

# The Light Post

Encouraging and Enlightening God's People

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## How Should Churches Celebrate Black History Month?

Black history month is upon us once again. The unfortunate truth, however, is that in many churches it is all too easy to miss it. I do not say this simply because February is the shortest month of the year. I say this because of the widespread confusion about what this month of commemoration means and how, if at all, churches should acknowledge it. Many churches are noticeably uncomfortable with black history month. Thus, celebration of black history sits sadly in the periphery while Valentine's Day is privileged during the month of February. After all, "God is love" (1 John 4:8) so Valentine's Day is a holiday where the church's expertise cannot be denied. Pastors preach sermons on love and relationships and church auxiliaries organize "couples' night out" events, Father-Daughter dinners, love concerts, and so on.

Some churches deemphasize the celebration of black history given Jesus' mission to all mankind and the related need for the 'body of Christ' to be post-race, class, and gender. Galatians 3:28 stresses the notion that "there is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for ye are all one in Christ Jesus." If we are one through our faith in Jesus Christ, why would we want to emphasize the differences and divides that were so prominent in black history? Scriptures highlighting the power of newness and the importance of futuristic thinking can easily be misconstrued as an indictment of historical awareness. Such scriptures are familiar: "Old things are passed away; behold, all things are become new (2 Cor. 5:17) or "No man, having put his hand to the plough, and looking back, is fit for the kingdom of God" (Luke 9:62). Faith is futuristic and history is so passé.

Such thinking allows churches to overlook the rich opportunity provided to them by black history month. Black history month provides the opportunity for meaningful reflection, progressive dialogue, and the charting of a historically-informed path for the future.

**Meaningful reflection:** I recently shared this quote from Martin Luther King's letter from Birmingham Jail (1963) with my Sunday school class:

*"There was a time when the church was very powerful--in the time when the early Christians rejoiced at being deemed worthy to suffer for what they believed. In those days the church was not merely a thermometer that recorded the ideas and principles of popular opinion; it was a thermostat that transformed the mores of society. . . Things are different now. So often the contemporary church is a weak, ineffectual voice with an uncertain sound. So often it is an archdefender of the status quo. Far from being disturbed by the presence of the church, the power structure of the average community is consoled by the church's silent--and often even vocal--sanction of things as they are."*

Dr. King's powerful critique of the church remains relevant. After my class, a student commented on the similarities between King's letter from Birmingham jail and Apostle Paul's prison epistles. Black history month is a prime time for facilitating such reflection and making such connections. We should not let the month pass without acknowledging the many dynamic figures in black history who personified the melding of faith and works that the

(Continued on page 7)

## Special Report: Crisis In Haiti by The New York Times

One of the poorest and least developed countries in the world, Haiti in recent years has struggled with problems ranging from near-constant political upheaval, health crises, severe environmental degradation and an annual barrage of hurricanes.

On Jan. 12, 2010, a massive earthquake struck Haiti, reducing much of its capital to rubble. It was the worst earthquake in the region in more than 200 years. A preliminary assessment from Haiti's government put the body count at 150,000 on Jan. 23. The devastation created serious obstacles to those attempting to deliver promised foreign aid.

Huge swaths of the capital, Port-au-Prince, lay in ruins, and thousands of people were trapped in the rubble of government buildings, foreign aid offices and shantytowns. Schools, hospitals and a prison collapsed.

Haiti occupies an area roughly the size of Maryland on the Caribbean island of Hispaniola, which it shares with the Dominican Republic. Nearly all of the 8.7 million residents are of African descent and speak Creole and French. The capital is Port-au-Prince.

The country is, by a significant margin, the poorest in the Western Hemisphere, with four out of five people living in poverty and more than half in abject poverty. Deforestation and overfarming have left much of Haiti eroded and barren, undermining subsistence farming efforts, driving up food prices and leaving the country even more vulnerable to natural disasters. Its long history of political instability and corruption has added to the turmoil.

During the 18th century the western portion of Hispaniola, called Saint-Domingue, was one of the richest colonies in the French empire, known for its lucrative sugarcane and coffee plantations. (The rest of the island was controlled by Spain.) In 1791 the African slave population revolted, eventually winning independence from Napoleon Bonaparte's France and becoming the second country in the Americas to free itself from colonial rule and the world's first black republic. The country was renamed Haiti.

Haiti's history has been marked by many periods of profound political disarray, including frequent changes of governments, military coups and, beginning in 1915, a two-decade occupation by the United States. The most infamous of Haiti's leaders was François Duvalier, known as Papa Doc, who was elected presi-

dent in 1957, beginning a long rule known for corruption and human rights abuses that left Haiti increasingly isolated. His son Jean-Claude Duvalier controlled the country from 1971 until he fled in 1986, leading to another period of alternating civilian and military rule.

Despite bouts of optimism in recent years brought on by the implementation of a new constitution and the first peaceful transfer of power between two elected presidents in the nation's history, Haiti's politics remain as tumultuous as ever.

