

The Faithful Word

November 2009

"God Is..."

Edition 84

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



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 self-hatred and self condemnation. 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 salvation garden 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.

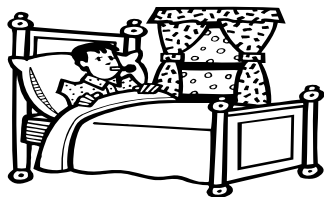




November

Dea. Robert Shields
 Sis. Mary Lindsay
 Sis. Simone Whitfield
 Sis. Whitney Hawley
 Sis. Milan Wilson
 Sis. Miesha Loudermilk
 Sis. LaKenya Jones
 Bro. Zahari Tahiru

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 the Herndon family 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.

Education Connection: Help Your Child *Succeed* in Public School

Source: www.focusonthefamily.com

In today's crowded classrooms, one teacher may have more than 25 students, each with varying emotional, physical and mental needs. How can you ensure that your child's needs are met at school? How can you know what is expected of your child, keep lines of communication open and be aware of the different needs of the average, the learning disabled and the academically talented student? We'll explore the answers to these in this article series.

Knowing what school personnel expect your child to learn during an academic year is one of the first steps toward meeting his needs in the classroom and preventing problems. For example, third-graders are expected to memorize multiplication and division facts through 12 x 12; recognize equivalent fractions; understand the use of letters in simple algebraic statements ($ab = 12$); and learn estimating and rounding-off skills. In language arts, third-graders learn to use conventional spelling, punctuation and capitalization to write stories; learn how to identify character, plot and setting in stories; and improve reading comprehension. In social studies, they learn historical facts about state and country, begin to learn geography and study maps.

If you know that certain math skills must be mastered, that a certain level of reading ability must be reached or that certain writing skills must be learned, then you'll be able to help your child progress on course and get help if necessary. If there's a problem, if he's falling behind, you can ask the teacher how to encourage him and help him improve the deficient skills at home.

Another way to help your child learn the required skills is to help him with homework in the evening. Although you need to be involved, you should not do your child's homework for him. Parents' function is to monitor homework, support the child, answer questions and help only when needed. Watch for opportunities to communicate with your child about his school experiences. The car ride home from school or snack after school provide chances for parents and children to discuss the school day. You can also make school and what your children are learning part of family dinnertime conversations.

In public schools, there is a tremendous need for the average learner to be more challenged. One educator observed that public schools may do a good job with the academic superstars and the educationally or physically handicapped, but the average child can fall through the cracks of the system and just drift.



"The greatest virtue of average students is that they don't cause trouble," said a principal, "but it is this virtue that also causes them to be ignored. These 'middle of the roaders' are often expected to work on their own while the overworked teacher focuses on bright kids, those with learning problems and troublemakers."

In most schools, as students approach eighth grade, they are tracked into low, high and average classes for math, English and science. Then in high school, they enter corresponding tracks, such as remedial, vocational, general, academic or honors.

Stanford University professor Dr. Sanford Dornbusch says that 85 percent of all students finish in the track in which they started as ninth-graders. It is *very difficult* for average- and lower-track students to change tracks since schools often make decisions based on past rather than present performance or on improvement. Honor students often have the best teachers and educational opportunities.

Thus, the child in the middle may be slighted. Parents can help this situation by finding ways to challenge their students — no matter what their IQ or standardized test scores. If students *are* grouped according to ability, make sure that just because of a low reading score, your child is not placed in the low group in science, math, etc. Dr. Arnold Burron recommends, "Let school personnel know that you expect different grouping standards for different subjects...All children do not fit into one mold. Programs, expectations and materials must be individualized to being out the best in each child.

Cooperative learning, where an average-achieving child is paired with a brighter child for science lab work or a history project, might be helpful. A mentorship program in which a student works with an adult professional in a field of the student's interest also inspires and challenges students. Always do what's best for your child.

Celebrating a debt-free Christmas starts before Thanksgiving

Source: <http://www.crown.org/>



From October 31 onward it's impossible to forget that Christmas is coming. Before Thanksgiving, the red-coated man with the white beard and bag of toys is seen in stores and by mid-December, most homes are decorated, inside and out, with Christmas trees and lights.

