

# First True Love's QUARTERLY PRESS

APRIL - MAY - JUNE

## Reading is FUNdamental

BY DR. CAROLYN ROMAN

Have you ever heard a child say: "I don't like to read"? Most often, what this child is telling you is that he/she is not confident in his/her ability to read well. However, children must practice reading because they can only learn to read proficiently by reading. So, whether a child likes to read or not, they must read, because reading is essential to their learning and development. Children who read well are more likely to perform better in other subjects, as well as on standardized test, because of their ability to read well and comprehend what they are reading. Thus, it is important that we provide rich early literacy experiences to children before they enter kindergarten so that they have a love for reading. Unfortunately, many children arrive at kindergarten without having early literacy experiences that provide a solid foundation for developing reading skills. As these children advance through the grades, they struggle to develop the reading skills needed for school success. Is your child a struggling reader? It is crucial that parents know their child's reading level especially if their child is a struggling reader. Struggling readers need additional help to become proficient readers. Parents, please ask your child's teacher if your child is reading below level, on level, or above level. In addition to asking your child's teacher for his/her reading level, ask for tips on supporting your child at his/her reading level. Those children reading on or above level will just need some encouragement and introductions to some interesting books and literacy experiences to continue to develop their reading skills. However, if your child is reading below level, he/she will require some more intensive support. Louisiana state officials recently adopted legislation that created and funded the Steve Carter Literacy Tutoring Program.



## Newsletter Highlights

---

READING IS  
FUNDAMENTAL

---

HEALTH AWARENESS

---

RN TESTIMONY

---

CHURCH NEWS

---

The Steve Carter Literacy Tutoring Program provides funding to parents of Kindergarten to 5th graders who need tutoring to help them develop literacy skills (reading and language arts). This program provides a \$1,000 digital voucher that can be used to pay for tutoring from a certified teacher who is listed on a state approved tutor list. Parents can apply now but they will need to obtain their child's Louisiana Department of Education Student ID from their child's school or teacher. If your child is a struggling reader and is enrolled in kindergarten, 1st, 2nd, 3rd, 4th, or 5th grades; please do not hesitate, apply now! To apply visit the following website: <https://www.louisianatutoringinitiative.com> If you have any questions regarding the Louisiana Tutoring Initiative, please contact 877-390-0556 between 7am and 4pm Monday - Friday.



# Health Awareness

BY VERONICA RICKS, NP

**Matthew 6:34** "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

**April** is National Stress Awareness Month. We all know that stress is unavoidable for the vast majority of Americans, however there are many ways to help prevent and manage stress. Stress can be debilitating, and it can cause or aggravate health problems. Every April, health care professionals from across the country joined forces to help increase public awareness treatments for the growing stress epidemic in our country. Stress not only affects your mind it can also affect you on a cellular level in fact, long term stress can lead to a wide range of illness including headaches, stomach disorders, depression such as stroke and heart disease.

## To Combat Stress:

Recognize when you don't have control, and let it go  
Don't get anxious about situations that you cannot change  
Focus your mind on something that makes you feel calm and in control



**3 John 1:2**- Dear friend, "I pray that you may enjoy good health, and that all may go well with you, even as your soul is getting along well. Do you better understand that a man's health is not just his physical health?"

**June** is Men's Health Month. It is an annual observance in raising the awareness of preventable health problems by encouraging early detection and treatment of diseases among men and boys.

According to the literature:

-450,00 men die of cardiovascular disease each year.

-More than 700,000 men are diagnosed with some type of cancer each year; 300,000 of these cases will result in death.

-230,000 men are diagnosed with prostate cancer each year, this is the second leading cause of death in men.

**Psalms 34:17** "The righteous cry out, and the Lord hears them; He delivers them from all their troubles."

**May** is Mental Health Month

Mental Health crisis affects everyone. During the pandemic increased levels of depression and anxiety affected a large portion of the population within every category of age, race, and class. Healthcare workers were hit very hard. Mental health burnout among healthcare professionals has continued to increase post pandemic.

Work related stress refers to the harmful physical and emotional effects of an employees' job requirement and can lead to poor mental and physical health. Mental health includes a person's psychological, emotional, and social well-being, and can affect how a person feels, thinks and act. The National Institute for Occupational Safety and Health has started an initiative to raise awareness for Healthcare Workers Mental Health. This initiative will ...

