



The Monthly Chronicle

Dr. Mitchell M. Walker, Sr., Pastor-Teacher

Website: www.churchstcpca.org
secretary@churchstcpca.org

E-mail:

March 2017

2017 Theme: "Christian Disciples: Maturing through Worship, Study, Service and Fellowship – Hebrews 10:24-25"

FROM THE PASTOR



As we end African-American History Month, celebrating our gains and victories that have been won through our struggles and sufferings; we are reminded that there is much more to do in this our present day. The struggle for justice, freedom and equity continues!

We **THANK GOD** for the doors that have been opened and for the opportunities that have been realized We **THANK GOD** for those who were ahead of us, who stood up, spoke up, sat in, and gave their all to pave the way for progress to be made. They gave of their time. They gave of their energies and efforts. They gave of the measure of their lives. They suffered and endured much. They sacrificed much, so that we their heritage might enjoy the blessings of a better day.

And yet, we cannot and must not forget the costs that brought us to this day. We must continue to tell the stories of what was, lest some plow ahead to roll back the gains. With the inauguration of a new administration in Washington, we must be vigilant and wise.

Let's not lose sight of this our season to make a difference for those who are not only with us but also for those who follow us.

And then, as the month of March enters -we remember that March 1st is ASH WEDNESDAY, the beginning of the LENT season. Choose to give up some things during this time. But also, choose to add that which makes us healthier in mind, body and spirit.

As Chris Seay writes in *A Place at the Table: 40 Days of Solidarity with the Poor*, "We need to take time to connect with the poor, resist our unceasing cravings, and pray. But we also need to gather with friends and family, share in God's good provision, eat delicious food, tell stories that encourage us all, and celebrate the risen Lord."

I challenge us all...**EACH ONE REACH ONE!** There are many who are *unchurched* in our community. Some of those *unchurched* are *unsaved*, those who have never accepted Jesus Christ as savior and Lord. Let's seek to win them. Whereas, there are others who are *unchurched* who are Christians who are *dechurched*, those who have just given up on the church for various reasons. Let's reclaim them.

Let's labor together so that Church is more than Boyce Bowden's description, "A church can degenerate into an exclusive club focused only on its own survival and success. A church can also be an organized judgment machine that sorts out the sheep from the goats, a rumor mill that manufactures and distributes gossip. It can tear people down instead of building them up, depress people instead of inspiring them, run people off instead of welcoming them, weaken their trust and commitment to God instead of strengthening it." Let's overcome this.

Anticipating LENTEN Blessings!

Pastor Walker

"Soli Deo gloria: to God alone the glory. That was the motto of the college where I did my first degree. It is my heartfelt wish that it could serve as an appropriate epitaph to my life upon my death. Soli Deo gloria: not my will; not my mind; not my heart; not my strength; not my choice; not my commitment; not my doctrine; not my doings or achievements. To God alone the glory. It's as close as I come to having a mantra in my life. Soli Deo gloria. Amen." (Tom Wilkens)

12. And immediately the spirit driveth him into the wilderness. 13 And he was there in the wilderness forty days, tempted of Satan; and was with the wild beasts; and the angels ministered unto him.

Mark 1:12-13

**7-Week Lenten Study for Thursdays,
12:00-12:45**

"Spiritual Disciplines"

Study 1: THE SECRET OF SATISFACTION

Study 2: SPIRITUAL GROWTH—MY JOB OR GOD'S?

Study 3: IMITATING CHRIST

Study 4: SILENCE AND SOLITUDE

Study 5: THE BENEFIT OF FASTING

Study 6: LECTIO DIVINA

Study 7: SACRIFICIAL GIVING

**State President of the
Alabama NAACP to Speak
at Church Street CPCA**



Deacon Benard Simelton, State President of the Alabama NAACP, will be our Guest Speaker at both the 8am and at the 11am Services of Worship at Church Street CPCA on Sunday morning, February 26th, 2017. Hear our State President at this special time in the life of our state and nation. The Gospel Ensemble will provide the music at 8am and the Chancel Choir will provide the music at 11am. WELCOME!!!
MMW, SR.



**228 Church Street, Northwest
Huntsville, Alabama 35801-
5541**

Church Phone: 256-536-0922 or 256-536-6344

www.churchstepca.org

The Ministers of Church Street CPCA

Dr. Mitchell M. Walker, Sr., Pastor-Teacher

Dr. Henry Bradford, Jr., Pastor Emeritus

Dr. Willie T. Brown

Reverend Al Garrett

Reverend Fred Richardson

Reverend Paula Rooks

Licentiate Felecia Ewing

At Church Street CPCA

Worship Service

8am & 11am Sunday

Children's Church

8am – 1st and 3rd Sunday

Sunday School

9:30am – Sunday

**Fifth Sunday Combined Worship Service – 9:30
am**

Sunday School – 8:30 am

Fourth Sunday

Family Worship Emphasis

Bible Study

11:30 & 6:30 Wednesday

Children's Bible Study

5:00pm – 6:00pm

Wednesday

Radio Broadcast – WEUP

2:30pm – Sunday

Video Tape Ministry - CD, DVD \$10

Contact the Church Office

Ash Wednesday/Lent Begins ~ March 01
Holy Communion ~ March 5
Day Light Savings Time Begins ~March 12
~ "Spring Forward"
Choir Exchange with Christ Church ~
March 19



The Daffodils

I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle in the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced; but they
Outdid the sparkling waves in glee;
A poet could not but be gay,
In such a jocund company;
I gazed – and gazed – but little thought
What wealth the show to me had brought:

For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

William Wordsworth

VISION STATEMENT, MISSION STATEMENT, & CORE VALUES

Vision: Church Street CPCA aspires to live faithfully, peacefully, and lovingly; growing through change and spreading the gospel to the world.

MISSION: We, a united body, are equipped, focused, and entrusted by God to obey His great commission and commandments. We lead through: biblical study, worship and witness; exemplifying love for mankind; sharing Jesus' examples through righteous living, ministries, teachings, actions, and evangelical service throughout the church/community and world.

