

The Light Post

Encouraging and Enlightening God's People

Call in to our morning prayer sessions every Thursday from 5:30-6:60 AM (712) 432-0800 ext 1048730#

Visit us on the World-wide Web at www.mlcmedia.wordpress.com

Need free groceries? Call (856)461-0600 and ask about our Seeds of Praise Program



Inside this issue:

The Spotlight	2
Jesus, Accountant	3
Christian News	5
Cooking Sisters	9
Healthy Choices	10
Entertainment	12
Light Bites	13
Look Up and Live	14

The Importance of Mothers & Spiritual Mothers

When we think of a mother we tend to imagine someone who is nurturing, caring, compassionate, loving, and giving. For some we can recall our mother as the one who nurtured our wounds as children, and somehow made them all better. For most our mother was the one who nursed us back to health when we were sick. It was our mother who at times sat down and talked to us about life's lessons and things to come as we matured. Whatever the case mothers do come in many shapes, sizes, colors, and strengths.

A spiritual mother is one who possesses all of the aforementioned characteristics and more. She knows her place in God, her marriage, her home, and even society. She is meek in nature but

full of power and bathed in wisdom. She possesses an air about her that causes her to strut not with arrogance but with confidence. She is not defined by what people think of her but by the ability that she possesses to influence all who are around her. She can discern her atmosphere and she knows how to pray not only for herself but those around her. Proverbs 31 talks explicitly about a virtuous woman, "for her price is far above rubies".

Sarai (Sarah) was a strong spiritual mother. She was the epitome of strength, beauty, and wisdom. When her husband Abraham lied about her identity, stating that she was his sister instead, she demonstrated obedience to her husband. She had insight into her husband's fear and she humbled herself before him. She knew who she was in spite of what Abraham called her. Later God changed her name and she became the mother of many nations.

It was her womb that birthed the promised heir. The Bible says in 1 Peter, "Even as Sarah obeyed Abraham calling him lord; whose daughters you are, as long as you do well, and are not afraid with any amazement."

Hannah was another who did not give up despite the fact that her womb was barren. She cried before the Lord while she refrained from eating (fasted) and God instantly spoke to her through the priest Eli. He blessed her womb and she gave birth to Samuel. Then she dedicated Samuel back to the

Lord and he grew in favor and in stature before God and the people. Not only did Hannah dedicate Samuel back to the Lord but she blessed God



through worship.

The wisdom of Abigail prevented the death of her foolish husband Nabal. Her wisdom also calmed the rage of David who was determined to shed blood. She had vision and insight into who David was and where he was going. She had an anointing in her that was able to speak to David and get him lined back up with his destiny. Later he remembered this awesome woman and he married her.

Today as we look around it seems that the term spiritual mothers is something of the past. It takes wisdom to see that there are mothers among us. In our reach are women like Pastor Leasa Corbin who can teach us how to be good wives, loving mothers, virtuous women, and pioneers in ministry. She not only communicates this through her words, but

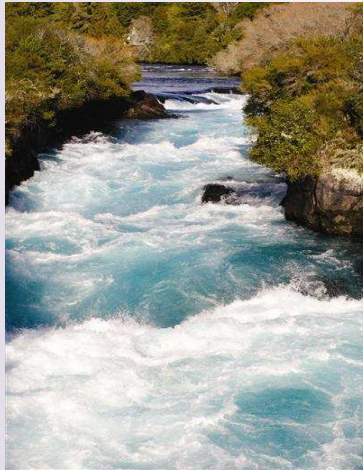
(Continued on page 3)



The Spotlight

Sr. Pastor Lincoln Corbin

rather nets, in anticipation of a great harvest. The fishermen position themselves strategically in what is believed to be the Dead Sea in between two locations, Engedi and En-eglaim. The first location means, fount of a calf and the other means,



eglaim).

These fishermen are on a divine assignment involved in a soul harvest. The saints of today should strive to understand this revelation of being challenged by the mighty flow of God's heavenly river which flows from the throne of Heaven and is made available for all mankind.

Jesus stated if we would thirst after Him then he would provide rivers of living water that would gush from us. This mighty river brings life to all it encounters, to every dry place and dead area. If we would allow the Word to flow from us not primarily for the tangible things but rather for the spiritual things, souls for Christ would abound.

Our churches, temples, tabernacles, and worship centers would benefit greatly from the flow of God's river. It is time to pray for the reviving waters of God to wash over us, our families and our houses of worship. It is time for a Holy manifestation of the washing of God's Word.

I challenge you as the prophet Ezekiel was challenged: Swim in the flow.
Sr. Pastor Lincoln Corbin

A Thousand Cubits More

In Ezekiel 47:1-12 the Lord shows the prophet a mighty river of salvation flowing. It starts at the threshold of the door of the Holy Temple, and then passes by the altar before becoming ankle deep, a thousand cubits out.

