

FATHER and MAN In the BEGINNING



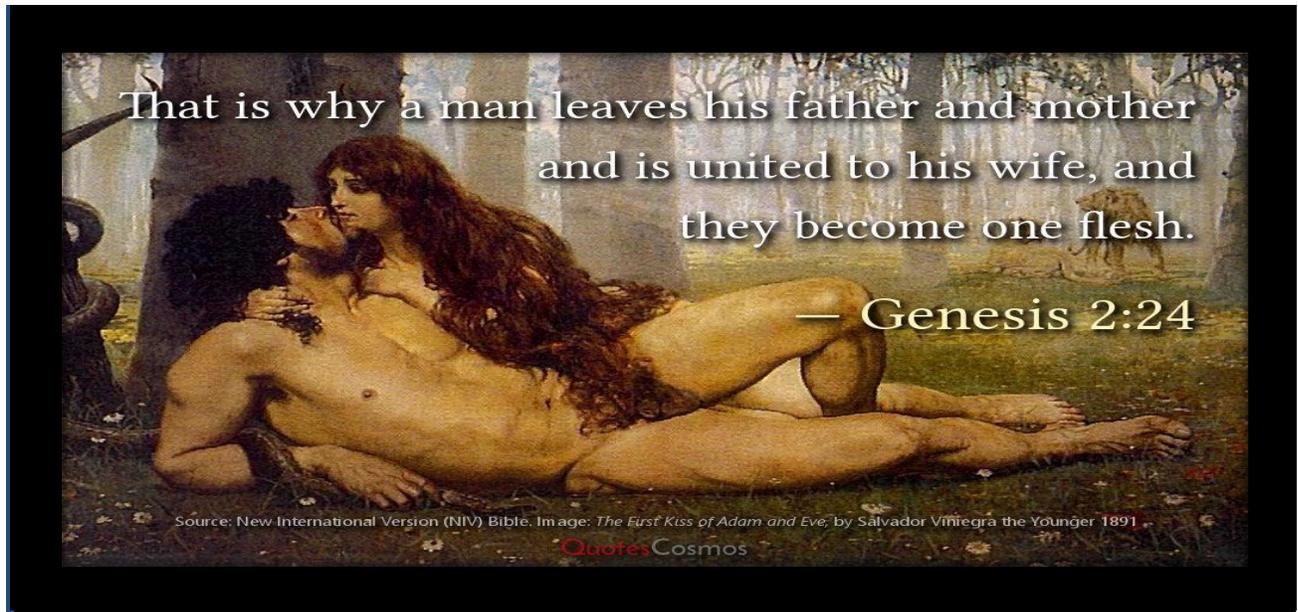
²¹ And the LORD God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof;

²² And the rib, which the LORD God had taken from man, made he a woman, and brought her unto the man.

²³ And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man.

²⁴ Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.

²⁵ And they were both naked, the man and his wife, and were not ashamed. Genesis 2:21-25 KJV



**Wanda J. Burnside,
Founder and Publisher**

**Elder Minor Palm, Jr.
My Dearly Beloved Daddy**

Dear Readers,

I must tell you somethin'...I hate to write two editions of newsletters. Guess! Answer: Mother's Day and Father's Day. I can feel the spirits and attitudes of the readers. Yes, I can.

I know that there are so many families with issues, bitterness, anger, and...HATEFULNESS towards one or BOTH of their parents for many things. You hurt so badly until you are truly mad at them for what they did or didn't do for you. It's difficult to celebrate when you want to have nothing to do with the pain and suffering that you went through from your childhood into the teen years and into adulthood.

The Lamp Newsletter was founded in 2008, coming up on 14 years ago. I have addressed the hurts and suffering many have against their mother, father, or both of them. I hope that you have healed or are

healing from...all that you have experienced. I want Jesus to change things for you! This is my sincere pray.

This Issue of The Lamp Newsletter

Well, did you stop and give the front cover of this issue of the newsletter a good look? Now, come on! Did you see what I see? Yeah, that man...*Mmm...*and his beautiful woman wrapped tightly and closely in his big, strong, and muscular arms.

Now, you know who they represent? ADAM and EVE. YES!

As I was wondering what to write about for Father's Day, God took me all the way back to the beginning, to His creation...in Genesis. I know you are wondering what does Adam and Eve have to do with FATHER'S DAY.

Let me nail it down: Father God, gave man the privilege of name the animals that He made. God,wanted man to take care of the living things and to be in charge over everything forever! God had total confidence that He could fully trust man to be in charge and completely follow His rules and regulations. God was proud of man. He gave man...AUTHORITY!

Father God and man had a real relationship. God wanted man to have pleasures, peace, overflowing joy and good times together. Everything was in divine order. Adam, was content carrying out his assignments.

Father God lovingly looked upon Adam. He noticed how the animals of the air, water, and land each had their companion...after their kind. They were cuddling together with their own kind, communicating with their own kind and mating or reproducing or having sexual intercourse with their own.

In God's eyes, man looked lonely, empty and incomplete. So, God took man aside and man went to sleep... a deep sleep. God took a rib from the side of man. He is a good and loving Father. We worked on his new creation to make it...awesome to behold and to have...by man, Adam.

My Lord! When Adam saw that shapely, full of curves and everything God's newest creation ...Adam...couldn't help himself! ***And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man.***

²⁴ *Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.*

²⁵ *And they were both naked, the man and his wife, and were not ashamed.*

NOW, let us review this, “a man shall leave his father and his mother, and **shall cleave unto** his wife: and they shall be one flesh.” See, man, was given A WOMAN! THE BEST! And things went wrong soon after Adam, **STOPPED CLEAVING ONTO HIS WIFE...EVE.** TROUBLE CAME when Adam released Eve to wander off alone without him.

Adam was **to cleave physically and emotionally** to his wife Eve. Instead, she drifted away out of his arms, protection, voice, and the warmth of his flesh. God wanted Adam to hold Eve to bring contentment and a feeling of flesh against flesh to satisfy Eve’s yearning to experience something harmful, wrong, evil and tempting.