Core values/statements (principles/worth that summarize/enhance mission)

- A. Acknowledge that God is head and center of our lives
- B. Boast in the Lord
- C. Connect and commit to ministries
- D. Dedicated and accountable to vision, mission and discovering gifts
- E. Evangelize (inside/outside/everywhere)
- F. Faithful and forgiving
- G. Give cheerfully (stewardship - time/talent/thanks - total praise)
- H. Humble and hopeful
- I. Inclusion - every person matters; all are God's diverse children
- J. Join in ministry - **all** are spiritually gifted; join in fellowship
- K. Kindness and self-control
- L. Love - This is not optional
- M. Motivate and encourage each other
- N. Never miss opportunity to do right things, right
- O. Obedient to God's will/His word
- P. Prayerful
- Q. Quiet time -- patience/wait on the Lord
- R. Respectful - value relationships
- S. Study; learn to be selfless stirred to serve in every way to the glory of God
- T. Trust in God; thank Him daily
- U. United and useful. All = 1 blessed body
- V. Volunteer - Harvest is plentiful; laborers are few
- W. Worship, work, and walk spirit filled
- X. X-ray - eXpose -- let light shine everywhere/everyday
- Y. You take the lead -- Here I am, send me"
- Z. Zealous -- in total praise, worship, service, and witness for the Lord

Note: Our **vision** is a **goal** we seek to attain. **Mission** is **why** we exist & how we operate; a little more in-depth supporting the vision. It's our in-house business strategy; X nr. Paragraphs not necessarily advertised or learned as our vision. It can always be more detailed/developed into several objective paragraphs. Core values enhance/further help explain to define mission (task breakout). **God gives the church universal, a mission - Matt 28:19-20** Thereby, we so layout as to how we incorporate this (it's) mission.

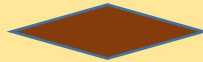


Today

A Great Day

So if you faithfully obey the commands I am giving you today—to love the Lord your God and to serve him with all your heart and with all your soul—then I will send rain on your land in its season, both autumn and spring rains, so that you may gather in your grain, new wine and oil.

DEUTERONOMY 11:13-14



Have I thanked You for today yet, Lord? I meant to. Sometime between breakfast and my afternoon meeting, I had planned to thank You. With each passing year I am beginning to understand the value of every clean slate of 24 hours. I regret all the years I did not understand what a privilege it is to be alive. It took me even longer to understand what a privilege it is to be me. You made me. You know me. You love me. When I wake up to these truths and let them sink in, I feel my spirit awaken.

I realize how lopsided I am from carrying past baggage. I bring it along for false security and sometimes to dredge up my list of mistakes. I am about ready to drop these bags at Your feet. In the meantime, I really wanted to thank You for today.

"As the day is in the potters hand so are you in my hand" (Jeremiah 18:6).



God Can Restore You

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God Can Restore You

The prophet Jeremiah writes: I went down to the potter's house, and there he was, making something at the wheel. The vessel that he made of clay was marred in the hand of the potter; so he made it again into another vessel, as it seemed good to the potter to make. Then the word of the Lord came to me saying, "can I not do with you as this Potter" says the Lord. "Look, as the clay is in the potter's hand, so are you in my hand. There are three important lessons in the story for you: (1) As long as you stay pliable and responsive to God, he will never throw you away. Instead, he will mold you into something he can use. (2) When others put you down, God will lift you up. A potter doesn't press down on the Clay, he continuously lifts it up and shapes it as it spins on the wheel. And God will do that for you too. David said, "he brought me out of a horrible pit, out of the miry clay, and set my feet upon a rock, and establish my steps" (Psalms 40:2). (3) Notice whose foot is on the wheel. If he could, Satan would have thrown you are the wheel a long time ago, but he can't. Look under the table and see who's foot is on the wheel: the potters! Nothing can separate you from God's love (Roman 8:39). The word for you today is "as the Clay is in the potters hand, so are you in my hand"

Submitted By
Elder Oden

A Moment in Black History



**Black History
Month: 2017
Theme Studies
Nation's 'Crisis In
Black Education'**

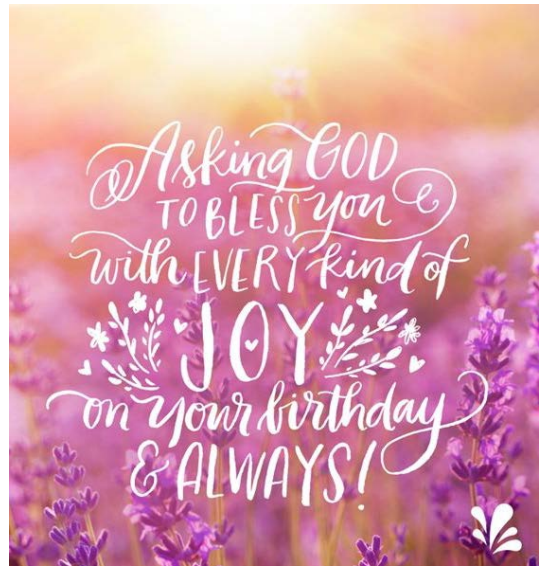
Dr. Larry Collier delivered a compelling speech in his Black History Moment on Sunday, February 19, 2017. Under a captivated congregation, he enlightened church members of the education crisis and the disturbing disparities that still exist among Black students. Addressing the crisis in Black education should be considered one of the most important goals in America's past, present and future.

Church Street CPCA welcomes



Church Street CPCA welcomes distinguished guests Kristeen Baker, Investigator, and Wendy Garth, District Manager with the State of Alabama Pardons & Paroles Office to its service on Sunday, February 12, 2017.

To God be the Glory



March 2017

Lady Tucker - 1
Alannah Barley - 6
Brenda Forte - 7
Ethel Blair - 8
Larry Collier - 10
Cathene Gertman - 10
Bonita Stafford - 11
Wilma Porter - 16
Jeremy Jones - 17
Lillian Taylor-Fox - 21
Aumarea Franklin - 22
Lateisha Brandon - 23
KeKe Chisolm - 23
Da'Niya Brandon - 27
Justin Ragland - 28
Christina Coleman - 30
Marsha Barbour - 31



Kentrell & Deanna Bone
James & Bonita Stafford
Eddie & Ra'Chelle
Franklin
Ray & Cathene Gertman
Robert & Bernice
Richardson
Michael & Carolyn
Coleman
Frederick & Burnetta
Richardson
Michael & Brenda Forte'



MARCH – WOMEN’S HISTORY MONTH

(2017 National Theme: “*Honoring Trailblazing Women in Labor and Business* ”)

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The 2017 theme for National Women’s History Month honors women who have successfully challenged the role of women in both business and the paid labor force. Women have always worked, but often their work has been undervalued and unpaid.

The 2017 Honorees represent many diverse backgrounds and each made her mark in a different field. Additionally, the Honorees’ work and influence spans three centuries of America’s history. These women all successfully challenged the social and legal structures that have kept women’s labor underappreciated and underpaid.

Facing stark inequalities in the workplace (lower wages, poor working conditions, and limited opportunities), they fought to make the workplace a less hostile environment for women. They succeeded in expanding women’s participation in commerce and their power in the paid labor force. As labor and business leaders and innovators they defied the social mores of their times by demonstrating women’s ability to create organizations and establish their own businesses that paved the way for better working conditions and wages for themselves and other women.

