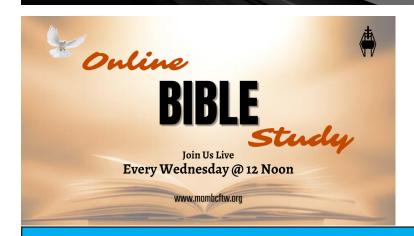


Pastor's Love Offering

Pastor Glynn does not receive a salary. Our means of pastoral support is by way of the Pastor's Love Offering. Please give generously to our Pastor as he continues to provide leadership and service to our congregation and community.



Join us for **Noonday Bible Study** every
Wednesday. With Rev.
Louis Stewart.

MOMBC FORT WORTH

Bible Study



WEDNESDAY NIGHTS @ 7PM

WE HAVE A CLASS FOR EVERYONE!!

www.mombcftw.org



Join us for **WORSHIP** via **LIVESTREAM** or **IN-PERSON** @ 9am.

MOMBC Fort Worth Members

If you or a family member are experiencing illness, or your family is experiencing a time of bereavement,

please contact Rev. Louis Stewart via text or email (Llestew@aol.com).

We are working to create a membership dabase to address our continuous and ever changing needs.

Vacation Bible School



June 10 – 13, 2024 6:30 – 8:30 PM Nightly Use the QR Code to sign up early!

Sign up each person individually.





MENTAL HEALTH AWARENESS MONTH



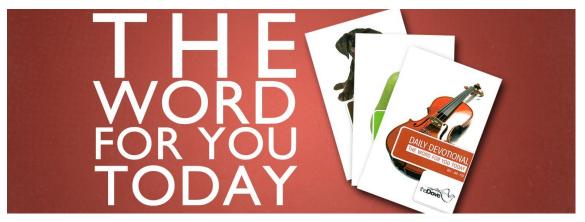
The University of North Texas
Health Science Center of Fort

Worth is looking to find new and better ways to treat and prevent memory loss during the aging process.

You can enroll in the Health and Aging Brain Study and will receive a memory check-up at no cost. As a research participant, you will undergo:

- Memory tests
- Medical Exam
- o Interview
- o Blood Draw
- o MRI and PET scan of the head

Participation is free, and you will be compensated for your time. A Medical Doctor will review your results with you.



"Do not say, 'Why were the old days better than these?' For it is not wise." Ecc 7:10 NIV

Two more reasons we resist change are these: (1) *Because it feels awkward and uncomfortable*. When was the last time you tried something for the first time? Can you name it specifically? If you can't remember, your comfort zone may have turned into a rut. A sign on a wall contained two statements. The first had an X through it. It said, "If it ain't broken—don't fix it." The second read, "If it ain't broken—break it!" Sometimes the only way to "get out of the box" is to break out. (2) *Because we cling to tradition*. The Pharisees could not receive the truth Jesus shared because they were bound by their traditions. And many of us still cling to tradition. We assume that if something is a tradition (a long-established pattern of behavior), it must be the best way. That's not necessarily so, as change agents like Thomas Edison and Henry Ford demonstrated. Question: How many traditionalists does it take to change a light bulb? Four: one to change it, and three to talk about how wonderful the old light bulb was! Bottom line: When a tradition connects you to other people or to your personal history, it can be good. If it doesn't, maybe it's time to try something new. The Bible says, "The way of the righteous...shines ever brighter until the full light of day. But the way of the wicked is like total darkness. They have no idea what they are stumbling over" (Pr 4:18-19 NLT). So, what changes do *you* need to make in your life?

SIGN UP FOR YOUR DAILY DEVOTIONAL: https://www.wordforyou.com/

How to Find a Therapist Using Psychology Today

Fortunately, the U.S. and many countries around the world are home to numerous social workers, psychologists, psychiatrists and other professionals who are qualified, competent, and caring. While training and credentials should be reviewed—and Psychology Today verifies the credentials of many professionals in its directory—studies indicate that the most important factor is the *therapeutic alliance* or the relationship the client develops with the therapist and their ability to work together to achieve the client's goals.

Where can I look for a therapist?



Using the *Psychology Today Therapy Directory,* you can search for therapists according to the challenges you face, the type of therapy you're interested in, therapists who take your insurance, and many other factors.