As the angel of the Lord bids Ezekiel to follow the flow at one thousand cubit increments, it becomes increasing harder and harder to navigate the rising waters. First to the ankles, then to the knees, then to the loins and eventually it becomes a mighty river that seems unreachable, unattainable and impossible to cross.

The angel causes the prophet to see fishermen, not casting lines into the water but

fount of two calves. The word fount in the Hebrew speaks of insight associated with the eye as to what springs up in revelation. This spiritual seeing leads from one portion (En-gedi) to a double portion (En-



A Word From the Editor

Bro. Cesar Sjogren

God bless you all, my dear readers! This is a great time of year for so many reasons.

The weather is finally taking a turn for the better and we can finally feel traces of the coming summer months ahead. Also, if you haven't read the front page yet, it is the month of Mothers Day as well! Personally for me it is a special Mothers day because it is the first one where my own wife is a mother herself. For all you new mothers out there it must be an awesome life cycle to bring

life into this world, years after you yourself were birthed. No matter what the circumstances were: married, divorced, baby daddy/mama drama— children are still a miracle from God Himself. My parents visited our house a few days ago and my mom pointed out that the chances for conception are incredibly stacked— the odds are definitely against those poor sperm cells, but God can do anything and work any miracle— and you are one yourself! So this month, take some time to remember your mother for putting up with your David-Beckham soccer kicks to the gut, the years of diaper changes before you gained control of your bladder, and the

gray hairs you may or may not have caused during teenage years (or in my case, from ages 0-18). Raising children is a labor of love, and by God it is a FULL TIME JOB! I want to give props to all the stay at home moms who take special care to raise their kids right (and the daddies that work to make sure its possible). I also want to say congratulations to the moms who give 110% at work and then come home and still make time for family. However you juggle your lives mothers— The Light Post salutes you, enjoy your day in the sun!

-Bro. Cesar Sjogren

Spiritual Mothers cont.

through her experiences and her lifestyle. She can minister to us from the wisdom of someone who was single to someone who is married. We have the privilege to sit at her feet and learn from the challenges that she faced to the victories that God has awarded her with.

We can tap into the endurance of Mom Ida who can teach us everything from country cooking to shopping with wisdom. She can teach us how to raise children from the standpoint of being a single parent. After all her life's challenges she is still serving in the house of the Lord. We can glean from Mother Corbin who can talk to us about raising not only Godly children but successful children just like our very own Pastor Lincoln Corbin. Lastly, we

can sit and converse with Mother Grace who has been married more than half of her life. She has endured everything from setbacks to sickness.

The Bible says in Titus 2:3, *"likewise the aged women. . . that they may teach the young women to be sober, to love their husbands, to love their children. . ."* So if the Bible mentions this one thing, then we know that there is much to be gained from these spiritual mothers. So this Mother's Day lets celebrate all of our mothers because they are women of virtue, women of strength, and women who are victorious.

-Deaconess Brandie Wooding

Jesus, Accountant by A. Alleyne

In light of the recent tax filing deadline (April 15th) and the season where the population is in an accounting frenzy, I thought that this piece on accounting and inventory would be timely. In Laurie Beth Jones' book, *Jesus, CEO*, Jones looks to Jesus' ministry for key lessons for visionary leadership. In that same spirit, I thought that it would be interesting to see what Jesus can tell us about being good accountants. Whether or not we have a CPA behind our names—or a passion for number crunching—it's crucial that we maintain a good account of the many things that God has entrusted us with (money, family, leadership responsibilities, etc). Taking good inventory is a key element of good accounting. As you plan for your ministry or personal development it is necessary for you to review your inventory.

Many principles of accounting can be drawn from Jesus' use of the popular prodigal son parable. I will give you the story in short form, but you definitely should read it when you get the chance—Luke 15:11-32. One of a man's two sons asks him to give him his inheritance in advance. The son then travels abroad and wastes all of his money. After almost starving to death, the son (now termed the prodigal or wasteful son) comes to his senses. He returns home ashamed, hoping for his father's mercy. To his amazement his father embraces him with love and celebrates his return. Now here's what this parable tells us in terms of accounting and inventory-taking.

Know what you have: If there was one thing the "prodigal son" did correctly it was that he knew what was his. He knew that there was money that his dad had saved and knew how to access it when he wanted it. We need to know what resources are avail-

able to us and how to access them if we desire to be successful in our endeavors. A lot of this awareness and knowledge is a product of good research but it is also the result of good organization. I am a Microsoft Excel maniac so I suggest you create Excel spreadsheets to organize your inventory. However, it is best to find whatever system of organization that works best for you.



