

The WORKS!

Greater Works Ministries

Volume 3, Issue 6 - December 2008

Merry Christmas

Reflections from Pastor Mark Avery



"Don't forget to say, 'Thank you'"

(Psalm 92:1)

In the course of our everyday routine, we tend to lose sight of what is important, and oftentimes neglect to keep in mind to reflect on the good things that life has to offer. There are a multitude of distractions that have the potential to block our view of God's choicest blessings. Yes, it is true that life is filled with disappointments and challenges, but one must take into account that there is a healthy balance that allows us to accept both the bitter and the sweet. Life may not always be fair, but we as children of God, know that He always causes us to triumph. In other words, no

matter the stakes or obstacles confronting us, we always win.

This year we have witnessed a number of different challenges that have caused many of us to renew and re-evaluate our faith in God. For some the challenge was physical in nature, and for others it was financial. In the midst of them all, we have seen the faithfulness of God clearly revealed in the lives of our brothers and sisters. I am proud to say that no one who went through came out scarred in any shape or form. Just like the Hebrew boys who went through the furnace, no one came out looking like they did when they went in. Thank God we serve a faithful and loving Savior.

This brings me to the main point of this correspondence. In all that we have gone through, in all that we have had to endure, and in all the adversities and difficulties we have faced, God has tremendously blessed us. So, before we jump headlong into this holiday season, let us not forget to set aside some time to convey our heart felt expressions of appreciation and gratitude to our Lord and Savior - Jesus Christ. He continually and consistently showers us with a bounty of marvelous blessings each day. Whatever you do this season, don't forget to take the time say, "Thank you."

God's choicest blessings to all,

G. Mark Avery

Pastor

Words from First Lady Cheryl Avery



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Scripture of the Month

Today in the town of David a Savior has been born to you; he is Christ the Lord.

Luke 2:11 NIV

Cyber Youth

Come and visit the GWM Youth on their MySpace page at <http://www.myspace.com/greaterworksyouth>. Become a friend and keep up with what our kids are up to.



A Special Thank You

Thank you to everyone for your support and love in 2008. I would also like to extend a special Thank You to everyone who helped make Pastor Avery's 15th Anniversary Celebration special and successful. With your support, we are looking forward to an exciting and eventful 2009. With Blessings
Sister Elsie Reeves



Good Morning

When I say Good Morning, I mean to say

God
Offers us His
Outstanding
Devotion to

Make us
Obedient &
Ready for a
New day with him.
Inspire other please, and
Never forget
God loves you!

Have a Blessed day!
Submitted by Sister Wendi Box

Mail for Heroes

The Red Cross is partnering with Pitney Bowes this holiday season for the Holiday Mail for Heroes campaign. For the second year in a row, we're collecting holiday cards to distribute to American service members, veterans and their families in the United States and around the world. Pitney Bowes is generously donating technology, resources and postage to make this holiday card program possible. Our goal is to collect and distribute one million holiday cards to spread holiday cheer and facilitate thanks to these brave individuals and families.

Please send cards to this address:
Holiday Mail for Heroes
PO Box 5456
Capitol Heights, MD 20791-5456

All cards must be postmarked no later than Wednesday, December 10, 2008. Cards sent after this date will be returned to sender.

For more information please go to the following website:
<http://www.redcross.org/email/saf/>

More Mail for Heros

If you go to this web site, <http://www.letssaythanks.com/> you can pick out a thank you card and Xerox will print it and it will be sent to a soldier that is currently serving in Iraq. You can't pick out who gets it, but it will go to a member of the Armed services. How AMAZING it would be if we could get everyone we know to send one!!! It's FREE and it only takes a second.

Wouldn't it be wonderful if the soldiers received a bunch of these? Whether you are for or against the war, our soldiers over there need to know we are behind them. This takes just 10 seconds and it's a wonderful way to say thank you. Please take the time and please take the time to pass it on for others to do. We can never say enough thank you's. Thanks for taking to time to support our military!

Gift Card Information

I wanted to give everyone a heads up that if you tend to give gift cards around the holiday's, you need to be careful that the cards will be honored after the holidays. Stores that are planning to close after Christmas are still selling the cards through the holidays even though the cards will be worthless January 1. There is no law preventing them from doing this. On the contrary, it is referred to as 'Bankruptcy Planning'. Below is a partial list of stores that you need to be cautious about.

Circuit City (filed Chapter 11)
Ann Taylor- 117 stores nationwide closing
Lane Bryant, Fashion Bug, and Catherine's to close 150 stores nationwide
Eddie Bauer to close stores 27 stores and more after January
Cache will close all stores
Talbots closing down specialty stores
J. Jill closing all stores (owned by Talbots)
Pacific Sunwear (also owned by Talbots)
GAP closing 85 stores
Footlocker closing 140 stores more to close after January
Wickes Furniture closing down
Levitz closing down remaining stores
Bombay closing remaining stores
Zales closing down 82 stores and 105 after January
Whitehall closing all stores
Piercing Pagoda closing all stores
Disney closing 98 stores and will close more after January.
Home Depot closing 15 stores
Macys to close 9 stores after January
Linens and Things closing all stores
Movie Gallery Closing all stores
Pep Boys Closing 33 stores
Sprint/Nextel closing 133 stores
JC Penney closing a number of stores after January
Ethan Allen closing down 12 stores.
Wilson Leather closing down all stores
Sharper Image closing down all stores
K B Toys closing 356 stores
Loews to close down some stores
Dillard's to close some stores

Submitted by Pastor Avery

Travel Points

During this Holiday Season many people are sticking close to home, and watching their pennies. While we are experiencing this economic crunch we can still enjoy some of the holiday festivities in our area! In some cases you just need a tank of gas, at other times you may want to enjoy the sights and have some fun and spending time with your friends and family. However you decide to spend this holiday take time out to share with others and remember to keep Christ in Christmas!

Christmas at Longwood

Dazzling floral displays, stunning trees, holiday music, 500,000 outdoor lights, dancing fountains create a Christmas fantasy at Longwood. Holiday concerts in the ornate Ballroom include organ sing along, and evening choral and bell choir performances throughout the season.

Tickets: \$16.00/adult

\$6.00/children 5 and over

Free 4 years and under.

Longwood presents ice skating performances at our outdoor rink nestled near the Chimes Tower. Watch ice skaters dance under the stars in a winter wonderland filled with twinkling lights and holiday trees. Performances are 20 minute skating vignettes daily, and weather permitting.

