

# The Faithful Word

August 2008

“I see you in the future and you look much better.”

Edition 69

## \*Join Us For Service\*

### Sunday Services

Sunday School: 9:30 A.M.  
Morning Worship: 11:00 A.M.  
Pastoral Teaching: 6:00 P.M.  
Evening Worship: 7:30 P.M.

### Tuesday Service

Prayer & Bible Band 10:00  
A.M.

### Wednesday Rehearsals

Youth Choir: 6:00 P.M.  
Inspirational Choir: 7:30 P.M.

### Thursday Services

Y.P.W.W.: 6:30 P.M.  
Youth Service: 7:30 P.M.

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## Greater Victory C.O.G.I.C.

253 West Mill Street  
San Bernardino, CA 92408  
(909) 889-7205



[www.greatervictoryonline.org](http://www.greatervictoryonline.org)



Supt. George A. Martin &  
Evangelist Ida Martin

## From the Pastor's Desk

### Obedience Requires Sacrifice

Reference Scriptures: 1 Samuel 15:22-23b; Mark 10:1722

\*A selection submitted by Pastor Martin to help those in need.

All through history we have observed that people would rather do something than to be obedient to the Spirit of God. We would rather give material things to people than to love them. Monetary gifts are cheaper than love. We would rather give money to Jesus than to take up our cross and follow him. So, in this study we will emphasize the fact that obedience requires sacrifice.

Although obedience requires sacrifice, you cannot substitute sacrifice for obedience. In 1 Samuel 15:22-23b, we see the consequences of Saul's disobeying God to offer a sacrifice. God instructed Saul through Samuel that the Lord does not delight in burnt offerings and sacrifices as much in obeying the voice of the Lord. "To obey is better than sacrifice." Because Saul rejected the word of the Lord, the Lord rejected Saul as king. As disciples of Jesus, we must make sacrifices. However, our sacrifices must grow out of our obedience to

the Lord rather than a substitute for obedience.

In the Mark 10:1722 passage, we see that sincere submission is essential to salvation. In order to be saved, one must be willing to do whatever Jesus asks of him. Often Jesus asks us to do things that seem drastic to test where our affection is.

Disciples of Jesus must seek spiritual things above material or visible things. In both scriptures above, both Saul and the young man who came to Jesus had their minds focused on material things rather than spiritual things.





## Education Connection:

### Music Lessons Can Improve Children's Performance in School

Source: [http://www.bigbaer.com/music-industry/archives/2005/09/music\\_lessons\\_c.html](http://www.bigbaer.com/music-industry/archives/2005/09/music_lessons_c.html)



The speed at which one learns something is different for different people. Lessons for your child helps increase the speed at which he learns. You're a parent, trying to help your child become a better student in school. Music will increase the speed at which your child can solve problems because learning how to play an instrument makes your child think and helps them to be more coordinated. While learning an instrument, your child uses the same abstract reasoning skills that he uses in mathematics.

Through music, children can connect their outer environment (the world of movement and sound) with the inner world of feelings and observations. Playing games or moving to music is a powerful first experience in the artistic process. Children learn music the same way they learn language--by listening and imitating. It's this process of listening and imitating that promotes a child's ability to express and articulate thoughts and perceptions.

Learning to play an instrument involves the use of both hands, in which finger play definitely promotes language development, fine-motor skills, and coordination, as well as self-esteem. Young children feel proud when they sing a song and can do the accompanying finger movements. It's always very gratifying to see a huge smile come over a child's face when he or she is able to play a melody or phrase they didn't think they could get. Then Voila! The child realizes "Hey, I did it once, so I can do it again!"

Listening to music also teaches important prereading skills. When children learn to strum on the guitar, or play their first chords on the piano, they can play the rhythmic pattern of words. They learn to differentiate between a fast and slow tempo, changes in volume with the music getting louder or softer, and instruments played one at a time and together, etc. When they try new instruments, they notice how each new sound changes the music.