Know the worth of what you have: Like the prodigal son, if you know what you have and do not know what it is worth, you will likely waste it. You can waste it proactively—deplete it completely or misuse it—or you can waste it passively by not using it at all. I'll laugh at myself for a moment to illustrate this point. After a lecture given by a business person that I admire (Dr. Randal Pinkett), I had the opportunity to speak with him briefly. I

asked him for some advice about one of my business ventures and he replied, "I really don't know much about that line of business." Of course he didn't! Fortunately, I had a few more minutes with him and was able to seek information from him in an area where he would be most valuable to me. But this blunder was a result of disorganization and lack of research.

We need to give huge consideration to our networks and our people resources when taking inventory. Each of our friends and family members has unique gifts and talents that allow them to contribute to our lives in different ways. The challenge, then, is to have a complete awareness of what (and who) you have and how they add value. The Bible noted that when the prodigal son "came to himself" he realized what was really available to him and returned home to access it.

Now let's join him in the "coming to ourselves" process.

Upcoming Events

MARK YOUR CALENDARS

Sunday, May 3 @ 4:00pm - Fellowship with Pastor Ronald King at Marvelous Light Church

Friday, May 8th @ 8:00pm - Fellowship with Apostle Veronica Pollard at Marvelous Light Church

Saturday, May 9th @ 7:30pm - Never Could Have Made It Without Mom - A Tribute To All Mothers. Featuring Yolanda Adams, Marvin Sapp, Ricky Dillard and New G. Liacouras Center in Philadelphia, PA 1776 N Broad St 19122. **Cost** \$65.00 - \$85.00

Sunday, May 10th - HAPPY MOTHER'S DAY

Friday, May 15th @ 8pm - Marriage Ministry for all married and engaged couples.

Friday, May 22nd @ 8pm - Friday Night Service. Speaker will be Minister Faisal Clelland.

May 31st @ 7:00pm - Sanctus Real Concert at **Clearview Regional HS** - Mullica Hill, NJ. For more info 856-478-0090

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. Info call Church 856-461-0600 or Deacon Alleyne email- mlcoc@aol.com or atnre.alleyne@gmail.com.



News & Tidbits

Happy Mothers Day People of God!!

It's not too late to celebrate with us. The MLC anniversary services are still going on.

“**Saved**” the Mixtape is almost ready. To get a copy please contact Bro. Lincoln Jr at lincolncorbinjr@yahoo.com

Deacon Kevin and Evangelist Maxine are dedicating their son Kevin Jr on May 23rd at 11am. Congratulations little KJ!

Get your grills ready because May 25th is Memorial Day!



Christian News Around The World

NYC Artist Cancels Obama-as-Jesus Portrait

Artist Michael D'Antuono was planning to unveil "The Truth" — a portrait of President Obama wearing a crown of thorns and holding his hands in crucifix form tomorrow in New York's Union Square to commemorate Obama's 100th day in office, but decided to cancel after receiving thousands of angry e-mails about the portrait's religious overtones.

The portrait, which shows Obama lifting a dark veil to reveal (or hide) the presidential seal, was not meant to offend Christians or make light of their beliefs, D'Antuono told Mark Hemingway of National Review Online. He explains: The idea of the piece, or the reaction that I'd hoped for, was to highlight our nation's deep partisan divide and how our interpretation of the truth is really prejudiced by our political perspective and I think that to a large degree we are being manipulated by the media. I miss the old day when we just have the facts. Now we have pundits and spin and strategists. I just thought that through that painting people would see different things. The right and the left would have different interpretations of it based on their political lens. But I have to admit I was very surprised that instead of that I got thousands of email[s] complaining on the religious front. And that was not my intent at all. I wanted to create a dialog politically but not religiously. I didn't mean to make fun of anybody's religion; maybe I did so naively but I didn't mean it that way. In the bible Jesus is The Truth and comparing Obama that way isn't something I meant to do at all.

www.christianitytoday.com

Swine Flu May Prompt DR Mobilization

Alpharetta, GA. (BP)--The Southern Baptist Disaster Relief network could be de-

ployed if the Mexican swine flu epidemic escalates to the pandemic stage.

"Now is the time for Southern Baptists and churches to prepare," said Mickey Caison, team leader for the North American Mission Board's adult volunteer mobilization team in Alpharetta, Ga.



On Wednesday, April 29, the World Health Organization was reporting that nine countries had officially reported

148 cases of swine flu, with 26 in Mexico, including seven deaths, and 91 in the United States, with one death. According to various media reports, cases of swine flu have been confirmed in 10 states, with "probable" cases in several other states while, globally, it has been confirmed in New Zealand, Great Britain, Canada, Scotland, Spain, Israel, Austria and Germany.

The World Health Organization has raised its Pandemic Alert to Phase 5 (Phase 6 is the highest) which it describes as "a strong signal that a pandemic is imminent and that the time to finalize the organization, communication, and implementation of the planned mitigation measures is short."

