

March 2018

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The Green

The Real Jesus By Glover Tillman

People of faith have no doubt of the existence of Jesus Christ.

He is the Son of God, who died to save man-

kind. However, if your child were to ask you, "If Jesus was real," how would you explain such a complex history to an impressionable young mind. To aid you in your discussion, the following information may be useful.

It is a historical fact, recorded in sources such as The Works of Josephus, Roman Historical Records, The Lost Gospels, The Archaeological Study Bible as well as the eye witness Testaments of Matthew, Mark, Luke, John and Acts and the epistles of Paul. There was a child born to Mary and her husband Joseph, in the



town of Bethlehem around 6BC and 4BC, when Herod the Great, was the King of Jerusalem. Jesus spent his first years in Egypt, but returned to Nazareth where he was raised with four brothers and two sisters.

Except for his teaching in the Temple, around the age of 12, little is known of his early life. According to Luke 3:23, Jesus began His public ministry at age 30 and it ended at age 33. During this brief period, records exists that say He was baptized by John the Baptist and spent time in solitary meditation and temptation in the wilderness.

Upon His return from the wilderness Jesus started teaching and performing

miracles that were witnessed by many people. He established His ministry around the Sea of Galilee.

His followers grew from twelve disciples to millions of believers. The account of His death and resurrection are well documented.

We cannot doubt that Jesus lived and was God-centered, loving, serving, forgiving, healing, outwardly defeated but spiritually-triumphant.

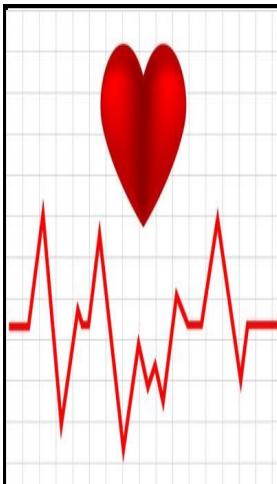
His focus was love and forgiveness.

He is referred to as "The Good Shepherd," "The Bread of Life," "The Light of the World," and "The Way, the Truth and the Life." His resurrection was planned to reconcile us back to God.

The answer to the question, "Who is Jesus?," Jesus is Everything!



**Join the Mission
“Reaching the
Lost and
Teaching the
Cross”**



Four Lessons Learned in My Four College Years By Brittany Bethel

A person's college years are meant for exploring and being independent, but more so learning about yourself. From my own personal experience, I was able to learn four key lessons each year, that can be shared and can be taken as considerations for others. My college journey was a great experience for becoming a young adult. It made me responsible and self-reliant for my everyday life. Within my first year I dedicated myself to being more social, however, I also learned that I needed to

manage my time between my first priority, school, and my social life.

My second year of college was a little harder, causing me to be more stressed. By the end of the year, I wished I had taken more personal time for relaxing to reduce stress.

Within my third year I was still stressed because I would put so much pressure on myself, to be an active student in my school and organizations. With

that, I learned that if I would just ask for advice and help, I would get farther and feel less stress.

Lastly, during my final year, I was preparing to graduate and move into the real world. I decided that I needed to be confident in the work that I produced and the knowledge I have. Therefore, the four lessons I learned, within four years, were time management skills, taking personal time, having the ability to seek advice, and lastly, confidence that made me excel into a college graduate.

Celebrate Love. Celebrate History. Celebrate a Healthy Heart By Kayla Ores

While the fact stands that February comes and goes faster than any other month, it remains memorable and is celebrated for its many festivities. Once January ends, everywhere we look, there are hearts and chocolates advertising Valentine's day. The emphasis for the month is put on the concept of love and expressing it as overtly as possible. February also serves as Black History Month and is a great time to learn, of not only the amazing individuals of the past,

but also, of the innovators of today. In the spirit of this month, which focuses on love and matters of the heart, it is important to know that February is also the American Heart Health Month. Statistically, African Americans are more likely to suffer from hypertension, heart attacks and strokes than white adults. In order to combat cardiovascular disease, it is recommended that you become more physically active. Being more active

can help you lower your blood pressure, boost levels of good cholesterol and improve blood flow. February is a month of celebration; we celebrate love and we celebrate history, however, it is also important, that we celebrate a healthy heart and ways to achieve this goal.