However, the real Christmas story is found in Matthew and Luke chapters 1 and 2. It's about the earthly birth of our Lord, Jesus Christ the Son of God. Conceived of the Holy Spirit, born of the Virgin Mary, He lived and ministered on earth, and then died and arose again -- the promised Messiah. Jesus came as the Savior of all, and identifies Himself with every racial group, every culture, and every society.

Until a couple of centuries ago, in countries where it was observed, Christmas was a noncommercial religious holiday. Gifts may have been exchanged on New Year's Day, but most gifts associated with Christmas were limited to feeding the poor or special gifts to help pastors, teachers and missionaries.

During the 1800s Christmas in America was primarily a time for feasting, going to church and giving to the poor and needy. Giving small gifts to children was occasionally included in the celebration, but it was considered of secondary importance.

Then, in the prosperity of the 1950s, expensive gifts, giving more than one gift per person, giving gifts to adults as well as to children, and a month-long shopping season became prevalent.

Today, the hurry and scurry of shopping, spending and worrying is typical of a *November and December* for most Americans. Christmas should be a time of family togetherness, sharing in the needs of others -- not an occasion for anxiety and stress. Christmas today is a far cry from the tranquil manger scene that welcomed Christ into the world some 2,000 years ago.

Certainly, no Christian intentionally seeks to lose the significance of the Christmas season, but the excesses of gift-giving and the rushing about seems to drain Christians of their joy. This is especially true when trying to combine added obligations of the season with being gracious, sensitive, creative, compassionate and caring -- and trying to have enough money left after Christmas to be able to buy groceries in January.

Unfortunately, for some, this holy season has become a gift-buying marathon. Some Christians go into

debt to buy costly gifts they can't afford and their families don't need. Often families spend hundreds of dollars more than they spent the previous year -- resulting in debt, stress and worry. We need to shift our emphasis from the shopping cart back to the manger as the reason for the season. Christmas isn't the time to throw caution to the wind and allow a well-meaning generous spirit to dictate spending. Instead, it's the time to honor the One whose birthday we celebrate and be good financial stewards of all He has entrusted to us.

Exchanging meaningful, well-planned presents with friends and relatives can be an important part of Christmas; but we should never let ourselves feel pressured into buying gifts we can't afford under the guise of showing love for others.

Gather your family together and pray about the amount of money that should be spent for Christmas. Personalize a holiday spending budget that fits your family's finances, keep track of all purchases and be committed to spend no more than the amount budgeted.

Mail all out-of-town gifts well in advance to avoid rush delivery charges. Have a family service project and purchase food or toys for needy families. Commit to give at least a tithe from the amount you've budgeted for Christmas to needy causes and for the spread of the Gospel (see Matthew 25: 34-40). Ask grandparents for practical gifts for the children instead of more toys. That could mean money for music lessons, athletic uniforms, tutoring, or bank CDs for future educational needs.

The best gift parents can give children is love and time. But, too often after the holidays have passed, parents have to work overtime, taking time away from their children, just to pay for accumulated Christmas debt. As this Christmas season draws near, remember that Christmas gift purchases and gift giving are totally under your control. You choose to buy or not to buy, to go into debt or not.

There's nothing wrong with giving gifts at Christmas. Just be careful not to indulge, and don't divert your attention from Christ to material things. Stamp out Christmas credit, because as bad as commercialized Christmas is, commercialized Christmas on credit is even worse.

Plan ahead and set a realistic budget, stick to it, and have a Christmas focused on Christ and not on a financial crisis.

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)

Leap Through the Fire Faith Ministries
presents...

**Resources for Single Parent Families
And the Community**



Programs:

Easter: Food Basket
Mother's Day: Food Basket
Thanksgiving: Food Basket
Christmas: Food Basket & Toy Drive

Resources:

Here are just some of the resources and referrals we provide...

Clothing Assistance (Clothes Closet)

New Mother Assistance

Shelter/Housing Assistance

Utility Payment Assistance

Educational/Training Assistance

Financial Education

Car Seat Program

Nutrition Program

Food Pantry

Job Assistance

Job Training

Vehicle Repair and Purchase Assistance

Works with Parents to keep children out of the Foster Care and CPS Systems

Troubled and At-Risk Youth Assistance

Classes Offered:

Parenting

Survival Skills for Healthy Families

Within My Reach

Love U2 (Youth & Young Adults)

Motheread/Fatheread Curriculum

RAISING A HAPPY HEALTHY FAMILY
Community Reading, Exercising, and Learning
Services

Kickoff Program

CLASSES WILL BEGIN January 7, 2010

*Donation Items Raffle!!!

