



THE REDEEMED CHRISTIAN CHURCH OF GOD
Jesus House for all Nations, Huntsville, Alabama.

ON EAGLE'S WINGS



→ **ISAIAH 40:31**



Anniversary



Pastor Bayo and Pastor Yemi Adewole

RCCG JESUS HOUSE, CHICAGO.
ASSISTANT CONTINENTAL OVERSEER



Pastor Peter & Kehinde Oyediran

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CONTENTS



03-05

Welcome Notes

From Pastor Peter, Pastor Mrs, and the Editor.

06-07

Leadership

Who we are and the leadership of the church.

08-10

Meet our Teams

Various departments in Jesus House Huntsville.

11-18

On Eagle's Wings

Transformative content worth reading!

19-26

Health

How to abound in good health and avoid stress.

27-32

Self Development

How to develop character and manage conflicts.

33-37

Sermon Excerpts

From our YouTube Channel.

42-75

Picture Gallery

76-85

Felicitations & Adverts

Note



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Editor's Note

Bless and affectionately praise the LORD, O my soul, And all that is [deep] within me, bless His holy name. Bless and affectionately praise the LORD, O my soul, And do not forget any of His benefits; Who forgives all your sins, Who heals all your diseases; Who redeems your life from the pit, Who crowns you [lavishly] with lovingkindness and tender mercy; Who satisfies your years with good things, So that your youth is renewed like the [soaring] eagle. Psalms 103:1-5 AMP

My profound thanks goes to my beloved family, the magazine team and Pastor Peter Oyediran for their dedication and support during this project. I pray that the Almighty God releases the first partaker's blessing on you all so that you will soar majestically in life.

As you read this article, I pray that your eyes of understanding be enlightened, your love for Jesus Christ rekindled, and your strength renewed so that you will soar on the Eagle's wings.

It is my pleasure to present to you, the 13th Anniversary edition of our annual magazine titled: On Eagle's Wings. Read and be blessed.



Peter Oyediran

Parish Pastor
Jesus House Huntsville,
Alabama, USA

PASTORAL DESK

It is my great pleasure to congratulate the entire membership of RCCG Jesus House Huntsville for the 13th Anniversary of the Church. I would like to appreciate all the workers, members, and ministers, including God's people, who have propagated the Gospel in this Church over the years.

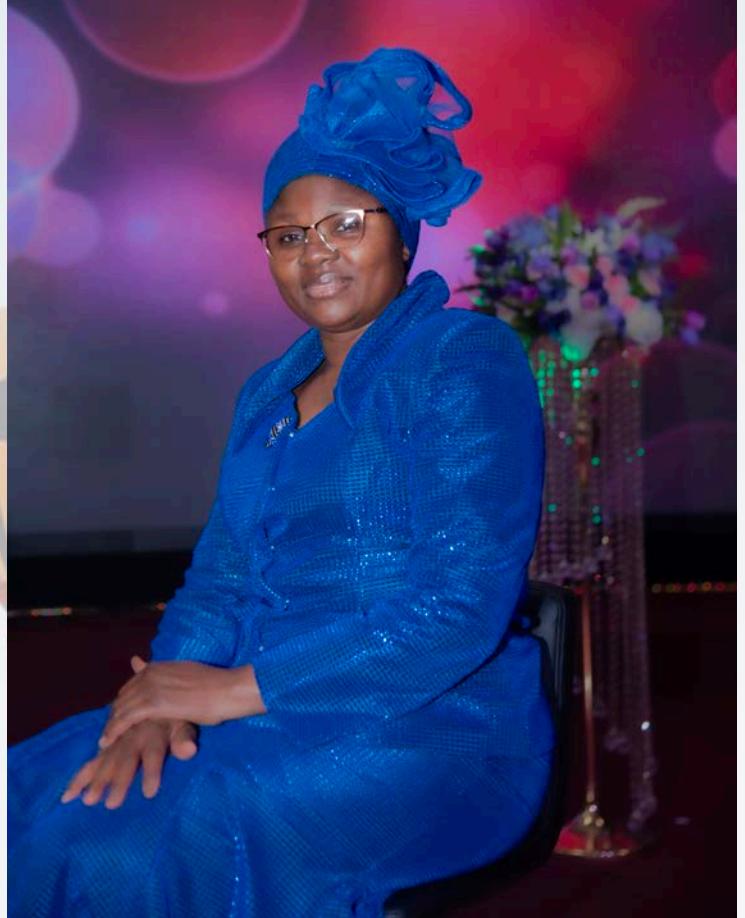
The theme for this year's anniversary is On Eagle's Wings (Isaiah 40:31). God has done so much for us as a church this year. He led us to execute and accomplish two significant projects. God provided this Church with an eighteen-seater van (new Church bus), and we replaced the chairs in the church auditorium. These are blessings we cannot take for granted as they are a testimony of a season of elevation in this Church. A time has come for God to put you on eagles' wings, and you will begin to soar with the eagles in Jesus' name.

I am also using this medium to welcome our Daddy in the Lord, the Assistant Continental Overseer (A.C.O), Pastor Bayo Adewole, and his wife, Pastor Mrs. Yemi Adewole, to Rocket City, the city of Huntsville, Alabama.

Finally, special thanks to those who put this Anniversary magazine together, the joy of the Lord is your strength. Amen.

PASTOR'S WIFE DESK

Assistant Pastor Mrs Kehinde Oyediran
RCCG Jesus House Huntsville,
Alabama Zone 1.



I want to congratulate the entire JESUS HOUSE HUNTSVILLE family on the 13th Anniversary of the Redeemed Christian Church of God, Jesus House Huntsville Parish, Alabama. The Lord has been faithful to us all and what we can only give back to him is our thanksgiving. The power of the Holy Ghost will locate you and carry you from your lowly place and set you upon the rock to stay.

The bible says, but those that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint. Isaiah 40:31 KJV. This year's thanksgiving anniversary is a special one to usher us into a new level of unlimited blessings, miracles, and breakthroughs with the help of the Lord. I pray that as we continue to celebrate, Godwill renew our strength in Jesus name, amen. When God puts you on Eagle's wings, you are built to increase rapidly above the usual level without struggling. This is your year of Breakthrough, Exodus 19:4 says "Ye have seen what I did unto Egyptians and how I bare you on Eagle's wings, and brought you unto myself". The Lord will show forth His marvelous power in your life in Jesus name, Amen.

Happy 13th Anniversary to The Redeemed Christian Church of God, Jesus House Huntsville, Alabama. Continue to soar on Eagles' wings.



Celebrating 15 years OF GOD'S FAITHFULNESS



WHO WE ARE

RCCG Jesus House
Huntsville for All Nations
is a church for all races,
tribes, and nationalities.

OUR MISSION

Our mission is to equip the
saints for heaven, giving
hope to the hopeless, and
where dreams come true.

WEEKLY SERVICE

Sunday Service - 10:00am

Mid-week Service

- Wednesday - Digging Deep (6:00 pm - 7:00pm)
- Friday - Mount Zion Hour (5:00am - 6:00am)
- First and Last Friday of the Month Vigil 9:00pm - 12:00am

Romans 10:13

"Whosoever calls on the name of the Lord shall be saved."

"Whosoever" INCLUDES you! Why don't you surrender your precious life to him?

Leadership



**PASTOR & PASTOR MRS. E.A.
ADEBOYE**

General Overseer of Redeemed
Christian Church of God



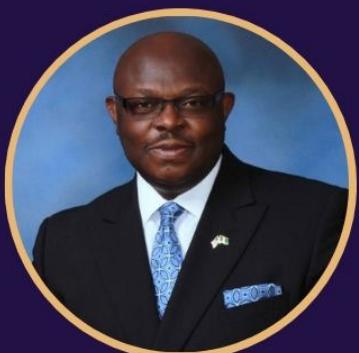
**PASTOR & PASTOR MRS.
JAMES FEDEL**

Assistant General Overseer the
Americas & Continental Overseer the
Redeemed Christian Church of God
North America



**PASTOR SEGUN
ALADENIYI**

Assistant Continental
Overseer, RCCG Victory
Temple, Charlotte, NC



PASTOR ENEFAA FENNY

Provincial Pastor, RCCG Jesus House
Birmingham



**PASTOR & PASTOR MRS.
PETER OYEDINRAN**

Resident Pastor, RCCG Jesus House
Huntsville

Meet our Teams



CHURCH ADMINISTRATION



MEN OF VISION



VIRTUOUS WOMEN



THE CHILDREN'S MINISTRY



THE CHOIR



THE YOUTH CHOIR



EVANGELISM TEAM



SUNDAY SCHOOL TEAM



THE MEDIA TEAM



THE INTERCESSION TEAM



PROTOCOL TEAM



THE KITCHEN TEAM



THE
SANITATION
TEAM



THE TRANSPORTATION TEAM

THE WELCOME TEAM



THE URSHERRING TEAM



ON EAGLE'S WING

- Why Ride on the Eagle - *Eng David Tettey*
- Wait! A Strategy required to fly like an eagle - *Deaconess Toun Alabi*
- How to get and stay on the eagle - *Victoria Adeniji*
- Don't just sit on an eagle, be an eagle - *Elizabeth Njokwu*
- Soaring in confidence - *Mrs Tettey Anyama*
- Only an Eagle can birth an Eagle - *Mrs Irene Adeniji*

WHY RIDE ON THE EAGLE

Eng. David Tettey



In the Bible, the eagle is considered an unclean bird, Leviticus 11:13. If a bird is considered unclean, why would you be on the wings of that bird?

This simple question led me to dig a little into the world of ornithology. In that world, eagles have great qualities. A few of those are mentioned below [1]:

1. They have great vision and are able to see another eagle soaring from 50 miles away
2. They are fearless and do not surrender to the size of their prey.
3. They are tenacious and take advantage of the current in a storm to soar to a greater height.
4. They are high flyers and are able to swiftly land on the ground. They can fly up to about 10,000 feet high, making them the jet flyers among birds.

It is also important to note that there are other references of eagles in the Bible. For instance, Exodus 19:4 says, "Ye have seen what I did unto the Egyptians, and how I bare you on eagles' wings and brought you unto myself".

Deuteronomy 32:11 says, "As an eagle stirreth up her nest, fluttereth over her young, spreadeth abroad her wings, taketh them, beareth them on her wings".

Jeremiah 49:22 says, "Behold, he shall come up and fly as the eagle, and spread his wings over Bozrah: and at that day shall the heart of the mighty men of Edom be as the heart of a woman in her pangs".

In the circular world, eagles have always symbolized freedom, strength, and power. They are considered the kings of the sky and were adopted by several ancient cultures, including Rome, as a symbol of that country's leadership and immortality. The United States declared the bald eagle its national bird in 1792, due to the eagle's long lifespan and majestic presence [2].

From the above short study about the eagle, it is clear that the eagle has many characteristics and God references some of these in His dealings with us.

In this year of our thirteenth anniversary, I exhort you with Exodus 19:4, which tells us about how God swiftly delivered the Israelites from servitude and the bondage of the Egyptians. This is typical of how God's strength delivers us from the bondage of sin and also from our enemies. With swift strength and majestic precision, God's mighty hand dealt out punishment to the Egyptians. May God bring swift and decisive judgment against every evil the enemy attempts to perpetrate against us in Jesus' name.



BUT THEY THAT WAIT UPON THE LORD SHALL RENEW THEIR STRENGTH, THEY SHALL MOUNT UP WITH WINGS AS EAGLES; THEY SHALL RUN, AND NOT BE WEARY; AND THEY SHALL WALK, AND NOT FAINT. ISAIAH 40:31

What a great promise from the Master of the universe for those who can wait on Him. It is pertinent to mention that to wait on the Lord is to serve Him wholeheartedly. One character that separates the eagle from every other bird is their perseverance to wait, they use the pressure of the storm to glide higher without having to use their own energy. The devil knows that there awaits a great reward for those who serve God diligently and will do everything possible to derail them from achieving their goals. Since we have established that there is a need to wait, what then can you do during the period of waiting to ensure that you don't lose your reward?

Determination: There is a need to be strong and be courageous even when the situations around you are not encouraging. The woman with the issue of blood spoken about in the Bible was determined to touch the hem of the garment of Jesus despite all odds and received her miracle.

Distraction: By looking up unto Jesus who is the author and finisher of our faith, we can prevent any form of distractions along our way to breakthrough. The parable of the ten virgins (Matthew 25: 1 -13) pointed out that they all started well, but five of them did not end well because they lost focus. In your work with God, refuse and reject any form of distraction that will separate you from the love of God.

Diligence: While you look up to God for strength and direction, it is still required of you to be diligent in your work with God. (Proverb 12:24). A diligent worker will hate what God hates such as living a sinful life and love what God loves such as winning more souls to the kingdom of God.

Disobedience: The act of disobedience can obstruct your relationship with God. (1 Samuel 15:22). To serve the Lord faithfully requires the help of the Holy Spirit. Living a deceitful life is an act of disobedience and cannot work together with the Holy Spirit as in the case of Ananias and Sapphira (Acts 5:1-11).

