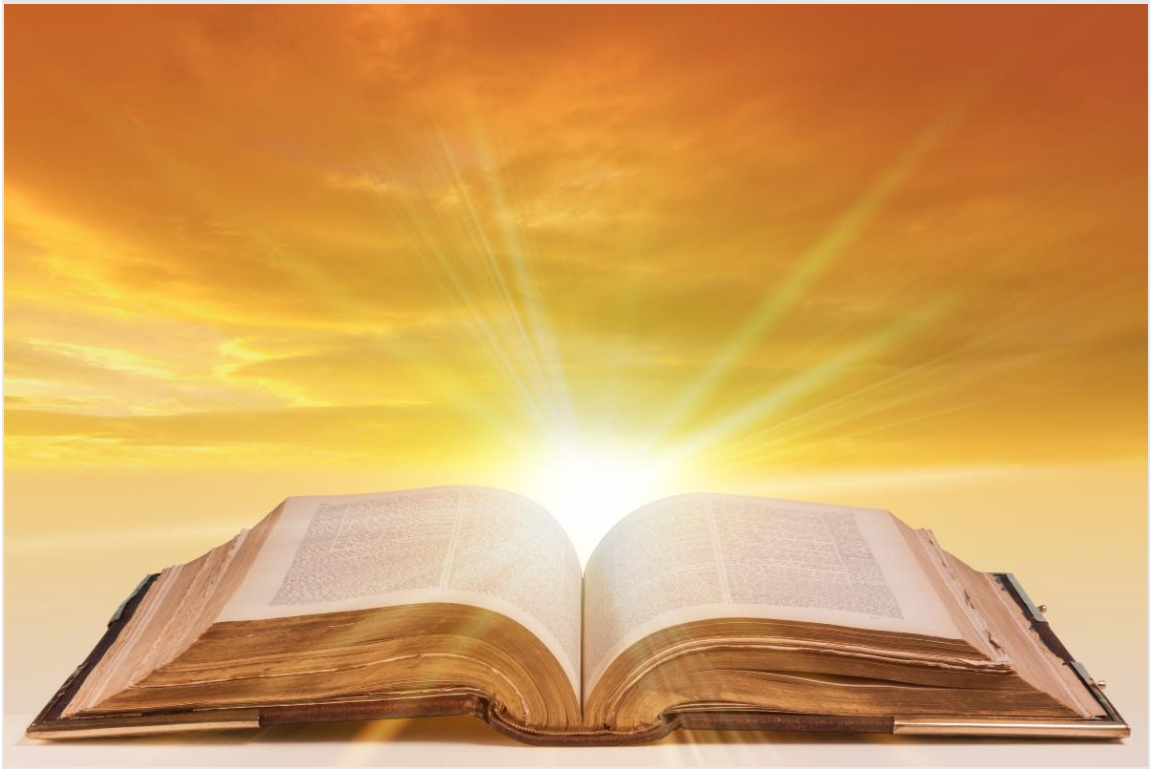
The boy returned with half a blanket. Enraged, the man demanded to know why his son brought his grandfather only half a blanket.

“Well, father,” answered the boy, “I am saving the other half for you.”