*Pre-Registration Sign-Up

*Refreshments Served

*Giveways Books for Children

*Plus Learning Tools

*FIRST 5 – San Bernardino

For More Information

Phone: 909-475-5656

Cell: 909-648-5118

1182 E. Highland Ave.

San Bernardino, CA 92404

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: Eat Extra for Excellence...Teens Who Play Sports

*Read the full article at: <http://kidshealth.org/>

There's a lot more to eating for sports than chowing down on carbs or chugging sports drinks. The good news is that eating to reach your peak performance level likely doesn't require a special diet or supplements. It's all about working the right foods into your fitness plan in the right amounts. Teen athletes have unique nutrition needs. Because athletes work out more than their less-active peers, they generally need extra calories to fuel both their sports performance *and* their growth. Depending on how active they are, teen athletes may need anywhere from 2,000 to 5,000 total calories per day to meet their energy needs.

Athletes and Dieting

Since teen athletes need extra fuel, it's usually a bad idea to diet. Athletes in sports where weight is emphasized — such as wrestling, swimming, dance, or gymnastics — might feel pressure to lose weight, but they need to weigh that choice with the possible negative side effects mentioned above. If a coach, gym teacher, or teammate says that you need to go on a diet, talk to your doctor first or visit a dietitian who specializes in teen athletes. If a health professional you trust agrees that it's safe to diet, he or she can work with you to develop a plan that allows you get the proper amount of nutrients, perform your best, and lose weight.



Eat a Variety of Foods

You may have heard about "carb loading" before a game. But when it comes to powering your game for the long haul, it's a bad idea to focus on only one type of food.

Carbohydrates are an important source of fuel, but they're *only one* of many foods an athlete needs. It also takes vitamins, minerals, protein, and fats to stay in peak playing shape.

Muscular Minerals and Vital Vitamins

Calcium helps build the strong bones that athletes depend on, and iron carries oxygen to muscles. Most teens don't get enough of these minerals, and that's especially true of teen athletes because their needs may be even higher than those of other teens.

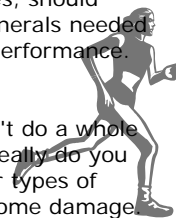
To get the iron you need, eat lean red meats (meats with not much fat on them); green, leafy vegetables; and iron-fortified cereals. Calcium — a must for protecting against stress fractures — is found in dairy foods, such as low-fat milk, yogurt, and cheese.

In addition to calcium and iron, you need a whole bunch of other vitamins and minerals that do everything from help you access energy to keep you from getting sick. Eating a balanced diet, including lots of different fruits and veggies, should provide the vitamins and minerals needed for good health and sports performance.

Shun Supplements

Protein and *energy bars* don't do a whole lot of good, but they won't really do you much harm either. But other types of *supplements* can really do some damage.

Anabolic *steroids* can seriously mess with a person's hormones, causing side effects like testicular shrinkage and baldness in guys and facial hair growth in girls. Steroids can cause mental health problems, including depression and serious mood swings.



The Treasure Box

A Week of Food. A World of Savings.



Here is a great way to stretch your food budget! We've teamed with The Treasure Box to help families during these tough economic times by providing quality food at drastically reduced prices.

For just \$30, each month you can purchase a pre-assembled box of fresh frozen groceries retailing for between \$65-\$100 for your family or a family you know who needs a little help.

The Treasure Box is filled with 21-25 lbs. of nutritious food including 10-12 lbs. of protein, fruit, vegetables, side dishes and dessert; enough to feed a family of 4 lunch & dinner for up to a week.

No limits, no income qualifications! Anyone can participate!

**Preorder your box with cash at
Leap Through The Fire Faith Ministries Inc
1182 East Highland Ave.
San Bernardino, Ca. 92404
909 648 5118 or ONLINE at www.thetreasurebox.org
Choose our site November 2009 Menu* \$30 per box**

3-3.5 lb.	Whole Chicken
2 lbs. (avg. wt.)	Ham Slices
2 lb.	Turkey & Pork Breakfast Sausage Links
1.625 lbs	Old Fashion Meat Loaf
1 lb.	Ground Turkey
40 oz	Macaroni and Cheese
8 oz	Orange Clove Glaze
2 packs	Hashbrown Patties
1 lb. pkg.	Frozen Peas
1 lb. pkg.	Frozen Green Beans
1 lb.	Frozen Corn
2 packs	Buttermilk Biscuit Mix
1 each	Dessert

Order Deadline: Sunday, November 8
Pick Up Date: Saturday, November 11
**Pick Up Location: 1182 East Highland Ave.
San Bernardino 92404**

*Menu substitutions may be made if necessary. We apologize for any inconvenience this may cause.