As we are looking up to mount 'On Eagles Wings' this new year, consider the life of Elijah, he was determined to serve God faithfully even till the end, he refused to be distracted, received strength when he was weak, diligent in his service to God and was recorded to be an obedient servant of God.



How to GET and STAY on the Eagle

By Victoria Adeniji

We often pray for God to take us on EAGLE'S WINGS but the fact is the eagle might actually be ready and waiting right in front of us and either we don't see it, we are not ready, or we are avoiding the eagle. How then can we get and stay on the eagle?

HOW TO GET ON THE EAGLE

First, we need to check our hearts and make sure that we want to do what Jesus would do. We need to ask God to create in us a new heart so that we can receive the Holy Spirit. Psalm 51:10 (ERV) says: "God create a pure (new) heart in me, and make my spirit strong again (give me your Holy Spirit)."

Next, we should have peace in our hearts. John 14:27 (ERV) says: "I leave you peace. It is my own peace I give you. I give you peace in a different way than the world does. So don't be troubled. Don't be afraid." We must have peace because if we don't, the devil and his demons will find a way to distract the person away from the eagle that is ready to take flight. Distractions are everywhere and can happen anytime. With the help of the Holy Spirit, we can obtain the Peace of Christ.

Next, we should be humble. Ever wonder why Jesus is Prince of peace and not of humility? Although He was humble, He is Peace; Peace personified. In order to have Christ's kind of humility we should have peace which is Him. See, if someone is trying to be humble and does not have peace, the person might be scared of being trampled upon. But the Bible says in Matthew 20: 26-27 (AMP): "It is not this way among you, but whoever wishes to become great among you shall be your servant, and whoever wishes to be first among you shall be your (willing and humble) slave." I tell you therefore, humility is key.

Lastly, we have to keep both our spiritual and physical eyes open and be sensitive spiritually so that we are able to see and know when the eagle comes to pick us up. We also have to listen for instructions and obey because He has our best interest at heart. 1Samuel 15:22 (CEV)says: tell me Samuel said. "Does the Lord really want sacrifices or burnt offerings? No! He doesn't want your sacrifices. He wants you to obey Him."

HOW TO STAY ON EAGLE'S WINGS

Did you know that a lot of things could happen whilst an eagle is flying? Take for example an eagle soaring high to meet a target and if a plane hits it on the way, it either dies or becomes weak. If it finds food on its way, it can get distracted and so the eagle ends up forgetting about the target and its goal.

You have to be focused and hardworking. If the eagle was focused it would have seen the plane coming and maneuvered or even ignored the food it saw.

Ask for help. Always ask God to help you when you are weak or even strong and continue to do what you did to get on the eagle's wings at first.

May we get on eagle's wings and stay on eagle's wings in Jesus Name. Amen



DON'T JUST SIT ON AN EAGLE, BE AN EAGLE

Elizabeth Njokwu

There are lots of characteristics that we, as leaders, can learn from eagles. They: have extraordinary vision, are fearless, are tenacious, are highflyers, and nurture their young. Let's take a closer look at a few of these characteristics.

1. Eagles have extraordinary vision (sight)- They can spot potential prey from long distances and don't lose sight of them. Their eyesight is 8 times better than human eyes.
 - a. To be a successful leader, you must have a long-range vision and you must be focused. You cannot lead anyone if you're blind.
 - i. Proverbs 29:18 says, "Where there is no revelation (prophetic vision) the people cast off restraint but blessed is he who keeps the law."
 - ii. Habakkuk 2: 2-2 tells us, "Then the Lord replied: write down the revelation (the vision) and make it plain on tablets so that a herald may run with it. For the revelation (vision) awaits an appointed time; it speaks of the end and will not prove false. Though it lingers, wait for it; it will certainly come and will not delay."
2. Eagles are tenacious- Even during a storm, they fly strong, while other birds are flying with their beaks between their wings
 - a. Some of us give up too easily. When things get hard, we tell ourselves that it was not meant to be and return to our comfort zone; choosing not to weather the storm. We don't fight for the things we want, even if it has been given to us in a vision (as earlier discussed)
 - i. 2 Chronicles 15:7 says, "But as for you, be strong and do not give up, for your work will be rewarded."
 - ii. Isaiah 40:29-31 tells us, "He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint."
3. Eagles are highflyers- Other birds cannot attain the same level as an eagle. They can fly over 30 thousand feet above sea level, that is about the same altitude as a regional aircraft.
 - a. We are not meant to sit at the same level as everyone else. Eagles soar with other eagles, not with pigeons. Like eagles, we are meant to stand out in a crowd.
 - i. Proverbs 13:20 says, "Walk with the wise and become wise, for a companion of fools suffers harm."
 - ii. John 15: 18-19 Jesus tells us, ".... you do not belong to the world, but I have chosen you out of the world...."

By adopting these characteristics, we position ourselves to be extraordinary leaders. We do not lose sight of our goals, we do not waiver when things don't go as plan, and we are set free to SOAR!

SOARING IN CONFIDENCE

by Dr. Anyama Tettey

Two scientists who studied eagles, Jon. M. Gerrard and Gary R. Bortolotti, write that eagles are capable of sustained flapping flight, but they usually spend little time doing it (Arboretum, UWM, 2019; Gerrard & Bortolotti, 2014)

So, when the Bible says those that wait on the Lord shall renew their strength and soar as the eagle, it means as we wait on the Lord, we do things effortlessly and powerfully whilst staying above and doing exploits for Him.

There is some homework to do to get to that point and stay there. As with a baby eagle that may be learning to soar, there is the need for that first step of faith and confidence that once it gets to that altitude it can stay there effortlessly. If you learned to swim as an adult, you will most likely appreciate this step; it is all in the mind. It is tantamount to having the confidence that one is capable of floating.

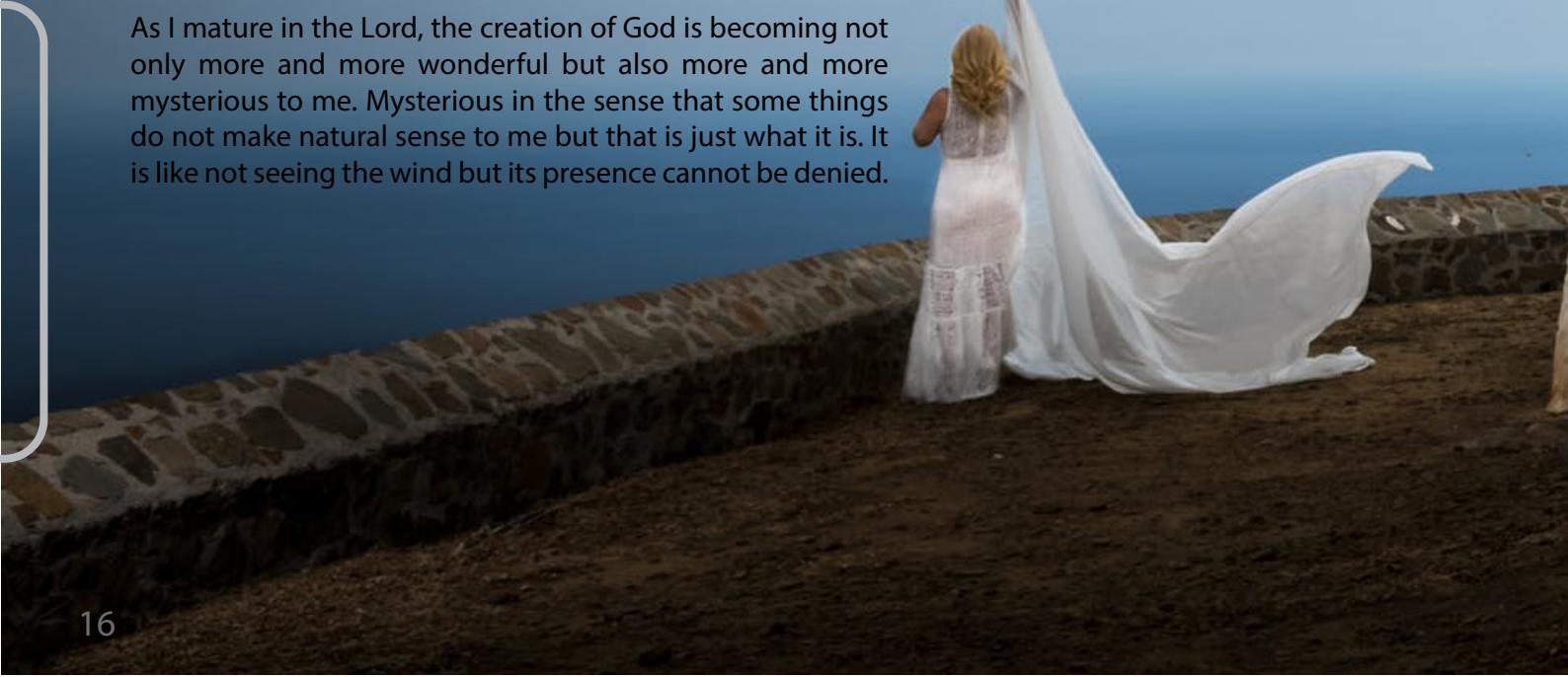
In the following paragraphs, I narrow down the issue of soaring in confidence as a child of God. Confidence and trust in God are very necessary to get to and stay in that soaring state. Confidence that He has your back and if He tells you to walk on the water, you will not sink.

Let me start by asking a question: Do we believe in the God we serve and who we are in HIM?

As I mature in the Lord, the creation of God is becoming not only more and more wonderful but also more and more mysterious to me. Mysterious in the sense that some things do not make natural sense to me but that is just what it is. It is like not seeing the wind but its presence cannot be denied.

EAGLES FLAP THEIR WINGS MAINLY AT TAKEOFF AND DURING ACCELERATION WHEN PURSUING PREY, HOWEVER, ONCE IT GETS INTO THE AIR, IT CAN JUST SPREAD ITS WINGS AND FLOAT UPWARD WITH VERY LITTLE EFFORT, SAVING THEM CONSIDERABLE ENERGY

(ADAM DUERR, 2019).



Psalm 19:1 says "The heavens declare the glory of God; the skies proclaim the work of his hands".

It is interesting to me that scientists and engineers have been researching the creation of God for decades and there are still a lot of things that can not be explained with mathematical formulas and scientific theory. No wonder the bible says there is no searching of His understanding - Isaiah 40:28. We serve an awesome God indeed.

I do not know if you have ever been told by the doctor: "There is nothing that can be done about this situation," right here in the US with all the technological advancements. The doctors become as helpless as the patients. The woman with the issue of blood experienced it but a touch of the hem of Jesus's garment instantly changed the situation. My prayer is that no reader of this article goes through that experience. Even if you are in such a situation, I send forth the word to you as a representative of Christ. The Bible says in Psalm 107:20, "He sent out His word and healed them."

Beloved, we cannot afford to live this Christian life as people who do not know their God. We need that foundation solidly ingrained in us to be able to soar. Years ago, when I gave birth to our firstborn, I was fascinated at the fuss about breastfeeding by the doctors and medical officials despite the abundance of baby formula at the hospital. That is when I learned that the simple breastmilk that we take for granted cannot be reproduced 100%.

Azad et al carried out a statistical analysis on data from 2553 mother-infant dyads and one of the key points established was that breastfeeding is inversely associated with weight gain velocity and BMI (Azad et al., 2018), unlike the baby formula. Is this not interesting? On top of that, it is free, all one needs to do is to eat well. Prince Harry and Megan's child eats the same food as the baby born in some remote village of the world.

Let someone shout Hallelujah to our God. We serve a mighty, awesome, fearful in holiness, and wonder-working God. I wanted to add loving, but I stopped because He is not just loving He is LOVE personified. I feel like screaming!

Well, there is more wonderful news: we are created in His image. My dear daddies, mommies, and follow brethren in the house, we cannot afford to belittle ourselves. We need to walk and behave like ambassadors of God, whilst fearing Him and living

for Him. Of course, we should also value and treasure His creation; not looking down on anyone. You, I, and the world cannot create a human being as God does it, and we have no right to look down on anyone

Another aspect of confidence I want us to briefly deliberate on is confidence in ourselves. Psalm 139:14 is one of the popular scriptures I learned when I was a kid:

"I praise you because I am fearfully and wonderfully made; your works are wonderful"

Let us ponder over this for a minute. Do we really believe that we are fearfully and wonderfully made? Do you like the way God made you? I encourage everyone reading this article to love themselves and others. My daughter once told me of one of her friends who was crying and throwing tantrums at her mother because she wanted her hair braided with beads. The mom's response was "No hun, we cannot do this with your type of hair."

The point is not to undermine any hair type or texture, but to explain that there is something unique about yours, so enjoy it and make the most out of it. My daughter may not be able to do what her friend can do with her hair and vice versa. In other words, we just have to be ourselves. We must keep hammering this home to our little daughters: that they are nice the way they are. Let us make them enjoy their natural hair and look, whether brown-skinned, peach-skinned, or what have you!

