

# The Light Post

Encouraging and Enlightening God's People

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## Be Steadfast! by Faisal Clelland

In the first epistle to the Corinthians, written by the Apostle Paul through divine inspiration of God, was one of two letters written to this first century church. This letter consists of many subjects stemming from church conduct all the way to the resurrection of the dead. In the midst of all the teaching of Paul, there is one verse that has echoed throughout the church age for thousands of years. 1 Corinthians 15:58 which simply states: **"Therefore, my beloved brethren, be ye steadfast, unmovable, always abounding in the work of the Lord, for as much as ye know that your labor is not in vain in the Lord"**. Scriptures like this one have sculpted the minds of many Christians to continue to serve the Lord during times of increasing adversity. In this passage I will show how 1 Corinthians 15:58 relates to our day and time.

What does it mean to be steadfast? Well, steadfast is an Old English term which means fixed. Webster's Collegiate Dictionary has steadfast, or now spelled steadfast, *as firmly fixed in place*. Steadfast is also defined as *not subject to change*. When I think of it, I am amazed at the definition and how it relates to every believer as a shining characteristic of the nature of Christ which is in us operating in the will of God. Christ Jesus displayed steadfastness countless times while serving His Father in completing His will. Prime examples are the healing of diverse diseases well into the night (Mark 1:32-34), and enduring the shame and pain of a Roman crucifixion (Hebrews 12:2). No matter

where you might be as a Christian today, you can be steadfast God's plan for your life. How, you might ask? You can be steadfast and on course in the plan of God for your life by faith! It is by faith in the power of God working in our lives through His Son the Lord Jesus Christ that we overcome, conquer, and remain steadfast, *not subject to change*.

### Corinthians 15:58

***"Therefore, my beloved brethren, be ye steadfast, unmovable, always abounding in the work of the Lord, for as much as ye know that your labor is not in vain in the Lord"***

The next word I want us to investigate is the word unmovable. It is made up of two words. *Un* is the first part and movable being the second. Movable, in the noun sense, is described as *something that can be removed or displaced*. In the case of 1 Corinthians 15:58, Apostle Paul wants us to be unmovable in the things of God. There are many times as Christians when we find ourselves in close fellowship and communion with God one week or month and the next week or month God's looking for us as He looked for Adam in the Garden? We must be unmovable in relationship with God even during our most difficult moments. Be encouraged! It's in those difficult moments that you can catch a clear glimpse of God at work in

your life. Amen! That means we must be unmovable in prayer, reading God's Word, fasting, and seeking His face. Now, we also must be unmovable in doctrine and not just in church services alone. A good example is the church at Galatia. They continued in church activities but were bewitched by false teachers when it came to fundamental doctrinal truths. The Apostle Paul had to come and upbraid the false doctrine and teach the doctrine again which he first taught the Galatians

(Continued on page 3)



## The Spotlight

### Sr. Pastor Lincoln Corbin

we try with our mind. Astrophysicists and those of that ilk have concurred to a degree that the universe can have anywhere from 11 to 24 dimensions. That in itself is mind blowing. However, what is really mind blowing is this:

- The Bible states that the universe is too small to contain God. God must have more dimensions than man can imagine. He had to make the universe from the outside in and not the inside out.
- He is so multi-dimensional that He had to literally step down into flesh just so we could see Him.
- He walked on water, passed through walls, made Himself invisible as to pass through a murderous crowd, defied the laws of physics in ascending, spoke to the spirit realm, and was recognized when He told demons to be quiet. In His realm, what was dead to us was just asleep to him. Nature obeyed him.
- If God works on our 3-D perception, then he would be limited by

time and space, capping his ability to be omnipotent. He would not exist in eternity past or eternity future. He could not hear all of our prayers at once or be everywhere at once.

- God would then require that we live in His dimensions where nothing is impossible, and all things are possible- rather than have our living, moving, and being in this boxed dimension we call 3-D.
- Therefore, God requires that we make this leap by faith in Him in believing Him at His word. It is the only way to please Him.
- The next time we have this problem that is rooted in our 3-d reality, let us use our faith to push us into dimensions where our living God operates.

-Sr. Pastor Lincoln Corbin



A Multi-Dimensional God—boldly going where few believers have gone before. . . I just saw Star Trek over the weekend. What a great movie! It paid great homage to the classic television show. It caused me to think about other dimensions in the universe.

Some of the greatest scientific minds have agreed that our world, and our universe is multi-dimensional. It has been established that we humans have a two and three dimensional perception of the things around us. Height, depth, and width are often explained to us in the 3-D realm.