- Raise awareness of mental health issues among healthcare workers, including the risk of suicide and substance use disorders
- Eliminate barriers to accessing care for mental health
- Identify workplace and community support for health care workers
- Reduce stigma related to seeking a receiving care for mental health
- Identifying, improve data, screening, tools, training, resources, and policies to address health worker mental health

- More than 60% of adult American men are overweight or obese.

Facts concerning Men's Health:

- Men are less likely to seek healthcare than women. According to a survey conducted by the Cleveland clinic 40% of men go to the doctor only when they have a serious health issue and they never go for a routine check ups.
- Prostate cancer affects one in nine men according to the American Cancer Society; there are 175,000 new cases of prostate cancer diagnosed each year. Prostate cancer is the most common cancer among American men. It is important to ensure that at risk men are being screened for prostate cancer.
- Mental health is one of the most stigmatized issues affecting men. The American psychological Association reports that about 30.6% of men have suffered from depression in their lifetime.

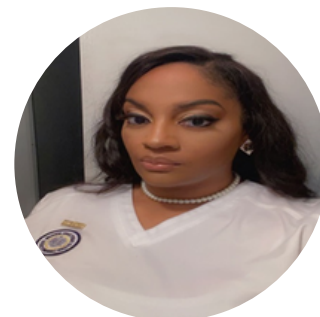
During the month of June, we need to encourage the men and boys in our families to become more proactive about their health, both their physical and mental health.



# My Testimony

BY ASHLEY MAY, RN

I know darkness cannot be where light enters. I know that  $2 + 2 = 4$ . I know that my favorite color is purple. I even knew that I wanted to be a Nurse when I grew up. There are a lot of knowledgeable things that I would like to have credit for. But if I could share my honest and realistic thoughts for a moment, I'll share that for the last few months to maybe a year I was unsure about more things than the things I knew. I was unsure if I needed to pursue RN school, or just continue to work as an LPN. Unsure if I needed to move in with someone or just attempt the risk of high anxiety by constant thoughts of how I was going to make ends meet. Unsure if this was the "timing" that God had promised me. And to be honest I'm not one that gets stressed out easily, but all of the thoughts of the unknown were boxing me into a small room. By the way I am claustrophobic. YIKES!



Some of my thoughts I did share with family and close friends, and some thoughts were just tucked away and I hid them as much as I could, until I had no choice but to face them. Time wasn't waiting for me to figure things out, time was doing what it was meant to do, move!

2019 is when I applied to the RN program at Charity Nursing, Delgado Community College. Nervous but excited, scared but eager to start the schooling process. Oh yeah, I cried behind the application process too, because there was a mix up in the applications and I thought that by the time they fixed it, it would be passed the deadline to attend.

About a month later I received an email notification that stated I was accepted into the program. Guess what happened the semester I started, COVID pandemic. This was definitely a moment of many questions that I did not have answers to, in fact it only added to all other unknowns.

Most of my schooling was during the pandemic, there were days that I was frustrated and agitated, because I didn't give grace to instructors. I expected them to have answers that they were also searching for.

Fast forward to 2021, I'm in the third semester, and one semester away from graduation. My dreams are finally coming true. I can see the light at the end of the tunnel, I mean I can taste it. You know I'm feeling all of the clichés that people say when they are at the finish line of a thing. I'm breezing through this semester, dreaming of how I want to take graduation pictures, how I want to design my invites, just all the things that graduates do and plan. I go into finals needing to answer 78 questions correctly and guess what, I was only able to answer 75 questions with the right answer. Yep, I failed that class.

The moment that I received my grades, I was sitting on the couch, refreshing my screen almost every 5 minutes, nervous with every refresh. The moment that I saw my final grade, I froze, all of my unknown came rushing back to the forefront of my brain, water,

and a burst from my mouth that made my heart race even more, filled the room. Angry. Upset. Hurt. Awful. Let down. I honestly think that I went through each feeling separately before feeling them all at once.

I finally mustered up a little strength to text my family and friends to let them know the outcome. Some texted back with encouraging words, some called just to hear my voice to make sure I was ok, and some even stopped by to see me.

I remember saying over and over, "God I know that you did not bring me this far to drop me now" and I quoted the scripture, Romans 8:28 that states, and we know that all things work together for good to those who love God, to those who are the called according to His purpose." I had to keep repeating these words until they began to give me strength to move on.