In conclusion, I want to tell someone not to lose His or Her confidence in God and in themselves. Please be encouraged to Love God more than you think you do. There is a lot more living water to drink. Think about climbing the stairs and moving one step higher in the Lord during this 13 year anniversary of RCCG, JHH. Let us not be satisfied with where we are. It is time to SOAR on the wings of the eagle

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ONLY AN EAGLE CAN BIRTH AN EAGLE

- Mrs. Irene Adeniji



An eagle signifies strength, speed, flight and vision. The vision of an eagle is four times better than that of a human being. God created an eagle with such special features that distinguishes it from other birds of the air. An eagle starts its journey by flapping its wings like other birds but after a while it begins to soar. An eagle uses the wind for its advantage. While others are trying to stay away from the wind storm, an eagle dives into it and uses the speed of the storm coupled with its strength to conquer the storm. All of these features are embedded in you as a REDEEMED CHILD OF GOD.

(Isaiah 40:28-31) If God has told you He will carry you on eagle's wings, He will. He is telling you He will make you see like never before; He will strengthen you and weakness will no longer be your portion, He will give you accelerated speed not only when there is peace but even in the midst of the storm. An eagle does not eat dead meat and never goes hungry which means God will provide your daily needs and you will never lack.

(Luke 10:19) An eagle is able to kill a serpent and God has also given you this power, you just have to begin to exercise it. Remember, only the redeemed of the Lord is entitled to all these and the obedient ones have access to it.

ARE YOU BORN AGAIN? ARE YOU A CHILD OF GOD? ARE YOU REDEEMED?

If your answer is no, please say this prayer of faith:

God, I surrender my life to You today. I know I am a sinner, wash me with Your blood and make me a new person. I believe You died for me and the third day You rose that I may be justified. I confess You as my Lord and personal Saviour. AMEN!

You are an eagle by redemption because like begets like. Everything produces after its kind. A lion will not birth a dog, neither will a dog give birth to sheep. Only an EAGLE can birth an EAGLE. The consciousness of who you are is what you dare. Moses was the eagle by whom God brought the Israelites out of captivity, (Exodus 19:4). An eagle is not meant to fly but to soar. No plane is allowed to fly without a predetermined destination unlike a car that can change its route anytime. This predetermined destination can be likened to a VISION. To soar on an eagle's wings, you must have a vision. A vision gave birth to "Eagle Moses" and also "Eagle Christ". Christ knew why He came, how to go about it

and He knew when He finished, (Matthew 17:1-9)

(Jeremiah 1:5) The discovery of your mission on earth is your vision. That is where you are programmed to go and you shall be given the grace to go. It is important to know that God has a plan and the discovery of that plan guarantees you to soar on eagle's wings (Matthew 5:13-16). May you not miss that plan and purpose for your life. You are not permitted to soar without a properly defined destination.

Where are you going? What is your mission or assignment on earth?

Joseph soared overnight from a prisoner to a prime minister, (Genesis 41:41). That is what happens when you are on an eagle's wings! You can't have a genuine dream without passion, self-discipline, and without a crave for the wisdom to actualize your dream. All these helped Joseph to actualize his dream.

The reason for careless living is a dreamless and visionless life. (Genesis 39:9) You can't have a dream of tomorrow and not live the reality of it today. For you to soar on eagle's wings you must discover and pursue your mission here on earth. (Joel 2:28; Acts 2:17).

(Jeremiah 29:11-13) Seek God for the unveiling of your vision and you'll begin to soar on eagle's wings.

See You At The Top!



HEALTH

- How to Prevent High Blood Pressure - *National Heart, Lung, and Blood Institute*
- Mental Health Awareness - *Kassandra Ozabor*
- How to abound in good health - *Eric Alabi*
- Stress: The Good, the Bad and Ugly - *Mrs Chinenye Chidebelu*

How to Prevent High Blood Pressure

More than 1 in 3 adults in the U.S. has high blood pressure or hypertension. Many of those people don't know they have it, because there are usually no warning signs. This can be dangerous because high blood pressure can lead to life-threatening conditions like a heart attack or stroke. The good news is that you can often prevent or treat high blood pressure. Early diagnosis and heart-healthy lifestyle changes can keep high blood pressure from seriously damaging your health.

What is blood pressure?

Blood pressure is the force of your blood pushing against the walls of your arteries. Each time your heart beats, it pumps blood into the arteries. Your blood pressure is highest when your heart beats, pumping the blood. This is called systolic pressure. When your heart is at rest, between beats, your blood pressure falls. This is called diastolic pressure.

Your blood pressure reading uses these two numbers. Usually the systolic number comes before or above the diastolic number. For example, 120/80 means a systolic of 120 and a diastolic of 80.

How is high blood pressure diagnosed?

High blood pressure usually has no symptoms. So the only way to find out if you have it is to get regular blood pressure checks from your healthcare provider. Your provider will use a gauge, a stethoscope or electronic sensor, and a blood pressure cuff. He or she will take two or more readings at separate appointments before making a diagnosis.

For children and teens, the health care provider compares the blood pressure reading to what is normal for other kids who are the same age, height, and gender.

People with diabetes or chronic kidney disease should keep their blood pressure below 130/80.

Who is at risk for high blood pressure?

Anyone can develop high blood pressure, but there are certain factors that can increase your risk:

- Age - Blood pressure tends to rise with age
- Race/Ethnicity - High blood pressure is more common in African American adults
- Weight - People who are overweight or have obesity are more likely to develop high blood pressure



By NIH: National Heart, Lung, and Blood Institute



- Weight - People who are overweight or have obesity are more likely to develop high blood pressure
- Sex - Before age 55, men are more likely than women to develop high blood pressure. After age 55, women are more likely than men to develop it.
- Lifestyle - Certain lifestyle habits can raise your risk for high blood pressure, such as eating too much sodium (salt) or not enough potassium, lack of exercise, drinking too much alcohol, and smoking.
- Family history - A family history of high blood pressure raises the risk of developing high blood pressure

Blood Pressure Category	Systolic Blood Pressure	Diastolic Blood Pressure	
Normal	Less than 120	and	Less than 80
High Blood Pressure (no other heart risk factors)	140 or higher	or	90 or higher
High Blood Pressure (with other heart risk factors, according to some providers)	130 or higher	or	80 or higher
Dangerously high blood pressure – seek medical care right away	180 or higher	and	120 or higher



How can I prevent high blood pressure?

You can help prevent high blood pressure by having a healthy lifestyle. This means

1. **Eating a healthy diet.** To help manage your blood pressure, you should limit the amount of sodium (salt) that you eat and increase the amount of potassium in your diet. It is also important to eat foods that are lower in fat, as well as plenty of fruits, vegetables, and whole grains. The DASH eating plan is an example of an eating plan that can help you to lower your blood pressure. The DASH eating plan requires no special foods and instead provides daily and weekly nutritional goals. This plan recommends:
 - Eating vegetables, fruits, and whole grains
 - Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
 - Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils
 - Limiting sugar-sweetened beverages and sweets
2. **Getting regular exercise.** Exercise can help you maintain a healthy weight and lower your blood pressure. You should try to get moderate-intensity aerobic exercise at least 2 and a half hours per week, or vigorous-intensity aerobic exercise for 1 hour and 15 minutes per week. Aerobic exercise, such as brisk walking, is any exercise in which your heart beats harder and you use more oxygen than usual.
3. **Being at a healthy weight.** Being overweight or having obesity increases your risk for high blood pressure. Maintaining a healthy weight can help you control high blood pressure and reduce your risk for other health problems.
4. **Limiting alcohol.** Drinking too much alcohol can raise your blood pressure. It also adds extra calories, which may cause weight gain. Men should have no more than two drinks per day, and women only one.
5. **Not smoking.** Cigarette smoking raises your blood pressure and puts you at higher risk for heart attack and stroke. If you do not smoke, do not start. If you do smoke, talk to your health care provider for help in finding the best way for you to quit.
6. **Managing stress.** Learning how to relax and manage stress can improve your emotional and physical health and lower high blood pressure. Stress management techniques include exercising, listening to music, focusing on something calm or peaceful, and meditating.

If you already have high blood pressure, it is important to prevent it from getting worse or causing complications. You should get regular medical care and follow your prescribed treatment plan. Your plan will include healthy lifestyle habit recommendations and possibly medicines.



MENTAL HEALTH AWARENESS

By Kassandra Ozabor

*Don't stand alone,
Speak up,
Speak out!*

According to recent studies, Mental health impacts about 19% of adults, 46% of teenagers, and 13% of children each year. People struggling with mental health may be your family, friends, neighbors, teachers, co-workers, or church members. However, only half of those affected receive treatment, often because of the stigma attached to mental health. Untreated, mental illness can contribute to higher medical expenses, low performance at work and school, fewer employment opportunities, and high risk of suicide.

If anyone is suffering from anxiety, depression, suicidal thoughts, or any form of mental disorder, there is a need to seek professional help, have a respectful relationship with friends and family, communicate with the people you trust when you're down, and discover a great coping mechanism that works best for you. Learn to relax, enjoy life, stay positive and remember that you're not alone.

You can contact Crisis Services of North Alabama in Huntsville to speak to a professional. For spiritual counseling, do speak with your resident pastor.



HOW TO ABOUND IN GOOD HEALTH

By Eric Alabi

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John:2

The above passage often reminds us of the plan and purpose of God concerning our health as children of God. Indeed, God wants us to excel in our health, but why is this promise not automatic in the lives of God's children? Knowing fully well that God is sovereign and can do all things, why will this promise start with "I wish"? Some years back, daddy Adeboye gave us some good promises concerning the new year and rounded up by saying "nothing goes for nothing", I then discovered that there is a degree of cooperation required from us that will enable us to align ourselves with the plan and purpose of God for our lives. Forever, O Lord, thy word is settled in heaven (Psalm 119:89), can also be confirmed on earth with our cooperation. The following five points will help us to align with heavenly blessings designed for our good health here on earth.

Physical Activity: According to the Center for Disease Control (CDC), more than 30% of adults in Alabama self-reported physical inactivity. Not participating in enough physical activity can lead to many diseases including obesity, cardiovascular disease, and type-2 diabetes disease. The World Health Organization (WHO) warns that Physical inactivity is a leading cause of disease and disability. Create time out of your busy schedule for consistent physical activity to honor your body.

Nutrition: Our body requires both Physical and Spiritual nutrients to remain in good health. Consumption of certain foods and drinks can be dangerous to our health while we need to eat certain food in moderation. Alcohol consumption is a major health issue worldwide and it will be beneficial to investigate the damaging effect of alcohol on human health if you consume alcohol. A recent study shows that alcohol consumption is now the world's third-largest risk factor for disease and disability.

"And Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every word of God." (Matthew 4:4)

"Your words were found and I ate them" Jeremiah 15:16. The devil tempted Jesus with food and can still use the same approach to hinder our health. Keeping the word of God in our hearts will prevent us from sinning against God and provide us with spiritual nourishment.

Physical Check-Up: Physical examination can stand as a preventative measure that will allow examiners to catch up on serious conditions before it causes serious health problems. Don't wait until you are sick before you see your

doctor. Your doctor may also recommend age-appropriate vaccinations which you may not be aware of.

- Do-it-yourself Physical Examination you can do at home:
- Check your skin for moles or unusual spots
- Breast self-examination
- Testicular self-examination
- Simple Eye test
- Dental check-up
- Monitor your Blood Pressure and Blood Sugar if you are at risk and follow up with your healthcare provider.

Stress reduction activities: It is important to create time for fun, family, and relaxation activities. The impact of not creating time for your family can jeopardize your health in the future. Effective stress management will help you to balance life with work and family. Stress can be a hindrance to your health if it is not controlled in a timely manner. Rest is part of life and should not be ignored or overruled.