They proved that women could succeed in every field. While each Honoree is extraordinary, each is also ordinary in her own way, proving that women business and labor leaders can and should be considered the norm. Most importantly, the 2017 Honorees paved the way for generations of women labor and business leaders to follow.

Some of 2017 National Women’s-History-Month Honorees



Alexis Herman
(1947)
Former Secretary of Labor

Born in Mobile, Alabama, Herman began her career working for Catholic Charities helping young people find work. At the age of twenty-nine, President Carter's appointment made her the youngest director of the Women's Bureau in the history of the Labor Department. In 1992, she became the 1st African American woman to serve as an Assistant to the president as the Director of the White House Office of Public Liaison. On May 1, 1997, Herman was sworn in as America's 23rd Secretary of Labor and the first African American ever to lead the United States Department of Labor. During her tenure as a member of the President's Cabinet she also served as a valued member of the National Economic Council.

As Secretary, Herman focused on a prepared workforce, a secure workforce, and quality workplaces. With that mandate in mind, she consolidated the Department's wide array of skills development programs into a simpler, more efficient system. Herman led the effort to institute a global child labor standard; moved people from welfare to work with dignity; and launched the most aggressive unemployed youth initiative since the 1970's. Under her tenure, unemployment reached a thirty-year low and remains so today. The nation witnessed the safest workplace record in the history of the Department of Labor. Currently Alexis Herman serves as chair and CEO of New Ventures, LLC a Risk Management Firm.. She continues to lend her expertise and talent to many corporate enterprises and nonprofit organizations. Herman is a former trustee of her alma mater, Xavier University of Louisiana. She Co-Chaired the Bush Clinton Katrina Fund and was a member of the board of the Clinton Bush Haiti Fund. Presently, she chairs the Toyota Diversity Advisory Board. Her nonprofit work today includes: serving as a Trustee for the National Urban League, a member of the Executive Board of Delta Sigma Theta Sorority, Inc., and the president of the Dorothy I. Height Educational Foundation.



Maggie Lena Walker
(1864 – 1934)
Businesswoman and Community
Banking Leader

Maggie Lena Walker was the first African American woman in the U.S. to charter a bank. Her success as a business leader and community organizer made her an inspiration to African Americans and women across the country.

Raised in post-Civil War Richmond, Virginia, Walker gained leadership experience as a teenager when she joined the Independent Order of St. Luke. This fraternal organization promoted humanitarian causes and encouraged individual self-help efforts. Walker held numerous leadership positions and in 1899 she took the top leadership role of Right Worthy Grand Secretary; a post she held until her death. Under Walker's leadership the Order significantly increased its number of chapters and greatly improved its financial solvency.

In 1902 she created a newspaper, the St. Luke Herald, to improve communication between the Order and the public. In 1903 Walker established the St. Luke Penny Savings Bank and served as its first president. Walker gained notoriety as the first African American woman to charter a bank. Walker's bank later merged with two others, forming the Consolidated Bank and Trust Company, and she served as chair of the new bank's board of directors until her death. The bank thrived as the oldest continuously African American-operated bank in the U.S. until 2009.

Walker's continued success in business gave her additional opportunities to pursue her goals of empowering African Americans and women. She served on the boards of many women's groups including the National Association of Colored Women, and the Virginia Industrial School for Girls. Walker served as a local vice president of the NAACP and as a member of the Virginia Interracial Commission.

Maggie Walker was married to Armstead Walker Jr. and the couple had two sons. She died in 1934 after suffering from paralysis and being confined to a wheelchair for the last six years of her life. Her home, in the historic Jackson Ward neighborhood of Richmond, is now a National Historic Site operated by the National Park Service.



Yvonne Walker
(1959)
President, Service
Employees International
Union (SEIU) Local 1000

Yvonne Walker is President of SEIU Local 1000. Her efforts towards economic and social justice are felt not only by her California constituents, but also by workers across the country and around the world.

Walker grew up in a military family and served herself as a Marine, where she honed her leadership skills. In 1995 she took a job as a legal secretary for the California Department of Justice. She soon got involved in her union and led efforts to organize her colleagues. Walker quickly rose in union leadership serving as Chair of the Office & Allied Workers Bargaining Team, and later as Vice President of Bargaining statewide. In 2008 Walker became President of SEIU Local 1000, the first African American woman to serve in this role. As President, Walker represents more than 95,000 public and private sector employees in CA. Her leadership has empowered workers and their families to have a collective voice in the fight for economic and social justice. She leads struggles against cuts to pensions, wages, benefits, and health care. Known as an expert problem solver and innovative thinker, Walker is a sought after contributor to many national and international efforts. She served on the board of SEIU's International Futures Committee, which brings together union leaders worldwide to strategize about visions for the future and how to get there. Walker is especially committed to the fight for retirement security. Towards this effort she chairs SEIU's International Retirement Security Committee and sits on California's Secure Choice Retirement Investment Board.

Though in many leadership roles, Yvonne Walker is always on the front lines of the fight with and for the rights of low-wage workers. Her efforts have won her the trust of the 95,000 California workers she represents. She has also received awards from numerous organizations, most notably the Coalition of Labor Union Women.



Addie L. Wyatt
(1924 – 2012)
Labor Union Leader and Civil
Rights Activist

Born in Mississippi in 1924, she came to Chicago in 1930 and helped care for her seven brothers and sisters. She married Claude S. Wyatt Jr. at the age of 16 and applied for a job as a typist for Armour and Company. However, African American women were not hired as typists so she was sent to the canning department.

In 1953, Wyatt became the first black woman elected to office in Local 56 of the United Packinghouse Workers of America (UPWA). An ordained minister, she and her husband founded the Vernon Park Church of God in Chicago in 1955 and began their work with Dr. Martin Luther King, Jr. They participated in major civil rights marches including the March on Washington and the march from Selma to Montgomery, Alabama.

Addie Wyatt was also a leader in the struggle for the Equal Rights Amendment. Eleanor Roosevelt appointed her to the United States Commission on the Status of Women in the early 1960s and in 1966, she was a founding member of the National Organization for Women.

Wyatt became a founding member of the Coalition of Black Trade Unionists in 1972. Two years later she was the pivotal force in the founding of the Coalition of Labor Union Women (CLUW) where she gave the keynote speech addressing 3,200 women.

In 1975, TIME Magazine named her one of the "Twelve Women of the Year." A year later she became International Vice President of the United Food and Commercial Workers. As a leader in the labor movement, the civil rights movement and the women's right movement, Addie L. Wyatt was known for her patience and persistence. She was a conciliator who built bridges for greater inclusion and for leadership opportunities for women and minorities. She counseled Barack Obama when he was a young community organizer in Chicago. Rev. Addie L. Wyatt passed away in 2012. There she fought against gender and race based inequities and for equal pay for equal work.

