

April 2023, ISSUE #18

# 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 People of God*

1 Peter 2:4-12

Peter wants believers to see that Jesus is the living stone of the temple of God, and as a result, his followers have become living stones as well. Jesus as the living stone is critical to understanding for whom the church exists and how it is to live in a broken world. In rejecting Jesus, people were rejecting the cornerstone of God's eternal temple. Jesus's status as the cornerstone reminds us that he is precious and chosen by God; just as we have been. This confidence calls us to consider the depth of Jesus's unique status and the resulting status he gives us by being connected to him.

The work of Jesus at the cross established his authority over the church. As we continue to work out the salvation we have received, we must come back to the place that emphasizes Jesus as the foundation of all our belief. Jesus is the cornerstone of our faith, and so all we do must find its beginning, middle, and end in him. As believers, we must continue to see in Jesus the example of all that we must be to the world. Jesus brought hope, light, and salvation, and we must convey his gifts to others as well. In Christ, we live and move and have our being. (Acts 17:28)

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Use what  
you have.  
Matt 25:1-16

Shoulder  
Tap

# YOUTH L.I.F.E.



## THE AWESOMENESS OF AN AUTISTIC YOUNG MAN

At the start of this school year, Nazir K. decided to join the Army JROTC program. He entered the program a bit shy and unsure of what to expect. Since that day, Nazir has developed into an outstanding Cadet, accomplishing many things. Nazir is the assistant squad leader for his squad, standing in many times when his squad leader is absent, he is maintaining an "A" in JROTC, and he excels in physical fitness training which has led him to join the CHS track team. In February, Nazir was part of the "Platoon Inspection" during the drill competition at Huguenot High School. He is part of the color guard, which presented the colors numerous times this year on various occasions. When asked if he would return to the program next year, Nazir said, without hesitation, "YES". Nazir has been a pleasure to work with and an outstanding student. I look forward to working with him next school year.



*"March Student of the Month"*

**Congratulations  
Nazir!**

Nazir has been promoted to Cadet Private Second Class. His awards are:

- Recruiting Ribbon
- Parade Ribbon
- Leadership Development Service Ribbon

*LTC (Ret) Paul A. Smith  
JROTC Senior Army Instructor*

**AWESOME!**



EXPLORE. DISCOVER. CELEBRATE

**2023 Black Girl Magic**

**This is Me**  
By Kamarin  
InsideOut High School - Detroit, Michigan

*This is me brown girl you see.  
This is me, the girl with the brown hair and eyes  
like the bark on a tree.  
This is me, the girl wearing glasses who can't really see.  
This is me, the short chubby girl who likes to eat.  
This is me, the girl with the weird laugh  
who thinks it's very unique.  
This is me, the girl who doesn't want to be  
anything but me.*

# L.I.F.E. CALENDAR



**April**  
2023

You are altogether beautiful my darling,  
beautiful in every way.

SONGS OF SONGS: 4:7

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

- 4/01 - NLCC Diaconate Meeting @ 9AM
- 4/01 - NLCC Praise Dance Rehearsal @ 11AM
- 4/02 - Palm Sunday/Holy Communion @ 8AM
- 4/05 - L.I.F.E. Prayer @ 7AM & 7PM
- 4/06 - NLCC Church Mtg. @ 7PM/Maundy Thurs.
- 4/07 - Seven Last Words @ 12PM
- 4/08 - NAACP/KW Meeting @ 10AM
- 4/09 - Resurrection Sunday/NLCC Worship @ 8AM
- 4/10 - NLCC Women's Ministry @ 7PM
- 4/12 - L.I.F.E. Prayer @ 7AM & 7PM
- 4/13 - L.I.F.E. Study @ 7PM
- 4/16 - NLCC In-person Worship @ 8AM
- 4/19 - L.I.F.E. Prayer @ 7AM & 7PM
- 4/22 - PBA DOW Session @ 10AM & Earth Day
- 4/22 - VUU Church Leadership
- 4/23 - NLCC Worship @ 8AM
- 4/26 - L.I.F.E. Prayer @ 7AM & 7PM
- 4/27 - L.I.F.E. Study 7PM
- 4/30 - NLCC Upscale Yard Sale @ 11AM

**April Birthdays**

- 4/05 - Mark Douglas
- 4/12 - Shantel Russ
- 4/15 - Teresa King

**APRIL WEDDING ANNIVERSARIES**

*Congratulations*

**PERNELL AND VALERICE KELLY**

## April is International Black Women's History Month



"If you're going to live, leave a legacy. Make a mark on the world that can't be erased."