In 1991, Jean-Bertrand Aristide took power after winning 67 percent of the vote in a presidential election, but was overthrown shortly after taking office in a violent coup leading to a three year period of military rule that ended only after the intervention of a United Nations force led by the United States. While the 1995 election of Rene Preval, a promi-

nent political ally of Mr. Aristide, was widely praised, subsequent elections were plagued with allegations of fraud, including the 2000 restoration of Mr. Aristide to his old post.

Over the following years violence spread throughout the country as the government cracked down on opposition party leaders, holding power in part with the aid of extra-legal gangs. In February 2004, after groups opposed to the Aristide government seized control of cities and towns throughout Haiti and closed in on the capital, Mr. Aristide resigned and fled to South Africa. U.S.-led armed forces under the authority of the United Nations Security Council were sent to Port-au-Prince to stabilize the situation and to oversee the installation of an interim government. The United Nations has spent some \$5 billion on peacekeeping operations since 2004.

Since 2008, the situation has worsened dramatically, with the nation staggering beneath the double whammy of food riots, government instability and a series of hurricanes that killed hundreds and battered the economy.

Hurricanes Gustav, Hanna and Ike and Tropical Storm Fay landed within the space of a month in August and September 2008. Nationally, damages came to a total of \$900 million, or nearly 15 percent of the gross domestic product. The national toll was 800 dead, down from 2004 when 3,000 perished.



## Upcoming Events

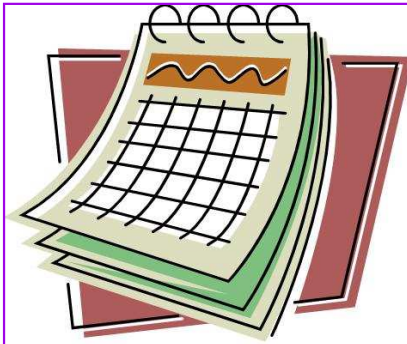
### MARK YOUR CALENDARS

**February 5 @ 7:30 - Women's Ministry Tea Party.**  
**Topic: Love. Snow Date 19<sup>th</sup>**

**February 12 @7:30 – Friday Night Service with Minister Tonya Corbin**

**February 26 @ 7:30 – Friday Night Service with Minister Faisal Clelland**

FOR MORE INFORMATION CALL **Marvelous Light Church** at 856-461-0600



## News & Tidbits

1. Our hearts and prayers are with the victims of the earthquake in Haiti: we are praying for you.
2. Welcome back saints to another year of the Light Post. We pray that 2010 be a blessed year for all.
3. Congratulations to Kevin and Maxine on the birth of their second child, Kaia Andrelique Williams!
4. This is Black History Month!
5. Happy Valentines Day. Take time to celebrate the one you love.
6. World Vision has declared February Month of Prayer For Haiti's Children.
7. MLC is going to see the Lion King in March. Ticket prices vary so call for more details.
8. Womens Ministry is having a Tea Party on February 5.



## Christian News Around The World

### Is Islam a threat to America?

A belief that Muslims are out to destroy the American way of life is gaining a foothold in some Christian and Jewish circles in Nashville.

The movement spreads its message through films, books and the Internet.

Its sentiment: Islam is an evil religion rooted in hatred and nurtured by violence.

Some churches have gotten involved, hosting viewings of movies that alert Jews and Christians of the perceived dangers worldwide. One film, produced by a local filmmaker, warns that a second Holocaust is imminent if Americans do not stand united politically with Israel.

Muslims say the messages are an unfair characterization of their beliefs that began with the terrorist attacks of Sept. 11, 2001, and are perpetuated whenever someone professing to be a Muslim commits an act of violence, such as the recent shooting deaths at the Fort Hood Army post in Texas.

"We have become the bogeyman of the world," said Amir Arain, spokesman for the Islamic Center of Nashville, the city's oldest mosque, founded in 1979. "Fringe fundamentalists they are talking about, that they think defines Islam, is only 1 to 2 percent, and we do agree that there is a problem. It's a very small quantity or small group of the whole Muslim ummah, or nation, that has somehow hijacked our faith."

In a recent survey, the Pew Forum on Religion and Public Life found that 52 percent of those polled admit they are extremely concerned about Islamic extremism. [www.tennessean.com](http://www.tennessean.com)

### Church Stays with ELCA; Pastor Quits

Buffeted by turbulence surrounding the issue of gay clergy, members of First English Lutheran Church in Wausau have voted to stay affiliated with

the Evangelical Lutheran Church in America

But the church's pastor, the Rev. Scott Mann, will resign, effective Friday. Mann said he disagreed with the ELCA's decision last year to allow people in lifelong, monogamous, same-gender relationships to serve as pastors and other leaders. The resolutions, passed at the 2009 National Churchwide Assembly, also allowed individual congregations to make their own choices on the matter. Mann said he's forming a new Lutheran congregation in the area with others who reject the ELCA decision.

"At the moment, we've been meeting at the Labor Temple on Sunday afternoon," he said.

First English members voted 153-64 on Sunday to stay with the ELCA.

Bishop Jim Justman, spiritual leader of the ELCA's East Central Synod of Wisconsin, which includes Wausau, said similar

votes in other congregations have been much closer.