Then we add the fourth dimension, which is “space/time.” With us, time can only move forward, thus we cannot exist in the past nor travel back to the past, although



## A Word From the Editor

### Bro. Cesar Sjogren

God bless you all and welcome to the June issue of the Light Post! My wife and I were reminisc-

ing about a conversation we had with our pastors where they told us how some of the church members of old would get “summer fever” around this time of year. When everyone started dressing a little more skimpy and the sun didn’t go down till 9 PM, some folks would forsake weekly services and sort of take a vacation from God. You wouldn’t see them again until things cooled off outside and they

started to come back down to earth. We laughed at the time, but it is true that sometimes as Christians we miss the mark. Even though God loves us and yes He definitely forgives, He still deserves the very best we can give, no matter what time of year!

This month as we transition into another season, we should remember that God has given us the ability to cast down every thought and action that pulls us away from Him. The main article by minister Clelland uses the Word to strengthen and encourage us in a way that is relevant no matter what your season is.

This month’s issue is full of gems: Pastor Corbin touches on a very deep topic that

will blow your mind. While the always eloquent Atnre Alleyne gave a double dose again, adding an essay about life planning – along with a great recap of my favorite sermon preached in the month of May. Deaconess Leggett and Sister Hall gave us a marinade that I’ll be sure to use on the grill, along with some health advice that is just in time for summer. Our very own Cheyenne Nixon drew up the funniest comic yet (in my humble opinion) that still makes me chuckle. Also, make double sure to read Pastor Leasa’s article as the last encouraging word, it will truly lift your spirits! Thanks for reading.

-Cesar Sjogren, Editor

## Evaluating Your Environmental Situation by A. Alleyne



Many of us know the story of Noah and the Ark. I like to think of the story as “Noah: The ARK (Already Ready Kind)”. Noah’s obedience to God and perception of impending environmental change (40 days/40 nights of rain) led him to set up a structure (the ark) that was able to withstand change. When the change came, he was already ready.

Now I’m sure you know of the Already Ready Kinds of this world. The shop for Christmas in July types who were watch-

ing Home Alone 1 on December 24th while you were fighting over the last Nintendo Wii. Whether you consider yourself an ARK or not, this essay suggests that preparation and organization are important for ministry and personal success. In one of Pastor Lincoln’s sermons, he shared the quote: “God propels prepared people into their purpose.” Our goals and our ambitions mean little without preparation.

### The Prepared are Preserved

Noah and his family were preserved because of Noah’s structure. People that prepare, preserve themselves and others around them. Lack of preparation and structure puts a strain on you, as a leader, and those who are connected to you. Noah’s preparation also positioned him to save the animals and store up food. Preparation will save you time, money, and energy in your ministry and personal efforts. You will be able to stock up on the essentials

early, which is bound to save you time and money.

### Know Your Environment

True preparation demands that we know our environment. Had Noah not been aware of his environment he would have been unprepared when the floods came. To be truly prepared for your ministry and personal endeavors, I suggest that you use your EYES (Evaluation of Your Environmental Situation). Your EYES should be a major component of your ministry or personal plans for the second half of 2009.

Your EYES is conventionally referred to as “environmental scanning.” Environmental scanning focuses on the identification of any issues, developments, trends, practices and events that can affect your organization. As leaders in ministry, on our jobs, and in our families we are often oblivious to the social, technological, economic, environmental, and political (STEEP) changes (or potential changes) that can help or hinder our plans and our work. Here are a few questions that I challenge you to consider in order to get a better understanding of your external environment:

1. What are the STEEP changes that can affect my future plans for the remainder of this year?
2. When are they likely to occur? Have they already taken place?
3. In what way do I think they will affect my ministry or personal plans?
4. How well prepared is my ministry or my family to adapt to, respond to, or benefit from these changes?
5. What can we do to be more prepared?

-Deacon Attre Alleyne

## Stedfast, continued from pg 1

(Galatians 3:1). Let us keep in mind Eph. 4:14 which states **“that we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive”**.