Skating tickets \$5.00/person

Hours of Operation November 27-

January 11 Hours 9A-9P

Hershey Sweet Lights

A winter wonderland awaits at Hershey! A Holiday Drive - Thru Spectacular. Enjoy 600 illuminated, animated displays from the warmth and comfort of your car as you drive through two miles of wooded trails.

The fee is \$20.00 per car.

Sweet Lights is located just minutes from Hersheypark between Route 39 and Sand Bench Road. From Hersheypark Drive, go north on Sand Beach Road for approximately 1/2 mile. Follow signs to Boathouse Road to Sweet Lights entrance.

Hersheypark Christmas Candylane

The holidays comes to life at Hersheypark Christmas Candylane. With a million twinkling lights, rides for all ages, festive decorations, and Hershey's Product Characters decked out in their holiday best, there is something for all to enjoy!

Entrance fee is \$9.95 per person. Discount coupons are available in CVS, and Dunkin Doughnuts in central PA.

Christmas Village in Philadelphia 2008

The Christmas Village in Philadelphia is an outdoor Holiday market event at Dilworth Plaza on the west side of City Hall from Thanksgiving til Christmas Eve. Vendors in more that 50 wooden booths and timber houses which form a medieval village will sell European food, sweets, and drinks as well as international seasonal holiday gifts, ornaments, and high quality arts and crafts. Thousands of lights and booths and trees will integrate Dilworth Plaza into the scenery of the illuminated city hall. A central stage will be the place for live performances of local choirs, orchestras and bands. Christmas Village offers its visitors a unique opportunity for shopping and enjoying European specialties in a great atmosphere.

Open Daily - 11am - 9pm

Starts November 27 - Ends December 24

Located at Dilworth Plaza at the west side of Philadelphia City Hall.

Admission is Free!

New York City on your Own

Trips to New York as low as \$1.00 each way on Megabus. Go to Megabus.com and check availability from 30th Street Station in Philadelphia to New York Penn Station. A great and economical way to see the Big Apple during this holiday season.

Alicia Hicks

Corporate Travel Agent



Websites for Christians

Zondervan

<http://www.zondervan.com>

Zondervan is a mission-driven and value-based company. Our organizational culture is uniquely centered on biblical principles. All our employees—from entry-level to leadership—are focused on and passionate about upholding the mission and shared values of this company. Zondervan's award-winning international Email Alert Service offers you a variety of relevant resources delivered regularly and directly to your email inbox. Your journey of faith will be informed when you receive a Bible verse every day, our Christian living ezine (Pathways) every two weeks, or any of our other personally beneficial newsletters and dispatches. A verse and Bible reading plans from the KJV, NIV and/or TNIV translation delivered to your e-mail every morning. Award-winning brief devotional excerpt from a Zondervan resource to help you start every morning focused on God. Excerpts from one Zondervan book per week sent to you in 5-minute daily nibbles, delivered Mon-Fri first thing in the morning. By the end of the week you'll have read 2-3 chapters and sampled the book enough to know if you want to keep reading it. Plus others

StrongWomen Newsletter

<http://www.strongwomen.com/>

StrongWomen envisions a worldwide community of women of all ages who are fit, strong and healthy; in turn, those empowered women will become positive agents of change for their families, communities and beyond.

How Stuff Works

<http://www.howstuffworks.com/>

HowStuffWorks, a wholly owned subsidiary of Discovery Communications, is the award-winning source of credible, unbiased, and easy-to-understand explanations of how the world actually works. Founded by North Carolina State University Professor Marshall Brain in 1998, the site is now an online resource for millions of people of all ages. From car engines to search engines, from cell phones to stem cells, and thousands of subjects in between, HowStuffWorks has it covered. No topic is too big or too small for our expert editorial staff to unmask ... or for you to understand. In addition to comprehensive articles, our helpful graphics and informative videos walk you through every topic clearly, simply and objectively. Our premise is simple: Demystify the world and do it in a simple, clear-cut way that anyone can understand.

Nubella

<http://www.nubella.com/>

Nubella, a privately funded, for-profit organization, was founded more than three years ago with a single objective: improving the health and nutrition of the broader consumer market by increasing awareness of nutrient consumption and overall physical activity.

You Are Not Forgotten

Have you ever felt like God has forgotten you? Have you ever felt like you are being left behind? If yes, or even if no, Elder Rufus Peterson's message was for you. When Pastor Avery asked Elder Peterson to preach on Sunday November 9, he had a message ready, but God put the message "You are not forgotten" on his heart. Elder Peterson asked God if He was sure of the message, because you can ask family that question, he was told yes, someone needs to hear the message.

God has not forgotten us. He may say "not now" and he will preserve us no matter what our circumstances are. God will sometimes let our world's fall apart so he can show us his power by putting us back on track. As long as you have breath in your body you have another chance and as long as you can dream, there is hope. God has not forgotten you, but are things that we have to do first. We must believe and be prayful. When we encounter trouble there is something inside us that help protect us. Jesus looks at the marks in his hands; He did not die on the cross for himself, he did it for us. He knows what you are going through – hold fast and it will get better.

God has not forgotten us. History will repeats itself as a reminder. God is telling us, "don't forget where you came from. Don't forget me because I have not forgotten you."



Family Talk with Roosevelt Franklin

Our host Roosevelt Franklin invited Sister Lillian Lamb, Dr. Madeline Lowell, Sister Danny Devotion, and Brother Broderick Goodfellow, of Bishop Doorite's Healing Temple of xxx, to participate in the Family Talk round table. The participants were invited because of their different views on parenting. Sister Lillian Lamb allows her 6 children, with different fathers, a great deal of freedom and not much discipline and Sister Devotion gives her children much discipline and little freedom. Dr Lowell is a Christian psychologist and Brother Goodfellow is a police officer.

The family is under attack. But what is the best way to parent? Sister Lillian believes in trusting her children completely and offering little discipline. Sister Danny believes in the adage "spare the rod, spoil the child." But are either of these methods correct? Dr. Madeline and Brother Broderick explained that a combination is necessary to raise a child.

Children are a gift from God. Guidance and instruction are very important when the child is young. Ephesians 6:4 (NIV), "Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord." Sister Nana, an audience member, is a day care provider and she's seen quite a bit over the years. According to Sister Nana, what you don't correct now, will come back and bite you later. Both Dr. Lowell and Brother Broderick concurred. Allowing your children to do what they please, when the please is bad for both the parent and the child.

