

February 2023, ISSUE #16

L.I.F.E. CHRONICLES

News & updates from our church for our community



NEW LIFE COMMUNITY CHURCH
Rev. Littykia Clay-Crawley, Pastor

SCHEDULE

WORSHIP

SUNDAYS - 8AM

LIFE PRAYER

WEDNESDAYS - 7AM & 7PM

YOUTH PRAYER

WEDNESDAYS - 8PM

LIFE STUDY

2ND & 4TH THURSDAYS - 7PM

ZOOM MEETING ID: 804-928-1376

CONFERENCE NUMBER: 804-256-2515

The Heart Matters

The American Heart Association's signature women's initiative, Go Red for Women, is a comprehensive platform designed to increase women's heart health awareness and serve as a catalyst for change to improve the lives of women globally.

It's about all women making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they can't bear to live without. Making a commitment to your health isn't something you have to do alone either, so grab a friend or a family member and Go Red.

Cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year, but the simple truth is that most cardiovascular diseases can still be prevented with education and healthy lifestyle changes.

"Go Red for Women." www.goredforwomen.org, 2023, <https://www.goredforwomen.org/en/>.



Risk Factors That Can Be Managed

You can control or treat these risk factors with lifestyle changes and your healthcare provider's help:

- High blood pressure
- Smoking
- High blood cholesterol
- Lack of regular activity
- Obesity or overweight
- Diabetes

Risk Factors You Can't Control

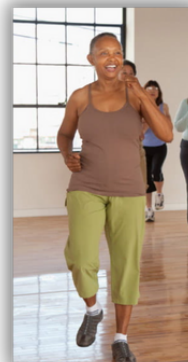
You can't change these risk factors:

- Age
- Gender
- Heredity (family health history)
- Race
- Previous stroke or heart attack

What can be done to improve heart health?

1. Get your blood pressure checked each year.
2. Understand the risk factors.
3. Know your family history.
4. Chronic stress plays a role.
5. Be aware of the warning signs of heart disease.
6. Adopt healthy habits.

Allison, Courtney. "Heart Disease and African Americans: What to Know." *NewYork-Presbyterian*, 10 Feb. 2022, <https://healthmatters.nyp.org/what-to-know-about-heart-disease-risk-for-african-americans/>.



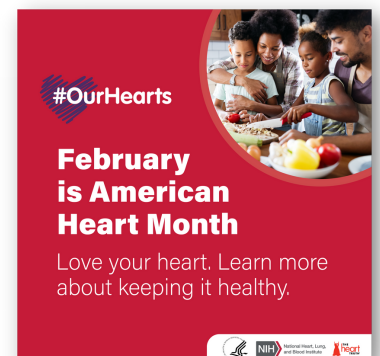
(Ariel Skelley/DigitalVision via Getty Images)



GO READ ABOUT: A New Route to Keeping Women in Rural Communities Healthy

Other Stories In This Issue:

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| HEALTH L.I.F.E. - 2 & 7 | RELATIONAL L.I.F.E. - 8 |
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SPIRITUAL L.I.F.E.



What Is Lent All About, and Why Is It Important?

I. Ash Wednesday

A. What is Ash Wednesday? It's a reminder that we came from ashes or dust, and that God loved us so much that God gave His only son to save us.

1. This ash and dust are precious to God. So precious that God sacrificed the best that God had for us. Draw closer in relationship to God through Jesus Christ.

a. It's the first day of 40 days leading to Easter, not counting Sundays

II. Many make Lent a time when we sacrifice or give up something.

A. Why do we sacrifice during Lent?

1. Many do it for the wrong reason. We should make the sacrifice because it reminds us of what God through Jesus Christ gave up for us and because it's necessary in order for us to accept the call of Christ to follow Him.

B. This is what Jesus was teaching His disciples in the text. If anybody wants to follow Jesus, they must deny themselves, take up their cross, and follow Him.

III. A great flaw or deficiency exists in the Christian Church today. It is a fatal defect. The flaw is a lack of true discipleship.

