

THE CARE-SHARE Newsletter

DECEMBER 2013-FEBRUARY 2014
Volume 9, Issue 4

MT. TRAVELER MISSIONARY BAPTIST CHURCH
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A Caring Church with Ministries • Changing Lives • Connecting People • Creating Friendship and Favor with God and Man

<i>PASTOR'S DESK</i>	1	Beloved Church Family: Greetings in the precious Name of Jesus Christ whose birth into this world initiated this festive season we now enjoy. So as we celebrate Christmas let us reflect on the grace and mercies of God and be thankful for salvation that comes through faith in Jesus. "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life" (John 3:16). In this 2013-2014 winter issue of our Careshare Newsletter, it is my desire that we reflect with gratitude on the events of this year (2013) as well as my ministering among you for almost a decade, and look forward to the dawning of the Year 2014 and other years ahead with hope and assurance that this same Jesus who came on the first Christmas, the same One who kept and watch over us throughout these past years, the One who came to give the world a renewed hope by bridging the gap between man and God is able to do the same for any who believes Him now and in the coming years. As you evaluate your life, bear in mind that life is fleeting and it will soon pass away; only what is done for Jesus will last eternity. Mt Traveler, always remember that life is a pilgrim's journey and how you maneuver though it determines your eternal destiny in heaven or hell. I hope you will choose to walk in the newness of life that Jesus provides as you continue to yield and submit to His ways and will, rather than yours. As God continue to teach you His ways, please harking to His word and be obedient. Please brothers and sisters do not just focus on the physical but always look beyond the physical by focusing on the spiritual thereby defying the gravity of sin and its
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attributes which constantly try to pull you out of the grace of God. Amazingly, as I reflect, it has been about a decade in which I have faithfully labored among you as a shepherd with love and purpose; passionate for God yet compassionate toward the sinner to become faithful in obeying the word of God and fruitful in serving Him. I hope within this past ten years I have been a faithful leader that guided, lead, cared, fed and protected you with the truth of God's word. My letters to you in each Newsletter, if compiled, would be the Epistles of Pastor Datiri to Mt Traveler. I hope I have challenged, confronted, reprimanded and commended you as it regards the things of God to prepare you for your eternal destiny. I want you to reflect on my letters, teachings, preaching and my walk with the Lord in wisdom and humility among you and know it is the Lord that sent me to you as a "shepherd after His own heart, who will lead you with knowledge and understanding" (Jeremiah 3:15) in respond to your prayers for a pastor. My prayer is for you to know that God brought me to prepare you for your eternal destiny. I don't know where you are in your life's pilgrim journey, but be wise enough to prepare for your "winter" which will be spent either in heaven or hell. As we look forward to begin another decade of ministry among you, I hope you will trust me enough to give me your full support so that we can together make great strides for the Lord in ministry. Endeavor to continue to build your testimony too as you know that His plan for you is always for good and not for evil to give a future and a hope as you live in the newness of life that Christ came to give us at that first Christmas. Finally, be in prayers regularly one for another that our Church will

continue to have a strong, healthy and well balanced growth with genuine love; passion for the kingdom of God;



and compassion towards mankind as we, at Mt Traveler, ride this wave of ministering the Jesus way. Pray for the bereaved, the sick and shut-in and all the various needs of our membership, especially those going through various temptations and crisis in life. Pray for my good health and also that God through the Holy Spirit would lead me in His paths to be the kind of shepherd He desires. I love you and I am praying for you too. Remain blessed and MERRY CHRISTMAS AND A PROSPEROUS NEW YEAR (2014) TO ALL OF YOU!!
In His service,
Rev. B. C. Datiri, PhD, Pastor

**10TH ANNUAL PASTOR
APPRECIATION**
Sunday, February 9, 2014

Pastor and Sister Datiri celebrate their 10th Pastoral Appreciation at 2:00 p.m. with Dr. C. P. Noble and the Greater St. Mark Baptist Church, Tuskegee as our guest.
Colors: Ladies-Hot Pink and Cream; Men-Pink Ties, Black Suits and White Shirts.

Tribute to Dr. Martin Luther King, Jr. on the Occasion of His Birthday Celebration

Slain civil rights leader Dr. Martin Luther King Jr.'s birthday is Jan. 15. His national birthday holiday is observed on Monday this year. America and the world will celebrate his accomplishments and continue to mourn the passing of civil rights leader Nelson Mandela, who was the first elected black president of a free South Africa.

