



Volume 14 |
Issue 3

The Trinity Tablet

The Trinity Tablet: Gepsie Cox, Co-Editor, Catina Evans, Co-Editor

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- Senior Ministry Black History Month Quiz
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Dates to Remember:

*Church-wide Fast -
January 2nd -January 31st

*Special Day of Prayer -
January 19th at 1:00PM

*Pastor's Bible Study -
January 8th, 15th, 22nd, 29th
at 7PM

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"But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him."  
-1 Corinthians 2:9 (KJV)

## HAPPY NEW YEAR!

Brother Sonny and I pray that you had a blessed holiday!

The Holidays are over, and we are already looking forward to winter passing and the flowers blooming. We are looking for a productive new year even though we have faced some challenges in 2018. It was the grace of God that brought us through the challenges. We now wait in anticipation for a fruitful 2019.

We know that the Spirit of God is alive and well and is transforming and has transformed our lives like no other power or presence. God has the power to infuse great purpose and meaning into our lives. Our God is faithful, devoted, and committed to keep us from falling. We know what God has done in the past, but what is in store for the future? Who knows?

Therefore, I am asking that you join Brother Sonny and I on the church-wide fast from January 2, 2019 through January 31, 2019. A prayer guide has been created to help you during the fast. We will also have a special day of prayer on Saturday January 19th at 1:00.

Come let us seek God together.

*"Eyes have not seen, nor ear heard, nor have entered into the hearts of man or woman the things which God has prepared for those who love Him."* -I Corinthians 2:9

Come let us draw closer to Him.

Blessings,  
Pastor and Brother Sonny



SENIOR MINISTRY BLACK HISTORY QUIZ  
JANUARY 2018

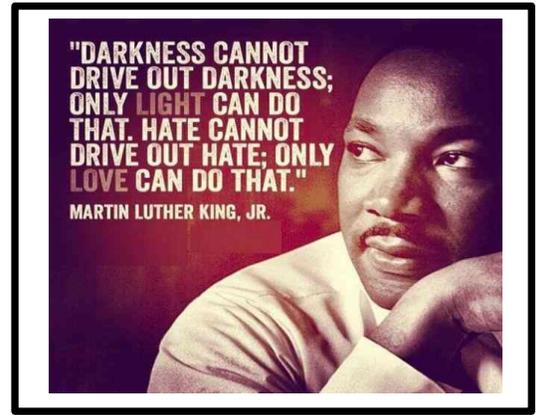


1) Born Chloe Ardelia Wofford on February 18, 1931. She is an American novelist, essayist, editor, teacher and professor emeritus at Princeton University. She was the first African American woman to receive the Nobel Prize for Literature. Among the many accolades and awards for her literary accomplishments she was presented with the Presidential Medal of Freedom on May 29, 2012 by the First African American President, Barack Obama. We applaud \_\_\_\_\_ for the outstanding contributions and dedication to our Literary History and the world.

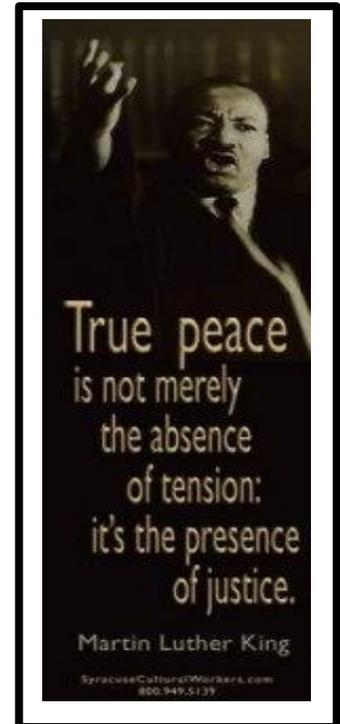
2) Born a slave in Sussex, Delaware. He was the Rector of the first separate Protestant Episcopal congregation for African Americans. He learned to read and write, and was able to purchase his wife's freedom and later his own. He joined Richard Allen in leading the exodus from the St. George Church in 1797, but preferred to follow the Anglican tradition leaving his friend to create the \_\_\_\_\_ church. He was with Allen, in the formation of the Free Africa Society. Please name him.

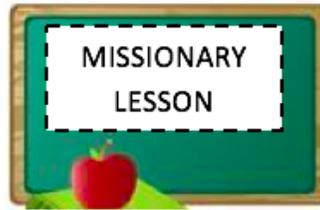
3) Which junior U.S. Senator from California was also the state's first female attorney general?

