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Gina Smith
Editor & Publisher
Advertising Sales
Tony Smith

#### **SPMG Media**

385 S. Lemon Ave. #E236
Walnut, CA 91789
P - (909) 942-0388
spmgmedia@gmail.com
www.spmgmedia.com
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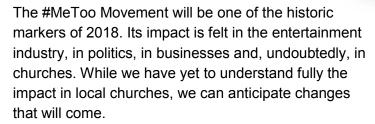
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### **CCM** In The News

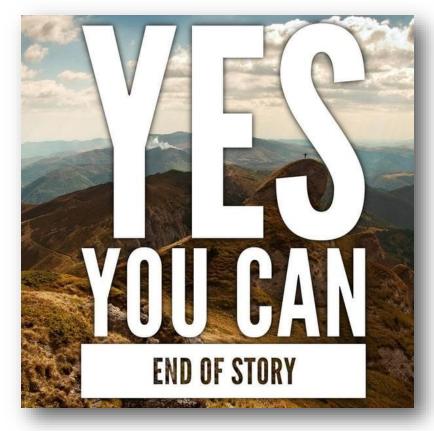
5 Ways #MeToo Will **Impact Churches** 

#MeToo



Here are five ways the #MeToo movement will likely impact churches.

- 1. More churches will adopt the Billy Graham rule. The Billy Graham rule, at its essence, says a person should not be alone with a person of the opposite gender if that person is not your spouse. This practice, disparaged and ridiculed by many as archaic, legalistic, and unfair, could have saved a lot of heartache if it had been embraced earlier. It will bring changes in counseling, travel, and meetings.
- 2. More churches will add #MeToo questions for background checks. There are already a number of background checks done on prospective pastors and church staff. Background checks for credit, legal, and social media are now common. It will likely be common for churches to ask prospective pastors and staff if there is anything in their history that could bring shame to the person and the church.
- 3. Smaller churches will make changes to make sure two people are not alone in the church office. It is not



uncommon in many smaller churches to have only two people in the office, commonly the pastor and an assistant. Likewise, it is common for those two people to be of the opposite gender. Anticipate an acceleration of the trend toward virtual assistants, even (or perhaps especially) in smaller churches.

- 4. Travel habits will change for church staff and church members. The Billy Graham rule precludes a male and female traveling alone, even for short distances. Many churches will adopt such a policy. It will likely mean some churches will have to change their travel practices significantly.
- 5. There will be a heightened sensitivity to the problems that precipitated the #MeToo Movement. The world has changed as a result of the #MeToo Movement. Churches are part of that change. Not only will practices change in the church, but language and attitudes will change as well. Hopefully, the changes will move toward that of honoring the women who work and minister in churches and demonstrating a more Christ-like attitude in all that we do. #CCM

## Koryn Hawthorne Extends Reign Atop Hot Gospel Songs to 20 Weeks With 'Won't He Do It'



Koryn Hawthorne's "Won't He Do It" stretches its run atop Billboard's Hot Gospel Songs chart which combines airplay, streaming and sales data, to 20 weeks. "Won't" retains the No. 1 spot as it leads Gospel Digital Song Sales summit for a 13th week and Gospel Airplay for a 12th frame.

The track first reached the Hot Gospel Songs apex on March 3, becoming Hawthorne's second No. 1. As a finalist on the eighth season of NBC's The Voice, she first led with "How Great Thou Art," which she performed on the show in 2015.

"Won't" ties Jamie Grace's debut hit, "Beautiful Day," which dominated for 20 weeks in 2014, as the third longest-leading Hot Gospel Songs No. 1 by a woman. Tamela Mann boasts the top two such hits: "Take Me to the King" (25 weeks, in 2012-13) and "Change Me" (23 weeks, 2017-18). Among all artists, Marvin Sapp's "Never Would Have Made It" has logged the longest reign (46 weeks, 2007-08).

On Hot Christian Songs, Ryan Stevenson's "No Matter What" featuring Bart Millard lifts 11-10. It rises 9-5 on Christian Airplay (7 million impressions, up 12 percent, according to Nielsen Music). Stevenson and Millard each earn their third Hot Christian Songs top 10.

Plus, Pat Barrett earns his first Christian Airplay top 10 as an artist, as his debut single "The Way (New Horizon)" pushes 12-10 (5.6 million, up 16 percent). Barrett authored Chris Tomlin's "Good Good Father," which led both Hot Christian Songs and Christian Airplay in 2016.

