**Cedar Landing Missionary Baptist Church**

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**Newsletter**

**February 2019**

|  |  |
| --- | --- |
| ***Church Schedule***  *Church Service*  11am – 1st, 2nd & 3rd Sunday  9am – 4th & 5th Sunday  *Sunday School*  9:45am – 1st, 2nd & 3rd Sunday  7:45am – 4th & 5th Sunday  *Mid-Day Prayer Prayer*  11am-noon Tuesday 6:30pm - Wednesday  *Bible Study*  7pm – Wednesday  11am – 2nd Saturdays - 3 Rivers Nursing Home    ***February’s Birthdays***  3--Fannie Williams 8--Clara Barrow  20--Larry Freeman 21--John Taylor | **Pastor’s Corner**  (reprint)  **Love Lifted Us!**  Have you ever thought about the power of God’s love?  When we think of love, we rarely think about it’s power. Love is an extremely powerful thing. Just putting it in secular terms, love is the theme of millions of songs.  Love has caused many things to happen, from war to long walks.  The Taj Mahal was built because a King wanted a nice place to bury his wife!  The New Testament uses three distinctive Greek words for love.  *Phileo*, which means brotherly love. This is the kind of love that friends typically have for one another.  Then there is *Eros*, this is romantic love!  This is the type of love that God intended for a husband and wife to share when married.  This is physical love. Finally, there is *agape* love. Agape love is the type of love that God has for us.  It is a “*love in spite of”*type of love. Agape love always goes above and beyond the call of duty. The world needs to know of God’s love!  A love that looks beyond our faults and see our needs.  This type of love is the love that God expects us to love Him with!   God’s love has lifted us out of our darkness into His marvelous light!  When we celebrate Valentine’s Day, let us remember God’s love! Check out these verses about God’s love:  **John 3:16, Romans 5:8, and Jeremiah 31:3**.  Your Servant-Leader,  Pastor Shelton R. Barnes |

Shelton R. Barnes, Pastor

**Cedar Landing Missionary Baptist Church**

Women’s Ministry

*Annual Fundraiser*

*We are collecting “change” every Sunday in February or a donation of $25 to benefit the Ministry.*

The Women’s Ministry of CLMBC seeks to strengthen women spiritually and emotionally in the Lord through foundational Bible study, prayer support and social activities that encourage friendships.

All women of CLMBC and surrounding communities are encouraged to come, unite with your sisters and unleash your gifts and creativities for God every 2nd Friday evening from 6-8 PM.

Enjoy Fellowship – Food – Fun Activities

*“Encourage each other and build each other up.”*

1 Thess. 5:11

**February is Heart Health Month**

Heart disease is the leading cause of death for both men and women in the United States. The good news? It is also one of the most preventable.  Making heart-healthy choices, knowing your family health history and the risk factors for heart disease, having regular check-ups and working with your physician to manage your health are all integral aspects of saving lives from this often-silent killer.  Make a difference in your community by spreading the word about strategies for preventing heart disease and encouraging those around you to have their hearts check and commit to heart-healthy lives.

How to Reduce Your Risk

1. Choose a Heart Healthy Lifestyle.
   * Engage in regular moderate aerobic exercise for at least 30 minutes five days a week or more vigorous workouts at least 20 minutes three times a week.
   * Adopt a diet low in salt, saturated and trans fats and high in unsaturated fats (fish, avocado, etc.) like the Mediterranean Diet.
   * Maintain a normal body weight with caloric adjustment.
   * Take fish oil supplements.
   * Avoid smoking and recreational drug use.
   * Consume no more than ½ to 1 alcoholic beverage per day.
2. Know and review your risk factors with a trusted physician.
3. Your physician may recommend medications to control cholesterol, hypertension and diabetes.
4. High-risk individuals should consider taking a daily aspirin.
5. Avoid hormone replacement unless you have severe menopausal symptoms.
6. In selected cases, it may be necessary to conduct non-invasive or even invasive tests to determine the nature and severity of the heart disease.
7. Learn CPR.

Do not forsake **wisdom**, and she will protect you; love her, and she will watch over you. **Wisdom** is supreme; therefore get **wisdom**. Though it cost all you have, get understanding. **Proverbs 4:6-7**

**Quotes**

**“The best way to make dreams come true is to wake up.”— Mae C. Jemison**

**“It’s easier to raise a good child than to fix a broken adult.” Frederick Douglass**

**“... history has shown us that courage can be contagious and hope can take on a life of its own.” Michelle Obama**

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**Lets update our website**

**Send pictures, info, videos to cedarlandingchurch@gmail.com**

***“Healthy Choices, Healthy Living, 2019”***

A Healthy Connection – Mind, Body, and Spirit

February, 2019 vol. III

***Fasting or Intermittent Fasting* –** It has been said of all the things that we can do to enhance the power and focus of prayer, fasting is undoubtedly the most potent. *(Fasting – Key to Power)* There’s nothing magically about fasting, nor does it twist the arm of God. God has no use for conceited people, but shows favor to those who are humble. (*Proverbs 3:34 GNT*).

