

The Faithful Word

May 2009

“God Is...” Psalms 46:1

Edition 78

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.

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www.greatervictoryonline.org



Supt. George A. Martin &
Evangelist Ida Martin

From the Pastor's Desk

Healing From Abuse

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

Lord, You are my High Priest, and I ask You to loose me from this “infirmity”. The abuse I suffered pronounced me guilty and condemned. I was bound in an emotional prison, crippled and could in no way lift up myself. You have called me to yourself and I have come.

The anointing that is upon You is present to bind up and heal the brokenness and emotional wounds of the past. You are the truth that makes me free. Thank you, Lord, for guiding me through the steps to emotional wholeness. You have begun a good work in me and you will perform it until the day of Christ Jesus.

Father, I desire to live according to the Spirit of life in Christ Jesus. This Spirit of life in Christ, like a strong wind, has magnificently cleared the air, freeing me from a fated lifetime of brutal tyranny at the hands of abuse.

Praise be to You! I am a new creature in Christ Jesus. Old things have passed away and behold all things have become new. I declare and decree that henceforth I will walk in newness of life.

Forgive me, Father, for selfhatred and selfcondemnation. I am your child. You sent Jesus that I might have life and have it more abundantly. Thank you for the blood of Jesus that makes me whole.

It is my desire to throw all spoiled virtue and cancerous evil in the garbage. In simple humility, I let my gardener, you Lord, landscape me with the Word, making a salvationgarden of my life.

Father, by your grace, I forgive my abuser/abusers and ask you to bring him/her/them to repentance. In the name of Jesus I pray, Amen.



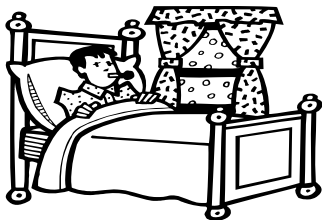


May

Mo. Grant
Sis. Nakita Jackson
Min. Parker

*If you would like your name acknowledged for your birthday, please contact Sis. Shields.

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.

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.

Education Connection: Motivating Kids to Clean Up

Source: www.focusonthefamily.com

When it comes to getting your kids to help with chores around the house, it's critical to consider the age of the child. At first, very young children are going to need lots of direction and specific, step-by-step instructions on what to do.

For example, with a 3-year-old, you might say, "Bobby, I need you to pick up all of your Legos and put them into the Lego box in the next 10 minutes. I'm going to set the kitchen timer and when it rings, all of the Legos need to be in the box. If they aren't, you won't be able to play with them tomorrow." Then set the timer and follow through.

Assuming that Bobby gets his Legos put away to your satisfaction, you can move on to another task, such as putting his picture books on the shelf or placing his dirty clothes in the hamper.

Although this approach will demand more of your time and attention, it's much less frustrating and anger-provoking than repeatedly yelling, "Clean up this room, or you've had it!" You'll also find that giving specific, step-by-step instructions, backed by consequences, will yield much better results.

With older kids who can read and write, it can be helpful to write their daily chores on a small white board that you hang on their wall or to give them chore cards that spell out the specific actions they need to take in order to complete a task. Again, be specific about the deadline for completing the task and what the consequence will be if they don't get the job done.

By the way, when using consequences with kids, it's most effective to balance both positive and negative consequences. If we simply punish our kids for bad behavior or failing to follow through, they can easily become discouraged. It's just as important to praise and reward our kids for their good behavior. So when your children consistently follow through on their chores, such as cleaning their room, they should receive verbal praise, a hug and even an occasional small reward.

Many parents have found that sticker charts can be a great motivator. Each time a child follows through with a task, he receives a sticker. When he earns a certain amount of stickers, he then receives a special privilege or a treat for his efforts.



Before I Was a Mom

Before I was a Mom,
I never tripped over toys
or forgot words to a lullaby.
I didn't worry whether or
not my plants were
poisonous.
I never thought about
immunizations.

Before I was a Mom,
I had never been puked on.
Pooped on.
Chewed on.
Peed on.
I had complete control of my
mind and my thoughts.
I slept all night.

Before I was a Mom,
I never held down a
screaming child
so doctors could do tests.
Or give shots.
I never looked into teary eyes
and cried.
I never got gloriously happy
over a simple grin.
I never sat up late hours at
night
watching a baby sleep.

Before I was a Mom,
I never held a sleeping baby
just because
I didn't want to put
her/him down.
I never felt my heart break
into a million pieces
when I couldn't stop the hurt.
I never knew that something
so small
could affect my life so much.

I never knew that I could love
someone so much.
I never knew I would love being
a Mom.

Before I was a Mom,
I didn't know the feeling of
having my heart outside my
body.
I didn't know how special it
could feel
to feed a hungry baby.
I didn't know that bond
between a mother and her
child.
I didn't know that something so
small
could make me feel so
important and happy.

Before I was a Mom,
I had never gotten up in the
middle of the night
every 10 minutes to make sure
all was okay.
I had never known the warmth,
the joy,
the love,
the heartache,
the wonderment
or the satisfaction of being a
Mom.
I didn't know I was capable of
feeling so much,
before I was a Mom.

