

S.U.E.

SOWING . UNDERSTANDING . ENRICHMENT

Fall - Winter Edition
September - December 2017



**A FRESH
PERSPECTIVE
FROM THE
“LIGHT” SIDE
OF ROCHESTER**

In this Edition
Local Pastor
Breast Cancer
ROC Fashions
and
Anniversaries...



S.U.E is a tri-quarter publication that makes the principles of sowing, understandable and relevant to everyday life



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in this edition...

S.U.E. is a tri-quarterly publication with the spiritual acronym sowing, understanding, enrichment, that makes the biblical principles of sowing, understandable and relevant to everyday life.

S.U.E.

SOWING . UNDERSTANDING . ENRICHMENT

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Featuring

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MS. CHRISANIQUE JONES

...And Always Stay Strong



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INTRODUCING
MR. JAMES INGRAM II

MONDAY. MONDAY



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SECRETS TO A LONG AND
HAPPY MARRIAGE

THE REST OF YOUR LIFE
CAN BE THE BEST OF YOUR LIFE,
WHEN YOU BEGIN SOWING,
IN LINE WITH GOD'S PRESCRIBED ORDER.

Have you read in the Bible, Galatians 6:7? It says, "Do not be deceived: God cannot be mocked. A man reaps what he sows" ^{NIV}. To mock God is to turn one's nose up at Him. Herein lies the root cause of the careless and indulgent lifestyle of many people, either they do not believe the truth of God's word, or they think they will somehow be the exception to God's law.

To hope to outsmart God is a foolish thought, as 2nd Corinthians 5:10, reveals: "For we must all appear before the judgment seat of Christ, that each one may receive what is due him [or her] for the things done while in the body, whether good or bad" ^{NIV}.



WORDS FROM THE FOUNDER
Suzanne Parker Owens
We Reap What We Sow

IT IS A "GOOD AND WISE" THING, TO KNOW
THAT WHAT YOU ARE SOWING TODAY WILL
AFFECT YOUR TOMORROW AND YOUR FUTURE.

This principle applies to everyone, young and old alike, no matter your race or creed. The principle is irrevocable; there is no escape, whether you are a believer or an unbeliever. It is a law of life. The "Law of Sowing and Reaping" is God's prescribed order, which will unfailingly come to pass. God designed these principles to bless people who choose to do the right things, or to leave you without excuse when the negative repercussions of your choices come knocking. That's why it is so important to practice sowing with a good understanding that you will reap back more, and later, what you sow, and that God has no respecter persons, if you sow good things, good things will come to you.

Favorably, the fact that we reap what we sow is good news to those who sow good habits, good behaviors, good choices; those who sow good things. For example, "Give and it shall be given unto you, good measure, pressed down, shaken together, and running over shall men [women] give to you". This principle refers not only to money, but as well, to mercy, grace, love, kindness, etc.

On the other hand...

It is a frightening thought for those currently involved in ungodly activities, such as promiscuity, drug and alcohol abuse, neglect of family, or mistreatment of others, e.g. in order to climb the ladder of success. We cannot sow wrong doings and expect to reap good things. We cannot sow disobedience to God and expect to reap His blessings. What we sow, we reap. Therefore, let us not deceive ourselves:



GREAT CHRISTMAS GIFT IDEAS

"Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.' "Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?' "The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me'.

Matthew 25

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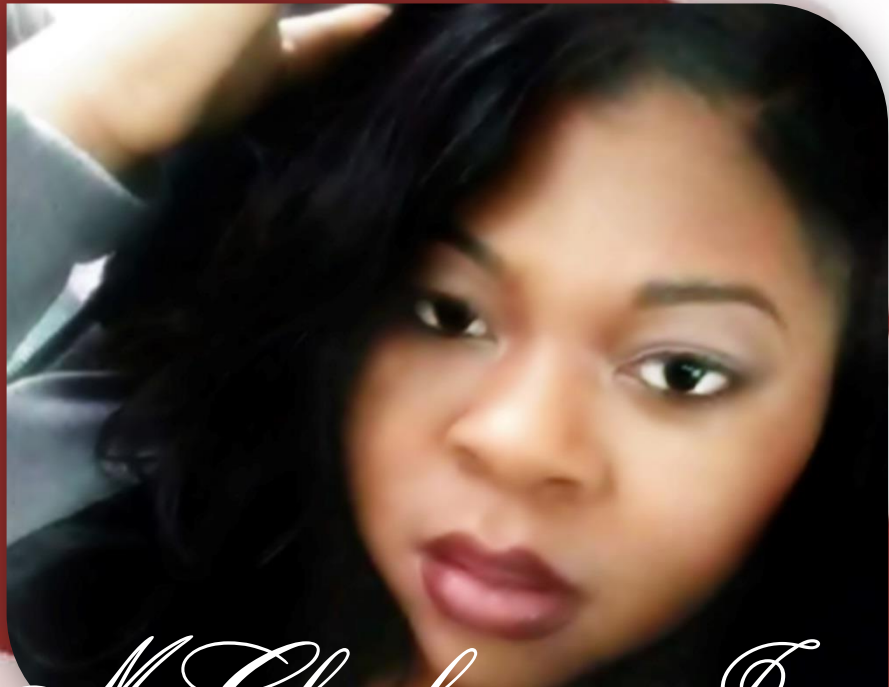
“Have a Blessed Day”

WHILE I WILL ADMIT THAT IT'S NOT EASY BEING SUCCESSFUL IN LIFE, I DO BELIEVE THAT YOU CAN REACH FOR IT. YOU HAVE TO STRIVE FOR IT. YOU HAVE TO WANT IT, YOU HAVE TO WANT AN EDUCATION!

MANY PEOPLE TODAY DON'T STRIVE FOR GOALS. I REMEMBER WHEN I WAS 4 YEARS OLD, I WANTED TO BE A TEACHER, BECAUSE I LOVED WORKING WITH KIDS. HOWEVER, AS I GOT OLDER AND WENT TO HIGH SCHOOL, I CHANGED MY MIND. I REALIZED THAT I LIKED SCIENCE EVEN MORE. NOW, I'M GOING TO SCHOOL, MAJORING IN FORENSIC ANTHROPOLOGY. IT TOOK A LOT TO GET WHERE I AM NOW. I WENT THROUGH HILLSIDE'S SCHOLARSHIP PROGRAM AND THEY WERE A BIG HELP, BUT I ALSO HAD TO PUSH MYSELF TO WANT AN EDUCATION.

STRIVING...

DURING THAT TIME, I LOST MY GOD-BROTHER, AND I WAS GOING THROUGH A VERY HARD TIME IN MY LIFE. THEN I GOT PREGNANT. I FELT LIKE THE WORLD WAS ON MY SHOULDERS, BUT I DECIDED TO KEEP MY BEAUTIFUL BABY GIRL. HOWEVER, TWO WEEKS BEFORE MY DUE DATE, I LOST HER, SHE WAS A STILLBORN.



