



Kingdom Life

ABUNDANT LIFE CHURCH OF CHRIST

VOLUME 5, ISSUE 2

FEBRUARY 2014

2014 THEME



Random Acts of Kindness

Make Someone's Day Today with a Random Act of Kindness!

Not only does a single kind action brighten the day of the person who receives it, kindness benefits the giver as well. Studies show that humans are naturally inclined to be generous and compassionate toward one another.

The life-changing benefits of altruism

Altruism may improve your mental and physical health, boost your self-esteem, create meaning and purpose in your life and foster a connection to your community.

- ◆ **Doing good will make you feel good.** When you do something nice for someone else, your brain releases two powerful mood boosters: dopamine and endogenous opioids. Experts call this "helpers' high", and it's also found to reduce stress and lower anxiety and depression.
- ◆ **It'll boost your health.** Helping someone face-to-face triggers your body to release oxytocin, a bonding hormone that's also responsible for lowering blood pressure and protecting your cardiovascular system. Kindness also activates the vagus nerve, which controls inflammation in the body.
- ◆ **You'll live longer.** People who volunteer tend to live longer than those who don't.

10 free random acts of kindness

It only takes a second to be kind and courteous to someone. Try one of these suggestions today.

1. **Hug your loved ones**, and always take the opportunity to tell them you love them.
2. **Hold the door open** for the person walking behind you.
3. **Offer your seat** to someone on the bus or train.
4. **Write a note of praise** to the manager of someone who has helped you (e.g., your waiter/waitress, a helpful flight attendant, the customer service representative who solved your problem, etc).
5. **Write something funny, kind or inspiring on a sticky note**, and leave it somewhere unexpected, such as the inside of a library book or on the mirror of a public restroom.
6. **Rake or mow** your neighbor's lawn.
7. **Clear the snow off** the car next to yours in the parking lot.
8. **Visit the local senior center** or nursing home.
9. **Pat the shoulder of someone who looks upset**, and offer encouragement.
10. **Smile at strangers**, and say "hello".

10 random acts of kindness that cost less than \$10

1. **Put change** in someone else's parking meter.
2. **Pay for the coffee** of the person behind you in line at the coffee shop.
3. **Buy a few extra groceries**, and drop them off at the nearest food bank.
4. **Pay the toll** of the car behind you.
5. **Give a homeless person a large plastic storage bag** containing a bottle of water, a couple of granola bars, tissues, a comb, a toothbrush and toothpaste.
6. **Send a handwritten note and small memento** to a friend, family member, neighbor or someone you haven't spoken with in a while. It's sure to make their day.
7. **Offer your change** when the person in front of you at the register is short of cash.
8. **Buy an inspirational book** for a friend who needs encouragement.
9. **Buy a dozen daisies or sunflowers** to give to the women at your office or to strangers on the street.
10. **Surprise a friend, loved one or co-worker** with their favorite beverage or snack.



SAVE THE DATES

- **Friday, February 14th** — **Valentine's Ball** in VA Beach — restorejoy.com
- **Monday, February 17th** — **President's Day**
- **Friday, January 21st** — **Home Fellowship @ 7p**
- **Saturday, February 22nd** — **Game Night @ 6-9 pm** — Lab. Family Center
- **April 3-5** — **PFW Get-Away @ Virginia Beach**
- **May 22-24** — **Men of Destiny Conference**