HAPPY MOTHER'S DAY!!!



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)

Gang Resistance Education and Training (G.R.E.A.T.) Families Program

This is a great program for frustrated parents with kids who
don't have a social worker, and don't qualify for probation.

Classes begin quarterly: May, August, November

For more information:

Contact David Mann (909) 889-0928 or
Adela Montano (909) 889-0930

2nd Annual Teen Career and Job Fair!

Job opportunities for 15-18 year olds offered by several
businesses in the Inland Empire and Victor Valley

Workshops:

- Job application skills
- Interview techniques
- "Dress for Success"



Location: Los Osos High School
6001 Milliken Ave., Rancho Cucamonga, CA
Saturday, May 30, 2009
10am – 2pm

For more info, contact Workforce Development at (909)
387-9851

YOUTH EMPLOYMENT STIMULUS PLAN!

Must be between the ages of 13-18 years
Allow Young Visionaries and the City of San
Bernardino to help you find a job. Do you have good
grades and extra time on your hands? Come check us
out!

Highlights:

- Develop on the job training
- Earn some extra money
- Learn leadership skills
- Learn how to keep a job

Contact: Adriana Plakio: (909) 888-7881 x. 247

Email: Adriana@yvyla-ie.org

Website: www.yvyla-ie.org

Employment and Training Center
One-Stop Career Center
600 N. Arrowhead Ave.
San Bernardino, CA 92401



Inspirational Thought:



“We believe the Word of God; therefore we do the Word of God.”

– Frederick K.C. Price

Reference Scripture: “...I will show you my faith by what I do.”

(James 2:18b *NIV*)

Health Wise: Cholesterol

by Sis. Tiffany Brown, MD

Most of us have heard that too much cholesterol is bad for the health. But what exactly is cholesterol? What is “good” cholesterol? Why is high cholesterol bad? What should my cholesterol level be? How can I improve my cholesterol level? These are some of the questions I’ll answer in this article.

Believe it or not...cholesterol is a steroid. It is the most abundant steroid in animal tissues. In fact, it is present in every single cell in our bodies. Think back to elementary school when you learned about cells. Every cell has a very thin cell membrane. In plants the cell membrane is surrounded by a rigid cell wall, which keeps it from falling apart. Animals don’t have a cell wall. Instead, animals have cholesterol in the cell membrane to help hold it together. Since cholesterol is so ubiquitous, naturally we make it ourselves; in our livers. We also absorb it into our bloodstreams when we eat animal products (e.g. Meat, milk, cheese, butter).

After the liver makes cholesterol or it’s absorbed in the intestines, it goes into the blood stream as a complex of protein, fat and cholesterol called a lipoprotein. The most important two types are high-density lipoprotein (HDL) and low-density lipoprotein (LDL). LDL is known as the “bad” cholesterol because it is associated with developing atherosclerosis, which increases the risk of heart disease and stroke. HDL is known as the “good” cholesterol because it slows the atherosclerotic process by picking up free cholesterol from the walls of blood vessels.

Blood tests measure the HDL, LDL and the total cholesterol (HDL + LDL). The goal LDL cholesterol for someone at risk for heart disease is less than 100mg/dL. The goal LDL cholesterol for someone with heart disease or diabetes is less than 70. HDL greater than 40 in men and greater than 50 in women is considered protective.

If your LDL cholesterol is elevated your doctor will probably recommend lifestyle changes to lower it. The key is to increase the amount of soluble fibers we eat without increasing our calorie intake. So, instead of eating 2 scrambled eggs and a glass of no-pulp orange juice (400 calories and 450mg of cholesterol) for breakfast try an orange and a bowl of steel-cut oatmeal (much higher in fiber than regular oatmeal) which is also 400 calories including margarine and milk in the cereal and only 12mg of cholesterol. A few of the foods to avoid include: eggs, liver, gizzards, caviar, and shelled seafood such as shrimp and lobster. Foods that are high in soluble fiber include: Steel-cut or whole oats, oat bran, flaxseed, fruits, vegetables and beans. The downside of eating more fiber is that it may cause gas and bloating. It may be helpful to gradually increase fiber intake, giving the intestines time to adjust.

Eating the right diet not only decreases LDL, it increases HDL. Aerobic exercise such as a brisk walk for 30minutes straight everyday can also increase HDL. A high fiber diet and exercise will contribute to healthier cholesterol levels, weight loss and better health.

College Life: Living On-Campus (ecampustours.com)

Pros

- **Accessibility to the school.** If you live on-campus, you can easily walk to where you need to go. You don’t have to waste time and money on driving to school, finding a parking space, and so forth.
- **Increased social life.** Living on-campus will allow you to meet more people and establish more friendships than if you live off-campus. Living in a dorm means that there will always be someone around to hang out with. You will also usually be aware of any campus activities and how to be involved in them.
- **Simplicity.** If you live on-campus, you don’t have to worry about monthly rent payments, utility bills, and grocery shopping. Most students who live in a dorm get a meal plan in order to make eating easy and convenient.