Women, you know when you are in a man’s arms and he is whispering into your ears... things start happening throughout your body. Now, his body is charged and already ready to get it on. See, that is permitted if you are his wife and he is your husband.

TROUBLE STARTED for Adam and Eve when Adam wasn’t attentive to his wife, Eve. When he was distracted and busy doing something that took his attention away from Eve, the serpent in the garden came in. The serpent was waiting for his opportunity to get in-between Adam and Eve to pitch his lies. It worked because Adam wasn’t cleaving to Eve. Adam wasn’t present or there near Eve to prevent the serpent from speaking lies and deception.

Now, everything got twisted and went array when God called out to Adam and inquired about where he was and what he had done. That’s when Adam’s disposition and attitude quickly changed towards his wife, *“his good thing.”*

“The man said, The woman whom thou gavest to be with me, she gave me of the tree, and I did eat,” Genesis 3:12 KJV

This is just what the serpent wanted. He wanted a division and anger to come into the relationship between the man and his wife. Now, that’s where everything fell apart. The family structure fell at that point. Adam and his Father, God, were not the same from there on. Then, Adam and Eve’s relationship was totally changed because God declared what must happen because they did not obey Him.

DON’T ALLOW ANYTHING OR ANYONE to come between your marriage! The serpent got in between Adam and Eve to cause them to sin and disobey God, their Father!

STOP! FATHERS, CLEAVE to your wives!

BLOCK OUT everything that comes to distract you from your duties and responsibilities to your wife. You have a wife and you must give her your attention. Be concerned! Be interested in what she is doing. However, don't dominate or control her! Show compassion, love, understanding and care for what is drawing her away from you, as her husband.

Fathers, when you stop **CLEAVING** or being close to your wife, you open the door for your family to drift away from what is important.

Don't allow your job to take up your time so you don't have time for your wife and children.

Don't let friends convince you to do things that will have you compromising your time and place in your home!

Fathers, some of you **CLEAVE** to **SPORTS**! It is alright to relax and enjoy playing golf, bowling, camping and other activities, but learn to control how much time you invest in doing them. Now, this goes for **CLEAVING** to **WATCHING SPORTS**, too.

CLEAVE means: that once a man leaves, he is instructed to "cleave" to his wife. This means to glue, to adhere, to join, to stick. The Hebrew word used in Genesis is more expressive: to cling, to adhere, to abide fast together, to follow.

Therefore, Fathers if you are still married to your wife, and you are her husband, follow God's orders and **CLEAVE** to your wife. You will obtain favor of the Lord. He is your loving and caring Father. He will lead and guide you.

However, fathers who birth a child or children into the world, but you are not married to the mother of your child or children, you **STILL** have a role and place in their lives. If you walked away or you were kicked out, you are responsible to do what you can for your children. Seek God for **HIS** direction and ask Him to lead you to become a caring, concerned and loving father. Your child or children will be blessed when you stay close to them.



My dear Daddy, Elder Minor Palm, Jr., was a hard-working, loving, caring, and precious father. He was an ordained elder and leader in the Church of God in Christ. He was known as "A Sanctified Gospel Preacher." He was a member of Greater Miller Memorial Church of God in Christ for over seventy years. Bishop U. E. Miller, Bishop E. J. Wright, Sr. and Bishop E. J. Wright, Jr. were his pastors.

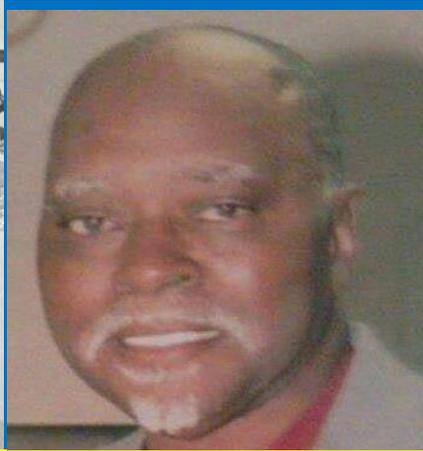
Daddy was a Bible master teacher. For over fifty years he was the Sunday school General Superintendent and Wayne County Jail Chaplain in Detroit. He was a gospel music artist and played the trumpet. God blessed him to write over 250 gospel songs, award-winning stories and he accomplished many other things.

He was married to my mama, Evangelist Willie Lee McCann Palm, for 54 years. They deeply loved each other and their three children, three grandchildren, relatives, friends, and people. They were faithful to the church and their many ministries.

I LOVE and MISS YOU, DADDY...Wanda



Donna R. Brooks



Her Beloved Dad, Minister Donald Brooks

Scripture Focus is STEADFAST

1 Corinthians 15:58

Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain.

Galatians 6:9

And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

James 1:12

Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him.

Lamentations 3:22-23

The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.

**Always Remember to
Seek the LORD and his strength; seek his presence continually!**

Blessings

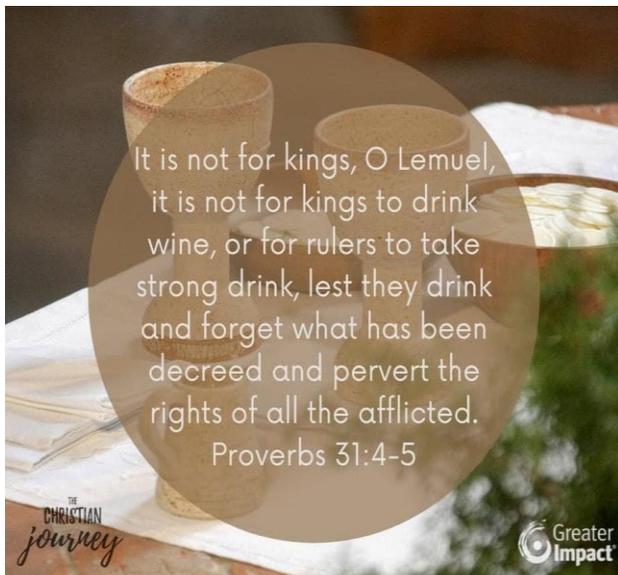
Ms. Donna R. Brooks



DORIS HOMAN



Doris with Her Beloved Father, Mr. Victor Hanna



“It Is Not for Kings...”

