***“Thriving for Better Health in 2018”***

**Missionary Anniversary**

Sunday, July 1 is *Missionary Sunday*. Each member is asked to donate $10.00 to support the work of the ministry.

This week the nation will celebrate its independence and freedom from the British empire with the signing of the Declaration of Independence on July 4, 1776.  The irony in this celebration of course is that there were 5 million enslaved African-Americans in our country between 1619-1865.  At least 12 American Presidents owned slaves, including some of the Signers of the Declaration of Independence.  George Washington, Thomas Jefferson, and James Madison all owned slaves! So, this week as we look at our nation’s history of advocating for liberty and freedom we must be reminded that true freedom comes only from Christ!  Jesus said, “If the Son has made you free, you are free indeed.”   True freedom includes everyone and excludes no one.  Jesus died to set free anyone who was enslaved to sin regardless of their race creed or color!  Yes, the cost of freedom is very high not just in human capital, but it cost God His only Son to redeem us to Himself.  Jesus paid for our freedom with His life!  So, as the nation celebrates freedom and independence this week it is a great time to celebrate and remember that true freedom can only come from a God who looks at every man as special and worth dying for.  The founding fathers of this nation did not see fit to include African-Americans in their quest for freedom, but thanks be to God that He included us! If Christ has made us free, then we are truly free!  Thank God for true freedom!

**Pastor Shelton R. Barnes**

.

![MP900177808[1]]()

**Sunday Services**

11am – 1st, 2nd & 3rd Sunday

9am – 4th & 5th Sunday

**Sunday School**

9:45am – 1st, 2nd & 3rd Sunday

7:45am – 4th & 5th Sunday

**Prayer Service**

11am – Tuesday

6:30 pm - Wednesday

**Bible Study**

7:00pm – Wednesday

***Pastor’s Corner***

The Missionary Ministry will sponsor Mission Day at 11a.m. on Sunday, July 6. The guest speaker will be Missionary Patricia Bond Norman of Raleigh and a former member of Cedar Landing Missionary Baptist Church.

***Christian Education Ministry***

The Christian Education Ministry will sponsor their annual fundraiser Sunday July 27th at 3:00pm. This year's title will be: Route 66- A Journey Through the Bible. Each participant is asked to select a book from the Bible and elaborate on the theme of that book. We are only asking for $25.00 for each participant. These funds will be used to upgrade the technology in our church. Our youth are skilled in the latest technology as our older adults are skilled in wisdom-so let us work together to support each other.

**Cedar Landing Missionary Baptist Church**

**P.O. Box 805, 146 Cedar Landing Road, Windsor, NC 27983**

**cedarlandingchurch@gmail.com**

**NEWSLETTER**

**Shelton R. Barnes, Pastor**

 July 2018 volume 4 issue 7



**Missionary Anniversary**

“Now then, we are ambassadors for Christ"

As we celebrate our Missionaries Anniversary, I am reminded of the words of the Apostle Paul in 2 Corinthians 5:20.  He writes, "now then we are ambassadors for Christ."  An Ambassador usually represents his or her country in a foreign land or nation.  If we are ambassadors for Christ then we must understand a few things about ambassadors.

First, an ambassador is hand-picked by the Leader of his country, i.e. the President.  Christians have been hand-picked by God to represent Him in this World. We are God's witnesses here on earth.  Jesus says in Matthew 5, that we are the light of the world!  This means that we stand out as representatives of the Kingdom of God. Our lives should be a reflection of the love and compassion of God.

Secondly, an ambassador has to be an exemplary citizen of the country that he or she represents.  There can be no criminal record or suspicious deeds in his life.  Jesus again says in Matthew 5, "ye are the salt of the earth."   This means that our pure lives should help to preserve the world from judgment.  People should look on our lives and see God and then change, turn to God! Someone once said, "your life may be the only Bible someone may ever read."  A good ambassador lets his or her light so shine before men that they may see his good works and glorify our Father in heaven. (Matthew 5:16).

Finally, a good ambassador wants everyone that he or she contacts in a foreign land to love his or her country as much as they (ambassador) does.  As ambassadors for Christ all Missionaries must have a desire to see others find the Kingdom.  The Kingdom of God is Wonder, it is Great, and it is in the process of coming!

The question that we all must ask, and answer is, what kind of Ambassador am I?

Pastor Barnes

***Christian Education Ministry***

*Host*

*“The Seven Things That God Hate”*

*July 22, 2018*

*(immediately after morning service)*

* Seven inspirational speakers
* Spiritually supportive to us
* Financially supportive to the Church

**Tell a friend to bring a friend so that we all can be blessed of the Lord.**

Congratulations to Brother Tommy Stewart who was crowned King at the recent Bertie County Council on Aging Senior Citizens Prom.