"I know First English pretty well," Justman said. "Their spirit is one of openness, and they have a spirit of making their decision carefully." [www.wausaudailyherald.com](http://www.wausaudailyherald.com)

### False Gospel – Pastor Scolds Preachers of Prosperity Doctrine

Pastors who preach what is commonly known as prosperity gospel received a scolding yesterday from the Reverend Roderick Hewitt who accused them of imparting a false interpretation of God's word to their flock.

In a sermon to mark his Hope United Church's 50th anniversary celebrations, Rev Hewitt reminded his congregants that obedience to God is costly, demanding and involves submissive living, and urged church leaders to refrain from leading their flock astray by preaching that Christianity will bring economic well-being. Prosperity gospel is a false interpretation of the gospel," said Rev Hewitt. "To say that if you

are faithful to God you are going to prosper is not correct. This is not teaching the gospel that follows the examples of Jesus." Prosperity gospel has been a source of contention in Christianity for many years and some Christians have argued that it infiltrated the early church in the form of destructive greed sects.

Some theologians have pointed to Scripture, specifically the Apostle Paul's warning to Timothy to stay away from men of corrupt minds who argue that gain is godliness. They also point to Paul's advice to Timothy that "the love of money is the root of all evil; which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows".

Some American televangelists whose sermons, and sometimes controversial appeals for money, reach millions of people worldwide have also been accused of preaching prosperity gospel, as they often instill in their flock the importance of money.

One of the more prominent was the American pastor known as Reverend Ike, who preached the gospel of material prosperity. Known for his flashy homes in New York and Hollywood, high-end motor cars, expensive jewelry, and a Liberace-style wardrobe that was said to have cost his flock US\$1,000 a week. Rev Frederick J Eikerenkoetter II is reported to have used Jesus' advice to His disciples on the possibility of a rich man entering the kingdom of heaven to tell an audience: "If it's that difficult for a rich man to get into heaven, think how terrible it must be for a poor man to get in. He doesn't even have a bribe for the gatekeeper."

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

### 'Times' highlights growing Christian interest in mixed martial arts

If you're seeing a growing number of "Jesus Didn't Tap" shirts at mixed martial arts shows, you might be onto something. An image of Jesus wearing four-ounce gloves might resonate with Xtreme Ministries and other groups profiled in today's New York Times article on the intersection of evangelical Christianity and mixed mar-





## Christian News Around the World

tial arts. According to pastors cited by the Times, about 700 churches across the country have embraced MMA as a way to draw in younger people and strengthen their views of men as family leaders:

Recruitment efforts at the churches, which are predominantly white, involve fight night television viewing parties and lecture

series

that use ultimate fighting to explain how Christ fought

for what he believed in. Other ministers go further, hosting or participating in live events.

The goal, these pastors say, is to inject some machismo into their ministries — and into the image of Jesus — in the hope of making Christianity more appealing. "Compassion and love — we agree with all that stuff, too," said Brandon Beals, 37, the lead pastor at Canyon Creek Church outside of Seattle. "But what led me to find Christ was that Jesus was a fighter."

The outreach is part of a larger and more longstanding effort on the part of some ministers who fear that their churches have become too feminized, promoting kindness and compassion at the expense of strength and responsibility. <http://content.usatoday.com>

### Oregon Couple Guilty in Faith Healing of Dead Son

An Oregon couple have been convicted of criminally negligent homicide for not getting medical treatment for their 16-year-old son, who died in 2008 of a urinary-tract blockage. Instead, Jeffrey and Marci Beagley engaged in faith healing.

The Portland Oregonian writes that because the Beagleys have no prior convictions, they are likely to face 16 to 18 months in prison. The maximum sentence is 10 years.

The Oregon Legislature outlawed spiritual treatment as a defense in 1999. <http://content.usatoday.com>

### New Radio Broadcast Delivers Christian Leadership Training to Persecuted North Korean Christians

Two ministries have launched a radio broadcast to provide Biblically-based leadership training to North Korean Christians and others in the country experts call the "worst place in the world to be a Christian." The 30-minute daily broadcast is a partnership between Dr. John C. Maxwell's EQUIP organization and The Voice of the Martyrs -- Korea (VOM-Korea). The broadcast consists of a version of EQUIP's leadership training material, called PREQUIP, modified to provide the basic concepts of leadership not learned under totalitarian regimes.