I can all things through Christ which strengtheneth me.
Phillippian 4:13

The Season of Lent

(Upper Room Ministries)

What is Lent?

Lent is a season of the Christian Year where Christians focus on simple living, prayer, and fasting in order to grow closer to God.

When is Lent? It's the forty days before Easter. Lent excludes Sundays because every Sunday is like a little Easter. Basically, it's about one-tenth of a year (like a tithing of time). Mardi Gras is the day before Lent, which begins with Ash Wednesday. This year it's from March 1 (Ash Wednesday) to April 16 (Easter), 2017.

Mardi Gras? What does that have to do with JESUS?? Mardi Gras means "Fat Tuesday." It refers to the day before Lent starts. Since Lent always starts on a Wednesday, the day before is always a Tuesday. And it's called "Fat" or "Great" because it's associated with great food and parties.

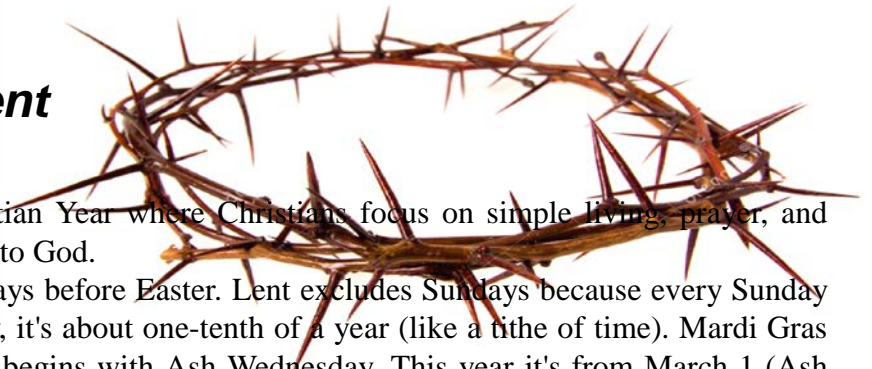
In earlier times, people used Lent as a time of fasting and repentance. Since they didn't want to be tempted by sweets, meat and other distractions in the house, they cleaned out their cabinets. They used up all the sugar and yeast in sweet breads before the Lent season started, and fixed meals with all the meat available. It was a great feast! Through the years Mardi Gras has evolved (in some places) into a pretty wild party with little to do with preparing for the Lenten season of repentance and simplicity. Oh well. But Christians still know its origin, and hang onto the true Spirit of the season.

So the real beginning of Lent is Ash Wednesday? Yes. Ash Wednesday, the day after Mardi Gras, usually begins with a service where we recognize our mortality, repent of our sins, and return to our loving God. We recognize life as a precious gift from God, and re-turn our lives towards Jesus Christ. We may make resolutions and commit to change our lives over the next forty days so that we might be more like Christ. In an Ash Wednesday service, usually a minister or priest marks the sign of the cross on a person's forehead with ashes.

Why ashes? In Jewish and Christian history, ashes are a sign of mortality and repentance. Mortality, because when we die, our bodies eventually decompose and we become dust/dirt/ash/whatever. Repentance, because long ago, when people felt remorse for something they did, they would put ashes on their head and wear "sackcloth" (scratchy clothing) to remind them that sin is pretty uncomfortable and leads to a sort of death of the spirit. This was their way of confessing their sins and asking for forgiveness.

Where do the ashes come from? On what we now call Palm Sunday, Jesus rode a donkey into Jerusalem while people waved palms and cheered him on. Less than a week later, Jesus was killed. The palms that were waved in joy became ashes of sorrow. We get ashes for Ash Wednesday by saving the palms from Palm Sunday, burning them, and mixing them with a little oil. It's symbolic.

What do Christians do with ashes? At an Ash Wednesday service, folks are invited to come forward to receive the ashes. The minister will make a small cross on your forehead by smudging the ashes. While the ashes remind us of our mortality and sin, the cross reminds us of Jesus' resurrection (life after death) and forgiveness. It's a powerful, non-verbal way that we can experience God's forgiveness and renewal as we return to Jesus.



So what is LENT?

At Jesus' baptism the sky split open, the Spirit of God, which looked like a dove, descended and landed on Jesus, and a voice from heaven said, "This is my Son, My Beloved, with whom I am pleased." Afterward, as told in Matthew 4:1-11, Jesus was sent into the wilderness by the Spirit. Where he fasted and prayed for 40 days. During his time there he was tempted by Satan and found clarity and strength to resist temptation. Afterwards, he was ready to begin his ministry.

(Speculation)

Maybe Jesus needed some time with God to sort through the major changes happening in his life. Maybe he needed to get away from family, friends and the familiar routine in order to see God (and himself) more clearly. Perhaps he wanted some intentional time with God as he searched for direction and answers like you. Like Jesus, we may need to take some serious time to pray and listen for God.

Why "DO" Lent? How do I start? Are you searching for something more? Tired of running in circles, but not really living life with direction, purpose or passion? It's pretty easy to get caught up in the drama of classes, relationships, family, and work. Our lives are filled with distractions that take us away from living a life with Christ. We try to fill the emptiness inside us with mindless TV, meaningless chatter, stimulants, alcohol, too many activities or other irrelevant stuff. We run away from life and from God. Lent is a great time to "repent" -- to return to God and re-focus our lives to be more in line with Jesus. It's a 40 day trial run in changing your lifestyle and letting God change your heart. You might try one of these practices for Lent:



FASTING: Some people have been known to go without food for days. But that's not the only way to fast. You can fast by cutting out some of the things in your life that distract you from God. Some Christians use the whole 40 days to fast from candy, TV, soft drinks, cigarettes or meat as a way to purify their bodies and lives. You might skip one meal a day and use that time to pray instead. Or you can give up some *activity* like worry or reality TV to spend time outside enjoying God's creation. What do you need to let go of or "fast" from in order to focus on God? What clutters your calendar and life? How can you simplify your life in terms of what you eat, wear or do

SERVICE: Some Christians take something on *for* Christ. You can collect food for the needy, volunteer once a week to tutor children, or work for reform and justice in your community. You can commit to help a different stranger, co-worker or friend every day of Lent. Serving others is one way we serve God.

PRAYER: Christians also use Lent as a time of intentional prayer. You can pray while you walk, create music or art as a prayer to God, or savor a time of quiet listening. All can be ways of becoming more in tune with God. Visit The Upper Room Living Prayer Center to [request a prayer](#), [pray for others](#), or [learn more about prayer](#).