When we, as parents, live a haphazard life this will affect our children and we pass that haphazardness on to our children. You have to be aware of what you are putting into your children with your actions and what is being put into your children. Violent video games, for example, encourage violence. Parents must nurture and guide children and have consistent limits and boundaries. Consistency is very important. Proverbs 23:13-14 (NIV), "Do not withhold discipline from a child; if you punish him with

the rod, he will not die. Punish him with the rod and save his soul from death."

But as parents we must be very careful not to cross the line into abuse. Over use of the "rod" be it physical, verbal, or emotional is just as bad as being to permissive. But how do we know what is the best style to raise our children? Do we follow the latest trend in child rearing or do we follow what our parents did for us? The best style to rear our children is the biblical style. Everything we need to know is in the Bible. The Bible gives us the instructions we need with a good sense of balance we need.

Roosevelt Franklin – Pastor Mark Avery
Sister Lillian Lamb – Sister Beverly Peterson
Dr. Madeline Lowell – Sister Desiree Walker
Sister Danny Devotion – Sister Wendi Box
Brother Broderick Goodfellow – Deacon Raiford Box

Save the Ta-Ta's

Written by Sister Wendi Box

October was Breast Cancer Awareness month. October 12th was the Annual Walk to raise money for research, to support survivors, and honor those who have lost their battle with Breast Cancer. Sister Desiree, Lady Avery, my kids and I, along with thousands and thousands of others were there on the Delaware waterfront for the 6th Annual 5k walk and run. On that bright and sunny Sunday morning we walked for Breast Cancer Research. Pink was the color of the day and it was everywhere! It was a very successful day. I encourage everyone "Early detection is the best policy" to save the ta-ta's.

Change We Believe In

Written by Brother K. David Katzmire

Lebanese poet and devout Christian, Khalil Gibran, said that, "The lights of stars that were extinguished ages ago still reach us. So it is with great men who died centuries ago, but still reach us with the radiations of their personalities." Also, the Great Law of the Iroquois Confederacy stated that, "In our every deliberation, we must consider the impact of our decisions on the next seven generations." What has the continuity of civilization brought to us? What shall be our contribution to the continuum?

Our presidential elections last month have already changed the future forever, and we have not even sworn in a new president. Change itself was the theme of the winning candidate, Senator Barack Obama from Illinois, and for a man who campaigned on the issues that confront us rather than on who he is or what he is, he has already become more than the messenger for change, he has become the embodiment of it. When Senator Obama won the presidential election this year with the highest percentage of the popular vote received by any candidate in the last two decades, he did so by winning the votes of tens of millions of Americans who did not vote for him because of his race, and who did not vote for him in spite of it, they voted the man and his policies. By divine irony, when the collective conscious of a nation went beyond race in its biggest of decisions, it opened the door toward removing the illusion of separation where we have allowed it to exist the most, on the basis of race.

What might this mean to the body of a nation? First, in our ability to leap beyond our own rate of progress, we may enhance our own realizations, such as the realization that we as a nation are not separated from the events of our past, we are a product of them. To some, the image of slavery is some-

thing that happened long ago and that ended in the middle of the 19th century. But our past not as far away as some may imagine. In our in our church are elder members who can relate conversations they had with grandparents who were born into slavery. To speak to these elders is to be touched by those who knew slavery with only a single person in between. To others, the impact of slavery is more than a history lesson, it is an inherited horror carried deep in the collective unconscious of all descendants who carry the generational curses of unresolved injustices. Some horrors are too great to be contained in a single lifetime, hence they are passed on. While some events are recent enough to remember, others are old enough to forget. All around the world today are people descended both from slaves, and from slave owners. Since the earliest records, occurrences of slavery are known from Sumeria, Ancient Egypt, Akkadia, Assyria, Ancient Greece, Ancient Persia, Rome, Islamic Caliphate, Africa, China, as well as debt-slavery and enslavement of prisoners of war that have happened around the globe. In Europe medieval slavery was so common that the Roman Catholic Church continually had to fight against the exportation of Christian slaves to non-Christian lands. Even today untold acts of ritualized slavery are committed in parts of the world that remain hidden from the light of global scrutiny. This makes what we do now all the more important to where we are going.

Where are we now? What now is proved was once only imagined. Hope is no longer audacious. Now strangers may pass each other on a public sidewalk and know that neither walks on the sidewalk of the other. They may look each other in the eye and know that they are equal citizens and a land of the reborn. All parents may now look upon the crib of their newborn child as it sleeps and say the words that some parents would not have

dreamt of saying a mere handful of months ago, which are, "Maybe he (or she) will grow up to president one day." The man who we elected president is beyond racism himself, being half Kenyan and half European American. Senator Obama is not a descendant of American slavery, his beloved wife Michele is, and their children carry the legacy. Yet, president-elect Obama did not run on race, he ran on policy. Americans selected him, the world has embraced him, and America has already found a revived place in the world. Justice anywhere is liberation to justice everywhere, and we will do justice to ourselves to accept a new future with an open mind and an open heart. We the people will choose our fate.

To the extent that we embrace our past, we know where we are today. To the extent we know where we are today, we can unite toward a common future. We do so not just as American citizens, and citizens of the world, we do so as the children of God. In the House of God there is only one race, the human race. In the unity of love, we are all one, and when we reach the salvation that we are seeking, we will find that the Kingdom we sought was all around all along. The greatest legacy of all that has been indelible throughout the ages is that God loves us all, every one. Love your neighbor, and you will love your creator. If that seems a little easier to do now it is because we have made it so. We have learned that if everybody has a little more love in their heart then the world can change. You are everybody, and you have already changed the world. As we go forth in an ever-changing world, give thanks to our Creator and stand as one nation, under God, indivisible, with liberty and justice for all..



FOR YOUR HEALTH

HEALTH CLINIC 2008

*Written by Sister Marlene E. Tinnin
for the Nursing Ministry*

On a beautiful Fall Saturday morning we gathered at our first combined outreach effort between Greater Works Ministries and Christ Community Fellowship Church in West Grove, PA to share important information on health topics. First we started off with a Continental Breakfast including many healthy choices as we ate and chatted before going into the main sanctuary to hear pertinent information to help us to be more aware of the importance of taking care of our bodies and minds.