### MOTOWN GOSPEL'S TASHA COBBS LEONARD AND

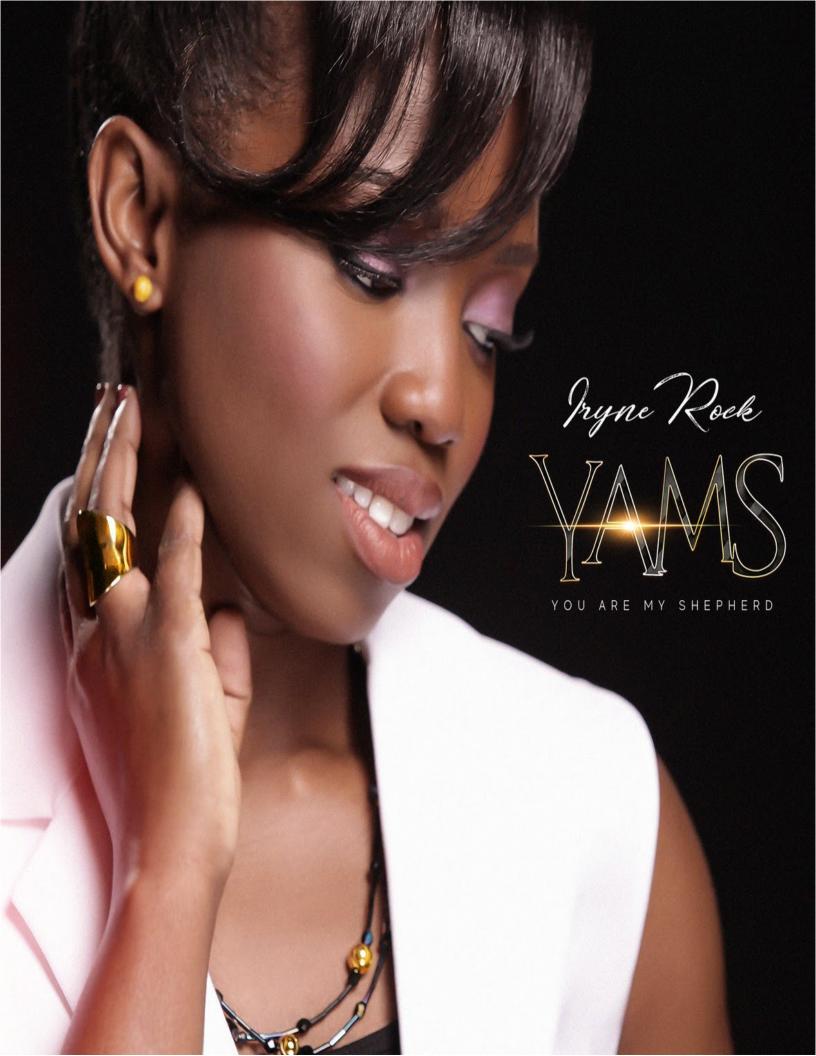
## BRIAN COURTNEY WILSON AMONG DOVE AWARD NOMINEES

Among the top nomination-getters is Grammy Award winner, Tasha Cobbs Leonard who received 5 nominations for her prolific current album "HEART. PASSION.



PURSUIT." The album was the best selling gospel album in 2017 and has continued to stay at the top of the charts throughout 2018. Cobbs Leonard is nominated for Artist of the Year, Gospel Artist of the Year, Urban Worship Album of the Year. She also picked up additional nominations for Urban Worship Recorded Song of the Year for "The Name of Our God," and for Producer of the Year with her husband Kenneth Leonard.

Also receiving multiple nominations is outstanding male vocalist, Brian Courtney Wilson who received two nominations for his current project "A GREAT WORK." Wilson is nominated for Contemporary Gospel/Urban Album of the Year and Contemporary Gospel/Urban Recorded Song of the Year for the title track, "A Great Work." This song is Brian's fastest rising single of his career and has connected to audiences in a profound way.



### Living the Life

#### "Why, God, Why?"



My mother's pale, gaunt

face was transformed into wreathes of joy when I walked through the door of her hospital room. Although her eyes seemed sunken, they sparkled with the zest for life that is her own special trademark. With IVs dangling from her arms, she lifted her trembling hands to welcome me. I embraced her frail body, feeling the heat of her temperature and the protrusion of her bones through the thin hospital gown. She was unable to speak clearly, so I just patted her and sat down nearby. Within moments, she was asleep. And I was left to wonder, Why? Why does my mother's life seem to be ending in suffering and, at times, confusion? Why, after a life lived selflessly for others, must her old age be, in some ways, a curse?

Yet I was reminded that unanswerable questions are not restricted to any particular age group when my son recently went through a series of tests to determine his physical condition five years after cancer surgery. The whys buzz through my head like irritating mental insects: Why? Why is my handsome, six-foot-nine-inch, 32-year-old son still stalked by the shadow of this horrific disease?