Ms. Chrishanique Jones
...and always, stay strong

I NAMED HER EGYPT MALAYAH MADISON JONES. MY PREGNANCY DID NOT STOP ME FROM GETTING MY EDUCATION. I KEPT GOING, EVEN AFTER I LOST HER. I THOUGHT I WOULD GO CRAZY, BUT I DIDN'T. ON THE CONTRARY, THAT EXPERIENCE MADE ME STRONGER. SHE'S AN ANGEL NOW, AND I GRADUATED JUNE 23, 2017 FROM HIGH SCHOOL. I'VE BEEN ACCEPTED INTO MCC, AND I HAVE BEEN ACCEPTED BY NAZARETH COLLEGE, TWO GREAT COLLEGES! I'M VERY PROUD OF MYSELF, AND I WANT ALL THE YOUNG LADIES TO KNOW THAT GETTING PREGNANT, OR ANYTHING IN LIFE THAT YOU FEEL THAT'S A HOLD UP, CAN NEVER HOLD YOU BACK. YOU HAVE TO PUSH YOURSELF, AND WANT IT FOR YOURSELF. FOUR TO EIGHT YEARS FROM NOW, I WILL BE WORKING IN THE CRIMINAL JUSTICE FIELD AS A FORENSIC ANTHROPOLOGIST. YOUR EDUCATION CAN TAKE YOU FAR IN LIFE. NEVER LET ANYBODY STOP YOUR PLANS, YOUR DREAM, AND WHAT YOU WANT. JUST KNOW THAT THERE WILL ALWAYS BE SOMEONE HATING ON YOU, SO REMEMBER TO, ALWAYS STAY STRONG.

Monday. Monday :

Mr. James Engram II is 24 year old bachelor, living in Rochester, New York. He's a supervisor at Walgreen Pharmacies. "I couldn't keep letting one bad experience in a relationship send me down this path. I had lost all faith in love, but what God was showing me was that he still cared about me - the fact that I was still alive after having chased death with my actions for so long was proof. Regardless of how low I was, God continued to lift me up - it is this kind of love that I look to give, and receive".



It took one night and a day for my life to change. It was Friday night. I had just got off from work - I worked in management at a small family owned liquor store. It was 5pm and as I sat in traffic on the way to pick up my two best friends I stared at a bottle of vodka as it sat in the passenger seat. A few hours later, I found myself laughing over mixed drinks, smoking a light cigar. I wore a black button down collared shirt with tan chinos and coffee stained oxfords with a belt to match. I was well dressed and with a slight buzz, I was prepared for the night's events. The party was typical for its location - a small building squeezed into the corner of a shopping plaza. It was dark, loud with mumble rap music, and the cover was far too expensive. However, the drinks were free, the building was full of drunken millennials who didn't know the definition of the word regret, and I was looking for a good time. Within the hour, I found myself stumbling around with a drink in my hand suddenly with the ability to talk to any woman without fear. I don't remember any more about that night.

Introducing **Mr. James Engram II** BACHELOR OF THE QUARTER

I don't remember driving home. I don't remember swerving off the road. I don't remember my best friend grabbing the wheel. I don't remember how I got home that night - I just know that somehow I made it. I had always made it, honestly. This wasn't the first night that I blacked out and drove. This wasn't the first night that I put others and myself at risk by being reckless. This wasn't the first time I played with my life carelessly, but it was the last. The day that changed my life was a Monday. I had plans after work - it was all you can eat wings at Gator's Dockside. I was driving from work to my best friend's house and it was foggy out. I made a left turn onto his street and halfway through the turn another car slammed into the right side of my vehicle. I hit the brakes in time to avoid hitting a light pole, but the car was still totaled. When I got out of the car, I laughed because I was sober. Of all the times, I had driven under the influence; it was the one time I chose not to, that this would happen. I knew it was a sign. That evening, I stayed in, thinking about my life. That car accident was an awakening for me. I had been taking life for granted for far too long and I was wasting it away in bars and parties, having meaningless sex, with women I did not really care about. I had to reflect and ask myself what I was doing. What was I looking for? I still don't have the answer to those questions, but I did make some changes. After that moment, I had to grow up. I had lost a vehicle that someone was paying for on my behalf. I had to quit one of my two jobs, because I had no transportation and I had to rely on others. It was humbling. A month after that incident I was blessed with a better car in my name, and with another, better paying job. Things had turned around for me and I realized that my attitude had to change as well.



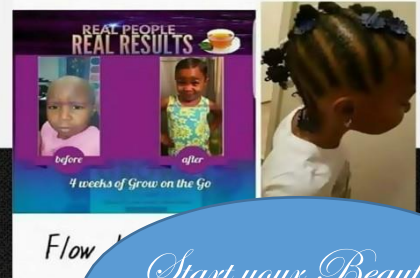
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ENTREPRENEUR | AUTHOR

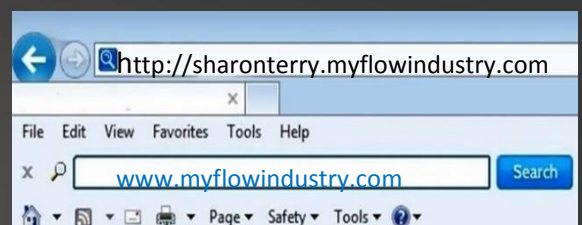
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OCTOBER IS

ABOUT PASTOR APPRECIATION MONTH

Vera Travis
Pastoral Anniversary
Chairwoman



OCTOBER IS PASTOR APPRECIATION MONTH THERE IS NO WAY TO JUDGE THE POWER OF HONOR ON THE LIFE OF A LEADER

The church was filled to capacity. There was a sense of anticipation in the crowd. The beloved pastor stood at the pulpit to say thank you for the gifts, kind words, and loving support from the church throughout his ministry.

He talked about the joys of the past, especially the accomplishments they had experienced as a church. There were expressions of joy and of thanks among the congregation. Added to the emotion of the moment was a realization that this is the way God intended for relationships to exist between minister and church.

The subject of honor has not received much attention in the Christian world. Ask any group of church members what they think about honoring their ministers, and you will get diverse answers. Most people have no idea concerning the nature of honor. Some will say that honoring the minister is no longer necessary in today's society. Another person may say that if you show honor to ministers, it will feed their ego. Another may comment that the only ones who deserve honor as ministers are those who have served God for many years and have earned honor. Few people in the church seem to understand the importance of giving honor to God, to others, and to ministers. Honor, in its purest form, means recognizing God and others as more significant than you. Such honor glorifies God. It is what God intends to exist in the church. In fact, God's will is that the church practice "double honor" for the ministers He gives your church.

PASTOR APPRECIATION MONTH IS MORE THAN AN ANNUAL EVENT

Although we think of pastoral appreciation month as a calendar event, often in October for many congregations, when they purposefully honor pastors and pastoral families, pastor appreciation month is more than a calendar event; it is much more than annually paying tribute to pastors.

Take a moment to think about those two words – "pastor" and "appreciation". One of the best pastor appreciation ideas you can implement, is to view pastor appreciation as an ongoing, day by day, attribute of a healthy, loving congregation.