Students of music and other arts continue to outperform their non-arts peers on the SAT, according to reports by the College Entrance Examination Board. As a whole, in 1995, SAT-takers with experience in music . . . scored 51 points higher on the verbal portion of the test, and 39 points higher on the math portion, as compared to students with no experience. And longer arts study means higher SAT scores: in 1990, those who had studied the arts four or more years scored 59 points higher on the verbal and 44 points higher in the math portion, than students with no experience in the arts.

Music lessons have been shown to improve children's performance in school. After eight months of keyboard lessons, preschoolers tested showed a 46% boost in their spatial IQ, which is crucial for higher brain functions such as complex mathematics. (Frances Rauscher, Ph.D., University of California, Irvine.) To learn more about this topic go to

<http://www.nswj.com>

THE TOUGHER IT IS TO BE A KID...  
THE TOUGHER IT GETS TO BE A PARENT!!!  
IT IS TIME TO FIND HELP... **THE PARENT PROJECT**  
**PROVIDES PROVEN STRATEGIES FOR PARENTS RAISING TODAY'S CHILDREN AND TEENS**

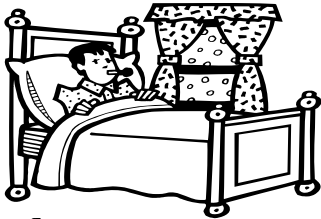
- STOP FAMILY ARGUMENTS
- IMPROVE SCHOOL ATTENDANCE & PERFORMANCE
- PREVENT ALCOHOL & OTHER DRUG USE
- LEARN EFFECTIVE INTERVENTIONS FOR VIOLENT & OUT OF CONTROL CHILDREN

\*\*\*OFFERED BY THE SAN BERNARDINO COUNTY PROBATION DEPARTMENT AND THE SAN BERNARDINO COUNTY DEPARTMENT OF CHILDREN'S SERVICES. THIS IS A 6 WEEK EVENING COURSE DESIGNED TO HELP PARENTS CHANGE DESTRUCTIVE ADOLESCENT BEHAVIOR. THE LOVING SOLUTIONS COURSE IS GEARED FOR CHILDREN 11 AND UNDER, HOWEVER, THE IDEAS WORK FOR OLDER CHILDREN AS WELL. CLASSES WILL BE HELD ON THURSDAY EVENINGS FROM 5:30PM TO 8:30PM STARTING August 14, 2008 AT OPERATION PHOENIX LOCATED AT 1671 Sierra Way SAN BERNARDINO. FOR MORE INFORMATION OR TO REGISTER, PLEASE CONTACT JANET EGAN, SSP AT (909) 388-1964.

## August

Evg. Tracy Brown  
Elder George Martin II  
Min. Leon Hawley  
Mo. Fields

\*\*\*Sick and Shut-In\*\*\*



*Please remember those who are sick and shut-in. Keep them in your prayers.*

*Sometimes a kind word, a phone call, or even a smile can make a world of difference.*

*\*Please remember Mo. Fields in prayer.*

## Message From the Sunday School

\*\*\*If you know your Bible, the Sunday School needs you. If you don't know your Bible, you need to come to Sunday School each Sunday morning at 9:30am.

Evangelist  
Stephanie Harris -  
Sunday School Supt.

## Seven Steps to Earthquake Safety

Submitted by Sis. Sagoe/Source: [www.earthquakecountry.info/roots/seven\\_steps.html](http://www.earthquakecountry.info/roots/seven_steps.html)

Earthquakes are inevitable, but the damage from earthquakes is not. Many people think the destruction caused by earthquakes is unavoidable, and that our only option is to pick up the pieces after the shaking stops. No! Earthquake damage and loss can be limited by steps you take before, during, and after. Many also think that all the damage and injuries from earthquakes comes from collapsing buildings. Again, no! As buildings are designed better, more of the losses in earthquakes are from objects that break or fall on people causing injury.

