



SENIOR EXPRESS

**Pastor Debleaire Snell, Senior Pastor
Dr. Jessie G. Bradley, Leader
Senior Adult Ministries**

**JANUARY - FEBRUARY - MARCH
2025**

Happy New Year 2025! God opened our eyes to see another day. Rejoice and count your blessings.



I'm excited to share the good news that two young people were married on December 20, 2024, Kobe and Jemimah Brown. Kobe, a graduate of Oakwood University and University of Maryland, is the son of Dr. Nelson & Suzie Brown, brother of Nelson Jr., and Branden, and grandson of Vivian Brown.



Traveling can be very exciting. Some friends went on a cruise. Where did they go? Take a look on page 11.

Thank you for the many cards, calls, food, flowers and prayers offered for and to me during my recovery from a fall at home in my back yard: covered in grass.

Thank you also for the gifted person who wrote the surprised article in last quarter's Senior Express Newsletter about me celebrating life in my golden years.

Please visit The McCoys Regional Retiree Cultural Center on page 17.

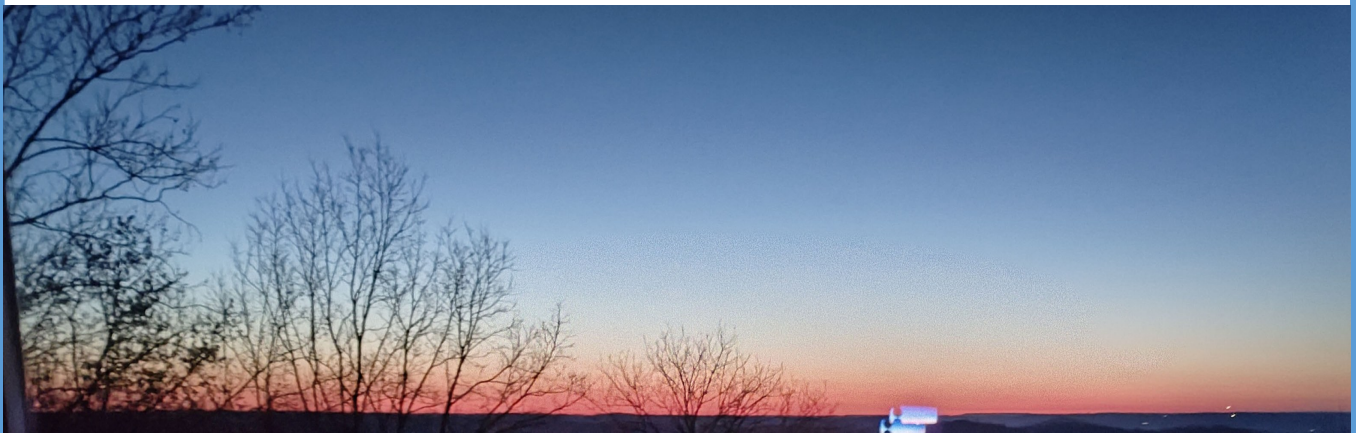


Photo by Vivian Brown

The Senior Ministries department sponsors a Free Digital Photography Class over Zoom every 1st and 3rd Sundays of the month at 10:00 a.m. CST. Join us! Photoshop classes are also included.

Zoom ID: 837 8279 1695

No passcode needed



THANK YOU

LORD !!

Just this once, Lord, I want to come to you with no problems, but simply to say,

THANK YOU!

For keeping my systems and organs working all night -- my liver and kidneys working together cleaning my blood, and my cells connecting properly and then you woke me up in the morning in my right mind, for this amazing day

For my senses: sight, hearing, sense of smell, taste and for my sense of touch.

For the sheer joy of sleep when I'm terribly tired

For your forgiveness when I fail

For the silent strength of humility when pride overtakes me

For the justice of your laws when men are cruel

For revealing to me the remedies for sickness when I am ill and **thanks** for the compassionate caregivers that surround and support me.

For the simplicity of orderliness when I face confusion or when I panic too quickly

For the assurance that when I feel inadequate among my peers, you are preparing a place especially for me

For the joy of helping others when I see people in need

For the earthly evidences of your will when I'm trying to find out what life is all about and for the Holy Spirit who convicts me of sin -- nudges me to do what is right

For the reality of your world, when I stray too far into fantasy

For the fun that refreshes when everything gets too serious

For your comfort at the loss of my loved ones and for my memory of all the good times

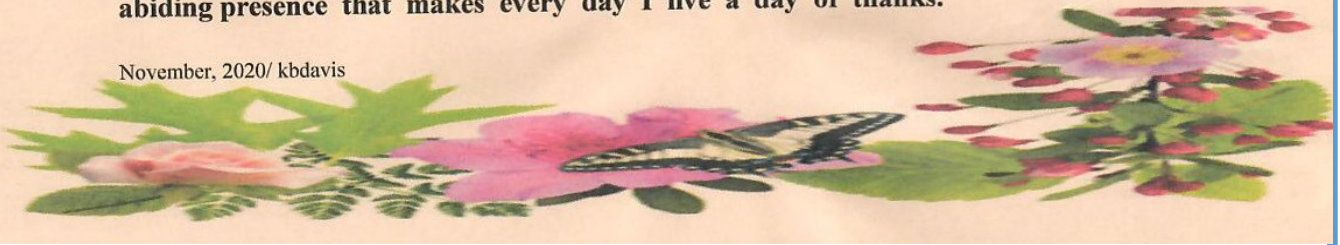
For the spiritual guidance that's at my fingertips for my asking -- Your Holy Word

For the renewal in moments of silence when I'm dizzy being busy in this confusing, hectic environment. But in silence, I do remember that **YOU ARE IN CHARGE!**

Thanks that I don't have to know it all, I don't have to do it all, nor do I have to have it all. **I just need to trust you through it all.** Thanks for who you are and for all you have done and continue to do for me. Your works are awe-inspiring. So, no matter what happens, I must, with your help, always say, **"PRAISE THE LORD ANYHOW"**.