PASTOR APPRECIATION SAYS MORE ABOUT YOUR CHURCH THAN YOUR PASTOR

Every church wants to be known as a loving church. Simplistic I am sure, but I believe that one of the most obvious measures of a loving congregation is this: How they treat their pastor. Like it or not, every church has a reputation within its community. Every church is known for something, sometimes positive, sometimes negative. Just saying your church is a loving, friendly church doesn't make it so. I really do believe that the most obvious indications to your community that your church really is a loving fellowship is how you love your pastor and show appreciation to those in pastoral leadership. So if you want to be a loving church congregation, focus on showing appreciation for those who are called to shepherd the flock.

"The elders who are good leaders should be considered worthy of an ample honorarium (of respect and remuneration; lit of double honor), especially those who work hard at preaching and teaching" (1 Timothy 5:17, HCSB).

THE NEED FOR HONOR IN THE CHURCH

Church conflicts are as old as the earliest days of the church and as contemporary as today's news. Churches and ministers have had their share of good relationships. Most churches have loved their ministers, and God has blessed the ministries of those churches. Other churches have not been as fortunate.

If you've ever belonged to a church involved in a conflict with a minister, you know the emotions associated with the situation. It's important to rise above the conflicts and look at what the Bible says.

Perhaps, in our attempt to find a quick solution, we've overlooked something essential in resolving conflicts in the church. Most conflicts are over power, control, difficulties in personal relationships between ministers, and the church. Conflict between ministers and churches dishonors the church. Ministers' families are hurt. Lifelong scars remain for those caught in these tragic circumstances. And most of all, God is dishonored.

Hopefully, Pastor Appreciation Month will prompt your church to honor your pastor with exciting, creative pastor appreciation ideas.

10 Gift Ideas for Pastor Appreciation Month & Pastor Appreciation Day to get the creative juices flowing

- 1. Write Lots of Letters:*** On Sunday before Pastor Appreciation Day, distribute stamped envelopes addressed to the pastor. An instruction note invites each church member to write and mail a personal note of encouragement and appreciation to the pastor during the week.
- 2. Customize a T-shirt:*** Order a "Best Pastor in _____" T-shirt, cap or plaque, and present it with fanfare.
- 3. Create Original Art:*** Laminate bookmarks created by the children in your church, featuring their art and signatures. Allow kids to present the bookmarks to the pastor personally.
- 4. Place Your Church in a Frame:*** Prepare a beautifully framed photo or painting of the church building; even better, take a group photo of church members in front of the building. Use extra wide matting and ask every church member to sign the mat before adding glass.
- 5. Purchase Helpful Commentaries:*** Purchase a full set of Bible Commentaries. Allow various groups, such as Bible classes, committees or church organizations, to present one book of the set, individually wrapped with their personal notes of appreciation on the inside pages.
- 6. Make a Video Presentation:*** Create a presentation of photos and video of the pastor(s) in action during the past year. Set it to music and play it as a pre-service video.
- 7. Give Public Thanks:*** Take out a full-page ad in your local newspaper, featuring a photo of your pastor and a declaration of your church's love and appreciation. Even better, add every member's signature on the ad.
- 8. Do an Office Makeover:*** Do a surprise office makeover, with the pastor's wife input, of course. Consider fresh paint, updated décor, new furniture and even a computer or technology upgrade.
- 9. Supply Favorite Things:*** Think of one small thing your pastor enjoys, such as M&Ms, fishing lures, coffee, etc. Ask each member to bring that item on Sunday, i.e. one bag of any size M&Ms. Supply extras for guests or forgetful members.
- 10. Celebrate 30 Days of Pastor Appreciation:*** Use an October calendar to schedule volunteers for a month-long schedule of surprise treats. Each day of the month, the pastor will receive a surprise token of appreciation from a church member, committee, or group within the church. The tributes can vary widely. Some ideas include a balloon delivery, a shoe shine, an apple pie, or a gift certificate. After a whole month of pleasant surprises, won't your pastor feel appreciated? In addition, won't God be honored by your acts of love for His servant? Don't forget to include a sincere note with specific reasons you appreciate the minister's spiritual leadership, dedication, time and commitment. Honor God by honoring His servants, with a thoughtful, personalized encouragement that fits your unique church and pastor.


Day by Day Expressions of Gratitude

While the Pastor Appreciation Celebrations are typically scheduled in October, as a calendar event it can be held at any time that is convenient for the church and the community.

In other words, to express appreciation and affirmation of your spiritual leaders is appropriate throughout the entire year simply because appreciation is what a loving congregation does.

While Pastor Appreciation Month is an annual event when congregations implement creative pastor appreciation ideas to honor pastors, it is much more than annually paying tribute to pastors. Let's do more than just focus on one month of the year.

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This is my story "Prayer Still Works"

MARtha APOSTLE PASTOR MCNair

I was attending Barbour County High School, in Clayton, Alabama, that's where I met my soul mate, Theotis McNair. We became high school sweethearts. In 1969, we came to Rochester, New York and we got married. Here it is forty eight years later and we're still together. God has been our guide, and our marriage is still going strong. Yes, 48 years of marriage reminds me of that song by the gospel singer Donnie McClurkin, "the Prayer". "We pray that God will always be our guide."

God has blessed us with six beautiful children and five wonderful grandchildren.

It was the early 70's, specifically, January 22, 1972, when I became a Christian. At my church, I became president of the Prayer Department. Every Monday night I carried on prayer meetings that deeply enriched the spiritual lives of many. This was the catalyst of my intercessory prayer life and ministry. Here it is some 40 years later, and I can truly, and humbly, say, that I know, understand, and have experienced the power of prayer. Prayer changes things. I've learned that if things didn't change right away, then my attitude toward my request will change.

Instead of getting discouraged, I would begin to praise God for answering my unanswered prayer, like the prophet Habakkuk writes, "Though it tarry, wait for it (ref. Habakkuk 2:3). Moreover, we must make sure that we pray according to 1st John 5:14-15, namely, making sure our prayer is within God's will. All the same, I want to let you know that prayer still works. Unlike cars, household appliances, etc., prayer has no expiration date, prayer never breaks down, and within it is value and eternal life. I have seen many MIRACLES because of the Power of PRAYER.

One of Apostle McNair's mottos is that she got her PhD (Power Higher than the Devil) from the school of Knee-ology, where she stayed on her knee's praying.

In 1997, Martha McNair became the Pastor of Faith Temple of the Living God. Along with her husband, Bishop Theotis McNair, she has faithfully served in this position for many years. Church members, family, and friends know her as dependable. All of their children serve the Lord within the ministry, alongside their parents.

Throughout her life, Apostle Martha McNair has found education to be essential. In 2009, over the age of 60, she graduated Summa Cum Laude from United Christian Ministries Institute (UCMI) with her Associates Degree in Theological Discipline of Christian Ministry. Apostle Martha McNair has attended the Institute of Biblical Studies, and has earned many certificates and awards. Although her achievements are great, her life is founded on prayer and faith in God's word.