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

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Evg. Selina Burns

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

November Events:

- 1st – Daylights Savings Time ends
 2nd – 10th - Int'l Holy Convocation
 9th – Women for Christ 7p
 13th – Singles' Mtg. 6p
 14th – Couples' Mtg. 6p
 16th – 19th – GV Leadership Conf.
26th – HAPPY THANKSGIVING
(9a Thanksgiving Service)
 30th – Men's Mtg & YWCC 7p
 30th – YWCC Mtg. 7p

December Events:

- 4th – J3 Friday Night Fire
 9th – Pastor Martin's Birthday
 14th – WFC 7p
 17th – Pastor & Wife Annual Fellowship Dinner w/ Bishop
 18th – Singles' Christmas Party 6p
 19th – Couples' Christmas Party 6p
 20th – Church Christmas Party 3p
 24th – Youth Dept Christmas Party 7p
25th – MERRY CHRISTMAS!
 31st – Watch Night Service 9p
January 1, 2010 – HAPPY NEW YEAR!

The Thanksgiving Feast



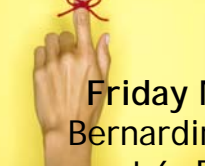
The English colonists we call Pilgrims celebrated days of thanksgiving as part of their religion. But these were days of prayer, not days of feast.

Our national holiday really stems from the feast held in the autumn of 1621 by the Pilgrims and the Wampanoag (Indian tribe) to celebrate the colony's first successful harvest.

*For activities for Pre K-12, visit
http://www.scholastic.com/scholastic_thanksgiving/feast/index.htm

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.



THINGS TO REMEMBER

Friday Night Fire is December 4, 2009 at Greater Victory in San Bernardino at 7 p.m. State Youth Department Choir Rehearsal starts at 6. Please, everyone let's come out and join our State Youth President Elder George Martin II and Chairlady Evangelist Hawley. You don't want to miss it because you will be blessed.

Christmas Brunch & Celebration Honoring Single Working Moms December 12, 2009

For the Christmas Holiday's **H.O.W. Empowerment Center & Leap through the Fire Faith Ministries** will be serving single parent working moms and their children providing **free** food baskets and gift bags. It's difficult raising a family when you have a spouse to help. Working and raising a family without a spouse or partner to help can be overwhelming and exhausting. We want to encourage and love on the ladies and let them know they are appreciated and valued for their many sacrifices and contributions.

We have planned a day of inspiration, encouragement, empowerment and pampering with fine dining, transformational speakers, spa treats, games, and gift bags/prizes. This will provide an opportunity for the ladies to relax, reflect and be rejuvenated spirit, soul and body. Childcare will be provided for children 5-11. The children will do arts & crafts to make a gift for their mom, be read to by a professional story teller and participate in other fun holiday activities promoting literacy, character development and healthy food choices.

"Raising a family is difficult enough. But it's even more difficult for single parents struggling to make ends meet. They don't need more obstacles. They need more opportunities." Bill Richardson

We would like to extend an opportunity for you to partner with us and extend hope, healing and encouragement this holiday season to women who many times have no support and bear the burden of raising their children on their own.

Your financial donation of only **\$10.00** will cover the cost for one single mom and **\$20.00** will cover the cost for mom and two children. Corporate Sponsorships are available for as little as **\$100.00** dollars. Your giving will bring much needed joy to single parent moms and their children.

For more information, to make a tax deductible donation and/or to volunteer to serve email Coach Selina Burns at sb2proverb31@aol.com or call 909 618-5118

Kingdom Blessings,
Leading lady Selina Burns
Certified Family Wellness Coach

P.S. Ignite You Light & Shine!