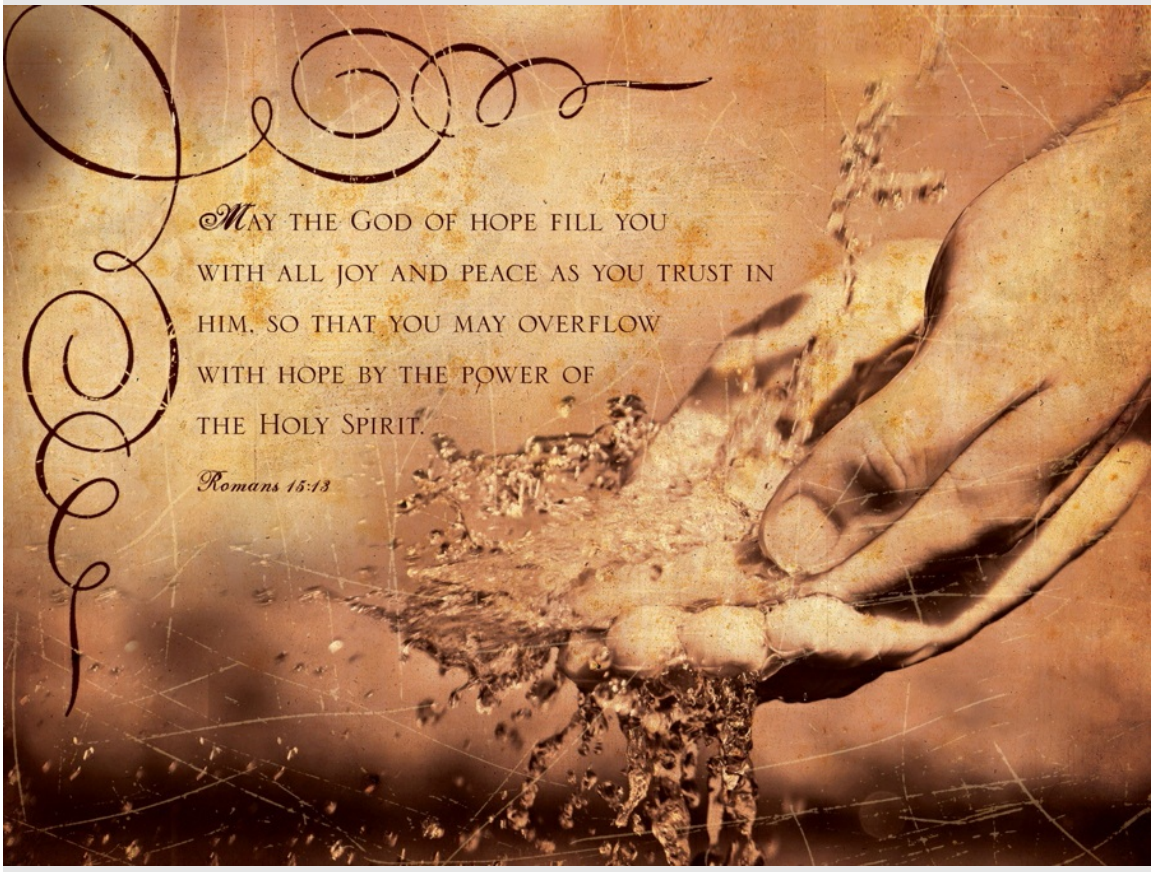



Mom, we've hired a few people to fill in for you while you relax on Mother's Day.
TAXI
Reynolds

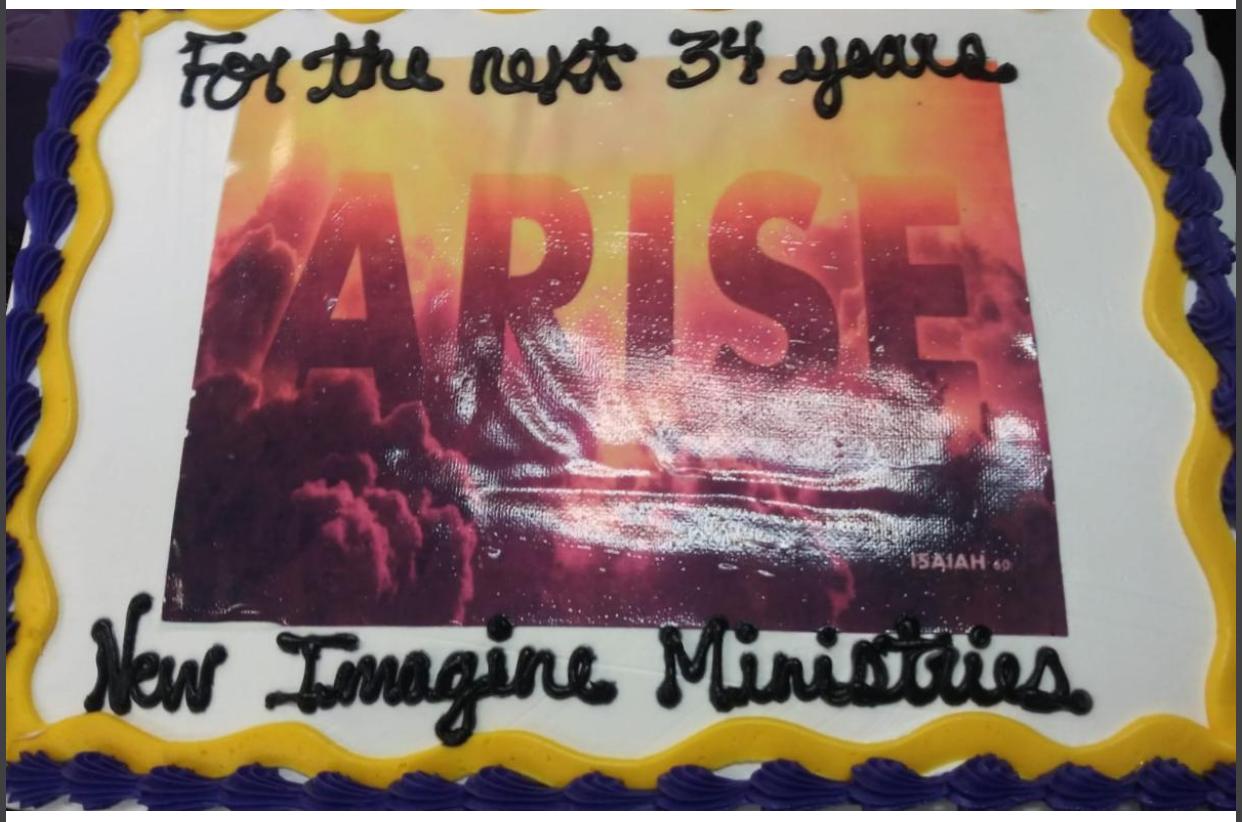

Religion is a guy in church thinking about fishing.
Relationship is a guy out fishing thinking about God.




May my meditation be pleasing to Him as I rejoice in the Lord.
Psalm 104:34


May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.
Romans 15:13





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STAY CONNECTED