

June 2018

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Pastor

Rev. Bethel L. Harris, Jr.

Presiding Elder

Rev. Dr. JJ Jackson, III

Northeast District

Presiding Prelate

Bishop Henry M. William-  
son, Sr.

# The Green

## **“Ushers United On One Accord In The Body of Christ” Ephesians 4:1-6 By Dorothy Johnson**

Greenwood  
Ushers Train-  
ing Workshop  
and Brunch

Greenwood  
Ushers met in  
unity and on  
one accord on  
Saturday,

April 21, 2018, from  
11am-12 pm. Luril Brown  
presided over the work-  
shop and welcomed eve-  
ryone with a warm and  
hearty greeting. Robert  
Garret led devotion with  
a prayer and blessing of  
the food.

The purpose of the work-  
shop, stated by Annie  
Smith, is to become ush-  
ers united on one accord  
in the body of Christ, lo-  
cally and connectionally.  
The training workshop  
helps ushers stay in-  
formed of changes, en-  
hance usher skills and  
clarify things we must do  
in unity as we serve, per-



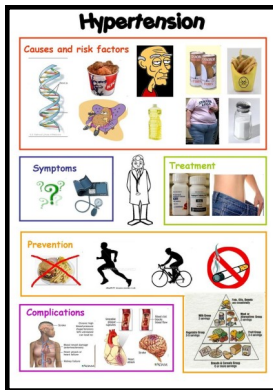
form, and execute the various  
duties and responsibilities out-  
lined in the C.M.E. Usher Min-  
istry Manual in a positive man-  
ner.

The dynamic workshop pre-  
senter was Gladys Alexander.  
Gladys is the author of the first  
C.M.E. Usher Ministry Manual.  
She has served in the Ministry  
of Ushering on the local, dis-  
trict, annual conference and  
connectional levels. The em-  
phasis for Saturday's training  
workshop was “Focusing on  
Ministry of Ushering Through  
Demonstration”. She remind-  
ed us that ushers should be  
committed because as door-  
keepers and servants in the  
body of Christ, we receive and

extend to oth-  
ers, God's un-  
conditional  
love. We  
should be  
prompt, pray as  
a body and re-  
ceive our as-  
signments for  
the day. She

reviewed and demonstrat-  
ed signals necessary for  
proper communication be-  
tween ushers. Some of  
which were: signals for bul-  
letins, envelopes, head ush-  
er attention and usher dis-  
tress. Directions for es-  
corting and seating visitors  
and visiting ministers were  
emphasized.

Millicent DeWitt, Coordina-  
tor of Ushers, gave closing  
remarks and words of ap-  
preciation to Gladys Alexan-  
der, Harold Osborne and  
other participants on the  
program. Pastor Bethel L.  
Harris Jr. encouraging re-  
marks and ended with ben-  
ediction.



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



## High Blood Pressure/Hypertension By Annie Smith

What is Blood Pressure? When your heart pumps, it forces blood through your vessels. This force is called blood pressure. Normal blood pressure is not a strain on the body. High blood pressure is an ongoing health condition that usually can be controlled. High blood pressure is a risk factor for stroke. Each day that your blood pressure is too high, your chances of having a stroke are increased. A stroke is a loss of brain function caused by a lack of blood to the brain. Stroke can result

from the damage that ongoing high blood pressure causes in your arteries.

High blood pressure is one of the leading causes of Kidney failure. Adult blood pressure reading should be 120/80. High blood pressure causes damage to the kidneys by injuring the working units of the kidneys called Nephrons. It is important to note that controlling high blood pressure may prevent kidney disease. There are certain ac-

tions one can take to control one's blood pressure: Visit your doctor regularly, learn to measure your blood pressure, check and keep a chart of your readings, take all your meds as prescribed and tell your doctor if you experience any side effects. Limit salt or sodium intake, exercise regularly, keep a healthy weigh, eat healthy food. Stop smoking, it can lead to a stroke. Limit alcohol and caffeine. Some other risk factors of high blood pressure are diabetes, elevated cholesterol levels and heart problems.