During the times when you and I can't trace God's hand of purpose, we must trust His heart of love. While wrestling with the illnesses of my mother and son, a beloved young friend was entering into the living death that is divorce. Why? Why doesn't God melt the heart of the offending spouse and bring that person to genuine repentance so the marriage can be saved?

And once again, the angel of death has struck, this time taking the life of the beloved pastor who ministered to my family and shepherded me through my formative years. Why?

And before that personal loss, I had other "whys."

Why would God let 110 fathers of unborn children perish in the collapse of the Twin Towers on September 11, 2001?

Why would God withhold children from godly parents and give them to a mother who would bash in their heads with a rock or drown them in a bathtub?

Why would God allow thousands of people to lose their pensions because of greedy corporate executives who are padding their own retirement fortunes?

Why would God allow the kidnapping of babies and children for the perverted pleasure of some pedophile?

Why do the young die? Why do the wicked prosper?

#### Questions in the Garden

Broken hearts asking the question Why? are as old as the human race, beginning with our first parents. What would it have been like to wake up the morning after having been banished from the Garden of Eden because of a very wrong choice? I would imagine Adam and Eve had been lying on the cold, hard ground, covered in smelly animal skins. After dark hours of fitful sleep, did they have a moment in between unconsciousness and full alertness when they thought everything they had been through the day before was just a horrible nightmare—only to come fully awake and face to face with the cold, hard consequences of their choice to disobey God?

### Living the Life

They would have found no comfort in each other that night after the way Eve had involved Adam in her sin—and Adam had blamed Eve when convicted of it. They may not even have been speaking to each other!

In utter loneliness, separated and alienated from God, their minds must have initially been preoccupied with reliving those awful moments that had led to their disobedience.

Why did I talk to the snake? Why didn't I pray first? Why didn't God intervene to protect us?

The most tragic day in all of history could not be relived. And the tragedy was not over. In the years to come, after the joy of giving birth to three sons, Adam's and Eve's hearts were broken once again as they buried their second son, who was murdered by their firstborn.

God answered what surely was their unspoken question with a promise that transcended the generations for every age to come when He reassured Adam and Eve that one day He would send a Savior Who would destroy the power of sin, death, and the devil—the fundamental sources of all human suffering. Ultimately this brokenness did lead to blessing, and their suffering did lead to glory when Jesus Christ, their descendant in the flesh, came to redeem mankind from sin and reconcile the world to God.

To our heart-wrenched cries of Why? God's ultimate answer is, "Jesus," as He is glorified and magnified in our lives through our suffering.

During the times when you and I can't trace God's hand of purpose, we must trust His heart of love. When we don't understand why, we must trust Him because God cares for us more than we can possibly know.

#### A Tale of Two Birds

A turkey and an eagle react differently to the threat of a storm. A turkey reacts by running under the barn, hoping the storm won't come near. On the other hand, an eagle leaves the security of its nest and spreads its wings to ride the air currents of the approaching storm, knowing they will carry it higher in the sky than it could soar on its own. Based on your reaction to the storms of life, which are you? A turkey or an eagle?

#### The Big Picture

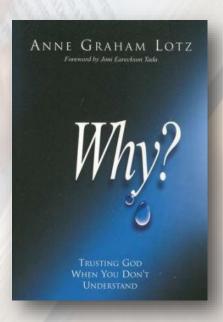
Looking back over that 18-month period of loss and uncertainty in my life, my confident conclusion is that God allowed the storms of suffering to increase and intensify because He wanted me to soar higher in my relationship with Him.

Faith that triumphantly soars is possible only when the winds of life are contrary to personal comfort. That kind of faith is His ultimate purpose in allowing us to encounter storms of suffering.

Jesus taught us this lesson of triumphant faith in the little town of Bethany in the days that immediately preceded the history-splitting storm that broke in Jesus' own life at Calvary—a storm that carried Him to the very highest pinnacle of glory and power. In that small-town setting, Jesus revealed God's answer to our question, "Why did You let this bad thing happen?"

His timeless response to our heartfelt query was given dramatically to Mary, Martha, and Lazarus—a family living in Bethany (John 11:1-44). Ultimately they soared to the very heights of faith on the wings of the storm that suddenly swept into their lives. Their experience underscores the truth that God's picture for our lives is much bigger than our own. And it reminds us of the challenge to trust His greater, ultimate purpose when bad things inevitably happen.

Adapted from Why?: Trusting God When You Don't Understand . Get your copy HERE



#### Aretha Franklin on Heaven and Earth

Part of the story of Aretha Franklin, a musical prodigy raised in church who turned to secular music, is not unlike that of other American artists. But she revolutionized American music. Ms. Franklin, who died on Thursday at the age of 76, sang for kings and presidents and luminaries. And she met them as an equal.