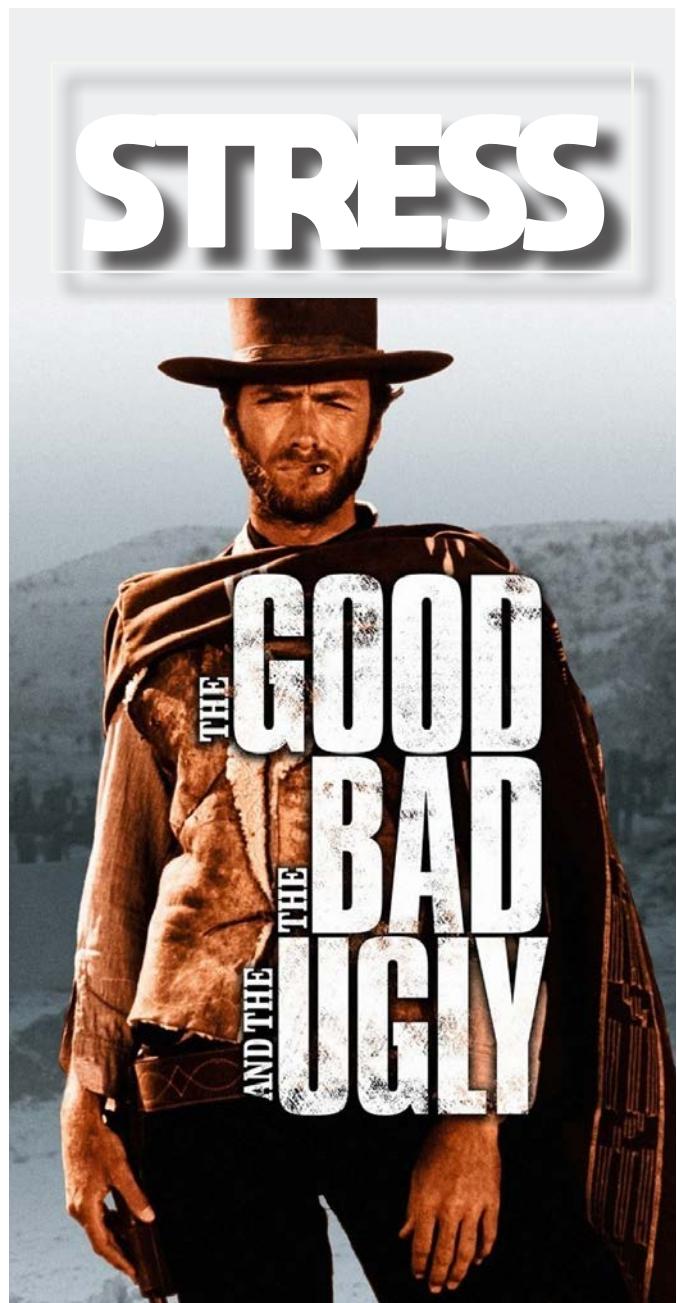
Obedience: You might be wondering about the relationship between obedience and staying in good health. We will examine a few Bible passages and you can decide if it is necessary to obey the word of God and remain in good health. A critical examination into the word of God proves that instructions that God gave us in the Bible are for our own benefit as outlined in Deuteronomy 28.

Rejoicing in the Lord: (Philippians 4:4)

The situation and circumstances of this world can sometimes be a hindrance to our health, the joy of the Lord in your heart can be a defense to anxiety, depression, HBP, and many other diseases.

Unforgiveness: (Matthew 18: 21 – 25) talks about showing mercy to those who have offended us. The truth about this matter is that unforgiveness is a slow poison that you can decide to chew or let it go. There is no guarantee that people will not offend you even if you are the best creation on earth, you must be determined not to swallow the bondage of unforgiveness. May the Almighty God grant us a forgiven heart in Jesus' name.

Gluttony: (Proverbs 23:2) "and put a knife to your throat if you are given to gluttony". Overeating can lead to several problems in the digestive system and obesity which is a deadly disease. Eat in moderation and follow the guidelines recommended by the CDC. It is also important to avoid wasting food and remember the poor which will be more rewarding.



Stress is actually a normal part of life. At times, it serves a useful purpose. Stress can motivate you to get that promotion at work, or run the last mile of a marathon. But if you don't get a handle on your stress and it becomes long-term, it can seriously interfere with your job, family life, and health.

What is stress?

Stress is the "psychological, physiological and behavioural response by an individual when they perceive a lack of equilibrium between the demands placed upon them and their ability to meet those demands, which, over a period of time, leads to ill-health". (Palmer, 1989). Stress is a normal biological reaction to a potentially dangerous situation. When you encounter sudden stress, your brain floods your body with chemicals and hormones such as adrenaline and cortisol. These hormones are nature's way of preparing you to face danger and increase your chances of survival.

Is all stress bad?

Stress isn't necessarily a bad thing. It's what helped our hunter-gatherer ancestors survive, and it's just as important in today's world. It can be healthy when it helps you avoid an accident, meet a tight deadline, or keep your wits about you amid chaos. Life being what it is, it's not possible to eliminate stress completely. But we can learn to avoid it when possible and manage it when it's unavoidable. On the other hand, severe, frequent, or prolonged stress can be mentally and physically harmful and make your journey through life difficult.

Happy events, such as a wedding, as well as unhappy events, such as overwork, can cause stress. When your stress level exceeds your ability to cope, you need to restore, reboot, and recalibrate the balance by reducing the stressors or increasing your ability to cope, or both which brings us to the Hans Selye concept of distress and eustress and its side effects.

Sometimes stress comes from inside, rather than outside. You can stress yourself out just by worrying about things. All of these factors can lead to stress:

Fear and uncertainty: When you regularly hear about the threat of terrorist attacks, global warming, and toxic chemicals on the news, it can cause you to feel stressed, especially because you feel like you have no control over those events. And even though disasters are typically very rare events, their vivid coverage in the media may make them seem as if they are more likely to occur than they really are. Fears can also hit closer to home, such as being worried that you won't finish a project at work or won't have enough money to pay your bills this month.

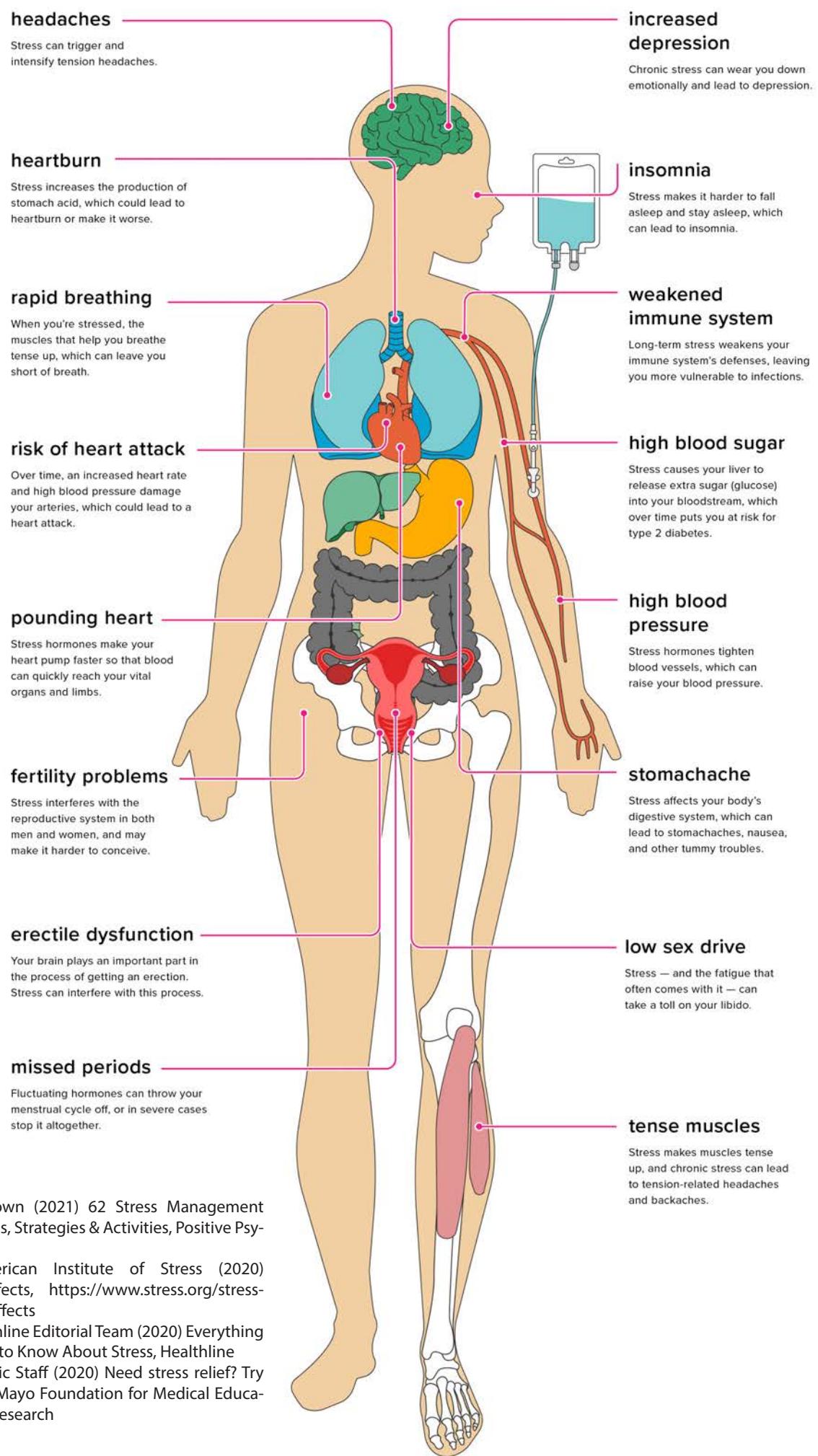
Attitudes and perceptions: How you view the world or a particular situation can determine whether it causes stress. For example, people who feel like they're doing a good job at work will be less stressed out by a big upcoming project than those who worry that they are incompetent.

Unrealistic expectations: No one is perfect. If you expect to do everything right all the time, you're destined to feel stressed when things don't go as expected.

Change: Any major life change can be stressful. Even a happy event like a wedding or a job promotion. More unpleasant events, such as a divorce, major financial setback, or death in the family can be significant sources of stress.

Personality differences: Your stress level will differ based on your personality and how you respond to situations. Some people let everything roll off their back. To them, work stresses and life stresses are just minor bumps in the road. Others literally worry themselves sick.

	DISTRESS	EUSTRESS
IMPACT ON PERCEPTION	Negative threat	Positive challenge
IMPACT ON EMOTIONS	Anxiety	Excitement
IMPACT ON PRODUCTIVITY	Procrastination	Motivation
IMPACT ON PERFORMANCE	Diminution	Enhancement



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How to manage your stress level

Try using one of the four A's: avoid, alter, accept or adapt.

Avoid: Believe it or not, you can simply avoid a lot of stress. The sad truth is that sometimes, we bring unnecessary stress upon ourselves. Believe it or not, you can simply avoid a lot of stress by planning ahead, rearranging your surroundings, letting go of unimportant things in your to-do list, and listening to your body. Don't rely on alcohol, drugs, or compulsive behaviors to reduce stress. Drugs and alcohol can stress your body even more. But instead yield to the leading of the Holy Spirit and obey Him promptly.

Alter: One of the most helpful things you can do during times of stress is to take inventory, then attempt to change your situation for the better. If you can not change the situation, you can change the way you react to the situation as that is the major cause of stress. Based on people's biological and psychological make up and experience, people tend to react or respond to situations differently. Learn to exercise control over yourself, reaction and manage your time effectively. Remember, that 1 Corinthians 14:32 says The spirits of prophets are subject to the control of prophets.

Accept: Furthermore, there may be situations that are beyond our control that might be causing stress and anxiety. It is paramount that we lay them at the Master's feet. Come unto me, all ye that labour and are heavy laden, and I will give you rest (Mathew 11: 28). Learn from past mistakes, forgive (others and yourself), accept your limitations and remember that no one is perfect. It is important to have a healthy expectation of yourself and laugh at your mistakes at times. Remember that God is not done with you.

Adapt: Thinking you can't cope is one of the greatest stressors. That's why adapting — which often involves changing your standards or expectations — can be most helpful in dealing with stress. Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive. Remember that Proverbs 23:7b states "For as he thinketh in his heart, so is he". It is important that you are mindful of your mental pictures and the words you speak to yourself in private. Instead of the negative words such as; I can't, it's not possible, I am a failure, it's not working, do replace these words with positives like, I can do all things through Christ who strengthens me, I am victorious, I have the mind on Christ. Continue to speak the Word of God over yourself as you renew your mind daily.

Take Action: Remember that you are responsible for being a good

steward of the temple of the Temple of the Holy Spirit (YOU) and He is your helper. Now, it is time for you to take the necessary action. Prayerfully decide and write out what you will start doing differently to reduce/ manage stress from now on.

- Paste it where you can see it for easy read (vision board) Habakkuk 2:1-3.
- Hold yourself accountable or get an accountability partner.
- Stick to it and review where necessary.

It could be as simple as getting enough sleep and eating healthy, or as physical as exercising at least 3 times a week and taking deep breaths when faced with stressors or as mental as staying in the present and practicing more gratitude and being more realistic with your expectations of yourself and others. But most importantly, embrace the attitude of gratitude, spend quality time with your creator, haken to the leading of the Holy Spirit and bask in His love for you.



SELF DEVELOPMENT

FOR YOUR SOUL & SPIRIT

- Character and Integrity - *Sanmi Ayotunde*
- 5 Steps on How To Get Things Done without trying too hard - *Petra Molokwu*
- Conflict management: Do this in an argument! - *Dr. Gary Chapman*
- The Importance of Reading - *Tolu Babalola*





CHARACTER & INTEGRITY

- Sanmi Ayotunde

What is Integrity?

From the Webster Dictionary, Integrity is defined as

1. firm adherence to a code of especially moral or artistic values: INCORRUPTIBILITY,
2. an unimpaired condition: SOUNDNESS,
3. the quality or state of being complete or undivided: COMPLETENESS"

Psychologically, integrity is defined as "a personality trait and comprises the personal inner sense of "wholeness" deriving from honesty and consistent uprightness of character". (John Beebe, 1992) From the definitions above, the word Integrity is derived from a consistent pattern in a person's character. It means that some simple traits of honest, and unchanging nature are found in an individual. When this consistent pattern becomes a testimony for a person, then we can conclude that an individual is a person of character or integrity.