The seven steps in this section show how we can be safer by knowing what to do before, during, and after earthquakes. The steps may also save a lot of money when structures and contents are not damaged. In addition to following the steps at home, they should also be followed in schools, workplaces, and other facilities. If we all follow these steps, we may save billions of dollars in the next large earthquake. Most importantly, we can reduce the risk of being injured or killed. These steps were developed by members of the Earthquake Country Alliance, which includes leading earthquake professionals, emergency managers, government officials, business and community leaders, and others. The recommendations are based on many existing resources and the advice of many organizations. The members of the Earthquake Country Alliance all have specific roles before, during, and after earthquakes, to reduce earthquake damage and injuries, and to speed recovery. Do your part. Dare to prepare by following the seven steps.

### Seven Steps Overview:

1. Identify potential hazards in your home and begin to fix them.

2. Create a disasterpreparedness plan.
3. Prepare disaster supplies kits.
4. Identify your building's potential weaknesses and begin to fix them.
5. Protect yourself during earthquake shaking—DROP, COVER AND HOLD ON.
6. After the earthquake, check for injuries and damage.
7. When safe, continue to follow your disaster-preparedness plan.

### #1 IDENTIFY POTENTIAL HAZARDS IN YOUR HOME AND BEGIN TO FIX THEM.

Earthquake safety is more than minimizing damage to buildings. We must also secure the contents of our buildings to reduce the risk to our lives and our pocketbooks. Several people died and thousands were injured in the Northridge earthquake because of unsecured building contents such as toppling bookcases. Many billions of dollars were lost due to this type of damage. Much of this damage and injury could have been prevented in advance through simple actions to secure buildings and contents. You should secure anything 1) heavy enough to hurt you if it falls on you, or 2) fragile or expensive enough to be a significant loss if it falls. In addition to contents within your living space, also secure items in other areas, such as your garage, to reduce damage to vehicles or hazardous material spills.

There may be simple actions you can do right now that will protect you if an earthquake happens tomorrow. **START NOW** by moving furniture such as bookcases away from beds, sofas, or other places where people sit or sleep. Move heavy objects to lower shelves. Then begin to look for other items in your home that may be hazardous in an earthquake. Most hardware stores and home centers now carry earthquake safety straps, fasteners, and adhesives.

## \*\*\*Message Board\*\*\*

### A Message From the YPWW President:

Come and be blessed. Study to show thyself approved unto God.

**Every Thursday Night at 6:30pm**

**(Youth Service immediately following @ 7:30pm)**

\*\*\*\*\*

**Women's Department!!!!** Women, remember to see Sis. Browder to choose a **secret pal** for 2008. Take time out to surprise them with a little something special every once in awhile. – Women's

Department

### Syracuse University 10 Full Rides Scholarships for African Americans

Syracuse University 's School of Architecture is desperately seeking young men and women of color interested in pursuing a five-year professional degree in Architecture. The Dean says that he's deeply committed to bringing diversity to his field and has scholarship money set aside to fully cover education costs for 10 students. He says that Hispanic enrollment in the school has increased substantially, but it's been harder to attract Blacks.

Contact: Mark Robbins, Dean

School of Architecture

Telephone: (315) 443-2255

E-mail: [robbinism@syr.edu](mailto:robbinism@syr.edu)

\*\*\*\*\*  
(*Earthquake Safety con't*)

### In the kitchen

Unsecured cabinet doors fly open during earthquakes, allowing glassware and dishes to crash to the floor. Many types of latches are available to prevent this: child-proof latches, hook and eye latches, or positive catch latches designed for boats. Gas appliances should have flexible connectors to reduce the risk of fire. Secure refrigerators and other major appliances to walls using earthquake appliance straps.

### Electronics

Televisions, stereos, computers and microwaves and other electronics are heavy and costly to replace. They can be secured with flexible nylon straps and buckles for easy removal and relocation.