Cons

- **Little privacy.** When living in a dorm, it can be very hard to find privacy. You have to share bedrooms, bathrooms, etc. The close living quarters mean that you may never have quiet time in your dorm because there will always be something going on.
- **Limited space.** At most colleges, the dorm rooms are tiny. You have to limit what you bring to school, or your space will be too crowded.
- **Possible low GPA.** Because dorm life is very social, your grades may be affected in a negative way. Constantly, hanging out over studying will lower your GPA.



*******Newsletter Staff*******

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Evg. Missy. Savannah Taylor

Sis. Tiffany Brown, MD

Youth Page Reporters:

Sis. Mahogany Moore

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

May Events:

10th – HAPPY MOTHER'S DAY!
 11th – Women for Christ Mtg. 7p
 15th - Singles' Mtg. 6p
 15th – Singles Over 40 Mtg. 6p
 16th – Couples' Mtg. 6p
 22nd – J3 Friday Night Fire
 25th – MEMORIAL DAY
 30th – Youth Dept. Sports Day

June Events:

8th – WFC Mtg. 7p
 19th – Happy 33rd Wedding
 Anniversary Pastor & 1st Lady Martin
 19th – Singles' Mtg. 6p
 20th – Couples' Mtg. 6p
 21st – Father's Day
 23rd – 28th – J3 Holy Convocation
 29th – July 3rd – AIM Convention
 (Tampa, FL)



MOTHER'S DAY QUOTES

“Mothers hold their children's hands for a short while, but their hearts forever.” – Unknown

“As is the mother, so is her daughter.” - Ezekiel 16:4

“Most mothers are instinctive philosophers.” – Harriett Beecher Stowe

“By and large, mothers and housewives are the only workers who do not have regular time off. They are the great vacationless class.” - Anne Morrow Lindbergh, author

“No matter how old a mother is, she watches her middle-aged children for signs of improvement.” - Florida Scott-Maxwell

“The moment a child is born, the mother is also born.

She never existed before. The woman existed, but the mother, never. A mother is something absolutely new.” – Rajneesh

“The most important thing a father can do for his children is to love their mother.” – Unknown

“Motherhood is priced; Of God, at price no man may dare; To lessen or misunderstand.” - Helen Hunt Jackson

“I remember my mother's prayers and they have always followed me. They have clung to me all my life.” - Abraham Lincoln

"GV YOUTH PAGE"

Words from Our Youth Minister – Elder L.D. Hawley

I want to thank everyone who supports the youth department. We have a lot of activities planned for the youth this year and the Lord is truly going to bless. So, youth don't stay home, come out and get involved. The bible say's "I must work the works of Him that sent me, while it is day. The night cometh, when no man can work" John 9:4.

MISS YWE

Sis. Keilah Harris is running for Miss Young Women of Excellence. If you would like to place an ad all money is due next month. Let's all come out and make sure we support her and her endeavors.

Accomplishments of Our Youth

Great Job GV Youth!!!

The youth are a vital part of our society in these days and times. We would like to take out time to acknowledge our youth here at Greater Victory and let them know that we are proud of them and we encourage them to keep up the good work. CONGRATULATIONS to you all!

YOU DID IT!!!!

We just want to say congratulations those of you who are graduating from High School and College. We are so proud of you. Keep up the Good work and God Bless you all and your future endeavors.

High School Graduations - Class of 2009

Whitney Mitchell: Arroyo Valley High School

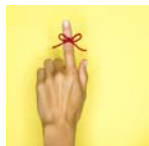
Cassandra Boykins: Arroyo Valley High School

Yusef Tahiru: Corona High School

Dominique Sims: Fontana High School

College

Mahogany Moore: San Bernardino Valley College



THINGS TO REMEMBER

1. A deposit of \$92.50 for Youth Congress is due. Please see Evang. Nicole Martin for more information.
2. Friday Night Fire is at 7p.m. May 22, 2009 at Friendly Temple in Victorville. Please everyone let's come out and join our youth president Elder George Martin II. You don't want to miss it. You will be blessed.
3. Youth please don't forget we are reading the New Testament. You all should be in Romans now. Don't give up. If you are having trouble reading, every Thursday night at 5:30pm, we will be having an audio reading of the New Testament.
4. Please don't forget our Annual Sports Day is Saturday, May 30, 2009. It's \$5 per person. We will be having basketball, volleyball, and tennis. Please come out and join us! You will have a great time.

Kids Korner

Write the answers to the clues in the boxes to the right of each clue
Copy the letters in the numbered boxes to the other boxes
 in the phrase below with the same number.

Doublepuzzle 17

to everything there is a _____(Ec.3:1)

18	27	9	6	31	



moneychangers were chased out of here

1	37	16	34	29	

the _____ is deceitful above all things (Jer.17:9)

8	19	32	14	10

very dirty

36	5	28	11		

snake

24	35	13	12	30

talk very quietly

7	2	17	22	23		

hospital caregiver

26	21	4	25	

pagan image

3	20	15	33

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1	2	3	4

5	6

7	8	9	10

11	12

13	14	15	16	17	18	19	20

21	22

23	24	25	26

27	28	29	30	31	32	33	

34	35	36	37