Caison, a longtime disaster relief expert within the SBC, said Southern Baptist Disaster Relief trained volunteers, numbering 90,000 across the country, and NAMB staff could be asked to serve in several ways if the flu continues to spread. www.bpnews.net

Florida Could Issue Jesus, Cross License Plates

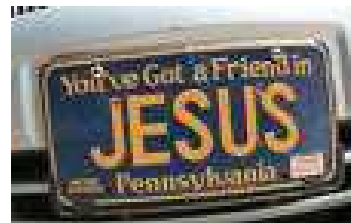
Tallahassee- If you want Jesus on your

license plate, the Florida Senate is looking out for you.

Religious specialty plates offered by Sen. Ronda Storms, R-Valrico, and Sen. Gary Siplin, D-Orlando, made it onto a bill Friday even though many members had not seen images of those plates and none were produced for the debate. Siplin didn't mince words when asked what his "Trinity" plate looks like, saying: "It has a picture of my Lord and Savior Jesus Christ."

It, along with a "Preserving the Past" plate offered by Siplin, would benefit the Toomey Foundation for the Natural Sciences. Storms' "I Believe" plate would benefit Faith in Teaching, an Orlando company that funds faith-based programs at schools. The design features a cross over a stained-glass window.

Several members had concerns about approving plates they had not seen. And one questioned using religious symbols at all. "The issue is whether the state of Florida ought to be producing license plates with religious images on them," said Sen. Ted Deutch, D-Boca Raton, "and I don't believe that we should."



Before the day was over, the Anti-Defamation League and the ACLU registered opposition, and across the hall in the House, proposals for the same plates were withdrawn from legislation.

Florida has more than 100 specialty plates with several new ones proposed this year. www.miamiherald.com

Pat Robertson to Retire as Regent University President

Virginia - Religious broadcaster Pat Robertson is retiring as Regent University's president on July 1, 2010. "Our mission remains steadfast: to train Christian leaders who serve with excellence in every area of their lives," Robertson said. Robertson, creator of the Christian Broadcasting Network and a pioneer of the evangelical political movement, founded the

Christian News Around The World

the university in 1978. He remains the host and public face of "The 700 Club," CBN's signature daily program blending news and a talk-show format. hamptonroads.com

Rededication of the USA to God

Americans are rededicating the USA to God on May 7th to find God's help with the national crisis. "God wants us to come to Him and to hope in His mercy - He will help the USA", says Pastor Steve Krotoski of Pray Daily America.

A special rededication prayer has been written and is included as part of many National Day of Prayer gatherings this May 7th. The free, color prayer handout is available to download and print at www.PrayDailyAmerica.com/rededicate.html.

www.christiannewswire.com

Faith Fighter' Game Goes Offline After Protest

Jeddah, Saudi Arabia – The creator of the Faith Fighter online game allowing players to stage fights involving Jesus, Mohammed and other prophets said on Tuesday it has withdrawn the game after a Muslim protest.

The game is "incendiary in its content and offensive to Muslims and Christians," a spokesman for the Jeddah-based Islamophobia Observatory of the Organization of the Islamic Conference said.

Italian game publisher Molleindustria said on its website: "Today after an official statement from the Organization of Islamic Conference we decided to remove the game Faith Fighter from our site."

The Observatory spokesman said the game would serve no other purpose than to incite intolerance. He called on the game's internet host to take "immediate action" by withdrawing it from the web. Molleindustria said Faith Fighter was meant to be a game against intolerance that

used over-the-top irony and a cartoonish style.

"Faith Fighter depicted in a mildly politically incorrect way all the major religions, as a response to the one-way Islamophobic satire of the Danish Mohammed cartoons. www.canada.com

Parental Rights Already Being Lost

Supporters of a plan to amend the U.S. Constitution to include parental rights are warning moms and dads across the United States they already are losing their rights to make decisions regarding their children's health, education, welfare, finances, sex education, access to abortion and even leisure time.

"The erosion is upon us," said Michael Farris, founder of the Home School Legal Defense Association, a college and a church and now a dedicated leader in the effort to change the U.S. Constitution through the amendment process to restore and protect parental rights. Eighty years ago, the amendment website notes, "the Supreme Court declared that 'the child is



not the mere creature of the State; those who nurture him and direct his destiny have the right, coupled with the high duty, to recognize and prepare him for additional obligations.'" However, according to Farris, a survey last

year of state and federal appellate court rulings found "the vast majority of the court decisions refused to acknowledge traditional parental rights are fundamental rights."

The problem, says Farris, is the growing reach of domestic and international government into decisions about health, education, discipline and other issues that for millennia have been made by parents. In one recent case in the South, the parents of

a 13-year-old juvenile were refused access to his medical records because the doctor decided against including the parents in the discussion.