Christians from many different traditions celebrate Lent. How will you use the time to grow closer to God?

TOP TEN THINGS YOU CAN TRY FOR THE LENTEN SEASON:

10. **Try an electronic fast.** Give up TV, Facebook, texting, tweeting, e-mail and all things electronic for one day every week. (Or everyday of Lent!) Use the time to read & pray.
9. **Start a prayer rhythm.** Each day of Lent, pray for another person.
8. **Go deeper into the Bible.** Worship In Light of the Cross.
7. **Forgive someone who doesn't deserve it (maybe even yourself.)** Study a book on forgiveness.
6. **Give up soft drinks, fast food, tea or coffee.** Be inspired to give up some food or drink as a way to grow closer to God. Give the money you save to help folks in a different part of the world who are in crisis.
5. **Create a daily quiet time.** Spend 10 minutes a day in silence and prayer. Read a daily devotional for the season of Lent. See how it can help you add spiritual practice to your daily life beyond Lent.
4. **Cultivate a life of gratitude.** Write someone a thank you letter each week and be aware of how many people have helped you along the way.
3. **Participate in a Lent Photo-a-Day practice** and pray each day with your camera in your hand.
2. **Volunteer one hour or more each week** with a local shelter, tutoring program, nursing home, prison ministry.
1. **Pray for others you see** as you walk as you walk to and from classes or drive to and from work.



March

Colorectal Cancer Awareness Month

Sponsor: [Prevent Cancer Foundation](#)

Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects people in all racial and ethnic groups and is most often found in people age 50 and older.

The good news? If everyone age 50 and older were screened regularly, 6 out of 10 deaths from colorectal cancer could be prevented. Communities, health professionals, and families can work together to encourage people to get screened.

How can Colorectal Cancer Awareness Month make a difference?

We can use this month to raise awareness about colorectal cancer and take action toward prevention. Communities, organizations, families, and individuals can get involved and spread the word.

Here are just a few ideas:

Encourage families to get active together – exercise may help reduce the risk of colorectal cancer.

Talk to family, friends, and people in your community about the importance of getting screened for colorectal cancer starting at age 50.

Ask doctors and nurses to talk to patients age 50 and older about the importance of getting screened.

How can I help spread the word?

We've made it easier for you to make a difference. This toolkit is full of ideas to help you take action today. For example:

[Add information about colorectal cancer to your newsletter.](#)

[Meet about Colorectal Cancer Awareness Month.](#)

[Host a community event where families can be active while learning about local health resources.](#)

[Add this Web badge to your website.](#)

Physical Activity

30-Second Fitness: A Healthy Guide to Binge Watching

This article appears in the [February 2, 2017 issue](#) of [AICR's eNews](#).



If cold weather and new shows have sucked you in to binge watching, it's time to get creative: seize this opportunity to break it up and move more. We've compiled six, 30-second exercises that will interrupt your sitting – but not the show - and get you closer to meeting AICR's activity recommendation for cancer prevention.

Set a timer to alert you every 30 minutes to get up and get moving. Keep your timer handy to start with one bout of 30 seconds every half hour. Aim for some combination of exercises below that will get you moving for 5 minutes.

Get everyone involved - challenge friends and family to join you and make it a friendly competition.

1. Jumping Jacks: Just 30 seconds of jumping jacks will boost your heart rate and give you a workout for both your upper and lower body.
Challenge: increase the number of jumps you do each time.

2. Plank: Planks help strengthen your core – back and abdominal – muscles. Start with a 30-second and work up to one minute. Begin with the front plank and later on, try a side plank. Here's how:



Front plank: Begin lying flat on your stomach. Bend arms at the elbows to support your upper body, centering the elbows under the shoulders. Lift body off the ground, using abdominal strength and toes to hold yourself up, keeping the back straight.

Side plank: Lie on your side with left leg on top of the right. Raise upper body and place right elbow beneath the right shoulder. Your elbow should be bent at a 90-degree angle and resting on the ground. Repeat on left side.

Challenge: work up to one minute.



3. Lunges: Standing lunges will help you develop balance and strengthen your lower body. Here's how:

With one leg, step backward until the thigh of the forward leg is parallel to the ground or as far as feels comfortable. Your back knee should come close to the floor but not touch it.

Push with the front leg, driving your heel into the floor, return to the starting position.

3-Minute Office Workouts

Check out these workplace exercise ideas that you can do at home.



■ **Wall Sit:** A wall sit is perfect to help you focus and it's a workout for your legs. Here's how:

Stand up against a wall and bend your knees until they're at 90-degrees, with your back flush against a wall. It's also called the invisible chair. Start with 30 seconds (or however long you can hold it).

5. Pushups: This boosts upper body strength and can also work your abs. Choose the regular or modified. Aim for 15 in 30 seconds!

Modified

Start on your hands and knees with your hands just outside shoulder-width and slightly forward of your shoulders. Make sure your knees are directly aligned with your hips. Keep your abdomen tight and your spine in a neutral position.

INHALE: Bend your elbows and lower chest to 90 degrees at the elbows.

EXHALE: Push up so that your arms are straight, making sure your elbows aren't completely locked.

Pushups

Pushups

Start with hands shoulder-width apart on the floor and up on your toes, so that your body is supported. Keep your body as straight as possible.

INHALE: Bend your elbows and lower chest to 90 degrees at the elbows.

EXHALE: Push up so that your arms are straight, making sure your elbows aren't completely locked.

6. Jog or March in Place: Set a pace you feel comfortable with, then set a timer and start. Work a little harder by lifting your knees high. Keep it up for 30 seconds or more.

Focus on Nutrition

Cinnamon

--The Spice of Life--



Cinnamon or true cinnamon from Ceylon or Sri Lanka is a wonderful aromatic spice obtained from the inner bark of a small evergreen tree. It is lighter in color and sweeter than its well-known cousin Cinnamon cassia. Cinnamon cassia has a stronger taste and is more commonly found in the United States.

Both varieties of cinnamon are used to add flavor to coffee, yogurt, oatmeal, cookies, cakes, tea and pies. Cinnamon is even a secret ingredient in 'cola' soft drinks. Americans buy more than 10.5 million ounces of cinnamon each year.

This delicious and widely used spice has several powerful health benefits due to its antioxidant properties. One serving of cinnamon contains five times as many antioxidants as a half cup of blueberries.

10 Cinnamon Health Benefits

Prevent fungal infections: Cinnamaldehyde the active chemical compound found in Cassia cinnamon could help prevent and fight against bacterial and [fungal infections](#).

