



FEBRUARY

Volume 17
Issue 3

The Trinity Tablet

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

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- Pastor's Reflection
- Bible Verses for Valentine's Day
- Black History Month Tribute
- Puzzle
- Faith's role in love*

Dates to Remember:

- **Black History Month**
- Feb. 14 *Valentine's Day*
- Feb. 21 *President's Day*

HAPPY FEBRUARY,

I CAN'T BELIEVE WE ARE ALREADY IN THE MONTH OF FEBRUARY! WHERE DID THE TIME GO? MORE IMPORTANTLY, WHAT HAVE YOU DONE WITH YOUR TIME? AS WE ASK OURSELVES THIS QUESTION, WE MUST ALSO REFLECT ON LOVE. HOW WE SHOW LOVE TO ONE ANOTHER AND HOW WE SHOW LOVE TO OURSELVES. AS I THINK ABOUT LOVE THIS MONTH, I AM REMINDED OF SEVERAL SCRIPTURES AND ALL FOR DIFFERENT REASONS: HOW WE SHOW LOVE WHEN WE INTERACT WITH OUR NEIGHBORS/COMMUNITY, LOVED ONES, AND OURSELVES; HOW LOVE CONQUERS OVER HATRED; AND, HOW THE LOVE OF GOD IS IN EACH AND EVERY ONE OF US. HE IS THE ULTIMATE MODEL OF LOVE.

"IF I SPEAK IN THE TONGUES OF MEN OR OF ANGELS, BUT DO NOT HAVE LOVE, I AM ONLY A RESOUNDING GONG OR A CLANGING CYMBAL. IF I HAVE THE GIFT OF PROPHECY AND CAN FATHOM ALL MYSTERIES AND ALL KNOWLEDGE, AND IF I HAVE A FAITH THAT CAN MOVE MOUNTAINS, BUT DO NOT HAVE LOVE, I AM NOTHING. IF I GIVE ALL I POSSESS TO THE POOR AND GIVE OVER MY BODY TO HARDSHIP THAT I MAY BOAST, BUT DO NOT HAVE LOVE, I GAIN NOTHING." ~ 1 CORINTHIANS 13:1-3 REMINDS US THAT NOTHING HAS MEANING IF LOVE IS NOT THE DRIVING FORCE BEHIND IT.

"LOVE IS PATIENT, LOVE IS KIND. IT DOES NOT ENVY, IT DOES NOT BOAST, IT IS NOT PROUD. IT DOES NOT DISHONOR OTHERS, IT IS NOT SELF-SEEKING, IT IS NOT EASILY ANGERED, IT KEEPS NO RECORD OF WRONGS. LOVE DOES NOT DELIGHT IN EVIL BUT REJOICES WITH THE TRUTH. IT ALWAYS PROTECTS, ALWAYS TRUSTS, ALWAYS HOPES, ALWAYS PERSEVERES. LOVE NEVER FAILS." ~ 1 CORINTHIANS 13:4-8 REMINDS US OF WHAT LOVE IS AND WHAT IT ISN'T ACCORDING TO GOD OUR FATHER. LOVE IS THE MOST IMPORTANT FRUIT OF THE SPIRIT.

"DO EVERYTHING IN LOVE." ~ 1 CORINTHIANS 16:14 HELPS US TO FRAME ALL OF OUR ACTIONS IN LOVE.

"THE SECOND IS THIS: 'YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.' THERE IS NO OTHER COMMANDMENT GREATER THAN THESE." MARK 12:31 ESV REMINDS US THAT OF ALL THE INSTRUCTION GOD LEFT FOR US, LOVING OURSELVES AND OTHERS IS AT THE TOP OF THE LIST!

"YOU HAVE HEARD THAT IT WAS SAID, 'YOU SHALL LOVE YOUR NEIGHBOR AND HATE YOUR ENEMY.' BUT I SAY TO YOU, LOVE YOUR ENEMIES AND PRAY FOR THOSE WHO PERSECUTE YOU, SO THAT YOU MAY BE SONS OF YOUR FATHER WHO IS IN HEAVEN. FOR HE MAKES HIS SUN RISE ON THE EVIL AND ON THE GOOD, AND SENDS RAIN ON THE JUST AND ON THE UNJUST. FOR IF YOU LOVE THOSE WHO LOVE YOU, WHAT REWARD DO YOU HAVE? DO NOT EVEN THE TAX COLLECTORS DO THE SAME? AND IF YOU GREET ONLY YOUR BROTHERS, WHAT MORE ARE YOU DOING THAN OTHERS? DO NOT EVEN THE GENTILES DO THE SAME? ~ MATTHEW 5:43-48 REMINDS US THAT WE ARE A LIGHT IN THE DARKNESS; WE ARE COMMISSIONED TO BE DIFFERENT THAN THOSE THAT ARE OF THIS WORLD BY ACTING IN LOVE REGARDLESS OF OTHER'S ACTIONS TOWARDS YOU.