Sometimes referred to as a "therapist finder," the directory aims to make

the search for a therapist simple.

What factors do most people consider when looking for a therapist?

In searching for a therapist, it's important to assess potential candidates based on how well the therapist and client communicate and whether it seems like they'll make a good team. Other factors include accessibility and location..

What are the signs of a good therapist?

When considering a therapist, it's crucial to understand what to look for in a therapist and know what makes for a good counselor. Any therapist under consideration should be empathetic, professional, and knowledgeable

about the problems the client wishes to tackle. During a typical screening session or first meeting, a potential therapist should listen closely, openly discuss their approach and possible treatment goals, and behave sensitively toward any difficult information the client brings up.

How can I find a therapist near me?

The *Psychology Today Therapy Directory* simplifies the process of locating a suitable therapist in your vicinity. By entering your location and preferences, you can access a diverse range of qualified professionals who are ready to provide the support you need and make the journey to improved mental health more accessible.

How can I find an online therapist?

Some people—particularly those who are homebound or who live in rural or low-income areas—may have difficulty finding therapists who are nearby, affordable, and accepting new patients. In these cases, finding a therapist who conducts sessions via telephone, Skype, or another online means may be the best approach.

What if I want to find a therapist who shares my racial or ethnic background?

Some individuals may want a therapist who shares their background, be it racial, ethnic, or religious, preferences. The Directory allows individuals to search for therapists according to these facets of identity.

What if I want a therapist who shares my cultural or religious background?

For some people it is important to seek out a therapist or a faith-based counselor who understands their religious background, even though a competent therapist is trained to help individuals of all backgrounds and faiths. A therapist can be screened for cultural competence by asking whether they've dealt with issues similar to your own or worked with people who share your background.

10121 CIP Requests

Pastor Glynn and the Glynn family

Bro. Albert Bailey, father of Janice Pegross

Bro. Darrell Cooper, sister of Jackie Sampson

Bro. Donald Jackson, son of Mildred Ingram

Bro. Keith Holmes, brother of Adrain Holmes

Bro. Lewis Hathorn, father of Kevin Hathorn

Bro. Michael Baccus, brother of Sis. Beverly Scroggins

Bro. Wilburn Harris, brother of Deloris and Mamie Harris

Bro.&Sis. Donald &Cynthia Booker, brother&sister of W. Ware

Bro/ Bruce Johnson, brother of Beverly Johnson

Sis. Alexa Mitchell, granddaughter of Ocie Nash

Sis. Cheryl Edwards, friend of the Glynns

Sis. Gloria Clark, mother of Tiffany Clark

Sis. Jacqueline Wright, sister of Angela Holiday

Sis. Janice Harris, sister of Bro. Michael Jones

Sis. Jette Norris, sister of Cathy Baker

Sis. Jimmie Jones, mother of Bro. Michael Jones

Sis. Lamonshae Williams, daughter Lamont Williams

Sis. Minnie Parker, sister of Rev. McConico Thomas

Sis. Verdell Fisher, mother of Ava and Adrain

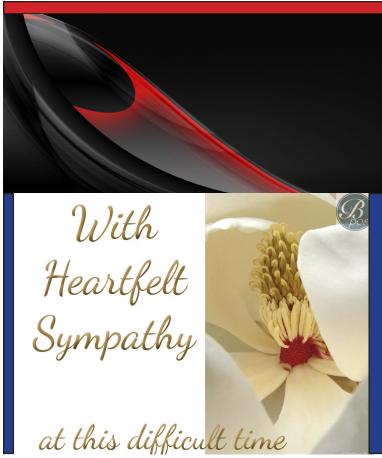
Sis.Lottie Birdow, mother of Valerie Dekine

Sis/Bro. Corlitta/Barryn Johnson, daughter/grandson of John Watley

TyJuan Jones, nephew of Lawanda Hale

William Haynes, brother of Alberta Robinson





HEARTFELT SYMPATHY

Sis. Leola Bailey passed, mother of Louis Stewart Bro. Wilkins passed, father Chancey Wilkens Sis. Bobbie Hopkins, mother of Debra Cox and Gerilyn Hopkins