The last thing I would like us to investigate is “always abounding in the work of the Lord”. Many people can say that they are connected or participate in some ministry or work for the Lord. But how many of us can say that we are abounding in that ministry or work? Abounding means *to be present in large numbers or in great quantity*. If we look at this definition supplied by Webster’s Dictionary, we see that abounding carries the notion of visual results. Abounding in the work of the Lord means that results are present in the work that you’re doing. Farmers abound in farming when crops appear after they are harvested in the correct season. If there aren’t any crops appearing during the harvest season then how can the farmer say that he is abounding in

farming? If we are abounding in the work of the Lord, then we ought to be showing signs of growth, success, and great quantity. Now, I know that this is not an overnight process, so being steadfast and unmovable must now come into play. Even Jesus told a story about a master who went on a long journey and gave talents to his servants, upon the master’s return the servants were to give an account of their actions with the talents that was given. Two out of the three servants abounded with the talents given to them and multiplied them. One servant did nothing with his talent and suffered loss (Luke 19:11-27). We must always be abounding in the work of the Lord especially with the day of His coming drawing nearer and nearer. Know that God loves you, know that you are accepted in Christ, and know that your labor is not in vain in the Lord!

-Minister Faisal Clelland



## Upcoming Events

### MARK YOUR CALENDARS

**Friday, June 12th @ 8pm** - Friday Night Service. Speaker will be Min. Tonya Corbin

**Sunday, June 14th @ 4pm** - Singles Lifeshop

**Friday, June 19th @ 8pm** - Mighty Men of Marvelous Light Fellowship

**Sunday, June 21st** - HAPPY FATHERS DAY!!!!

**Friday, June 26th @ 8pm** - Friday Night Service. Speaker will be Min. Drake Corbin

**Saturday, June 27 @ 7:00 - 9:00pm** - A Night of Bowling at Laurel Lanes on Route 73 in

Maple Shade, NJ. **Tickets Price \$20.00**

includes Pizza, Soda & Shoes, 2 hours of bowling

Proceeds go to MLC Building Fundraiser.

For Info call Church 856-461-0600 or contact Deacon Alleyne email- [mlcoc@aol.com](mailto:mlcoc@aol.com) or [atnre.alleyne@gmail.com](mailto:atnre.alleyne@gmail.com)

**Sunday June 28th @ 4pm** - Fellowship out at Love Fellowship. Call 856-461-0600 for info



## News & Tidbits

### Happy Fathers Day Mighty Men of God!!

**“Saved”** the Mixtape is officially ready. To get a copy of the CD or T- Shirt please contact Bro. Lincoln Jr. at [lincolncorbinjr@yahoo.com](mailto:lincolncorbinjr@yahoo.com)

Minister Faisal and Sis Carol are dedicating their son Seth on June 13th at 2pm. Congratulations Seth!

Remember to celebrate your natural and spiritual fathers on June 21st for Fathers Day. If you know you have the best DADDY in the world then show it!!

Congratulations to Pastors Lincoln and Leasa Corbin who will be celebrating 28 years of marriage this month!

Congratulations to Drake and Tonya Corbin also, who will be hitting the 2 year anniversary mark this month!

Our very own Cheyenne Nixon has started a graphic design and illustration business called **Thirty-One 31 Productions!!** She is an extremely talented artist and staff member here at the Light Post. Her contact information is:  
[thirtyone31productions@gmail.com](mailto:thirtyone31productions@gmail.com)  
[www.thirty-one31productions.moonfruit.com](http://www.thirty-one31productions.moonfruit.com)



## Christian News Around The World

### Christians Worldwide to Unite in Prayer for One Day

Hundreds of millions of Christians around the world are expected to come together in prayer on Pentecost Sunday, May 31, for the annual Global Day of Prayer.

Individuals from 220 nations will gather in local churches, stadiums and other venues for the fifth annual event that crosses denominational lines and cultural barriers.

While participants are encouraged to pray for their own nation, event organizers also request prayers for issues such as the unreached people of the world, children who are at risk for various reasons, and the persecuted church, among other topics. Last year an estimated 500 million Christians participated in GDOP.

The massive global prayer event began as a local prayer event in Cape Town, South Africa in 2001. The event quickly expanded throughout Africa in subsequent years, and in 2005 Christians from 156 of the 220 nations of the world united in prayer.

Last year, 210 countries participated in the day of prayer, and this year all 220 countries are registered to hold some kind of prayer event. In addition to having Christians in every country participate in GDOP, this year will also be the first time a live webcast of the Pentecost Prayer Service from Jerusalem will be streamed online. IPrayTv.com hopes to connect Christians worldwide to the Holy Land on Pentecost with this effort. Viewers can watch the feed online at the group's web site for free. [www.christianpost.com](http://www.christianpost.com)

### Pastors: Hear God's Word; Tweet Later

"When you are in corporate worship, Worship!" says John Piper, a prominent evangelical pastor and author. "There is a difference between communion with God and *commenting* on communion with God."