A. Genuine Christian Discipleship means forsaking everything to follow Christ. While there is much done in His name, there is very little in following Christ.

B. This is because so few are willing to deny themselves, bear our cross, or follow Him.

1. Do we want victory? YES - Do we want denial? NO
2. Do we want prosperity? YES - Do we want to sacrifice? NO
3. Do we want convenience? YES - Do we want inconvenience? NO
4. Do we want the crown? YES - Do we want the cross? NO
5. Do we want to follow Christ? We say we do.
6. *Are we following Christ? We say we are.*



Matthew 16:21-25

21From that time Jesus began to show his disciples that he had to go to Jerusalem and suffer many things from the elders, chief priests, and legal experts, and that he had to be killed and raised on the third day. 22Then Peter took hold of Jesus and, scolding him, began to correct him: "God forbid, Lord! This won't happen to you." 23But he turned to Peter and said, "Get behind me, Satan. You are a stone that could make me stumble, for you are not thinking God's thoughts but human thoughts."

24Then Jesus said to his disciples, "All who want to come after me must say no to themselves, take up their cross, and follow me. 25All who want to save their lives will lose them. But all who lose their lives because of me will find them."

IV. If we are, then we are:

A. Denying ourselves

1. When we think about what it means to deny ourselves, we are brought to the radical distinction between a God-oriented life and a life of unrepentant self-seeking.
2. Self-seeking is the opposite of self-denial. It has been the essence of sin from the beginning of creation.
 - a. Satan: I want my way. I will displace God. God's reply was that Satan would be brought low. Isa 14:12-15
 - b. Christ: I will go down in self-denial. Those whom I love will be raised from sin to glory. In response, God exalted Him.
 - c. Crucifying the flesh versus selfish desires that oppose the will of God.

B. Take up our cross

1. Many consider physical sickness, ailments, failed marriages, debt, and other troubles as crosses; these are burdens, not crosses.
2. Jesus refers to crosses in Matthew's 25th chapter as forgiving, studying the Word, praying, reaching out to the sick and the shut-in, etc.
3. Taking up our cross is a matter of the will. Where we must first deny ourselves so that our will is conformed to the will of God.
4. It involves saying, Yes, to something difficult for Jesus' sake, i.e., sacrificing our time, talent, money, and lives.
5. Witnessing the goodness of Jesus for the sake of others.

C. Follow Jesus – path to be followed to the end, a lifetime journey

1. God's Word: "lamp unto our feet, light on our path" (Psalm 119:105)
2. God's Will: discovered through the study of God's Word, prayer, and the leading of the Holy Spirit.

WHOLISTIC L.I.F.E.