The broadcast is produced and engineered in VOM-Korea's facilities in Seoul, South Korea and airs in the overnight hours. According to VOM-Korea Vice President Choi Young Hun, this is "when the most North Koreans are able to safely listen to their illegal radios." The Voice of the Martyrs and Open Doors organizations both rank North Korea as the worst persecutor of Christians in the world. According to VOM's Persecuted Church Global Report 2010, "Christians must practice their faith in deep secrecy and are in constant danger" of kidnap, arrest, imprisonment or execution. According to Choi, "Being a Christian is considered a capital crime in North Korea and Hebrews 13:3 reminds us that every Christian shares the responsibility to encourage and train their fellow believers being persecuted in North Korea." [christiannewswire.com](http://christiannewswire.com)

### U.S. Missionaries Questioned for Taking Haiti Children

Five of the ten U.S. missionaries who were detained for taking children out of Haiti were questioned by a judge Tuesday. The Baptists had traveled to the earthquake ravaged country to rescue orphans and bring them to the Dominican Republic but now find themselves in a Haitian jail, accused of child trafficking. Judge Ezaie Pierre-Louis questioned five women missionaries for several hours and is scheduled to interview the men on Wednesday. "After the hearing tomorrow, I will make a report to the prosecutor, then he will decide what he does next," the Haitian judge said, according to BBC News.

Members at Central Valley Baptist Church in Meridian, Idaho, say the incident is a misunderstanding. Plans for building an orphanage in the Dominican Republic for Haitian children were in place before the earthquake struck the Caribbean island on Jan. 12. The disaster that left hundreds of thousands dead and millions homeless prompted Laura Silsby, 40, and Charisa Coulter, 24, to move quickly on their plan, as reported by the Los Angeles Times. They estimated that the number of Haitian orphans increased by 300 percent as a result of the earthquake.

### Mich. Pastors File Suit Against Expanded Hate Crimes Law

Four Christians on Tuesday filed a federal lawsuit challenging the recently enacted Hate Crimes Prevention Act, arguing that it seeks to criminalize deeply held religious beliefs that are in opposition to homosexuality.

The new law, the lawsuit contends, "is an effort to eradicate religious beliefs opposing the homosexual agenda from the marketplace of ideas by demonizing, vilifying, and criminalizing such beliefs as a matter of federal law and policy." [www.christianpost.com](http://www.christianpost.com)



## Look Up and Live

Pastor Leasa Corbin



*“Remember the Word of God stands true and remains forever. “*

**“Don’t try to figure out everything on your own”**

Acknowledge God and He will direct you. Every new year brings in new resolutions for many people. Some have said out with the old and in with the new, but one thing never changes is the Word of God. There are countless choices to make that can alter the course of one’s life. We should give God the first consideration in every decision for the rest of our lives.

Some things may not have worked out the year before as we anticipated. Trying to solve and untangle life’s choices can be difficult. The twists and turns of life have caused many to ask

God why, and caused others to seek out different strategic plans. I remember coming out of the party supply store happily with a big bouquet of balloons. The balloons were floating and blowing out of control as I made it to the car. I fought to shove them in the car and struggled to navigate the

road. Finally, when I reached my destination I had a difficult time trying to untangle the balloon string web had woven. I realized that I should have considered getting help from the start.

God can lead us in the process of making the right decisions. In the book of Isaiah, 42:16 and 48:17 “God aid us in the midst of uncertainties.” The scripture said to trust in the Lord with all our heart; and lean not unto our own understanding, In all our ways acknowledge him, and that he would direct our paths. Prov-

erbs 3:5-6. We will reap the rewards of wisdom in recognizing God in all of our ways such as:

- Giving our whole heart to God. In love, (De 30:2). In obedience, (Ps 119:2). In trust, (Isa) 26:4. In prayer, (Jer 29:13). Moreover, in repentance, (Mt 22:37).
- Allowing God to Guide us. In pleasant paths. (Ps 23:2), in making decisions. (Ps 32:8), unto the end of life. (Ps 48:14, by wise counsel, (Ps 73:24). Every good ideas is not God’s ways.
- Lean not to your own understanding. God sends help and direct us in various forms. It could be a word of wisdom or a helping hand from a friend, church member, Sunday message or neighbor.

Remember the Word of God stands true and remains forever. We should give God the first consideration in every decision for the rest of our lives. Doing so will put us at peace with the will of God for our lives. Acknowledge Him and He will direct you.



*-Pastor Leasa Corbin*

## Black History Month cont.

Bible speaks of (James 2:18). Black history is rife with social change agents who were theologians at the same time. The theological writings, the Negro spirituals, the stories of faith and boldness in the face of unfathomable opposition, will promote passion and belief if given thoughtful consideration.

**Progressive dialogue:** The church has much work to do in reaching the Bible's standard of "one body, one Spirit, one Lord, one faith" (Ephesians 4:4-5). The fact that segregation is most glaringly apparent in places of worship sends a dissonant message about our Christian ideals. I remember attending one pastor's 20<sup>th</sup> pastoral anniversary banquet where close to 300 people gathered to recognize this pastor's leadership and commitment. After quickly scanning the banquet hall I attempted to understand how after 20 years as a pastor only 1 person of a different race attended this event to celebrate this particular leader. There was and is clearly something disturbing about this divide. During black history month, churches should lead efforts encouraging progressive dialogue. By progressive dialogue I mean discussion about race, racism, and racial divides that promotes truth, reconciliation, and healing. The Bible is clear about the liberating powers of truth (John 8:32) and the fact that God "has given us a ministry of reconciliation" (2 Cor. 5:18). In an attempt to be a post-racial society, we often ignore the bitterness, anger, prejudice, fears, and mistrust that linger as a result of race relations.

