

February 2022, ISSUE #4

# L.I.F.E. CHRONICLES

News & updates from our church for our community



## NLCC SCHEDULE

### WORSHIP

SUNDAYS - 8AM

### LIFE PRAYER

WEDNESDAYS - 7PM

### YOUTH PRAYER

WEDNESDAYS - 8PM

### LIFE STUDY

2ND & 4TH THURSDAYS- 7PM

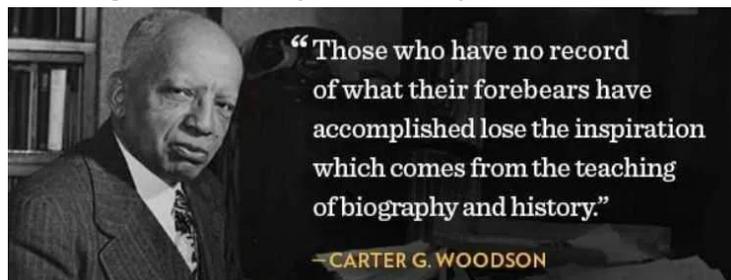
**ZOOM MEETING ID: 804-928-1376**  
**CONFERENCE NUMBER: 804-256-2515**

# L.I.F.E. CHRONICLES

## Black History Month

**Black History Month** is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history.

“Origins of Black History Month.” History.com, A&E Television Networks, <https://www.history.com/>.



Inspiringquotes.us. “Quotes.” Inspiring Quotes, <https://www.inspiringquotes.us/author/4668-carter-g-woodson>.

We might agree that it would take more than the month of February to completely embrace and celebrate Black History. Consider taking a deeper dive to learn more and celebrate more black stories. Get a new book to read, watch a new film, or maybe try listening to a new podcast. Even better, engage in enriching conversations about the experiences of African Americans. Share your story. Use your voice, your words, and your hands and your feet to tell your truth. Tell of your black experience through song, dance, artwork, writings, or spoken word. Share to inspire others.

*We will not hide them from their descendants; we will tell the next generation the praiseworthy deeds of the Lord, his power, and the wonders he has done. Psalm 78:4 NIV*

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# SPIRITUAL L.I.F.E.

*As you think about what you are going to do in 2022, consider the following questions for application this month, from each sermon text below. Journal or chat with a friend about what God is saying to you and invite them to participate as well.*

**Jan. 2, 2022 - Text: Luke 2:41-52, Title: "Didn't you know?"**

- Where do you need to be consistent in your life?
- What things do you need to take time to circle back to?
- Where have you matured or where do you need to mature?

**Jan. 9, 2022 - Text: John 21:1-6, Title: "Back At It, Part 1 - Change"**

- What old way do you need to leave in the past?
- What change or "different way" are you being urged to try?

**Jan. 16, 2022 - Text: Philippians 3:12-16, Title: "Back At It, Part 2 - Press"**

- What areas in your life do you need to make a conscious effort to grow?
- Understanding the goal is heaven, what can you do to demonstrate for others you are striving for heaven?
- What gauge (standard) will you live up to this week to be more like Jesus?
- Ask yourself what would Jesus do and then do it.

**Jan. 23, 2022 - Text: Luke 4:14-21, Title: "Fulfilled"**

- To whom can you share the gospel? (The "good news" with that will counteract bad news.)
- What do you need to be freed from? How can you let your light shine so that you silently give others permission to do the same?
- What have you been blinded by? Is it holding you hosted from being your best self in God?

## **Change Your Life with ONE WORD in 2022**

- **FREEDOM:** Pastor Littyia Clay-Crawley
- **PEACE:** Deacon Frank Crawley
- **HARVEST:** Deacon Ulric Eley
- **BELIEVE:** Deacon Lealie Russ
- **INTENTIONAL:** Sister Carolyn Eley
- **CONSISTENT:** Minister Beverley Taylor
- **TRUST:** Minister Gale Robinson



# L.I.F.E. CALENDAR

- 2/1 - First Day of Black History Month
- 2/2 - L.I.F.E. Prayer
- 2/3 - NLCC Church Meeting
- 2/5 - Diaconate Meeting
- 2/6 - Holy Communion
- 2/9 - L.I.F.E. Prayer
- 2/10 - NLCC L.I.F.E. Study
- 2/14 - Valentine's Day
- 2/16 - L.I.F.E. Prayer
- 2/19 - NLCC Praise Dance Rehearsal
- 2/21 - President's Day
- 2/23 - L.I.F.E. Prayer
- 2/24 - L.I.F.E. Study
- 2/26 - PBA Division of Women



## February Birthdays

- 2/3 - Dianne Green
- 2/6 - Jermaul Kelly, Jr.
- 2/10 - Lealie Russ
- 2/20 - Bryan Alsop



# **SOCIAL (Relational) L.I.F.E.**

## **To Singles on this Valentine's Day**

*By: Minister Renia Coles*

*Dear Christian, Single Man and Woman,*

*On this February 14th, remember that as singles, we are never alone and that our God is always with us. Our God has made us complete in God; therefore, a person cannot comp. Let's use this day to remind ourselves of God's unfailing love towards each one of us and God's ultimate sacrifice for our sins. On this Valentine's Day, I challenge you to seek the Lord through prayer and meditation on God's holy word, and that you be comforted by the love of God and God's presence in your life.*



