

Men's Ministry

Anthony D. Bellamy, *Chairman*
Jerry Lawrence, *Assistant Chairman*
John P. Bellamy III, *Secretary*

Men's Ministry Planning Team

Dunk Buie
Emanuel Gonzalez
John P. Bellamy, III
Michael P. Bellamy, Sr.
Victor Robinson

Behold, how good and how pleasant it is for brethren to dwell together in unity!

Psalm 133:1

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Christ Temple Church of the Apostolic Faith

REAL MEN... NEWS BRIEFING

From the Desk of the Chairman

Praise the Lord,

Gentlemen, although Solomon had the responsibility of ruling a nation and having several wives, he still found time to observe life. In Proverbs 6:6 he advised the male figure to learn from the Ants. So I decided to research this insect. It is believed that there are about 12,000 species of Ants. Each species adapts to its environment. They live in colonies that can range from 1,000 to 10,000 or more. An Ant can lift up to 20 times its body weight. The amazing thing about ants is this; they work together. I observed these little creatures walking in a trail. When they came to a point where there was a gap in the road, they decided to build a bridge using their own bodies to allow other ants to walk on top of them. They actually locked their bodies together in an effort to help their cause. We can learn many things from ants. Here are a few:

1st - Ants Never quit!!!

If they are headed somewhere and you try to stop them, they'll look for another way. They'll climb over, they'll climb under, and they'll climb around. They keep looking for another way.

Lesson: To never quit looking for a way to get where you're supposed to go.

2nd - Ants think winter all summer

You cannot be so naive as to think summer will last forever. So ants are gathering their winter food in the middle of summer. You have got to think rocks as you enjoy the sand and sun.

Lesson: It is important to be realistic. Think ahead!

3rd - Ants think summer all winter

During the winter, Ants remind themselves "This won't last long; we'll soon be out of here". At the first warm day, the ants are out. If it turns cold again, they will dive back down, but then they come out the first warm day.

Lesson: Don't let your obstacles become stumbling blocks.

4th All that you possibly can

How much will an ant gather during the summer to prepare for the winter? * All that he possibly can.

Lesson: Do all you can...and More!!!

Brethren, Ants do not play. They remain focused. They work until the work is completed. Let us embrace the advice of Solomon and learn from these creatures. Like the Ant, let us bridge the gap in the lives of others and help one another. We are a colony of believers so let us work together on one accord for the purpose of kingdom building.

Humbly Yours,
Anthony D. Bellamy
Chairman

From the Pastor's Office

NO DEAL (PART II)



Jesus Christ is the only begotten Son of God. Can you believe Satan had the nerve to ask him to bow down and worship him? Satan is stupid! Why would Jesus who is King of Kings and Lord of lords bow down and worship the devil! No deal!

Dear brother do not let the devil (Satan) play you for being as stupid as he is. He rebelled against God and was thrown out of heaven; cast down to the earth and is waiting to be cast into the eternal flames of the lake of fire.

If you make a deal with the devil you will have the same fate. Anyone with an ounce of sense would not want to spend eternity in the lake of fire.

Satan tested Jesus and he will also test you. Your faithfulness to God, knowledge of the word of God, desire to obey the word of God and your unconditional trust in the promises of God will all be tested.

These tests come at some of your weakest moments, times when we are most vulnerable to the tricks of the devil. Whenever they may present themselves and in whatever form you must never entertain the destructive temptations of Satan.

Jesus said, "The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly (John 10:10)." My brother, Satan and anyone associated with him does not have any good intentions. His goal is to take away what God has given you, kill your vision; dreams and desire to submit to God's will and plan for your life. He will not be satisfied until he has completely destroyed you!

The good news is, Jesus came that we can take possession of the promises and gifts of God, see the visions and dreams fulfilled and experience the joy of living a victorious life.

Your challenge is to be constantly watching and listening for any sign of the presence or influence of the devil. Do not play with him, he is not a toy, he is the ENEMY! The Apostle James gave us great advice, "Submit yourselves therefore to God. Resist the devil, and he will flee from you (James 4:7)".