According to Farris, the parents could only be granted access to their son's medical records with their son's permission. "The Supreme Court has so muddled the waters ... the growing practice is to treat parenting as a government privilege," he said.

www.worldnetdaily.com



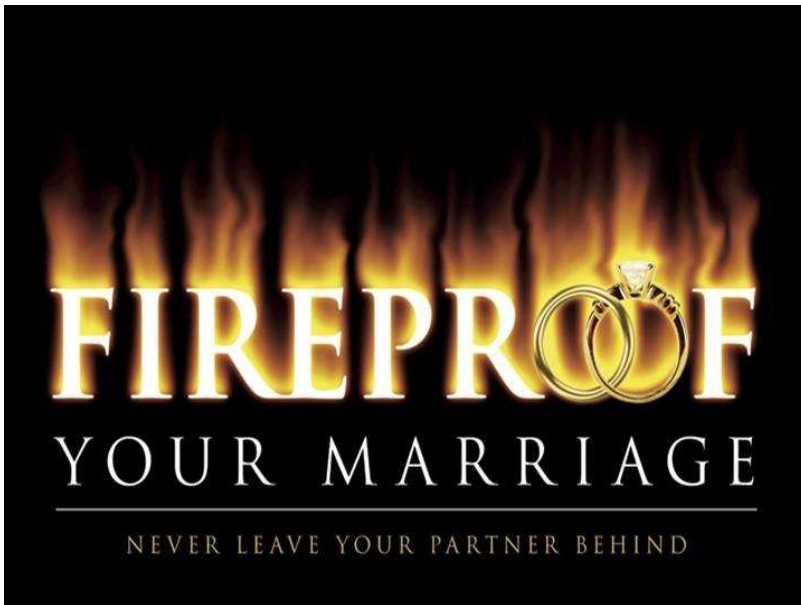
Three Christians Killed, Two Others Wounded in Kirkuk, Iraq

On April 26, three Christians were killed and two others wounded in Kirkuk, Iraq, according to CNN.com. Local police in southern Kirkuk told CNN attackers slit the throats of a Christian woman and her daughter-in-law, killing them both. Meanwhile in a nearby neighborhood gunmen attacked another Christian family shooting the father and his three sons. One of the sons died instantly and the others were wounded.

This incident is the latest in a series of attacks on Christians that have occurred in Iraq in recent years. In October 2008, more than seven Christians were killed and more than 200 families displaced. The Christian community in Iraq is estimated to be 3 percent of Iraq's 26 million people, or about 800,000. Since 2003, Christian leaders, churches and businesses in Iraq have been targeted by Islamic extremists. As a result, many believers have fled.

The Voice of the Martyrs encourages you to pray for these families as they mourn their loss and for healing for those injured. VOM supports persecuted believers in Iraq and in 2008 responded with 300 Action Packs to help persecuted and displaced believers in Mosul. Ask God to protect believers in Iraq as they risk all for their faith. www.freerepublic.com

Advertisements for May



Friday, May 15th @ 8pm -
Marriage Ministry for all married and engaged couples. We are doing the dynamic Fireproof Series. Please join us for spiritual wisdom and helpful advice on marriage. This is a free event so see you there.

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.

Info call Church 856-461-0600 or
Deacon Alleyne

email- mlcoc@aol.com

or atnre.alleyne@gmail.com,



A 1000 Words



MLC's New School Mother's



Mother Corbin



Our Spiritual Mother Pastor Leasa

H
A
P
P
Y

M
O
T
H
E
R
S

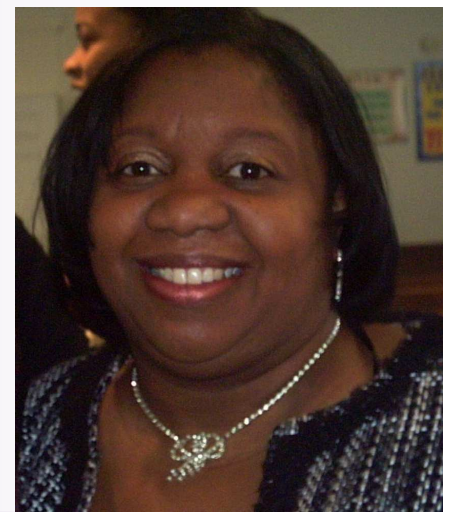
D
A
Y



Mother to Be



Mother Ida



Our Spiritual Mother Pastor Leasa



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!

Chipotle Shrimp

Celebrate Cinco de Mayo with this spicy shrimp dish that's quick, easy to make and full of flavor!!!
 "This is a quick and easy dish of shrimp sautéed in a spicy sauce of butter, garlic, Worcestershire sauce, red wine, and chipotle chilies. Serve over steamed rice."