Thank You, Lord, for all these things. I'm learning that "Gratitude" is a powerful weapon against depression. But most of all, **thank you** for Jesus, the incomparable Christ who lived for all of us the model of a Christian lifestyle. **Thanks** for your abiding presence that makes every day I live a day of thanks.

November, 2020/ kbdavis



GUESS WHO?



Find answer on the last page

Oakwood University Church Contributors to the G.C. 2025 Women's Devotional Book



Lydia Andrews
Jan. 22



Shirley Iheanacho
Feb. 8



Bridget Taffe
Feb. 23



Eva Starner
Mar. 9, May 24



Miriam Battles
Mar. 16



Evelyne Izeogu
May, 6, Aug. 3



Raschelle McLean
July 27, Aug. 15



Debra Slack
Aug. 16



Flore Hamilton
Sept. 13



Vivian Brown
Oct. 1



Lela Gooding
Oct. 30



Pauline A. Griffith
Nov. 12



Prudence Pollard
Nov. 25

STRENGTH FOR THE DAY
365 DEVOTIONS FOR WOMEN BY WOMEN

I HAVE ONLY JUST A MINUTE

by Shirley Iheanacho

Can you believe it? Yes, it's true! The year 2024 is gone forever in the annals of eternity. Today, we usher in a new year, a new beginning, and a new chapter in our book called Life. It is a gift from our loving, heavenly Father to each of us. How we use it is our choice. We can waste it or use it for good. What we do with it is very important because we are exchanging a day of our lives for it.

I recall a short poem titled "I Have Only a Minute" that many years ago the late Elder Sandy Robinson often repeated. Further research revealed that it was written by Reverend Dr. Benjamin Mays, an American Baptist minister, activist, and humanitarian. I invite you to ponder his poignant words as you embark on the year 2025.

I have only just a minute, Only sixty seconds in it.

Forced upon me, can't refuse it.

Didn't seek it, didn't choose it. But it's up to me to use it.

I must suffer if I lose it. Give account if I abuse it.

Just a tiny little minute, but eternity is in it.

I pray that this new year you will be blessed with a higher level of spiritual growth, and a plethora of good health, gratitude, prosperity, contentment, peace, and joy. May God's loving Spirit guide you; His presence uphold you; His watchful eyes cover you, His wisdom direct you, and His presence keep you safe always.

Shirley C. Iheanacho is retired after 34 years of denominational service nationally and internationally. She resides in Huntsville, Alabama, with her husband Morris of 55 plus years. She is the author of the book, "God's Incredible Plans for Me: A Memoir of an Amazing Journey," and more than 75 published articles.

Submitted & Designed by
Katherine Davis, Chaplain

*"In all thy ways acknowledge Him and
He shall direct thy paths."
"Always put off until tomorrow the things
you should not do today."*

*"Don't look down on anybody, only God
sits up that high."
"Of all the things you wear, your
expression is the most important."*

TIDBITS OF WISDOM

*"God is before me, He will be my
Guide,
God is behind me, no ill can betide,
God is beside me, to comfort and cheer*

*"One thing you can give and still keep is your word."
"Education is learning a lot about how little you know."
"One thing you cannot recycle is wasted time."
"We can pray, believe, and receive, or we can pray,
doubt, and do without."*

*"The only people you should try to get
even with are those who have helped
you in some way."*

**"If we cannot do great things we can do
small things in a great way."**

**"Prayer is the key of the morning
and the bolt of the night."**

**"Let God have your life; He can do more
with it than you can."**



Testimonies & Tributes to Pinkie Davis Cleveland



Submitted by Pastor Steven Norman III

Pinkie Davis Cleveland is a truly selfless individual, always putting others first in everything she does. Her deep care for the elderly is evident in the way she lovingly supports them, going above and beyond to ensure they are comfortable and cared for. Her compassionate spirit was especially appreciated by Elder E.E. Cleveland, who deeply valued her care and support during his final years. Pinkie's kindness and generosity continue to make a lasting impact on everyone.

She is also a dedicated helper, especially during difficult times, consistently helping with dinners after funerals and offering comfort to grieving families.

Her commitment to her church is equally remarkable, as she faithfully sings in the choir, contributing her voice to worship and praise. She is also known throughout the community for her incredible baking, particularly her famous cinnamon rolls that have become a cherished favorite!

Submitted by Tony Jones

What my Auntie Pinkie means to me is Everything! She has been like a second Mother. She has always been there for me, no matter what. She has seen me grow up, has prayed for me and cared for me. For me, there is no question, she is my #1 Aunt. I cannot express in this write-up how much I really love her, but I really do; and would not trade her for anything.