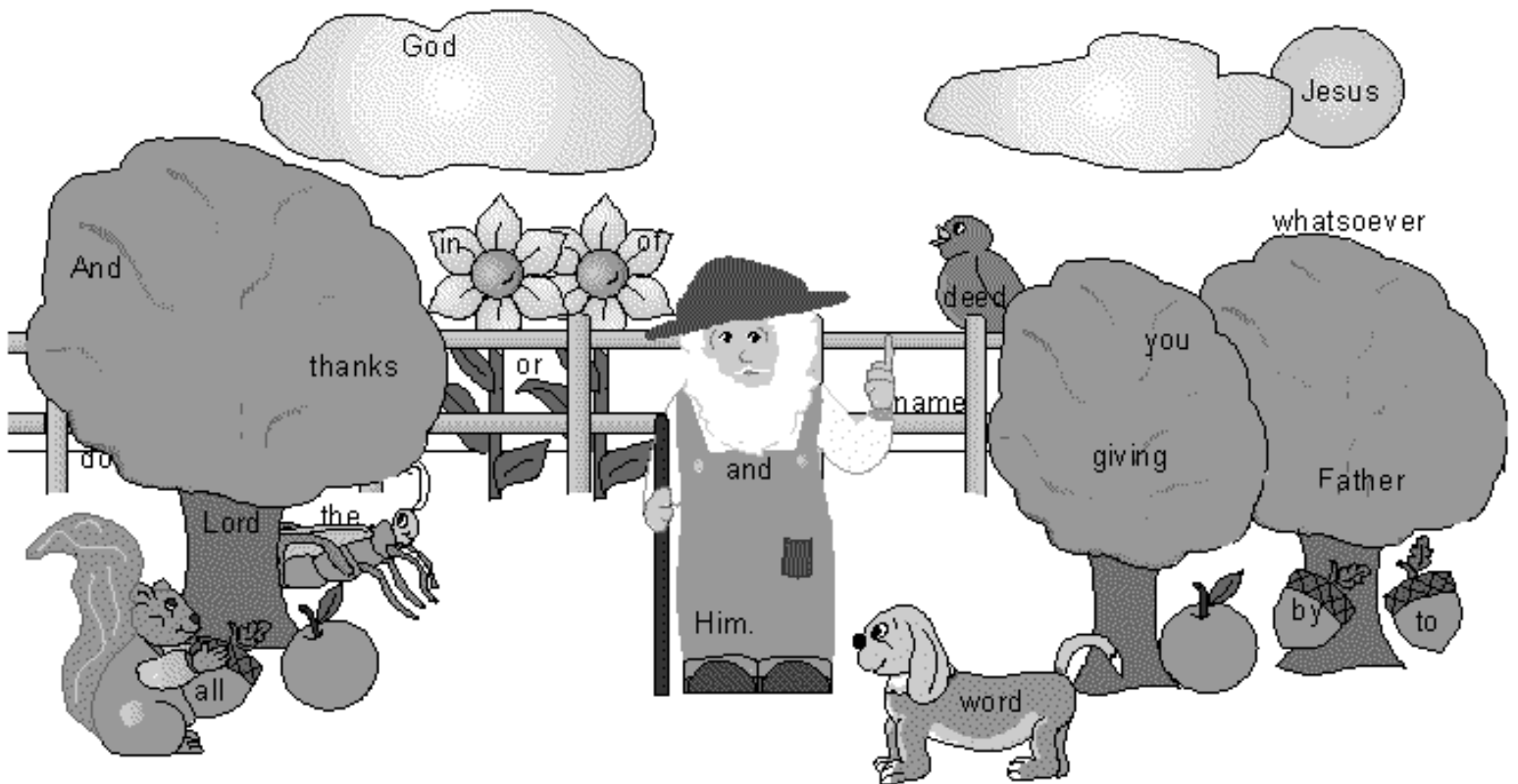
Gift Bag Donations:

- Items for Gift bags- **Bath & body Items (shower gel, lotion, body spray etc) candle & candle holder, Journal & pen, spa music CD, Hersey kisses, mints, make-up etc.) Store & Restaurant Gift cards: Chick-Fil-A, Jamba Juice, Mimi's Cafe, and other casual dining restaurants, Macy's, Marshalls, Toys-R-Us, Stein Mart**
- Books & Toys for the children's gift bags
- Wrapping paper to wrap food boxes/baskets



Kids KornerColossians 3:17

Find and circle the words to the verse, Colossians 3:17, in the picture below. Mark off the words as you find them. Words that appear more than once in the verse will only appear once in the picture.



And whatsoever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him. ~Col 3:17