PREP
TIME 15 Min

COOK
TIME 30 Min

READY IN 45 Min



INGREDIENTS

- 1 cup uncooked long grain white rice
- 2 cups water
- 1/4 cup butter
- 2 cloves garlic, minced
- 1/4 cup dry red wine
- 1 1/2 tablespoons Worcestershire sauce
- 2 tablespoons minced chipotle peppers in adobo sauce
- 1 teaspoon salt
- 1/2 pounds medium shrimp - peeled and deveined

DIRECTIONS

1. Place the rice and water in a medium saucepan, and bring to a boil. Reduce heat to low, cover, and cook 20 minutes, or until rice is tender and water is absorbed.
 Melt the butter in a skillet over medium heat. Stir in the garlic, and cook about 30 seconds. Stir in the red wine, Worcestershire sauce, chipotle peppers in adobo sauce, and salt. Mix in the shrimp, and cook 5 minutes, or until opaque. Serve over the cooked rice.

Healthy Choices 101

Posting from American Diabetes Association www.diabetes.org

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles.

There are 23.6 million children and adults in the United States, or 7.8% of the population, who have diabetes. While an estimated 17.9 million have been diagnosed with diabetes, unfortunately, 5.7 million people (or nearly one quarter) are unaware that they have the disease.

In order to determine whether or not a patient has pre-diabetes or diabetes, health care providers conduct a Fasting Plasma Glucose Test (FPG) or an Oral Glucose Tolerance Test (OGTT). Either test can be used to diagnose pre-diabetes or diabetes. The American Diabetes Association recommends the FPG because it is easier, faster, and less expensive to perform.

With the FPG test, a fasting blood glucose level between 100 and 125 mg/dl signals pre-diabetes. A person with a fasting blood glucose level of 126 mg/dl or higher has diabetes.

In the OGTT test, a person's blood glucose level is measured after a fast and two hours after drinking a glucose-rich beverage. If the two-hour blood glucose level is between 140 and 199 mg/dl, the person tested has pre-diabetes. If the two-hour blood glucose level is at 200 mg/dl or higher, the person tested has diabetes.

Major Types of Diabetes

Type 1 diabetes

Results from the body's failure to produce

insulin, the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. It is estimated that 5-10% of Americans who are diagnosed with diabetes have type 1 diabetes.



Type 2 diabetes

Results from insulin resistance (a condition in which the body fails to properly use insulin), combined with relative insulin deficiency. Most Americans who are diagnosed with diabetes have type 2 diabetes.

Gestational diabetes

Gestational diabetes starts when your body is not able to make and use all the insulin it needs for pregnancy. Without enough insulin, glucose cannot leave the blood and be changed to energy. Glucose builds up in the blood to high levels. This is called hyperglycemia. Immediately after pregnancy, 5% to 10% of women with gestational diabetes are found to have diabetes, usually, type 2.

Pre-diabetes

Pre-diabetes is a condition that occurs

when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. There are 57 million Americans who have pre-diabetes, in addition to the 23.6 million with diabetes.

In centers that focus on diabetes care, health care professionals often already work as a team. Sometimes, your primary diabetes doctor (internist, family practice doctor, or endocrinologist) will refer you to other health care providers in the same clinic or a building nearby. Or you may need to work with your doctor to build a health care team, adding members as the need arises. Who do you need on your team?

You

You are the most important member of your health care team. After all, you are the one who is affected by diabetes and cares for it every day. Only you know how you feel and what you're willing and able to do. You do the exercise. You make and eat the foods on your meal plan. You take the medicine or inject the insulin. You check your blood sugar (glucose) levels and keep track of the results. And of course, you are the first to notice any problems. Your health care team depends on you to talk to them honestly and to tell them how you feel.

The Primary Care Provider

The Primary Care Provider, who may be a primary care or family practice physician, is who you see for general checkups and when you get sick. A doctor with special training (and usually certification) in diseases such as diabetes is called an endocrinologist. If you do not see an endocrinologist, look for a primary doctor, family practice doctor or an internist who has cared for many people with diabetes. Your primary care doctor may also be the one who refers you to specialists or other team members.

Healthy Choices

Nurse Educator

A nurse educator or diabetes nurse practitioner is a registered nurse (RN) with special training and background in caring for and teaching people with diabetes. Many are certified in the field of diabetes. Some may have a master's degree. Nurse educators often help you learn the day-to-day aspects of diabetes self-care.

Registered Dietitian

A registered dietitian (RD) is trained in nutrition and has passed a national exam. An RD may also have a master's degree or may be a Certified Diabetes Educator (CDE). You want to be sure to work with an RD who has training and experience with diabetes. If your doctor does not work with a dietitian, ask him to refer you to one.

Eye Doctor

This doctor is another key member of your health care team, because diabetes can affect the blood vessels in the eyes. When eye problems are caught early, there are very good treatments.

The eye doctor will be either an ophthalmologist or an optometrist.

The American Diabetes Association guidelines say you should see your eye doctor at least once a year. These checkups are the best way to detect diabetic eye disease. Your eye doctor will check for any changes in your eyes. If there are changes, the doctor will treat the problem or refer you to another doctor with special training in that area. Be sure your eye doctor is familiar with how to spot and treat diabetic eye disease.