Since its launch in 2006, Twitter has grown to 32 million users, including an active following of pastors and churchgoers. The microblogging service is touted as the fastest growing social networking site. Just a year ago, Twitter traffic was at 2 million.

Considering the popularity, especially among young adults and youths, some churches have embraced the technological and cultural phenomenon and incorporated it into their worship services.

An earlier *Time* magazine article cited, among other churches, Westwinds Community Church in Jackson, Mich., where worshippers' Tweets

during worship are flashed on large video screens.

But reports of Twittering in church have sparked a debate among pastors and Christians on whether it is appropriate. "While I personally enjoy Twitter and find it to be a useful tool for sharing and receiving information, I'm not excited about encouraging people to use Twitter during the Sunday meeting," Josh Harris, senior pastor of Covenant Life Church in Gaithersburg, Md., wrote in his blog.

One of the reasons why Harris won't be encouraging his congregation to Twitter during worship is that it will likely be distracting. Twitterers may be tempted to check their e-mail or read their Twitter feed during a sermon. Their mind may also focus on what to Tweet rather than on worship. Moreover, the minutes they take to Tweet would be minutes in which they weren't actively listening to the sermon.



"The most important thing I can do while I'm sitting under the preaching of God's word is to listen to what God is saying to me," Harris, who is also on the council of The Gospel Coalition, noted. "I need to actively engage my heart and mind to receive."

"When God is speaking again through his word, we should all be silent – and so should our Twitter feeds," he stressed.

He's not a Twitter hater, he wrote. He even encourages congregants to Tweet about the sermon or worship experience after church and sees it as a potential witnessing tool to friends who follow them on Twitter.

"But it's also a good witness for them to see that something so important, so essential, so holy happens on Sunday morning when God's church gathers that Twitter takes a back seat," the Gaithersburg pastor stated.

Backing Harris' points, evangelical pastor Piper of Bethlehem Baptist Church in Minneapolis, Minn., says churchgoers should focus only on hearing and engaging the Word of God.

[www.christianpost.com](http://www.christianpost.com)

### Settlements Top Talk of Obama, Abbas Meeting

President Barack Obama welcomed Palestinian President Mahmoud Abbas to the White House, Thursday. Israeli settlements topped the list of talking points between the two leaders.

Obama and Abbas both want Israelis to stop new settlement construction on disputed land in the West Bank, but Thursday the Israeli government said it will continue the construction.

Abbas' visit follows last week's meetings with Israeli Prime Minister Benjamin Netanyahu at the White House. Following these high profile meetings with Middle East leaders, the Obama administration says it will present detailed plans to resolve the Israeli-Palestinian conflict.

On Wednesday, Secretary of State Hillary Clinton met with Egypt's foreign minister. Following the meeting, Clinton used some of the most direct and blunt language to date on the question of Israeli settlements. "With respect to settlements, the president was very clear when Prime Minister Netanyahu was here. He wants to see a stop to settlements. Not some settlements, not outposts, not natural growth exceptions," she said. "We think it is in the best interest of the effort that we are engaged in, that settlement expansion cease. That is our position."

"That is what we have communicated very clearly, not only to the Israelis but to the Palestinians and others and we intend to press that point," she added. Clinton's statement challenges the thousands of Jews who have chosen to live in the West Bank or what they believe is Israel's biblical inheritance, Judea and Samaria. "This is the Jewish state, and with all due respect to Mrs. Clinton, it is none of her business to tell Israel what to do with her settlements," said Hanna Failer, a settler living at Beit El.

[www.cbn.com](http://www.cbn.com)

### Abortion Doctor Gunned Down at Kansas Church

Dr. George Tiller, who remained one of the nation's few providers of late-term abortions despite decades of protests and attacks, was shot and killed Sunday in a church where he was serving as an usher. The gunman fled, but a 51-year-old suspect was arrested some 170 miles away in suburban Kansas City three hours after the shooting, Wichita Deputy Police Chief Tom Stolz said. Long a focus of national anti-

## Christian News Around The World

abortion groups, including a summer-long protest in 1991, Tiller was shot in the foyer of Reformation Lutheran Church, Stolz said. Tiller's attorney, Dan Monnat, said Tiller's wife, Jeanne, was in the choir at the time.

The suspect's name was not released; police had been looking for a gunman who fled in a car registered in the Kansas City suburb of Merriam. Stolz said all indications were that the man acted alone, although authorities were investigating whether he had any connection to anti-abortion groups. Stolz said the man was being brought back to Wichita, where he would likely be charged Monday with one count of murder and two of aggravated assault. Stolz said the gunman threatened two people who tried to stop him. The slaying of the 67-year-old doctor is "an unspeakable tragedy," his widow, four children and 10 grandchildren said in statement. "This is particularly heart-wrenching because George was shot down in his house of worship, a place of peace." The family said its loss "is also a loss for the city of Wichita and women across America. George dedicated his life to providing women with high-quality health care despite frequent threats and violence.