We started off with a presentation given on **Sensitivity to Loss and Grief** given by Regina Giannone-Tyler. She is a MSPC Compassionate Care Hospice counselor who helps families and professionals successfully cope with loss. She also works with many local funeral homes in Delaware offering grief and bereavement counseling. Mrs. Tyler said, "we are to minister to each other in the spirit of Christian love." She let us know that loss comes in many shapes: separation, divorce, alienation, loss of job and finances, addictions, loss of faith, loss of hope, loss of health and independence, and several other situations that cause us to mourn. The **ultimate loss** is death of a loved one. The **only gift** we really have is our presence in the midst of another's sorrow. We're mustn't be uncomfortable in the silence of pain but be willing to offer assistance in the ways that we have the means and gifts to do. We must have courage to be honest and to guide the bereaved to the places and people that can assist them. Mrs. Tyler gave many examples of **how to and not to minister** specifically to those grieving from the loss of a loved one. Her main topics dealt with grieving and then when the mourning process comes into play. She was very informative as well as having a sense

of humor which helps at times where it's appropriate. She left us with the thought that her prayers go out with us as we care for God's people.

Next we were enlightened with a talk from Dr. Gerald DeVaughn, MD, Cardiologist, on **Your Healthy Heart**. Those of us from Greater Works Ministry were blessed to have had him speak at our first Health Clinic. He came from a different perspective this time and had a question and answer session where we could ask questions pertinent to our own or others heart related issues. He repeated the facts that the **main causes of heart problems** are mainly hereditary, being over weight, improper diet and not exercising, and as African Americans how our risk factor is so much higher because of our culture and how we eat, not taking care of ourselves and getting checkups, etc.. Some people don't go to the doctors because they are afraid of what might be diagnosed, some have no insurance or money, while others might feel too busy, and some just neglect their health. He told us that in many cases if you think something is wrong that isn't normal for your body err on the side of caution and go get checked instead of waiting until it gets so bad then it could be too late. **Early detection** of heart and even other ailments is key. Many things if caught in time can be taken care of before you develop serious consequences, be it heart problem or other medical issues. Dr. DeVaughn told us how important preventive checkups are, along with diet exercise and keeping our weight down, to a healthy heart and being able to function and have a normal life not a crippling debilitating one or the worst leading to death.

Last but not least we returned to the dining hall and Luz Gargon, RN was there to answer any questions we had about **Dental Health** for children and adults. She had various displays of

sugars like sodas, sweets, smoking, etc. and the effects that they have on our teeth and gums if too much is consumed and we don't take care of our teeth properly. It is important that we all have **regular dental visits** and **maintain a routine regiment of oral hygiene** such as flossing and brushing properly to help alleviate plaque and tartar buildup. Otherwise the alternative is bad teeth and gum diseases which can lead to bad breath and loss of teeth. So again an ounce of prevention is worth much more than the alternatives.

There were screenings for Cholesterol, High Blood Pressure and Diabetes. We were given a gift bag to take home with a lot of good information in those issues presented along with facts about good nutrition; one being the importance of whole grains in our diets. Also in the bag was information on the Health Insurance Portability and Accountability Act (HIPAA) Notice of Privacy Practices. We all sign a HIPAA paper whenever we are treated. This paper is the doctors record about our wishes on releasing or not releasing our medical records, treatments, etc. and your rights as a patients. We also receive some other very useful goodies in our bags. I think the hours spent were well worth the time to come and be informed or reminded how important it is to take care of our bodies especially since our bodies are the Temples of the Holy Spirit who is in us, which we have of God and we are not our own. We were bought with a price; therefore honor God with our bodies (1 Corinthians 6:19,20). God wants us to prosper and be in good health and live long lives if we walk in his ways and obey him. (Deuteronomy 5:33) Amen.



FOR YOUR HEALTH

Tips for Staying Healthy at Work

By [Kristina Duda, R.N.](#), About.com

Updated: June 21, 2007

Staying healthy at work isn't always easy. With all your coworkers sneezing and sniffing around you, it may seem impossible. Find out how to stay healthy at work with these tips.

1. Wash Your Hands. Often.

This means every time you use the rest-room, before you eat, after you sneeze or cough and any other time your hands feel dirty. Also, keep a bottle of [hand sanitizer](#) at your desk, for when you can't get to a sink.

2. Keep your workspace clean.

Clean your phone, computer keyboard and anything else that you use frequently. Even if you are the only user, germs can live on these objects and you can reinfect yourself.

3. Eat balanced meals every day – including breakfast!

Many people are tempted to skip breakfast because it takes too long to eat in the morning or in an (misguided) effort to lose weight. It has been proven that people who eat breakfast are healthier and more likely to remain at a healthy weight.

4. Avoid coworkers who are sick.

You would hope that coworkers who are contagious would stay home from work. Unfortunately, this is usually not the case. If they do show up, try to avoid direct contact with them (without being rude, of course).

5. Drink AT LEAST 8 glasses of water a day.

Sodas and coffee may help you stay awake, but they will also contribute to dehydration. So you need to be sure to drink water also. Just keep a water bottle with you all the time, drink throughout the day and you will probably get what you need.

6. Take frequent breaks throughout the day.

When you are feeling tired or sore, get up and walk around for a few minutes. Or try some of these tips for [stretching at your desk](#). Taking breaks and keeping your body in shape will help you feel better and make you more productive.

7. Use your vacation days.

It may feel like there is never a good time to be away from the office, but people who do not take vacations are more likely to be sick. Vacations are a good way to relieve stress, which has been proven to contribute to illness. So even if it is just a few long weekends, use your vacation days and don't take your work with you.

8. Quit smoking.

It is pretty common knowledge these days that smoking is bad for your health. Smokers get sick much more frequently than non-smokers. You are also getting less work done if you have to take frequent smoke breaks throughout the day. And no, smoke breaks do not promote productivity like exercise breaks do. Nicotine is a stimulant and actually increases your body's stress level.

Share Your Thoughts

If you take these tips into consideration and implement them into your daily work routine, you should notice that you feel better and will remain healthier. With so many illnesses going around this time of year, you should do everything you can do to avoid getting sick. If you have any more tips on staying healthy in the workplace, don't keep them to yourself, share them in the Prevention Forum!

