

"More in 2024"

"The Lord is able to give you more than this." 2 Chronicles 25:9 (c)

MUCH MORE IN 2024

the focus for FTL is
MORE! Yes beloved, God
wants you to have MUCH
MORE in 2024,
2 Chronicles 25:9 (c) "The Lord is able to give
thee much more than
this".

As we start a New Year.

The word "more" means "an additional or greater amount of something".
Old Testament scripture says in Psalm 115:14 "The Lord shall increase you more and more, you and your children."

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New Testament scripture says in 1 Thessalonians 4:1 ... "so he would abound more and more".

During 2023, I taught many lessons on "The Names of God". As we embark on 2024, we must remember to Thank The Lord (Ephesians 5:20) and Bless The Lord (Proverbs 18:10), for HE is Our Righteousness (Jeremiah 23:5-6). Our Healer (Exodus 15:26), HE Fights Our Battles (Exodus 17:15). HE is God Almighty (Genesis 17:1), He is the God Most High (Genesis 14:19).

He wants and has the best for us, MUCH MORE in 2024!

God bless you, as we paraphrase Deuteronomy 28:13, "We are on top and still rising."

Pastor, Sister Coleman and Aaron

A New Year, A New You! How You Doing?

SUBMITTED BY: DR. CAROLYN ROMAN, ED. D.

Oh My! It's a new year and that means it's time to make some resolutions for the new year. It's time to reflect on the things you did well last year as well as those that you need to improve this year. In our last newsletter, I challenged you to help your children to "Fall into a Successful School Year." Now that our precious gifts, our children, have completed two nine week periods and the first semester; I have to ask: "How You Doing?" Are your children making good progress? Did your children pass the first semester? If you can answer yes, fantastic, I am so proud of you! If not, what will you do to help your child pass the second semester? If you read my previous article, "You Already Know", that doing NOTHING is not an acceptable option. So, keep reading, it's past time to use your SUPERPOWER!

The first step in resolving a problem is acknowledge that there is a problem that must be solved. Next, you must determine which key factors are contributing to the problem. In this case, acknowledge that your child has not successfully mastered the first semester. Then honestly consider the key factors that have contributed to this lack of success. Finally, resolve to change or address these contributing factors. I EMPASIZE HONESTLY CONSIDER. For example, there may be a very slight possibility that a key factor may be: "The teacher just doesn't like my child." BUT let's consider some other factors. Does your child complete all class and homework assignments? Do you consistently check your child's progress in the "Student Progress Center" (EDgear JCAMPUS SPC)? Have you reached out to your child's teacher to find out what your child needs to do to be successful? Have you done all you can to provide the needed help? If you have done all of this, now let's talk about tapping into your SUPERPOWER.

Everything that you need can be found in the BIBLE! James 1:15 (KJV) reads: "If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraided not; and it shall be given him." So, if your child is still unsuccessful, you need wisdom to help your child and your child needs wisdom to successfully master the required academic skills. James provides two TRUTHS about how to obtain WISDOM: "ask God for wisdom" and "it shall be given".

I am a living witness that God will give you wisdom if you ask Him. I have prayed for wisdom/academic success since I was a child. I prepare and I study, BUT I know that I am successful because I pray and tap into my SUPERPOWER. From a high school degree to a doctorate and all the degrees in between, I asked God for wisdom and His Holy Spirit (My SUPERPOWER) has empowered me to graduate with High Honors. I've also prayed for my children and other family members. They also graduated with High Honors. So, now I strongly encourage you to pray (ask God) for wisdom for you and your children. Prayer still works!

I conclude this article with a prayer:

"Spirit of the Living God, fall afresh and anew! Fill each of our parents and children with wisdom. Empower them spiritually and intellectually."
In the Mighty Name of Jesus! Amen!"

Deuteronomy 20:4 "For the Lord your God is He that goes with you, to fight for you against your enemies, to save you." (AMP)

January is Cervical Cancer Awareness Month

Submitted by Veronica Ricks, NP

Cancer is a disease caused by cells in the body to grow out of control. Most cancers are named for the part of the body where it begins.

According to the literature, more than 9 out of every 10 cases of cervical cancers are caused by the HPV virus (Human Papilloma Virus). Most all cervical cancer can be prevented by HPV vaccination.

Nearly 200,000 women are diagnosed with a cervical precancer. 11,100 women are diagnosed with cervical cancer caused by HPV. About 4000 women die from cervical cancer each year.

Each year in the United States about 46,711 new cases of cancer are found in parts of the body where the HPV is often found, 25,689 among women, and 21,022 among men.

Cervical cancer was once the leading cause of cancer deaths among women in the United States. With the advent of HPV vaccines and cervical cancer screenings have made it one of the most preventable cancers. Cervical cancer caused by HPV is the only type of cancer that can be detected early through recommended cervical cancer screenings starting at the age 21 years of age. Also being vaccinated with the HPV vaccination can prevent cancers caused by the HPV virus.

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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 rick cancer