That's right! Stand up against the devil. Tell the devil "no deal" before he can get words out of his mouth. When he makes an appearance, don't bother to ask what he wants, just say, "no deal."

May God our Father and our Lord Jesus Christ keep your body, soul and spirit until his glorious appearance. Amen.

District Elder Michael Bellamy, Pastor

Our Mission

Through God's inspired guidance, we will offer every man the Gospel of Christ, encourage them to pursue God, while equipping them for spiritual service at church, home, workplace, community and the world.

REAL MEN...
PRAY



JOHN P. BELLAMY III
THE MEN'S MINISTRY MEET TO PRAY EVERY
SUNDAY MORNING AT 8:00 A.M.
PLEASE JOIN US!

Real Men.....work hard



Team Work....



From our Assistant Pastor



Need a Drink?

These are hard times. Stress is at an all-time high. The economy is tanking. The stimulus plan isn't coming fast enough. Brothers are getting furloughed, laid-off and fired. Home mortgages are in foreclosure. Those big fancy SUVs are in undisclosed locations (best friend's garage) to evade the repo man. Some unwise wives are still shopping for shoes, skirts and shirts. And the kids, with those can't work for nothing but I *wanta* have it now attitudes, they *wanta* iPod, a cell phone, and the rest of the money left in your pocket.

Does any of this ring a familiar tone? When times get tough, it's the nature of man to reach back and grab something from the past to help him cope with mounting pressures.

I received a telephone call from one of those brothers who was suffering from a dead-end job and a strained marriage. His fleshly instinct was "I needed a drink." Although he hadn't had a drink in a decade, now, under these conditions that old thirst made his throat quite dry.

Other brothers may never have a need for alcohol, but what about a need for a cigarette, a joint, or perhaps the other woman.

The Psalmist said he found himself greatly afflicted with trouble and sorrow (Psalms 116). In his turmoil and with a clouded perception, he proclaimed all men are liars (i.e. deceitful and not fulfilling their words).

Rather than indulging and drowning in despair, he proclaimed that "I will take the cup of salvation, and call upon the name of the Lord." You see, as a faithful servant, he remembered that the Lord will preserve and help you in times of trouble.

When the sorrows of death compassed him, it was the Lord who delivered his soul from death, his eyes from tears, and his feet from falling.

In these current times and in this economy, believers should never become so disillusioned when the world brings trouble, sorrow, or even death. But the men of God must always know that in Christ we have promises of happiness, deliverance, and abundant life.

In closing, let me ask, *what's in your cup?*

With Much Love,
Elder Corey L. Bellamy, Sr.
Elder Corey L. Bellamy, Sr., Assistant Pastor

Past Events Black History 2009



**Remember to Remember
and Never Forget**

Someone You Should Know



Celebrating and Embracing Deacon Larry Lemons

Congratulations to “Deacon Larry” Lemons. He has been appointed as the 2nd Assistant Missionary Chairman at Christ Temple Maywood. Deacon Larry was also approached by Bishop Jonathan Franklin, and asked to join the Missionary Department of the Illinois State Council. Deacon Larry is believed to be the 1st male Missionary in the Council. His responsibilities include but are not limited to assisting with the Program Committee.

Deacon Larry is a dedicated church worker. Before we leave our homes on Sunday mornings, he often opens the Church, turns the lights on, checks the heat or air-conditioning system to make sure that we are comfortable upon arrival, and he puts a pot of coffee on for members needing a cup of pick-me-up-in-the-morning.

He greets members and visitors with a welcoming smile and a song. Deacon Larry also helps to usher in the Spirit of the Lord by serving on the Praise Team. During the week days, he assists with cleaning and preparing for weekly services; shopping for meals to feed church visitors and members; and replenishing maintenance supplies.

Deacon Larry’s devotion and dedication to God, Christ Temple Maywood and the Illinois State Council are commendable. Please celebrate and embrace our Brother in the Lord, Deacon Larry Lemons.

Past Events Continued.....

Remember to Remember and Never Forget.