Brisk Walk Can Curb Chocolate Cravings

[Andrea Thompson](#)

[livescience.com](#) – Wed Nov 12, 12:18 pm ET
http://news.yahoo.com/s/livescience/20081112/sc_livescience/briskwalkcancurbchocolatecravings#full

Reuters – Chocolates are displayed during the 'Xocolating' chocolate fair in Barcelona, November 6, 2008. ...

Assuming you'd want to avoid chocolate, a short, brisk walk could help curb your cocoa cravings, a new study suggests.

While chocolate is fine as an occasional indulgence (and dark chocolate in small doses could even [help the heart](#)), too much of a good thing can be bad for the body.

Researchers at the University of Exeter had 25 regular chocolate eaters abstain from their favorite snack for three days. They

were then assigned to either take a brisk 15-minute walk or to rest.

The participants then performed tasks that would normally increase their chocolate jones, including a mental challenge and opening a [chocolate bar](#). The walkers reported lower cravings both during the walk and for about 10 minutes afterward. They were also less likely to be tempted by unwrapping the candy bar.

Walking has been shown before to reduce cravings for [nicotine](#) and other drugs; the new findings, detailed online in the journal *Appetite*, suggest the same can apply to cravings for munchies.

"Our ongoing work consistently shows that brief bouts of physical activity reduce cigarette cravings, but this is the first study to link exercise to reduced chocolate cravings," said study team member Adrian Taylor. "Neuroscientists have suggested common processes in the reward centers of the brain between drug and food addictions, and it may be that exercise effects brain chemicals that help to regulate mood and cravings."

The findings suggest that walking could help people lose weight by curbing their cravings for sugar snacks, Taylor said.

Previous research has suggested that 97 percent of women and 68 percent of men experience food cravings, and chocolate has a prominent place on the list of go-to snacks. One study has suggested that chocolate cravings are the result of [having particular bacteria](#) residing in the stomach.

Chocolate also has chemicals that temporarily boost our mood, making it particularly attractive under times of stress or when just sitting around. Though one scientist says it's the [temptation of chocolate](#) that makes it so irresistible.

Walking can have the same mood-regulating effect, without all the sugar, fat and calories.

"Short bouts of physical activity can help to regulate how energized and pleasant we feel, and with a sedentary lifestyle we may naturally turn to mood-regulating behaviors such as eating chocolate," Taylor said.

Made in the USA: Spoiled brats

Submitted by Pastor Mark Avery

Posted: November 20, 2006

By Craig R. Smith

© 2008

[This has been attributed to both Jay Leno & David Letterman. Here is the original article by the original author.]

The other day I was reading Newsweek magazine and came across some poll data I found rather hard to believe. It must be true given the source, right? The same magazine that employs Michael (Qurans in the toilets at Gitmo) Isikoff. Here I promised myself this week I would be nice and I start off in this way. Oh what a mean man I am.

The Newsweek poll alleges that 67 percent of Americans are unhappy with the direction the country is headed and 69 percent of the country is unhappy with the performance of the president. In essence 2/3s of the citizenry just ain't happy and want a change.

So being the knuckle dragger I am, I start-in thinking, "What we are so unhappy about?"

Is it that we have electricity and running water 24 hours a day, 7 days a week? Is our unhappiness the result of having air conditioning in the summer and heating in the winter? Could it be that 95.4 percent of these unhappy folks have a job? Maybe it is the ability to walk into a grocery store at any time and see more food in moments than Darfur has seen in the last year?

Maybe it is the ability to drive from the Pacific Ocean to the Atlantic Ocean without having to present identification papers as we move through each state? Or possibly the hundreds of clean and safe motels we would find along the way that can provide temporary shelter? I guess having thousands of restaurants with varying cuisine from around the world is just not good enough. Or could it be that when we wreck our car, emergency workers show up and provide services to help all involved. Whether you are rich or poor they treat your wounds and even, if necessary, send a helicopter to take you to the hospital.

Perhaps you are one of the 70 percent of Americans who own a home, you may be

upset with knowing that in the unfortunate case of having a fire, a group of trained firefighters will appear in moments and use top notch equipment to extinguish the flames thus saving you, your family and your belongings. Or if, while at home watching one of your many flat screen TVs, a burglar or prowler intrudes; an officer equipped with a gun and a bullet-proof vest will come to defend you and your family against attack or loss. This all in the backdrop of a neighborhood free of bombs or militias raping and pillaging the residents. Neighborhoods where 90 percent of teenagers own cell phones and computers.

How about the complete religious, social and political freedoms we enjoy that are the envy of everyone in the world? Maybe that is what has 67 percent of you folks unhappy.

Fact is, we are the largest group of ungrateful, spoiled brats the world has ever seen. No wonder the world loves the U.S. yet has a great disdain for its citizens. They see us for what we are. The most blessed people in the world who do nothing but complain about what we don't have and what we hate about the country instead of thanking the good Lord we live here.

I know, I know. What about the president who took us into war and has no plan to get us out? The president who has a measly 31 percent approval rating? Is this the same president who guided the nation in the dark days after 9/11? The president that cut taxes to bring an economy out of recession? Could this be the same guy who has been called every name in the book for succeeding in keeping all the spoiled brats safe from terrorist attacks? The commander in chief of an all-volunteer army that is out there defending you and me?

Make no mistake about it. The troops in Iraq and Afghanistan have volunteered to serve, and in many cases have died for your freedom. There is currently no draft in this country. They didn't have to go. They are able to refuse to go and end up with either a "general" discharge, an "other than honorable" discharge or, worst case scenario, a "dishonorable" discharge after a few days in the brig.

So why then the flat out discontentment in the minds of 69 percent of Americans? Say what you want but I blame it on the media. If it bleeds it leads and they specialize in bad news. Everybody will watch a car crash with blood and guts. How many will watch kids selling lemonade at the corner? The media knows this and media outlets are for-profit corporations. They offer what sells. Just ask why they are going to allow a murderer like O.J. Simpson to write a book and do a TV special about how he didn't kill his wife but if he did ... insane!

Stop buying the negative venom you are fed everyday by the media. Shut off the TV, burn Newsweek, and use the New York Times for the bottom of your bird cage. Then start being grateful for all we have as a country. There is exponentially more good than bad.