### Objects on open shelves and tabletops

Collectibles, pottery objects, and lamps can become deadly projectiles. Use either hook and loop fasteners on the table and object, or non-damaging adhesives such as earthquake putty, clear quake gel, or microcrystalline wax to secure breakables in place. Move heavy items and breakables to lower shelves.

### Furniture

Secure the tops of all top-heavy furniture, such as bookcases and file cabinets, to a wall. Be sure to anchor to the stud, and not just to the drywall. Flexible fasteners such as nylon straps allow tall objects to sway without falling over, reducing the strain on the studs. Loose shelving can also be secured by applying earthquake putty on each corner bracket.

### Hanging objects

Mirrors, framed pictures, and other objects should be hung from closed hooks so that they can't bounce off the walls. Pictures and mirrors can also be secured at their corners with earthquake putty. Only soft art such as tapestries should be placed over beds or sofas. (To download a free handbook or request free copies, visit [www.earthquakecountry.info](http://www.earthquakecountry.info) ) \*Look for Step #2 in the Sept. edition.

## Inspirational Thought:



**“To have fear is to lack faith in God.” – Benny Hinn**  
**Reference Scripture: ...And He said unto them, “Why are ye so fearful? How is it that ye have no faith?”**  
**Mark 4:40**

## Health Wise: Preventing Burnout

Submitted by Dea. Robert Shields/Source: [www.helpguide.org/mental/burnout\\_signs\\_symptoms.htm](http://www.helpguide.org/mental/burnout_signs_symptoms.htm)

If constant stress has you feeling physically, mentally, and emotionally exhausted, you may be suffering from burnout. When you're burned out, problems seem insurmountable, everything looks bleak, and it's difficult to muster up the energy to care—let alone do something about your situation. But if you're able to recognize the signs and symptoms of impending burnout, you can take steps to prevent it. Effective burnout-busting strategies include taking care of yourself emotionally and physically, asking for help when you need it, and staying connected to other people.

### Recognizing burnout

Burnout is a state of emotional and physical exhaustion caused by excessive and prolonged stress. It can occur when you feel overwhelmed and unable to meet constant demands. As the stress continues, you begin to lose the interest or motivation that led you to take on a certain role in the first place. Burnout reduces your productivity and saps your energy, leaving you feeling increasingly hopeless, powerless, cynical, and resentful. The unhappiness burnout causes can eventually threaten your job, your relationships, and your health. Because burnout doesn't happen overnight — and it's difficult to fight once you're in the middle of it — it's important to recognize the early signs of burnout and head it off. Burnout usually has its roots in stress, so the earlier you recognize the symptoms of stress and address them, the better chance you have of avoiding burnout.

### Signs and symptoms of burnout

The signs of burnout tend to be more mental than physical. They can include feelings of powerlessness, hopelessness, emotional exhaustion, detachment, isolation, irritability, frustration, being trapped, failure, despair, cynicism, and apathy.

### The difference between stress and burnout

Burnout may be the result of unrelenting stress, but it isn't the same as too much stress. Stress, by and large, involves *too much*: too many pressures that demand too much of you physically and psychologically. Stressed people can still imagine, though, that if they can just get everything under control, they'll feel better. Burnout, on the other hand, is about *not enough*. Being burned out means feeling empty, devoid of motivation, and beyond caring. People experiencing burnout often don't see any hope of positive change in their situations. If excessive stress is like drowning in responsibilities, burnout is being all dried up.

### Job burnout

Burnout is most common in the workplace. But there's a difference between a bad workday or two and job burnout. Most of us have days when we feel bored, overloaded, or unappreciated; when the dozen balls we keep in the air aren't noticed, let alone rewarded; when dragging ourselves into work requires the determination of Hercules. On the other hand, you may be flirting with burnout if:

- Every day on the job is a bad one.
- Caring about work seems like a total waste of energy.
- The majority of your day is spent on tasks you find either mind-numbingly dull or unpleasant.
- Nothing you do appears to make a difference in a workplace full of bullying, clueless, or ungrateful supervisors, colleagues, and clients.