Throughout it all, Ms. Franklin's profound religiosity permeated everything she did. Aretha Franklin was a daughter of the Rev. C. L. Franklin, the most celebrated black preacher of his day and whose church in Detroit was a religious and cultural hub for black America in the middle of the last century.

When asked who her greatest influences were, Ms. Franklin mentioned famous gospel singers, like Clara Ward and Mahalia Jackson. And Aretha Franklin is the star of what is rumored to be the greatest gospel performance on tape — a documentary by the director Sydney Pollacktitled "Amazing Grace," which shows the recording of her best-selling gospel album of the same name.

But however strong her religious faith, it was Ms. Franklin's profound way of altering gospel music to fit her artistic need that made her like no other female singer before her or since.

During the 1960s, gospel music became more openly political, with protesters adapting religious songs to fit the times. A portion of the older generations of blacks found such a shift sacrilegious, but the newer generation found it liberating, and it sped their feet toward the freedom they imagined.



Aretha Franklin absorbed the entirety of the black American tradition as she moved from church singer to balladeer to the greatest voice in soul music. Yet she would go one sacrilegious step further, and in a thousand double entendres, throaty growls and shouts of ecstasy, inject sexual need into gospel music. In so doing, she made herself the forebear of everyone from Madonna and Beyoncé to Adele. (Ms. Franklin remade Adele's "Rolling in the Deep," I imagine, because the joining of gospel cadences with a cheating lover was surely irresistible to her.) Other musicians, like Ray Charles and Sam Cooke, had mixed the two, but no one blended the sacred and the sexual quite as Ms. Franklin did.

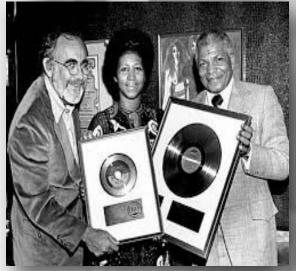
In a live performance in 1970 of one of her greatest and

strangest songs, "Spirit in the Dark," which Ms. Franklin wrote, she begins with low gospel chords and low gospel moans. Then the tempo quickens as she calls out to her "brothers" and "sisters." These must be Christian brothers



and sisters, right? But then she sings, "Rise, Sally, rise!" from the nursery rhyme "Little Sally Walker."









And she uses the notes from "Mustang Sally," about a sexually fast woman who runs around all over town. She tells the "grooving" listeners to "put your hands on your hips" and "cover your eyes." The line from the nursery rhyme after "hips" that Ms. Franklin omits is "let your backbone slip."

All the while, people are getting the spirit in the dark. What spirit is this? Why are they getting it in the dark? What about putting your hand on your hips and letting your backbone slip made Aretha Franklin want to include even part of it in a gospel song? Since when is "grooving" the right word for a holy dance? Why are people covering their eyes?

There are other examples, like her renditions of "I Say a Little Prayer" and "Son of a Preacher Man," that show that for a woman as private and publicly chaste as Ms. Franklin, sexual and spiritual hunger lived side by side in her radical artistic mind. This was a revolution.

The one time I saw Aretha Franklin in concert, she made a joke about arriving in her dressing room to find Billy Dee Williams waiting for her alone. Apparently, her assistant had left to go find her. Ms. Franklin was baffled that any woman would willingly leave the presence of Billy Dee Williams and joked that it proved that the assistant was none too bright; she fired her soon after.

Aretha Franklin was a woman always happily alive to the promise of the male presence. In her performance at the Kennedy Center Honors in 2015, a video of which went viral and showed President Barack Obama shedding a tear, Ms. Franklin banged out a pitch-perfect version of one of her most beloved songs, "Natural Woman." Toward the end, she strips off her mink coat to reveal bare arms and shimmies to the thought of the man whose touch stirred her so. She belts the words "a woman, a woman, a woman" over and over, eight times, to a standing ovation.

There is nothing expressly religious about "Natural Woman." But it is of course inevitably haunted by the verse from Paul's letter to the Corinthians about a natural man, who "receiveth not the things of the Spirit of God ... neither can he know them." It may be that a natural man cannot know the things of God, but it was the radical gospel of Aretha that first made known that a particular type of woman could. That a natural woman can know God and erotic longing, ravenous spiritual and sexual need all at once, and that they can live uproariously in one buoyant, lifegiving body. That body is gone now, but the voice, and the songs it gave us, are now a matter of permanent human record.





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### Profile: Pastor Shirley Caesar

A giant in the world of spiritual music, Shirley Caesar has been called "the First Lady of Gospel Music" thanks to a career that has spanned seven decades and brought her 11 Grammy Awards, as well as 15 Dove Awards. Shirley Caesar was born in Durham, North Carolina on October 13, 1938. Shirley was one of 12 children born to her father, James Caesar (aka Big Jim Caesar); Big Jim made his living working in tobacco but preached the gospel in his spare time, and also sang with a gospel group. Young Shirley had begun joining in with the group on occasion when Big Jim died, and with her mother handicapped, she began singing at local churches to help bring in money for the household.