MY FINAL THOUGHT FOR FEBRUARY IS A REMINDER THAT "LOVE BEARS ALL THINGS, BELIEVES ALL THINGS, HOPES ALL THINGS, ENDURES ALL THINGS." ~ 1 CORINTHIANS 13:7. WITH THE LOVE OF CHRIST, WE ARE PLANTED FIRMLY IN HIS ARMS. WE MUST BE DIFFERENT. I LOVE YOU ALL WITH THE LOVE OF CHRIST!

PASTOR C. MICHELE LANGSTON (REPRINTED FROM FEBRUARY 2019)

Bible Verses for Valentine's Day

www.biblestudytools.com/topical-verses/bible-verses-for-valentines-day/

Valentine's Day, also known as Saint Valentines' Day, originated as a church holiday on February 14th to honor martyrs of the faith - saints whose names were Valentine or Valentinus. It is believed that the first heart valentine note was sent by a Valentine who was in prison for a girl he loved. Valentines notes have been recorded for as far back as the Middle Ages. While the meaning and celebrations of Valentine's Day has changed, it has remained as a special day to shower with love those we hold close.

Valentine's Day can create a variety of emotions for different people. For some it creates great satisfaction celebrating the love you have between you, your spouse, and your friends & family. For others it can cause feelings of loneliness. Whether you are single or in a relationship, let these Bible verses encourage you to celebrate, for God has unconditional and indescribable love for us. No matter your age or stage in life, Valentine's Day can be celebrated because of God's great love.

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|-------------------|--|
| 1 John 4:8 | Whoever does not love does not know God, because God is love. |
| John 3:16 | 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. |
| Colossians 3:14 | And over all these virtues put on love, which binds them all together in perfect unity. |
| John 15:13 | Greater love has no one than this: to lay down one's life for one's friends. |
| Genesis 29:20 | So Jacob served seven years to get Rachel, but they seemed like only a few days to him because of his love for her. |
| Psalms 37:4 | Take delight in the Lord, and he will give you the desires of your heart. |
| Mark 12:33 | To love him with all your heart, with all of your understanding and with all your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices. |
| Romans 12:9 | Love must be sincere. Hate what is evil; cling to what is good. |
| 1 John 4:12 | No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us. |
| 1 John 3:18 | Dear children, let us not love with words or speech but with actions and in truth. |
| 1 John 4:7-8 | Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. |
| 1 John 4:19 | We love because he first loved us. |
| Song of Songs 1:2 | Let him kiss me with the kisses of his mouth – for your love is more delightful than wine. |



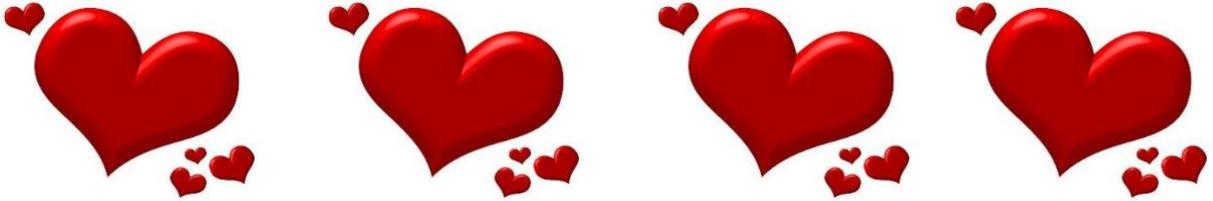
Dr. Richard Allen Williams

Founder of the Association of Black Cardiologists
Former President of the National Medical Association



Richard Allen Williams, M.D., is a prolific cardiologist renowned for medical leadership. After earning an honors degree from Harvard University, he earned an M.D. from New York's Downstate Medical Center and embarked upon a brilliant career studded with a long line of firsts, in medicine and in communications. In 1974, he founded the Association of Black Cardiologists, serving as its president for a decade. The following year he published *The Textbook of Black-Related Diseases*, a 900-page volume that remains the only comprehensive African American medical text of its type. Dr. Williams also established the Minority Health Institute, which seeks to eliminate health disparities by taking a holistic approach to patient care tailored to the specific needs of African American communities.

Source: <https://breakingbarriers.aetna.com/assets/bios/71-Breaking-Barriers-Richard-Allen-Williams.pdf>



The heart of a friend

Big-hearted friendliness comes from generously serving others.

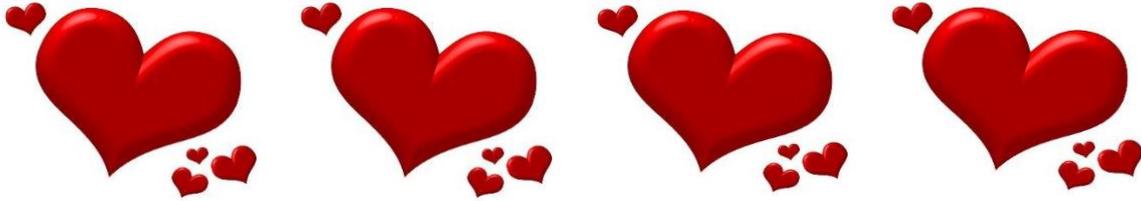
Directions: Start with the first D and move according to the arrows beneath the blanks. Then fill in the letters to complete 1 Peter 4:8-10.