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AND HELP US TO BE WISE
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Pastor Sarah McNAIRY



A LEAP OF FAITH

After hearing the voice of God saying, "I want you to preach and teach my word". I asked Him, how could an uneducated person teach people? The Holy Spirit said, "Have faith in God". Since that moment, I have walked by faith and not by sight, and not by my thoughts. That was forty-five years ago, and I have been pastoring, walking by faith all that time; thus, the name of my church, **FAITH DELIVERANCE CHURCH, 94 CENTRAL PARK, ROCHESTER, NEW YORK 14605.**

God has developed me through my "leap of faith". It is written in the Holy Bible, "If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you". I am one of them who did just that, being persuaded in my own mind. Now, I have a strong belief that walking by faith in God brings great result! Promises have been fulfilled. Even more, I asked God about a church building and He gave me a vision. Once again, I took a leap of faith. I knew the church would be built, and God would give His favor, and He would give me the means, the land, and the bank's approval. Membership at that time was small, and some actually left. Nonetheless, we've been in the building for twenty years, and it is debt free, worth \$3.5 million. God's promises have been fulfilled in my life.

*And yet another
promise kept . . .*

When having my children, God spoke to me saying, He would "save" all of my children, and that one day my son would dance with me in the pulpit. Time went on, my son became a pimp, and my daughters were drug addicts, which lead to a life of prostitution. It's 2017, and yet another promise has come to pass in my life time. Many years ago, my son gave his life to Christ. He is now a minister, and yes, he dances with me in the pulpit. My daughters are praise and worship leaders, singers, as well as, elders within the ministry. I have seven children, and one is deceased.

KEEP THE FAITH AND THE TRUTH WILL KEEP YOU...

Born in Memphis Tennessee, her family moved to Bradenton, Florida. Pastor Sarah was educated in the Bradenton, Florida educational system, and she graduated from Lincoln Memorial High School. After graduating, at the age of 18, she left Florida and relocated to Rochester, New York. She worked at the Rochester's Airport, and various hospitals in the area, and then in 1972, on to full time ministry. On September 18, 2010, Pastor Sarah, survived her husband, Robert McNairy Sr. Today, at 77 years young, she is still walking by faith.



**Pastor Sarah McNairy, received her
Honorary Doctorate in 2017**



IT WAS A *Revival*

DR. MELVIN C. CROSS, SR.

November 1973, I'll never forget that year. I was seventeen at the time. The boys and I were on our way to a concert in Buffalo that night. We had our tickets in our pockets, and we had all the "party stuff" we needed. The phone rang. It was Ms. Beleader D. Adams. "Hello, I am calling to invite you to the revival at church tonight". I had seen her at my mother's house, and I was like, "Who is that?" She was the praise and worship leader at my mother's church and I liked her. Needless to say, I didn't go to the concert that night, I accepted her invitation to the revival. That night Mr. Ross Colette was the preacher. He called me up to the altar; all I can say now is; the rest is history. That night God "delivered" me from drug abuse,

womanizing, and some other stuff. That was forty-three years ago and,

**GOD IS STILL
IN CONTROL
OF MY LIFE.**

By the way, I married that beautiful lady, and she has been my confidant, friend, and wife for 43 years.



Bishop Melvin C. Cross, Sr. answered the clarion call to minister, in 1976, under the leadership of his mother, the late Pastor Katie Cross. In 1989, he founded **PENTECOSTAL POWER OF DELIVERANCE, 284 WEYL STREET, ROCHESTER, NEW YORK 14621.**

Bishop Cross retired from Xerox Corporation to, fully embrace full time ministry

Pentecostal Power of Deliverance Church has accepted the challenges of urban ministry by passionately modeling the life of Christ.

The Church has crisis counseling, family life ministry, a food cupboard, and an annual Christmas and Thanksgiving Love program that feeds and provides toys to needy families during the holiday season, and reaches out to prisoners, as well as other outreach initiatives. The church is a place where the worship experience is spiritually spontaneous, jubilant, and word centered. The atmosphere is one of love and acceptance.

Bishop Cross is married to Pastor Beleader D. Cross, and they have are the proud parents of five children, grandchildren, and have been parents to a host of foster care children, all of which they love dearly.

Dr. Melvin C. Cross, Sr. is the Senior Pastor of Pentecostal Power of Deliverance Church, 284 Weyl Street, Rochester, New York. Dr. Cross received his Honorary Doctorate from Faith Temple Seminary of Toronto, Canada in June 2017. He has also received a certificate of completion of Church Studies from Colgate Divinity School Crozer Theological Seminar, and most of all, he holds an anointed message for this age.

THE RIGHT REVEREND DOCTOR DOUGLAS

SMITH *Southern Echoes*

Born and raised in Bainbridge, Georgia, I met my wife Eudean in a corn field. We dated for five years and then married October 8th, 1961.

One year later, after the birth of our first son, we moved to Rochester, NY; I started working in the construction field, but singing was always my forte. I started singing at age five, and by the age of seven, I was singing in a gospel group called the Southern Echoes. After I moved to Rochester, I joined a group called the Gospel Tones. Gospel singing and church was my life. I guess I can say, I was called to ministry while singing and singing led to preaching, and preaching led to pastoring.



His pastoral work has historically, and traditionally, been marked as “builder”, perhaps it comes from working in construction.

Led and strengthened by the Holy Spirit, Pastor Smith has been able to lead his congregations to success. Under his leadership, each church grew spiritually, financially, and physically.

When asked about his accomplishments he states, “I have been blessed to served church administrations and congregations that were hardworking, diligent, and faithful to the will of God, making it easy for me to fulfill and achieve God’s purpose, mission, and vision in our collective and spiritual lives. God has also blessed me with a strong, committed, faithful, loving, caring, devoted, and praying wife, who has been by my side through it all. She is my confident, my friend, and the love of my life. My wife and I recognize that our faith, family (biological and church), and focus on God’s business is what sustains our lives and brings joy to our hearts. God wants it all and we freely give our all”.

The Right Reverend Dr. Douglas Smith and his wife, Sister Eudene Smith, have faithfully served God, the church, and the community with a spirit of humility and meekness for over 50 years. On May 18, 1999, Rev. Smith was presented with an Honorary Doctorate of Divinity from McKenzie Theological Seminary of Mississippi. He was awarded the Preacher of the Year Award by Mayor William Johnson in 1995, and in 2009 he released his CD, entitled, Harvest.