Caesar soon advanced to performing with a traveling evangelist, Leroy Johnson, and in 1951 she cut her first record, a single for Federal Records, "I'd Rather Have Jesus" b/w Know Jesus Will Save." In 1956, Caesar enrolled at North Carolina State College, where she majored in business education with hopes of becoming an evangelist. Caesar was still singing, however, and in 1958, when the celebrated female gospel group the Caravans appeared in Durham, she asked to sing a solo in place of a member of the act who was unable to appear.

Caravans leader Albertina Walker was pleased with Caesar's work, and with her family's blessing, Shirley left college to join the Caravans full-time. In 1961 Caesarreleased a solo single, "Hallelujah, It's Done," which incorporated a sermon along with the music, and she began touring as a singing evangelist during downtime from the Caravans. Shirley's work on her own helped her develop a dynamic performing style, and when creative differences led her to leave the Caravans in 1966, she was ready to launch a solo career. She soon formed her own gospel group, the Shirley Caesar Singers, and by 1969 they had landed a record deal with HOB Records.

In1971, Caesar won her first Grammy Award for Best Soul Gospel Performance for her version of "Put Your Hand in the Hand of the Man from Galilee," and in 1975 her cover of Melba Montgomery's "No Charge" became a crossover hit that appeared on the R&B and pop charts. From the late '70s onward, Caesar was a dominant figure on the gospel charts, and in 1981 she won her first Gospel Music Association Dove Award for her album Rejoice (she would receive 14 more Dove honors by 2002, as well as 13 Stellar Awards, another major honor in gospel music). While Caesar's career was more than enough to keep most people busy, in 1969 she launched the Shirley Caesar Outreach Ministries to help serve the needs of the people of Durham, and the organization became a registered nonprofit in 1981, funded in part by Caesar's performance fees. Also in 1981, Caesar enrolled at Shaw University to complete her business degree, and in 1987 she was elected to the Durham City Council. Caesar became a pastor at the Mount Calvary Word of Faith Church in Durham, where her husband, Bishop Harold Ivory Williams, also served until his passing in 2008.



addition to her recording career, Caesar appeared on-stage in the gospel musical Mama, I Want to Sing and its two sequels, as well as the movies The Fighting Temptations and Why Do Fools Fall in Love and the TV show The Parkers. In 2016, Caesar got an unexpected boost in visibility when a clip from her performance of the song "Hold My Mule," in which she reels off a holiday menu that includes "greens, beans, potatoes, tomatoes," was used in an online video that went viral. Thanks to the video, "Hold My Mule" rocketed to the top of Billboard's Hot Gospel Songs chart, giving Caesar her first number one in the survey. As if to confirm that Caesar was no novelty act, near the end of 2016 Shirley received two Grammy nominations, for the album Fill This House and for her performance with Anthony Hamilton on the song "It's Alright, It's OK." In addition to these two nominations, the Recording Academy also honored her with a Lifetime Achievement Award for her contribution to the art of recorded music.





# Gospel Artist Spotlight

Your monthly round up of Gospel Artists to Watch!

#### **Travis Greene**

"You Waited"

WEBSITE: <a href="http://hyperurl.co/YouWaited">http://hyperurl.co/YouWaited</a>

The acclaimed recording artist – who jump-started the year with worldwide buzz and career accolades including 2 GRAM-MY® nominations, and winning a leading 7 awards at the 2017 Stellar Awards – now marks "You Waited" as the lead single from his highly-anticipated upcoming album Crossover: Live from Music City.





#### **Koryn Hawthorne**

"Won't He Do It'

WEBSITE: <a href="http://korynhawthorne.com/">http://korynhawthorne.com/</a>

"Won't He Do It," ft. Roshon Fegan produced by Rich Shelton, Makeba Riddick-Woods and Matthew Head. Showcasing her confident voice with the artistic delivery that has garnered Koryn widespread praise among both her peers and her fans, she's considered one of the most exciting new voices for her generation. "Won't He Do It" is only just the beginning of a line of new music to come.

#### **Tess Henley**

#### Wonderland

WEBSITE: http://tesshenley.com/

Soul singer-songwriter Tess Henley began Suzuki piano training at age three, and by age five was dissecting harmonies that even her mother – a singer by trade – found difficult.

Multi-Grammy winning producer Don Was (Rolling Stones, John Mayer, Bonnie Raitt) recently selected Henley from over 10,000 performers as the winner of Guitar Center's National Artist Discovery Program.

"She's unlike any artist that's out there now, a world class singer with a true gift" says Was. Billboard describes her music as a classy brand of soulful R&B that could hold up in any era of Was' storied career.