Atkins, Hester Baker, Cathy Baker, Ruth Baylor, George Beltran, Christine Berry, Vera Cash, Bobby Coleman, Robert Eldridge, Lloyd Fears, Earnestine Fowler, Linda Glynn, Dorothy Hale, Lawanda Hall, Doris Hopkins, Gerilyn Hughes, Jean Hughes, Luther Hunter, Eugene Jackson, Betty

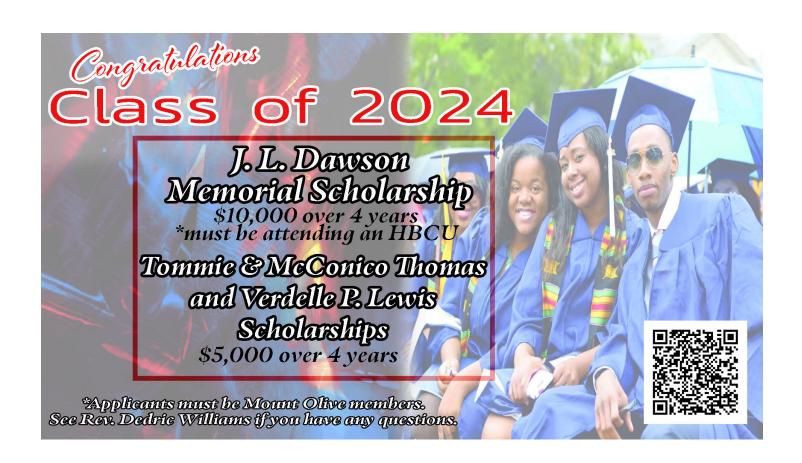
Jackson, David lackson, Freddie

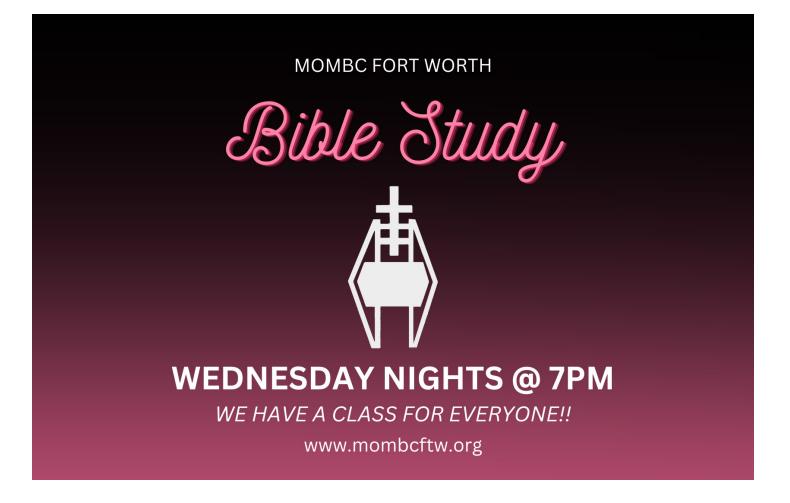
Jones, Revelyn

Powell, Lillie Redman, Phylis Roberts, Rodney Sampson, Arthur Sharp, Roslyn Smith, Shirley Spurlock, Mary Thomas, Thaddeus Ware, Theodore Ware, Wyntress Whatley, John Whitaker, Diane



WWW.MOMBCFTW.ORG









The Black Mother By Marcus Mosiah Garvey

Where can I find love that never changes Smiles that are true and always just the same, Caring not how the fierce tempest rages, Willing ever to shield my honored name?



This I find at home, only with Mother, Who cares for me with patient tenderness; She from every human pain would rather Save me, and drink the dregs of bitterness.

If on life's way I happen to flounder,
My true thoughts should be of Mother dear,
She is the rock that ne'er rifts asunder,
The cry of her child, be it far or near.

This is love wonderful beyond compare; It is God's choicest gift to mortal man; You, who know Mother, in this thought must share, For, she, of all, is Angel of your Clan.

My Mother is black, loveliest of all; Yes, she is as pure as the new made morn; Her song of glee is a clear rythmic call To these arms of love to which I was born.

I shall never forget you, sweet Mother,
Where'er in life I may happen to roam;
Thou shalt always be the Fairy Charmer
To turn my dearest thoughts to things at home.