We would like to thank those of you who participated and attended the event. What an experience!!! What color band did you pick out of the bag? Was it White or Brown? That band determined where you were seated. Where were you seated? Were you in the 'White Only' or 'Colored Only' section? Do you remember what words were on the signs that a few of us were wearing? If you said: 'I AM A MAN', you guessed correct.

We thought that it was important for our younger generation to experience what many of you experienced in the 50's and 60's. It is easy to forget the progress that has been made in America.

Charles Bellamy did a fantastic job with the poems that he presented. Not only that but he gave us the passionate history of the poems. We enjoyed the way in which he so eloquently enunciated each syllable with enthusiasm and meaning.

Did Elder May sing "A Change is Going to Come" or what? Elder Sullivan May is definitely our own Sam Cooke. He sang that song as if he wrote it himself!!! We felt that change in the air.

'Precious Lord' was the song that was sung by Mahalia Jackson during Dr. King's funeral. With our eyes closed Natalia seemed to have taken us back to that moment. Natalia is precious.

Okay....Did Gwendolyn Bellamy put herself into the part of Harriet Tubman or what? I mean, she dressed that part with the head scarf, blouse and dress. Not to mention the suit case. We loved the way she walked across the stage and out into the audience looking for the 'Freedom Train'. Whether the train arrived or not Gwen demonstrated true 'Freedom' with her presentation. We should have known that she was going to 'bring it'...

We enjoyed the Video presentation from Tim Bellamy. It may have been a little graphic but so was our experience. Tim worked so hard on showing the Civil Rights struggle of the 50's and 60's. Outstanding job T-Bell!

Our team that sat at the table discussing where they were when Dr. King was assassinated was amazing. Oh boy did we hear some stories...isn't that right Alan. Victor, Sammie, Mother Young and Cornelius brought the experience alive. Great job!!!

Howard "Javier" Harris presented the CNN recap of "Obama's Win". What a great presentation. After CNN declared Obama as the next President the crowds around the country and world started celebrating. This gave us chills. I even heard someone in the audience release a loud outburst of excitement...I think Althea is excited about President Obama.

Stay tuned for the Black History Event 2010!!!

(Please see any member of the Planning Team if you have any ideas for next year's event)

Men's Health

Living Healthy

Many people neglect their health which is their greatest asset. Maintaining your health actually requires a thought process: nevertheless, it takes a great deal more to regain your health once it goes south. I am sure that if you were to ask your doctor what is required to preserve your health or even regain it, your answer would be the following:



Replace the red meats in your diet with chicken, turkey, and fish. Eat more vegetables, fruits, and drink plenty of water. Get at least eight hours of sleep each night. Schedule at least a half hour of exercise a minimum of four days a week.

Eating properly, getting enough sleep, and exercising takes a great deal of discipline. You must not fall short in any of these areas. When we consider the benefits of a healthy lifestyle, the irrefutable choice is to make the necessary change.

Don't Forget To Exercise

Research has shown that exercising a half hour four times a week can reduce your chances of becoming prey to most major diseases such as cancer, diabetes, heart trouble, and many other diseases. Exercise causes the heart rate to increase which increase the flow of blood forcing it to the extremities helping circulation. The blood carries nutrients and oxygen to promote healthy cells throughout the body. This increase of blood flow brings clarity to the mind and improves your energy output. You do not have to join an expensive health club, you can stretch or walk in place while listening to your gospel tunes or looking at television.

FINANCIAL PAGE...



1. Here's How You Can Make Your Child or Grandchild A Tax-Free Millionaire! If you have a teenaged child or grandchild that is employed, they can contribute up to \$4,000 a year to a Roth IRA. The contributions aren't tax deductible, but at the child's puny tax bracket it doesn't really matter. **Example:** the child puts in \$4,000 a year between the ages of 16 and 21, and then doesn't contribute another dime. If the Roth IRA earns 10% per year, the child will have \$2,045,042 at age 65. And the money will be absolutely 100% tax-free!!!

2. In today's economy many companies are not giving pay increases. Here's how you can get one immediately without asking for a raise. If your company offers a 401K program and they will match your contributions by let's say 25 percent. Increase your contribution to your 401K retirement plan. **Example:** If your company matches 25% and you contribute \$100.00 per week, your company will give you \$25.00 per week. By doing this you have just given yourself a \$1,300.00 annual pay raise.