2023 LENT FOCUS CALENDAR

WEEK	Sun	HEALTH L.I.F.E. Mon	ECONOMIC L.I.F.E. Tues	RELATIONAL L.I.F.E. Wed	SPIRITUAL L.I.F.E. Thurs	ENVIRONMENTAL L.I.F.E. Fri	EDUCATIONAL L.I.F.E. Sat
1				2/22 ASH WEDNESDAY Prayer & Fasting 7 AM - 7 PM READ: <i>2 Cor 5:20b-6:10</i> Focus: Giving	2/23 Walk with Purpose – Join NLCC Bible Study at 7 PM on 2 nd & 4 th Thursdays.	2/24 Switch to homemade cleaning products, and insecticides.	2/25 Learn more about what is Lent's meaning and purpose, and why Christians celebrate it.
2	2/26 REST	2/27 Participate in healthy habits, wellness, and open-mindedness, and fast from the opposite.	2/28 Work on your household budget, and your plan to pass on generational wealth.	3/1 Prayer & Fasting 7 AM - 7 PM READ: <i>Psalm 51:11-18</i> Focus: Family	3/2 List 40 ways God has blessed you, and give thanks.	3/3 Become a second-hand buyer or borrower of clothes and equipment.	3/4 Fast from watching TV and playing games to reading a good book today.
3	3/5 REST	3/6 Find creative ways to move naturally throughout the day.	3/7 Begin to declutter and collect 40 items to donate to a charity or thrift shop.	3/8 Prayer & Fasting 7 AM - 7 PM READ: <i>Matthew 20:17-28</i> Focus: NLCC Pastor & the 1 st Family	3/9 Make it a family affair – Join NLCC Bible Study at 7 PM on 2 nd & 4 th Thursdays.	3/10 List how your daily lifestyle impacts the environment and start making positive changes.	3/11 Today explore virtual field trips online. https://www.prodigygame.com/main-en/blog/virtual-field-trips/
4	3/12 REST	3/13 Wake up with excitement to do the things that bring you joy.	3/14 Make a financial plan considering the family's health.	3/15 Prayer & Fasting 7 AM - 7 PM READ: <i>Deut. 4:1-2, 5-9</i> Focus: NLCC Family & Friends	3/16 Read or listen to Bible stories on the Gospel of Jesus.	3/17 Switch to reusable shopping bags or recycle plastic bags.	3/18 Choose a lighthearted topic to discuss for children to gain critical thinking and social skills.
5	3/19 REST	3/20 Make time to unwind with your favorite music.	3/21 Refrain from buying any unnecessary items.	3/22 Prayer & Fasting 7 AM - 7 PM READ: <i>John 5:19-29</i> Focus: King William Community	3/23 Invite Someone – Join NLCC Bible Study at 7 PM on 2 nd & 4 th Thursdays.	3/24 Take steps to turn your kitchen and bathroom plastic-free.	3/25 Teach kids how to cook. Have a "kids cook night," to get your them familiar with the kitchen.

WHOLISTIC L.I.F.E.

	Sun	HEALTH L.I.F.E. Mon	ECONOMIC L.I.F.E. Tues	RELATIONAL L.I.F.E. Wed	SPIRITUAL L.I.F.E. Thurs	ENVIRONMENTAL L.I.F.E. Fri	EDUCATIONAL L.I.F.E. Sat
6	3/26 REST	3/27 Eat more plant-based foods, and stop eating when you're 80% full.	3/28 Planned giving helps you, your family, and the recipient.	3/29 Prayer & Fasting 7 AM - 7 PM READ: <i>John 8:31-42</i> Focus: Local, State, & Federal Leaders	3/30 Turn your reflections of what God has revealed to you during Lent into a prayer.	3/31 Turn down the heat in your home to conserve energy.	4/1 Determine what tools and ways you and your family can best learn about the Bible.
H O L Y W E E K	4/2 REST <i>Palm Sunday</i>	4/3 Surround yourself with people who motivate and inspire you.	4/4 Support Black-owned businesses for your Spring, Holiday, and year-long purchases.	4/5 Prayer & Fasting 7 AM - 7 PM READ: <i>Psalms 70</i> Focus: Your relationship with God.	4/6 Testify of your 2023 Lenten Journey to encourage others. <i>Maundy Thursday</i>	4/7 Celebrate the season by planting a seed or tree that benefits the environment. <i>Good Friday</i>	4/8 Assess what lent practices fit as you continue to seek God and become closer to God?

