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## Department of Maturity Kicks Off Black History Month Written In Black

Celebrating Black Writers Origen of Alexandria (Egypt), is one of the most important biblical scholar of the early church. His greatest work, the Hexapla is a synopsis of six versions of the Old Testament. While in Alexandria, Origen



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Revival officially starts on **Sunday, March 17th.** New Salem's revivialist Dr. Claybon
Lea Jr., pastor of the Mount Calvary
Baptist Church in Fairfield and Suisun
City, California, will preach **Monday March 18th through Wednesday, March 20th** The theme is "*That They May know Me,*", Romans 15:21. Please invite a friend, co-worker and family member.

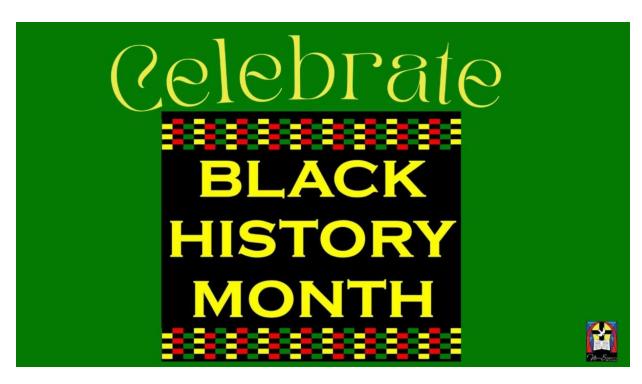
wrote some of his important work, Miscellanies, On the Resurrection, On First Principles, and began his commentary on the Book of John. Later in Caesarea, Origen founded a school that became the center for Christian learning. His reputation as a scholar and theologian was unmatched. He was believed to be the ultimate expert on all matters dealing with theology. Origen resumed work on his Commentary on John, and also wrote the treatise On Prayer in which he analyzes the different types of prayers in the Bible, including a detailed exegesis on the Lord's Prayer. To learn more about Origen and others, check out the writer displays featured throughout the church this month.



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First Rehearsal TONIGHT!

Sign Up Here

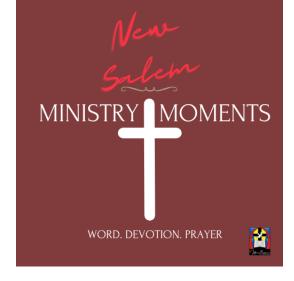




Black Author's focus throughout February



D9 Sunday Feb. 11<sup>th</sup>



## Ministry Moments By: Minister Melody Bogan Do vs. Done

To all who believe in Christ Jesus... may God's love compel our hearts to keep standing on His promises for life eternal. He stays at the door and knocks. There is room for our souls to find salvation and freedom from sin and death. Will our hearts say yes? DO vs. DONE. My former boss was and remains for me larger than life. I respect the heck out of him and he's one of the rare souls that pushed me into tapping into my gift and talents. I pray everyone experiences a boss who can push you but do so with utmost respect and care. He had a rule for our team that when we spoke about the services we provided, we adapt the mindset of DO vs. DONE. In our faith journeys respectively, it's one thing to speak about your faith in regard to "DOs" but when we tell others what God has "DONE" for us has, it makes me frankly want to leap from my chair. What has GOD DONE for you and me today? My goodness where do I begin?! We are so consumed by this that sometimes we miss the DONEs. Lord, I plead don't let us miss what you have DONE! You are ever FAITHFUL to us, even when we aren't faithful to you. AMEN.

PSALM 66: 16-20 Come and hear, all you who fear God; let me tell you what he has done for me. 17 I cried out to him with my mouth; his praise was on my tongue.



## Health and Wellness Corner By: Christopher Brown MD, MPH, FACP

## Cardiomyopathy: An Overview for African Americans

Heart disease is the number one killer of African Americans. Included in this umbrella term of

heart disease is a condition commonly known as heart failure that is referred to as

cardiomyopathy in the medical community.

Cardiomyopathy is a term that includes a group of heart conditions that negatively affect the heart muscle. These conditions can lead to the heart enlarging, getting thicker, or stiffer in a way that it interferes with the heart doing its job. It is crucial for African Americans to be well-informed about cardiomyopathy, as this disease can lead to severe disability or even death.

Definition of Cardiomyopathy:

Cardiomyopathy refers to diseases of the heart muscle that compromise its ability to pump blood effectively. This condition can

blood effectively. This condition can manifest in different forms, including dilated, hypertrophic,

and restrictive cardiomyopathy. These different forms refer to the effect of various diseases on

heart muscle. Understanding the nuances of cardiomyopathy is essential for recognizing potential symptoms and seeking timely medical attention.

18 If I had cherished sin in my heart, the Lord would not have listened; 19 but God has surely listened and has heard my prayer. 20 Praise be to God, who has not

20 Praise be to God, who has not rejected my prayer or withheld his love from me!

Major Causes: Various factors contribute to the development of cardiomyopathy, and African American are

disproportionately affected by a number of different risk factors.

Common causes include hypertension (high blood pressure), coronary artery disease, diabetes, obesity, and a family history of heart disease.

Socioeconomic factors can also play a role, emphasizing the importance of addressing disparities in healthcare access and promoting preventative measures within the African American community.

Next week I will cover how cardiomyopathy is diagnosed and , treated.

The information provided in this article is for informational purposes only. It does not substitute professional medical advice, diagnosis, or treatment. Readers should consult healthcare professionals for personalized guidance.



clothing items distributed

BREAD OF LIFE FOOD PANTRY

1,141 Individuals Served

Z LINDEN FRESH MARKET

34,543 People Served 207,695 Food distributed Dec./Jan

COMMUNITY DINNER

**691 Meals Served** 









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