I close with one of my favorite quotes from B.C. Forbes in 1953:

"What have Americans to be thankful for? More than any other people on the earth, we enjoy complete religious freedom, political freedom, social freedom. Our liberties are sacredly safeguarded by the Constitution of the United States, 'the most wonderful work ever struck off at a given time by the brain and purpose of man.' Yes, we Americans of today have been bequeathed a noble heritage. Let us pray that we may hand it down unsullied to our children and theirs."

I suggest this Thanksgiving we sit back and count our blessings for all we have. If we don't, what we have will be taken away. Then we will have to explain to future generations why we squandered such blessing and abundance. If we are not careful this generation will be known as the "greediest and most ungrateful generation." A far cry from the proud Americans of the "greatest generation" who left us an untarnished legacy.



A Letter from God

Dear Children,

It has come to my attention that many of you are upset that folks are taking My name out of the season. Maybe you've forgotten that I wasn't actually born during this time of the year and that it was some of you're predecessors who decided to celebrate My birthday on what was actually a time of pagan festival; although, I do appreciate being remembered anytime.

How I personally feel about this celebration can probably be most easily understood by those of you who have been blessed with children of your own; I don't care what you call the day. If you want to celebrate My birth just, **GET ALONG AND LOVE ONE ANOTHER**; Now, having said that let Me go on.

If it bothers you that the town in which you live doesn't allow a scene depicting My birth, then just get rid of a couple of Santas and snowmen and put in a small Nativity scene on your own front lawn. If all My followers did that there wouldn't be any need for such a scene on the town square because there would be many of them all around town.

Stop worrying about the fact that people are calling the tree a holiday tree, instead of a Christmas tree; It was I who made all trees. You can and may remember Me anytime you see any tree. Decorate a grape vine if you wish: I actually spoke of that one in a teaching that explains who I am in relation to you and what each of our tasks are. If you have forgot that one, look at John 15:1-8.

If you want to give Me a present in remembrance of My birth here is my wish list. Choose something from it.

1. Instead of writing protest letters objecting to the way My birthday is being celebrated, write letters of love and hope to soldiers away from home.

They are terribly afraid and lonely this time of year. I know, they tell Me all the time.

2. Visit someone in a nursing home. You don't have to know them personally. They just need to know that someone cares about them.

3. Instead of writing George complaining about the wording on the cards his staff sent out this year, why don't you write and tell him that you'll be praying for him and his family this year. Then follow up. It will be nice hearing from you again.

4. Instead of giving your children a lot of gifts you can't afford and they don't need, spend time with them. Tell them the story of My birth and why I came to live with you down here. Hold them in your arms and remind them that I love them.

5. Pick someone that has hurt you in the past and forgive him or her.

6. Did you know that someone in your town will attempt to take their own life this season because they feel so alone and hopeless? Since you don't know who that person is, try giving everyone you meet a warm smile it could make the difference. Also, you might consider supporting the local Hot-Line: they talk with people like that every day.

7. Instead of nit picking about what the retailer in your town calls the holiday, be patient with the people who work there. Give them a warm smile and a kind word. Even if they aren't allowed to wish you a "Merry Christmas" that doesn't keep you from wishing them one. Then stop shopping there on Sunday. If the store didn't make so much money on that day they'd close and let their employees spend the day at home with their families.

8. If you really want to make a difference, support a missionary, especially

one who takes My love and Good News to those who have never heard My name. You may already know someone like that.

9. Here's a good one. There are individuals and whole families in your town who not only will have no "Christmas" tree, but neither will they have any presents to give or receive. If you don't know them (and I suspect you don't) buy some food and a few gifts and give them to the Marines, the Salvation Army or some other charity that believes in Me and they will make the delivery for you.

10. Finally if you want to make a statement about your belief in and loyalty to Me, then behave like a Christian. Don't do things in secret that you wouldn't do in My presence. Let people know by your actions that you are one of mine.

P.S. Don't forget; I am God and can take care of Myself. Just love Me and do what I have told you to do. I'll take care of all the rest. Check out the list above and get to work; time is short.

I'll help you, but the ball is now in your court.

And do have a most blessed Christmas with all those you love and, remember, I LOVE YOU.



Christmas shopping this year

I know I needed this reminder, since Sears isn't always my first choice. It's amazing when you think of how long the war has lasted and Sears hasn't withdrawn from their commitment. Could we each buy at least one thing at Sears this year?

How does Sears treat its employees who are called up for military duty? By law, they are required to hold their jobs open and available, but nothing more. Usually, people take a big pay cut and lose benefits as a result of being called up for active duty.

Sears is voluntarily paying the difference in salaries and maintaining all benefits, including medical insurance and bonus programs, for all called up reservist employees for up to two years.

I submit that Sears is an exemplary corporate citizen and should be recognized for its contribution. I suggest we all shop at Sears at least once, and be sure to find a manager to tell them why we are there so the company gets the positive reinforcement & feedback it well deserves.

Pass it on.

Someone decided to check this before it was sent it forward. The following e-mail was sent to the Sears Customer Service Department:

I received this e-mail and I would like to know if it is true. If it is, the internet may have just become one very good source of advertisement for your company. I know I would go out of my way to buy products from Sears instead of another store for a like item, even if it's cheaper at that store.

This is their answer to my e-mail:

Dear Customer:

Thank you for contacting Sears. The information is factual. We appreciate

your positive feedback. Sears regards service to our country as one of greatest sacrifices our young men and women can make. We are happy to do our part to lessen the burden they bear at this time.

Bill Thorn
Sears Customer Care
webcenter@sears.com
1-800-349-4358

Please pass this on to all your friends. Sears needs to be recognized for this outstanding contribution and we need to show them as Americans, we do appreciate what they are doing for our military!!!

Your Cross

Whatever your cross,
whatever your pain,
There will always be sunshine
after the rain.

Perhaps you may stumble,
perhaps even fall,
But God's always ready
to answer your call.

He knows every heartache,
sees every tear,
A word from His lips
can calm every fear.

Your sorrows may linger
throughout the night,
But suddenly vanish
at dawn's early light.

The Savior is waiting
somewhere above
To give you His grace
and send you His love.

Whatever your cross,
whatever your pain,
God always sends rainbows
after the rain.