We often refer to Proverbs 31 and focus on the wonderful qualities of the Virtuous Woman.

But this familiar chapter begins with a mother giving godly advice to her son Lemuel, the King. It is believed this is referring to King Solomon, the wisest person on earth. When God wanted to bless him and asked Solomon what he

wanted most, Solomon did not ask God for great riches, but he asked for wisdom that he may lead the people well. God not only granted his request but also added great earthly wealth.

In this chapter we have recorded a mother’s advice to her son, first a warning against the wrong kind of women, then a warning against “strong drink” or wine (reference to alcohol), then admonished him to defend the rights of the needy and to judge fairly. She covered this before going into detail on the qualities he should look for in a godly wife (31:10-31).

This mother gives great warning and advice that should be heeded by all LEADERS. "It is not for kings, O Lemuel It is not for kings to drink wine, Or for rulers to desire strong drink, Lest they drink and forget what is decreed, And pervert the rights of all the afflicted. Give strong drink to him who is perishing, And wine to him whose life is bitter. Let him drink and forget his poverty, And remember his trouble no more." (Proverbs 31:4-7)

So, is alcohol condemned in scriptures? Let's dig a little deeper. The Apostle Paul writes "And do not get drunk with wine, in which there is debauchery, but be filled with the Holy Spirit" (Ephesians 5:18) He is comparing being "under the influence" of alcohol to being under the influence of God's Spirit. This analogy is an object lesson for us; it is not saying we shouldn't drink but we shouldn't drink to the point of "giving over" control to it; it is the excess that is wrong.

The king's mother "advises" her son, who is a leader, to not drink but instead be sober minded that he may think wisely, discerning truth and judging fairly. She goes on to say, after all, strong drink is for those who want to forget; forget their troubles, forget rules and inhibitions (alcohol is sometimes referred to as "liquid courage" when it is a false courage that does not use wisdom in action but throws caution to the wind).

God holds leaders to a higher standard; people look up to them, expect more from them; they must set an example of being people of character and discipline. (James 3:1)

This is definitely a challenge to all who consider themselves leaders. Those who lead others by example!

Though strong drink is not being condemned (only in excess), this is an area of personal conviction. What is God saying to you as a leader of others, in this area? What may be okay for others may not be okay for you.



Contact:

www.dorishoman.com

**Get a free download:
Walk Free from Worry and
Fear**



Author Ramelle T. Lee



Her Beloved Father, Mr. Andrew Lee

God's Deliverance



14 *“Let the giving of thanks be your sacrifice to God, and the Almighty all that you promised.*
15 *“Call to me when trouble comes; I will save you, and you will praise me,” Psalm 50:15 (GNT).*

God will come to your rescue in the day of trouble, although you may be facing some critical issues in your life. You don't have to walk this journey alone. God is standing by, right now to get you out of what has come to bring you grief, disappointment and misery.

Your situation may feel impossible for you to handle, but it's not impossible for God. Keep praying and faithfully standing on God's word. Every challenge and obstacle will be crushed by God's almighty power. No other power can stand up to God's power and ability. You are safe and secure in the hands of our Heavenly Father.

Child of God, don't allow Satan to whisper words of doubt and fear to keep you distracted. Although, Satan comes to steal, kill and destroy your faith, he will not win the battle. Offer a counter-attack and immediately speak words of faith by pleading the blood of Jesus over your life and situation. Keep your eyes on God and continually praise Him for what He is doing to mend that broken down heart, and rescue you from the pain of regret and doubt.

You may not fully understand exactly how God will resolve your troubles, but know you will survive these test and trials. While you are dealing with these complexities of life, you can take time to continue to seek God in prayer and thank Him for everything He's doing to bring your soul out of trouble.

Consider these things you can do to help as God does battle for you:

- **Praise God right in the midst of your trouble.**
- **Stay calm and keep a positive attitude of gratitude.**
- **Stay connected to God in prayer.**
- **Daily read God's Word to increase your faith.**
- **Wait patiently for God to move on your behalf.**
- **Keep thanking God for His divine intervention and protection.**

God knows exactly what it will take to get you out of your difficulty. Remain focused on God and watch a miracle unfold. God's word is sure. He will do exactly what He has promised and you will have total victory. Now praise Him for His Mighty hand of deliverance.

Happy 7th Wedding Anniversary

2015 - June 26, 2022

Sanders and Rochelle Scott



Happy 1st Wedding Anniversary

2021 – June 5, 2022

Drs. Mary Darlene Edwards Williams and Calvin Edward Williams

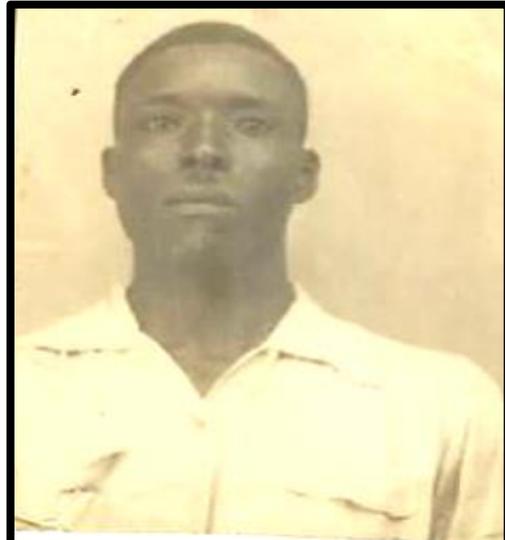


The Pastor speaks!

Sharp and frank words from our staff writer,
Pastor Sammy L. Jackson from Dayton Beach, Florida.



Pastor Sammy L. Jackson



His Dearly Beloved, Grandfather Sam Jackson

Father's Day: No Accident

**FATHERS, Genesis chapter one clearly states, God thought about us.
He made man in His own image and place us on this earth.**

Gen 1:26: *"Then God said, LET us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heaven and over the live stock and over the earth and over all the creepy things on this earth."*

So I say to you men, your children are no accident! They are not just waiting to be born with image of you! It's your responsibility to protect, love and provide for them all the days of your life. Your seed that was divinely formed into a baby was carried in the womb of your wife or a female. With the help of the Lord, your child was in the beginning of time. The Bible says, "I knew you before I formed you in your mother's womb. Before you were born I set you apart and appointed you as my prophet to the nations" Jeremiah 1:5 NLT.