Anti-inflammatory pain reliever: Recent studies have shown cinnamon reduces inflammation associated with arthritic pain. The antioxidants in cinnamon destroy and neutralize free radicals in joint cartilage that causes inflammation. The long-term pain relieving effects are still being researched. The [National Center for Complementary and Alternative Medicine \(NCCAM\)](#) does not recommend consuming over six grams of cinnamon daily.

Regulates Your Blood Sugar: Cinnamon a great supplement choice if you have type 2 diabetes and if you want to [keep your blood sugar levels steady](#). Cinnamon works to control the release of insulin absorption in the blood stream and tissues and as an added bonus it can also help lower blood pressure.

Reduces LDL levels: Low density lipoproteins (LDLs) are a type of cholesterol naturally occurring within the body. It is often referred to as the "bad cholesterol" because it clings to the inside of artery walls causing them to narrow. Studies suggest cinnamon may lower bad cholesterol levels and reduce cardiovascular disease.

Get a burst of energy: Cinnamon is a great spice to add to breakfast because it influences a gradual release of energy over an extended period of time. Cinnamon keeps blood sugar levels at consistent levels. Consistent blood sugar levels allow for long lasting energy minus the sugar crashes associated with energy drinks or too much caffeine.

Reduces risk of cancer: Free radicals can not only damage of cells but the DNA inside them as well. This causes cells to produce mutated cancerous cells. The antioxidant properties of cinnamon help aid in: DNA repair, Hormonal regulation, Apoptosis (self induced destruction of cancer cells), Reduce the effects of carcinogens in cell membranes

Probiotic: Cinnamon has shown effectiveness against *H. pylori* and other pathogens within the digestive system. Cinnamon has antibacterial properties and cinnamon oil was found to reduce intestinal Candida.

Boost metabolism and lowers the effects of high fat meals: Cinnamon may help the body metabolize fat and regulate energy more efficiently. In a study done at Penn State, participants who ate a high fat meal containing cinnamon had a slowed insulin reaction. This allowed more fat calories to be burned and created a steady energy release over time.

Stress relief: One interesting health benefit of cinnamon is that it reduces blood pressure. The scent of cinnamon can reduce irritability, migraines, and even decrease frustration.

Reduces menstrual cramps: Cinnamon contains a natural chemical called cinnamaldehyde. Studies suggest cinnamaldehyde increases the hormone progesterone and decreases testosterone production in women, helping to balance hormones that cause cramps.

If you suffer from liver damage you might want to check with your health practitioner about consuming cinnamon and cinnamon flavored foods as cinnamon contains coumarin (Ceylon cinnamon contains lower levels of coumarin), which is linked to liver damage.

Add dash of cinnamon to your coffee or spice up your morning yogurt with the sweet scent of cinnamon. Sprinkle a pinch of it in beef and pork, you will have a Mediterranean inspired taste and get to enjoy all the health benefits cinnamon has to offer.

ANNOUNCEMENT BULLETIN BOARD
Church Street Cumberland Presbyterian Church in America
E-mail: secretary@Churchstcpca.org

International Travel with Bob Watkins (Rev Robert Watkins) <watkr@mac.com>

Dear Friends,

I have begun to get inquires about whether I will be scheduling a tour for 2017. The answer is—I am considering a trip to Greece and its islands. The link below describes the tour as offered by Gate 1 travel. The price quoted on this page is only good for certain spring dates. The summer departure date of July 8 prices at \$2,379 for an outside cabin on the cruise portion. This does not include airfare and of course summer fares are higher. So, I am also interested whether you would be able to travel in spring or only in the summer. Naturally, the spring dates are considerably less expensive due to demand and airfares.

The following web site gives all the details about itinerary, specific hotels, cruise portion, etc. I decided to use a less expensive tour group to assist those families traveling with several people.

Please let me know if you are interested in this trip and whether you can travel in the spring, summer, and/or fall.

Kindly,

Bob Watkins

https://www.gate1travel.com/mediterranean/greece/2017/cruise/greece-cruise-12dclagricnaeg17.aspx?utm_source=google&utm_medium=remarketing&utm_campaign=grecetours&advid=fe15deb6-eb26-49d8-9e1d-22fe8d32aca7

<https://www.gate1travel.com/mediterranean/greece/2017/cruise/greece-cruise-12dclagricnaeg17.aspx?utm_source=google&utm_medium=remarketing&utm_campaign=grecetours&advid=fe15deb6-eb26-49d8-9e1d-22fe8d32aca7>



Church Street CPCA Goes to Washington, DC

May 31 – June 4, 2017

Registration deadline is December 6, 2016 (\$99 deposit)

Contact: Rev Al Garrett or Sister Paula Hogans

**Friends of the Bradfords
Dr. Henry Bradford Jr. and
Mrs. Nell Lane Bradford
Scholarship Foundation, Inc.**

*Friend of the Bradfords
Inaugural Gala*

Saturday, March 25, 2017

6:00 PM

**Von Braun Center North Hall
Huntsville, Alabama**

Community Grief Support Group

A Time of Sharing and Mutual Support for Those Who Have Experienced the Death of a Loved One or Other Significant Loss

Tuesdays, 3:00-4:00 p.m.

Community Room

Hope Presbyterian Church

10001 Bailey Cove Rd.

(At the Intersection of Bailey Cove and Weatherly)

Huntsville, AL 35803

(Park on the east side of the building and use the door behind the white fenced playground.)

Facilitator:

The Rev. Carl Malm, M. Div.

Center for Loss, Grief and Change

An Inter-Faith Ministry of the

Huntsville Assoc. for Pastoral Care

256 883-6539

malmcarl@hotmail.com

Why a Support Group?

- We feel less alone
- We can share with those who will listen with understanding
- We can learn from one another
- When we help others, we help ourselves





PRAY FOR ME - (PUSH) **PRAY UNTIL SOMETHING HAPPENS.** We continue to pray for the lost and backslider. If you have family or friends in either of those categories, please remember the Church meets each *fourth Sunday at 4:00 p.m.* for corporate prayer. Come and join us!

“Commit to the Lord whatever you do and your plans will succeed”. Proverbs 16:3

Pray, not because people are doing it, but because it's the least you could do for all those who are affected. Pray for everyone. God listens. God cares.

INTERCESSORY PRAYER FOR OUR FAMILY AND FRIENDS:

Caleb Atnip, Naomi Bell,, Taylor Burns, Dr. Kathy Castilla, Catherine Crook, Alexis Daniel, Brandon Douglas, Katie Evans, Melody Forbes, Evelyn Hight, Linda Fay Hood, Robert Jackson, Deb Kampman, Donnie Love, Jr., Athelstine Malone, Pastor Mary Miller, Tonzie Moore, Ann Pettaway, Sylvester Pettaway, Thomas Richardson, Debra Rush-Santens, Youwana Safford, Beverly St. John, Mildred Skillman, Erika Smith Rosa Taylor, Tias Mignon Walker, Willie Fred Walker, Emma Warren, Adrian Wright, Angela Zeigler.