Podiatrist

This health professional is trained to treat feet and problems of the lower legs. Podiatrists have a Doctor of Podiatric Medicine (DPM) degree from a college of podiatry. They have also done a residency (hospital training) in podiatry.

these yourself, because you could cause an infection. But do inspect your feet daily for signs of trouble.

Dentist

People with diabetes are at somewhat greater risk for gum disease. The excess blood sugar in your mouth makes it a good home for bacteria, which leads to infection. See your dentist every six months. Be sure to tell your dentist that you have diabetes.

Exercise Physiologist

Exercise plays a major role in your diabetes care, no matter which type of diabetes you have. Exercise can help lower blood sugar, help your body better use insulin, and help control your weight. It can also improve your blood fat levels, reduce stress, and improve your overall fitness level. Even if you have diabetic complications, ask your doctor about safe exercises you can do.

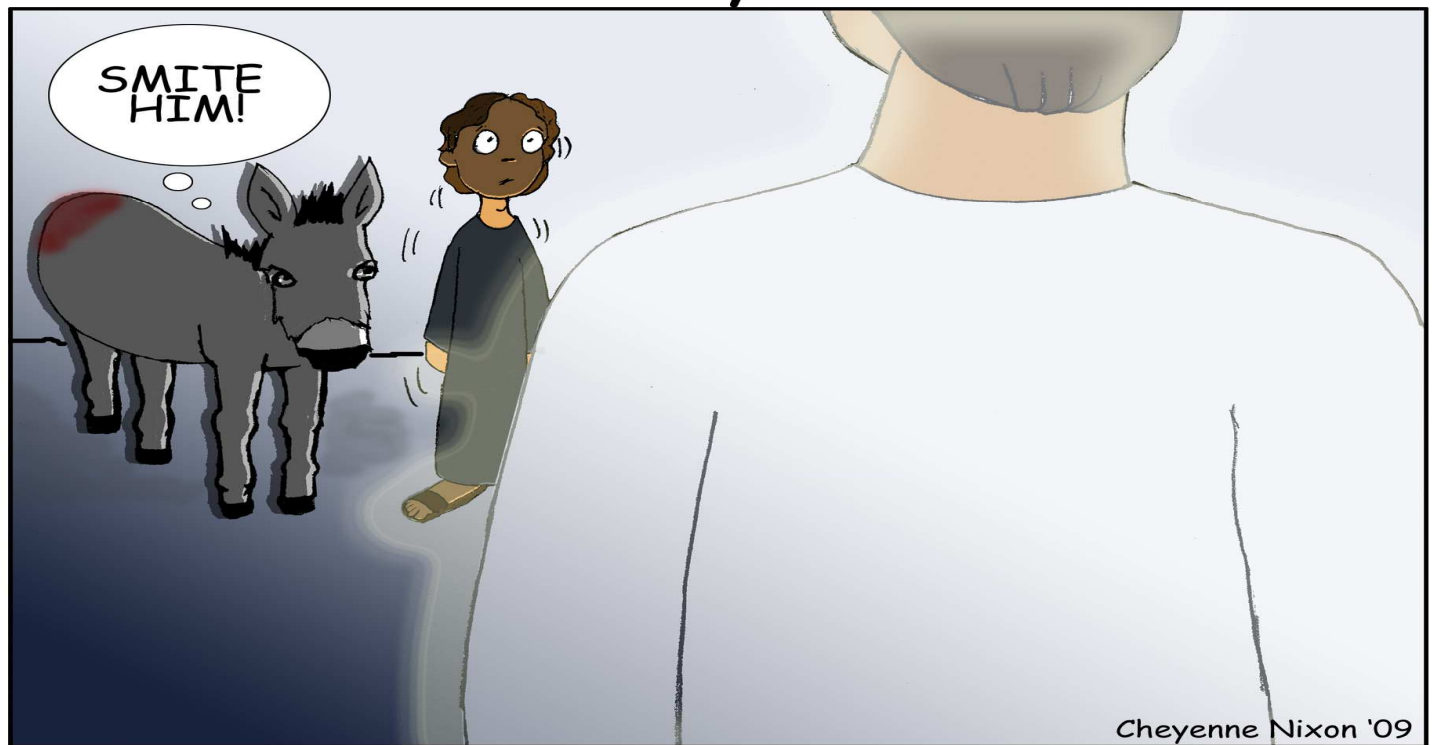
The best person to help you and your doctor plan your fitness program is someone trained in the scientific basis of exercise. Your doctor can help you look for someone with a master's or doctoral degree in exercise physiology or for a licensed health care professional who has graduate training in exercise physiology. Certification from the American College of Sports Medicine is another sign that the person has the basic skills needed to plan a safe, effective exercise program. Always get your doctor's approval for any exercise program.