**Chart a historically-informed path for the future:** While attending high school in Ghana I was introduced to the concept 'sankofa.' Sankofa is an Akan word and Adinkra symbol that means 'go back and take.' This is not a call for nostalgia. Rather, 'sankofa' suggests that we should take essentials from the past and apply them in the present in order to move forward successfully. This requires that we are (a) aware of the past, (b) able to evaluate what aspects merit being preserved, and (c) creative and competent enough to apply historical wisdom in the present context. This is not an easy endeavor but it is a rewarding one. It should be our approach not only to black history but to history in general.

Our culture perpetuates a need for something new and creates a degree of historical amnesia. In fact, some Christians are quick to divorce themselves from the wisdom of the Old Testament thinking that it has somehow been voided by the New Testament. Jesus, however, was thoroughly aware of the continuities between past and present when he said *"I did not come to abolish the Law of Moses or the writings of the prophets. No, I came to fulfill them"* (Matthew 5:17, NIV). We should never be confused then about how to approach black history month or any history for that matter. The best way to celebrate history is to know it and learn from it.

-Deacon Atneakn Alleyne

## Now That's Funny!







## 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 tasty dishes!*

This Healthy Chinese Style soup is sure to warm you from the inside out!"



### Ingredients:

- 3 cups chicken broth
- 10 leaves bok choy, thinly sliced
  - 2 teaspoons soy sauce
  - 2 teaspoons Asian sesame oil
  - 1 teaspoon red pepper flakes
- 1 garlic clove, peeled, chopped

### Preparation:

Bring the chicken broth to boil in a medium saucepan. Stir in the seasonings (the red pepper flakes, soy sauce, [Asian sesame oil](#)), and the chopped garlic.

Add the bok choy. Simmer for up to 10 minutes, until the bok choy leaves turn dark green and are wilted and tender.  
Serves 4 to 5.

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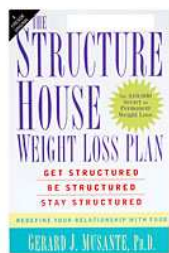
Add the bok choy. Simmer for up to 10 minutes, until the bok choy leaves turn dark green and are wilted and tender.  
Serves 4 to 5.



## Healthy Choices 101: Health Magazines 10 Healthiest Diets

If losing weight is at the top of your list, you're not alone: An estimated 80 million Americans go on diets every year, spending more than \$30 billion annually on programs and products. That's a lot of money, a lot of advice, and a lot of emotional investment.

So, which diets really work—and work safely? To find the weight-loss programs with that golden balance of nutrition, calorie control, motivation, and activity, Health harnessed a panel of experts to put more than 60 well-known diets to the test and narrow them down to the top 10.



### The Structure House Weight Loss Plan

Don't recognize this plan? That's because for more than 30 years its author, Gerard J. Musante, PhD, has been working quietly and very successfully running the actual Structure House, a Durham, N.C.-based residential treatment center for

obese adults. That's a lot of time spent with patients and a lot of attention paid to the broad factors that affect weight loss—particularly the relationship people have with food.

But can an excellent residential program transfer to an effective at-home plan? The answer, according to our experts, is a resounding “yes,” which is how this below-the-radar plan grabbed highest honors from its better-known rivals.

With top-shelf scores on every aspect of healthy weight-loss, Structure House won an “outstanding!” from obesity expert Tim Church, MD, on its exercise component (often a weak spot in diet programs). And several panelists raved about the plan's motivational components. “It focuses on the ‘why’ behind overeating,” says registered dietitian Maureen Callahan, “and helps dieters learn to put their lives in balance.”

Health's senior food and nutrition editor, Frances Largeman-Roth, agrees: “This book takes a holistic approach to weight loss, asking you to fill your life with things other than food—outdoor activities and time with friends and family, for instance. Plus, the recipes, such as Balsamic Dijon Chicken and Classic Pesto, won high

marks for tastiness, another factor in long-term weight-loss success.

### The Step Diet

We all know that walking 10,000 steps a day can really make a huge difference healthwise. But now we also know that the diet inspired by this fundamen-

tal, healthy approach to movement and activity is a big winner. And it even comes with a pedometer, a device that studies have shown can be a huge motivator for staying active and losing weight.

Our panelists agree that establishing a lifestyle regimen that combines intentional walking with spur-of-the-moment step-building (parking farther away, taking the stairs) is a healthy, all-ages, all-levels-of-fitness diet prescription. “This is more about calories burned than calories cut,” Health's Frances Largeman-Roth says.

The nutritional approach of the Step Diet, devised by weight-control experts from the University of Colorado, is profoundly simple: Cut food intake to 75 percent of what you currently eat. “This plan is for people who like things simple,” nutrition expert Christine Palumbo says. “Simply cut back on what you normally eat.” With suggestions (not hard-core regimens) for making healthy meals and a food diary for building mindfulness, this plan can work well for dieters who like to have daily control and choices.