The first person that will be considered for his integrity is the creator of the man himself. Numbers 23:19 has a written testimony about God that "God is not a man, that he should lie; neither the son of man, that he should repent: hath he said, and shall he not do it? or hath he spoken, and shall he not make it good?", another scripture in 2 Timothy 2:13 says, "if we are faithless, He remains faithful, for he cannot deny himself". There are hundreds of verses of scriptures written about the character of God, that he does not lie and he never changes. But the same two scriptures above gave a bad testimony about mankind because they also said that man may be faithless and may change his mind due to circumstances. Integrity simply means, "Let your yes be yes, and your no be no". In other words, it also means, "You mean what you say, and you say what you mean". Our integrity is the only currency we spend to earn the trust of diverse kinds of people or organizations.

As professionals, pastors, engineers, and key players in the global workforce, the importance of character cannot be downplayed. If we must earn the trust of our society, and organizations, then we must understand some simple aspects of life that are attributed to integrity. We will start by highlighting these elements of integrity one after the other.

1

Exaggeration

Most often, we unconsciously exaggerate, especially when we are placed in an atmosphere that feeds our ego. There was a time a TV Host gave a remark about Pastor Adeboye having millions of people in a single church service attendance, and Pastor Adeboye quickly denounced the claim because it was not true. The TV host was impressed and confessed that he was only pulling Pastor Adeboye's legs by inflating the number; and unfortunately, most of the African Pastors that have been invited to the same talk show have exaggerated the number of participants in their various church attendance. Personally, this is an area where I lack discipline. I personally hardly narrate a past incident without exaggerating the context or severity of the incident. Exaggeration, overemphasis, amplification, hyperbole, embellishment, overstatement is nothing but simply adding lies to the truth to a single aim, which is to convince the listener about the validity of the statement. Meanwhile, without exaggeration, the listener would still have believed the same statement irrespective of adding some sprinkled lies or not.



2

Keeping to time and appointments

The second subtle test of integrity is time management. It has been unconsciously indoctrinated into the fabric of certain people and cultures never to come late to an appointment or take more time than necessary in meetings. Meanwhile, some people in the same culture or from other cultures have developed the lackadaisical attitude of coming late to meetings, wasting other people's time, and not managing their time or other people's time judiciously. Most of us are thieves because we steal a lot of money by stealing our employer's time. For example, when we come an hour late to the office, and we still get paid for that time, we have stolen money we did not work for, therefore we are thieves. When we promise to come to an event that we already know we won't attend, we have stolen other people's time, expectations, and trust. A man of integrity honors time and appointment, and also keeps to schedule.



3

Commitment to promise

God himself has a name called covenant keeper, Deuteronomy 7:9, "Know therefore that the Lord thy God, he is God, the faithful God, which keepeth covenant and mercy with them that love him and keep his commandments to a thousand generations". Whenever he makes a promise, even when the other party does not keep their part of the bargain, yet he remains faithful and keeps iterating from generation to generation until his promises come to pass. This means that a man of integrity is a man who keeps to his own words, even when he realizes that the promise he made could hurt him! A good example of someone who displayed this sort of integrity in the bible is Jephthah, who made a vow, later realized that he would lose his daughter, and still never changed his vow. Psalm 15:1,4b says "who shall abide in thy tabernacle? who shall dwell in thy holy hill? ... he who swears to his hurt and does not change".



4

Sexual Assault

The case of sexual assault in the church and our corporate organizations has always been a topic that keeps evolving. The history of numerous cases of sexual assault among ministers, managers, students, and clients has made this terrain muddy water, which causes even the innocent's garments to be soiled with dirt. A man of integrity does not deal with the opposite sex with any ulterior motive. He jealously guards his heart and places a lot of physical and psychological barriers between himself and the opposite sex. Paul wrote and commanded Timothy in 1 Timothy 5:2, to deal with the younger ladies in his church with all purity. "The elder women as mothers; the younger as sisters, with all purity". Purity means clean conversation, no unnecessary touching, and hugging, avoiding unnecessary closure and privacy with the opposite sex, and anything that could be misinterpreted for sexual assault. When a man or woman is pretending to be a man of integrity but is committing immorality in secret, that is a person who lacks integrity.



Other areas include falsification of reports, secret sins including immorality, prejudice, preferential treatment due to race, gender, or any form of inequality, gossiping, false impressions, and many more. In Genesis 17:1, God told Abraham to walk before him and be perfect, this simply means Abraham should become a man of Integrity. In Genesis 18, Abraham earned God's trust to the level that God could no longer hide anything from him. His integrity and character impressed God, and God could trust him with generational blessings - God said "I know Abraham will teach his children to walk in my ways!"

"Integrity breeds trust, and trust breeds influence, influence breeds followership, followership gives birth to growth, and growth automatically leads to blessing".

5 STEPS TO GET THINGS DONE

Culled from Templer's Book, by
Petra Molokwu

without trying too hard



Whether you think you can or whether you think you cannot, you're probably right. It is all in the mind, there have been so many times I have wondered how some people were not clumsy and were good at getting things done so easily and fast. Getting things done is really all in the mind, and once you realize that you have the same raw materials as everyone else — a brain, a pair of hands, and so on — you'll realize that once you acquire the skills you can match anyone for getting things done effortlessly.

Be organized - You have to be organized, you have to want to be organized and let go of the stress or panic when you're looking for things frantically or about to miss a flight, or a query at work for missing a deadline. If you take time to understand how you felt from losing any of these, it should make you push to be organized.

Having a routine - Have your workouts done at the same time every day, have the laundry done at the same time every Sunday. The more routines you build into your life, the less effort it will take to keep things on track.

Write Lists - This is in line with having a routine; write lists before going shopping, have a checklist before you start packing for a trip, and oh yes another is to File Your Week. You may find out that people who constantly do this always seem to be walking in the air. When I tried to File My Week, it was very remarkable as I followed through. I was able to visualize what I needed to achieve daily and the expected results. The magic is really in breaking down the tasks into smaller achievable bits.

Have less, sort it out or bin it - You do not necessarily have to be a minimalist, however, when gathering and stocking up on items, you may actually need to weigh the attention that piece may require, and ask yourself if it's really necessary. Same with any item that you may have been contemplating on when and how to have it fixed, if this has not been fixed in over 6 months, please with all due respect bin it!

Make technology work for you - use all possible tools to make your life easier. I know a lot of times we plan to get back to an email, on the contrary, days and weeks pass until we get a deadline reminder, then panic sets in and we start looking for the email; the snooze button can be used to remind you to come back to that email at a certain date and time.

Commit it all to God - As Christians, we should never do anything without committing it to God. Now that you have learnt about these personal improvement tactics, you should also know that having God involved will DEFINITELY help you get things done without trying too hard. Proverbs 3:5-6 "Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

CONFLICT MANAGEMENT



By Dr. Gary Chapman (Author of The 5 Love Languages®)

Let's face it: miscommunications happen all the time.

Things are going well in a relationship. The day is turning out wonderful. But then, it happens. You inadvertently say something in passing and, KABOOM, you find yourself in the middle of a heated argument.

"I didn't mean it that way."

"Yes, you did."

"No, I didn't. Really."

You get the gist.

So what can you do when you find yourself in the middle of a communication mishap?

Here are three suggestions:

Stop talking. Defending yourself may be your instinctual response, especially if the conversation starts to descend into personal attacks and generalities (i.e., you never, you always). Take a moment to breathe. This relationship is obviously important to you, so remember that and let your guard down. Choose your words wisely. Do you really want to argue, or do you want to resolve the conflict?

Start listening. If you want to resolve the conflict, you need to be curious as to what may have triggered the rise of emotions in the first place. Was it a fear of disconnection, a past trauma that may have surfaced, stress at an all-time high and a rather small comment just pushed them over the edge? When you are curious to really understand what is happening in them, you are less likely to put up the walls of defense. Listening opens the door to empathy.

Express understanding. When there is a miscommunication, often no one is really at fault. You don't have to admit you were wrong if your motives and intentions were right. However, it is helpful to say something like, "I can certainly understand why you might have been hurt by what I said, but I want you to know that I care deeply about you and would never intentionally hurt you like that." The goal is to open the door of communication so you can resolve the conflict in a healthy way.

Miscommunications are inevitable, but with some self-awareness and genuine concern for the other person, you can work to resolve the conflicts that arise and grow stronger in your relationships.



It is important to read, especially reading the Bible. I am sure that you're familiar with the song: "Read your bible, pray everyday, pray everyday, pray everyday..." Though it might sound insignificant, reading your bible is beneficial. Hosea 4:6 says: "My people perish from lack of knowledge." Even God wants you to learn and understand Him better.

Knowledge is power. The more you know about God's word, the stronger you will be in the day of adversity. Proverbs 1:7 says: "The fear of God is the beginning of wisdom, but fools despise wisdom and instruction." If you don't seek knowledge, how will you understand God? Simple; you won't. You shouldn't read just for the benefits, however. Taking the time to study on your own without cohesion shows a sign of spiritual maturity, which shows that you're ready to have a personal relationship with God.

Imagine it like this: a chef has a knife that he has used for a very long time, but doesn't sharpen it. What will happen to the blade? It will become dull. In this scenario, the knife is you, and your sharpener is your bible. If you become dull, Luke 13:6-9 has a warning in store. It is the parable of the barren fig tree, where the branches that don't produce fruit are cut. There are many benefits of reading the Bible, such as:

- Growth in faith
- Guidance on how to live

THE IMPORTANCE OF **READING**

Tolu Babalola

- Helps us develop and grow spiritually
- It encourages us, and gives instruction in righteousness
- Enables us to defend ourselves against the Devil

The most important reason, however, is overlooked. God speaks to us through the Bible, believe it or not. He guides us and shows us the way; only if we listen and adhere to it will we be successful. Joshua 1:8 tells you the same thing.

General reading is also good for you; it stimulates and strengthens the mind. When Elon Musk, founder of Tesla and SpaceX, was young, he read for 10 hours a day. Around the age of 12, he grew bored of what his teachers were teaching him because he knew it all. He loved to play video games, however, and ended up programming his own game. Now look at where he is today, all because of reading. He is privately funding a space expedition and is making groundbreaking discoveries in both the car and space industry (By the way, he is the richest man on earth). If reading ordinary books can get you that far in life, imagine what reading the book of life can do for you both here and in heaven.



SERMON EXCERPT AND SPIRITUAL GROWTH

- Got Light? - *Dr Seyi Babalola*
- A child of Purpose - *Mrs Irene Adeniji*
- Stand up, Stand Tall and Stand out for God - *Victoria Adeniji*
- Praise and worship; the weapon of warfare. - *Pastor Peter Oyediran*

GOT LIGHT?

Dr. Seyi Babalola



What is light? The answer depends on what reality of light you adopt. To most of us, light is that 'stuff' that enables us to see everything around us. It is the 'stuff' that comes from our flashlight when we need to see in the dark, the 'stuff' that shines outwards from our car headlamps when we drive at night, the stuff that shines from the sun and separates day from night. We use light to see physical things and see objects better. Light is sight.

To some of us, light is the collection of waves that radiate as electromagnetic radiation. These waves travel through mediums in throns and crests and have characteristic 'wavelengths'. They can be reflected, refracted, diffracted, or polarized. Light waves travel through a vacuum, water, air, and all sorts of media and mostly do not affect the medium that they travel through. We cannot see all the different light waves. We use light as a wave for communication through the television and radio. We use light as microwaves to warm up our food and communicate between satellites. Light is a wave.

To some of us, light is a bunch of particles put together with some energy. Sir Isaac Newton argued that light is not a wave, but rather that light is made up of particles known as photons. Photons are packets of light that have energies and the motion of light (photons) can be described with his laws of motion that successfully describes the motion of everything from atoms to the sextillions of planets in the observable universe. Light acts like tiny billard balls and can knock stuff off. These light particles can be packed tight, amplified, and focused and used to cut through the strongest structures and metals as lasers. These light particles give us food by knocking off electrons from water particles in plants. The knocked-off electrons combine with carbon dioxide to feed the whole world and clean the air that we breathe. Light is a particle.

To some of us, light is both particle and wave that coexist, that is, exists at the same time. Albert Einstein explained this wave-particle duality nature of light. Light can pass through space and vacuum just like waves, and at the same time knock stuff off just like particles. Light has a wave function, a mathematical item that contains all information about the light; a particle that is also a wave. This dual nature of light has resulted in the development of amazing tools that we use to probe our universe. Light

is a wave-particle.

To some of us, light is magic. A quantum physicist will tell you that at long wavelengths, light can perform the phenomenon of tunneling, i.e. it can 'magically' pass through a potential energy barrier, a phenomenon that violates the principles of classical mechanics. The ability of light to 'tunnel' enables us to build quantum computers, computers that solve complex problems that even supercomputers cannot solve. Light is magic.