Diabetes makes you prone to poor blood flow and nerve damage in the lower legs. You may get infections more often. Sores, even small ones, can quickly turn into serious problems. Any foot sore or callus needs to be checked by your primary care doctor or a podiatrist. Do not try to fix

Now That's Funny!

Balaam & his donkey



Light Bites

Deacon Atnre Alleyne



Peter probably picked the proper prayer partner! Say that ten times fast. Tongue twisters aside, in Luke 22:32, Jesus said to Peter: “But I have prayed for thee, that thy faith fail not: and when thou art converted, strengthen thy brethren.” How great it is to have Jesus Christ praying for your strength and confirming your eventual restoration. During Pastor Lincoln Corbin’s Easter morning sermon—“And Peter”—he preached a powerful message about God’s restorative power and our need to “strengthen our brethren.”

“But go your way, tell his disciples and Peter that he goeth before you into Galilee: there shall ye see him, as he said unto you” (Mark 16:7). After Jesus’ resurrection, when he appeared to the women at the tomb he told them to go and inform the disciples—and Peter. Pastor Lincoln’s sermon investigated Jesus’ singling out of Peter in this verse. There was so much more to Jesus’ words—“and Peter”—than meets the eye. Peter was the disciple who had the revelation that Jesus Christ

was the “Son of the living God” (Mt. 16:16). Peter was the “rock” upon which Jesus would build His church (Mt. 16:18). It was this same Peter, however, who failed in his area of greatest strength. Peter’s relied on his physical strength when he cut Malchus’ ear off in defense of Jesus (John 18:10). His toughness and perceived strength eventually failed him when he denied Jesus three times. Fortunately, fail-

ure was not Peter’s end. It was simply a small part of a bigger process.

If we recall Jesus’ words to Peter in Luke 22:32, Jesus had prayed that Peter’s faith and strength would be restored. Whereas Peter used to rely on his own strength, he would now rely on God’s power. Thus, after Jesus’ resurrection, his special call—“and Peter”—was indication of Peter’s restoration. After Peter failed in his area of



greatest strength and was restored by Jesus Christ, Jesus had a special role for him. His role was to “strengthen his brethren.” Jesus’ words “and Peter” were proof of Peter’s special worth in his newly restored state.

Pastor Lincoln’s sermon encouraged us to consider “and (your name here).” You are important to God. After you’ve received

His strength, God will use you to strengthen others around

you. Throughout life our natural strength will fail us (often in areas that we considered to be our greatest strengths) but God’s strength never fails. We should be confident that God will restore and empower us divinely. In these challenging times we need to understand that our resources and abilities are not our salvation or solution. God is our source and sustenance and His power never wanes. Now let’s take this understanding and encourage our friends and family members with it.

-Deacon Atnre Alleyne

Look Up and Live

Pastor Leasa Corbin



“...the Psalmist David refused to allow himself to be agitated and disturbed over what people said about him during his sickness.”

There's nothing like peace

We don't have to tolerate anxiety or worry. As you lay down at night and awake to a new day, fix your mind on Jehovah- Shalom, the “God of Peace.” Know that Jesus Christ left his dying legacy of peace for you.

Every day we receive and see all sorts of information, coming from various sources and many different categories. For instance, we are facing different challenges in the world such as our economic crisis, the United States at war in Iraq and Afghanistan, and the Swine Flu outbreak. These can cause our mind to be in an uproar. I believe God knew about all the challenges in life that we must face in the world today.

St. John 14:27 reads *“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.”* This is Jesus Christ's dying legacy of peace. He left for us, His last and best. In times of crisis many men and women of old in the Bible put their hope and trust in God and He instilled comfort and peace.

The Psalmist David prayed for healing and for-

giveness of his sins as he suffered in his body. He spoke of how he was alone and people stood far off because of his illness. David knew some even sought to take his life. They spoke mischievous things and imagined evil all day. Yet, His mind was fixed on the God of his salvation, the God of hope and peace. David silenced the negativity in his ears and gave no arguments back in Psalm the 38th chapter. *There's nothing like* peace, thinking on the right things, brings peace.

Know that we can take a stand against fear and anxiety. Even as the Psalmist David refused to allow himself to be agitated and disturbed over what people said about him during his sickness. I encourage you to believe and receive God's legacy of stillness, tranquility, reconciliation. We can fix our mind on peace by meditating on praise worthy things and practice living as Christ lived. Fix your mind on Him and you'll see there's nothing like peace. Read Philippians 4:8.

-Pastor Leasa Corbin

Special Thanks to Deaconess Brandie Wooding for her wonderful tribute to Mothers!!

Marvelous Light church

211 St. Mihiel Dr.

Riverside, NJ 08075

(856)461-0600

Sr. Pastor Lincoln Corbin

Pastor Leasa Corbin

www.mlcmedia.wordpress.com

Find sermons on:

www.sermoncloud.com/mlcmedia

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