

May 2023, ISSUE #19

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

Mothers are a Blessing and an Expression of God's Love

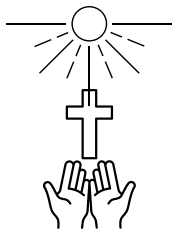
We will be celebrating Mother's Day on Sunday, May 14, 2023. Life becomes so busy sometimes and we forget the wonderful blessings in our life. One precious blessing is that of our mothers.

Being a mother might be one of the hardest jobs on earth. Mothers are a beautiful expression of God's love. We see God's reflection in the lives of many mothers as God uses them to give life and love to the world.

The love of mothers is demonstrated in the power of a praying mother. The power of praying mother strengthens their children's journey to walk toward Christ and have an intimate relationship with Him.



Power of Prayer



Prayer is our fiercest weapon against the enemy and all things in this fallen world. Priscilla Shirer, the author of *Fervent: A Woman's Battle Plan to Serious, Specific, and Strategic Prayer* says, "Prayer is the portal that brings the power of heaven down to earth. It is kryptonite to the enemy and to all his ploys against you."

The power of prayer isn't in the person praying. It's not a magic formula. It isn't keywords. It is an open heart, humble, and filled with awe of who our mighty God is.

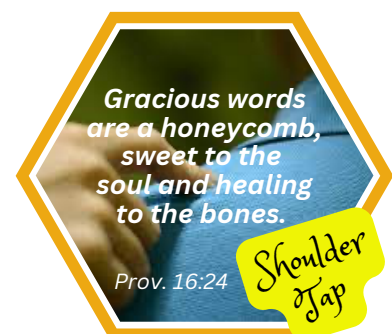
Daily prayer helps you tap into the full potential of your faith for a life with God's peace, grace, and joy. The more you pray and share your heart with God, the stronger and more personal your relationship with God will be.

Happy Mother's Day!

*A Mother always understands
the things you say and do.
She overlooks each of your faults
she finds the best in you.
A Mother's love is a special love
it inspires you each day.
She spreads her joy and happiness
in her warm and caring way.
A Mother's all these things and more
there's no greater treasure known.
The most precious Mother in all the world
is the one I call my own.*

Other Stories In This Issue:

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L.I.F.E. CALENDAR



May 2023

She opens her mouth with wisdom,
and the teaching of kindness is on her tongue.

PROVERBS 31: 26

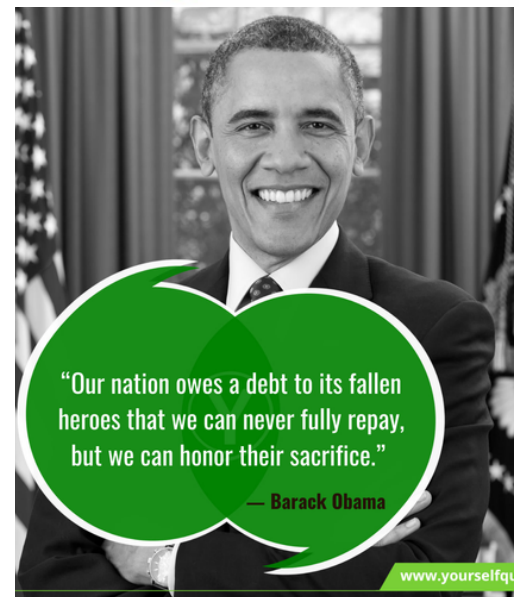
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 5/03 - L.I.F.E. Prayer @ 7AM & 7PM / Youth Prayer 8PM
- 5/04 - NLCC Church Meeting @ 7PM / National Day of Prayer
- 5/06 - NLCC Diaconate Meeting @ 9AM
- 5/06 - NLCC Praise Dance Rehearsal @ 11AM
- 5/07 - Holy Communion / In-person Worship @ 8AM
- 5/08 - NLCC Women's Ministry @ 7PM
- 5/10 - L.I.F.E. Prayer @ 7AM & 7PM / Youth Prayer 8PM
- 5/11 - L.I.F.E. Study @ 7PM
- 5/13 - NAACP KWVA Meeting @ 10AM
- 5/14 - Mother's Day / NLCC Worship @ 8AM
- 5/17 - L.I.F.E. Prayer @ 7AM & 7PM
- 5/21 - NLCC In-person Worship @ 8AM
- 5/24 - L.I.F.E. Prayer @ 7AM & 7PM / Youth Prayer 8PM
- 5/25 - L.I.F.E. Study @ 7PM
- 5/27 - PBA DOW Session @ 10AM
- 5/28 - NLCC Worship @ 8AM
- 5/29 - Memorial Day



Birthdays

- 5/05 - Kijuana Kelly
- 5/29 - Isaiah Taylor



BIBLE STUDY



2ND & 4TH THURSDAYS
Meeting ID: 8049281376

7PM

RESUMES 1/12/23



Pastor Littycia Clay-Crawley, NLCC



Pastor Shawn Knight, BLC



Living In Faith Everyday



YOUR POSTURE AWARENESS
Awareness - Control - Environment

DID YOU KNOW?