## A Mother's Love By Jeanie Arnold

Mothers are very special, that is so true,

They're blessed with wisdom, favor and laughter, seldom feeling blue.

They're thoughtful and kind and show loads of affection,

full of advice and lots of direction.

Their hearts are made glad, when you make them feel proud,

because you chose her wisdom, instead of the crowds.

Mothers are supportive in most things that you do,

telling you not to do it until you think it thru.

A mother's love is so wonderfully strong,

she rears her children to know right from wrong.

Mothers pray to God without any doubt, always caring and giving, year end and year out.

So love your mother now, with a truly grateful heart.

Her love for you is eternal, it will never ever depart.

## Annual Mother's Day Breakfast

**We would like to thank Greg Bethel and the men of Greenwood for an excellent breakfast and fellowship on Mother's Day. The Hat Contest was back with great participation. The hats that were judged belonged to: 1st place— Jeraldine Davis; 2<sup>nd</sup>— De'Andra Burton; Most unique— Shirley Matthews; Honorable Mention— Deborah Harris, Mary Ferguson, Glorious Holmes and Lori Bethel.**



## Bible Wordsearch

Wordsearch 256

Matt. 11:18-30

Jesus the Teacher 2

K	N	O	W	S	D	E	L	T	H	G	I	L	S	I
V	B	U	R	D	E	N	D	E	N	I	A	M	E	R
D	N	E	I	R	F	I	E	N	S	N	R	D	S	E
R	E	H	T	I	E	N	T	U	E	O	S	E	O	P
J	U	D	G	M	E	N	T	I	L	D	S	T	O	E
A	S	D	E	V	O	R	P	C	C	I	D	F	H	N
N	K	B	T	R	A	E	H	D	A	S	R	I	C	T
D	I	F	E	G	U	I	O	R	R	H	I	L	H	R
R	E	V	E	A	L	S	P	G	I	T	N	J	E	H
E	S	N	H	D	R	U	A	I	M	R	K	E	X	U
H	V	E	R	E	S	A	T	E	O	A	I	S	C	M
T	U	E	N	A	A	O	B	T	L	E	N	U	E	B
A	N	N	R	S	E	V	D	L	O	P	G	S	P	L
F	I	G	E	N	T	L	E	O	E	N	I	N	T	E
S	S	D	E	P	T	H	S	N	M	S	E	H	S	A

ASHES	BEARABLE
CITIES	BURDEN
DEPTHS	CHILDREN
EARTH	CHOOSES
EXCEPT	GLUTTON
FATHER	HEAVEN
FRIEND	HIDDEN
GENTLE	HUMBLE
HEART	JUDGMENT
JESUS	LEARNED
KNOWS	MIRACLES
LIFTED	NEITHER
LIGHT	PLEASURE
PRAISE	REMAINED
REVEAL	PROVED
SIDON	REPENT
SKIES	SINNERS
SODOM	DRINKING

After you find all the hidden words the left over letters spell out a Bible verse reading from the top left to the bottom right

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MORE PUZZLES AT:  
<http://biblewordgames.com>    COPYRIGHT 2016    ALL RIGHTS RESERVED

## Rolling River Rampage!

**What's That?**

**Come,  
to VBS and you will find out.  
Come,  
and be  
Blessed!**

**Enjoy:**

**Bible Study  
Fellowship  
Food  
&  
Fun**

**VBS  
June 4-8, 2018  
5:30-8:30p**



Ushers departed with a renewed feeling of unity, commitment, dedication and Service.

## GREENWOOD CHRISTIAN METHODIST EPISCOPAL CHURCH

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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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## Monthly Greenwood Updates

- ⇒ June 1 National Men Health Month
- ⇒ June 2 Budget and Planning Mtg. 9a
- ⇒ June 4– 8 VBS 5:30p nightly
- ⇒ June 12 church Conference 6p
- ⇒ June 17 Father's Day Breakfast 9a
- ⇒ July 4 Independence Day, Celebrating 242 years of Liberty and Freedom
- ⇒ July 17 Church Conference 6p

**Church Website**

[www.greenwoodcme.com](http://www.greenwoodcme.com)

## Were you There ?