# Anthony Facelener GUARDIAN ANGEL

#### **Anthony Faulkner**

**Guardian Angel** 

WEBSITE: http://afaulkner.com/

Anthony Faulkner is an award-winning International Urban Inspirational Artist. He is a writer, arranger and producer of contemporary gospel, an urban inspirational singer, a director and actor, and steadfast international philanthropist from Houston, Texas.

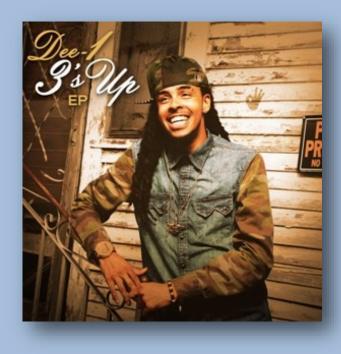
#### Dee 1

#### 3's Up

Website: http://www.rcainspiration.com/artist/dee-1/

Dee-1 honed his lyrical skills while balancing two careers, teaching middle school children by day and performing at rap shows at night. The New Orleans native's love for hip-hop was born while attending Louisiana State University during a year filled with grief and heartbreak.

2005 was a very tumultuous year for Dee-1. First, his world was shaken to the core when his best friend was murdered during a robbery following a flag football game. Second, he experienced the pain of ending a five-year relationship with his high school sweetheart. Third, he watched his hometown of New Orleans endure the catastrophic flooding of Hurricane Katrina. Finally, his life flashed before his eyes when he was the victim of an armed robbery at gunpoint. Despite the difficult year, Dee-1 interpreted these events as a wake-up call to reaffirm his Christianity.

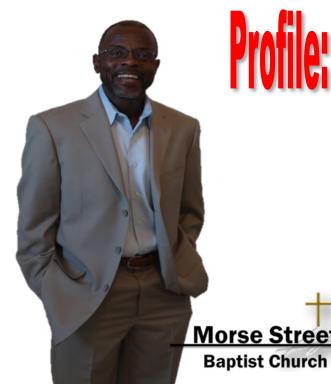




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## Profile: Larry Willis, Senior Pastor

Larry Willis is Senior Pastor of Morse Street Baptist Church in Denton, Texas.

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inquiries@mshcdenton.com

A native Texan, Larry Willis was born and reared in Dallas, Texas. He is the oldest child of Theo Willis, Jr., and Birdie Bell Bowens Willis. He has three sisters and one brother, all of

Larry attended public school in the Dallas area and served his country for five years in the United States Air Force, stationed at Ellsworth Air Force Base, Rapid City, South Dakota.

whom live in the Dallas-Fort Worth Metroplex area.

Larry responded to God's plan for his life by accepting the call to a preaching ministry and making his first public declaration of that call at the Southern Baptist Retreat at Glorieta, New Mexico, in July, 1989. He preached his first sermon at Keller Springs Baptist Church, Carrollton, Texas in October, 1989, with a plea to all to "Share Jesus Now, Receive Jesus Now".

His stated desire is that "Believers come to know the breath, the width, the length and the depth of the love that Jesus Christ has for us." His life passage is I Chronicles 28:20, "Be strong and courageous, and do the work. Do not be afraid or discouraged, for the LORD my God, is with you. He will not fail you or forsake you until all the work for the service of the temple of the LORD is finished."

Reverend Larry Willis is a graduate of Southwestern Theological Seminary in Fort Worth, Texas, where he received diplomas in Christian Education and Advanced Christian Education in May, 2003.

He served as Minister of Education at Keller Springs Baptist Church in 1990-1991. In 1991 the family united with Westside Baptist Church. Reverend Willis began a part-time position as Minister of Education in 1993 at Westside, while maintaining a full time position at Xerox Corporation.

In the Fall of 1998, Westside voted to hire him as full time Minister of Education. He began that role in January, 1999. He was promoted to Assistant Pastor in 2003. He served at Westside Baptist Church until 2007 in a full-time ministry position.

He was voted as full-time Pastor of Morse Street Baptist Church in October, 2007.

He married the former Doris Marie Turner in 1985. Doris has served along side her husband in ministry in the various areas of Christian education, including working with Child Evangelism Fellowship as a teacher and an instructor of teachers; youth ministry leader, women's Bible study and discipleship leader, Vacation Bible School director, Sunday School teacher and leadership trainer, and WMU conference leader and speaker.

The couple has two sons, Andrew Garrett Willis, and Daniel Patrick Willis.

Reverend Willis and his family live in Denton, Texas.

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# 5 Ways for New Parents to Get More Sleep

Between feedings, changing diapers and household chores, sleep is often put on the back burner for new parents at the end of a busy day.