Pinkie Davis Cleveland

Submitted by Pastor Willie Taylor

I was pleased to see my friend and classmate honored at the recent Oakwood Adventist Academy Alumni Weekend banquet. As I reflected on the occasion, I hoped that the school did not take for granted this special chance to identify a person to recognize. Especially a former student like Pinkie.

We were in our early to mid-teens when we met during the mid to late 60's at Oakwood Academy, a boarding school at the time. How did we get there? We were all, I'd say, delivered to the Academy under a variety of events and circumstances. Some were brought; some were sent; some came kicking and screaming. Others were looking for something and hoping that this was it. Students came from New Jersey to California; from Wisconsin to Florida; even from the Bermuda and Barbados, W.I., they came.

At this tender age in a child's development, it is unlikely that any of us ever thought that we would never return home for additional values training from our parents. We didn't consider that we would never return and continue to play with and develop normally with our siblings. But the fact is, that is what happened. Many of us never returned home to live with our families again. Except for Christmas vacations or phone calls and letters, or maybe a rare visit from them, that was it! We even found needed summer jobs to help us pay our tuition. But often they were in other cities and other states. Incredibly, we would not have our parents or aunts or uncles, or siblings or cousins or friends from back home in our lives in that former, normal way again.

But God was still looking out for His young children. He used students like Pinkie and other teenagers---male and female---who lived in the area to help make up the difference. They were more than friends. They became like family to us. When the Academy nominated Pinkie, they may not have factored in the quiet but effective role she played with her gentle kindness in helping to settle the minds and emotions of these mid-teens, some of whom had never lived away from home before. Pinkie has always been kind and caring. Looking back, we may agree that one role she fulfilled was that of an unofficial volunteer student Ambassador whose mission was welcoming and helping students in various ways so they could settle into their new environment and receive an Adventist Christian education.

I learned an expression in Bible class during those years. It is "self-abnegation." It is an expression with special reference to Jesus' behavior when He was on earth. It means to empty oneself on behalf of others. As early as a teenager Pinkie has been following in His steps by gently placing others before herself. She is a person who still has a value system and a work ethic that helped many of us during our Academy years settle in and feel like we were home away from home.

OAA, thank you for honoring Pinkie Davis Cleveland!

Pinkie Cleveland

Submitted by Phillip Saulsbury

Let me start off by saying, I have known Pinkie since I was 16 years of age and I've yet to hear one negative word spoken about her. Let me give a few examples of this kind woman's acts of benevolence.

Approximately nineteen years ago, my family became entangled in a heated battle with the IRS. Our daughter, Autumn, wasn't a year old yet, and we'd run out of money and food. Pinkie walks over our door to say to us, "We've cooked too much food, can we make you some plates?" That was one incident. Another happened when the Car Financers came to repossess our car, an Avalanche. Pinkie offered us the money to keep that from happening. A third remembrance, certainly not the last, was when she assisted us in finding help to care for my mother, as her health was declining, due to her progressive state of dementia.

This lady's generosity and loving kind spirit should be legendary and shouted from the hills, but no, she does what she does like Dorcas of the Bible, quickly and quietly. She takes no credit for herself, nor does she do these acts of kindness to show off and get accolades.

Submitted by Jana Jones-Robinson

Aunt Pinkie, that is what she is to me, has been more like a second Mother to me than an aunt. She has been there throughout my entire life, seeing me grow from a baby to the woman I am today! She has been a large part of my life, especially during my growing up years.

Some of my fondest memories are when she would take me and my siblings to Sabbath School every Sabbath prior to us becoming Seventh-day Adventist. We'd have Sabbath dinner with her family, and her family, the Reynolds, and just have a good time!!!

I can remember riding in the back of the bakery truck, they had and loving it! Auntie Pinkie would take us skating every Wednesday night before she went to work, and she was always by our side when our mom got sick and was hospitalized. She was a dear friend of our mom (Harriet Jean Jones) and our entire family. She touched so many people's lives with her warm loving way, not just mine. My Aunt Pinkie has so many attributes—kind, generous, loving just to name a few. She's an incredible person, loved by so many for the good that she does.

In life you don't really realize how important someone is to you until you are forced to stop and think about it. I am extremely fortunate to have her in my life, and I thank God every day for bringing my Aunt Pinkie into my life. I'll love her always!

Breath of Life Legacy Cruise

by Marilyn Lang



THE TRAVEL – On September 12, 200 travelers departed from five US locations to converge on Rome, Italy for the Breath of Life 50th Anniversary celebration and a Legacy Cruise. Some arrived early enough to take in a few Roman sites. Others were in time for vespers, featuring Speaker, Dr. Andrea Trusty-King, and a lovely Sabbath meal.

THE PEOPLE – Among the travelers were a number of current and former OUC members. From the OUC, the Dudleys, Lewis Joneses, Langs, Matthews, McElhaneys, Murrells, and Ropers, traveled as couples with the Snell family—immediate and extended; while a number of other members joined the trip, a few as part of the BOL working travel team: Shirley Blake, Pastor C. Dorsey, Amalia Dugal, Elaine Isaac, Lisa James, Henri Lathon, Ethel Morris, Joel Nuthalapati, G. Pancorbo, and Margaret Weathers, and virtual members, Marc and Roycelynn Mentor-Marcel. Former OUC members, Donna Roper and Sheryl Townsend were also there.