Fathers! Men! It is a MIRACLE! The child is already there before the nine months process. It all begins through God's creation at the beginning of time. Therefore, there's **NO accident** for Father's Day!

Happy Father's Day to Dear Men in my life...



Wanda J. Burnside



My Husband of over 49 years, Mr. Simmie Lee Burnside, Jr.



Father and Son...My Husband's Dad, Deacon Simmie Lee Burnside, Jr. He also had three daughters. He was married for 67 years to his wife, Christine Burnside. Dad was a loyal husband and caring father. He lived to see his 95th Birthday. Dad Simmie died in 2019.

His birthday month is June.



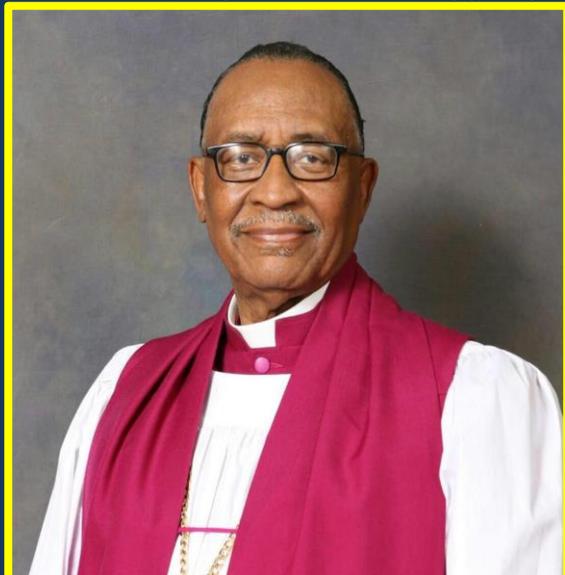
More Dearly Loved and Very Special Men in My Life...
They are now gone...but, never forgotten.



Grandfather, Pastor/ Elder Minor Palm, Sr. He was a very sweet, kind and caring. Grandfather was anointed to preach, pray and heal the sick/depressed. He was married to Missionary Marie Palm. They had four children, ten grandchildren and many great-grands.



My Brother, Elder Rodger Minor Palm. Rodger was tenderhearted and precious. He was married to Josefa Elaine Palm until his death in 2019. They have three children and three grandchildren. Rodger was a preacher, gospel musician and more.



BISHOP EARL J. WRIGHT, SR.
Pastor, Greater Memorial COGIC and
SW2 Jurisdictional Bishop COGIC
General Board Member COGIC



Godfather, Pastor/Elder Ralph Payne
Evangelist and a great man of God. Soul-Winner.

Mrs. Michele Barnes was married to her husband, MR. MICHAEL BARNES, for 43 years. They have two daughters and two sons who are amazing young people and great parents, too. Over those years, God blessed Michele and Michael with six grandchildren who are very respectable, considerate, productive, helpful, loving and most caring. They have six grandsons and three granddaughters.

Michael and Michele invested their time, money and everything they were given from the Lord to build a family. Michael passed away in 2015.



Michele and Michael Barnes



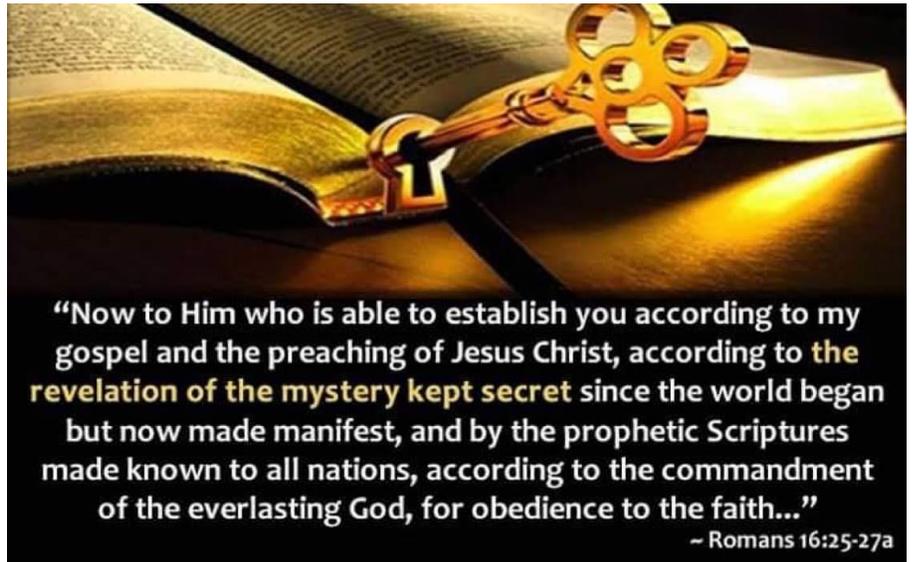
Michele's Dad, Minister Odell Gardner
He is the dad to Lola Darlene and Daniel.



Michele's Grandfather, Elder Minor Palm, Jr.
Please see more information about Elder Palm on page 13. We are related/cousins.



Sandra Hickman
Australia Ministry Leader
And Staff Writer



“Now to Him who is able to establish you according to my gospel and the preaching of Jesus Christ, according to **the revelation of the mystery kept secret** since the world began but now made manifest, and by the prophetic Scriptures made known to all nations, according to the commandment of the everlasting God, for obedience to the faith...”

~ Romans 16:25-27a

Dear Fathers . . .

This is a special time of the year devoted to You! God has created you to be someone notable for Him. There are many accolades written for mothers and the tireless efforts they put in raising your children— Well, to be sure it is a pretty daunting task birthing babies, a lot of focus is rightly placed on that and many other mothering attributes. But today, we the “mothers, the grandmothers, the daughters and granddaughters ...” salute You.