"Tiller's Women's Health Care Services clinic is one of just three in the nation where abortions are performed after the 21st week of pregnancy. The clinic was heavily fortified and Tiller often traveled with a bodyguard, but Stolz said there was no indication of security at the church Sunday. Planned Parenthood of Kansas and Mid-Missouri said it was working with law enforcement to secure its facilities Sunday even after the suspect was in custody. [www.foxnews.com](http://www.foxnews.com)

### Creation Museum Still Draws Crowds, Ruffles Feathers After 2 Years

The controversial Creation Museum in Petersburg, Ky., marked its second anniversary this past week with slightly lower numbers than its first year but with much excitement.

"We enter our third year excited about the growing opportunities the museum provides for reaching people with the creation gospel message," commented Ken Ham, the founder and president of the 70,000-square foot museum. "We believe God is using us to make a difference in our post-Christian culture, and we will

continue to do everything we can to help believers defend the Word of God, from the very first verse," he added.

When the museum first opened to the public on May 28, 2007, it drew a great deal of media exposure, largely because of its literal interpretation of the Bible. Packed with high-tech exhibits that include animatronic dinosaurs and a huge wooden ark, the \$27-million museum attempts to align the Bible's literal account of creation with natural history. The museum's staff and founder, like many other Young Earth creationists, believe dinosaurs appeared on the same day God created other land animals. Though Young Earth creationism is not unpopular, the Creation Museum has drawn protests from critics – both non-Christians and Christians who are against a literal interpretation of the Bible on life origins. They say they



are worried about how the anti-evolution display will affect children.

Young Earth creationism is the belief that the Heavens, Earth, and life on Earth were created by direct acts of God sometime between 6,000 and 10,000 years ago. Its adherents are mostly Christians and Jews who believe that God created the Earth and everything on it in six 24-hour days, taking the Hebrew text of Genesis as a literal account.

The belief starkly contrasts with evolutionary creationism and Old Earth creationism – an umbrella term for a number of types of creationism, including Gap creationism, Progressive creationism, and Intelligent design. Typically, Old Earth creationism is more compatible with mainstream scientific thought on the issues of geology, cosmology and the age of the Earth.

[www.christianpost.com](http://www.christianpost.com)

### County Trying To Stop Home Bible Studies

A local pastor and his wife claim they were interrogated by a San Diego County official, who then threatened them with escalating fines if they continued to hold Bible studies in their home. Attorney Dean Broyles of The Western Center For Law & Policy was shocked with what happened to the pastor and his wife.

Broyles said, "The county asked, 'Do you have a regular meeting in your home?' She said, 'Yes.' 'Do you say amen?' 'Yes.' 'Do you pray?' 'Yes.' 'Do you say praise the Lord?' 'Yes.'"

The county employee notified the couple that the small Bible study, with an average of 15 people attending, was in violation of County regulations, according to Broyles.

Broyles said a few days later the couple received a written warning that listed "unlawful use of land" and told them to "stop religious assembly or apply for a major use permit" -- a process that could cost tens of thousands of dollars.

"For churches and religious assemblies there's big parking concerns, there's environmental impact concerns when you have hundreds or thousands of people gathering. But this is a different situation, and we believe that the application of the religious assembly principles to this Bible study is certainly misplaced," said Broyles.

Broyles said his clients have asked to stay anonymous until they give the county a demand letter that states by enforcing this regulation the county is violating their First Amendment right to freely exercise their religion.

Broyles also said this case has broader implications. "If the county thinks they can shut down groups of 10 or 15 Christians meeting in a home, what about people who meet regularly at home for poker night? What about people who meet for Tupperware parties? What about people who are meeting to watch baseball games on a regular basis and support the Chargers?"

Broyles asked. [www.10news.com](http://www.10news.com)



## Advertisements for June

**Sunday, June 14th @ 4pm - Singles Lifeshop**



**Friday, June 19th @ 8pm - Mighty Men of Marvelous Light Fellowship**

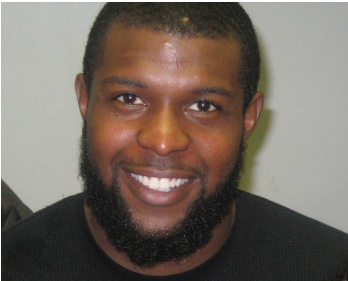


**Saturday, June 27 7:00 - 9:00pm**

A Night of Bowling at Laurel Lanes on Route 73 in  
Maple Shade, NJ.