We met many amazing people from around the country and established lasting friendships. We were blessed to connect with two members of our wedding party (Sam Tramel and Dale Patterson) and their spouses (Diedre and Cheryl).

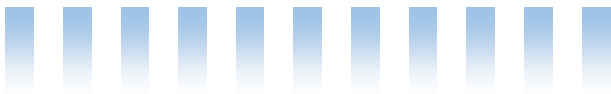
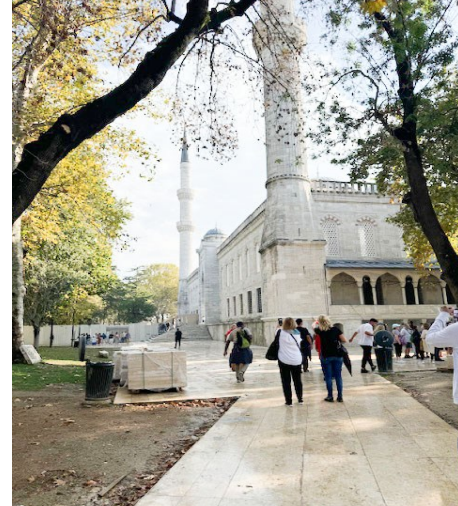
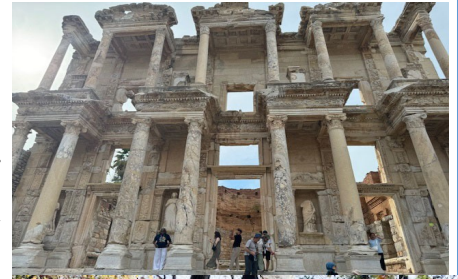


Breath of Life Legacy Cruise

THE PLACES – We boarded the cruise ship in Rome, had two restful days at sea, and visited several inspiring ports—Santorini (Greece), Ephesus (Turkey), Mykonos (Greece), Naples (Italy), and the ancient ruins of Pompeii. The city of Pompeii was discovered over 300 years ago after it’s destruction during an eruption of the nearby volcano, Mt. Vesuvius, in the summer of 79 A.D. It spewed smoke and toxic gas 20 miles in the air, which spread to the town. Pompeii and many of its 10,000 residents vanished under a blanket of 19 feet of ash and other volcanic debris. Interestingly, Mt. Vesuvius is considered an active volcano and could erupt again. However, the volcano’s seismic activity is constantly monitored today.

Ephesus was a favorite stop for many of us. This fascinating ancient city of well-preserved ruins, includes the Library of Celsus, the Temple of Artemis, and the Great Theatre. Of Biblical emphasis, it is a city where the apostle Paul preached and it is the subject of the Book of Ephesians. It is also said to have been the place where Mary, mother of Jesus, lived during her final years. The Bible says that Ephesus was full of wizards, sorcerers, witches, astrologers, diviners and palm readers. After the preaching of Paul, the magicians publicly burned their books, “so the word of the Lord grew mightily and prevailed” (Actis 19:19-20).

A small group of 11 were privileged to travel for an overnight visit and tour of beautiful Istanbul, Turkey enroute to our home destinations. We visited the Hippodrome and the courtyard of the Blue Mosque. We saw the Haggia Sofia mosque and several other Turkish sites.



Breath of Life Legacy Cruise

THE GALA – The 50th Anniversary Gala during the evening of September 14 in Rome was an elegant event. Hosted by Pastor Nugent and Danita Jones, entertainment featured the exceptionally talented ‘Dr. Violin’, Oakwood graduate and medical student, Patrick Bogui. During the evening, Pastor Snell interviewed Diedre Brooks Tramel, daughter of former BOL Speaker/Director Elder Charles Brooks. Most attendees indicated that they became aware of Breath of Life during the tenure of Elder Brooks. Diedre’s insights about her father’s ministry added another dimension to our appreciation of his historic leadership.

WORSHIP – The morning and Sabbath worship services were a key part of the Legacy commemoration and a tie-in to the teaching and preaching of the Apostle Paul.

After the aforementioned vespers presentation by Dr. Trusty, Pastor Snell presented a Sabbath sermon at the Catacombs about the sacrifices made by those who gave their lives for the cause of Christ, reminding us that our reward is in heaven. Dr. Alfonzo Greene shared that there is hope, change, and deliverance from self-made storms. Dr. Mitchell reminded us in Ephesus that “it matters to God how we get there.” The Holy Spirit, our comforter and guide, must be an active presence in our lives. Pastor Norman presented motivations to glorify God and promoted reasoning (connection and dialogue) as essential to outreach. Pastor Snell’s closing Sabbath focused on Acts 28:17—Some were persuaded. Paul had so much anointing that sweat from his handkerchiefs and aprons were used to heal the sick. Paul was completely available to God. The anointing is available; are we available? Trust God no matter what He allows to come into your life. The trial might have a work to do inside of you. The battle is not yours, it’s the Lord’s.



Drs. Calvin & Belvia Matthews

Calvin & Belvia Matthews were pleasantly surprised to receive awards and acknowledgments during the past few months.