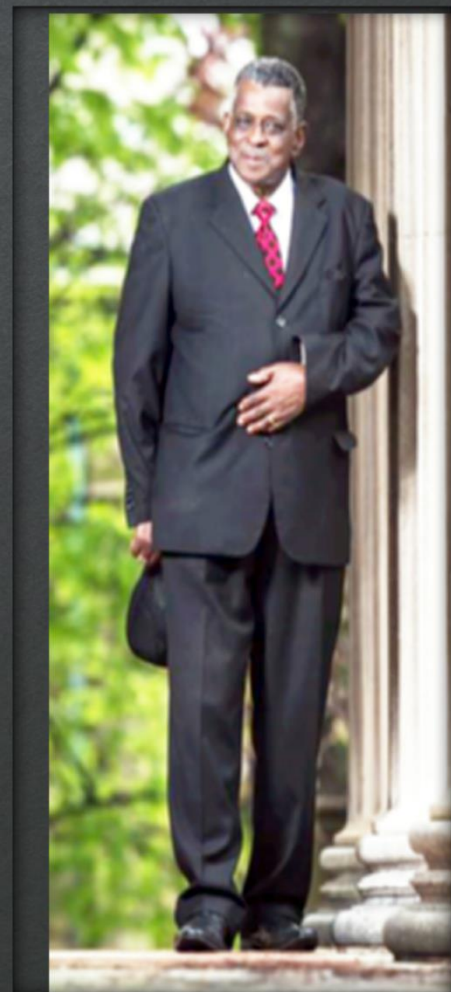
Reverend Smith remains active in many community services, such as the National Black Leadership Commission on AIDS, Monroe County Council on Teen Pregnancy, and Rochester Area Task Force on AIDS, and many other religious affiliations.

Once he received the call to minister, it was not long before he became a pastor. Ordained and licensed, his first pastorate was at Bethel Missionary Baptist Church, of Medina, NY in 1968.

In 1974, he led the Mt. Olive Missionary Baptist Church in Kendall Mills, NY. The later part of ‘86, he was appointed to pastor, Pentecostal Memorial Baptist Church, of Rochester, NY.

In January of 1992, he founded the

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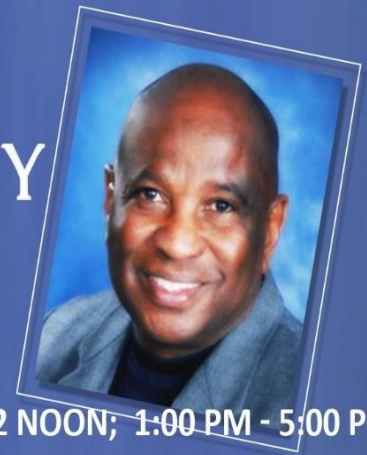
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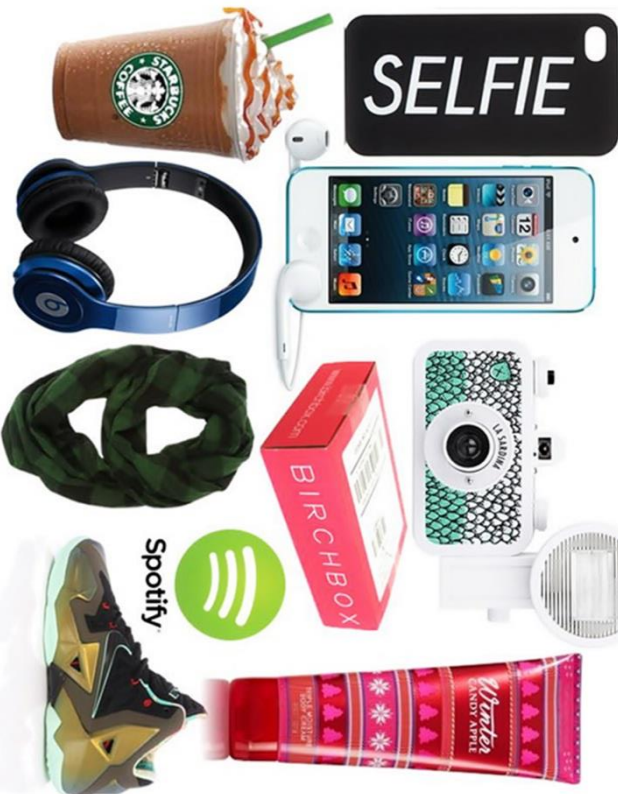
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breast cancer

THE JUST SHALL "LIVE"

BY FAITH

Mrs. Erika Green



My desire for modeling reoccurred; unfortunately, that is when I developed a nagging irritating itch in my left breast, it was persistent. I shared this information with my close friend. She asked me to have myself checked out, so I did. There was a biopsy, and then the diagnosis came in 2007, Paget's Disease of the Nipple. In the blink of an eye, I went from an itch and irritation of my breast, to a breast cancer patient dealing with a life-changing diagnosis, and to make matters direr, my cancer was a rare form of breast cancer. I was shattered and the tears ran. They actually had to fly in a specialist from Portland, Oregon to work on my rare case. I had been a supporter of Breast Cancer Awareness for women and men for years, as well as giving donations to help with finding a cure. I was 39 years old at the time, wanting and believing to see 40. Along with the wave of emotions I was beginning to feel daily, I had a family to consider. Breast cancer changed my life. I had to live with the scars for myself and I was lost for words to say to my husband, not knowing how this would affect him. I had to learn how to be comfortable with the scars around my husband of 12 years at the time, Mr. Ronnie Green. My oldest son was graduating from high school that year, and I wanted to be at his graduation. He was also becoming a father; I was going to be a grandmother!

This is when I learned by experience, about what I call **PILLARS OF SURVIVORSHIP**

...a coping plan for life after cancer.

1. **Connect with God:** I was raised up in church, believing in God that He could do anything if you have faith in Him, so as an adult I believed that He would. As every survivor and caregiver knows, overcoming cancer often requires a heroic amount of physical, emotional, and spiritual strength. Connecting with God can provide that balance, stability, and grounding you will need. Many forget to look for meaning, value, and purpose in the most obvious places: Jesus, faith, prayer, church, forgiveness, hope, and peace. I believe that all things in your life happen for a good reason. It's natural for people to ask "why me?" when faced with a serious illness. However, focusing on this question can get you stuck and frustrated. On the contrary, focusing your thoughts on things that bring you hope can make you feel empowered and revive your spirit.

I believed that my set back was my set up for my come back, and it was!

Yes, your experience can affect you in a good way, because when I think of the goodness of Jesus, and all He has done for me, how I could have been cut off, but God, this brings the physical, emotional, and spiritual strength I need to carry on. "Thy name is my healing, O my God, and remembrance of Thee is my remedy. Nearness to Thee is my hope, and love for Thee is my companion. Thy mercy to me is my healing and my succor in both this world and the world to come. Thou, verily, art the All-Bountiful, the All-Knowing, and the All-Wise." In many ways, connecting with God is the easiest way to revive your spirit. My soul is anchored in the LORD, for the just shall "LIVE" by faith. Trust God every step of the way.

