## THE PLUCE MOMBC FORT WORTH APRIL 2025

# EASTER Olunday Morship

20TH APRIL | 9AM

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#### **GALATIANS 5:22**

"But the fruit of the Spirit is love, joy, **PEACE**, forbearance, kindness, goodness, faithfulness, gentleness, and selfcontrol."

### GOD'S GOT ME! By Sis. Tracy J. Cass

Mount Olive MBC Family, for APRIL, we are focusing on **PEACE**, the month often associated with tumultuous rain storms and tornados. This is the perfect time to reflect on how we maintain peace when storms rage all around us.

Recently, I was speaking to a friend who works for the federal government at the VA Hospital. We often check in with each other, so I asked her how she was doing and how things were going at the VA with all of the mayhem happening under the current administration. She quickly replied, "Girl, I don't put my trust in them. God's got me!"

When I was thinking about this month's focus, PEACE, her response was the first thing that came to my mind. Many of us get frustrated because when chaos happens, our lives become disrupted, and we become mentally agitated. What we want is for the situations around us to be peaceful, so we long for peace in a chaotic world.

The Bible gives us a formula to obtain peace when everything around us is filled with contention—LET GO and LET GOD. The recipe for peace is spelled out in Philippians 4:6-7 when it says, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Having peace is a two-step process.

1.) LET GO—God tells us not to worry about anything. Instead of focusing on our external surroundings, the Bible tells us to turn our focus inward, to calm our minds, and release the worry we are carrying with us. Peace is internal work. We must choose not to be anxious or fret over anything because if we allow God to handle all situations, there is no need to worry; He will work it out.



### **PEACE IS ABOUT TRUSTING GOD!**

2.) LET GOD—Peace begins with asking God. Specifically, Paul tells us, "but in every situation, by prayer and petition, with thanksgiving, present your requests to God." Whatever you are concerned about, whatever your needs are, you simply need to ask God. Don't be shy or hesitant. In your prayer time or when you are on your daily walk, present your requests to God with the confidence that he hears you, and He is going to answer. When you are praying about your requests, do so with a grateful heart, recognizing that God is in control.

Once we learn to let go and let God, the Bible promises us that a peace that we can't even comprehend will surround us and protect us.

Ultimately, peace is about trusting God. When you learn to place your trust in Jesus, you can proclaim with confidence, "God's got me!"

### **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.

### BRUNCH

Adopt a Mother or a Daughter for the Mother's Day Brunch and enjoy an amazing event - just for you!

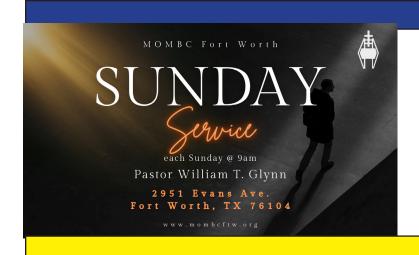




MOMBC FORT WORTH FELLOWSHIP HALL

SATURDAY, MAY 3RD @ 10:00 A.M.

LADIES, PLEASE WEAR A LOVELY HAT.



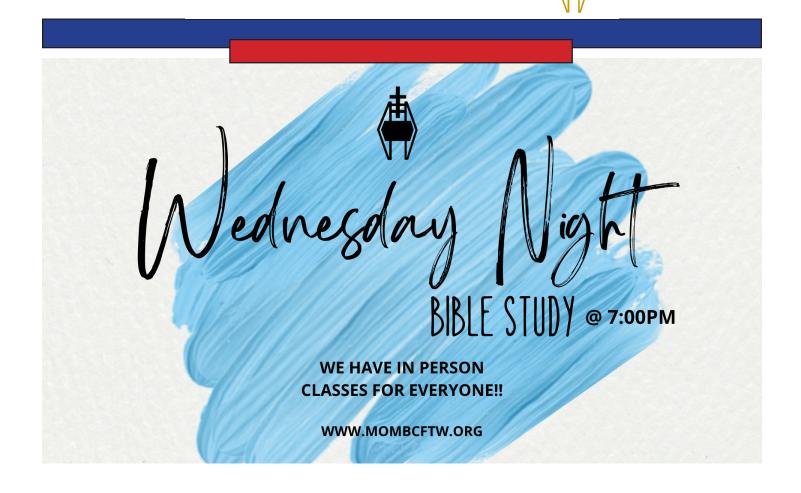
Join us for **WORSHIP** via **LIVESTREAM** or **IN-PERSON** @ 9am.

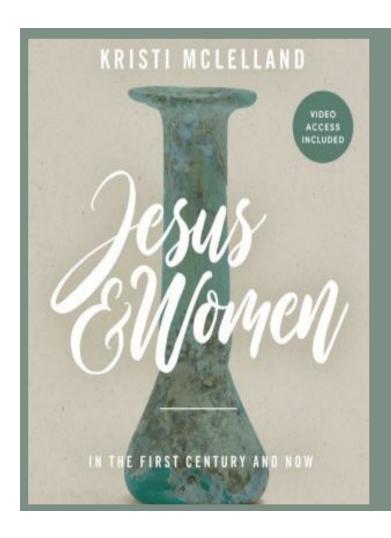
#### **MOMBC Fort Worth Members**

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.