The Huntsville Metro Black Chamber of Commerce presented the Legacy Award to our business, Psychological and Counseling Associates. We were recognized for more than 30 years of continuous business excellence.

We would like to thank Mr. Jerry Mitchell and his committee. Jerry has been the face and backbone of the Chamber for decades and has been an influential leader.

We would encourage those in the Huntsville metropolitan area and in businesses to become involved with the Chamber.



DO YOU WANT TO LIVE A LIFE THAT PLEASES GOD AND GIVES HIM GLORY?

by Katherine Davis, Chaplain

A study of the powerful Word of God will do just that -- 'twill build your faith, will deepen your relationship with God and dramatically impact every area of your life. As we study God's Word, He is speaking to us and we will experience an encounter with Jesus which will

- 1) light our way, giving wisdom so we can clearly see which way to go,
- 2) help us grow in faith and Christ-likeness,
- 3) transform our characters (the only thing we'll take to heaven)
- 4) make us complete and equipped for every good work,
- 5) bring reconciliation,
- 6) keep us from falling for Satan's persuasive lies, and
- 7) reveal to us earth's final events.

Oh how powerful the Word of God is! You can be victorious in your walk with God. Dear ones, you are encouraged and challenged to give God the opportunity to do something amazing in your life.

DON'T WAIT! DO IT TODAY! EMBRACE THE WORD OF GOD!

Order and study the following **FREE Bible Study Lessons:**
Breath of Life - www.breathoflifestudy.com

Anti-Aging SMOOTHIE

Dr. John Westerdahl
with John Bradshaw



1/2 c pomegranate juice
1/2 soy milk
1/2 cup blueberries
1 Tbsp. soy lecithin granules
1 Tbsp ground flaxseed

2 Tbsp dried goji berries
1/2 c crushed ice (optional)
Stevia Extract (optional)
Place all ingredients in a
blender and liquefy)

The Cozy Reading Corner



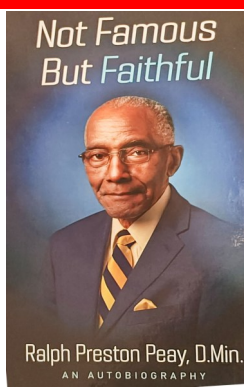
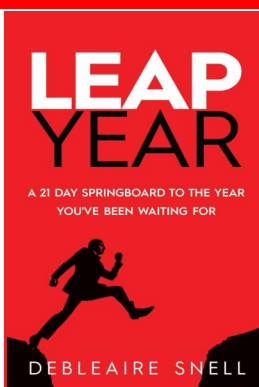
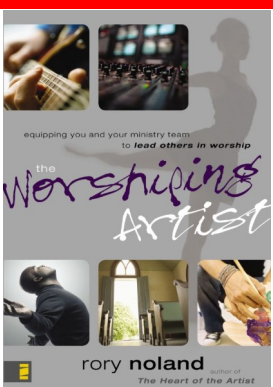
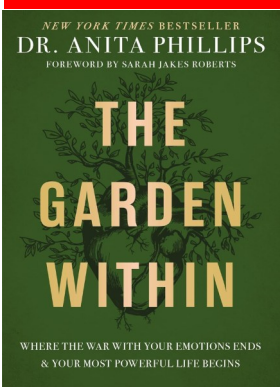
BOOKS RECOMMENDED

For our next Newsletter, please email your book recommendations to Dr. Jessie Bradley (jgodleybrad@att.net).

Most books may be purchased from Amazon—Also in audible format

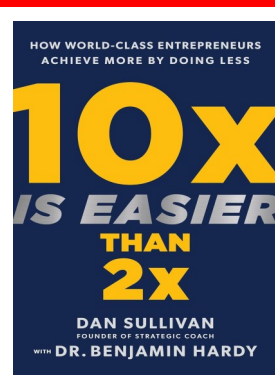
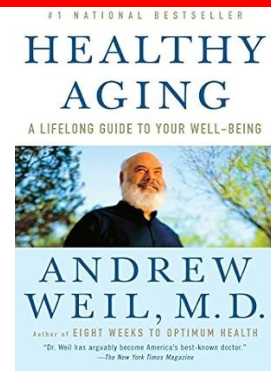
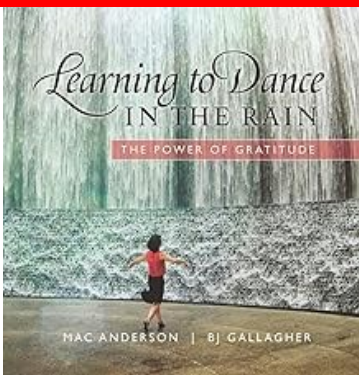
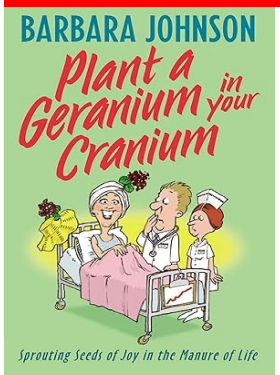
Recommended by Johnnie Yates

