

# First True Love's Quarterly Press

**APRIL - MAY - JUNE 2025**



Carl Coleman - Pastor/Teacher

## *Spring into a Season of Renewal*

As we welcome the warmth and beauty of spring, we are reminded of God's promise of new beginnings. April through June brings fresh opportunities to grow in faith, serve others, and deepen our fellowship.

This season, let us be intentional about planting seeds of hope, kindness, and love. Whether through outreach, prayer, or simply encouraging one another, we can be living examples of Christ's light in our homes, church, and community.

We also look forward to youth involvement, ministry updates, and continued spiritual growth through Bible Class and Worship.

May this season bring you renewed joy and a deeper connection to God's purpose for your life.

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### Mother's Day Tribute May 2025



*Scripture: "Her children arise and call her blessed; her husband also, and he praises her."*

*– Proverbs 31:28 (NIV)*

This Mother's Day, we honor and celebrate the women who have nurtured, prayed over, and guided us with grace and strength. Whether mothers by birth, by heart, or by faith, your love reflects God's tender care. Thank you for the countless sacrifices, the quiet strength, and the unconditional love you show each day. We pray God's continued blessings over your lives.

### Father's Day Tribute June 2025



*Scripture: "The righteous man walks in his integrity; his children are blessed after him."*

*– Proverbs 20:7 (NKJV)*

To every father, grandfather, and spiritual father – we salute you this Father's Day. Your leadership, protection, and steady presence are a reflection of our Heavenly Father. Thank you for standing strong in faith, guiding your families, and being a pillar in our church and community. May God reward you for your faithfulness and continue to strengthen you for the journey ahead.

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**Youth Sunday Invitation**  
**Calling All Youth Ages 9 to 18!**  
**Every 1st and 3rd Sunday**  
**10 AM at the South Campus!**

Come connect with other young people, grow in your faith, and experience powerful worship, real conversations, and fun activities designed just for YOU. This is a space where your voice matters, your faith grows, and your presence makes a difference. Don't miss it—bring a friend and meet us there!

God calls us to be part of a spiritual family—and under the leadership of Pastor Garry Harthorne, we are guided by a shepherd who teaches with wisdom, preaches with power, and leads with compassion. Each service is a divine appointment filled with truth, encouragement, and direction for your life.

By attending regularly, you will grow spiritually, build strong relationships, and become equipped to live out your purpose.

*Scripture: "And I will give you shepherds after my own heart, who will lead you with knowledge and understanding." – Jeremiah 3:15 (NIV)*

**Black History Program**  
**"Life without Black People"**



"The Jenkins Family" talked with their children about what their lives would be like without the everyday items they use, invented by African Americans.



A dance was performed to the song "Rise Up". The youth from the Anointed Kids Ministry and MPAC Ministry shared the many inventions of African Americans.

Psalm 103:3

*Who forgives all your iniquity, who heals all your diseases.*



**Allergy Awareness Week** usually occurs around the start of Spring when seasonal allergies are more prevalent. Allergy Awareness Week was established to increase public knowledge about allergies and support those who live with them. Seasonal allergies affect millions of people and range from mild to life threatening. Allergies are particularly bad this year, possibly due to climate change. Warmer temperatures cause plants to bloom earlier and extend the pollen season, also the increased carbon dioxide levels from green house emissions stimulate plants to produce and release more pollen.

### **Causes of Worsening Seasonal Allergies:**

**Climate and weather:** Changes in temperature, rainfall, and overall climate can impact plant and pollen behavior. A mild winter followed by an early and warm spring will lead to an early pollen release. A colder and wetter spring may lead to a milder pollen season.

**Exposure:** Factors including wind patterns, plant distribution, and local vegetation may impact the pollen count and the intensity of seasonal allergies.

**Tree Pollen:** Pine, oak and birch trees usually produce pollen in the spring.

**Grass pollen:** Bermuda, Timothy, Kentucky Bluegrass often cause pollen allergies during the summer.

**Weed Pollen:** ragweed, sagebrush, mug rot cause allergens during the fall.

**Mold Spores:** released from mold grown in damp environments

### **Symptoms of Seasonal Allergies:**

Sneezing

Runny or stuffy nose

Itchy watery eyes

Coughing

Dark circles under the eyes



### **How to Prevent Seasonal Allergies During Pollen Season:**

Keep windows closed

Utilize air conditioning that helps filter the air and reduce humidity

Use high efficiency air filters

Limit outdoor exposure

Dry clothes indoors

Keep pets clean

*Allergies are extremely worse this year due to multiple factors such as higher pollen levels in the air, weather changes and increased plant growth. If you are struggling with allergies you may need to seek treatment from and Allergist for more personalized treatment.*

**Submitted by Veronica Ricks, NP**