Tipping

http://www.bonappetit.com/magazine/2008/10/foodist_tipping

Can you set me straight on tipping? I was once told that 20 percent is for great service, 15 percent for bad. Unless a waiter's gone overboard, I'm an 18 percenter, but I was recently accused of being stingy. Am I wrong, or wasn't 10 percent considered fair not too long ago? Give me a tip I can use. --TIPPER G., Albuquerque

Dear Tipper G.,

Ah, the great tipping conundrum. You are not alone. At a meal's end, I often find myself staring at the blank lines of a credit-card receipt, concerned that the effects of too much wine and food will impair my basic algebra skills. (That's what a spouse is for: making sure it all adds up correctly.) Still, I think I can help.

The Foodist waited tables many years ago at a small, well-regarded spot in Brooklyn. (Incidentally, one evening he waited on a major food critic who later gave the restaurant a one-star review. The critic liked the food but described the service as "friendly but very slow and fumbling." Oh, well: If you can't serve 'em, join 'em.) Waiting tables is a job everyone should be forced to do at least once, if only to learn that it's not okay to snap your fingers when you want something, and also to find out what it's like to eke out a living on tips.

It's disappointing to receive anything less than 20 percent of the total bill. Most waiters at today's better restaurants expect that much for average service, and even more if they do it with a smile. So unless you're planning never to go to the same restaurant twice, the days of 10 percent tips--and even 15 percent tips--are long gone.

The BA Foodist's Tipping Rules

- **RULE NO. 1:** Unless the server is rude, condescending,

Continued on Page 11

THE BELL

I KNOW WHO I AM

!! am God 's child (John 1:12)
I am Christ's friend (John 15:15)
I am united with the Lord (1 Cor. 6:17)
I am bought with a price (1 Cor 6:19-20)
I am a saint (set apart for God). (Eph. 1:1)
I am a personal witness of Christ. (Acts 1:8)
I am the salt & light of the earth (Matt 5:13-14)
I am a member of the body of Christ (1 Cor 12:27)
I am free forever from condemnation (Rom. 8: 1-2)
I am a citizen of Heaven. I am significant (Phil 3:20)
I am free from any charge against me (Rom. 8:31 -34)
I am a minister of reconciliation for God (2 Cor 5:17-21)
I have access to God through the Holy Spirit (Eph. 2:18)
I am seated with Christ in the heavenly realms (Eph. 2:6)
I cannot be separated from the love of God (Rom 8:35-39)
I am established, anointed, sealed by God (2 Cor 1:21-22)
I am assured all things work together for good (Rom. 8:28)
I have been chosen and appointed to bear fruit (John 15:16)
I may approach God with freedom and confidence (Eph. 3: 12)
I can do all things through Christ who strengthens me (Phil. 4:13)
I am the branch of the true vine, a channel of His life (John 15: 1-5)
I am God's temple (1 Cor. 3: 16). I am complete in Christ (Col. 2: 10)
I am hidden with Christ in God (Col. 3:3).. I have been justified (Romans 5:1)
I am God's co-worker (1 Cor. 3:9; 2 Cor 6:1). I am God's workmanship (Eph. 2:10)
I am confident that the good works God has begun in me will be perfected. (Phil. 1: 5)
I have been redeemed and forgiven (Col 1:14). I have been adopted as God's child (Eph 1:5)
I belong to God
Do you know
Who you are?

**'The LORD bless you and keep you; The LORD make His face shine upon you and be gracious to you; The LORD turn His face toward you and give you peace...
Numbers 6:24-26**

Tipping Continued

and/or completely absent, tip between 18 and 20 percent. different with waiters.

• **RULE NO. 2:** Never tip on tax. Tip based on the subtotal. And if you're calculating your tip simply by doubling the tax, stop it—you're being cheap.

• **RULE NO. 3:** Unless you drink like Dean Martin or have a taste for expensive wines (i.e., \$40 or more, depending on your budget), it's best to include booze when calculating a tip. Bartenders expect a dollar tip per drink (which is usually about 20 percent of the drink's price), and it's no

• **RULE NO. 4:** Never turn a blind eye when others are tipping—especially if they're unfamiliar with our tipping culture (i.e., Europeans). If you think your tablemate is lowballing the service, it's best to hand the waiter a few bills on the way out.

• **RULE NO. 5:** If a few dollars here and there really matter that much to your bank account, perhaps you shouldn't be going out to eat in the first place.

Some people try to turn back their odometers. Not me, I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.

- Author Unknown

December Birthday's...

Dec 10:

Helen Reeves

Dec 11:

Kimi Reeves

Dec 13:

Joanne Bowman

Dec 29:

Lady Cheryl Avery

December Anniversaries...

Dec 19:

Elder Rufus & Beverly Peterson

Peppermint Swirl Ornament

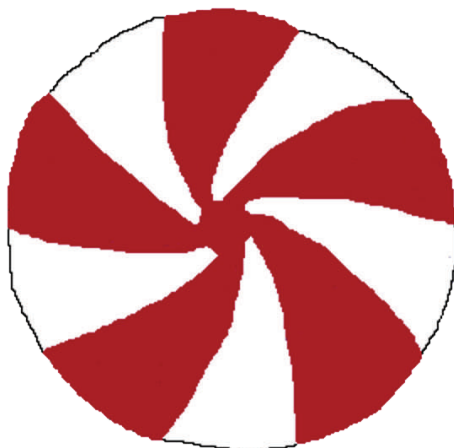


What We Love:

This ornament is super-simple to make but will add instant charm to your tree.

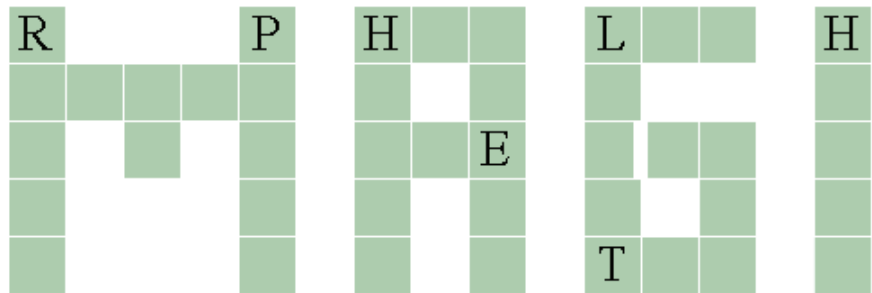
Here's How to Do It:

- Trace 2 large circles on white felt and 2 swirl shapes on red felt, and cut.
- Use the template below for the swirl, enlarge on a photocopier to 130%
- Use fabric glue to attach the swirl to the white felt.
- Sew around the edges then stuff with batting.