March is Kidney Awareness Month By Katheryn Bruton

As you know, everyone has two kidneys. But did you know it is possible to live with only one kidney, if one of your kidneys becomes diseased or if you donate one of your kidneys. The kidneys are two bean shaped organs about the size of an adult fist. The purpose of the kidneys is to separate urea, mineral salts, toxins and other waste products from the blood; the kidneys also conserve water, salts, and electrolytes.

Some of the Risk Factors for kidney disease are:

Diabetes

Family History

High Blood Pressure

Age 60 +

Symptoms of Kidney Problems are:

Itching

Loss of Appetite

Nausea

Fatigue and Weakness

Swelling of the face, hands, and abdomen

Ammonia Breath

Unexplained Back Pain

Changes in Urine Function

Increased thirst

Kidney Disease can cause:

Cardiovascular Disease

Heart Attack

Stroke

Elevated Blood Pressure

Kidney Failure

Your Kidneys Keep You Healthy By:

Filtering Waste from your blood

Activating Vitamin D for healthy bones

Keeping blood minerals in balance

Regulating fluid levels

Directing production of red blood cells

What you can do to keep your Kidneys healthy:

Avoid unnecessary medicines (i.e. NSAIDS)

Keep your blood sugar and blood pressure in good control

Avoid overloading your kidneys with proteins

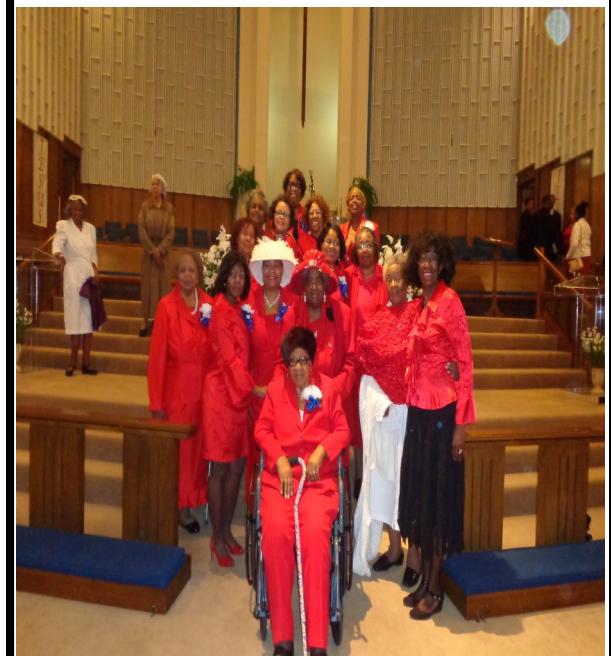
Hydrate well

Watch your cholesterol level

In conclusion: consult your physician if you have questions.



2.11.18 The Missionaries expressed love to the congregation by giving valentine treats to everyone.



Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me. John 14:6

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The Green is published once per month. If you would like to submit an article, it should be between 200 –250 words. Please submit articles by the 15th of each month. All information must be approved by Pastor Harris.

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Church Website

www.greenwoodcme.com

Monthly Greenwood Updates

- ⇒ March 13 Church Conference 6pm
- ⇒ March 15-17 FED Quadrennial Appreciation/ Spring Convocation
- ⇒ March 18 Annual Missionary Day
- ⇒ March 30 Good Friday
- ⇒ April 1 Easter —Sunrise Breakfast 7am/ Easter Program 9am
- ⇒ April 7 Missionary Workshop 10am
- ⇒ April 10 Church Conference 6pm
- ⇒ April 21 Ushers Workshop 11am

Were you There ?

