



March 2019

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Presiding Elder

Rev. Peris J. Lester

Northeast District

Presiding Prelate

Bishop Henry M. William-
son, Sr.

The Green

Finding Your Gifts and Talents

By Glover Tillman

Jesus Taught us how to Serve Others

God has given us gifts and talents that will make it possible for us, as Christians, to be of service within the body of Christ. The body of Christ is his church. We

are all unique and gifted with different abilities. In order to serve, in the most effective way, it is important that we know where our strengths and weaknesses are. Not weaknesses in the negative sense but areas in which we would be the less effective.

As disciples of Christ it is our duty to perform the numerous tasks required of us to ensure the effectiveness of our church. This means, that all mem-

bers are to be involved in the many areas of need, as identified in the Discipline. Some areas are easily identified, such as ministers, trustees, stewards, ushers and so on. However, there are many other duties that require talents and gifts that many disciples possess. Remember that we all have a purpose and can serve in a way that best suits us. We don't have to be in the church to serve the church. We can also serve in the community, at work or wherever we observe a need.

How can we determine the areas of needs in the church?

- Ask the church leaders or ministers to guide you in your search.

- Determine the areas where assistance is needed.

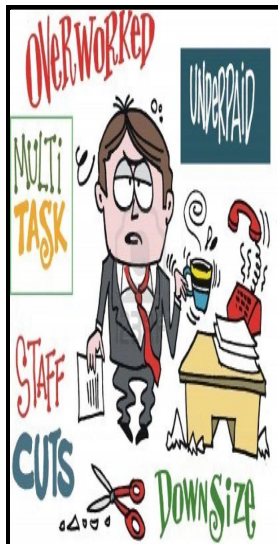
- Decide if your gifts and talents will allow you to be a positive asset in the areas.

- Begin to use your gifts and talents in service to God.



Join the Mission

“Reaching the Lost and Teaching the Cross”



Tips for Taking Prescribed Medications By Annie Smith

If your doctor prescribes medications be sure to follow these guidelines.

Don't stop taking medication without talking to your doctor even if you feel better. Some medications may take several weeks of use before you see improvement. Keep taking your prescription unless your doctor advises you to stop.

Get to know your pharmacist. Feel free to ask your pharmacist questions about medications. Know the name of all

medications and why, how and when you need them. Keep this list with you.

Find out whether you need to avoid certain foods, drinks or drugs. Ask about the possible side effects of your medications and what to do if they occur. Take all your doses on time. If you miss a dose, ask your doctor or pharmacist what to do. Don't take more or less medication than prescribed. Never take someone else's medication.

Clean out your medicine cabinet every three months.

If you can't remember if you took your medication, keep it in a container with a section for each day of the week to help you keep track. A love one or other caregivers can also assist.

Be sure to ask your doctor if you have any questions or concerns.

Stress Management Submitted by Ann Cobbs, RN

In life, we all experience stress because of major life changes like marriage, divorce, death of a loved one, or even our jobs.

What is Stress?

Stress is your body's response to changes in your life. Some stresses are internal and external. Both can have the same physical and psychological effects. Whether internal or external, stress can be managed. Sometimes, you can learn to respond to stress differently.

You may try stress-relief techniques. Sometimes, adjusting your thinking to a positive attitude can help. Eating a well-balanced diet and staying active with exercise also are important tools in helping manage stress. Please talk to your doctor before starting a new exercise program.

Some examples of internal Stress: *inability to accept uncertainty, *Pessimism,

*Negative self-talk, *Unrealistic expectations, *Needing to always be perfect.

Some examples of external stress: *Work or school, *Relationship difficulties* Financial worries, *Being too busy, *Children and family.

Left untreated, everyday stresses can lead to chronic stress. If you feel depressed or hopeless, seek help from your doctor or a mental health professional right away.

INTEGRITY

Integrity extols virtue.

*Integrity is the trusty guide
that keeps you upright, grounded,
and held to high ethical principles
of honesty and virtue.*

*If you cannot embrace the entirety of
integrity,
plant not yourself at the helm of the
ship.*

*The effort is futile,
for you easily become the prey of evil-
doers,
like you.*

***He who frolics in tainted
water***

*defiles his good character,
whereupon contamination becomes
his yoke of servility.*

*He who opts to sell his integrity
never had a firm grip on it.*

Unbending integrity
*imparts incomparable freedom
to the mind and spirit.*

By Robbie George– Greer

2.24.Celebrating Black History

Primary class. Gave the meaning of the colors of the African flag.



Juniors. Highlighted Mrs. Veletter Pankins.

Seniors. Important facts from the Civil Rights Movement.

Samaritan Class. Presented biblical curses used to uphold slavery.

Christian Growth. Black American who have received Oscars.

Men's Bible Class. Sherwin Holloway sung, "Precious Lord."

Naud Rogers. Celebrated "Super Heroes" Pastor Dykes, Michelle Obama, Serena Williams, Little Rock nine, John Lewis, Cicely Tyson.

Kingdom Builders. Successful graduates of Hamilton High School who attends Greenwood.

Liturgical Dancers and Support Staff



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Monthly Greenwood Updates

- ⇒ March 9 Steward Board Mtg. 8a/ Room In the Inn 6p-6a
- ⇒ March 12 Church Conference 6p
- ⇒ March 13 Lent Service Mt. Olive Pastor Dykes Guest Preacher 7p
- ⇒ March 15-16 FED/WTR Spring Convocation
- ⇒ March 17 Rust College A' Cappella Choir 10:30a/ Annual Missionary Day Observance

Church Website

www.greenwoodcme.com

Were you There ?