**Tickets Price \$20.00** which  
includes Pizza, Soda & Shoes, 2 hours of bowling.  
Proceeds go to MLC Building Fundraiser.  
For info call Church 856-461-0600 or contact Deacon  
Alleyne  
email- [mlcoc@aol.com](mailto:mlcoc@aol.com) or [atnre.alleyne@gmail.com](mailto:atnre.alleyne@gmail.com)

## A 1000 Words



Bro. Lincoln Corbin Jr



Deac. Dwight McEntyre



Deac. Kevin Sr



Bro. Cesar Sjogren

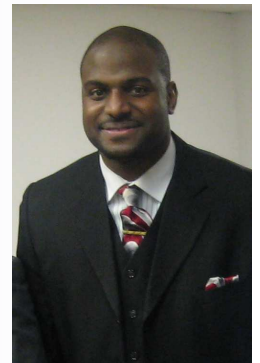


Bro. Drake Corbin

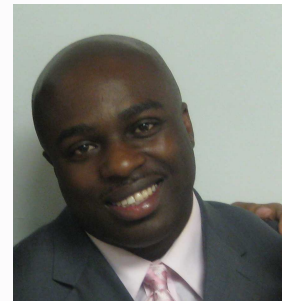


Pastor Lincoln Corbin Sr.

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Min. Faisal Clelland



Bro. Jay Hall



Deac. Marcus Wooding





## Cooking With the Sisters

Kendra Hall & Shaniqua Leggett

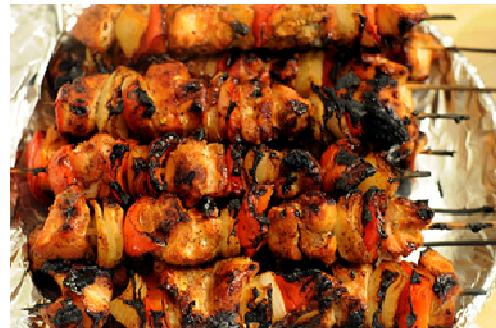
*Cooking with the sisters is our monthly recipe column from the sisters at Marvelous Light made famous by their delicious recipes!*

### ***If you can't stand the heat, get out the kitchen and onto the grill!!!!***

Summer offers plenty of opportunities to pull out your grill and experiment. So check out this hot new recipe that's sure to be a crowd pleaser at your next BBQ.

### **CHICKEN SHISH KABOB MARINADE**

1 chopped onion  
1 cup honey  
1/2 cup teriyaki sauce  
2 tbsp chili powder  
1/3 cup Tabasco sauce  
1 tsp salt  
1 cup sugar  
the juice from 1 lemon  
2 fresh peppers



Mix the ingredients in the blender for 30-50 seconds, or until well blended. Put chicken pieces on skewer alternating with pepper, mushrooms and tomatoes. Marinate the shish kabobs in the refrigerator for 6 or more hours. Cook on BBQ



## Healthy Choices 101 with Shaniqua Leggett, RN.

Staying Healthy & Protected this Summer

The summer season is quickly approaching and with it comes the joys of cookouts, trips to the beach and longer days filled with sunshine. Summer is also full of heat waves and endless bad

hair days thanks to humidity. As we all enjoy the outdoor activities of summer it is imperative to remember to keep ourselves healthy and protected. Keep healthy by staying properly hydrated and protect you and your skin by using sunscreen.



### Proper Hydration

It is important to maintain proper fluid intake during the summer time to keep your body functioning properly. The majority of your body, about 60 percent, is made up of water. Water is a vital component of your body and every system depends on it. Water flushes toxins out of vital organs and carries nutrients to

your cells. Not taking in enough water can lead to dehydration.

Dehydration occurs when you don't have enough water in your body to carry out normal functions. A loss of one or two percent of your body's water weight can deplete your energy levels. Some symptoms of dehydration include fatigue, headaches, dry mouth, muscle weakness, dizziness and lightheadedness.