The Wisemen

Place the underlined words in the puzzle - its harder than you think.



Matthew 2:1-12

After Jesus was born in Bethlehem in Judea, during the time of King **Herod**, Magi from the east came to Jerusalem and asked, "Where is **the** one who has been born king of the Jews? We saw his star in the east and have come **to** worship him." When King Herod **heard** this he was disturbed, and all Jerusalem with him. When he had called together all **the** people's chief priests and teachers of the **law**, he asked them where the Christ was to be born. "In Bethlehem in Judea," they replied, "for this is what the prophet has written: "But you, Bethlehem, in the land of Judah, **are** by no means **least** among the rulers of Judah; for out of you will come a **ruler** who will be the shepherd of my people Israel."

Then Herod called the Magi secretly and found out from them the exact time the star **had** appeared. He sent them to Bethlehem and said, "Go and make a careful search for the child. As soon as you find him, report to me, so that I too may go and worship him."

After they had heard the king, they went on their way, and the star they had seen in the east went ahead of them **until it** stopped over the **place** where the child was. When they saw the star, they were overjoyed. On coming to the house, they saw the child with his mother Mary, and they bowed down and worshiped him. Then they opened their treasures and presented him with gifts of gold and of incense and of myrrh. And having been warned in a **dream** not to go back to Herod, they returned to their country by another route.

ANGEL SECURITY

A Joyful 'toon by Mike Waters



For he will command his angels concerning you
to guard you in all your ways;

- PSALM 91:11 NIV

Upcoming Events Calendar

Saturday, December 13:

All roads lead to New York for a day of shopping and fun. Sponsored by the Shepherd's Care Ministry. More details will follow..

or for updates please, call the church
610-444-5581.

Wednesday, December 31:

10:00 pm, New Year's Eve Celebration, Details to Follow.

Please see the weekly Bulletin for updates and changes. Please see the website for more information and maps for our Fellowship Outreach. If you an event you would like on the calendar, please submit it to newsletter@GWMinistries.net

Remember: In case of inclement weather

Weekly Church Schedule

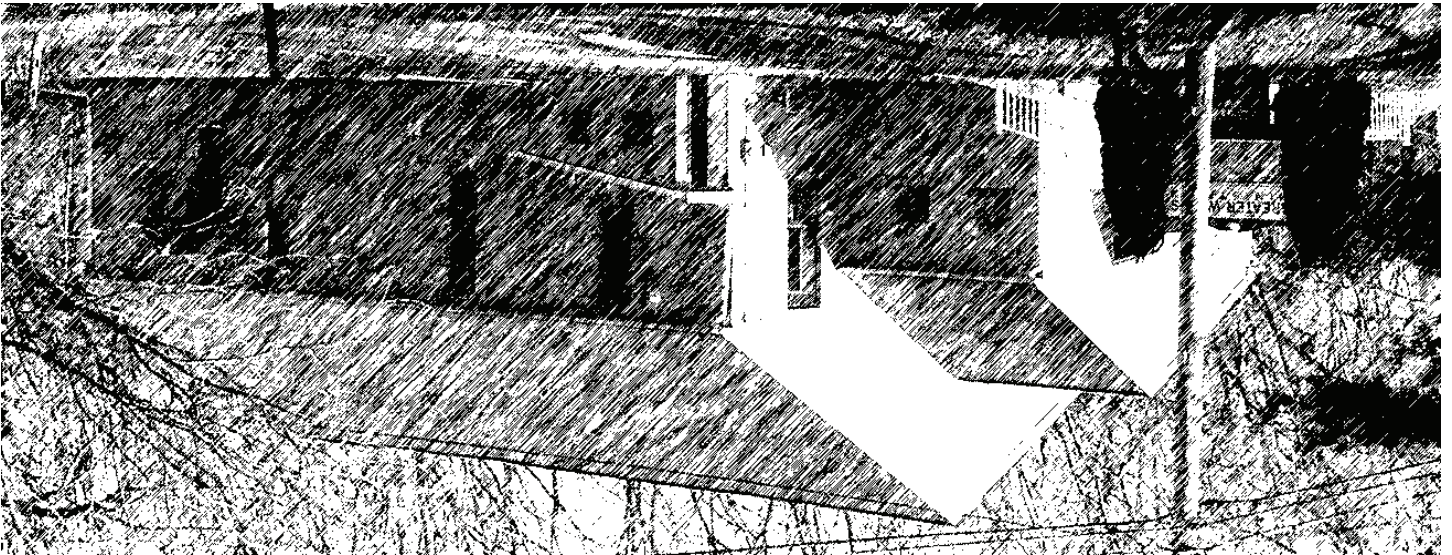
as of January 6, 2008

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Corporate Fast Day 8:00 am to 2:00 pm						
Leadership Prayer (2nd Sun. ea. Mo.) 8:45 am						
Christian Education (Ages 4 and up) 9:30 am						
Christian Education Teacher's Training (3rd Sun. ea. Mo.) 9:30 - 10:30 am			Living Waters Noon - 3:00 pm			
Sanctuary Prayer 10:35 am		Discipleship Training (Ages 4 and up) (1st 3 Tues. ea. Mo.) 7:00—8:00 pm	Woman of Wisdom (tba.) 7:00 pm			
Morning Celebration 10:45 am		Leadership Training (4th Tues. ea. Mo.) 7:00 pm				
Evening Service 2nd & 4th Sun. 5:00 pm (unless noted for special events)		Totally Radical & Live (5th Tues. ea. Month when announced) 7:00pm-8:30pm	Bible Class at Praying Ground (3rd Wed. ea. Mo.) 7:30 pm		Midnight Cry 12:00 am - 1:00 am (when announced)	Iota-Sigma-Iota Men's Fellowship (4th Sat. ea. Mo.) 7:00 pm



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Website: www.GWMinistries.net

Our Mission is to provide an atmosphere where God is glorified, members are edified, and our community is ministered to, spiritually and educationally, and enriched through the experience of abundant life.



Greater Works Ministries

The Greater Works Newsletter is our outreach to members & guests. Monthly issues are produced in hardcopy and archived web. Included in the newsletter are writings from Church members, ministry activities & special events, our upcoming events calendar, prayer requests, and more. If you have presentations for, or questions about, the newsletter, contact our newsletter editor, at newsletter@GWMinistries.net.