Condolences to:

Brother Ralph Malone in the passing of his aunt (Ms. Carrie J. Hinton – Bedford Heights, OH); **Mother Elaine (Pastor) Walker** in the passing of her cousins (Mrs. Susie M. Walker and Spc. Jason (J.G.) Garner); **Deacon Thad (Mother Cheryl) Brown** in the passing of his two cousins (Ms. Mary Smith – Pensacola, FL and Mr. Larry Phillips – Detroit, MI); **Elder-Elect Arbie (Sister Kiietti) Parker** in the passing of his aunt and great aunt of **Aiidin** (Ms. Olivia M. Parker- Birmingham, AL); **Pastor (Mother Elaine) Walker** in the passing of his cousin (Ms. Clementine Johnson - Muncie, IN); **Deacon Robert (Mother Brenda) Lewis** in the passing of his uncle (Mr. Lucillious Lewis – Jefferson, AL); **Sister Nannie Allen, Elder Narvell Patton, Sister Rita (Brother Larry) Collier and Sister Nyla Grace Collier** in the passing of their cousin (Barbara Suggs – Sheffield, AL); **Mother Olivia (Elder William III) Robinson** in the passing of her niece and cousin of **Sister Sonya Jones-Thomas** (Ms. Alberta McWilliams).

Our deepest sympathies go out to you and your family. May God give you the comfort and peace that you seek and may the soul of your loved one rest in peace.



Congregational Care Concern

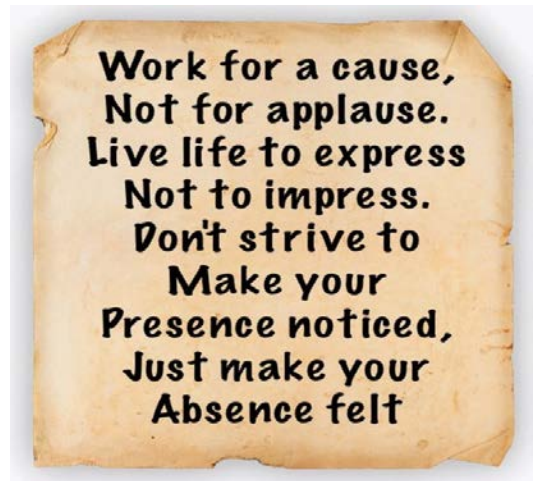
Sister Ethel Blair
Sister Patricia Bradley
Deacon Virginia Caples
Brother Ray Gertman
Sister Glenda Gill
Sister Ozell Hill
Elder Janice Hopkins
Sister Jackie Hurt
Sister Alice Jenkins
Sister Bernice Jones
Mother Julianne Lacy
Sister Sabrina Oliver
Sister Liz Sloan-Ragland
Sister Ashley Strong

Sister Irene Thomas
Sister Lady Shivers Tucker
Mother Hattie Wall
Deacon Roy Williamson
Sister Mary Knight
Elder W. G. Adams
-President Donald Trump
& family
Vice President Mike Pence
& Family
Governor Robert Bentley
Mayor Tommy Battle
Decatur City Schools
Huntsville City Schools
Madison City Schools
Madison County Schools

Dr. Jennie Robinson, Council
President
Dale Strong, Madison Co Com
Chairman
The Huntsville City Council
The Madison County
Commission
All Government Political
Leaders
All Educational Institutions
All Law Enforcement
The United States of America
The International Community
All US Military Personnel
Christ Church of Monrovia
CPC Phoenix City, AL



HELP FOR THE HOMELESS - A receptacle has been placed in the foyer to receive white socks (men & women), reading glasses, underwear (men & women), incontinence needs (depends), Vaseline, disposable razors, shaving powder, deodorants (regular size), cough drops, wash cloths, coupons for food, shuttle passes (\$1.00 each way), bottle water, allergy meds, cough medicine (alcohol free), over the counter meds, women sanitary needs. . *Let's be a blessing to others!*



HELP WANTED

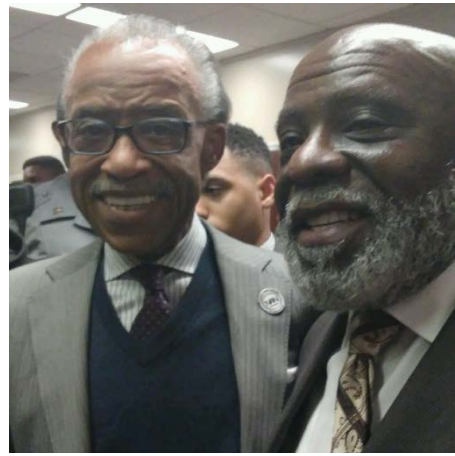
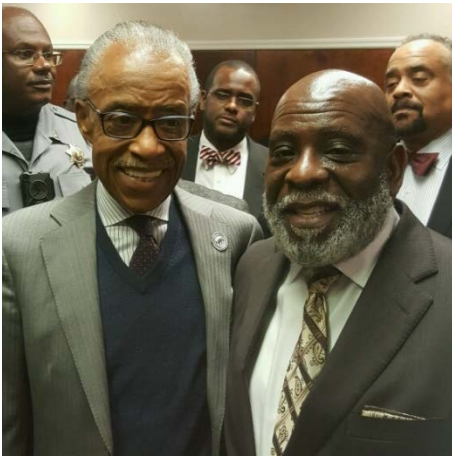
If you are interested in working with the newsletter ministry, please contact the church secretary, Ms. Dianne Bryant or Liz Jolly and let them know of your interest.

CHURCH NEWSLETTER – Our Newsletter Editor (Elizabeth Jolly) is working hard to produce the next monthly newsletter. Please submit your articles **by noon on the 15th of each month** for consideration. If you have articles or photos, please send them camera-ready.