Martin Luther King, Jr. was a leader who, like Mahatma Gandhi before him, and Nelson Mandela after him, showed us the way from weakness and division to strength in unity. He challenged and inspired us to reach deeper within ourselves, despite ourselves, for our best, which sometimes is, simply, better than yesterday. His power endures because it's rooted in the courage to hold hope and faith in each other's potential: "knowing" we can do it... we can be better every day, each in our own way.

Nelson Mandela and Martin Luther King Jr. never met but they fought for the same cause at the same time on two different continents. Mandela said he was prepared to die to see his dream of a society where blacks and whites were equal become reality. King was assassinated in 1968 while working for that same dream.

King was a member of the NAACP, Montgomery Improvement Association and the Southern Christian Leadership Conference. Through these groups, he organized marches, rallies, voter registration drives, staged boycotts, sit-ins, the March on Washington for Jobs and Freedom, delivered his "I Have a Dream" speech and made a world-wide impact in 1963.

King was assassinated on April 4, 1968, in Memphis, Tenn.

Mandela was a lawyer and partner in the first black law firm in South Africa, an anti-apartheid prominent figure and a member of the (ANC) African National Congress who fought for racial equality.

In 1964, Mandela was labeled a terrorist and charged with treason

for fighting against the government-controlled apartheid and racial oppression. At the age of 46, he was sentenced to life imprisonment on Robben Island. He was forced to do hard labor, but he refused to let the prison guards break his spirit. After world-wide outcry and a campaign from artists for a free South Africa and free Mandela, the government was pressured to release him on Feb. 11, 1990. He had already served 27 years. He left the prison *free of bitterness*, (then) worked to unite a divided country and sought reconciliation. He helped organize South Africa's first election and was elected the first black president of a free South Africa at the age of 78. Mandela stated, "For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." He died on Dec. 5, 2013, in his home in Johannesburg.

King and Mandela are global icons revered and respected by world political figures and spiritual leaders. Their lives were so parallel:

- They sacrificed their whole life for the betterment of humanity.
- They embraced forgiveness and an inclusive society. They were:
 - charismatic freedom fighters,
 - international peace symbols,
 - recipients of the Nobel Peace Prize,
 - members of civil and human rights organizations,
 - arrested and incarcerated for what they believed in, and
 - were willing to die for a just cause, and
 - victims of conspiracies and sabotage.

King made his famous "I have a dream" speech on Aug. 28, 1963, during the March on Washington, a civil rights event that drew approximately 250,000 people to the National Mall. A year

later, Mandela also spoke of harmony when he said these words during a trial that ended with his being sentenced to life in prison: "I have cherished the ideal of a democratic and free society in which all persons live together in harmony and with equal opportunities. It is an ideal which I hope to live for and to achieve. But if needs be, it is an ideal for which I am prepared to die."

Mandela traveled to the United States after he was released and he spoke at Yankee Stadium, telling the crowd that an unbreakable umbilical cord connected black South Africans and black Americans. There was a kinship between the two, Mandela wrote in his autobiography, inspired by such great Americans as W.E.B. Du Bois and King. King, for his part, was unable to visit South Africa. In 1966 he applied for a visa after accepting invitations to speak to university students and to religious groups but the apartheid government refused to give him one.

At least one writer puts King and Mandela in the same category as Mahatma Gandhi, the great nonviolent independence leader of India. Both King and Mandela were influenced by Gandhi, and adhered to the non-violent teachings of Gandhi, who lived in a distant country and even practiced a different religion. *They promoted unity of all races and ethnicities and the need for man to overcome oppression and violence without resorting to violence and oppression.* They confronted the humiliating system of segregation that kept African and African Americans second class citizens, and they fashioned and fueled a movement powerful enough to shatter forever the practice of racial segregation. Gandhi was the spiritual leader of India's independence movement in the first half of the 20th century.