Our panelists also noted that the cut in calories combined with the steady increase in activity can lead to a safe, healthy rate of weight loss and a naturally active lifestyle. “This is a doable, concrete approach to adding daily physical activity and losing pounds,” dietitian and fitness expert Samantha Heller says.

### Weight Watchers

It's a classic for a reason. It works.

And over the years, this gold-standard weight-loss program that harnesses the power of group support to help motivate dieters has kept up with science, not to mention changing lifestyles. For this aspect, Weight Watchers earned the highest motivational marks (including several perfect scores) from our panel of experts, who also lauded the plan's overall healthy weight-loss pace and exercise component.

Most noteworthy: Weight Watchers, while maintaining its meetings-based system, has added an online version for those dieters who, in the words of panelist Largeman-Roth, “aren't into group hugs.”

What's more, dieters following the program have flexibility. In late December the company launched its newest program, Momentum, which is designed to allow consumers to control their hunger and tailor Weight Watchers to fit their lifestyle. Momentum combines elements from previous food plans like Weight Watchers' famous points-based Flex Plan and the Core Plan. The Flex plan is packed with major education on making wise and healthy food choices and gets kudos for providing both motivation and a simple framework for success. The Core Plan focuses

dieters on eating nutritious, satisfying foods—without counting calories.

The Weight Watchers program offers strategies that will work for every dieter. And the support specifically for men was a real bonus, as was the ability to get tasty, already-prepared (and points counted) meals at your local grocery store.

### The EatingWell Diet

This new entry into the field in 2007 has built beautifully on the latest understanding of the broad approach necessary for effective weight loss. Author Jean Harvey-Berino, PhD, RD, developed the fundamentals of the EatingWell Diet at the University of Vermont, where she chairs the department of nutrition and food science. The focus on behavioral changes—including finding and facing eating triggers, eating and shopping mindfully, and cultivating regular, joyful exercise habits—combined with a 28-day mix-and-match menus gained the highest overall rankings on

calorie-intake and weight-loss-rate criteria from our panelists.

“Hallelujah,” says registered dietitian Maureen Callahan. “Here's a diet plan that tells the truth about weight loss. Dieters lose about 21 pounds in six months, or about a pound a week. This kind of steady weight loss is the real thing, the kind

that stays off.” Another nifty extra: a Diet Food Diary that includes a calorie-count chart.

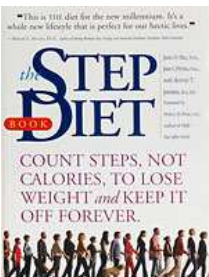
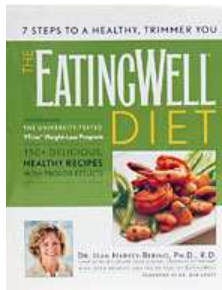
### The Volumetrics Eating Plan

Nutritionist Barbara Rolls, PhD, has tapped into a fundamental human quality:

We like to feel full. This may sound obvious, but it's based, in fact, on extensive work Rolls has done as director of the Laboratory for the Study of Human Ingestive Behavior at Pennsylvania State University. Rolls says you'll eat better and lose weight if you focus on the energy density of foods. And her Volumetrics plan explains how

low-density foods like fruits and vegetables, as well as soups and stews, fill you up without overloading you with calories.

This diet scored highest for its safe weight-loss-rate and nutritional components because it's “based on sound nutrition principles and overall healthy food

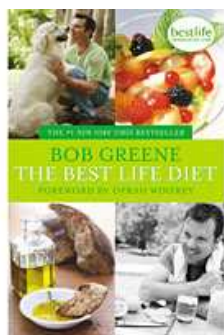


## Top 10 Healthiest Diets by Health Magazine cont.

choices,” judge Samantha Heller says. And our panelists found the plan’s 150-plus recipes appealing. Another plus, judge Christine Palumbo says, is Volumetric’s creative approach of showing photos of low- and high-density foods side by side—a simple way to help dieters visualize good choices. Though exercise plays a secondary role in the Volumetrics plan, it is required. And a guide for logging 30 to 60 minutes of daily activity provides motivation. But Health’s Frances Largeman-Roth wondered if some dieters would need more exercise challenges and support.

### The Best Life Diet

Bob Greene is forever linked with superstar (and dieter) Oprah Winfrey. And his high-profile guide, which offers a sane, healthy approach to overall lifestyle changes, earned consistently high marks from our experts. Roshini Rajapaksa, MD, who looked at the motivational elements of each diet, was impressed by the realistic goals



embraced by the Best Life plan, as well as the weekly menus and recipes offered on its Web site (which also features message-board support groups, a good source of dieting motivation). Best Life has three phases that each dieter is encouraged to embark upon at his or her own pace, a strategy

that leads to slimming, nutritional eating and increased physical activity. Dietitian Christine Palumbo gave this staged approach a perfect 10: “For people who like to ease into lifestyle changes in order to get used to them oh-so-gradually,” she says, “this is a good bet.” Greene doesn’t advocate keeping strict track of calories, which may make the Best Life more challenging for rule-loving dieters, yet panelists applauded his holistic approach to healthy eating. “He’s emphasizing healthy foods in reasonable portions,” nutrition expert Maureen Callahan says.