Above all, love each other D \downarrow \rightarrow \rightarrow \uparrow \rightarrow \rightarrow , because love
 \downarrow \downarrow \leftarrow \downarrow \leftarrow \uparrow over a multitude of \leftarrow \leftarrow \downarrow \downarrow . Offer
 \rightarrow \rightarrow \downarrow \rightarrow \uparrow \rightarrow \uparrow \rightarrow \downarrow \leftarrow \downarrow to one another without
 \rightarrow \rightarrow \uparrow \rightarrow \uparrow \leftarrow \uparrow \rightarrow . Each of you should use whatever
 \uparrow \rightarrow \downarrow \rightarrow you have received to \downarrow \leftarrow \downarrow \rightarrow \downarrow others, as faithful
 stewards of God's \leftarrow \downarrow \rightarrow \downarrow \leftarrow in its various forms.

1 PETER 4:8-10, NIV

Answer: deeply, covers, sins, hospitality, grumbling, gift, serve, grace



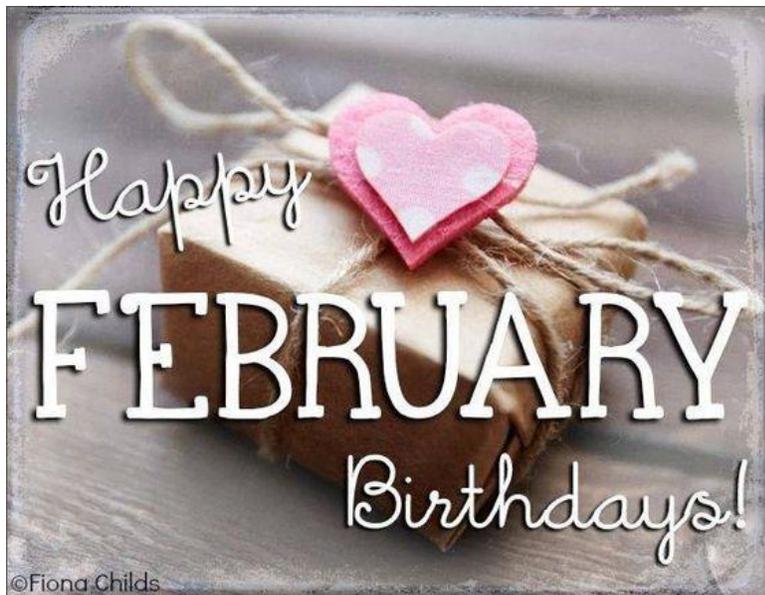
FAITH'S ROLE IN LOVE ...



In *It's Okay Not to Be Okay*, Christian author Sheila Walsh looks at the all-encompassing love that Jesus expects of his followers. He commands us to “love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself” (Luke 10:27, ESV).

But we can't love that way without faith, Walsh writes. “I'm not living by faith if I have an answer to everything. If I understand everything God does or doesn't do, then all I need to love him with is my mind. We're called to love him with more.” That “more,” she explains, involves these paradoxes: “We love with all our heart, even when it's broken. We love with our soul, even when our humanity wrestles against our situation. We love with our strength, even when it's almost gone. We love with our mind, even when we don't understand.”

Even if God's purposes and plans don't make sense here on earth, we can heed this advice from the great preacher Charles Spurgeon: “When we cannot trace [God's] hand, we must trust his heart.”



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|------|-----------------------|------|-------------------|
| 2/2 | Valerie Ashton-Thomas | 2/11 | Amaya Walker |
| 2/2 | Lula Kelly | 2/14 | Kathy King |
| 2/2 | Carrolyn Bostick | 2/14 | Courtney Savage |
| 2/2 | Zoe McRae | 2/14 | Zaria Harris |
| 2/3 | Virginia Gray | 2/15 | Charles Harris |
| 2/4 | Alan Harris | 2/15 | Allen George |
| 2/4 | Kameron Coleman | 2/17 | Fred Cook |
| 2/7 | Joe Walker | 2/18 | Linda Blanchard |
| 2/8 | Barbara Cato | 2/18 | Sandra Edgecombe |
| 2/8 | Wilny Edouard | 2/18 | Iris Jefferies |
| 2/8 | Orinthia Harris | 2/19 | Rose Miller |
| 2/9 | Sophia Alston | 2/19 | Nathaniel Butcher |
| 2/9 | Riley Savage | 2/20 | Theresa Jackson |
| 2/11 | Joanne Brooks | 2/21 | David Anthony |
| 2/11 | Regina Coleman | 2/23 | Mary Bush |
| 2/11 | Evelyn Gary | 2/23 | Tracy Irvin |

FEBRUARY Anniversaries

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|------|----------------------------|
| 2/2 | Jim & Henryette Neal |
| 2/10 | Stan & June Horner |
| 2/15 | Skee & Sophie Bradford |
| 2/25 | Richard & Tammy Walden, II |