Gandhi's greatest contribution to history, and the reason his was such a crucial influence on King and Mandela, was to call into question the seeming truism that being nonviolent means being passive. He spent virtually his entire adult life experimenting with methods of nonviolence intended to be not just

morally admirable, but effective in the real world. His contention was always that standing up for oneself, struggling against injustice, prevailing over evil, living with dignity and integrity, etc. do not require the willingness to use violence. There are other ways, other strategies one can use. Some examples of his sayings are:

- *All compromise is based on give and take, but there can be no give and take on fundamentals. Any compromise on mere fundamentals is a surrender. For it is all give and no take.*
- *An eye for an eye only ends up making the whole world blind.*
- *Before the throne of the Almighty, man will be judged not by his acts but by his intentions. For God alone reads our hearts.*
- *God sometimes does try to the uttermost those whom he wishes to bless.*
- *I am prepared to die, but there is no cause for which I am prepared to kill.*
- *I like your Christ, I do not like your Christians. Your Christians are so unlike your Christ.*
- *If I had no sense of humor, I would long ago have committed suicide.*

King's commitment to Christian principles meant he felt obligated to love even his enemies, to wish ill to no one, certainly to seek to kill no one. It was a dilemma - the same dilemma that people of conscience have always faced. He wanted to fight for truth and justice, but he didn't want to hate and kill. His discovery of Gandhi offered him a way out of the dilemma. It showed him that it would be possible to fight for the civil rights of Black people not with guns and bombs or with lies and propaganda, but with love and truth. Under his leadership, the Civil Rights Movement was nonviolent without being passive. King and Mandela were inspirational symbols for huge freedom struggles

happening in both countries, said Clay Carson, a Stanford professor and director of the Martin Luther King Jr. Research and Education Institute. "I think both of them were moral leaders. Both were people who had very strong principles, stuck to those principles even in the face of criticisms, and in Mandela's case being in prison for such a long time," said Carson.

Although, as an international community, we have made a great deal of progress, racism is still prevalent, and there is still much work to be done. We must continue to expose and fight for freedom and equality for all people. We must embrace everyone regardless of socio-economic status, race, creed, gender or sexual orientation. We must continue to trust God through this process and know that we can do all things through Christ which strengthens us.

We must remember the legacies of King, Mandela and Ghandi with honor and dignity, and continue the work to build the kind of inclusive society that they worked tirelessly to construct. We all must follow the lead of our current President, Barak Obama, using the examples of these powerful thinkers and workers for world peace, truth, equality and justice. We all have a part to play.

This information was compiled from several internet postings, including: Reflecting on legacies of Dr. Martin Luther King Jr., Nelson Mandela

by Gastonia resident Evangelist Vicky Meeks-Clinton is a community leader, civil and human rights activist.

Nelson Mandela, Martin Luther King Fought The Same Battle In Different Continents

By Jason Straziuso

The Influence of Mahatma Gandhi on Martin Luther King and the Civil Rights Movement (The Indian Leader's Philosophy of Nonviolence was a Great Inspiration to King)

By [Philo Gabriel](#), [Yahoo Contributor Network](#)

Martin Luther King's Leadership Lessons

By [David Peck](#), Executive Coach at Goodstone Group

(Compiled with edits and editorial comments by Angelo Trimble for Mt Traveler celebration of Birthday of Dr. Martin Luther King, Jr. (2014))

MY TESTIMONY – By Sister Kelly Morgan

When I think of the goodness of Jesus, and all He has done for me, my soul cries out, "hallelujah!!! Lord, I thank you for saving a sinner like me"!! God, You allowed me to see another new day. I'm in my right mind; I'm in good health and strength, and so many other things that I want to thank Him for each day. He has delivered me from so much I cannot begin to tell it all. I walked away someday from a car that was driven into a ditch with me as the intoxicated driver. I was delivered from alcohol, clubs, my deceitful ways, my pride, and the list goes on and on and on. I know God for myself, not just from a song, or what someone has told me but I know Him for his Word. Now I have not always read the Word of God on a regular basis or even understood what some of it meant. But God has always had his protecting arm around me and his angels were with me in the midst of my sinful ways, troubles, trials, people/places I shouldn't have been or been around, and I didn't even recognize it. How awesome is He!

I've had several encounters with God that blew me away and I ran from it. The last encounter I had with God was the one that finally I realized how much my "Daddy" loves me!! See I can call Him Daddy because I have developed a personal relationship with Him. Since then I've been walking and talking with Him daily and I believe His Word. My storm lasted 3months! I was getting impatient; I was ready for it to be over. That is when God sent me to Isaiah 40:31, "But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint". Also, during that time I would read that scripture daily but after a while I started getting frustrated; I couldn't grasp what was going on - no understanding, no knowledge, and no wisdom. So that's what I began to ask God for and He answered my prayer by sending me to the book of Proverbs. I stayed in that book the whole time I was in my storm. It took me a while to see

what God was trying to show me and I am still struggling with some of it. I never would've thought a sinner like me would experience such an indescribable experience like the one I had with God.