2. **Strengthen Your Core:** When you focus on strengthening your spirit, the core of who we are - your whole being is conditioned to perform better, emotionally, mentally and physically. It is here that I realized that God was strategically preparing me how to pray for myself. Focuses to strengthen your spiritual core should include prayer, conscious acts of forgiveness, reading scripture, and other inspirational materials, listening to healing and inspirational music, attending church and worship services. I did not allow negativity to set in, I found a faith based community; and I got connected with a praying group of individuals in advance. My faith went to a different level.
3. **Build (or Re-build) Healthy Relationships:** Living through the experience of cancer gives you new perspectives on relationships; therefore, value positive relationships above everything else. Given the stress of a cancer diagnosis and treatment, it's not surprising that problems may arise in relationships, especially between couples. Husbands and wives should decide very early on whether "we" are going to be victims or survivors. "We" decide to muster up all "our" strength to fight to win. "We" decide to stay positive and not let cancer define "us". "We" decide how

"we" are going to handle each day. There are good days and bad days, but "our" attitudes determines each day. Also, I stayed around my positive circle of "prayer warriors". Right here, I would like to send out a special thanks to my family, friends, and my church family, Redeem Bethel, 4494 State Route 104, Williamson, New York 14589, my spiritual leaders are Superintendent Henry Prior and Elect Lady Barbara Prior; I thank all of you for your continued support.

4. Continue to "LIVE"! Although, breast cancer changed my life, my life changed because of breast cancer. I continued to work, and at 49, I restarted my modeling career. That's important, because at 19 while attending, Barbizon Modeling program, I got pregnant and my modeling career was put on hold. My hopes for a modeling career were interrupted, but not forgotten about as the years went on. I started modeling again! I am a Cosmetologist, and now, I am the Fashion Consultant, and a model, for SUE Magazine.

It's been 10 years now; I am breast cancer free - I'm still "LIVING" by faith!

A FEW SYMPTOMS AND SIGNS

Every person should know the symptoms and signs of breast cancer, and any time an abnormality is discovered, it should be investigated by a healthcare professional. Many breast cancer symptoms are invisible and not noticeable without a professional screening, but some symptoms can be caught early just by being proactive about your breast health. Keep your breast health in check by knowing some of the symptoms today. Most people who have breast cancer symptoms and signs will initially notice only one or two, and the presence of these symptoms and signs do not automatically mean that you have breast cancer.

1. Have you noticed changes in your breasts recently, a change in the breast or nipple appearance? A change in how the breast or nipple feels. A change in the skin texture or an enlargement of pores in the skin of the breast (some describe this as similar to an orange peel's texture). By performing monthly breast self-exams, you will be able to more, easily identify any changes in your breast. Be sure to talk to your healthcare professional if you notice anything unusual
2. Nipple tenderness or a lump or thickening in or near the breast or underarm area. A lump in the breast (it's important to remember that all lumps should be investigated by a healthcare professional, but not all lumps are cancerous)
3. Any unexplained change in the size or shape of the breast. For example, unexplained swelling of the breast (especially if on one side only). Unexplained shrinkage of the breast (especially if on one side only)
4. Dimpling anywhere on the breast
5. The skin of the breast, areola, or nipple that becomes scaly, red, severe itching, swollen
6. Any nipple discharge—particularly clear discharge or bloody discharge. It is also important to note that a milky discharge that is present when a woman is not breastfeeding should be checked by her doctor, although it is not linked with breast cancer

Most often, these symptoms are not due to cancer, but any breast cancer symptom you notice should be investigated as soon as it is discovered. If you have any of these symptoms, you should tell your healthcare provider so that the problem can be diagnosed and treated. Although there's no need to worry, regular screenings are always important. Your doctor can check for breast cancer before you have any noticeable symptoms.

1979 MISS USA - TODAY



A Life of Service

Being crowned Miss USA in 1979

profoundly changed my life, from being a college student, to an international celebrity. I traveled the world, went on fabulous modeling assignments, headlined many exciting events, and was surrounded by important and influential people. I was only 19 years old at the time and I was being looked up to as a role model.

"Service to others is the rent we pay for our room in the hereafter." These are the words that were spoken to me, by Muhammad Ali, during a private meeting many years ago, shortly after I was crowned Miss USA

After that meeting with Muhammad, the purpose of my life was changed once again. The idea of being looked up to, as a role model, carried with it, a huge responsibility. That responsibility, was to give back to my community. Those words had firmly taken root for me.

Always a very religious person and a devout Catholic, I felt that God had put that wonderful man in my life at that time, to set me on the right path.



Mary Therese Friel

After my reign as Miss USA ended, I went on to have a successful modeling career with the Ford agency, before returning to Rochester to open my own modeling agency.

MARY THERESE FRIEL, LLC

Through it all, I carried Muhammad Ali's message with me, which blossomed into, the dedication of a large portion of my life to volunteerism. I was fortunate enough to be given the **1,000 Points of Light Award** through the Independent Sector, and Give 5, in Washington, DC. I also made the mission of volunteerism, a core component of my company. Mary Therese Friel, LLC, is committed to making a difference in my community, by leading by example. Volunteerism is one of the cornerstones that my business is built upon. Since the beginning, my company has used both, the beauty business, and beauty queen image, to help raise money for charities, via fashion shows, which are a natural extension of my company, and they make excellent fund raising events that are well received by the public and media. Moreover, as a member of the Causewave Community Partners, I, along with my husband and partner of 21 years, Kent Friel, consult and provide models pro-bono, to appear in advertising campaigns, for community based and non-profit programs. In 1989, we initiated "The Goodwill Ambassador Scholarship Competition", which seek out, award, and promote young people, who are positive role models. Winners of the competition receive scholarship money, prizes, and recognition, as well as, the opportunity to participate in volunteer activities that enriches the community and themselves.

Looking back on my life, as far back as I can remember, I was always part of the same church, St. Louis Church, in Pittsford, New York, near where I grew up. I was baptized, confirmed, and married in that church. My father played the organ at mass. My grandmother was even buried with the Carmelite

nuns. A strong faith was part of my upbringing. Today, I honor my religious beliefs and my community, by serving at my church. I am a Lector, Eucharistic Minister, and Liturgical Assistant. I work on a variety of committees, events, and with the local youth group. My husband and I often enjoy visiting other churches as well, enjoying their services, architecture, and meeting their members. We've so enjoyed St. Michaels, St. Thomas Moore, Free Deliverance, Sacred Heart Cathedral, United Church of Pittsford and so many others. I feel so blessed to be who I am, and to be able to contribute in the way I do. I truly feel God is always with me, guiding me, cheering me on, helping me when I need it, and keeping me moving forward, in the right direction, to help make a difference in this world, and most importantly, to honor Him each day.





