

JANUARY/FEBRUARY 2023

FIRST TRUE LOVE'S QUARTERLY PRESS

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ARISE

Always Receiving Instruction = Spiritual Edification

The Hebrew word “cumi” means “To get up or stand up.” We see in the scripture Mark 5:41 Jesus tells the little girl “Talitha Cumi” which means “little girl arise.” Jesus resurrected her! The Greek word “sikononmai” means “to be stirred up.”

To me the word “ARISE” means to be awakened, to come alive. Arise is a spiritual awakening to a higher level in Christ and a deeper relationship. Arise symbolizes the coming alive of the spirit and soul. Sometimes we are complacent, redundant doing the same thing over again. We need to awaken and get up from this place of tradition and repetitiveness. Arise is to make ourselves aware and alert to God’s will, plan, and purpose for our lives, while rising in wisdom, going to new heights, and experiencing God’s best!

Let this year be the year that we arise and seek God to the fullest, wholeheartedly that we may see God’s glory shine upon us, “Arise, shine, for your light has come, and the glory of the Lord rises upon you.” Isaiah 60:1

This is your year!

Dr. Rosemary Taylor

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JANUARY IS CERVICAL CANCER MONTH

Screening for Cervical Cancer

21-24 Pap test
every 3 years

25-29 Pap test
every 3 years

30-65 Pap test every 3 years,
HPV every 5 years or HPV/Pap
co test

65 and older
No screening if prior test
normal, no high risk cancer

Veronica Ricks, NP

When diagnosed, cervical is one of the most successful treatable forms of cancer if detected early. With a comprehensive approach to prevent, screen and treat, we can end cervical cancer as a public health problem.

Psalm 139:14

"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well."

Cervical Cancer

According to the National Cancer Institute, cervical cancer was once a leading cause of cancer death for women in the United States. Today, screening and prevention have greatly reduced the impact of this form of cancer. Still, nearly 14,100 women in the United States received a diagnosis of cervical cancer and nearly 4,300 died from the disease last year. Increasing screening and prevention are important components in the effort to eradicate cervical cancer. Since almost all cases of the disease are caused by human papillomavirus (HPV) infection, vaccines that protect against the virus could prevent the vast majority of cases. Also, regular Pap tests can catch - and lead to the treatment of - the disease at the precancerous stage.

What is Cervical Cancer

Cervical cancer is a disease in which cancer cells arise in the cervix, which connects the uterus to the vagina. HPV is almost always the cause of cervical cancer, which is why vaccines against the virus are an important part of cervical cancer prevention strategies.

Who Is Your Child's First and Most Important Teacher?

Tag Parents, You're It!

You were, are, and shall forever be your child's most important and influential teacher. Even when you don't realize that you are teaching your child, you are teaching your child.

Every move you make and every step you take your child is watching and learning from you. Please pause and prayerfully consider your enormous, God given (Proverbs 22:6) parental responsibility. I cordially invite you to embark on an incredible life changing, mind altering journey as I use this forum to support, challenge, inspire, and encourage you to "Arise" and assume your position as your child's first, most important, and influential teacher.

Parents As First Teachers

Children are born with a natural God given ability to learn. Take a moment and think about all the things that children learn how to do between birth and three years of age. By age three the average child has learned to walk, eat independently, and to some extent communicate in their native language. Children master these difficult tasks by engaging in social interactions with their parents and/or caregivers. Just as children are learning and developing in ways that we can easily see, their brains are also developing at a rapid rate, if they are provided with appropriate learning experiences. Children need to engage in social interactions that help build a strong foundation for future learning and development. The more children see, do, and experience the more they will know and assimilate. I will use this forum to share tips for building and sustaining strong foundations for future learning and development. Many researchers believe that 80-90% of learning and development take place between birth and age three.