THE PHOTO GALLERY



The Chancel Choir New Robe Dedication, Sunday, January 29, 2017



Pastor Walker with Reverend Sharpton on his visit to Oakwood College Campus



Praise Dancers – 2nd Sunday, 2-12-17



Timber and Pierre – our most recent converts



Church Street Bulletin Board and the Valentine Luncheon Display



The Senior Care Ministry Valentine Luncheon – 2/14/17









A GREAT BIG THANK YOU TO:

Catering by Narvell

Guest Musician – Sister Mary Curry

Guest Vocalist – Brother Tommy Lockhart

Guest Musical Group – The Blue Notes



The Senior Care Ministry Committee: Gladys Oliver, Dora Njigha, Wanda Hall, Liz Jolly, Deborah Smith, Maxine McMullen, Linda Kinlaw & Sandra Daniels, Peggy Steger (not on photo) and (Pastor Walker)

Church Street CPCA Adorns African Attire

Sunday, February 19, 2017



The Gospel Ensemble making a presentation to Deacon Dave Sales, who sang one last time on February 19, 2017 before he moves to Nashville, TN. Dave was a long time member of the GE and served as Choir President.



Building Steering Committee.

Officers: Lady Shivers Tucker – Chairman, Lamont Redrick – Co-Chairman, Lillian T. Fox – Recorder

Corey McCall – Alternate Recorder; Members: Christopher Brown, Larry Collier, Wanda Hall



God Said It, That Settles It



Theme: God confirms that Jesus is His Son. (Transfiguration Sunday - Yr. A)

Object: Several bumper stickers

Scripture: While he was still speaking, a bright cloud enveloped them, and a voice from the cloud said, "This is my Sone, whom I love: whith him I am well pleased. Listen to him!" Matthew 17:5 (NIV)

Every day we see cars with bumper stickers. Does your family car have a bumper sticker on it? What does it say? (Give the children an opportunity to share.) Some people have a bumper sticker to show support for their school or a favorite sports team. Others might have a bumper sticker that says they love their dog. I have even seen some bumper stickers with a Christian message. One of the first I ever saw was one that said, "Honk if you love Jesus." You've probably seen that one. There is another one that says, "God said it, I believe it, that settles it!" That sounds pretty good at first, but if you stop to think about it, if God said it, that settles it — whether we believe it or not!

When Jesus was on the earth, there were a lot of different ideas about who he was. Many people thought that he was just a good teacher. Some people thought that he was Elijah or one of the prophets. There were some who thought he was John the Baptist. Even his own disciples didn't really understand who Jesus was. One day Jesus took three of his disciples -- Peter, James, and John -- up on a mountain so that they could be alone. While they were on the mountain, an amazing thing happened. Jesus' appearance began to change. His face shone like the sun, and his clothes became as white as the light. Then Moses and Elijah appeared and were talking with Jesus. The disciples couldn't believe their eyes! Then they couldn't believe their ears! They heard the voice of God saying, "This is my Son. I love him and I am pleased with him. Listen to what he has to say."

The Kiddie Korner

Well, from that moment on Peter, James, and John had no doubt about who Jesus was. He was the Son of God. God said it and that settled it. Peter himself said, "We were eyewitnesses of his majesty...we ourselves heard the voice that came from heaven when we were with him on the mountain." (2 Peter 1:16,18)

There are many people today who still don't know who Jesus is, but we know, don't we? He is the Son of God. How do we know? Because God said it and that settles it — whether others choose to believe it or not.

Dear Father, we thank you for sending Jesus, your Son. We know that he is your Son because you said so — and that settles it. In Jesus' name we pray. Amen.

The Transfiguration



After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. There he was transfigured before them.

MATTHEW 17:1-2

Recipe of the Month

Chicken Fricassee with Spring Vegetables Recipe



Active	Total	Yield
18	45	4

A comforting stew of [chicken](#) and vegetables in a velvety pan sauce hits the spot on a cool spring evening. Best of all, it comes together in 45 minutes, and you'll only have to use a single [skillet](#). A fricassee is a cross between a sauté and a stew, but you'll just call it delicious.

Ingredients

- 8 skinless, bone-in chicken thighs (about 4 lb.)
- 1 1/2 teaspoons kosher salt, divided
- 3/4 teaspoon black pepper, divided
- 1/2 cup all-purpose flour
- 2 tablespoons olive oil
- 1 (8-oz.) package cremini mushrooms, quartered
- 3 medium carrots, peeled and cut diagonally into 1/2-inch-thick slices (about 2 cups)
- 1 cup coarsely chopped leek (from 1 medium leek)
- 2 cups chicken stock
- 1/2 cup dry white wine
- 1/4 cup heavy cream
- 8 ounces asparagus, trimmed and cut into 1-inch pieces (about 1 cup)
- Hot cooked egg noodles
- Chopped fresh chives

How to Make:

- Pat chicken dry, and sprinkle with 1 teaspoon of the salt and 1/2 teaspoon of the pepper. Place flour in a large ziplock plastic freezer bag; add chicken to bag. Seal bag, and toss to coat with flour. Heat oil in a 12-inch cast-iron skillet over medium-high. Remove chicken from bag, reserving flour in bag. Shake excess flour mixture from chicken, and place, bone side up, in skillet. Cook chicken until deep golden brown, 4 to 5 minutes per side. Remove chicken to a plate, and keep warm.
- Add mushrooms to hot drippings in skillet; cook, stirring often, until beginning to brown, about 4 minutes. Add carrots and leek; cook about 3 minutes. Add 2 tablespoons of the reserved flour; cook, stirring constantly, about 1 minute. Add chicken stock and wine; cook, stirring often, until sauce thickens slightly, about 6 minutes. Stir in cream and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper; add chicken, bone side down, nestling chicken into sauce mixture.
- Cover, reduce heat to medium-low, and cook until sauce has thickened slightly and chicken is almost cooked through, about 15 minutes. Uncover and sprinkle with asparagus. Cover and cook until chicken is cooked through and asparagus is tender-crisp, about 10 minutes.
- Serve chicken, vegetables, and sauce over hot cooked noodles, and garnish with chives, if desired.

Test Kitchen Tip

Browning the chicken well makes the pan sauce rich and flavorful, so don't rush through this step.

Chuckles – God has a sense of humor: A merry heart doeth good like a medicine: but a broken spirit drieth the bones.
Proverbs 17:22

life is
BETTER
WHEN YOU'RE
LAUGHING!!!



Young Jesus at Bath Time



CHURCH STREET CPCA
228 Church Street NW
Huntsville, AL 35801-5541
Return Service Requested

2017 Women's History Month
Honoring Trailblazing Women in Business & Labor



**The Monthly Chronicle is a publication of Church Street Cumberland
Presbyterian Church in America**

228 Church Street NW ~ Huntsville, AL 35801

Editor: Sister Elizabeth Jolly

Administrative Assistant: Minister Dianne Bryant

Worship Services: Sunday 8:00am & 11:00am Sunday School: 9:30am

5th Sunday Combined Worship at 9:30am Sunday School: 8:30am

Phone: 256-536-0922 Fax: 256-536-6344

Email: secretary@churchstcpca.org

Web Site: www.churchstcpca.org