Recommended by Vivian Brown



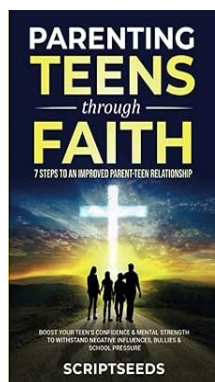
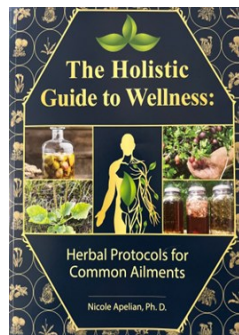
Recommended by Calvin & Belvia Matthews

Recommended by Loretta Smith

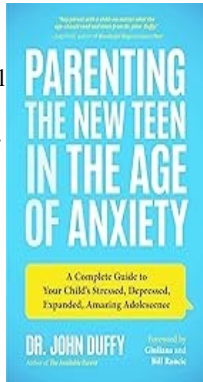


Recommended by Anthony Smith

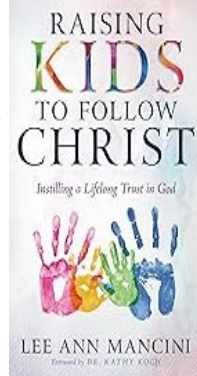
Recommended by Malcolm & Nichole Taylor



This book combines practical tips and spiritual perspectives, addressing challenges like peer pressure and mental health. 7 steps to an improved parent-teen relationship.



This book helps parents navigate mental health concerns in today's digital age, offering tools to foster support.



This book offers guidance on nurturing a child's faith, providing strategies to help them navigate peer pressure & mental health while maintaining a strong Christian foundation.

Joseph W. McCoy Regional Retiree Cultural Center



F.Y.I. Forever Young & Independent



Weekly Features
Scrabble, Dominoes, Chinese Checkers, Pictionary, Word Scramble, Trouble, etc.



Wednesdays
10:00am - 2:00pm



Monthly Features
Chair Massage, Wellness Check, Learning New Skill, Creative Expression.



Charles E. Dudley Sr. Building

5100 ADVENTIST BLVD, HUNTSVILLE, AL 35896
PRE-REGISTER BEFORE MONDAYS 12:00 NOON
CALL: 256-830-5002

Are you a retiree or 50+ years of age? If so, you are invited to socialize and enjoy enriching activities with Forever Young and Independent (FYI), every Wednesday from 10:00 a.m. to 2:00 p.m. at the Regional Conference Headquarters in Huntsville, Alabama. **We ask that you pre-register before Monday 12:00 noon of the week you plan to attend by calling (256) 830-5002.**

Submitted by Cecilia Yarborough

AARP Foundation®
Tax-Aide

**FREE TAX
PREPARATION!**

We are the nation's largest free filing program. We're available across the country and staffed by volunteers who are trained and certified by the Internal Revenue Service. **There is no fee, no income qualifier, no age limit and no sales pitch for other services.** Membership in AARP is NOT required. All of our tax preparers are IRS certified at the advanced level each year to help you file your taxes and get you the best return possible. We are located at the following locations in Madison County, AL (after Feb 1, 2025 - call in January for appt)



THE ATRIUM AT REDSTONE FEDERAL CREDIT UNION
220 Wynn Drive (building next to the Credit Union)
Huntsville, AL 256-886-8071

UNITED WAY OF MADISON COUNTY
701 Andrew Jackson Way
Huntsville, AL 256-536-0745

STUDIO 60 SENIOR CENTER
2200 Drake Avenue
Huntsville, AL 256-513-8291

WEATHERLY HEIGHTS BAPTIST CHURCH
1306 Cannstatt Drive, SE
Huntsville, AL 35803 256-551-1610

FLINT RIVER BAPTIST CHURCH
12945 Highway 231-431 N
Hazel Green, AL 256-797-9027

NEW HOPE CARE CENTER
5414 Main Drive
New Hope, AL 256-723-2273

MESSIAH LUTHERAN CHURCH
7740 Highway 72 W
Madison, AL 256-652-1001

SHOWERS RECREATION CENTER 4600
Blue Spring Road
Huntsville, AL 256-851-4001

If you would like to volunteer with our Tax Aide Program, as a counselor (preparer) or a client facilitator (greeter/scheduler), please contact Diana @ 256-513-8291 or email ladydi0505@live.com. There is no prior tax experience required. We provide all training and associated materials for your certification. We would love to have you on our team!

TY2024

- Call the individual center for an appointment.
- The sooner the better because slots fill quickly, beginning in January.
- You will be given a list of all documents to bring with you.
- Taxes for the current tax year are e-filed.
- You will get a hard copy for your records.
- Taxes are completed on the same day.

Richardson Senior Tours Presents

Coastal Charm: Savannah, GA & Hilton Head April 7 – 10, 2025



Savannah's Old Town Trolley

Incredible Price!
\$690.00 Per Person
Add \$149.00 for Single Rm

Experience the historic allure of Savannah with the serene landscapes of Hilton Head, a blend of culture of exploration and leisure. Expect picturesque views, rich history, and the opportunity to unwind on this tranquil, yet adventurous Tour.