In fact, a survey of 2,000 parents, conducted by OnePoll on behalf of Mattress Firm, found the average parent loses one-third of his or her nightly sleep after a baby arrives, decreasing from an average of six hours per night to just four. The same study also found that nearly half (48 percent) of new parents said sleep loss is their biggest obstacle to overcome.

Getting adequate sleep may seem impossible with a new addition but it is essential for managing stress and preparing for the day ahead. While there isn't a magical formula for getting enough sleep, these strategies can help:

#### Find time for rest

While your first inclination is probably to be productive while your little one naps, taking a nap of your own – even 20-30 minutes – may prove more beneficial. Even if you can't sleep every time your baby is napping, try lying down or doing something relaxing like yoga, meditation or reading a book every so often. Taking a few minutes for yourself can give you the energy to tackle the rest of your to-do list later in the day.

#### Split duties

According to the survey, 67 percent of female respondents said their partner got more sleep in the first year of parenting. To help reduce the burden and ensure both parents are getting adequate rest, work out a schedule that allows each of you to alternate tackling those latenight feedings and diaper changes while the other sleeps.

Creating a routine with your baby before going to sleep, such as reading a book or taking a bath, can signal that it's time for bed and help him or her calm down. Try making bedtime the same every night to further enhance the routine. Doing so can help both you and your baby get more rest.

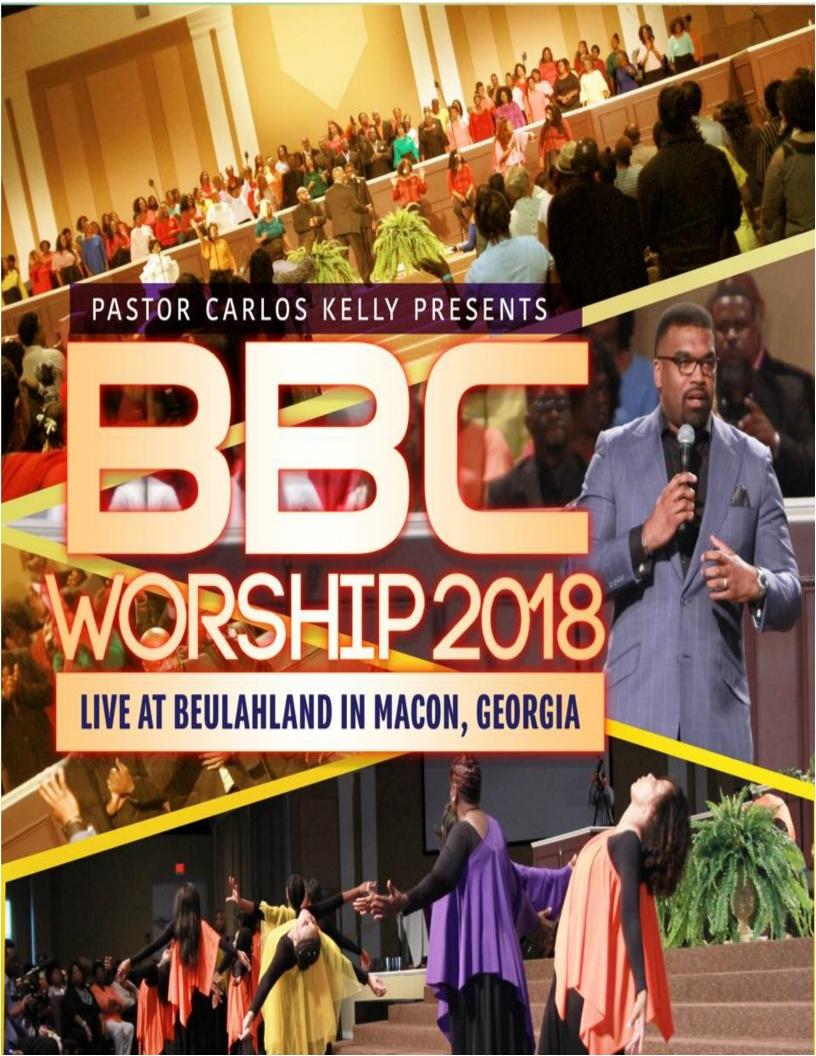
#### Try soothing techniques

The average parent spends 74 minutes every day — that's the equivalent of 19 days a year — trying to woo his or her baby to sleep, so unless you suspect your baby is hungry or uncomfortable, encouraging self-soothing could help your child's sleep schedule in the long-run. Of course, self-soothing isn't right for every family and there are also things that can be done to help lull your little one to sleep, such as rocking your child, giving him or her a pacifier or using a sound machine to play comforting sounds or white noise.