*Maya Angelou*

The Rev. Dr. Katie Geneva Cannon

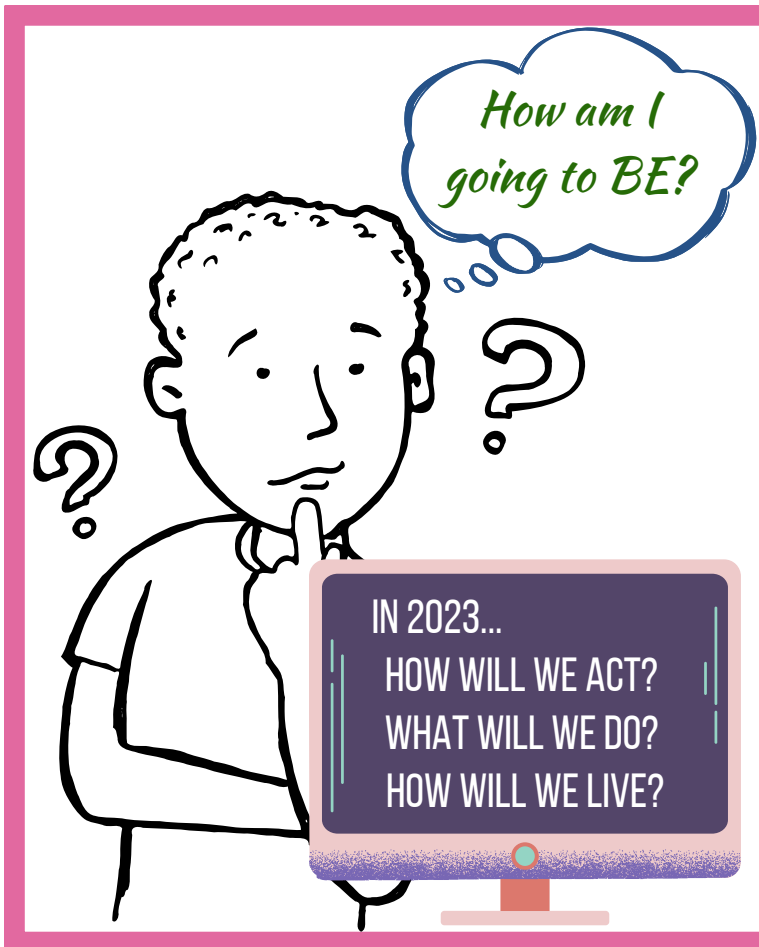


<https://www.upsem.edu/cwl/>





# Living In Faith Everyday



## BIBLE STUDY



2ND & 4TH THURSDAYS

Meeting ID: 8049281376

RESUMES 1/12/23



Pastor Littycia Clay-Crawley, NLCC



Pastor Shawn Knight, BLC



## Blue-Zone Strategy

# Purpose

Knowing your sense of purpose is worth up to seven years of extra life expectancy.

*Live a Longer, Healthier Life*

## APRIL Observances

- National Love Our Children Day - 1st
- **Autism Awareness Day - 2nd**
- **World Health Day - 7th**
- Husband Appreciation Day - 15th
- Earth Day - 22nd
- National Wildlife Week - 3rd-9th
- National Volunteer Month
- Lawn & Garden Month
- National Child Abuse Month
- **Sarcoidosis Awareness Month**
- Stress Awareness Month
- **National Jazz Appreciation Month**
- National Poetry Month
- National Soft Pretzel Month

# ECONOMIC L.I.F.E.



## It's Tax Season!

Are you expecting a refund? Or do you have money in a savings account with a low interest rate?

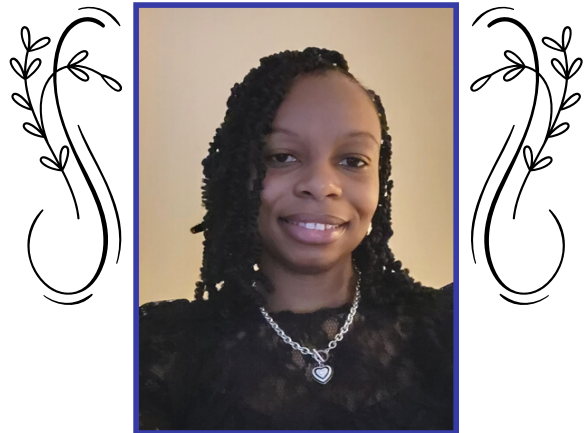
If you are receiving a refund or have money earning low interest, consider placing your money in a high-yield savings account. These types of accounts have higher than normal interest rates that increase your earnings. As the feds raised interest rates this year the interest rates on some of the high-yield savings accounts also increased. Currently:

- Capital One has a Performance Savings Account with a 3.40% interest rate
- Wealthfront has a High-Yield Cash Account with a 4.30% interest rate. You can choose to receive a debit card for this account. While Wealthfront is a roboadvisor that offers investment services you do not need to invest to open a cash account.