This doesn't mean that children acquire 80-90% of the knowledge that they will obtain during their life span by this age. But, instead it suggests that they develop the crucial psychological systems that they need to learn new things during this time frame. If children do not develop these psychological systems in their brains, learning new things will influence his/her spiritual, emotional, psychological, social and cognitive development for the rest of his/her life. So, how does your child learn and develop these psychological systems? They learn and develop these essential skills from you - their first, most important, and influential teacher. Children are born with a social-emotional attachment to their parents, especially their mother. Their first learning experiences are with their parents; thus, parents are the most influential teachers. The types of experiences that you provide during the birth to three-year timeframe determines whether the proper foundation is built. IN the next section, I will provide some tips and strategies that you can use to help your child build and sustain psychological systems that will help them to continue to learn new skills. Arise: Assume Your Parental Position Parenting is difficult, but if you are a parent, God will equip you for the assignment. However, RECOGNIZE that the only way to parent successfully is to maintain communication with the creator (God) and read the instruction manual (Bible). So, my first tip is to teach your children Godly principles by modelling a loving, Christian lifestyle. Remember, children watch you and do what you do; more often than they do what you tell them to do. Secondly, spend time with your child doing activities that help them learn and develop. Here are a few suggestions for you to try this quarter:

Birth to Three

These little humans require a lot of love, patience, and attention. You will need to provide lots of experience lots that incorporate language and movement. They are like little sponges absorbing everything they experience. This is a great time for nursery rhymes, songs, story times, fingerplays, and much more. Since children learn through social interactions, this is no time to be shy parents – you must sing and do the movements too! One of my favorite sources for great songs is Youtube.com. This quarter, I suggest, if you haven't done so, try searching for Baby First TV. This search on YouTube will allow you to find shows that provide experiences that teach language, colors, shapes, numbers, and much more in a way that is appropriate for this age group. Some of my favorites are: “Color Crew”, “Vocabularry” (spelled this way because the parrot on the show is named Larry), “Peek A Boo, I See You”, and “Hide and Seek for Babies-Find the Acorn”. It is very important that you help your child focus and attend to these shows by playfully interacting with your child. For example, use your pointer finger and tell your child “Wow, look at that...” or make a surprised face while pointing at something in the show. Your child will focus on and learn what he/she feels is important to you, so use these shows to actively interact with your child.

Preschool to Elementary

One of my favorite websites for supporting the development of literacy and mathematical concepts is starfall.com. I am more familiar with the preschool and kindergarten sections, but this website supports children's literacy and mathematical development through 5th grade.

Some of the sections are free to use but to assess some of the sections, you will need to obtain a subscription. I recently purchased a subscription for my granddaughter, and it was only \$39.95 for a one-year subscription. This quarter I suggest that you try the “ABCs” under the Pre-K/K section. It features ABC blocks for each letter and when you click on each letter block it will take you to an activity that will help your child learn their letters and sounds as well as some other skills. I also suggest that you try the “Talking Library” which takes you to a selection of online books that will allow your child to follow along as the story is read aloud by the computer. Each word is highlighted in red as the story is read. There are many other awesome sections for math songs, numbers, geometry, and measurements that you may also check out. Remember that you are doing these activities with your child and talking to him/her about what is taking place. Make this a fun learning experience in which you and your child have fun leaning together. Elementary to High School and Beyond Your elementary and high school students still need your support. However, at this stage, parents need support in supporting their students because Common Core and Eureka Math are ... a REAL CHALLENGE! This is why khanacademy.org is one of my favorite websites. This website features a list of courses by grade level and subject area. You can select the grade level and skill in which your student needs support.

The facilitator presents a step-by-step video explanation of the skill; then ask the student to pause the video, complete a similar problem or activity, and then restart the video for feedback on the correct answer. I encourage you to explore this website with your child this quarter, it is truly an excellent resource. Have fun learning new ways of doing math with your child.

Remember that as a parent, you were, you are, and shall forever be your child's first, most important, and influential teacher. Your child is watching and learning from all that he/she observes you doing. You possess the power to provide experiences that help your child build a solid foundation for future learning and development. I hope that this article will encourage you to "Arise" and take your position, inspire you to be more confident in the position that you have already taken, or that it will help you to support another parent who needs to "Arise" and assume the position.

Submitted by:

Dr. Carolyn Williams Roman



Sunday Worship 10AM

**Word on Wednesday
Bible Study
7PM**

**Join us via
Facebook, YouTube or
The Church's website**

**Prayer Call
Monday-Friday 7AM
Saturday 9AM
Call: (267) 807-9601
Meeting ID:
639-622-045#**

**To Know Christ.
To Make Him Known.**

BLACK HISTORY MONTH

(SOURCE – NPR)



February marks Black History Month, a tradition that got its start in the Jim Crow era and was officially recognized in 1976 as part of the nation's bicentennial celebrations. It aims to honor the contributions that African Americans have made and to recognize their sacrifices.