Remember, workplace burnout isn't the same as workplace stress. When you're stressed, you care too much, but when you're burned out, you don't see any hope of improvement. You don't want to get to that point.

### Causes of job burnout

While some careers have higher rates of burnout, it's present in every occupation. Those most at risk are employees who feel underpaid, underappreciated, or criticized for matters beyond their control. Service professionals who spend their work lives attending to the needs of others, especially if their work puts them in frequent contact with the dark or tragic side of human experience, are also at risk.

Other causes of job burnout include:

- Setting unrealistic goals for yourself or having them imposed upon you.
- Being expected to be too many things to too many people.
- Working under rules that seem unreasonably coercive or punitive.
- Doing work that frequently causes you to violate your personal values.
- Boredom from doing work that never changes or doesn't challenge you.
- Feeling trapped for economic reasons by a job that fits any of the scenarios above.

### Preventing job burnout

The most effective way to head off job burnout is to quit doing what you're doing and do something else, whether that means changing jobs or changing careers. But if that isn't an option for you, there are still things you can do to improve your situation, or at least your state of mind.

- **Clarify your job description.** Ask your supervisor for an updated description of your job duties and responsibilities. You may then be able to point out that some of the things you're expected to do are not part of your job description and gain a little leverage by showing that you've been putting in work over and above the parameters of your job.
- **Request a transfer.** If your workplace is large enough, you might be able to escape a toxic environment by transferring to another department. Talk to your supervisor or court a request from another supervisor.
- **Ask for new duties.** If you've been doing the exact same work for a long time, ask to try something new: a different grade level, a different sales territory, a different machine.
- **Take time off.** If burnout seems inevitable, take a complete break from work. Go on vacation, use up your sick days, ask for a temporary leave-of-absence—anything to remove yourself from the situation. Use the time away to recharge your batteries and take perspective. \*Read the full article online.



### \*\*\*\*\*Newsletter Staff\*\*\*\*\*

#### Editor in Chief:

Sis. Jessika Shields

#### Assistant Editor:

Evg. Missy. Evelyn Tahiru

#### Reporters:

Dea. Robert Shields

Evg. Missy. Savannah Taylor

Sis. Linda Sagoe

## WHAT ARE YOU TALKING ABOUT?

“Great minds discuss ideas;  
Average minds discuss events;  
Small minds discuss people.”

### -Eleanor Roosevelt

*US diplomat & reformer*  
(1884 - 1962)

## Calendar Events

### August Events:

- 11<sup>th</sup> – Women for Christ Mtg. 7p  
 15<sup>th</sup> – Singles' Mtg. 6:30p  
 16<sup>th</sup> – Women's Dept. Luau 5p  
 21<sup>st</sup>- 23<sup>rd</sup> – Men's Conf.  
 30<sup>th</sup> – State MLAI 9a (New Direction)

### September Events:

## Dining Out With the Shields

by Dea. Robert Shields

This past weekend, Sis. Shields and I visited an old favorite of ours named La Chiquita in Fontana, CA for some Mexican food. La Chiquita is not a big, fancy restaurant; as a matter of fact, you may call it a 'hole-in-the-wall.' However, the food is top-notch and authentically Mexican in a friendly atmosphere. We experienced hospitable, friendly servers and staff when we went. The place was pretty busy, which is a testament to their service and delicious food.

I ordered a burrito with nacho cheese and ground beef. It was one of the best burritos I have ever tasted, and I have been a fan of Mexican food ever since I was a little boy. Sister Shields ordered a chicken chimichunga. She let me taste it and, man, was it good! We also ordered Horchata ("rice water") - they definitely serve excellent Horchata there. We really had a good time. If you want to have a fun experience eating delicious, flavorful Mexican food, be sure to check out La Chiquita near the 10 freeway in Fontana.