In a nutshell, light is a wave, particle, dually existing wave-particle 'stuff', and 'stuff' that passes through energy barriers in magical ways. To walk through dark alleys we need sight-light to shine on our environment. To telecommunicate, we need wave-light to travel to satellites at amazing speeds. To move 'mountains', we need particle-light with all its energy. To break chains and barriers, we need laser-light. To be miraculously uplifted from low situations to higher heights, we need tunneling light. We can apply light to every situation of our lives only if we know the light in all its properties.

Light is Jesus.

Jesus is the light of the world. He showed Himself to the Israelites as a pillar of fire to give them light for sight. He sends our petitions to the Father with speeds that supersedes the fastest wave-telecommunication technology. He commands the light waves to keep His disciples safe and dry. He breaks prison doors and prisoners' chains with particle-light power stronger than the most powerful lasers we have developed. The little boy in the manger, who equals the creator of heaven and earth and the most powerful judge, is the wave function within which all the secrets of the universe are embedded. He is the light that, after the redemptive sacrifice, tunneled out of the tomb on the third day.

Do you have the light? What reality of the light do you adopt? Are you shining a torchlight on your steel barrier or are you breaking that steel barrier with particle light? Do you keep the light under your pillow, in a flashlight app on your smartphone, or inside of you? The light can do everything you need to do, as long as you understand the light and possess the light. Got Light?

A Child of Purpose.

Mrs. Ireana Adeniji

Whether you like it or not, we all were created for a purpose. God is always intentional about what He does and He cares about every minute details of man (you and I), that is why He created us in His own image first. (Genesis 1: 26-27)

To know your purpose, you must first know your IDENTITY who you really are then you can move on to know how you can fulfil this purpose as you paint a PORTRAIT of yourself. All these can be achieved with the help of the Holy Spirit.

YOUR IDENTITY: Matthew 5:13-16; 1 Peter 2:9-10

In a dark room no one can see until there is light, no matter how tiny the light may be it will illuminate the environment and darkness must flee. So also, there is no way you can cook without the use of salt. Even though other ingredients may be present, salt is needed because it brings out the taste and flavor once it is added. You are here in this world to bring light so as to get rid of the darkness intimidating people, and also add flavor so that people can taste godliness.

When He said open up to others that is talk to others about Jesus and the good news of salvation which will make them give their lives to Him and they will become His child by building a relationship with God.

You are here to portray God's manner of living and Christ-like behaviors. Whatever does not glorify God or conform with Him and His commandments, you are not permitted to do them as a child of purpose whose identity is in Christ. 1 Peter 2:9-25

For you to maintain this identity you must allow the Word of God to dwell in you, by doing so God Himself will dwell in you. Joshua 1:8, John 1:1

YOUR PORTRAIT

Before you can start a drawing or painting, you must have an image in your mind of what you want to draw or how you want the outcome to look like. So also is your life as a child of purpose. After understanding your identity, you must know what you want to do with your life. How you want your future to look like and what to do to fulfil God's purpose in your life must be handled seriously. The reason for careless living is a dreamless and visionless life. You cannot have a dream of tomorrow and not live the reality of it today.



Adam and Eve did not paint a picture of what could happen if they disobeyed God and so they had to live with the consequences of their actions. Genesis 2:16-17; 3: 1-17. Your decisions in life come with consequences that you must face either positively or otherwise.

To achieve a portrait that will be pleasing unto God, you must:

1. Know God's plan for your life. Jeremiah 1:5
2. Dwell consistently in His presence, communicating with Him at all times. If Adam and Eve were in the presence of God or always communicating with Him, Satan would not have been able to deceive them.
3. Learn to listen and obey God without questioning His ways and/ or commandments. Luke 22:42; Genesis 15: 5-6; 22: 1-18

When you allow God to lead you, you enjoy so many benefits which you cannot find in the world. Below are few of such benefits:

1. Peace. Mark 4:35-39
2. Victory. Joshua 23:10
3. Blessings. Deuteronomy 28:5
4. Dominion. Genesis 1:27-28
5. Great exploits. Daniel 11:28

I pray that God will give you the grace to know your identity and fulfil your purpose while you secure your future in Christ. Amen



Stand UP, Stand TALL, Stand OUT FOR GOD

Sermon excerpt from message preached by Victoria Adeniji,
full version is available on YouTube

Standing out for God is when you don't care what the world thinks when you are serving God. Sometimes we are faced with challenges that might make us want to just give up and stand in with the world but when we remain focused and steadfast in the faith, we will surely overcome.

Let us look at a few examples in the Bible where people stood out and shone for God.

In the book of Daniel chapter 3, we can see the story of the 3 Hebrew men who stood out for God. King Nebuchadnezzar made a decree that everyone must bow to the image he built after the sound of the trumpets but Shadrach, Meshach, and Abednego refused to bow because they will never bow to another god except God Almighty. This made the king furious and asked that the 3 men be thrown bound into a fiery furnace which was made seven times hotter. But God showed up to rescue these men and not even a hair on their head was destroyed.

Another example will be Daniel who stood up for God in the book of Daniel chapter 6. Daniel was thrown into the lions' den for serving God openly after a decree was passed that no one was allowed to pray to any God. God showed up again and shut the mouths of the lions and Daniel came out unharmed.

One more example is Joseph who stood tall for God in Genesis 39. He refused to commit sin with the wife of his master and he was framed and sent to prison. God changed his story overnight from being a prisoner to being a prime minister. (Amos 3: 3; 1 Corinthians 15:33). You should choose your friends and acquaintances wisely so that you are not influenced into disobeying God.

If you do not stand for something you will fall for anything. Damn the consequences, face the challenge, and do not compromise. If it is what glorifies God, never let go of it.

There is a reason for this message coming in this season, so I want you to meditate and reason so you can manifest in this season. Say NO to the world and whatever it has to offer because you cannot serve two masters (Matthew 6: 24). Hold on to God, obey His commandments and you will see yourself excelling in every facet of life. Standing out for God pays...



PRAISE A WEAPON OF WAREFARE

A sermon excerpt of Pastor Peter Oyediran.
Full message is available on RCCGJHH Youtube Channel

2 CHRONICLES 20:22

Webster defines the word praise as saying good things about and it is synonymous with words such as admire, commend, extol, honor, and worship. A definition of Christian praise is the joyful thanking and adoring of God, the celebration of His goodness and grace. This simply implies that the act of praising is rightfully due to God alone.

In the second book of Chronicles chapter 20, when Jehoshaphat was faced with grave danger and was informed that a great multitude is coming against you from beyond the sea, from Syria; and they are in Hazazon Tamar" (which is En Gedi). For he knew that there was no way he could defeat them, and Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah. He said to the Lord, "O Lord God of our fathers, are You not God in heaven and do You not rule over all the kingdoms of the nations, and in Your hand is there not power and might, so that no one is able to withstand You?". God told him "You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the Lord will give you, Judah and Jerusalem.

Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the Lord will be with you". Jehoshaphat bowed down with his face to the ground, and all the people of Judah and Jerusalem fell down in worship before the Lord.

With full Faith in the Spoken Word of God, Jehoshaphat appointed singers to go to the battlefield. "Now when they began to sing and to praise, the Lord set ambushes against the people of Ammon, Moab, and Mount Seir, who had come against Judah; and they were defeated". By the time they got to the battlefield, all their enemies were already destroyed. All they had to do was to take the spoils of war.

Has the enemy-held you bound? The best way to get your deliverance is by Praise.

When you are in an impossible situation, deploy the weapon of praise and you will see the salvation of the LORD.



a Stationary Existence

By Emmanuel Oni

At the breakfast table lay a jar of sugar cubes, a silver spoon, and a white teacup. Placed there at dawn, three hours had passed leaving the jar of sugar cubes, silver spoon, and white teacup all bored. Sadly, they could not move or talk but could only watch. You see, unlike normal people, they were stationary objects meaning they stayed still all day, every day. Their only purpose in life, to make tea. It would've been a dull life except something special once happened to our new friends. A long time ago, on a day like this, God who is always watching felt sorry for our stationary friends and chose to bless them with simple names; Sugar for the jar of sugar cubes, Cup for the white teacup, and Spoon for the silver spoon. God said, "When your name you thee hear, arise and live your own joy"



So from then on whenever people said the words, spoon, cup or sugar, our friends came alive! They could move, talk and dance. When they played the song "... sugar, yes please" by Maroon 5 on the radio, the jar of sugar cubes began to glow, then Sugar came to life. "...Sugar yes please won't...down on me" it sang along, and the sugar cubes inside the jar wobbled with joy as they danced too. In a state of bliss, sugar cried out pompously, my majestic name sounds like thunder on the lips of all. You must have realized now that Sugar is indeed lucky. With a sweet name like sugar, you can imagine how there are many songs with the word sugar in it. Sugar's name may be a "majestic name." Spoon and Cup kept mute during all this, only able to stare enviously at the happy Sugar.

Then the radio abruptly cut off.

Sometime later, an angelic voice singing "fill my cup Lord" slowly drew closer to the table. No sooner had the song reached its ear-shaped handle than Cup came to life. Sounds of heavenly trumpets mysteriously appeared. Cup could finally cry out in joy too, while the proud Sugar still danced about. Yet, Spoon could only look on.

Some time passed again before a man with a newspaper came to the table and sat down. Almost immediately, a woman came in carrying warm milk, some bread, and tea bags. She then left again only to once again return with a flask of hot water in hand. With breakfast served, the man with the newspaper was ready to eat a perfectly normal meal, unaware of what Sugar or Cup were doing and clueless about an excited Spoon. The man reached out for the hot water and poured some into the cup causing Cup to cry out. "It burns, save me, God," it screeched. But it seemed no one heard it. Then the man casually reached out for the jar of sugar cubes. He took out one cube and added it to the cup leaving Sugar distraught. "My child, NOOOOOO —" it wailed but the sugar cube still went into the cup. Now two of our three stationary friends were in a bad mood except for Spoon, it became happier.



You see, Spoon remembered something the others forgot. From the very beginning, it had been waiting and finally, its time to shine had arrived. As the man picked Spoon up, it became even more exciting. Spoon knew that what came next was the scalding hot water but it wasn't afraid, it was prepared to bear the pain. Spoon was made of tough stuff. Spoon knew the pain was only in passing, and that its body would be cooled by the man's cold breath as he sipped the tea. Spoon was ready to risk it all for that moment of happiness. Finally, Spoon could feel alive. Though Spoon's name was not spoken as often as Sugar or Cup, it never felt down too long about this and it never gave up. Spoon knew it would get its chance and these moments of fulfillment were the happiest of Spoon's stationary life.

LESSON

Though Spoon had no popular song of its name, it had a wealth of experience and had long since learned to be patient. While all men were created equal not all men were born equal.

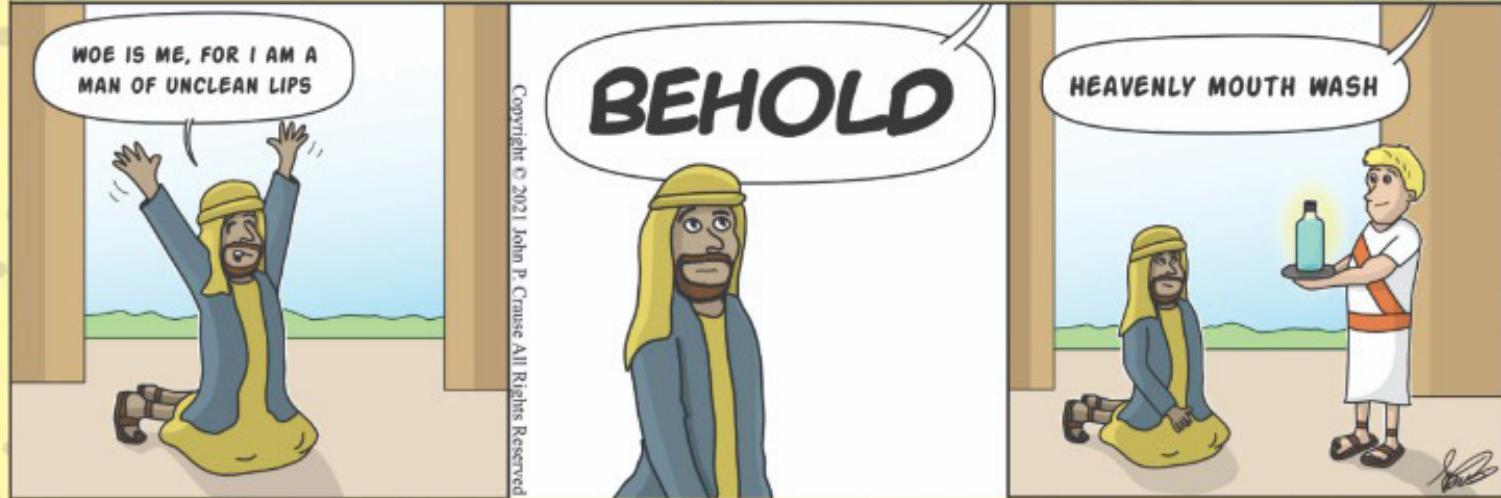


Seatist

Bible Laughs



Unclean Lips



Worst Plague



Never Again



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Taking Steps



Wisdom



Balam



Like Children



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Matthew 18:10



Picture

Blissful Moments in Jes



Gallery

Jesus House Huntsville

12
YEARS
ANNIVERSARY
CELEBRATION

THE WIND OF CHANGE

NOV 19 - 22, 2020



12
YEARS
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CELEBRATION

THE WIND OF CHANGE

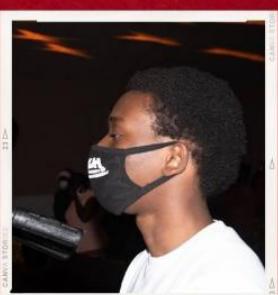
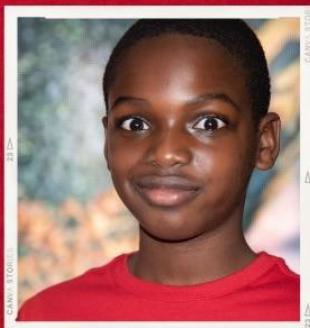
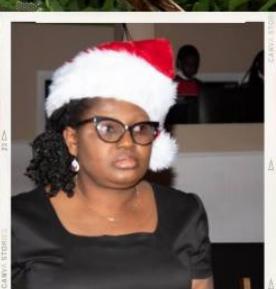
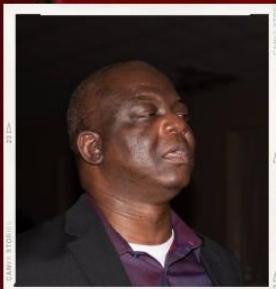
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JOY TO THE WORLD