I was at a point in my life where I was so low that there was nowhere else to go but UP!! I lost my job, no money, and friends were few to none. In the midst of my storm I started out mad at everybody for my situation and thinking "Lord, why....; why me? Why is this happening to me?? So I began to pray like I've never prayed before. Then I started taking time; honoring Him, praising Him, worshiping Him, acknowledging Him, putting Him first in everything I do, trusting and believing my Father will never leave nor forsake me. But I had failed Him so many times, and He still loves me and keeps forgiving me. During my storm I endured a lot, some things I didn't understand, I had no clue what was going on. I thought I was losing my mind. But that's when my faith began to grow even more. Initially the devil had me thinking "it's all in your mind". But this is what I found out; as my faith got stronger God started to reveal "some" things to me and He spoke to me!!!! That's when it all became real! My Father woke me up out of my sleep with a gentle, real gentle voice saying, "harking, harking!! I didn't know what was going on, I got nervous NOT SCARED just nervous. I started looking around my room to see what was going on but, in the midst of me looking around, getting nervous, and panicking I kept hearing "harking!, harking!!" So, I stopped and did just that. That is when the most awesome thing happened, "God my Father spoke to me". Things I prayed about and prayed for, He reassured me of them. He also told me "continue to stay in My Word, put Me first, honor Me, acknowledge Me, and harking unto Me". It seemed like an eternity but it was only for a moment. Since then, my life has done a complete 180 degree turnaround. The job I have always wanted came through (after I had attempted several times before and never got a positive response), doors started to open that I never dreamed of, certain people I had to cut loose, I started noticing a change within myself and I knew it wasn't in my mind or anything I was doing. It was God. So I said to myself I need to really be thanking and praising God for where He brought me from

and where He is taking me. So I said: Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us be glory both now and forever. Because when I think of His goodness and mercy, and what could have happened and how He turned my filthy ashes into beauty; I don't know about you but that's enough for me to say Father (Lord), I stretch my hand to thee; no other help I know!

Now that I have survived yet another storm; I must say the storm I just came out of was enough to take my breath away, it felt like the life had been snatched out of me. I "thought" I was at my end, I "felt" like giving up. But I realized: And we know that all things work together for good to them that love God, to them who are the called according to his purpose. Then, at the last minute when there were no more tears left to cry, I had done all I knew how to do & depending on others, that's when I totally surrendered and my Daddy showed up and showed out!!!! God knocked down the doors and He was right there for me! Reassuring me "I will supply all of your needs". As the storm began to cease I felt like God wasn't listening; I prayed all I could, sang all I could & read my bible. I had experienced so much I didn't think anyone would believe me because I was still in shock of the things God promised me and spoke to me about. So, I started thinking, "maybe I need to talk to someone about this to help me understand". So I went to my comfort zone, to my hero, my "momma" (mum). I talked it over with her. Some of what she was saying made sense & some of it didn't. But this is what I do know sometimes when God calls you to do something; sometimes it doesn't make sense!?! But I was obedient to His Word.

You know something funny, each time the enemy tried to attack, I needed a word, or just uplifting; my phone would ring and guess who it would be - Pastor Datiri!! Sometimes I could understand what he was saying to me and other times I couldn't. I do know this, it was from God. Some of it was confirmation from what God had already told me. But one thing Pastor Datiri and my mom said was God wants you to come to church; He has been too good to you. Believe it or not in spite of all that was going on I was

still hesitant about coming back. I was worried about "what people would say"? "What would they think"? (That was the enemy trying to make me feel bad). But God told me "do not be slothful with your worship!! When I finally came to my senses and realized what was going on, I told myself why am I worried about what people might think/say; I have way too much to be thankful - for I'm here to worship and praise The Lord!!! So when I think about how God is blessing me, blessing me with so much favor, mercy, kindness, renewing my mind, cleansing my heart, how He took care of me in my darkest hour. I....., knew then, it's time to come home. Now that I've done that; I'm getting myself together spiritually as I am always praying towards the call that God has on my life. The Lord is constantly building up my faith in Him so that I can achieve that which seems impossible.