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FEBRUARY



| | |
|----------------------------|---------|
| Maxine Anderson | Feb. 2 |
| Otis Smith, III | Feb. 2 |
| David Corey | Feb. 3 |
| Burnnie Morant | Feb. 4 |
| Micahyl Davis | Feb. 5 |
| Teneja Burrell | Feb. 5 |
| Ayza Matthews | Feb. 6 |
| Harlan Young | Feb. 7 |
| Sondra Simpson | Feb. 7 |
| Sahara McRoy | Feb. 7 |
| Christina Bullock | Feb. 9 |
| Min. Willie Reese | Feb. 12 |
| Constance Ramirez-Gonzalez | Feb. 12 |
| Krystal Randolph | Feb. 14 |
| Lucy Braxton | Feb. 15 |
| Kacherra Smith | Feb. 15 |
| Deacon Alonzo Rentz | Feb. 17 |
| Domonique Corey | Feb. 17 |
| William Simpson, IV | Feb. 21 |
| Westley Simpson | Feb. 21 |
| James Bullock | Feb. 22 |
| Priscilla Talley | Feb. 22 |
| Kiersten Vaughan | Feb. 22 |
| Cierra Harris | Feb. 22 |
| LaTanya Foreman | Feb. 23 |
| Nancy Anderson | Feb. 24 |
| Richard Gooden | Feb. 25 |
| Mary Anderson | Feb. 27 |
| Runia Bullock | Feb. 28 |
| Pastor Gary Foreman | Feb. 28 |
| Breona Lightner | Feb. 28 |
| Elijah Satterwhite | Feb. 28 |
| Carolyn Rose | Feb. 28 |

CONGRATULATIONS FEBRUARY ANNIVERSARIES

Judge L. Estelle Roberts
2-21 29 Years

Power-Filled Get-Away !

Ladies, join us for a Power-Filled Weekend of Laughter, Fun, Fellowship and Spiritual Refreshing.

APRIL 3 — 5, 2014

Theme:

You Have a Purpose:
God has Great Plans for You

Prepare to rejuvenate your
mind, body and soul!!!

THE GET AWAY FUN WILL TAKE PLACE AT
THE FOUNDERS INN AND SPA
VIRGINIA BEACH, VA
TO REGISTER: 804.399.9599 EXT. 909
WWW.ALCCRICHMOND.ORG



Early Bird Registration

\$100.00 before Sunday, March 2, 2014
\$25.00 non-refundable deposit to secure space

Regular Registration

\$125.00 after Sunday, March 2, 2014

Payment Plan Options Available

Hotel Information (Founder's Inn)

\$145.00 Single Occupancy
\$85.00 per person Double Occupancy
\$65.00 per person Triple Occupancy
\$55.00 per person Quad Occupancy
Rates are per person, per night

Make hotel reservations by calling 1-800-926-4466 and
Specify: Abundant Life Church of Christ Women's Get-Away

Hotel Reservation Deadline: Saturday, March 1, 2014

Casual attire recommended!!

Get Away Schedule

Thursday 4-3-14 @ 7p
Friday 4-4-14 @ 10a & 7p
Saturday 4-5-14 @ 10a & 1p—free time thereafter

**POWER
PURPOSE
PLANS
PAMPER
PRAYER
PROSPER
PRAISE**



Lady Olivia Foreman
PFW Founder & Speaker



Pastor Cheryl Frazier
Temecula, California



Dr. Brenda Conyers
Richmond, Virginia

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THE SALT SHAKER



YOUTH SPOTLIGHT



The Specialty Center Dance Company at Thomas Dale High School
presents

THE WINTER DANCE CONCERT

THURSDAY JANUARY 30TH AT 7 PM
FRIDAY JANUARY 31ST AT 3PM
SUNDAY FEBRUARY 2nd AT 3PM

ADMISSION: \$ 5.00

Senior Citizens and Children under 5 are Free

Congratulations Noelani Corey

Noelani "Lani" Corey was recently featured on the cover of Thomas Dale High School Specialty Dance Company's Winter Dance Company. Over the past four years, her choreography has been featured in every dance performance at Thomas Dale. Recently, she was a guest choreographer for TDHS fall production of 'Cabaret'. Through her choreography, she continues to raise awareness about issues affecting society, such as mass suicide, dementia, mental health issues, and other disorders. Noelani will graduate on June 7th and plans to continue her education as a dance major. She also uses her gift of dance to bless God's people in the House of the Lord! Good job Lani!