MOMBC Fort Worth presents

### Woman's Bible Study

### Saturday 10am to Noon

7 week Bible Study beginning 03/22/2025

Contact:

Sis. Judy Brewington or Sis. Landa Moss for details

www.mombcftw.org

### MOMBC Fort Worth Young Adult Ministry

Sign Up Today!

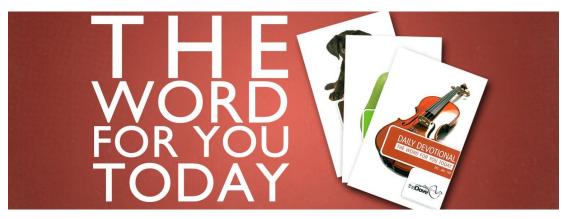
https://runsignup.com/Race/Register/RaceGroup-1743527?raceId=11379



**April 12, 2025 8:30 AM** 

Please Register Under

Team: Blue Unity Team Captain: Lawanda Hale Trinity Park Duck Pond 2200 Trinity Park Dr Ft Worth, TX 76107



"But where sin abounded, grace did much more abound." Romans 5:20

Here is an expression used throughout Scripture to describe God's provision for us: "much more." It assures us there is no need we will ever face that can't be met through His abundant resources. Our tendency is to approach our needs with an attitude of "much less." It assumes that God is unable or unwilling to meet them. No, God wants us to adopt a "much more" attitude. "Much less" is the language of visible things; it allows circumstances and lack to govern our lives. "Much more" is the language of unseen things; it invites us to live in the assurance of God's abundance. There is an inspiring illustration of this principle in 2 Chronicles 32. The Assyrian King Sennacherib's forces were threatening Israel with annihilation. After he told them to look around and see what he had done to the people of other lands, he added, "How much less shall your God deliver you out of mine hand?" (v. 15). But instead, King Hezekiah fixed his eye of faith on God's resources and encouraged the Israelites: "Be not afraid...for the king of Assyria, nor for all the [visible] multitude that is with him: for there be more [invisible] with us than with him: with him is an arm of flesh; but with us is the Lord our God" (vv. 7-8). Although the Assyrians had a vastly superior army, verse eight says God's people "rested themselves" (stopped worrying), believing the hand of God was much more effective than the arm of the flesh! And it's time you developed a "much more" mentality in your life because our God is "able to do exceeding abundantly above all that we ask or think" (Eph 3:20).

### **April National Stress Awareness**



### Is it stress or anxiety?

Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, a natural disaster, or an act of violence), or a life change. Everyone feels stress from time to time.

What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat.

If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression.

#### It's important to manage your stress.

Everyone experiences stress, and sometimes that stress can feel overwhelming. If it feels like you can't manage the stress and if the symptoms of your stress:

- · Interfere with your everyday life.
- · Cause you to avoid doing things.
- · Seem to be always present

### **Coping With Stress and Anxiety**

Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. Here are some activities you can try when you start to feel overwhelmed:

- Pray and keep a journal.
- Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness, which is a psychological process of actively paying attention to the present moment.
- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- · Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.

#### Recognize When You Need More Help

If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional. Psychotherapy (also called talk therapy) and medication are the two main treatments for anxiety, and many people benefit from a combination of the two.

SOURCE: U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES - National Institutes of Health NIH Publication No. 20-MH-8125

Practice Sabbath Rest ...... Decrease Stress "On the seventh day God had finished His work of creation, so He rested from all His work".(Genesis 2:2 NLT)
God's rest WAS NOT because He was tired but because His creative work was COMPLETE! Everything was made according to His flawless and beautiful design.

There is so much more to the Sabbath than just a day. The word "Sabbath" actually means "to rest" or "to cease." The Sabbath is about setting aside time to honor God and embrace His gift of rest. Luke 23:53-56 and Luke 24:1 show that the Sabbath Jesus observed was Saturday, but the resurrection on Sunday marked a significant shift, leading Christians to honor Sunday as a day of worship and rest in celebration of Christ's victory over death! Hallelujah!!

Hebrews 4:9 says, "There remains then, a rest for the people of God; for anyone who enters God's rest also rests from his own work just as God rested from His."

### Ways to practice Sabbath Rest:

- · Worship, attend church service
- Pray intentionally and be truthful with God
- Sing praises and express gratitude
- · Read the Bible, journal, meditate and reflect
- Take in the beauty of God's creation, spend time in nature
- Put your phone down
- Spend time with family and friends set aside time to pay <u>full</u> attention to the most important people in your life
- Take time off from work. Use your PTO. It's not a benefit if you don't use it!
- If you are in school take intermittent study breaks
- Engage in activities that refresh you, like taking a walk, listening to music, etc.