- ❖ We'll have Lunch in Atlanta, GA and visit The King Center.
- ❖ Ride on an Old Town Trolley with a Narrating Tour Guide as we sightsee the beautiful, historic city of Savannah.
- ❖ Take a Riverboat Cruise, with a narrator, down the Savannah River.
- ❖ Explore the iconic Savannah City Market then treat ourselves, and cool off with a scoop of Leopold's famous, smooth and creamy ice cream or yogurt.
- ❖ Travel to Hilton Head Island and enjoy a relaxing time at Coligny Beach – *the best Beach to walk on.* (Chair and umbrella rental is available there).
- ❖ We'll browse through the Coligny Plaza Shopping Ctr, A Dining and Entertainment Center, with over 60 Specialty Shops and Restaurants.

Payment Plan

Oct. \$115.00	Nov. \$115.00	Dec. \$115.00
Jan. \$115.00	Feb. \$115.00	Mar. \$115.00

For additional information contact:

Hazel Richardson at 256-210-3937
or richardsoh@bellsouth.net



Tybee Island Lighthouse



Savannah's Riverboat



Coligny Beach



Basilica of ST John the Baptist



Savannah's River Street



SAVE THE DATES

You Will Not Want To Miss These Upcoming, Memorable Tours!!

- ▶ ***April 7-10, 2025*** Coastal Charm: Savannah GA & Hilton Head
Experience the historical allure of Savannah with the serene landscapes of Hilton Head.
- ▶ ***June 10, 2025*** **One Day Alabama Tour**
Alabama Stars: Jesse Owens, W.C. Handy (Father of the Blues)
Home Indian Mound & Museum, Alabama Music Hall of Fame,
Shoals Attractions: Florence, Danville, Sheffield, Muscle Shoals
- ▶ ***June 21-29, 2025*** London and Paris – Take in the best of these iconic cities
experience Big Ben, the Eiffel Tower, and more.
- ▶ ***September 15-17, 2025*** Memphis Tennessee; Little Rock & Hot Springs
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For More Information Contact: Hazel Richardson (256.210.3937)

We Look Forward To Having You Travel With Us !!

Dress your Dining Room Table in a festive, charming, and elegant way!

by Mrs. Maureen Sylvester



The art of table setting plays a pivotal role in dining experiences and can create a harmonious atmosphere. Table setting is an art that elevates the dining experience and demonstrates impeccable etiquette. It involves the arrangement of tableware, linens, and other items. Done well, your table décor can elevate an event, party, or a casual get-together to another level. A nicely decorated table serves as both a focal point and backdrop for a meal. In addition, it can enhance your meal enjoyment (even makes the food taste better), and family bonding.

It's a good idea to take into account the shape and size of your table, the color and existing décor in the room, and the dishes you plan to use. It's OK to mix things up a little by adding an odd piece of china or glasses. Things don't have to be too perfect!

Things You Will Need:

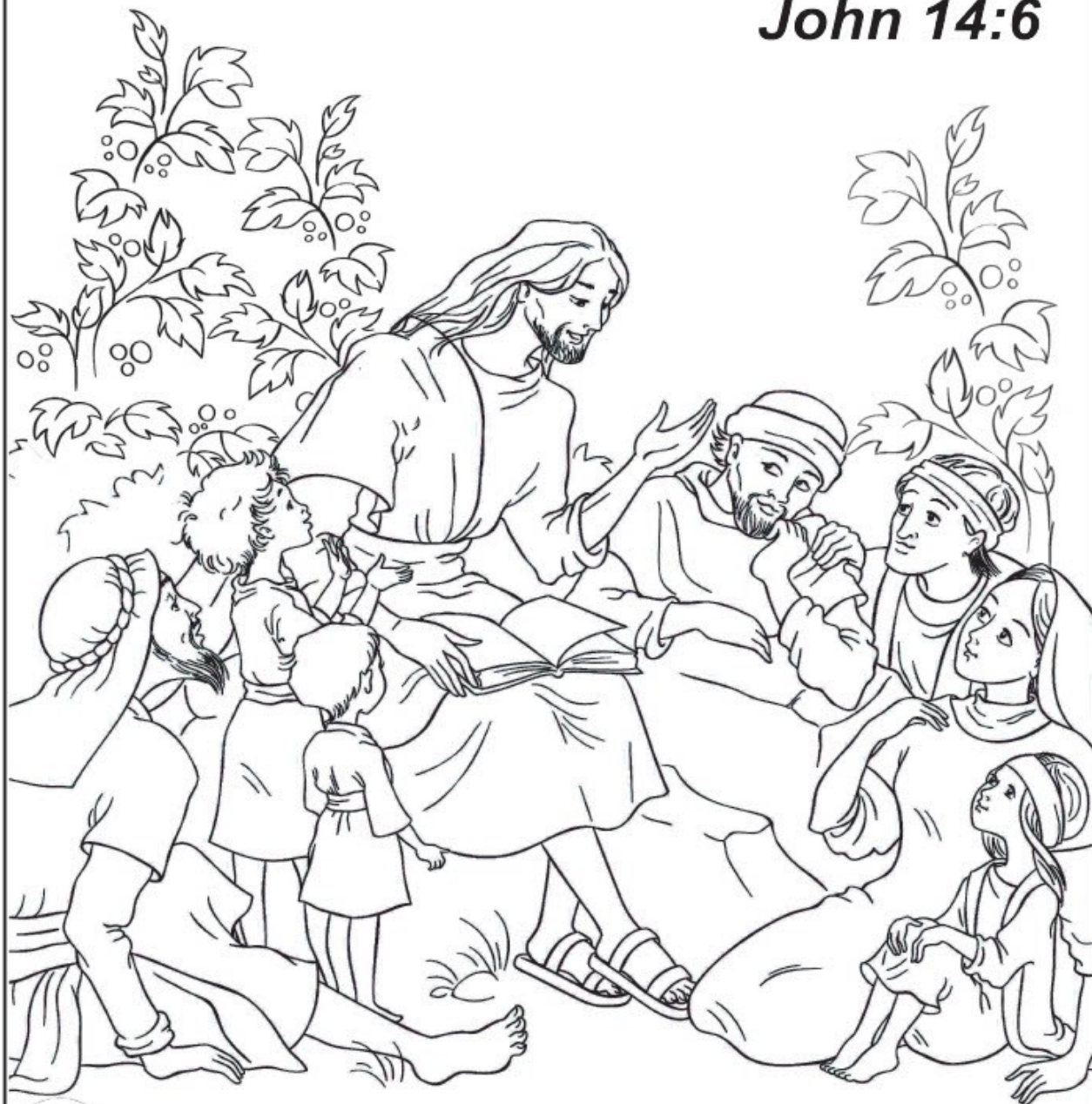
1. Knife, Forks (Dinner & Salad); Dinner plate, Salad Plate or bowl. Depending on what you serving, Glass/glasses; and Napkin.
2. Start with a charger. (Chargers instantly set the tone of the table).
3. Place the dinner plate in the center of the charger followed by the salad plate on top of that. Then the bowl (if you are serving soup) on top of the salad plate.
4. The knife goes directly to the right of the plate and the spoon to the right of the knife. The dinner fork and salad fork goes on the left side of the plate. The salad fork closest to the plate followed by the dinner fork. Place the water and juice glasses in the upper right hand of the setting, with the water glass placed to the front and the juice glass a little to the left of it. Place a napkin with a napkin ring in the middle of the plate. You can use fabric or paper napkins. I prefer fabric.
5. Complete the setting with an appropriate, eye-catching center piece. Pick an item that is most important to you, and from that, design a stunning table centerpiece that reflects your unique style and personality and leave a lasting impression on your guests. It might be a vase, flower arrangement, candle or other decoration, but it should also be balanced by the rest of the table. Roll up your sleeves and get creative and incorporate with other items you can think of to make it unique, and the more unique, the more memorable your table will be.