Fathers play an equally important role. You are the figureheads of our families: the man of the house, the breadwinner, the hard worker, the gentle loving father who leads his sons to respect girls and women. Daddy is the hero of his daughters, always ready with a hug and kiss to soothe every hurt. He is the one who will go the extra mile for his kids. He is their protector and provider.

So who is the Protector and Provider for the Dads? God is! And God has a higher purpose for you beyond the role of a good provider and a loving dad. Your Heavenly Father sees and loves you as a son. He wants to establish you as a man of God after His own heart. A man who will teach his children about Jesus. Show them how to pray, take them to church and teach them how to be godly. Many kids today don't even know about

Jesus, other than... He is the baby in the manger. A few years back a young girl about 10 years old who lives in our neighbourhood was at our house playing with my five-year-old grandson Judah. The girl saw Judah's Bible. She picked it up, looked at it quizzically, then, asked my grandson, "What does... "Bible" mean?" — Only, she pronounced it "Bibble" (instead of "Bible") this young girl had never seen or heard the pronunciation of the word "Bible" much less heard any of the Bible stories. She did not know who Jesus was. This is heartbreaking to God. Fathers.... teach them! Speak "Jesus" to them. Help them learn about Jesus from the moment they can talk. Stand them in good stead to face this broken world in which they're being raised, because they *will* need Him!

Teach them the value of obedience that will be a credit to them when they get their first job. Enamour them with faith and belief... prepare your precious child's soul for the day of Jesus' return. Do it all displaying the wisdom of God so that they may gain it for themselves.

Not all children are born into Bible believing Christian homes. I was born into a religious family, my parents loved God. We were raised in Sunday school and church, knowing about God. We learned Bible stories, but we never knew that we actually had to receive Jesus as our Lord and Savior. We were never encouraged to read the Bible for ourselves. No one ever spoke or preached about John 3:3-8... where Jesus says to Nicodemus, "*You must be born again.....*" I am delighted to say that I eventually found Jesus, or rather, He found me. It was always His plan.

My parents, my daughters, and grandchildren all know Jesus personally. Some need a brush-up, but there is a great foundation to work from. It is a passion of mine to see that children today know Jesus. Even in our schools His name has been removed along with the iconic Ten Commandments.

Here in Australia, it's quite a well-known fact that there are many more mothers in churches than fathers. There is a feeling of "fatherless churches"— where are the fathers? Perhaps it's the same in the United States of America, and even the whole world. Many fathers have become a footnote at the bottom of the page. Their absence has left gaping holes in their family's story.

Now is the time to help your children to know and live the Truth. And what better way than to see it through their fathers, gaining godly attributes which they will display to other children who don't have the luxury of Jesus in their lives—

Dads! It's time to be a game changer in your family.... even more than ever before! If you are born again the Holy Spirit has your address. After all, He lives within you. If per

chance you're not born again of the Spirit, it's time to read John chapter 3. You will always win with the Holy Spirit! Amen.

A Loving Footnote:

I am smiling as I say, "My Dad was not a footnote in my life... he was the major role player, and a great example of a loving father who always loved God, all the way from religion— into salvation. He was the one who left the kitchen light on when I was little and fearful to go to sleep at night. The one who would scoop me up in his big arms and comfort me, the one who always said... "I love you!" with such passion in his eyes. He is in heaven now with his Heavenly Father, He left behind a treasure trove of memories of what it means to be a GOOD Dad xo thank You Jesus."

© ><> 2022

to bring about the obedience of
faith—to the only wise God be
glory forevermore through Jesus
Christ! Amen

Romans 16:25-27

www.equip.org



Sandra Hickman, Staff writer and Minister leader in Australia reports: "September is the month we celebrate FATHER'S DAY in Australia." However, she is also celebrating it with the USA and Canada.



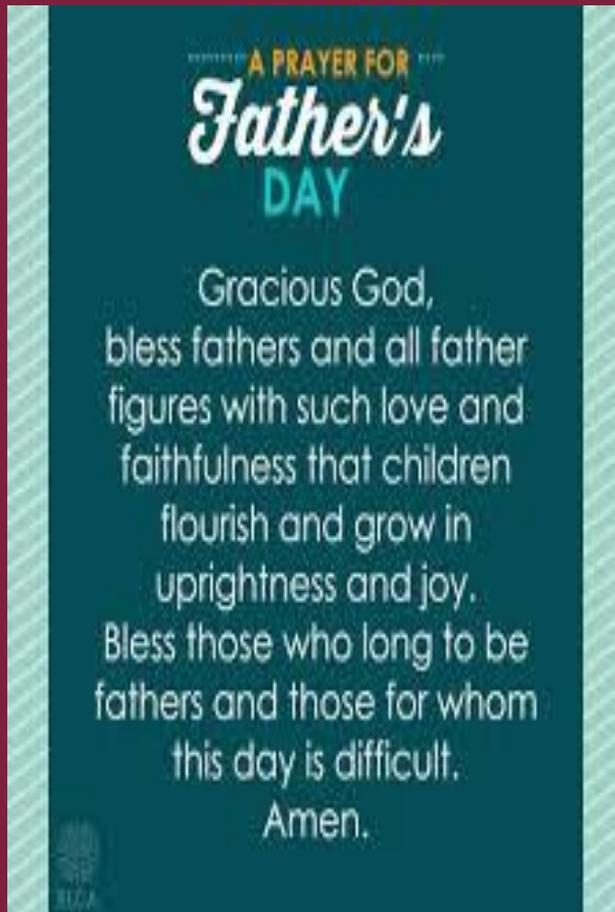
Sandra Hickman



Her Dearly Beloved Dad, Mr. Colin Hickman

Staff writer Kizzy Staten-Gray

And her Father, Mr. Melvin Staten



Kizzy is with her husband, Mr. Daryl Gray. They have five children: 3 sons and 2 sons. Their family loves the love and are very active in many things.

Jordan L'Ecluse who lives in Australia isn't a Father yet. But he is so supportive and loving to his family. What an amazing and great young man!



To the left, Jordan with his little brother, Judah. Baby Vance is their nephew.