“Dieters shouldn’t feel deprived on this plan,” Health’s Frances Largeman-Roth says. “However, the fact that this diet doesn’t have ‘magic’ foods or promise rapid results may make it less attractive to dieters looking for a silver bullet.” And that may be its best recommendation of all.

### The Solution

“This program excels at helping people figure out why they’re overeating,” Callahan says,

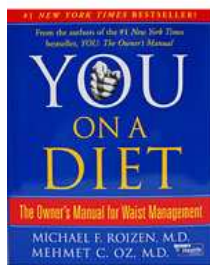
“and that’s what’s going to keep the weight off.” Squarely facing the emotional and behavioral underpinnings of overeating, dietitian Laurel Mellin’s method is based on The Shapedown Program, a successful management created for weight-challenged adolescents in the 1970s. Mellin obesity not so much of diet but as expression of action of body, and lifestyle. And The Solution, designed for dieters of all ages, targets five root causes of weight problems: unbalanced eating, low energy, body shame, setting ineffective limits, and weak self-nurturing skills.



The food aspects of this program center on four “light” lists—grains, proteins, milk foods, and fruit and vegetables. And Mellin’s guidelines and food suggestions got high marks on healthy balance from our panelists. Largeman-Roth liked the variety of the plan, as well as its overall moderation. And Palumbo awarded it a hat-trick of perfect 10s in all nutritional aspects.

### You: On a Diet

“No wonder Dr. Oz is Oprah’s favorite doctor!” Palumbo raves, hailing the friendly diet book that is the centerpiece of the “You” docs Mehmet C. Oz and Michael F. Roizen’s mini-empire of healthy lifestyle guides and products (including a very interactive Web site). This



diet, Palumbo adds, “teaches and motivates about weight (and waist) loss with a sense of good humor and fun.” Indeed, the book offers a lot of education amidst the menu plans, which include recipes for Stuffed Whole Wheat Pizza, Grilled Peanut Shrimp with Sesame Snow Peas, and Sweet Beet and Gorgonzola Salad. Panelist Samantha Heller praised its easy-to-understand nutrition information, while Dr. Rajapaksa gave points for its good explanations of how the body works. The weight-loss trajectory centers on cutting about 500 calories per day, and panelists liked the easy calculations that help readers figure out their own calorie needs.

Palumbo also credited the plan with adding to the healthy (but not terribly exciting) 30 minutes of daily walking some equally valuable recom-

mendations of stretching, metabolism boosting, muscle building, and strength training. Added benefit: Illustrations show how to do the exercises sans a trip to the gym.

### The Sonoma Diet

There’s an undercurrent of celebration in this best-selling diet that continues to inspire with delicious recipes using staples of Mediterranean eating: fruits, vegetables, whole grains, olive oil, fish, and nuts.

Dietitian and PhD Connie Guttersen’s plan opens with a strident 10-day jump-start phase called “Wave One,” designed to purge habits of eating sugar and highly processed foods, which judges

Maureen Callahan and Samantha Heller caution may be a little too calorie-restrictive for some beginning dieters. But subsequent phases—active weight loss and maintenance—garnered high marks from our panel. Exercise is encouraged but not actively prescribed, a missed opportunity in the minds of several judges. Overall, our panelists loved the creative recipes and menus. And they applauded the plate-and-bowl approach to portion control, a hallmark of long-term, sustainable eating habits. “This diet teaches you to eat slowly and savor your meals,” judge Palumbo says.

### The Spectrum

Famous in the 1990s for advocating a program to combat heart disease, Dean Ornish, MD, has been criticized for prescribing nutritional edicts that are just too hard to sustain. The Spectrum, Ornish’s newest diet, both broadens and softens his program by moving along four separate paths to health—nutrition, exercise, stress management, and personal relationships. Our panelists liked the plan’s holistic approach, particularly rewarding its counsel on reducing stress and giving it high marks for including a meditation DVD with the book. And our nutrition judges were glad to see that Ornish has tempered his tough stance on fats to a more sustainable level, but one panelist feels he’s still too strict. “There’s no reason not to eat nuts, seeds, and avocados; use maple syrup and honey; or have a glass of wine, periodically,” panelist Heller says. She notes, though, that Ornish’s whole-body approach, which includes a vegetarian lifestyle, stress management, and exercise, is on target in terms of health, disease prevention, and reaching a healthy weight.

—Health Magazine



## 1000 Words





## Light Bites

### Deaconess Brandie Wooding

“My flesh and my heart faileth: but God is the strength of my heart and my portion forever”  
Psalm 73:17, 26  
Pastor Leasa Corbin

In the course of everyday life, it is easy to lose focus and even easier to find yourself thrown off of the course from which you started. Lately, all we seem to hear about is death and destruction. The Afghan war continues to rage on and the rate of poverty continues to soar. Talk of the economy brings about bitter and emotional sentiment. Even the unemployment rate has reached an all time high. Non- believers and believers alike seem to be having their faith tested on every level. To the natural eye, it would appear that the wicked or ungodly continue to prosper while others continue to suffer.