Properly setting the dining table should not be a lost art, even if life is busier than ever. Sitting down to a gorgeously set table is a beautiful, welcoming way to enjoy a meal with people you love. Lining the dining table with a table cloth and properly setting the table is a thoughtful touch that will elevate your dining experience, and thus, will make any mealtime gathering feel more special.

Coloring Pages with Word Puzzles for Seniors

**I am the Way and the Truth
and the Life.**

John 14:6



Fun in Faith

UNSCRAMBLE

hesuo _____

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biveeel _____

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FILL IN THE BLANKS

Jesus said "Let not your h _____ be
t _ _ _ _ _ . Believe in God;
b _ _ _ _ _ also in me.

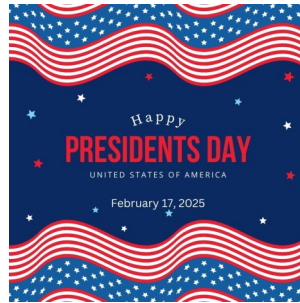
In my Father's h _ _ _ _ are many
rooms. If it were not so, would I have told
you that I go to p _ _ _ _ _ a place
for you?

And if I go and prepare a p _____ for
you, I will c _ _ _ again and will take
you to m _ _ _ _ _ , that where I am
you may be also.

And you know the way to where I am
going." Thomas said to Him, "Lord, we do
not know where you are going. How can
we k _ _ _ the way?" Jesus said to him,
"I am the w _ _ , and the t _ _ _ _ , and
the l _ _ _ . No o _ _ comes to the
Father e _ _ _ _ _ through me."

~ John 14:1-6 (ESV)

Learn what God tells us in the Bible by first unscrambling the words,
then fill in the blanks from your unscrambled words. Hint: the first
letter in each word is correctly placed.



ACKNOWLEDGEMENTS

**“Expressing thanks has no expiration date!”
How often do you say, “Thank You”?**

Our appreciation is expressed to our Pastoral Team: Pastor Debleaire Snell, Pastor Paul Goodridge, Pastor Marc Raphael, Pastor Kimberly Mann, Pastor Kirk Nugent, Pastor Michael Ross, Pastor Alfred Johnson, Pastor Lloyd Wilson, and Pastor Chris Dorsey.

Appreciation is also extended to our church family and friends who assist in keeping our church family informed and encouraged, sharing smiles, food, and validating needs. A very special “Thank You “ to the many friends who shared information and articles for this Newsletter, and to Elder Shirley Iheanacho for editing this Newsletter. To Mrs. Vivian Brown for her dedication and continued outstanding service in the design and preparation of the Newsletter for our information and enjoyment.

As we travel this journey of grief for families and loved ones, let us pray for peace, comfort, and strength from our Eternal Comforter.

Answer to Guess Who? William & Jessie Godley Bradley & Shirley Iheanacho



**In His Service,
Dr. Jessie G. Bradley, PhD - Leader,
Senior Adult Ministries**