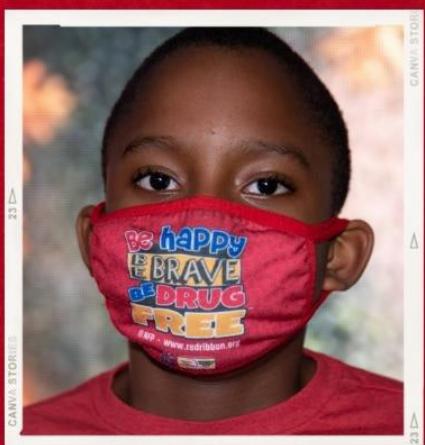
Christmas Service

2020





SING A JOYFUL SONG

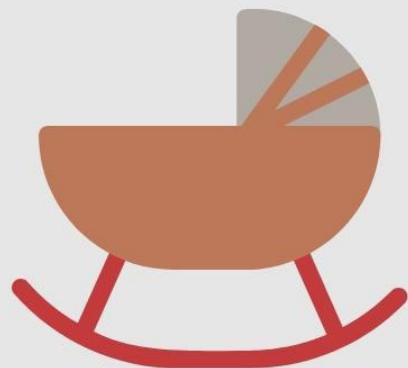




Children's Day



Baby Dedication



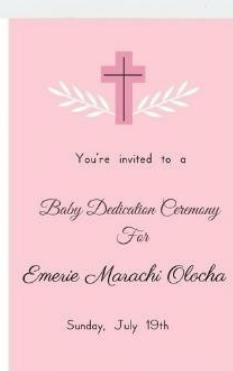
— ♡ —
Jesse Alegbea
— ♡ —



Anthony Sunday



Emezie Olocha





Tifeoluwa Oladele



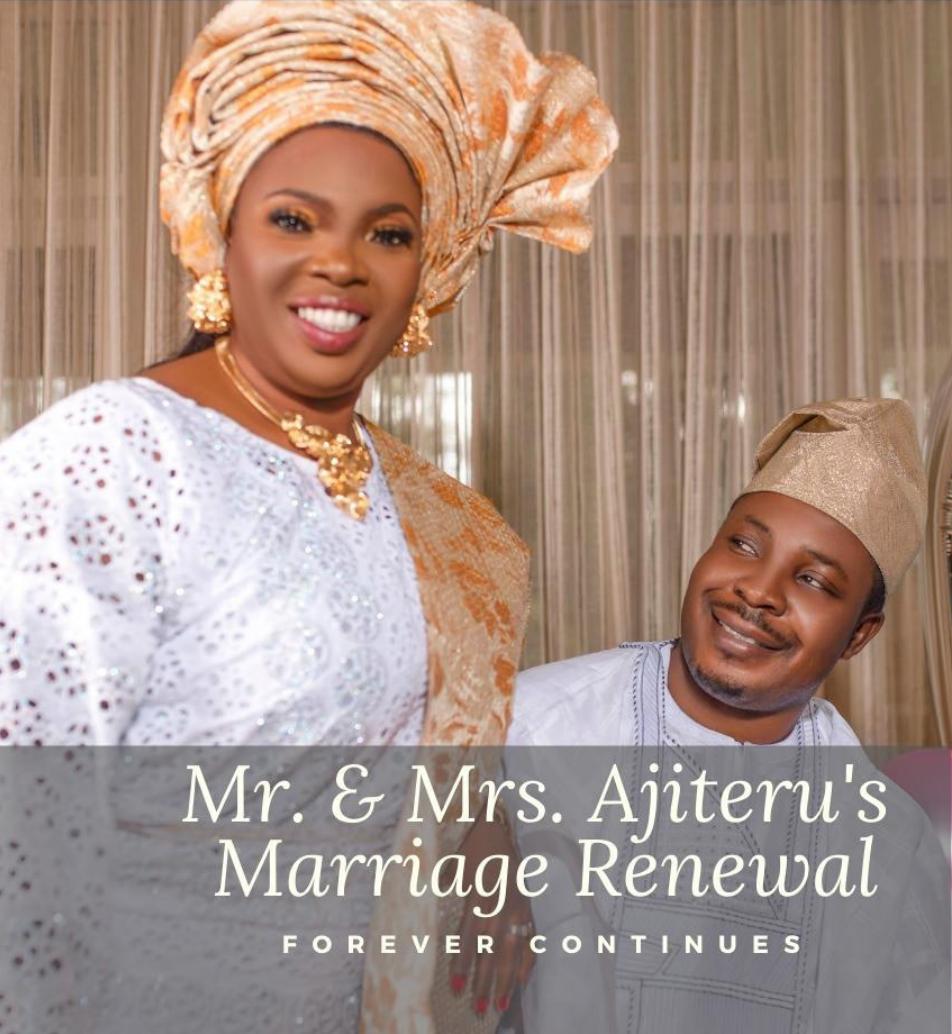
Amir Rowland



2021 Weddings



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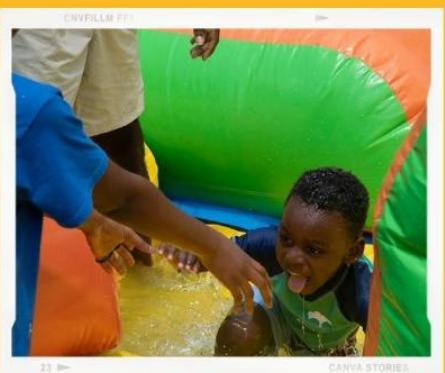


Ages 5 - 14
THE PROGRAM INCLUDES

KIDS SUMMER CAMP

July 8th - July 10th



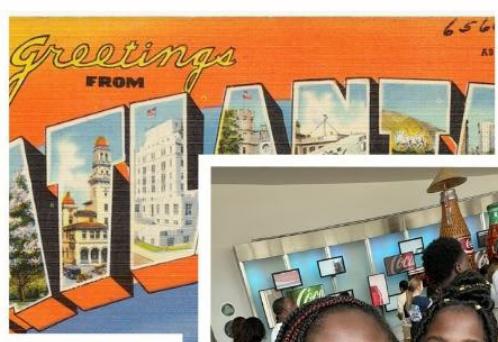


THE ATLANTA GETAWAY

YOUTH RETREAT

JULY 2021

In July, the Youths took a most needed break and went on retreat to a quiet Airbnb in Atlanta. It was a short three days of relaxation, fun, and self-development. During the retreat, they created time for group prayers, career counseling, and touring exciting places in Atlanta.



JESUS HOUSE HUNTSVILLE YOUTHS

SUMMER ACADEMY

Sponsored by the Youth Ministry

The Youth Ministry of RCCG Jesus Huntsville celebrates with Jesus House Huntsville on the 13th Anniversary of the Church. This year has been an incredible year for the Church and the Youths. This year, the youths organized spectacular events and led us to grow as individuals and as a group. To God be the glory!

As part of the Youth Ministry's goal of giving back to the Church, they hosted programs for the children with assistance from the Church and members.

In summer, they set up two programs for children aged 4 to 15, the Summer Academy and Summer Camp.

Children came to the academy on Tuesdays for seven straight weeks to learn music, math, arts, and science. Select youths worked hard to make the lessons fun and memorable. Also, for three days only, we threw a fun-filled summer camp where the children played sports and did other exciting activities.

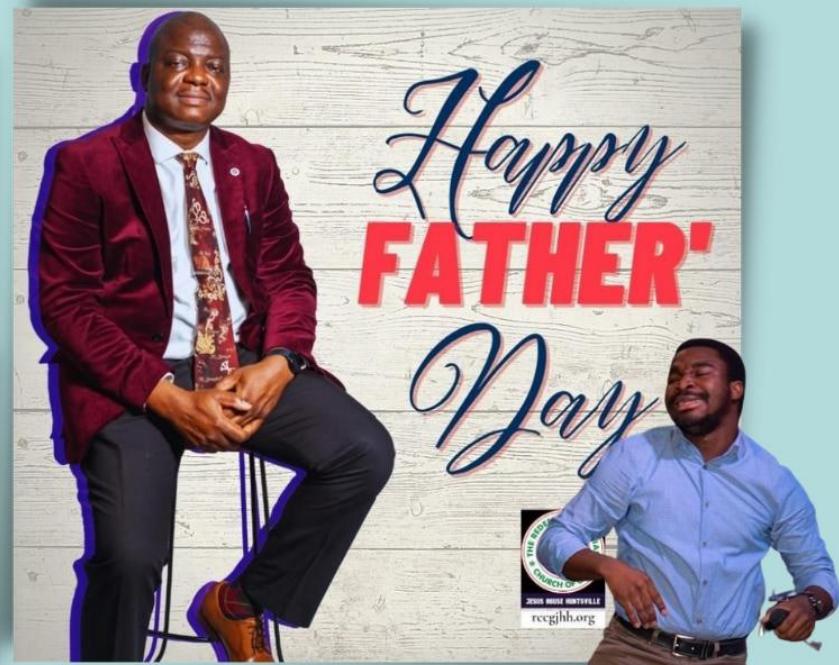
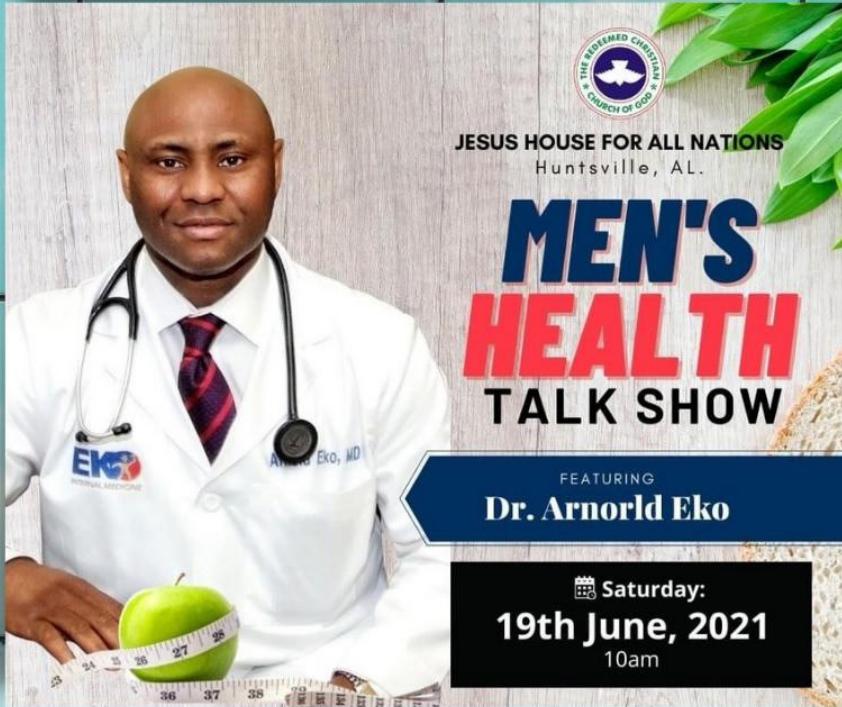