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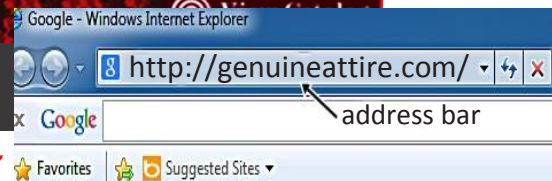
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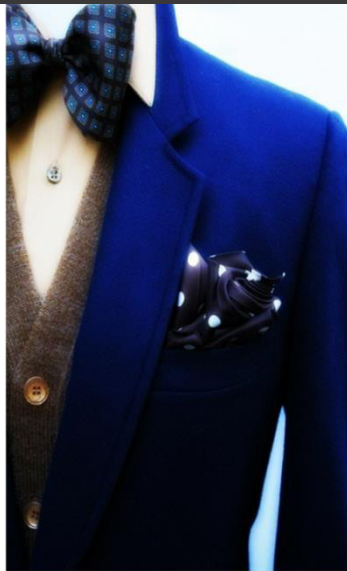
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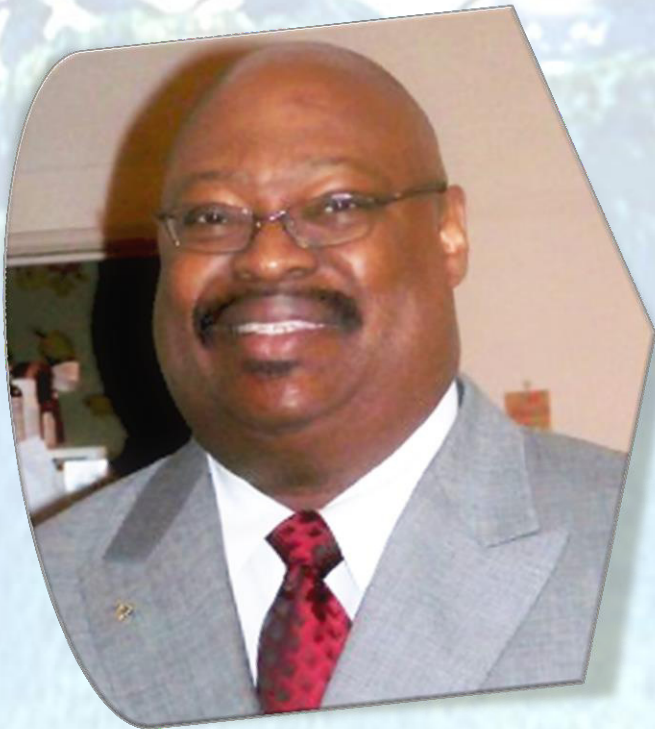
SPIRITUAL ENRICHMENT CORNER

VIEW

PREPARING FOR THE ADVENT
SEASON

Reverend John Hardaway

As we prepare for another Advent season. We need to ask ourselves these questions: What does the Advent Season mean to me? How should I prepare for the Advent Season? Where should I go to best experience the Advent season?



Psalm 122

I rejoiced with those who said to me,
“Let us go to the house of the LORD”.

Our feet are standing
in your gates, Jerusalem.

Jerusalem is built like a city
that is closely compacted together.

That is where the tribes go up—
the tribes of the LORD—

to praise the name of the LORD
according to the statute given to Israel.

There stand the thrones for judgment,
the thrones of the house of David.

Pray for the peace of Jerusalem:

“May those who love you be secure.
May there be peace within your walls

and security within your citadels.”

For the sake of my family and friends,
I will say, “Peace be within you.”

For the sake of the house of the
LORD our God, I will seek your prosperity.

Advent is a season observed in many Christian churches as a time of expectant waiting and preparation for the celebration of the Nativity of Jesus at Christmas. The term is a version of the Latin word meaning "coming", commonly used to refer to the Second Coming of Christ. Thus, "Advent" means arrival; it is at this time we are preparing to celebrate the birth of our Lord Jesus Christ, and it is also a time to remind us we must be prepared for Jesus's second coming. Christians have spoken of the three comings of Christ: in the flesh in Bethlehem, in our hearts daily, and in glory at the end of time.

The popular notion of the Christmas season is often associated with a fast-paced sense of hurry. The holiday rush, we call it. We experience uncontrollable spending, impatient shoppers, long

checkout lines, busy traffic, and hectic schedules. Not to mention the avarice and gluttony that is experienced by many during the Advent season. These experiences create in many of us a feeling of stress and anxiety, which has nothing to do with how we should celebrate the birth of our Lord and Savior. Even we followers of Christ sometimes forget why we are celebrating this season. The Advent season is not a time to focus all your time and efforts on spending, buying gifts, and partying.

PREPARING FOR THE ADVENT SEASON

PANORAMIC SPIRITUAL ENRICHMENT CORNER VIEW

John Hardaway

The Advent season is a time of self-reflection upon our relationship with God. It is a time for all of us to seek to renew our commitment with the one true God, a time that requires us to focus on renewing our connection to God. We direct our focus in three ways: by patience and hope, by faith and obedience, and by transformation and evangelizing. The Bible offers us examples: patience and hope during the Advent season is shown in Luke 1:1-25. We read the story of Zechariah and Elizabeth and the patience they showed waiting for the birth of a child. Their prayers were answered by the birth of their son John the Baptist. Faith and obedience is represented by the experience of Joseph and Mary. We read in Matthew 1:18-25 and Luke 1:28-38 that both, Mary and then Joseph were approached by an Angel, and they were told of the impending birth of their son Jesus. Joseph and Mary could have ignored God's commands but they did not.

Transformation and evangelizing is represented by the experience of the shepherds, as told in Luke 2:8-20. The news of Jesus's birth received by the shepherds from the angels transform them into the first evangelists for Christ.

In our preparation, we need to identify the proper place to best experience the Advent season

The Advent season is a time for all of us to seek to renew our commitment with the one true God in His house. This is where we learn how to start building our lives on a foundation of faith, and how to prepare for the second coming of Jesus. That is why Psalms 122 is so pertinent to us. This psalm tells us to be glad when we go to God's house. God's house provides us an opportunity to experience the Kingdom of God. In Luke 17:20-21, Jesus was asked by the Pharisees when would the kingdom of God come, he answered them, "The kingdom of God is not coming with signs to be observed, nor will they say, 'Look, here it is!' or 'There!' for behold, the kingdom of God is in the midst of you." That's the promise that Jesus made to us and we can experience that promise every time we come to the House of the Lord. When we come to House of the Lord, we experience His grace, mercy, joy, peace, and prosperity. We become alive with a sense of restoration, hope, and a transformation in our spirits. We long for God's redemptive power, which bring us back to Him. Patience, hope, faith, obedience, transformation, and evangelizing can only be found when we are in the House of the Lord. It is in the God's House we find the Kingdom, where we can discover, renew, and develop our faith in God. It is in His House we get to know more about Jesus. In His house, we find joy, justice, love, peace, and security through Jesus Christ. We invite our family, friends, non-believers, and the unchurched to God's House, not necessarily to join our church, but to get them to know Jesus. *In that way, we are focusing on the true objective, Advent season, which is to bring others to the faith.*

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If the wedding is so important, then how important should the following anniversary days be to a husband and wife. I was thinking that the marriage anniversary, gives us a chance to pull back from the daily grid and relive a moment that changes our life forever.

Anniversaries

I was also thinking about anniversaries, thinking about the 5,763rd year anniversary celebration of mankind's entry into a relationship with God, according to the Jewish calendar.

As well as,

**MY OWN WEDDING ANNIVERSARY, DECEMBER 25,
TO MR ANTHONY OWENS, SR.**

While six years may not sound like much, especially in comparison to almost six thousand years, to me my anniversary marks the door that opened a whole new world and life.