College students are cellphone addicts, spending 8-10 hours a day on their phones creating neck pain and loss of mobility.¹

1 out of 4 adults have suffered back pain in the past three months!²

People who spend 12 hours or more per day seated are at greater risk for diabetes, heart disease, and life threatening falls.³

...And poor hunched over posture makes you look old!

Be AWARE of your posture in daily life.

Are you using good posture to lift? When you sit? When you exercise?

StrongPosture TIP: Align each PostureZone!¹ Imagine a balloon gently pulling your head up and centering it over your body.

PostureMonth.org

How will we act?

How will we live?

What will we do?

How are we going to be?

2023

NLCC Changemaker

works in progress

Blue-Zone Strategy

Downshift
Make time to unwind

Major Stress Reducers

- Go outside and get 15 minutes of sunlight
- Get together with friends to have fun, complain, and lend support
- Take 10 minutes to pray, meditate, or reflect every day
- Get gardening
- Pray, meditate, or reflect every day
- Boost your mood with food
- Take a nap
- Schedule a weekly friend date
- Don't take alliance too seriously and laugh daily
- Call your grandparents
- Develop a personal purpose statement
- Make friends with someone older or younger than you

Live a Longer, Healthier Life

MAY Observances



- World Ovarian Cancer Day - 8th
- Fibromyalgia Awareness Day - 12th
- World Bee Day - 20th
- World Day for Cultural Diversity - 21st
- National Creativity Day - 30th
- National Smile Day - 31st
- Small Business Week - 1st Week
- National Dental Care Month
- National Foster Care Month
- National Salad Month
- National Strawberry Month
- National Blood Pressure Edu Month
- Correct Your Posture Month
- National Mediterranean Diet Month



HEALTH L.I.F.E.



Watch the "Bee Movie"



What to Eat on the Mediterranean Diet!



Whole Grains, Legumes,
Fruit, Vegetables, Healthy
Fats, Herbs & Spices
Enjoy Daily



Fish, Seafood & Omega-3
Rich Food
Enjoy 2-3x/week



Poultry, Eggs & Dairy
Enjoy 1-2x/week



Red Meats & Sweets
Enjoy Sparingly



Physical Activity,
Meal & Family Time
Practice Daily



What is the Mediterranean diet?

The Mediterranean diet is a way of eating that's based on the traditional cuisines of Greece, Italy, and other countries that border the Mediterranean Sea.

Plant-based foods, such as whole grains, vegetables, legumes, fruits, nuts, seeds, herbs, and spices, are the foundation of the diet. Olive oil is the main source of added fat.

Fish, seafood, dairy, and poultry are included in moderation. Red meat and sweets are eaten only occasionally.



Mediterranean diet for heart health

The Mediterranean diet is a heart-healthy eating plan that emphasizes healthy fats, whole grains, fruits, vegetables, beans, nuts and seeds.

ECONOMIC L.I.F.E.



Planning for a large expense or that long awaited summer vacation?

Try using a revolving savings account.

A revolving savings account is separate from your checking or any other savings accounts (such as your emergency fund). It is used to help you save for expenses over time. A revolving savings account can be used to pay for large expenses that occur each year such as car maintenance, Christmas, vacations, first fruit, taxes, etc.

Here's how it works:

- Open a separate savings account (you might choose to use a high-yield savings account)
- Determine (or estimate) how much each of those expenses will cost
- Divide that amount by 12 months (or the amount of time/pay periods you have to save the money)
- Add that amount to your budget line for "revolving savings" & deposit it into your savings account each month or biweekly (depending on your pay schedule)



For example, if I wanted to save \$1,200 to purchase Christmas gifts I would divide \$1,200 by 12 (assuming I receive a monthly salary and have 12 months to save) which equals \$100. I'd add a line to my budget labeled Christmas or revolving savings for \$100. Each month that \$100 would be placed in my revolving savings account to ensure that I reach my goal by Christmas.

Using a revolving savings account prevents you from needing a loan or having to use a credit card to pay for expenses. Try it out!



Shantell Russ- Founder & Financial Coach





SMILE



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

LIPS

MOLARS

HEADGEAR

CEMENT

MOUTH

GAUZES

SURGERY

LAUGHING GAS

BRACES

RETAINER

ROOT CANAL

ENDODONTIST

DENTURES

X-RAYS

NERVES

ORTHODONTIST

EAT

BLOODY

DENTIST

TEETH