Fasting can be a way of learning patience. It certainly takes patience and endurance to fast for more than a day. Fasting revolves around the principle of reducing or eliminating one’s intake of food for a specific time and purpose. Fasting is not a way of earning answers to prayers, but more about preparing us for God’s answer. Some things or some breakthroughs come by way of prayer and fasting. It’s important to do as God leads and directs you to do.

As a means of self-discipline, fasting trains the body and mind to go without specific things and focus more on things higher than oneself. The author, Dr. Jason Fung *(The Complete Guide to Fasting)*, describes the benefits of intermittent fasting. He also explains that the human body wasn’t built to consume a consistent supply of food all the time. Our ancestors would oftentimes go several days if not weeks, without eating regularly and their bodies adapted. When practiced correctly and for an appropriate amount of time, fasting or intermittent fasting can lead to amazing benefits and outcomes. As you enter into this time of heightened spiritual devotion, be aware that the enemy will do all things possible to pull you away and distract you from being on course with the fasting and praying. During those times of being discouraged, let that be pray times asking God to strengthen you during those moments of difficulties or distractions (*Your Personal Guide to Fasting and Prayer, Dr. Bill Bright).*

There are several things to consider prior to fasting: (1.) drink plenty of water; this helps to flush out your system and prepares the body for fasting; (2.) do a colon cleanse; natural things to consume to help with cleaning out body – oranges, coffee, prunes, figs, olive oil, aloe vera; and (3.) make sure to rest as often as possible *(Apostle Michelle Peterson, YouTube blogger).*

There are several types of fasts and the option chosen depends upon ones health, the desired length of the fast and preference whether it is a - water fast, partial fast, or juice fast. Fasting is not a means of starving oneself. Pastor Rick Warren outlines the ‘why to’ of fasting. He mentions: (1.) fasting gives you more time for prayer; (2.) fasting demonstrates the depth of your desire when praying for something; and (3.) fasting releases God’s power. *(Days of Fasting and Prayer, Pastor Rick Warren)*

Fasting has the likelihood of increasing our faith. However, prayer without faith can result in just empty prayers, even during times of fasting. God honors faith. Oftentimes, we simply need to fast to have our faith increased. Fasting, praying, and believing go hand in hand. *(Fasting – Key to Power)*

***Balance your mind, body and spirit!***

***Prayer – Heavenly Father, thank you for Your guidance and leading me as I undertake those steps that will bring about better and improved health. My body is the temple of Your Holy Spirit and I want to take care of this gift that you have given to me. In Jesus’ Name I pray, Amen.***

***\*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.***

**\*Additional Note: Fast only if your health allows it and as directed by God.**

***Be Healthy!***

***Muriel***

***GOD wants us to take care of our bodies.***

**Enhancement Sunday**

**February 17, 2019**

**Invite a Friend to Church Day**

**Black History Month**

Every February since 1976, the United States has celebrated the achievements of African-Americans during Black History Month. The month-long [celebration](http://www.history.com/topics/black-history/black-history-month) puts those accomplishments and milestones into focus via the media and in classrooms.

But why February? Was that part of the calendar chosen for any specific purpose?

It was. Black History Month began as “Negro History Week,” a label applied by historian Carter G. Woodson in 1926. Woodson was bothered by the fact that many textbooks and other historical reviews minimized or ignored the contributions of black figures. Along with his Association for the Study of Negro Life and History—later the Association for the Study of African American Life and History—Woodson earmarked the second week in February to raise awareness of these stories.

Woodson chose that week [specifically](http://time.com/4197928/history-black-history-month/) because it covered the birthdays of Frederick Douglass (February 14) and Abraham Lincoln (February 12). The ensuing publicity led many mayors and college campuses to recognize the week; through the years, the groundswell of support allowed the occasion to stretch throughout the entire month.

In 1976, President Gerald Ford made Black History Month official, [saying](https://africanamericanhistorymonth.gov/about/) that he was urging everyone to “seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history.”

Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek." - *President Barack Obama*

You can't separate peace from freedom because no one can be at peace unless he has his freedom." -*Malcolm X*

***Do not let Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.” Joshua 1:1-9.***

**February 2019**

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| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | . |  |  |  | **1** | **2** |
| **3** | **4** | **5**  11-12pm prayer  Rev. Yates | 6  6:30 Prayer  7pm Bible Study | **7**  6:00 Chess  6:00 Youth enrichment | **8**  6-8 Women’s Ministry Fellowship | **9** |
| **10**  Pastor’s aid meeting after service  Women’s Ministry Anniversary | **11** | **12**  11-12pm prayer  Rev. Yates | **13**  6:30 Prayer  7pm Bible Study | **14** | **15** | **16**  10 am Christian Education meeting  10am Youth Activity |
| **17**  Invite a Friend Day | **18** | **19**  11-12pm prayer  Rev. Yates  6pm Joint Board meeting | **20**  6:30 Prayer  7pm Bible Study | **21**  6:00 Chess  6:00 Youth enrichment | **22** | **23** |
| **24** | **25** | **26**  11-12pm prayer  Rev. Yates  6pm joint board | **27**  6:30 Prayer  7pm Bible Study | **28**  6:00 Chess  6:00 Youth enrichment |  |  |

**Upcoming Events**

March 23 – Black History Tea