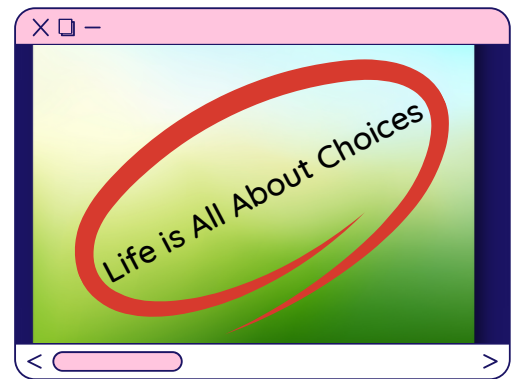
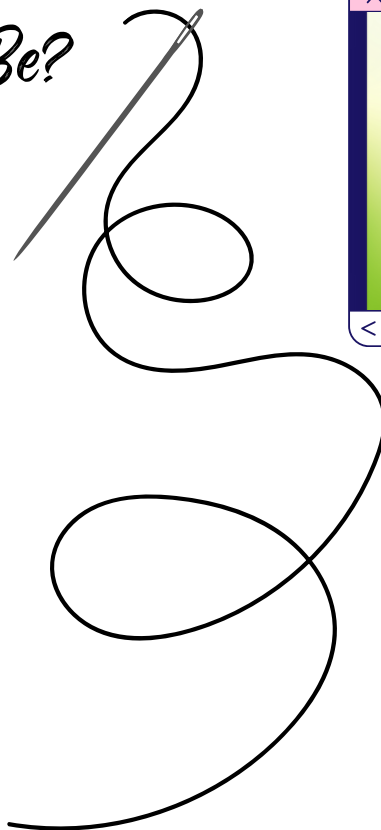
*REST on Sundays, not counted in the 40 days. READ scriptures three (3) times during the 7 AM to 7 PM FAST. WRITE in journal once or more per week.

2023

How Am I Going To Be?

Make intentional choices about...

how we will ACT
what we will DO
how we will LIVE



Live a Longer, Healthier Life

'Blue Zone' Strategies

- *MOVE
- *RIGHT OUTLOOK
- *EAT WISELY
- *CONNECT



NEW LIFE COMMUNITY CHURCH

L.I.F.E. CALENDAR



- 2/01 - NLCC L.I.F.E. Study @ 7AM & 7PM
- 2/01 - First Day of Black History Month
- 2/02 - NLCC Church Meeting @ 7PM
- 2/04 - NLCC Diaconate Meeting @ 9AM
- 2/04 - NLCC Praise Dance Rehearsal @ 11AM
- 2/05 - NLCC Worship & Holy Communion @ 8AM
- 2/08 - L.I.F.E. Prayer @ 7AM & 7PM
- 2/09 - L.I.F.E. Study @ 7PM
- 2/10 - NLCC Movie Night
- 2/12 - NLCC Worship @ 8AM
- 2/14 - Valentine's Day
- 2/15 - L.I.F.E. Prayer @ 7AM & 7PM
- 2/19 - NLCC Worship @ 8AM
- 2/22 - Ash Wednesday/Lenten Season Begins
- 2/22 - L.I.F.E. Prayer @ 7AM & 7PM
- 2/23 - L.I.F.E. Study @ 7PM
- 2/25 - NLCC Women's Ministry Session @ 10AM
- 2/26 - NLCC Worship @ 8AM

February Birthdays:

- 2/3 - Dianne Green
- 2/10 - Lealie Russ
- 2/20 - Bryan Alsop

February OBSERVANCES

- Wear Red Day - 3
- Send a Card to a Friend Day - 7
- Giving Hearts Day - 9
- Shut-in Visitation Day - 11
- Make a Friend Day - 11
- Cabbage Day - 17
- Caregivers Day - 17
- Random Acts of Kindness Day - 17
- Congenital Heart Defect Awareness Week - 2nd
- School Counseling Week - 2nd
- **Black History Month**
- **Cherry Month**

2023 theme, "Black Resistance," explores how "African Americans have resisted historic and ongoing oppression, in all forms, especially the racial terrorism of lynching, racial pogroms and police killings," since the nation's earliest days.

National Cabbage Day

National Cabbage Day is Friday, February 17, 2023. Cabbage might change the way estrogen is used in the body, which might reduce the risk of breast cancer. Cabbage might also reduce swelling and help with wound healing. Overall, it isn't well understood how the chemicals in cabbage might work as medicine to a woman's body.

One way to observe National Cabbage Day is to make some delicious soup or vegetable wraps.