Happy Moments

Praise God

Difficult Moments

Seek God

Quiet Moments

Worship God

Painful Moments

Trust God

Every Moment

Thank God

***July Birthdays***

 7---Najella Williams

11---Keannah Rascoe

14---Michelle Rascoe

15 – William L. Smallwood

20---Mary Speller

20---Sterling M. Pugh

22---Marie Bond

24---Linda Harrell

27---Barbara Ryan

30---Keshawna Barrow

31---Patricia Wynn

 ![MC900430219[1]]()

(If you would like for your birthday or anniversary to be listed in the newsletter, please send information to cedarlandingchurch@gmail.com

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Happy Anniversary***

Joseph & Mary Speller

 7th Year Wedding Anniversary

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A Healthy Connection – Mind, Body, and Spirit

July, 2018 Vol. II

**Take Care of Your Body** – In a devotion written by ***Joyce Myers***, the question that she raises, “I want to ask you today the same question Paul asked the believers in Corinth centuries ago: Do you know that your body is the temple of the Holy Spirit? You are the home of God! Are you loving yourself, God, and others by caring for your physical body, treating it well, and using it for God's purposes?” *(joycemyer.org)*

“Some Christians focus only on the spiritual side of life and they fail to properly care for their bodies. Other people have such low self-esteem or a shame based nature that they don't feel their bodies are worth caring for. But God's plan for us involves maintaining spiritual, emotional, and physical health. He wants us strong in every way! He wants us to feel good physically so we can serve Him and others, and be able to enjoy the life He has provided for us.” *(joycemyer.org)*

“No matter what shape you are in physically, it's never too late to improve and do some repair or maintenance on your temple. You can start by learning the basic principles of good nutrition, drink lots of water, employ stress management, exercise, and rest. Laughter is also important. It has been scientifically proven to improve your health. It's amazing how much better you can feel if you will begin to make positive changes in these areas. Give it a try; you'll be glad you did.” *(joycemyer.org)*

To go along with Myer’s idea, ***Cathy Morenzie***, a leader in the fitness and health industry for over 30 years, has also outlined some practical principles regarding health and well-being from a spiritual perspective. Cathy is a Christian Health Coach and Personal Trainer. She has worked with people all over the world helping them to live a spirit-filled healthy life, as well as, develop a positive attitude about their bodies and about fitness.

Cathy’s primary focus revolves around the idea that we have to renew our mind in order to establish the foundation for healthy living – mind, body, and spirit. *In Roman 12:2 (KJV), And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.* She further expresses that God wants to teach us more beyond just getting thin. God created us to be naturally healthy; that’s how we were designed. However, somewhere along the line, we come out of alignment of who God created us to be and we aligned ourselves with what the world has said we should be. Now is the time to get back to how God created us to be. *(weightlossgodsway.com)*

Finally, ***Kimberly Taylor***, an author, who has assisted believers in Jesus Christ to grow spiritually stronger and heal emotionally through basic health principles. Kimberly bases her ideas and practices of healthy living on the following scripture – *1st Corinthians 6:19-20 King James Version (KJV*) which reads, *Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.* Kimberly mentions that the enemy wants us to condemn ourselves because we haven’t taken care of our bodies the way that we should; but now is the time to wake up to that fact.

God’s spirit is always about conviction and His motivation is always about love not condemnation. The purpose of our body is to glorify God. She states that to glorify refers to displaying the hidden attributes of God in a way that others can see them. The hidden attributes of God is the evidence, the fruit of the spirit – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. We need to meditate on the fact that our bodies belongs to God, not ourselves. Therefore, her questions are – “How does this change the way that I see taking care of my body? “How does this change my health habits?” “What spiritual activities are taking place inside of my body, my temple? *(takebackyourtemple.com)*

***My question to myself and others, “How well am I taking care of my temple according to God’s principles in order to achieve a better sense of health and well-being – mind, body, and spirit?”***

***“Invest in Your Health” – Joyce Myers***

***“Information without Revelation Will Never Lead to Transformation” – Cathy Morenzie***

***“Take Back Your Temple” – Kimberly Taylor***

***\*Please note, this information is meant to serve as healthy tips and should not replace the advice of your doctor/physician; nor should you eliminate or reduce any meds, treatments or other regimens of prescribed nature without the consent of your health care provider.***

***Be Healthy!***

***Muriel***

**July 2018**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  |  |  |  |  |  |
| 1*Missionary Day* | 2 | 311am prayerRev. Yates | 46:30-8pm Prayer & Bible Study – Pastor Barnes  | 5 | 6 | 7 |
| 8 | 9 | 1011am prayerRev. Yates | 116pm Chess club6:30-8pm Prayer & Bible Study – Pastor Barnes  | 12 | 136-8 Women’s Ministry Fellowship | 14 |
| 15Pastor’s aid meeting after service | 16 | 1711am prayerRev. Yates | 186pm Chess club6:30-8pm Prayer & Bible Study – Pastor Barnes | 19 | 20 | 2110am - Christian Education meeting |
| 22Christian Education “The Seven Things God Hate” | 23 | 2411am prayerRev. Yates | 256 Chess Club6:30-8pm Prayer & Bible Study – Pastor Barnes  | 26 | 27 | 28 |
| 29 | 30 | 31 |  |  |  |  |