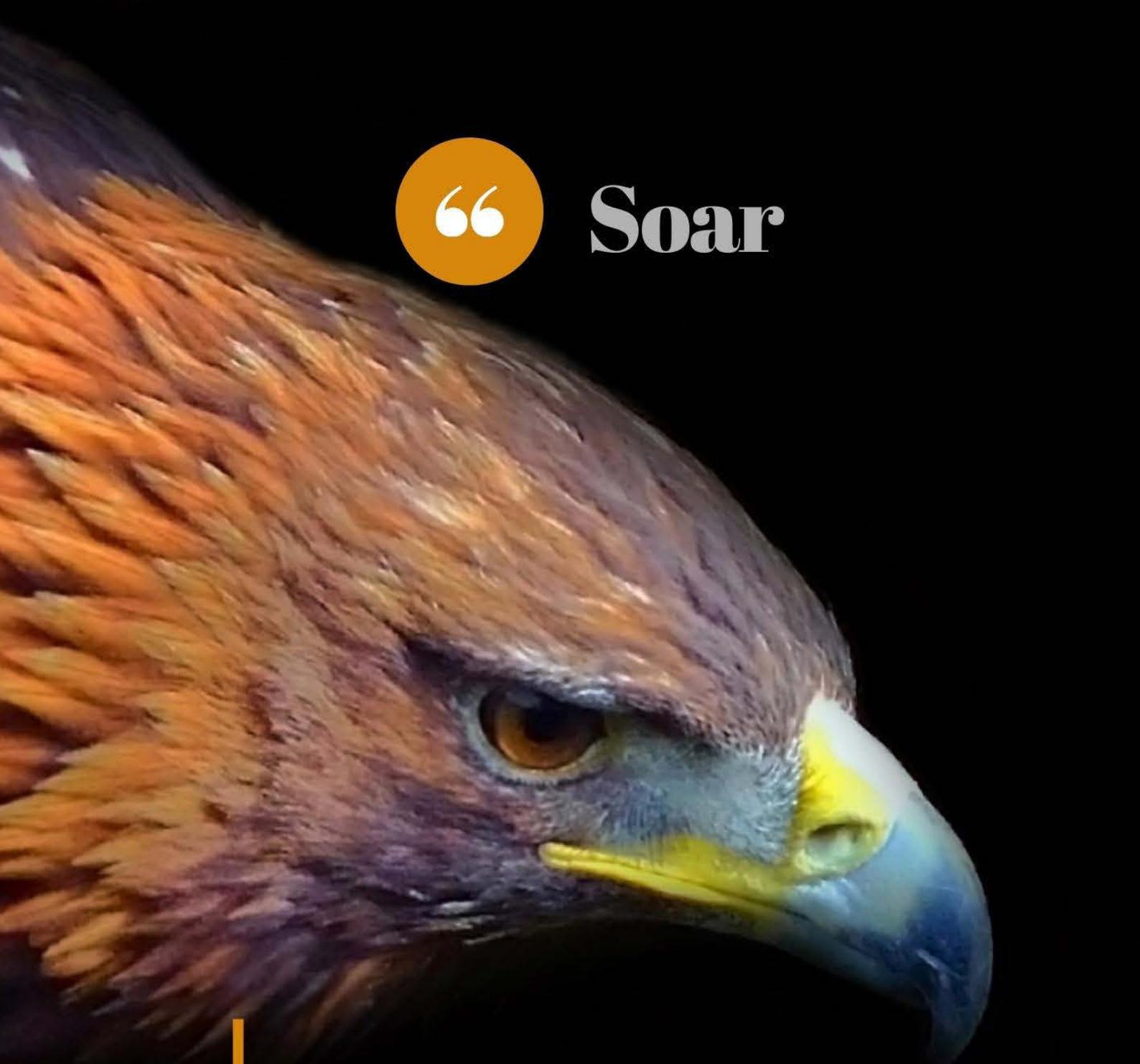
Solar Robot project for the kids,
June 2021

WOMEN'S CONFERENCE



MEN'S CONFERENCE





“

Soar

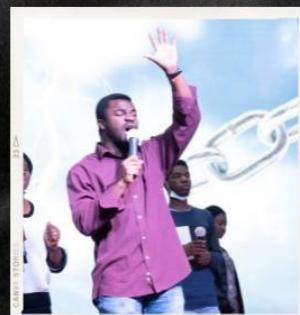
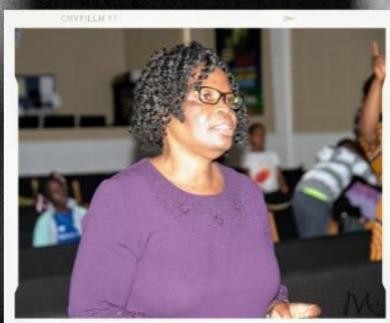
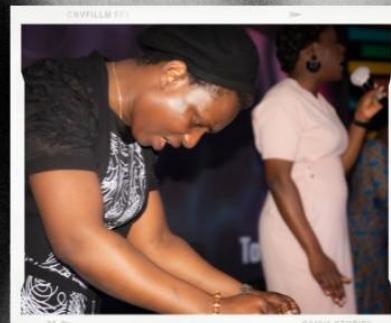
"But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not".

Isaiah 40:31



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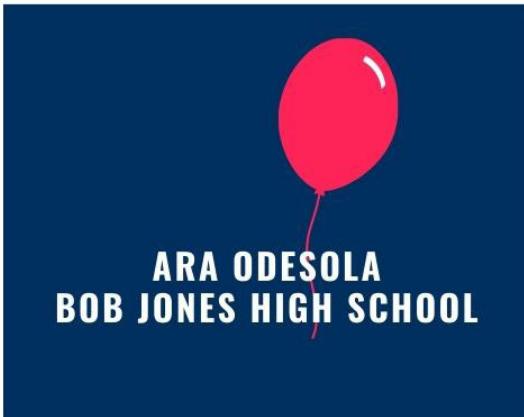




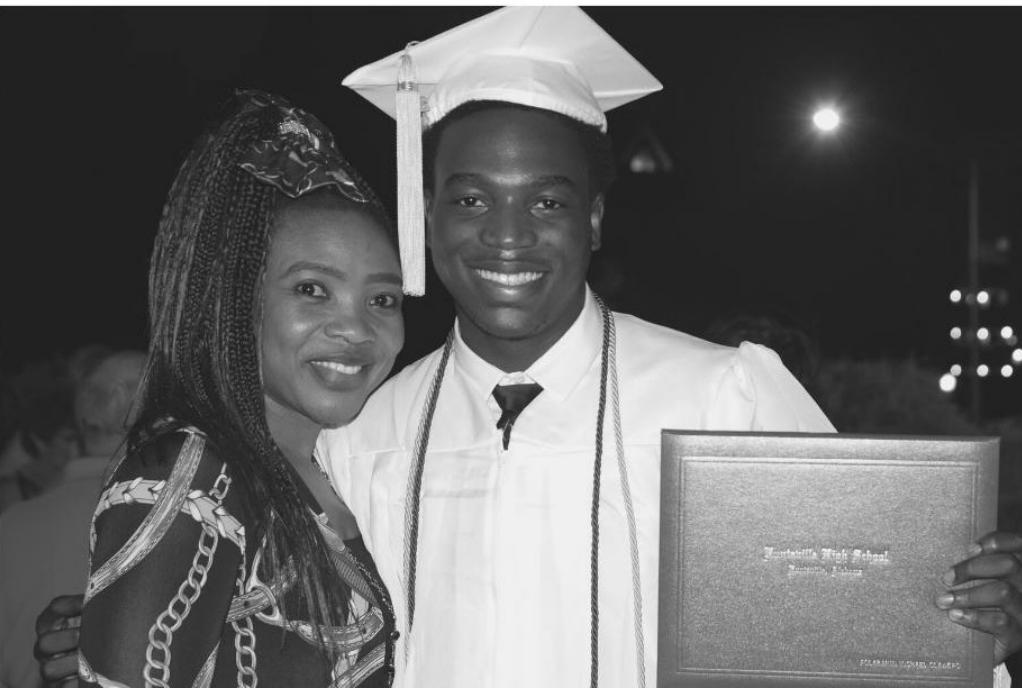
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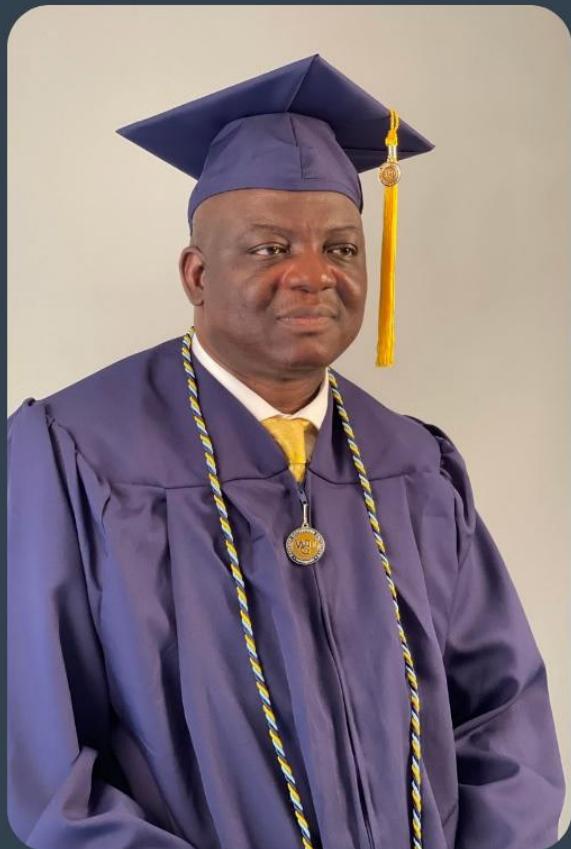


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MRS KUSHIMO 60TH BIRTHDAY

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Happy Birthday



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Happy 13th Year anniversary
to RCCGJHH as she celebrates
years of excellence in the
city of Huntsville and state of
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From the family of
DR & MRS OLUWOYE



CONGRATULATIONS TO PASTOR & PASTOR
(MRS)PETER OYEDIRAN AND THE ENTIRE MEMBERS OF
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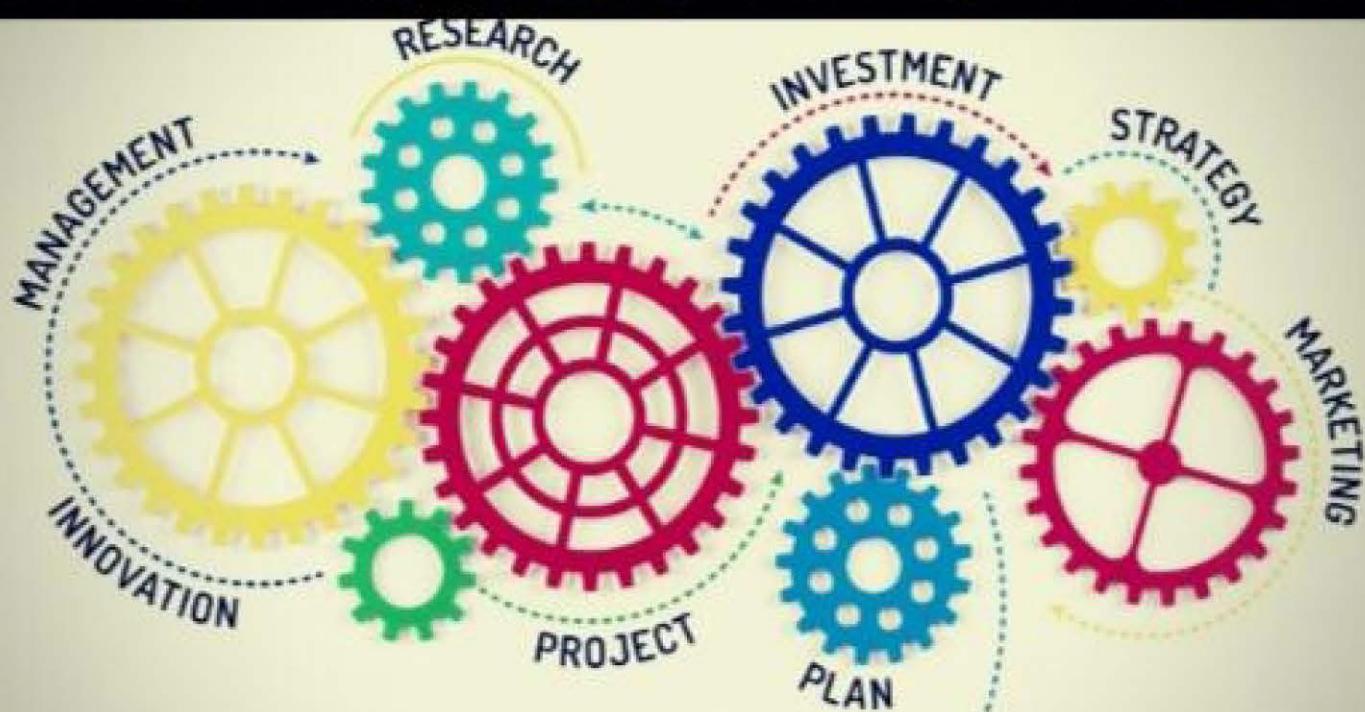
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**MRS. BEATRICE
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I heartily congratulate Pastor Peter Oyediran and the entire
RCCG Jesus House Huntsville on their 13th Anniversary
May you all continue to soar on Eagles wings!

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