Fast forward one more time., and I am enrolled in the same class again, this time was it, and this time I conquered it. I move on to the final semester and was now preparing to graduate for real. God gave me all the strength and energy I needed to complete the program. I was so confident this time that I had grad pictures scheduled, I had outfits picked out, and I had invitations ordered, before finishing that semester. Your girl finally did it, I passed all my nursing courses in order to graduate.

Not only did I graduate on December 13, 2022, with my RN degree, but I sat to take NCLEX (state boards of nursing exam) on January 10, 2023, and received a notice stating, "CONGRATULATIONS!" you have just been issued your nursing license. God did it!!! God has been so faithful to me, everything that I was unsure of in the beginning, He assured me as I went with His plans. I'll leave you with this, stopping my full time job to pursue to school, I can honestly say that I've never been on the side of the road from running out of gas, I've never lost weight due to not being able to eat, and I was not homeless due to not being able to pay rent. Once I moved out of His way, and just followed His will, everything aligned just as He planned it. And I'm thankful.

# For Your Information

APRIL - MAY - JUNE

JOIN US FOR  
**SUNDAY**  
Service  
10AM  
EVERY SUNDAY  
FIRST TRUE LOVE WORLD OUTREACH MINISTRIES  
41239 S. RANGE ROAD, PONCHATOULA, LA

FIRST TRUE LOVE WORLD OUTREACH MINISTRIES  
**CHILDREN'S CHURCH**  
LITTLE LAMBS AND ANOINTED KIDS  
IS OPEN AND READY TO RECEIVE OUR CHILDREN!  
LITTLE LAMBS: 6 WEEKS TO 2 YEARS OLD  
ANOINTED KIDS MINISTRY: 3 YTO 8 YEARS OLD

MPAC GENERATION  
The Glow Continues...  
**YOUTH**  
Service  
10 AM

DAUGHTERS OF THE LORD LIVING UNANCTIFIED  
Girls Ministry (age 8-18)  
10 AM TO NOON  
**KINGS**  
KEEPERS INSPIRING & NURTURING GOD'S SONS  
Boy's Ministry (age 8-18)

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)

**CALLING ALL YOUTH SINGERS**  
REHEARSAL ON  
2ND & 4TH THURSDAY  
6PM  
SEE A YOUTH LEADER  
SIS LORRAINE REED  
YOUTH MUSIC TEAM LEADER

**FIRST TRUE LOVE**  
World Outreach Ministries

**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  
When you give to First True Love World Outreach Ministries, you are helping to fulfill the mission and vision of our church and making a lasting impact!  
www.ftlwom.org

**FIRST TRUE LOVE**  
EARLY MORNING PRAYER CALL  
MON-FRI 7:00AM  
SATURDAY 9:00AM  
267-807-9601  
MEETING ID: 650-672-045#  
COME JOIN US ONLINE

**FIRST TRUE LOVE**  
VISIT OUR WEBSITE  
WWW.FTLWOM.ORG  
First True Love World Outreach Ministries  
Carl Coleman - Pastor/Teacher

Congratulation  
It's time to celebrate FTLWOM Members.  
Graduation announcements should be emailed to [pwhite@ftlwom.org](mailto:pwhite@ftlwom.org)  
no later than April 23.  
High School, Technical, College

**WEDNESDAY EVENING PRAYER**  
EVERY WEDNESDAY | 6PM  
via Facebook LIVE  
Carl Coleman - Pastor/Teacher  
WWW.FTLWOM.ORG

**WORD ON WEDNESDAY**  
BIBLE STUDY/MID-WEEK SERVICE  
First True Love World Outreach Ministries  
Carl Coleman - Pastor/Teacher  
JOIN US ON FACEBOOK - 7PM  
FTLWOM.ORG - PONCHATOULA, LA

**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

**CARLA COLEMAN PATTERSON MEMORIAL SCHOLARSHIP**  
ACCEPTING APPLICATIONS NOW  
The Carla Coleman Patterson (CCP) Memorial Scholarship Fund was established in 2015. The mission of the scholarship is to provide financial assistance to students entering/currently enrolled in community college, technical school, and universities.  
APPLY NOW!  
WWW.FTLWOM.ORG  
Deadline: May 3rd  
FTLScholarship@gmail.com

FIRST TRUE LOVE WORLD OUTREACH MINISTRIES  
**SOUND and Media Ministry**  
We are looking for Volunteers to serve in the Ministry. Please see Iriael White or Kim Brumfield

**SPRING FEST**  
SAVE THE DATE  
**April 30 2023**