*Listed below are a few scriptures that you can use to meditate on God's great love for you. Please feel free to add to the list of scriptures and encourage yourself, and other singles, with the verses.*

*Won't you consider celebrating yourself today and all that God has made when God created you? Consider buying yourself the best chocolates, flowers, or a special gift? Maybe you would prefer to schedule a massage, mani/pedi, or simply take a relaxing spa bath at home. Why not make a nice dinner for yourself, or order out, concentrating on God's love for God's special creation, you!*

- *Psalm 136:26 NIV - Give thanks to the God of heaven. His love endures forever.*
- *Luke 12:7 NIV - Indeed the very hairs of your head are all numbered, don't be afraid; you are worth more than many sparrows.*
- *Joshua 1:9 NIV - "Be strong, be brave be fearless You are never alone.*
- *Jeremiah 1:5 NIV - "Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations."*
- *Psalm 139:14 NIV - I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well.*

# **SOCIAL (Relational) L.I.F.E.**

## **"Back to the Basics: Having a Relationship God's Way"**

*By: Carolyn Eley*

February is known to be the love month. People use the word love all the time, but do they really know what love is all about? Could it be that some of us don't know what love really is? Maybe we are using this word, love, too fast. Just maybe, if we go back to the basics and do it God's way, there would be fewer divorces. Almost 50 percent of all marriages in the United States end in divorce or separation.

Love is a process. The first step to this process is a relationship. A relationship means a connection, association, or involvement between two persons. Your first relationship should be with God. The scripture says, Love the Lord your God with all your heart and with your soul and with all your strength. (Deuteronomy 6:5)

The second step is a relationship with yourself. You have to love yourself. How can you love someone else, if you don't love yourself? When you have self-love you recognize your strengths instead of dwelling on your weaknesses. If you have a true relationship with God there are certain things that you won't do. Loving yourself means identifying your needs and learning how to meet those needs.

The third step is loving others. The scripture says, and the second is like it: Love your neighbor as yourself. (Matthew 22:39) You have to follow the Golden Rule. Scripture says, So in everything, do to others what you would have them do to you. (Matthew 7:12)

We have to build on a solid foundation. We have to be connected to God and do things in God's way. When we do things our way, it does not work. So, all of us who are striving for healthy relationships, try doing it God's way. Remember love is beautiful, don't let the world make it ugly. Doing it God's way has kept my marriage for 49 years with a Golden anniversary on the way. Thanks be to God for showing us the way to be committed to each other and God.



# ELDER L.I.F.E.



On January 20, 2022, Ulric Eley, Sr. a deacon and elder at New Life Community Church was recognized for five years of employment at QED SYSTEMS INC. He was also recognized for 49 years of work experience in the Ship Repair Industry with the Federal Government and Private Contractors. Deacon Eley received a certificate for service, a QED SYSTEMS shirt, and an additional week of vacation.

*Congratulations Deacon Eley!*

Each day, you wake up with more knowledge than you had yesterday. Your wisdom helps you connect with fellow seniors, but it also makes you an inspiration for younger generations. As you progress through your golden years, cast your fears aside and remember what the scripture says about aging gracefully.

## **THE LORD LOVES YOU**

God promises to stay by your side from birth until your final days. *"Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you." Isaiah 46:4 NIV*

## **SENIORS CAN GUIDE OTHERS**

Whenever possible, seniors should help younger generations in need. This is evidenced by passages such as Psalm 71:18, which says *"Even when I am old and gray, do not forsake me, my God, till I declare your power to the next generation, your mighty acts to all who are to come."*

# L.I.F.E. HEALTH

## Healthy Smoothies for the Heart

### Banana Almond Milk Smoothie

Blend:

- Two cups of greens
- 1 ½ cups of vanilla almond milk
- 2 ½ bananas, peeled and frozen
- ½ teaspoon of cinnamon



### Peach Berry Smoothie

Blend:

- Two cups of greens
- 1 cup of cold water (add more slowly, if needed)
- 1 cup of frozen peaches
- ½ cup frozen strawberries
- 1 cup of frozen mixed berries
- ½ avocado, peeled and seeded

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## ***Heart Scriptures***

*"Above all else, guard your heart, for everything you do flows from it.*

*Proverbs 4:23 NIV*

*"A cheerful heart is good medicine, but a crushed spirit dries up the bones.*

*Proverbs 17:22 NIV*

*"Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind."*

*Matthew 22:37 NIV*

*"For the mouth speaks what the heart is full of.*

*Luke 6:45 NIV*

*"Do not let your hearts be troubled. You believe in God; believe also in me.*

*John 14:1 NIV*

# BLACK HISTORY FUN

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

Carter G. Woodson  
 James Weldon Johnson  
 W.E.B. Dubois  
 Ida Wells  
 Thurgood Marshall  
 Pual Robison  
 Frederick Douglass

Wells Barnett  
 Juneteenth  
 Sojourner Truth  
 Althea Gibson  
 Ronald McNair  
 Harriet Tubman  
 Rosa Parks

Dr. Maulana Karenga  
 Barack Obama  
 Zora Hurston  
 Oprah Winfrey  
 Madame Walker  
 Elijah McCoy

*Have fun sharing HER story and HIS story of the famous Black people listed.*