Jordan with his sister, Isabella, in white dress. Brothers, Eligh holding their young brother, Judah.



Brothers: Judah (left) and Jordan



Jordan in the wedding of his Aunt Bindi the bride. The beautiful bride maids are the daughters of Aunt Bindi.



PASTOR LINDSAY KOOTMAN of Detroit, Michigan

A FATHER, PASTOR, CAREGIVER, PREACHER, LEADER, GOOD SAMARITAN, COUNSELLOR, ADVISOR, FRIEND, BROTHER and GODLY SERVANT...to ALL!



Pastor Lindsay Kootman is in black.

It is an honor and tremendous blessing to know Pastor Lindsay Kootman of Detroit, MI. He is one of the busiest pastors in the inner-city of Detroit. He is making a huge difference in the lives of homeless men and women of all races, ages and sex. He cares for the abused and abandoned. Pastor Lindsay daily works to help others who are struggling, hurting, unemployed, and going through difficult times.

Pastor Lindsay gives food, clothes, furniture, household items, toys, books, school supplies, and whatever is needed to bring hope, healing, and change. Every holiday he opens his church to cook and feed the homeless. Christmas, Thanksgiving, Easter, Mother's Day, Father's Day and every patriotic holiday there is a feast of delicious foods for anyone who comes for worship and fellowship at his church, SECOND CHANCE MINISTRIES in Detroit, MI.

You can depend on Pastor Lindsay to pray for you and to speak encouraging words into your life. But, most of all...HE LOVES JESUS! HE IS CONCERNED ABOUT SOULS and seeing people come to Christ!



On Father's Day,
Sunday, June 19, 2022,
We, TREASURES FROM HEAVEN MINISTRIES,
Salute and Honor:
PASTOR LINDSAY KOOTMAN
of
Second Chance Ministries
Detroit, Michigan.

You are a Mighty Man of God.
God has given you a heart of great compassion.

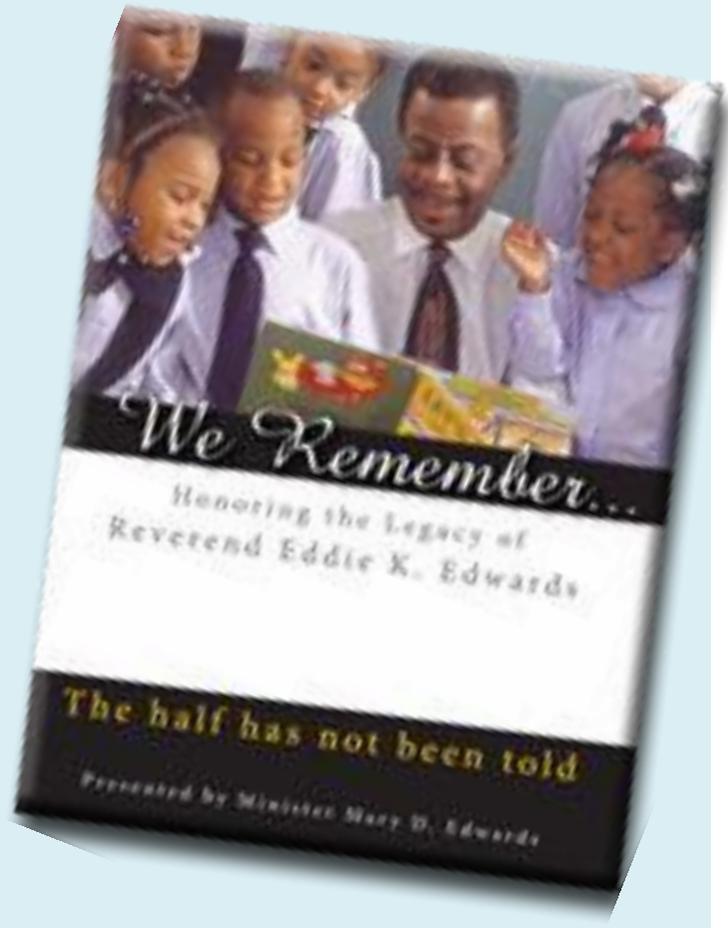
*"Fear not, for I am with you; be not dismayed, for I am your God;
I will strengthen you,
I will help you, I will uphold you with my righteous right hand"*
Isaiah 41:10 ESV

Signed:
Ramelle T. Lee
Wanda J. Burnside
Linda Stafford
Simmie Lee Burnside, Jr.
Julius Patrick Holloway
Sanders and Rochelle Scott
Michele Barnes

YOU CAN MAKE ORDERS ON MY WEBSITE: www.leavesofgoldconsulting.com

We Remember: Honoring the Legacy of Reverend Eddie K. Edwards

Presented by Dr. Mary Edwards

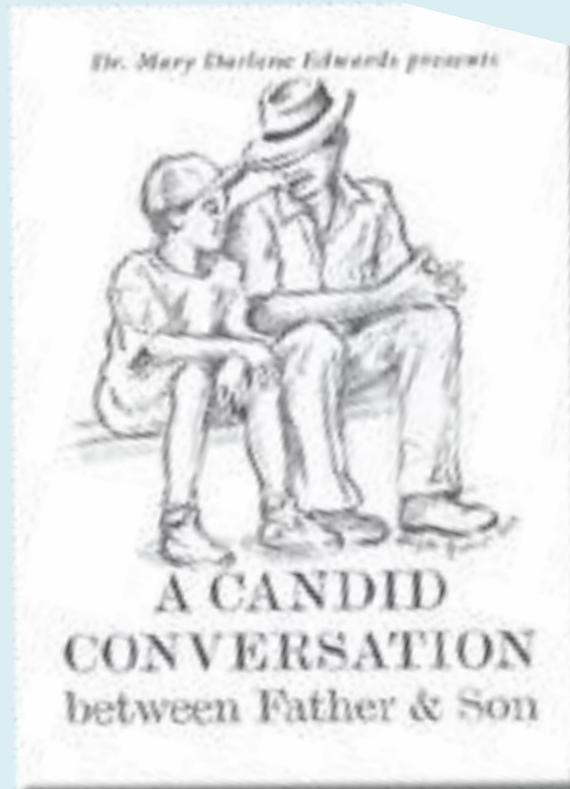


The Half Has Not Been Told...