MOMBC FORT WORTH
2951 EVANS AVE. FT. WORTH, TX 76104

# PASTOR JOHNTERIS TATE



APRIL 100 GOOD FRIDAY @12 NOON

### Vacation Bible School





Fusing Elements for Explosive Joy John 15:11 (NKJV)

June 16 - 19, 2025 @ 6:30pm



Volunteers needed, please contact Sis. Landa Moss



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General Election 2025

Tarrant County Election Information



**Election Day** May 3, 2025

Make Sure Your Voice Counts!!



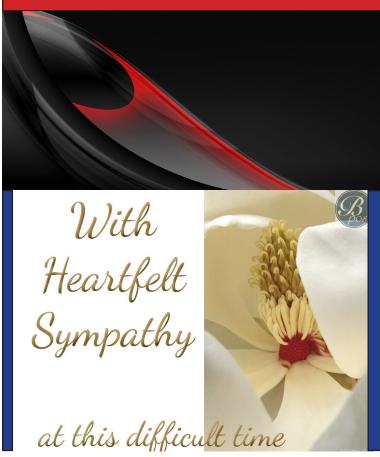






**Early Voting:** 4/22/2025 - 4/29/2025

**Mail In Ballots:** Must be received by 4/22/2025



HEARTFELT SYMPATHY

Bro. James Brown passed Sister Dorothy Glynn passed Bro. Eric Miller passed, cousin of Toni Roberson Bro. Eddie "Billy" Ware passed, brother of T Ware



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Allen, Michelle Atkins, Hester Baker, Cathy Baker, Ruth Baylor, George Beltran, Christine Berry, Vera Bivins, Betty Joyce Booker, Jennetter Bostic, Harrison Brewington, Judith Carney, Sylvia Carr, Louis Sr. Cash, Bobby Cass, Tracy Cherry, Arthur Clark, Patricia Coleman, Robert Corburn, Peggy Curry, Beverly Thomas Eldridge, Lloyd Fears, Earnestine Fowler, Linda Hale, Lawanda Hill, James

Hall, Doris Harris, Ron Hopkins, Gerilyn Hughes, Jean Hughes, Luther Hunter, Eugene Ingram, Mildred Jackson, Betty Jackson, Freddie Johnson, Deborah Jones, Revelyn Jones, VerJuana Lambert, Gladys Lewis, Rose McIntosh, Dewitt McWilliams, Marron McWilliams, Yvonne Meadows, Rick Newhouse, Mildred Nowlin, Vickie Oliver, Damon Pennie, Christine Powell, Lillie Redman, Phylis Roberts, Rodney Sharp, Roslyn Smith, Patricia Smith, Shirley Spurlock, Catherine Spurlock, Mary Thomas, Sherry Thomas, Thaddeus Tropez, Barbara Ware, Theodore Ware, Wyntress Whatley, John Whitaker, Diane



EXPERIENCE THE PASSION, DEATH, AND RESURRECTION OF JESUS THROUGH SONG, PRAYER, AND REFLECTION.

ONLINE ONLY VIA OUR WEBSITE AND SOCIAL MEDIA PAGES







Pastor Glynn and the Glynn family

Bro. Michael Baccus, brother of Sis. Beverly Scroggins

Bro. Albert Bailey, father of Sis. Janice Pegross

Sis. Lottie Birdow, mother of Sis. Valerie Dekine

Sis. Gloria Clark, mother of Sis. Tiffany Clark

Bro. Darrell Cooper, sister of Sis. Jackie Sampson

Sis. Stacy Darby, niece of Sis. Gwen Darby

Sis. Cheryl Edwards, friend of the Glynn Family

Sis. Verdell Fisher, mother of Sis. Ava (Stevenson) and Adrian Fisher

Sis. Janice Harris, sister of Bro. Michael Jones

Bro. Lewis Hathorn, father of Kevin Hathorn

Bro. Keith Holmes, brother of Bro. Adrian Holmes

Sis. Gwen Howard, sister of Pastor and Sis. Glynn

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Bro. Barryn Johnson, grandson of Bro. John Whatley

Bro. Bruce Johnson, brother of Sis. Beverly Johnson

Sis. Corlitta Johnson, daughter of Bro. John Whatley

Sis. Jimmie Jones, mother of Bro. Michael Jones

Bro. TyJuan Jones, nephew of Sis. Lawanda Hale

Sis. Alexa Mitchell, granddaughter of Sis. Ocie Nash

Sis. Jette Norris, sister of Sis. Cathy Baker

Bro. Quinton Norris, nephew of Cathy Baker

Sis. Marilyn Parker, sister of Sandra Stewart

Sis. Deitra Wade, sister of Sis. Michelle McGregor

Bro. Charles Ware, brother of Bro. T. Ware

Sis. Lamonshae Williams, daughter of Bro. Lamont Williams

Sis. Jacqueline Wright, sister of Sis. Angela Holiday

### Notes



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