#### Choose the right mattress

Getting the National Sleep Foundation-recommended 7-9 hours of sleep per night can have a dramatic impact on your mood, performance and health. Your body can experience many changes after giving birth and a new mattress can help alleviate pain or discomfort. Sleeping on a mattress that is right for you can be key to getting the sleep you need, and a retailer like Mattress Firm, America's No. 1 specialty bedding retailer, has a broad selection of mattresses and bedding accessories from leading manufacturers to help you get a better night's sleep.

Remember, the sleepless nights won't last forever; the American Academy of Pediatrics notes almost all babies should be able to sleep through the night by 6 months of age. For more strategies for helping new parents sleep, visit DailyDoze.com and follow along on social media with #WorkHardSleepHarder.





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**OCTOBER 6, 2018** 9AM - 2:30PM

LOCATION: ZOE CHRISTIAN FELLOWSHIP

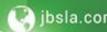
**EARLY BIRD RATE** 

SEPT 14<sup>TH</sup> - SEPT 18<sup>TH</sup> SEPT 19<sup>TH</sup> - OCT 6<sup>TH</sup>

SHOULD ATTEND? BUSINESS OWNERS, MANAGERS. INVESTORS, INNOVATORS, MEDIA PRODUCERS, ACCOUNTANTS & FINANCIERS, NONPROFIT LEADERS, AND MORE!



R (562) 906-5000 I jbsla.com





#### By Joyce Meyer

Enjoyment is the fuel we need to reach the finish line of an endeavor with a good attitude. We may drive ourselves to finish, but somewhere along the way we will probably become bitter and get a chip on our shoulder if we don't lighten up and take time to celebrate the journey.

I believe that we must confront the reasons why we tend to feel guilty about enjoying and celebrating life when God has clearly ordained and commanded both.

Our thinking has been warped in these areas. Satan has managed to deceive us, and by doing so he succeeds in keeping people weary and worn out, feeling resentful and taken advantage of because of excessive work and responsibility.

We need times of refreshment and recreation as well as work and accomplishment. Learn to reward yourself because you are worth it!

#### Why Your Guilt Doesn't Belong

When I ask large audiences how many people feel guilty when they try to rest or entertain themselves or even do things they enjoy, my guess is that at least 80 percent of the people raise their hands. I was part of that 80 percent until I decided that I was not built for guilt, and I was not going to continue allowing a renegade feeling to rule my life.

I studied God's Word about guilt and studied His character and nature until I was totally convinced that God is not the source of guilt.

I see guilt as an illegal alien that attacks our mind and conscience, attempting to prevent us from enjoying anything God has provided for us. Guilt has no legal right in our lives because Jesus has paid for our sins and misdeeds. If it is in us illegally, then we need to send it back where it came from—which is hell!

#### The Trouble with Guilt Addiction

I was once addicted to guilt. The only time in life that I felt right was when I felt wrong. I especially had difficulty enjoying myself because I didn't feel that I deserved it. I was most definitely a person who needed to give myself permission to lighten up and not be so intense about basically everything in life.

I was intense about how my children behaved and looked. I was intense about how my house looked, how I looked and what people thought of us. I was intense about trying to change my husband into what I thought he should be. I really can't think of anything I wasn't intense about!

I remember going to a doctor once because I was exhausted all the time and generally felt horrible. He talked to me five minutes and said, "You are a very intense woman and your problem is stress!" I got offended, left his office and continued with my intense, stressful lifestyle.

I didn't know how to trust God with daily life.

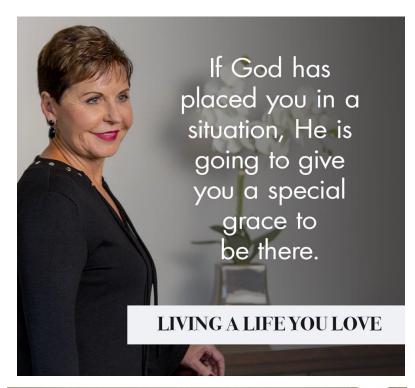
#### Your Permission to Lighten Up

I was out of balance in almost everything. I did not yet realize that celebration and enjoyment are necessary in our lives—we cannot be healthy spiritually, mentally, emotionally or physically without it!

We must remember that we are not built for guilt, and we should deal with it aggressively anytime we experience it.

The best gift you can give your family and the world is a healthy you—and you cannot be healthy without celebration being a regular part of your life.

You can change the entire atmosphere in your home by simply giving yourself permission to lighten up.

















### SAVETHE DATE.





3rd Annual

# PURPLE PURSE Tea Party

SUNDAY, OCTOBER 21, 2018 ~ 3:00PM-7:00PM

Creating Awareness of Violence and Abuse & Strategies for Financial Empowerment



- · Expert Speakers
  - Survivor Awards
    - Delicious Meal
      - Swag Bags



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