A collection of 55 heart-warming tributes to the late Rev. Eddie K. Edwards, founder of Joy of Jesus Ministries in Detroit, Michigan.

Among many other commendations, Rev. Edwards received the 107th Point of Light Award from former President George H. W. Bush for his community service outreach to the Ravendale Community and the city of Detroit.

This Book of Remembrance has been published by the widow of Rev. Edwards, Dr. Mary Darlene Edwards, his wife of 21 years. Proceeds will go to support the ongoing work and writings of Minister Edwards, as she works diligently to continue the family's legacy and keep Rev. Edwards' memory alive. \$25.00, including shipping and handling.



A poignant, unedited conversation between a young man and his grandfather.

The young man is my grandson, Jason Christopher Brooks, and his grandfather, the late Rev. Eddie K. Edwards. Jason was 11 years old at the time it was written and his grandfather was 62.

It was an interview Jason did for his school paper on January 24, 1999, over 20 years ago. I hope it will bless you. Truly, it is part of our family legacy. Only \$6.00, including shipping and handling.

Dr. Mary Darlene Edwards



My Faithful Prayer Warriors,

Thank you for the many prayers from all around the world. To know... I am not alone...we are not alone! There is nothing too hard for God! Isaiah states..."no weapon formed against us shall prosper." Our faith is more powerful than ever!

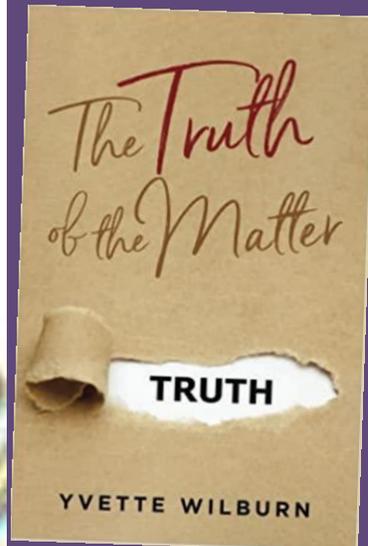
My brother Daniel was greeted by the hospital staff as the man they thought was going to die on his last hospital stay! Well, he was discharged from the hospital. Once again we have the Victory that only God can give.

May God bless you all.

Love, ♥Michele Barnes, Staff writer

*Happy
Birthday!*

POET YVETTE WILBURN





My Beautiful Nieces



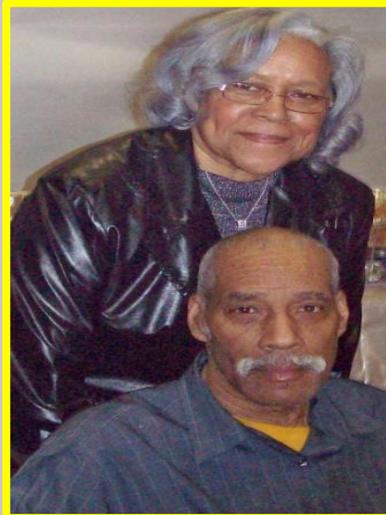
Ms. Jolayna Lea Palm, College Educator



Dr. Kai Palm, Medical Physician



**Special Birthday Celebration for TWIN SISTERS...
Mrs. Annette Lee and Mrs. Jannette Lovely McCain**



**Ramelle and her twin brother
Reverend Lovell Lee**



Annette Lee and Jannette Lovely McCain

Our staff writer, Author Ramelle T. Lee (standing behind her brother) knows about seeing double! She was blessed to have her twin brother, Reverend Lovell Lee in her life for 70 years. He died in 2020.

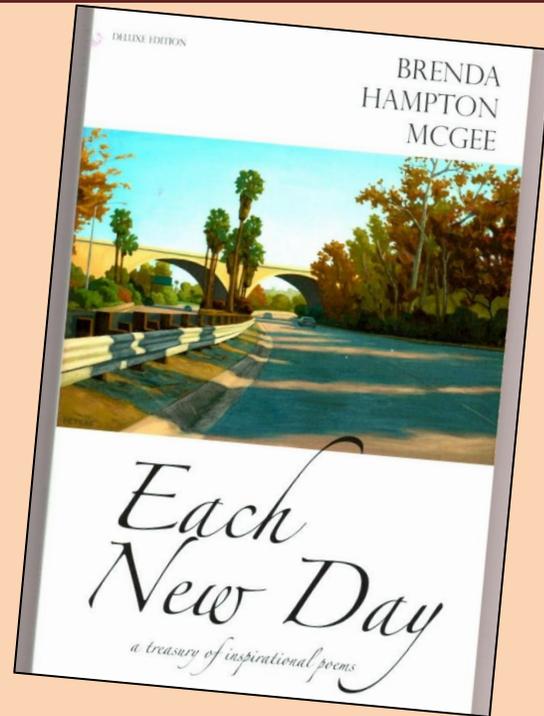
Reverend Lee married a twin, Annette (she is standing). She is blessed to have a twin sister, too. Her name is Jannette. They truly love and care for each other. What an amazing family of two sets of twins.

The sister twins, Annette and Jannette, were born in June. Ramelle and Lovell were born in May.



IN LOVING MEMORY OF...

BRENDA HAMPTON MCGEE



Brenda Hampton McGee was a profound woman of God! She truly was a servant of God who deeply cared about others. She cherished many things in life. Brenda made a major impact in everything she was involved in during her lifetime.

Brenda was a school teacher, drama coach, playwright, psalmist, award-winning poet, author, and she accomplished numerous other things throughout her life. She participated in worship services and educational activities. Brenda always wanted to help young people to succeed in various capacities.

In 2010, a few years before her death in June on Father's day in 2015, God blessed her to publish her collection of prolific poems in her book, EACH NEW DAY. It is a masterpiece!

Since their teens, Dr. Mary Darlene Edwards-Williams was blessed by their years of friendship. She still cherishes their memories. Brenda McGee was loved by many. I am grateful that Dr. Williams introduced Brenda to me because I was blessed, encouraged and inspired by her. Brenda is gone...but never ever...forgotten.