1. I am America. I am the part you won't recognize, but get used to me; Black, confident, cocky; my name, not yours; my religion, not yours my goals, my own; get used to me.
-- **Muhammad Ali The Greatest (1975)**
2. Bringing the gifts that my ancestors gave, I am the dream and the hope of the slave. I rise. I rise. I rise.
-- **Maya Angelou "Still I rise," And Still I Rise (1978)**
3. Racism is not an excuse to not do the best you can.
-- **Arthur Ashe quoted in Sports Illustrated**
4. Just like you can buy grades of silk, you can buy grades of justice.
-- **Ray Charles**
5. The past is a ghost, the future a dream. All we ever have is now.
-- **Bill Cosby**
6. There is no negro problem. The problem is whether the American people have loyalty enough, honor enough, patriotism enough, to live up to their own constitution...
-- **Frederick Douglass**
7. You can be up to your boobies in white satin, with gardenias in your hair and no sugar cane for miles, but you can still be working on a plantation.
-- **Billie Holiday**
8. Greatness occurs when your children love you, when your critics respect you and when you have peace of mind.
-- **Quincy Jones**
9. Do not call for black power or green power. Call for brain power.
-- **Barbara Jordan**
10. Almost always, the creative dedicated minority has made the world better.
-- **Dr. Martin Luther King, Jr.**
11. The battles that count aren't the ones for gold medals. The struggles within yourself ♦ the invisible, inevitable battles inside all of us ♦ that's where it's at.
-- **Jesse Owens, Blackthink (1970)**
12. I have learned over the years that when one's mind is made up, this diminishes fear.
-- **Rosa Parks**
13. Have a vision. Be demanding.
-- **Colin Powell**
14. Be black, shine, aim high.
-- **Leontyne Price**
15. God gives nothing to those who keep their arms crossed.
-- **African Proverb**
16. Freedom is never given; it is won.
-- **A. Philip Randolph in keynote speech given at the Second National Negro Congress in 1937**
17. When I found I had crossed that line, [on her first escape from slavery, 1845] I looked at my hands to see if I was the same person. There was such a glory over everything.
-- **Harriet Tubman**
18. Black people have always been America's wilderness in search of a promised land.
-- **Cornel West, Race Matters**
19. Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.
-- **Booker T. Washington**
20. Yes we can.
-- **Barack Obama, 44th President of the United States**

'Treasures of the Heart' Poetry



JESUS, I KNOW

I KNOW A MAN WHO CAN
TURN YOUR LIFE TOTALLY AROUND
FLIP A SMILE FROM A FROWN
SHOW YOU HOW TO LAY YOUR BURDENS DOWN
HE'S THE BEST FRIEND I'VE EVERY FOUND

I KNOW A MAN WHO CAN DO
THE IMPOSSIBLE THINGS JUST FOR YOU
TEACH YOU ALL THINGS PERTAINING TO THE TRUTH
HE LOVES YOU AND CALLS YOU FOR HIS USE
KNOWS YOUR BEGINNING AND END, TOO

I KNOW A MAN WHO CAN
HEAL YOUR BODY, MIND AND SOUL
MAKE YOU A PART OF HIS SHEEP FOLD
GIVE YOU POWER TO BE CONFIDENT AND BOLD
HIS MERCIES ARE NEW AND NEVER GET OLD

By Minister Michelle Johnson * Poet & Author

I KNOW A MAN WHO CAN SEE
BEYOND THE WEAKNESSES OF YOU AND ME
CAUSE US TO WALK ON STABLE, STEADY FEET
HELP US UNDERSTAND OUR PURPOSE AND DESTINY
OFFERED US AN ABUNDANT LIFE FOR FREE

I KNOW A MAN WHO CAN
CALM THE STORMS IN THE LIFE OF MAN
GIVE US A SOLID FOUNDATION ON WHICH TO STAND
OPEN OUR EYES TO SEE HIS IMMUTABLE PLAN
EMPOWERED US TO DECLARE, DECREE AND COMMAND

I KNOW A MAN, NO ORDINARY FRAME
BIRTHED INTO THE EARTH NOT SEEKING ANY FAME
YET HE WAS GIVEN SUCH A POWERFUL NAME
CAUSED DEMONS TO TREMBLE FROM WHENCE HE CAME
DESTROYED THE YOKES OF BONDAGE
AND BROKE THE CHAINS OF SHAME
ALL SINS HE PARDONED, NO CHARGE, NO BLAME

Come Grow
with Us!