If you are looking for a high-yield savings account to increase your earnings check out Bankrate.com for more options.



*Shantell Russ- Founder & Financial Coach*



# ENVIRONMENTAL L.I.F.E.



**Recycling**  
**Plant Giveaway**  
**Food**



**Healthy Living Education**  
**Earth Day Favors**

## New Life Community Church Upscale Yard Sale

Sunday April 30, 2023

**Shopping 11AM-2PM Church Grounds Planting**

**All proceeds will go to NLCC Building Fund**

**Cash and Cash App accepted**



## The Upscale Yard Sale

### The Day's Activities

- **Recycling:** Please bring in your empty cans and plastic bottles on the day of the yard sale
- **Healthy Living Education:** Indulge in healthy treats
- **Plant Giveaway:** Plants and seeds giveaway while supplies last
- **Food:** Provided and served by NLCC Kitchen Team
- **Church Grounds Planting:** Flowers and protective coverings will be provided for everyone planting
- **Shopping:** Browse the different yard sale tables to purchase
- **Earth Day Activities:** Enjoy the different stations and giveaways while supplies last

### Bring in gently used items to add to the yard sale.

- **Accepting Donations:** April 2nd and April 16th at the church after worship; please contact Val and Aliesha
  - Bring clothes, shoes, pots/pans, home decor, jewelry, kitchen accessories, bedding, tools, etc.
  - Preset prices by material type at \$1, \$5, \$10, etc.
  - All proceeds will go to New Life Community Church Building Fund: sidewalk and drywall

### Volunteer to manage one of the stations

- Please contact Val or Aliesha



## Importance and Benefits of a Home Garden

- Gardening and yard work are moderate-intensity exercises, which we all need every day (for at least 30 minutes).
- Gardening is an excellent stress reliever for a combination of fascinating reasons.
- A family garden gets them outside enjoying and experiencing the natural world.
- Kids and adults who grow vegetables eat vegetables—or at least, they are more willing to taste them.



## Tips to Recycle Responsibly



Try to reduce plastic waste at home.

Ensure the plastic waste you put in your recycling bin can be recycled in your community. Find out by searching: "How do I recycle?" at [www.epa.gov](http://www.epa.gov).



Buy and use more recycled materials.

For special materials such as batteries, tires, or light bulbs, check with your community's waste management department for proper disposal regulations.





## ***Soft Pretzels***

Prep: 25 minutes

Cook: 15 minutes

Total Prep: 40 minutes

Servings: 12

### **Ingredients:**

- 1 envelope yeast
- 1½ cups warm water
- 1 tablespoon sugar
- 1 teaspoon salt
- 4 cups flour
- 1 egg, beaten
- Coarse salt
- 1 cup boiling water
- 2 tablespoons baking soda



### **Instructions:**

In a large mixing bowl, dissolve yeast in water. Add dry ingredients. Add enough water to make the dough tacky and then knead the dough until a ball forms. Cover and let rise in a warm space until double in size.

Divide dough into 12 pieces. Roll each piece into a long rope about 18 inches long. Form a circle with the two ends at the top. Loosely twist the two ends together twice. Draw the twisted end down to the bottom of the circle to form the pretzel.

Preheat oven to 475° F. Bring the water and baking soda to a boil and dip each pretzel in the water for 30 – 60 seconds. Remove and place on a parchment-lined baking sheet. Sprinkle with coarse salt. Bake for 10-15 minutes, or until golden brown.

*Recommended Side Dishes: 6 Dipping Sauces*





# EARTH DAY

## WORD SEARCH

### WORD LIST

AIR  
APRIL  
CLEAN  
CLIMATE  
COMPOST  
CONSERVATION  
EARTH  
ECOLOGY  
ECOSYSTEM  
GREEN  
GREENHOUSE  
LITTER  
NATURE  
OCEAN  
ORGANIC  
POLLUTION  
PRESERVE  
RECYCLE  
REDUCE  
RESOURCE  
REUSE  
SAVE  
SOLAR  
SUSTAINABLE  
TRASH  
TREES  
WASTE  
WATER

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



On YouTube, look at some beautiful sea life while listening to some soothing music as you enjoy your word search.



"Relaxing Music to Relieve Stress, Anxiety and Depression • Mind, Body Soothing Music for Nerves."  
YouTube, YouTube, 6 July 2022,  
<https://www.youtube.com/watch?v=iyIxRIWl5SI>

<https://www.youtube.com/watch?v=iyIxRIWl5SI>