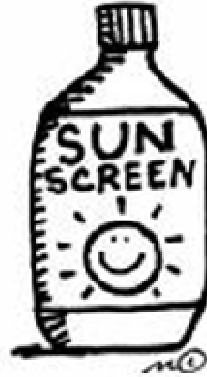
So, how much water do you need each day to keep your body functioning properly? The Mayo Clinic (mayoclinic.com) recommends using the "8 x 8 rule" — drink eight 8-ounce glasses of water a day (about 1.9 liters). The rule could also be stated, "drink eight 8-ounce glasses of fluid a day," as all fluids count toward the daily total. Though the approach isn't supported by scientific evidence, many people use this basic rule as a guideline for how much water and other fluids to drink.

It is especially vital to drink extra fluids during the summer heat, but don't worry it's not necessary to down a bottle of water every 10 minutes to keep properly hydrated. Keeping hydrated is not as hard as you think. Below are a few suggestions for keeping your fluid intake up to par.

Drink a glass of water with every meal and between every meal.

Eat fruits and vegetables that are loaded with water. Cucumbers and watermelon, for example, are nearly 100 percent water.

Hydrate before during and after exercising.



### Proper Protection

Sunscreen is not a bad word; as a matter of fact sunscreen is essential and will help to protect you from skin cancer. Skin cancer is the most common form of cancer in the United States and it affects people of all shapes, sizes and colors.

The main reason for using sunscreen is to avoid constant or prolonged exposure to ultraviolet radiation from the sun,

which causes skin cancer and leads to premature aging. In conjunction with other preventative measures, like avoiding prolonged exposure to the sun, wearing appropriate clothing, using sunscreen with an SPF of 15 or higher helps to protect you from wrinkles and skin cancer.

Sunscreens work in many different ways, some absorb UV, while other reflect and scatter the harmful UV rays. When using a sunscreen with SPF 15, most of the harmful rays don't get a chance to enter or damage your skin. When choosing a sunscreen, it is important to read the product label information to make sure the sunscreen offers the optimal coverage from UVA and UVB rays.

For more information about skin cancer and sunscreens please visit <http://www.skincancer.org/year-round-sun-protection.html>

-Shaniqua Leggett, RN.

## Light Bites

### Deacon Atnre Alleyne

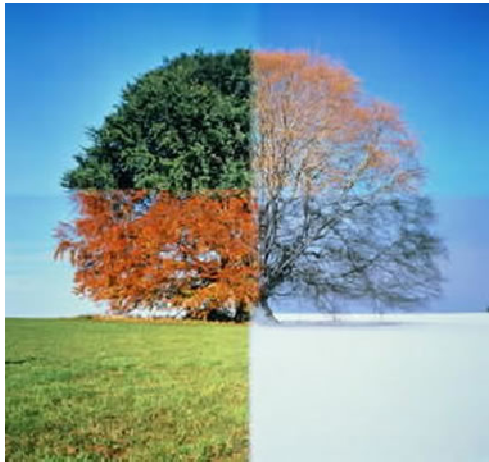


As the weather is quickly changing from mildly hot to extremely hot, it was very fitting that Pastor Lincoln Corbin preached about “Seasons” recently. Before Pastor Lincoln preached, he requested that the church sing a popular song about seasons that was written by Donald Lawrence. In the song, Lawrence writes: “I feel seasons everywhere, I feel blessings in the air.” He concludes the song with a call to “walk into your season.” The song is truly inspiring. It reminds us that there is a better season ahead of us and encourages us to look forward to it with expectation and excitement.

Pastor Lincoln’s sermon sought, however, to inject some reality and biblical truths about seasons into the notions presented in the song. When we think about “walking into our season” we tend to assume that “our season” is one of prosperity and blessings. Our season is one that is better than whatever season we are currently operating in. Using Ecclesiastes 3, however, Pastor Lincoln challenged this common assumption about seasons. Ecclesiastes 3:1 tells us that: “*to every [thing there is] a season, and a time to every purpose under the heaven.*” It then goes on to list 28 different seasons that we can experience. Among these seasons Solomon writes that there is a “time to be born and a time to die” a “time to get and a time to lose” a “time of war and a time of peace”. This let us know that contrary to our desires and expectations, we do not only have “happy” seasons to look forward to. We’ll experience many different seasons and they will not always be “feel good” seasons. There’s a time where we’ll have

to work very hard to plant (Ecc. 3:2) and then a time where we will have to perhaps work even harder to “pluck up that which is planted” (3:1).

So how do we handle these various seasons—some pleasant and some not so pleasant? Are we to be equally excited about transitioning into each of the seasons? We may not like each of them but Pastor Lincoln challenged us to “give God glory” or to “declare God” in whatever season we find ourselves in. Paul wrote in the book of Philippians: “*I have learned, in whatsoever state I am, [therewith] to be content*” (4:17). It is important that we understand that God’s mercy, love, grace, and goodness never leaves us throughout the many seasons of life that we face. For



this reason, God is to be glorified in any state or season that we find ourselves in. We may not always understand why we are experiencing certain seasons and some seasons come upon us rather unexpectedly.