Easy Cabbage Soup

- 2 tablespoons butter or olive oil
- 1 medium yellow onion, small diced
- 2 medium carrots, small diced
- 2 celery ribs, small diced
- 4 garlic cloves, minced
- 2 teaspoons each garlic powder and dried basil
- 1 teaspoon each dried oregano and dried thyme
- 1/2 medium green cabbage, shredded (6 to 7 cups)
- 15-ounce can white beans
- 28-ounce can crushed fire-roasted tomatoes (or best-quality crushed tomatoes)
- 1-quart vegetable broth
- 1-1/4 teaspoons kosher salt
- 1/2 teaspoon sugar
- chopped Italian parsley, for garnish



Instructions

1. In a large pot or Dutch oven, heat the butter or olive oil over medium-high heat. Add the onion, carrot, and celery, and cook, stirring occasionally, for about 8 to 10 minutes, until the celery is tender and the vegetables have released their juices.
2. Add the garlic, garlic powder, basil, oregano, and thyme, and cook for 1 minute. Add the cabbage, white beans, crushed tomatoes, vegetable broth, salt, and sugar. Bring to a simmer and simmer for 10 to 15 minutes until the cabbage is tender.
3. Serve immediately, garnished with parsley.

RELATIONAL L.I.F.E.



Random Acts of Kindness

encourage someone
thank the custodian
start a kindness campaign
hold a foodbank drive
take time to really listen to a friend
post inspiring quotes around the school
be more positive
hold the door open
speak kindly
write a thank you note
send a gratitude email
give a genuine compliment
write a positive note on a sticky and post it
be grateful
surprise another class with a treat
volunteer
do something kind for the environment
bake cookies for someone
write a letter
do a chore without being asked
thank a parent
befriend someone new
smile at someone new
pick up litter
call a grandparent
forgive someone
start a kindness club
hold a fundraiser

RANDOM ACTS OF KINDNESS DAY



National Caregivers Day

The third Friday of February is the perfect time to show your appreciation to professional caregivers who assist your loved ones. At the same time, it's a great opportunity to acknowledge the unpaid family caregivers in your life. This year, it is February 17, 2023.

There are many ways to celebrate National Caregivers Day.

1. Give a sincere thank you
2. Give books
3. Give some fresh baked goods
4. Give time off
5. Give gift baskets
6. Give gift cards
7. Give meals
8. Give smiles and hugs
9. Give monetary support
10. Offer prayer
11. Offer a day of errand running
12. Provide contact to support groups

Remember to show appreciation and support for caregivers.

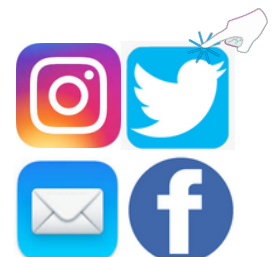


Happy Valentine's Day!



Touched By An Angel

"In the flush of love's light
we dare be brave
and suddenly we see
that love costs all we are
and will ever be.
Yet it is only love
which sets us free."
-Maya Angelou



MENTAL L.I.F.E.



KINDNESS VOCABULARY WORD SEARCH

KINDNESS
matters.

KIND
HELPFUL
FRIEND
FRIENDLY
EMPATHY
GENEROUS
CONSIDERATE
FAIR
PATIENT
COMPASSION
KINDNESS
THOUGHTFUL
GOOD DEED
VOLUNTEER
GOLDEN RULE
GENEROUS
COMPLIMENT
INCLUDER
UPSTANDER
SPORTSMANSHIP
SHARING

C O M P A S S I O N K L A W X
O T A B K I H E M P A T H Y J
N G G M K I O A C P L A C P P
S M O Y I D R C R Q R K U A I
I E L O N R R G Q I I E T P L
D A D U D O O D S T N I A I A
E G E P F D I A S S E G C H V
R E N S P E E J N N A E K S V
A N R T G E L E T F R I E N D
T E U A A B O Y D I N O O A K
E R L N A C I Y E N E R O M I
A O E D V O L U N T E E R S N
X U O E F D I S O N R A Q T D
U S G R N F D R E W D P V R N
R W X E I N C L U D E R Z O E
I J I C O M P L I M E N T P S
A R T H O U G H T F U L V S S
F J D H E L P F U L W E S T S