In closing, God told me this "you are more than a conqueror, you are a survivor, you have a gift inside you and it burns like fire so use it!! Keep me in your prayers; that I will allow the Lord to use me as never before. Time is coming to a close and we need to get our houses in order spiritually; for the battle is not ours to fight, it belongs to the Lord. We can win this spiritual warfare with the help of the Lord. Arise, shine and give God the glory, soldiers of the cross. Every round goes higher and higher if we just keep our hands in God's hands. We are never alone. He will hide you in his secret place. He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust. I trust you Lord to help me with everything that seems impossible for me to do. I ask you to help my family, church members, fellow friends and loved ones to endure like a good soldier until the end. We are winners. We are more than conquerors. This is my testimony!!! Amen

CELEBRATING THE DREAM

On Monday, January 20, 2014, approximately 14 members from Mt. Traveler were among the

crowd that packed the Opelika Performing Arts Center for the Dream Day Foundation's 15th annual Dr. Martin Luther King Jr. Observance Day program. The audience cheered, clapped and sang along in honor of King.

Dozens of students from kindergarten through high school participated in the foundation's Hallelujah Choir.

There were many awards presented to a number of community organization. Two Dream Day scholarships, which the foundation hopes will become annual awards were presented. Opelika senior **Walter Demond Moore, son of Dea. Walter Moore** was awarded a scholarship. Demond "Dee" has a 3.5 GPA and hopes to enroll at Southern Union Community College in the fall and later transfer to Auburn University to pursue a degree in health education.

REFLECTING ON KING'S LEGACY

On Monday morning, January 20, 2014, Dr. Martin Luther King, Jr. message on peaceful progress and compassionate leadership was commemorated at the Hotel at Auburn University and Dixon Conference Center.

The National Forum for Black Public Administrators (NFBPA), East Central Alabama Chapter hosted the annual Martin Luther King Jr. Scholarship breakfast featuring keynote speaker Isaiah Hughley, city manager of Columbus, Ga.

The theme of the breakfast was "Realizing the Dream". Among those present were Bro. Joseph and Jennifer Lockhart and Dea. John and Sheree Lockhart. The event awarded scholarships to

local high school students and recognized several community leaders for their work. **Dea. John Lockhart** was one of the recipients who received a MLK Medallion during the breakfast.

"Realizing the Dream allows the opportunity to acknowledge and thank those who came before us for the struggle, for putting up a good fight to make America the land of freedom, justice and equality," Hughley said.

PUPPET MINISTRY

By: Diane Rufus



This is the puppet news for September to November. The puppets perform the 2nd Sunday in September "**Christian living peer pressure**" **Roman 12: 1-2**. The puppeteers were Teanna Harris and Torette Hughley. September 14, 2013 the puppets perform at Church Of God By Faith in Auburn, Al the puppeteers were Catina Milner, Timothy Lockhart and Rodney William the songs were "**Mircle worker and Lord you're my landlord.**" In October the puppeteers were Rodneshia Darden, Teanna Harris, Catina Milner, Marquise Xavier Milner, Timothy Lockhart and Rodney William. The song was "**Break every chain**". In November the puppeteers were Rodneshia Darden, Simi Datiri, Teanna Harris, Timothy Lockhart and Rodney William. The song they did was "**Love him like I do**".

The puppeteers have been doing a great job. I will tell you all thanks and I love you all. Have a safe Thanksgiving and Christmas Holidays.

Saturday, February 8, 2014- Ebenezer District Annual Board 9:00 a.m. Sunday School Congress 10:00 a.m. Women Department and the Association

Monday-Friday, February 10-14, 2014- Ebenezer District Revival 7:00 p.m.

Saturday, March 8, 2014-2nd Saturday Board Meeting 9:00a.m.

Monday-Wednesday, March 10-12, 2014 7:00 p.m. District Seminar

March 22-Annual Laymen Program 6:30 p.m.

March 22-Youth Rally 8:00 a.m. - 12:00 noon

SOUTHEAST NEWS

February 1 - SEDSC Christian Education Meeting Place: Pilgrim Baptist Church, Montgomery, Al Rev. Herman Calhoun, Pastor 10:00 a.m.

February 8, 2014-SEDSC Annual Youth Conference 9:00 a.m. - 12:00 noon Mercy Baptist Church, Montgomery Rev. Johnny Hollis, Pastor

March 1 - SEDSC Christian Education Meeting Place: Shiloh Baptist Church, Montgomery, Al Rev. McFarland, Pastor 10:00 a.m.

Thursday, March 13-SEDSC Board Meeting Place: TBA 10:00 a.m.