3. You can get the best rate at a Hotel by calling the Hotel's local number, not the 800 number. You can best benefit by calling after 6:00PM. Do not ask for the reservations desk. Instead, ask to speak with the manager on duty, the general manager, or the director of sales. They have the authority to negotiate room rates.

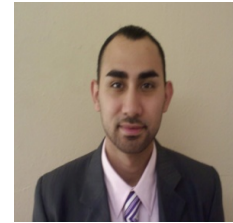


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Q I K V N A R U B I S R A E L
R P L W A I Q E S N T K Y A T
A E D I M O Z Y Q U D X B N C

Twelve Tribes of Israel

Word Search Game

Reuben Levi Zebulun Benjamin Simeon Judah
Joseph Dan Naphtali Issachar Asher Gad



Emanuel Gonzalez

Real Men.....



Dunk Buie

Meet our new Planning Team



Michael P. Bellamy, Sr.



Victor Robinson



John P. Bellamy, III

DID YOU KNOW...

- A. Believe it or not, Hotel rooms are infested with germs. There are several items in the hotel room that never get cleaned. The telephone, the remote control and the alarm clock/radio. Solution: Plan ahead and take some antibacterial wipes, and thoroughly sanitize these items as soon as you arrive.
- B. A thief takes one credit card not your entire wallet. A good thief will enter your hotel room (usually during cleaning) and remove only one of your credit cards. By the time you realize it, your card has been maxed out. When you travel only carry credit cards that you really need and inspect your wallet closely if you leave it unattended in the room.
- C. Speaking of thieves... One of the top mistakes that homeowners make is leaving the lights on. Thieves know that you heard to leave the light on. This helps them after they break in so that they can see what to steal.
Solution: Invest in timers that will turn lights on and off in different parts of the house at different periods. These timers usually cost about \$20.00 each.

- D. Another thing about thieves... Do not place the name of your alarm company in your window. When you do this it tells the thief the exact type of alarm that you have installed. These crooks are then able to purchase a diagram of how the system is wired and disable it.
Solution: Purchase a generic alarm sign that says "This House Is Protected by an Alarm System".



PRESIDENT BARACK OBAMA

Barack H. Obama is the 44th President of the United States.

His story is the American story — values from the heartland, a middle-class upbringing in a strong family, hard work and education as the means of getting ahead, and the conviction that a life so blessed should be lived in service to others.

With a father from Kenya and a mother from Kansas, President Obama was born in Hawaii on August 4, 1961. He was raised with help from his grandfather, who served in Patton's army, and his grandmother, who worked her way up from the secretarial pool to middle management at a bank.

After working his way through college with the help of scholarships and student loans, President Obama moved to Chicago, where he worked with a group of churches to help rebuild communities devastated by the closure of local steel plants.

He went on to attend law school, where he became the first African—American president of the *Harvard Law Review*. Upon graduation, he returned to Chicago to help lead a voter registration drive, teach constitutional law at the University of Chicago, and remain active in his community.

President Obama's years of public service are based around his unwavering belief in the ability to unite people around a politics of purpose. In the Illinois State Senate, he passed the first major ethics reform in 25 years, cut taxes for working families, and expanded health care for children and their parents. As a United States Senator, he

reached across the aisle to pass groundbreaking lobbying reform, lock up the world's most dangerous weapons, and bring transparency to government by putting federal spending online.

He was elected the 44th President of the United States on November 4, 2008, and sworn in on January 20, 2009. He and his wife, Michelle, are the proud parents of two daughters, Malia, 10, and Sasha, 7.

Information received from www.whitehouse.gov

Real Men.....

Write poetry

WHO AM I???

I am created for beauty, strength and pride
I am from a heritage with strong family ties,
I am a young boy who strive to learn,
I am working hard on my education;
It's my diploma I want to earn,
I am someone who will one day make my mother proud,
I am not afraid to tell you who I am out loud,
I am Alan C. Bellamy, Jr., I stand tall and proud...