La Chiquita  
 10543 Cherry Avenue  
 Fontana, CA 92337  
 909.428.6668

## Community Action Partnership Riverside County: 2008 Summer Crisis Response

Submitted by Evg. Missv. Savannah Tavlör

### "Hot Weather Kills – Heat Alert"

In response to this summer's severe heat conditions, the Community Action Partnership of Riverside County, Riverside County Department of Public Health, Riverside County Fire Department, Volunteer Center of Riverside County and American Red Cross have partnered to open Cool Centers countywide to provide a safe, cool place for individuals to escape the high heat temperatures during the summer crisis months of July through October. The following two levels of assistance and support for people during summer months will be provided:

**Heat Advisory** - issued with the Department of Public Health after contact with the National Weather Service when temperature forecasts are expected to reach 105° + for at least three (3) hours. Recommendations for avoiding heat related emergencies include:

- Drink water to prevent dehydration
- Stay indoors and make every attempt to stay cool – close your blinds, use your air, etc.
- Avoid direct sunlight during the peak hours
- Visit a mall, library, or restaurant to stay cool
- Do not leave children, elderly, disabled individuals or pets inside vehicles

**Heat Warning** - issued with the Department of Public Health after contact with the National Weather Service when the forecast anticipates temperatures of 105° + for three to five consecutive days. When Heat Warnings are issued, Cool Centers will be opened to the public, especially for those individuals more susceptible to the heat such as the elderly. Cool Centers can be activated beginning July 1, 2008. Cool Centers are located throughout Riverside County; Cool Centers will provide water, some snacks and activities as well as resource and transportation information. Seniors, low-income individuals and families are encouraged to go to a cool center. The Heat Advisories and Heat Warnings will be disseminated through print and electronic media including television, radio and newspapers and through community and faith-based organizations. A Hotline has been activated for call-ins to obtain information on home measures to implement to stay cool and safe, Cool Center locations, hours and general information about heat related problems or questions. The Hotline is open (Monday through Friday from 8:00 a.m. – 5:00 p.m.)

**Summer Crisis Hotline 1-888-636-8676 or For General Information call 2-1-1 ( 24 hrs/day) or visit [www.capriverside.org](http://www.capriverside.org)**

### San Bernardino County Cooling Centers

#### San Bernardino/Colton/Grand Terrace

##### Hutton Community Center

660 Colton Ave.  
 Colton, CA 92324

M-F: 8-8 pm

##### Perris Hill Senior Center

780 E. 21st St.  
 San Bernardino, CA 92404

M-F: 8-5 pm

##### San Bernardino Senior Center

600 W. 5th Street  
 San Bernardino, CA 92410

M-F: 8-5 pm

##### Hernandez Community Center

222 North Lugo  
 San Bernardino, CA

M-F: 9 am – 8 pm/Sat: 10 am – 4 pm

##### Lytle Creek Community Center

380 So. "K" St.  
 San Bernardino, CA 92410

M-F: 9 am – 8 pm/Sat: 10 am – 4 pm

##### Nicholson Community Center

2750 W. 2nd Street  
 San Bernardino, CA 92410

M-F: 10 am – 6 pm/Sat. 10 am – 4 pm

##### Ruben Campos Community Center

1717 W. Fifth St.  
 San Bernardino, CA

M-F: 9 am – 8 pm/Sat. 10 am – 4 pm

##### Grand Terrace Branch Library

22795 Barton Rd.  
 Grand Terrace 92313

(909) 783-1913, 783-0147

Mon 10-8; Tue 10-6; Wed 12-8; Thurs 10-8; Fri 10-6; Sat 9-5; Sun 1-5

##### Highland Senior Center

3102 E. Highland Ave.  
 Highland CA

(909) 862-8104

M-F Noon-5PM



## Kids Korner

### Places in the New Testament

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

Antioch

Athens

Bethlehem

Capernaum

Colossae

Corinth

Damascus

Ephesus

Galatia

Joppa

Lystra

Miletus

Nazareth

Pergamum

Philippi

Rome

Sardis

Thessalonica

Troas