

JANUARY - FEBRUARY - MARCH

FIRST TRUE LOVE WORLD OUTREACH MINISTRIES'

Quarterly Press

How to Thrive in 2025

Merriam-Webster describes the word thrive this way ...

To grow vigorously: flourish;

To gain in wealth or possessions: prosper;

To progress toward or realize a goal despite or because of circumstances.

God wants us to focus on good goals and reach them. “Be like the runners in a race—run with all your might toward the goal!” (1 Corinthians 9:24-25). The book of Proverbs is filled with sound advice on how to flourish:

- “If you accept my words and store up my commands within you...you will understand the fear of the LORD and find the knowledge of God” (2:1, 5).
- “A generous man will prosper; he who refreshes others will himself be refreshed” (11:25).
- “Commit to the Lord whatever you do, and your plans will succeed” (16:3).
- “Blessed is the one who trusts in the Lord” (16:20).
- “He who cherishes understanding prospers” (19:8).

Source - Guideposts

Joshua 1:8

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. (KJV)

HEALTH NEWS - SUBMITTED BY VERONICA RICKS, NP

1 Peter 1:19. Jesus shed his precious blood in order to give us life.

In 1970, President Richard Nixon proclaimed **January** as the **National Blood Donor Month** to pay tribute to voluntary blood donors and encourage new donors to join. According to the literature, 65 % of the population is eligible to donate blood, but only 3% currently donate. There has been an increase in blood donation in the age group 65 and older, indicating the importance of encouraging the younger generation to become blood donors. It is also important to ensure a diverse donor pool is crucial for those requiring regular transfusions due to conditions such as Sickle Cell Anemia, and Thalassemia which affect minority communities. However, only 12% of donated blood comes from communities of color.

Reasons to become a Blood Donor:

31,000 pints of blood are used every day. Every two seconds, someone in the United States needs a blood product. Blood that is currently on the shelves is being used to save lives. If all eligible individuals donated two units of blood a year, blood shortages may possibly be eliminated.

February is American Heart Month

Heart disease is the number one killer cause of death in the United States for both men and women, and impacts some communities more disproportionately. In the United States, coronary artery disease is the most common type of heart disease which can lead to a heart attack. American Heart Month began in 1963 to urge Americans to take part in the battle against heart disease.

At Risk Groups

African Americans are 54% more likely to die of cardiovascular disease than white Americans. According to a study conducted by Tulane University, this racial disparity may be attributed to social factors such as unemployment, low income and lack of a partner. It was discovered that these social factors play a part in preventing heart disease in conjunction to controlling hypertension, obesity, smoking and high cholesterol.

Women and Heart Disease

In the United States over 60 million women live with some form of heart disease and it is the leading cause of death for woman in the United States, and can affect women at any age.

Symptoms

Angina- described as a dull, heavy chest discomfort.
Pain in the neck, jaw, throat, upper abdomen or back
Nausea, vomiting, or tiredness that won't go away

Risk factors for woman: hypertension, High LDL, smoking, diabetes, and excess weight, (just to name a few).

March is Colorectal Cancer Awareness Month

Colorectal Cancer Awareness began in 2000 by the Prevent Cancer Foundation. The goal was to raise awareness about colorectal cancer, encourage screenings and educate that early detection saves lives. The incidence of being diagnosed with colorectal cancer is declining in people aged 65 and older and increasing in the age group younger than 50.

Symptoms

Change in bowel habits, blood in your stool, diarrhea, constipation, or feeling like bowel not emptying completely, unintentional weight loss

Risk Factors

Personal or family history, genetic syndrome-familial adenomatous polyposis, diet low in fruit and vegetables, low fiber, high fat diet

Preventions

Eating diet low in animal fats and high in fruits and vegetables, keeping a healthy weight, and screening

The US Preventative Services Task recommends adults between 45-75 years of age get screened for colorectal cancer. People at risk of developing colorectal cancer should talk to their doctors to determine when to begin screening, which test is appropriate, and how often to be screened.



EQUIP YOUR CHILD TO THRIVE IN 2025

Can you believe that we are at the beginning of 2025? With the arrival of each new year, we often reflect on the past year's experiences and make resolutions about the changes we would like to make. As you are making your New Year's resolutions, I challenge you to make a new resolution to "equip your child to thrive in 2025". I encourage you to do this by focusing on developing your 'whole child'. This requires that you intentionally focus on your child's spiritual, physical, and cognitive development. Parents have an obligation to help their children develop spiritually. Proverbs 22:6 tells us to "*Train up a child in the way he should go; and when he is old he will not depart from it.*" While Proverbs 4:20-23 tells us "*My son, attend to my words; Incline thine ear unto my sayings. Let them not depart from thine eyes; Keep them in the midst of thine heart. For they are life unto those who find them, And health to all their flesh.*" From these scriptures we can deduce the importance of teaching our children biblical principles. The bible contains a vast number of teachings, so what is most important to teach our children? May I suggest that you start with the teachings about salvation. Next, I suggest that you teach them *The Lord's Prayer* and the *Ten Commandments*. I would also suggest that you teach them to memorize some powerful Psalms such as **Psalms 23, 37, and 121**. But the most important contribution that you can make to your child's spiritual development is to model living biblical principles.

Your child's physical development is another area that I challenge you to intentionally develop in this new year. Children need proper nutrition and sleep to grow and develop physically. Proper nutrition comes from the basic food groups: fruits, vegetables, grains, proteins and dairy. Although these are the foods that children need for proper physical development, it is difficult to get some children to eat from all food groups. However, parents should introduce a variety of foods from these food groups and encourage children to at least taste these foods. Predominantly eating snacks and fast foods are not healthy food choices for proper physical development. I also recommend giving your children vitamins to supplement their diets. Proper sleep is also essential to your child's physical development. Most children need a minimum of eight hours of sleep each night. I challenge you to turn off the television and take those devices so that your child can sleep. Providing proper nutrition and requiring that your children get proper rest will greatly enhance their physical development, health, and overall well-being. When you intentionally focus on your child's spiritual and physical development, they will arrive at school ready to thrive in their academic environment.

To ensure that your child is developing cognitively, actively monitor your child's academic progress. Monitor the completion of homework assignments as well as how accurately your child can complete the assignment. If your child needs help use the Homework Louisiana website: Homeworkla.org. Also, monitor your child's weekly grades and progress reports.

If your child needs help developing reading and math skills, visit the website: tutoring@la.gov to enroll your child in one of the free tutoring programs. In summary, this year I challenge you to resolve to: **Equip Your Child to Thrive in 2025 by intentionally focusing on your child's spiritual, physical, and cognitive development.**



Submitted by Dr. Carolyn Roman

UPCOMING EVENTS



Women of Power
Fellowship

Saturday, January 11th
9 am - Main Sanctuary

Men's Fellowship

Sunday, February 2nd
8:30 am - South Church

Spring Fest

Saturday, March 29th



Welcome Welcome

New Members to Our Ministry

Jailon Hartford
Shauntice Petty
Jayden Petty
April Petty
Clyde Robertson,
Junice Robertson
Edward Ratcliff
Aliyah Thomas
Mariah Davis
Tameka Johnson
Kingston Mushatt
Brushon Barnes Jr.
Garry Harthorne
Larita Harthorne
Alana Harthorne
Gabriel Harthorne



Recent Baptisms

Brushon Barnes Jr.
Anfriney Richardson

Happy
Birthday

HAPPY
Anniversary