The Late Elder Edward Bledsoe is the dearly loved father of our website manager, EVANGELIST TEIRRANY BLEDSOE.

Be sure to vote for her! Teirany has been nominated for the, Promoter of the Year, by the MUSIC LOVE AWARDS organization. Please click on the link at the bottom of this page....and vote for her. She knows her work!

A graphic with a dark blue background and a yellow border. At the top, the word "Nominated" is written in large, glowing yellow letters. Below it is a portrait of Teirany Bledsoe, a woman with red hair, wearing a red and white floral top and a pearl necklace. Below the portrait, the text "Teirany Bledsoe" and "Promoter of the Year" is written in white. At the bottom, there is a white banner with the text "August 19 & 20, 2022 Little Rock, Arkansas" on the left, the "MUSIC Love AWARDS" logo in the center, and "Voting Starts May 15th - July 31st" on the right.

<https://www.musicloveawards.com/voting-ballot>



CHRISTIAN'S MERGING TOGETHER MINISTRIES
FOUNDATION

**GOD'S INVITATION
UNITY OF FAITH
LET GOD IN STREET REVIVAL**

*Come out from among those walls and share the
word of God in your community*

God is all around you everywhere you go

*Please join us running this race on July 30th, Let's
Fellowship Together in Volusia County*

Participate Together.

Run fast, Run quick, like a Two Edged Sword



MC OF EVENT
MINISTER
ANNETTE HOGGS-JACKSON

**Chuck Lennon Park
5000 Greenfield Dairy Road
Deleon Springs, Florida 32130**

**Date July 30, 2022
Time: 2:00 PM - 8:00 PM**

Bring your own lawn/foldup chairs

**REPRESENT YOUR
CHURCHES & MINISTRIES, WEAR YOUR
CHURCH TEE SHIRTS AT THIS EVENT**

Live stream focus on Volusia county

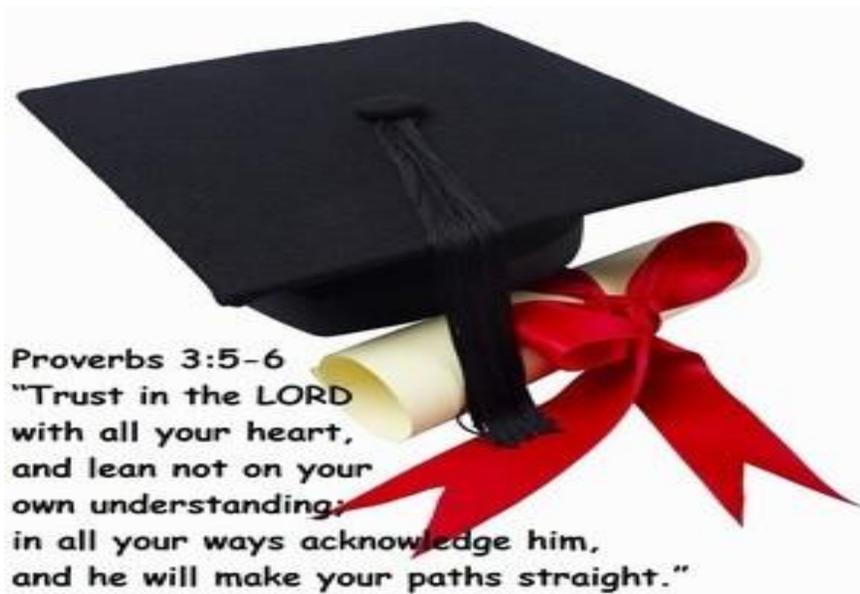
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Common Changes in the Aging Foot | Aging and Foot Care

We get older. Our bodies get older. There is nothing we can do about it but accept it and become knowledgeable about the changes that happen in our bodies, including our feet. Just like the hairs that become grey and the wrinkles that appear in our skin, our feet go through natural changes as we age and the more you know about these changes, the more things you can do to prevent complications or age related issues caused by them. Here are six common changes that often arise as we age.

1. **Toenail Changes.** Age can cause toenails to become discolored, thickened and mis-aligned. There are other reasons this can happen to toenails so if it happens suddenly you should get it checked out by your podiatrist but most often the sole reason for toenail changes like these are age related.

1. **Toe Position.** It is very common for toe position to change as we age. Toes may contract upward or deviate to the left or right. As we age, our gait pattern and functional abilities change, which causes our toes to change to help compensate. As long as there is no pain, there is no necessary treatment. If you notice discomfort or corns and calluses starting to appear, you may want to start wearing some padding and opt for wider toe box in your shoes. You don't have to ditch your heels, but maybe wear them less often and wear supportive sneakers more.

1. **Skin Changes.** Just like the rest of the skin on our bodies, the skin on our feet will get drier and acquire more wrinkles. This is due to a shrinking supply of collagen. A good way to fight back and prevent cracking heels is the make sure you're staying hydrated and use a moisturizing foot cream. Twice a day is the ideal amount of time to keep those feet from drying out.

1. Increase Size in Feet. Our feet can get longer and wider as we age. It is normal for some of us to acquire a lower arch with time due to gravity and weakened tendons or ligaments. When this happens, it allows the arch to drop which causes a lengthening and widening of the foot.

1. Stiffness and Arthritis. As our bodies age, we naturally lose flexibility and become less elastic. This will cause stiffness in the joints of both the foot and ankle. Arthritis most commonly effects the big toe or mid foot joints on the top of your foot. Shoe inserts, exercises to increase range of motion and investing some time in yoga, pilates and stretching classes are the answer to combat stiff joints.

1. Lack of Strength and Stability. For the same reason that our arches drop the foot tends to lose its strength and stability. Tendons, ligaments and muscles can become weakened over time which will lessen the inherent state of the arch. Arch supports and supportive shoes are the solution. Strength and balance classes can help with strength, as well as strengthening our core muscles and glutes, which create overall stability in the body all the way down to our feet and ankles.

Written by

Dr. Jeffrey S. Hurless

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