It was Negro History Week before it was Black History Month. In 1926, Carter G. Woodson, the scholar often referred to as the "father of Black history," established Negro History Week to focus attention on Black contributions to civilization. Woodson chose a week in February because of Abraham Lincoln, whose birthday was Feb. 12, and Frederick Douglass, who was born enslaved and did not know his actual birth date, but chose to celebrate it on Feb. 14.

By 1976, it became official, with President Gerald R. Ford declaring February as Black History Month and calling on the public to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."

Today, Black History Month is also celebrated in Canada every February and the United Kingdom in October.



February is American Heart Month

(Source - National Today)

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits.

- 1. Take up a heart-healthy habit.**
- 2. Staying active, eating healthy, and watching our weight are all important parts of maintaining a healthy cardiovascular system. Pick a new heart-healthy habit like jogging or substituting sodas with water and try to stick to it for a whole month.**
- 3. Educate yourself**
- 4. Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.**
- 5. Get your cholesterol tested**
- 6. If you're worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you're at risk and should make adjustments to your diet.**



Girls Ministry (Age 8-18)



DAUGHTERS OF THE LORD LIVING SANCTIFIED
PROVERBS 31

February 11
10 AM to Noon

South Campus



LITTLE LAMBS: 6 WEEKS TO 2 YEARS OLD
ANOINTED KIDS MINISTRY: 3 YTO 8 YEARS OLD



MIN CLAUDE & SIS LORRAINE REED

Welcome **BCM** *New Ministry Leaders*
BUILDING CHRISTIAN MARRIAGE MINISTRY

JOIN US ON 3RD SUNDAYS AT 8:30
(MAIN CHURCH FELLOWSHIP HALL)

FOUR EASY WAYS
TO GIVE



OUR SECURE WEBSITE
WWW.FTLWOM.ORG
ONLINE GIVING



MAIL TO:
PO BOX 671
PONCHATOULA, LA 70454




DROP OFF:
FTL ON SUNDAYS
9AM TO 11AM



Mobile Phone
TEXT "GIVE" to
985-244-3099

Sunday Worship
Call on Saturday by 8pm to
schedule Pickup.



CALL
Bro. Wilbert Austin
to schedule pickup
985-974-2985

**TRANSPORTATION
MINISTRY**
NEED A RIDE?



**YOUTH
SINGERS**

REHEARSAL EVERY
2ND, 3RD & 4TH
THURSDAY AT 6PM



SEE A YOUTH LEADER
SIS. LOIS PERKINS.

April Ford-Jackson
NEED NOTARY SERVICES?

ACCURATE | ACCOUNTABLE | PROFESSIONAL



**FREE SERVICES EVERY
3RD SUNDAY
FOLLOWING SERVICE!**

APRIL JACKSON
ATTORNEY

41239 SOUTH RANGE ROAD
PONCHATOULA, LA 70454



**ARISE
ARISE**
Revival

FEBRUARY 21-23, 2023
7PM NIGHTLY

GUEST SPEAKER
BISHOP DR. MICHAEL SMITH
HIS E. COASTAL CHRISTIAN CENTER
& JERICO INTERNATIONAL MINISTRIES

GUEST SPEAKER
PASTOR MAIZE WARREN
HIS E. COASTAL CHRISTIAN CENTER
LEAD PASTOR

GUEST SPEAKER
DR. BARTHOLOMEW OGBURN
BROWN MISSIONARY BAPTIST
CHURCH, JR. PASTOR

CARL COLEMAN
PASTOR-TEACHER



**FIRST TRUE
LOVE**

EARLY MORNING
PRAYER CALL
MON-FRI 7:00AM
SATURDAY 9:00AM

267-807-9601
MEETING ID: 639-622-045#



SOUND
and Media Ministry

First True Love World Outreach Ministries
Pastor/Teacher - Carl Coleman

We are looking for Volunteers to serve in the
Ministry. Please see Irael White or Kim Brumfield