Our ability to praise God and declare His goodness cannot vary with the seasons, however. It must remain a constant.

According to Pastor Lincoln’s sermon, another thing must also remain constant throughout the various seasons: our sowing. To be wise, we must sow in our present season, understanding that it will eventually change. In Proverbs, Solomon tells us to “consider the ant” (6:7) whose ability to understand seasonal change and

to sow and reap throughout these changes is indication of its wisdom (6:8). Here’s a practical example: you might not be in a season right now where you are experiencing loss or death. Understanding that you will experience such a season at some point, sow compassion and genuine concern for others who are in that season right now. You will reap similar compassion when you are in your season of loss.

Pastor Lincoln’s “Seasons” sermon is truly powerful. If understood correctly, it will extract you from the emotionalism of entering a “new season” and equip you with the practical tools that you will need to endure all seasons. The sermon should caution us against always looking for a better time while forgetting to glorify God in our present one. I urge everyone to read Ecclesiastes 3 and to reflect on the seasons and timing of God.

-Deacon Atnre Alleyne



## Now That's Funny!

# Lost Chapter in Genesis



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The Rest is History...

## Now That's Funny!





## Look Up and Live

### Pastor Leasa Corbin



*“There is nothing too hard for God. Never give up on your hopes and desires in life.”*

#### Yes! There is Hope

Never give up on your hopes and desires. There are things you may ponder on your heart for God to do in times of uncertainty. We must recognize that the promise of God provides hope. As God promised Abraham and Sarah a son in their old age, he said, “is anything too hard for the Lord?” Sarah laugh within herself, later she looked forward to a child. (Genesis 18:14)

Several years ago, my friend and I were asked a question: What do we hope for in our lives? At that time, my answer felt too overwhelming to reply because there were so many things going on in my life. My friend seemed to have a mouth full of marbles just trying to begin. It seemed to me the feeling was mutual. Then we were asked to write down our short and long term goals that we would like to achieve. In addition, we were asked to write down personal desires in our heart we wanted to place before the Lord.

Looking back on that time, certain steps I followed helped me surpass my circumstances and achieve total victory. First, I submitted in a spirit of obedience to simple instruction. The enemy can distract us by reasoning with our own logic. Faith comes by hearing the Word of God.

Second, the things I wanted God to do (according to His Will) settled in my heart and I

wrote them down. I realized the season that I was going through was established to show provision as I got vision. Yes! There is Hope.

Finally, what I placed before the Lord in faith was settled not only in my heart but also in my mind. I felt the strength of God. I believe when God bears us up in strength we ought to encourage one another. My friend and I encouraged one another throughout the years. We also encourage others in the gospel of Jesus Christ. The scripture says in Romans 15:4 NIV *“Everything that was written in the past was written to teach us, so that through endurance and encouragement of the scripture we might have hope.”*

While I considered those years I came across that old sheet of paper and smiled. I said wow! Where did time go? I gave thanks to God because He gave total victory in my life. He also answered some of my friend’s prayers as well. The testimony of the believers that I heard all around brought hope. There is nothing too hard for God. Never give up on your hopes and desires in life. Leave those matters that you place before the Lord, and live. Romans 8:25 says *“But if we hope for what we do not have we wait for it patiently.”* Look forward to your miracle. Yes! There is hope.— Pastor Leasa Corbin

**Special thanks this month goes to Minister Faisal Clelland for his excellent contribution!!**

#### Thanks from The Light Post Staff

Sr. Pastor Lincoln Corbin—Pastor, and Columnist  
 Pastor Leasa Corbin— Pastor, and Columnist  
 Cesar Sjogren— Editor  
 Kaleiah Sjogren—Editor  
 Atnre Alleyne— Columnist  
 Kendra Hall— Culinary Artist  
 Shaniqua Leggett— Columnist  
 Cheyenne Nixon— Cartoonist

Marvelous Light church  
 211 St. Mihiel Dr.  
 Riverside, NJ 08075  
 (856)461-0600

Sr. Pastor Lincoln Corbin  
 Pastor Leasa Corbin

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#### SERVICE TIMES

Prayer— 9 AM Sun & 7:30 PM Tues

Sunday School— 9:45 AM

Morning Service— 11:00

Tues Prayer & Bible Study— 7:30-9:00PM