Moving Forward in the Vision

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MINISTRIES, INC.



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ALCC Mission Statement

Our Mission

Ephesians 4:11-16

Abundant Life Church of Christ's (ALCC) mission is to win the unchurched, incorporating them into a committed body of spirit-filled Christians led by qualified ministers who equip people to fulfill their God-given purpose; resulting in growth, maturity, and influence in the community, state, nation, and world.

Our Vision

Proverbs 29:18 - Zechariah 4:1

Vision is the outward working of the Purpose of God. It is also when one sees things happening through spiritual eyes before it is seen in the natural.

Working Our Vision

- To build a people who are committed to New Testament, Biblical principles of church living and Kingdom values and who are knit together through dynamic prayer, praise, worship and Fellowship
- To build a church of 3,000 or more people with at least 200 LifeNet care groups
- To build and develop a Christian school, kindergarten through 12th grades
- To build an adult learning center for job training and career development
- To promote a church with resources to help make the body of Christ strong

Our 2014 Theme

- **Come See a Man!** ~ **John 4:29** ~ *(Our Focus is on Jesus!)*
- **February Sub-Theme** ~ **Matthew 11:4-6**

CU @ CHURCH!

We Invite you to Join us
for the following Services:

Sundays @ 9:00 a.m.
Deeper Life Bible Study

Neale Campus

Sundays @ 11:00 a.m.

Worship Service

Neale Campus

Wednesdays @ 7:00 p.m.

Bible Study

Laburnum Campus

Soul Food – Message Recap!

January at ALCC, YES, people are Coming to See a Man (Jesus)

This has been a truly blessed month at ALCC despite the weather and the cancellations. Our Senior Pastor Steve I. Foreman and Assistant Pastor Gary Foreman have brought forth powerful teachings and sermons allowing us to clearly see that man (Jesus). The Word thus far is preparing us to stay on course with our theme for this year, Come See a Man (*John 4:29*).

- ◆ Pastor Gary taught us about **SABOTAGE**, and not allowing the devil to make you Sabotage or abort your future in Him (Jesus).
- ◆ Apostle Steve I. Foreman ministered to us on a recent Sunday about **The Perfecting Process** and the need in the church for all of the saints to be perfected (*Ephesians 4:11-12*).
- ◆ Other topics included **Counting the Cost** and **Questionable Circumstances**.
- ◆ In January, we also implemented a **Word Proclamation**—*It's Time for the Word. Let's Get It!*

We experienced powerful testimonies of blessings, healings and people came to the altar asking what I must do to be saved. Yokes are being broken, focus is being restored as we come in expectation to see, get to know and experience this mighty man.....JESUS!



By Minister



Personal Checkup

God wants to be your true love this Valentine's Season.
Let Him Perhaps you may want to pray a prayer like this:

A PERSONAL CHECK UP

God, I have fallen short of realizing who You are in my life. I need You. Come into my heart. I believe that You sent Your Son, Jesus Christ to die on the cross for my sins. I believe that You raised Him from the dead and He is now seated with You at Your right hand in heaven. I now accept your offer of eternal life. Thank you for forgiving me of all my sins. Thank you for new life and from this day forward, I choose to follow You and live a victorious life. Amen.

Praise the Lord! Now, we believe you are saved. Your next steps are to tell everyone what you've done! Attend a Spirit-filled, Bible believing church. Spend time in prayer & learn more about God through His Word. We invite you to come grow with us at ALCC!



Writers, Editors, Graphic
Designers, Photographers &
Advertisers Needed!

We Welcome your Entries
to this Newsletter.

Submit your information to
the Editor by the 20th
of each month at

media@alccrichmond.org
or call Kimberly F. Smith—
804.329.2522 ext. 202

Thank You January Staff

Tonya F. Edgerton—Editor
Malik Shabazz—Contributor
Kimberly F. Smith—Editor in

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