**I asked God to show husbands and wives
that marriage is a priority in their life.**

It feels like yesterday when, my husband and I felt such a pull one to another, even within the five years of dating, before our marriage. Though we had our differences, our connection was real, and deep. At the time, I could never have imagined that the magnetic bond pulling us together could grow stronger. But, the bond did grow. And like an elastic band, it also grew more flexible as it tightened around us, providing more room for our respective means of expression.

The differences that we have, which at times seem irreconcilable, now seem almost petty. What has before irritated me -- all right, some things still upset me, but now the edge of disagreement is not as sharp. Sometimes I even have a glimpse of appreciation for how those differences enhance our connection. Also, with the familiarity, we both have also let our guard down more.

The small, sweet gestures for one another have become more frequent. His every effort, no matter how small or large, to please me becomes even more precious. Careless words stumble out less freely. We think more before acting.

As I was thinking about my upcoming anniversary, the thought struck me, could it be that this same dynamic is mirrored in our relationship, as a people, with God? After all these thousands of years, are we less sensitive to God wants and wishes than we have been in the past?

Are our guards down; hence, our behavior no longer reflect the same love for God as in the past? Are we in tune with God desires, as we have been in better times? Do our words and actions have the proper consideration and forethought that they are meant to have? Is that intimate connection, between God and us still felt?

Maybe, but nevertheless, despite a seemingly rift and deficiency in our relationship to God, the bonds of our connection to Him are in a way stronger. Each of our actions, counts for so much more and, when it really comes down to it, we're ready to sacrifice our very selves for God. I was caught up in these reflections as I busily went about preparing, spiritually and materially, for my upcoming anniversary and the holidays.

Suzanne Parker-Owens

Another Anniversary...

Forgotten, were all the times in the past that my husband had made a comment that was stupid or reckless. Overlooked were all the times he forgot to take out the garbage or left his jacket thrown over the living room couch, knowing full well how it irked me so. Nor did I think of the times he thoughtlessly forgot to express gratitude for something I did for him.

Even the toothpaste tube that he so often carelessly leaves open didn't enter my mind. These didn't matter, not in the slightest, not now. As I sat at his bedside, awaiting emergency surgery to remove a brain tumor, my thoughts were focused entirely on what I could do to ease his pain. As I waited in the nearby waiting room as he was wheeled into the operating room, I was only capable of summoning the strength for nonstop prayers, begging God that no complications arise and that the operation would be successful. Rushing to the recovery room, on tired feet that had not let up for twenty hours, as he was groggily wheeled from the operation, I could only wish that his recuperation be speedy. And when the doctor released him the following week, still sick, all I could think of as I drove us home, was how to make him more comfortable. Then he asked me, why are you staying with me, now? I answered, because you treated me with wisdom.

What surfaced, within me, over the last years of his life was a deeper aspect of the relationship than gestures will ever represent, what surfaced was the kind of love, written about in 1st Corinthians 13:4-8. Our twenty-second, wedding anniversary would have been September 14, 2017.

Deborah Alloway

SECRETS TO A LONG AND HAPPY MARRIAGE

Is it really possible in today's world to have a long and happy marriage? Longevity within marriage needs a different and better model than the one today, that has brainwashed some to accept the concept of discarding what we no longer like and constantly replacing it with a more desirable substitute – is there the possibility of a long-lasting and happy commitment to just one other person?

The question becomes all the more relevant as we live longer lives and death doesn't impose an early ending to the bond that we entered during our youth. After decades together, husbands and wives have a choice: they can try to keep the romance, passion and friendship that first brought them together alive or they can give up on the hope of finding fulfillment with their first love and get on the "marry-go-round" until they find the elusive golden ring of contentment. Marriage is a challenge. We can't just take for granted that we will somehow intuitively figure out how to make a relationship between two different people survive in perfect harmony.

I WANT TO SHARE WITH YOU THREE MAJOR INSIGHTS I'VE GLEANED FROM GODLY WISDOM.

1. **Laughter & Hardship:** The first I heard from the lips of my mother, she was 90 years old at the time and had been married for fifty-eight years. Having witnessed many other marriages flounder and seen how strong her relationship was with my father, I wondered about her "secret". My parents' lives were filled with many difficult times; they were for many years faced with difficult financial struggles. "How is it", I asked my mother, "that in spite of everything you faced, you never gave in to despair and there was clearly great love between you and daddy?" My mother reflected for a few moments. Then she said quite simply, "keep laughter as part of your marriage." A cheerful heart is a good medicine; Proverbs 17:22. While she intuitively realized that marriage represented far more than a mandate to have a good time and be merry, it represented a life that includes the hardships of commitment, duty, and responsibility, she also respected the power of laughter, for it is truly medicine. Laughter is an added dividend of a good life with a chosen partner.

2. **"I will give":** The root of the Hebrew word for love, ahav is the verb "to love." which also means, "I will give." To truly love, means to be concerned even more with the needs of the other than one's self. "I love you" is to put emphasis not on what you must do to make me happy, but when can I have the opportunity to do for you – which then will make me rejoice. Therefore begin marriage with the knowledge that, what marriage offers is to allow you the opportunity to share life's challenges with the one you love, no matter how difficult and how much it will ask of you, and you will gain the gift of greatest happiness that comes from the act of giving.

3. Shattering Moments: Life must have its shattering moments. It cannot be filled with perpetual laughter, but selfless love enables us to overcome hardships together – and find the kind of joy we could never have experienced alone in a life devoted to the pursuit of pleasure. So the first step to ensuring that you have a happy marriage is to remind yourself that you're not meant to always be happy.
4. The Blessing of Forgetfulness: The second secret, surprisingly enough, is to discover the blessing of forgetfulness. "Every time we have a fight," a man confided to his friend, "my wife becomes historical." "Don't you mean hysterical?" the friend questioned. "No, I mean historical – she remembers everything I ever did wrong in the past 20 years since we're married." God created us with a trait of forgetfulness. Couldn't He just as well have made our minds competent enough to recall the events of our lives? No, it was not a divine error, but rather the fulfillment of a divine purpose. People aren't perfect. We all make mistakes; that is the price we pay for our humanity. And if we blow it, we have the opportunity to repent; if we hurt another person, we can apologize and then move forward. Forgetting is the gift from God that allows us to move on from the mistakes of the past. "I'll never forget" is the proper

response only to an act of kindness from another. "I choose not to remember" is the wise reaction to a wrong committed by someone we love in a momentary lapse of good judgment or temporary anger.

5. Compromise: And one last piece of advice to complete my suggestions. "I always wanted to marry Mr. Right. I thought I found him until I realized that my husband thinks his name is Always Right." You know what you call someone who believes they're always right? Divorced is the most appropriate answer. Nobody is always right. And nobody is always wrong. And if you think you're always right – you're wrong. Right or wrong, a married couple has to learn how to compromise. Two people living together are bound to have disagreements. If they take their argument to a vote between themselves, it will always end in a tie. The solution is obvious. Right or wrong, a married couple has to learn how to compromise. Compromise is the key. When husband and wife can learn, even when each one of them is sure they are right, to bend a little bit and choose concession over unconditional victory, they'll be rewarded with a prize even more valuable – a home graced with PEACE, the greatest blessing of all.



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