The answers to this month's quiz may be found on the bottom of this page.



Martin Luther King Jr Day, January 21, 2019, is a federal holiday held on the *third Monday of January*. It celebrates the life and achievements of Martin Luther King Jr, an influential American civil rights leader.





**Title:** Caring for the Caregiver

**Scripture** - Proverbs 23:22 (NIV) - Listen to your father, who gave you life, and do not despise your mother when she is old.

### **Introduction**

Caring for a family member is an important, but complicated job for a caregiver. This task can occur suddenly. Eventually, one may be taking more time off from work, preparing meals, managing medication, administering injections, or handling finances. This is the reason we must not forget about the caregiver.

### **Lesson**

One thing caregivers forget to do is to look out for themselves, as well as the person for whom they are caring. This can be a 24/7 job, and the caregiver can become too busy for friends, distant from a spouse, and distracted at work. Caregivers need to relax their minds and bodies.

### **Setting Limits**

No one can do everything, and trying to do so will exhaust and frustrate the caregiver. Plus, it will not help the person for whom they are caring. It can be hard not to feel that one has total responsibility, and that what is done will never be sufficient. Caregivers must consider some things when setting limits. First, one must think about the reason for wanting to care for the loved one (e.g., showing love for a parent, or doing so because of feeling obligated by society.) Second, one must accept help from siblings, relatives, friends, neighbors or volunteers. Third, do not try to get the person to change his/or her ways if they do not choose to do so. Fourth, determine what assistance is necessary. Decide what how much time of the day will be spent caring for the loved one, and what tasks you will handle. Be sure to make a schedule which includes time away for yourself.

### **Anger and Resentment**

Try to alleviate any anger or resentment as soon as have the feeling. Instead of trying to change the person or situation, think of ways to change things (e.g., try to do less if you think you are doing too much or missing personal time). When feeling anger, take time aside to relax.

### **Dealing with Guilt**

Focus on what you are doing, instead of feeling that you are not doing enough, not doing the job correctly, or should have done something else. List what is being done (e.g., making phone calls, visits, writing letters, etc.) and be proud of what is being done.

### **Summary**

Being a caregiver can be exhausting, stressful, and overwhelming. This may be an opportunity to tell your loved one how you feel, resolve old conflicts, and care for the person the way you have never done before.

# Praying God's Word

*Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature... (2 Peter 1:2-4, NKJV).*

What better way to speak to the Lord than through His Word. God's Word is a way that He begins a conversation with us. There is no authority that is higher than GOD and the power of His Word. God's Word is truth and shines light on the lies and confusion that the enemy tries to distract us.

*Therefore, there is now no condemnation for those who are in Christ Jesus (Romans 8:1, NIV)*

Praying God's Word accomplishes the following:

- It positions us in His will. Praying HIS Word is speaking the truth back to HIM and He will not contradict Himself.
  - *So shall My word be that goes forth from My mouth;  
It shall not return to Me void,  
But it shall accomplish what I please,  
And it shall prosper in the thing for which I sent it (Isaiah 55:10-11).*
- It personalizes God's will for us. As we speak His Word in prayer we come into agreement with His revelation of Himself and His Will for our lives.
  - Ex., Ps. 23:1 "The Lord is my shepherd I shall not want".
  - Ex., Father I will not be afraid because Your Word says "that you go with me and will never leave me or forsake me" (Deuteronomy 31:6).

## Sample Scripture Resources for praying God's Word:

|                   |                                       |
|-------------------|---------------------------------------|
| Psalm 51          | Repentance, forgiveness and cleansing |
| Ephesians 1:15-23 | for Spiritual Wisdom                  |
| 2 Peter 1:3-11    | Growing in the Knowledge of God       |
| Psalm 119:33-40   | Give me understanding                 |
| Ephesians 3:14-21 | Prayer for Spiritual Empowering       |
| Ephesians 4:1-16  | Unity                                 |
| Colossians 1:9-13 | Grace                                 |
| Ephesians 3:13-21 | Blessings                             |

### In Psalms:

|               |                               |
|---------------|-------------------------------|
| 100, 113, 117 | Praise to God                 |
| 67, 75, 136   | Thanksgiving by a community   |
| 18, 30, 32    | Thanksgiving by an individual |
| 79, 80, 123   | Request by a community        |
| 3, 55, 86     | Request by an individual      |
| 44, 74, 137   | Sorrow by community           |
| 5, 6, 120     | Sorrow by an individual       |
| 35, 109, 140  | Anger                         |
| 11, 16, 23    | Faith                         |