March 22, 2014 - SEDSC All Ministries Workshop 9:00 a.m. - 1:00 p.m. Mercy Baptist Church, Montgomery, Rev. Hollis, Pastor

HAPPY BIRTHDAY

DISTRICT NEWS

The Missionary Society Ministry

MOTTO: "Loving and working together"



The Missionary Society Ministry would like to thank the members of Mt. Traveler for contributing to the 2013 Improvement Project for the purchasing of tables and chairs for the Fellowship/Dining Hall. We appreciated your monetary donations, your prayers, and dedication to make the 2013 Improvement Project a **SUCCESS!**

Sis. Annie Jean Lockhart, President

Sis. Kimberly Black, Vice President

Missionary Society Meeting 2014



Dates	Leading Meeting
Sunday, January 12, 2014	Missionary Society Ministry
Sunday, February 09, 2014	Pastor Anniversary - No meeting
Sunday, March 09, 2014	Deacon Wives Ministry
Saturday, April 13, 2013	Matron's Ministry
Sunday, May 11, 2014	Mother's Day - No meeting
Sunday, June 08, 2014	Nurse's Guild Ministry
Sunday, July 13, 2014	Laywomen's Ministry
Sunday, August 10, 2014	Usher's Ministry
Sunday, September 14, 2014	Missionary Society Ministry
Sunday, October 12, 2014	Matron's Ministry
Sunday, November 09, 2014	Deacon Wives Ministry
Sunday, December 14, 2014	Senior Citizen Banquet - No meeting



JANUARY

Walter Moore	4
Torrence Ballard	4
Charity Hodge	5
Jessica Moss	10
Tamarcus Milner	14
Anthony Driver	15
LaMorris Heard	16
Calvin Patterson	24

FEBRUARY

Randy Driver	1
Robert Lockhart	2
Jimmy Dowdell	4
ZaKobe Collins	6
Jamal Beavers	12
Timmessia Maddox	14
Simi Datiri	21
Elizabeth Blackwell	22
ZaKwan Collins	23
Charles Ballard	23
Alma Black	26
Athonia Burton	28

MARCH

Teyei Datiri	2
Jimmy Johnson	9
Khadija Jacobs	12
Mary S. Trimble	13
Ocie Jefferson	17
Ruth Trimble	22
Kitzi J. Reid	22
Sonya Pitts	23
Lula Gullattee	28
Sandra Slaughter	31

THE FOUR BLESSED LOOKS

Look back and 'Thank' God.
 Look forward and 'Trust' God.
 Look around and 'Serve' God.
 Look within and 'Find' God! ;
 'I asked God, 'How do I get the best out of life?' God said, 'Face your past without regrets; Handle your present with confidence and Prepare for the future without fear!'

'Without God, our week is: Mournday, Tearsday, Wasteday, Thirstday, Fightday, Shatterday and Sinday. So, allow Him to be with you every day!'

'Life is short, so forgive quickly. Believe slowly. Love truly. Laugh uncontrollably. Never regret anything that makes you happy. And have a wonderful journey!!

SOMETHING TO THINK ABOUT

Life isn't fair, but it's still good.
 Life is too short to waste time hating anyone.

What other people think of you is none of your business.

GOD heals everything.

However good or bad a situation is, it will change.

Envy is a waste of time. You already have all you need.

Don't compare your life to others. You have no idea what their journey is all about.

Each night before you go to bed Complete the following statement:
 I am thankful for _____.
 Today I accomplished _____.

Remember that you are too blessed to Be stressed.

HEALTH NEWS

1. Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
3. Eat more food that grows on trees and Plants and eat less food that is manufactured in plants.
4. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds and

- walnuts.
5. Try to make at least three people smile each day.
 6. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.

Christmas Caroling/Senior Luncheon



On December 8, 2013, approximately 16 members from Mt. Traveler went Christmas caroling and carried gifts. We visited Dadeville Nursing Home, Oak Park Nursing Home, Auburn and visited a home in the community. Pictured above is Sis. Robbie Trimble (center) from Oak Park Nursing Home.

* * * * *

In the Mt. Traveler Dining area, the Senior Members of Mt. Traveler were honored with a Christmas luncheon and gifts before Christmas Caroling on Sunday, December 8 following Morning Service. Both events were uplifting and enjoyable to all.

29th Ebenezer District Prayer Night
 Wednesday, January 8, 2014

The Prayer Night was sponsored by the Women Department with Rev. Tyrone Edward, Pastor of New Spirit Baptist Church delivering the sermon and three short lecturers were given by Rev. Eddie Marbury, Rev. Leonza Harris and Rev. B. C. Datiri on different types of prayer. Seventeen (17) members from Mt. Traveler participated in the District Mass Choir. It was an informative and spiritual night. The total offering of \$1078.25 was given to help Selma University.