Yes, I would have to agree that this is enough to distract someone, especially when it seems like things continue to become progressively worse. One thing that we can place our full confidence in is that God cannot and will not fail. As Pastor Leasa preached from the book of Psalms in the seventy third chapter, a lot of us probably can relate to the struggles of Asaph. Asaph was a godly man and one who was well versed in the ways of God, but yet he struggled with a dilemma. He could not understand how the wicked could continue to be blessed while others continually suffered. This thing perplexed him to the point of internal distress. It even appeared that Asaph, this godly man, began to question God and his faith. Asaph came to his senses though when he entered into the sanctuary of God; there he had a revelation. Asaph realized that God had a plan for the wicked just as he had a plan for the Godly. Asaph says, “*My flesh and my heart faileth; but God is the strength of my heart and my portion forever.*”

He realized that having a worldly perception will cause your heart and flesh to fail, but focusing on

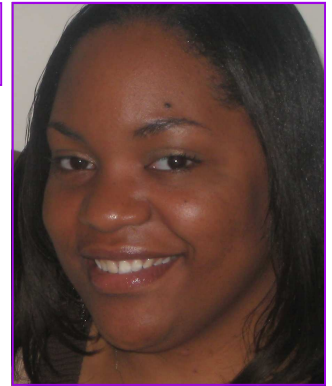
God will cause you to understand just who God is. Asaph realized that God was his strength and his portion forever. From that moment Asaph developed an *eternal* perspective of God. In reading this psalm, there are so many things that we can glean from Asaph.

First we need to recognize that if we keep our eyes on the Lord, then we won’t be distracted by the trivial things that happen around us. Next we need to understand that our logic, our emotions, and even our flesh is weak and bound to obscure our vision if we do not keep a Godly perspective. The Bible even tells us to guard our hearts because out of it flow the issues of life. Thirdly, Asaph came to his senses in the sanctuary of the most high. When we are distressed and struggling with something we need to return back to our source- which is the Lord. We can not be so easily moved by what we see, because the Bible tells us that we ought to walk by faith and not by sight. Despite how it looks we know who God is and



that He is more than able. Lastly, we have to have an eternal perspective of who God is. Asaph realized that God was going to be his portion and his inheritance *forever*. Not for a moment or for a week but *forever*. I commend Pastor Leasa for preaching an on time and much needed word of strength for the body of Christ.

- Deaconess Brandie Wooding



*“One thing that we can place our full confidence in is that God cannot and will not fail.”*

## Operation Hope for Haiti

### World Vision Declares February Month of Prayer for Haiti's Children

As World Vision provides emergency assistance to children and families in Haiti, the Christian aid group is asking Americans to pray for the critical needs of children during the month of February. World Vision began distributing relief supplies less than 24 hours after Haiti's 7.0 magnitude earthquake struck January 12. The organization continues to distribute food and supplies, as well as support medical efforts and encourage the protection of children following the crisis.

"We are especially concerned about children's needs and vulnerabilities in this disaster. We know it is going to be a marathon – and not a sprint – to help them and their families recover and rebuild their lives," said World Vision's Steve Haas.

"The outpouring of generosity and support for World Vision's response has been incredibly encouraging for our staff on the front lines. But we are also asking families, churches, and people across the country to remember the children of Haiti in prayer as we move into the second month of this urgent and critical response effort."

Suggested prayer points:

- Mondays – Food and water. Many children in Haiti were already malnourished before the earthquake. The impact of further malnutrition, especially on children under age 2, can do permanent damage to their physical and brain development. Pray that deliveries of food and water reach children, that secure distribution channels be established for the ongoing relief effort, and for sustainable clean water and agriculture projects to flourish.

- Tuesdays – Injury recovery and health. Disasters make children particularly vulnerable to diarrheal diseases and respiratory infections. Many will also require ongoing health services to recover from injuries. Pray for medical supplies and health care to reach these children.

- Wednesdays – Homelessness. Streets are increasingly unsafe places for children to be, yet without schools and homes, many have no safe places in which to take refuge. Pray for homeless children to find temporary shelter and for homes to be re-established.

lies, teachers and officials can create forums where children can share their concerns and learn about their rights. Pray that communities will foster this and that leaders will listen to children's needs and work with them towards developing solutions.

- Saturdays – Comfort and healing. The horror of surviving a disaster, seeing bodies in the streets, lacking basic necessities and – for some – being separated from parents, takes more than a physical toll. Pray for the emotional and psychological restoration of children affected by this disaster.

- Sundays – Safety and protection. Children without adult caregivers become vulnerable to abuse, neglect and exploitation – especially following disasters. Pray for the reuniting of children with their families, the proper care for orphans, and for the protection of children from harm.

Donations are still needed. Visit [www.worldvision.org](http://www.worldvision.org) or donate by phone at 888-56-CHILD. World Vision also has launched an SMS text giving option. Texting "GIVE" or "WORLD" to 20222 will make a \$10 donation to World Vision's Haiti relief fund.



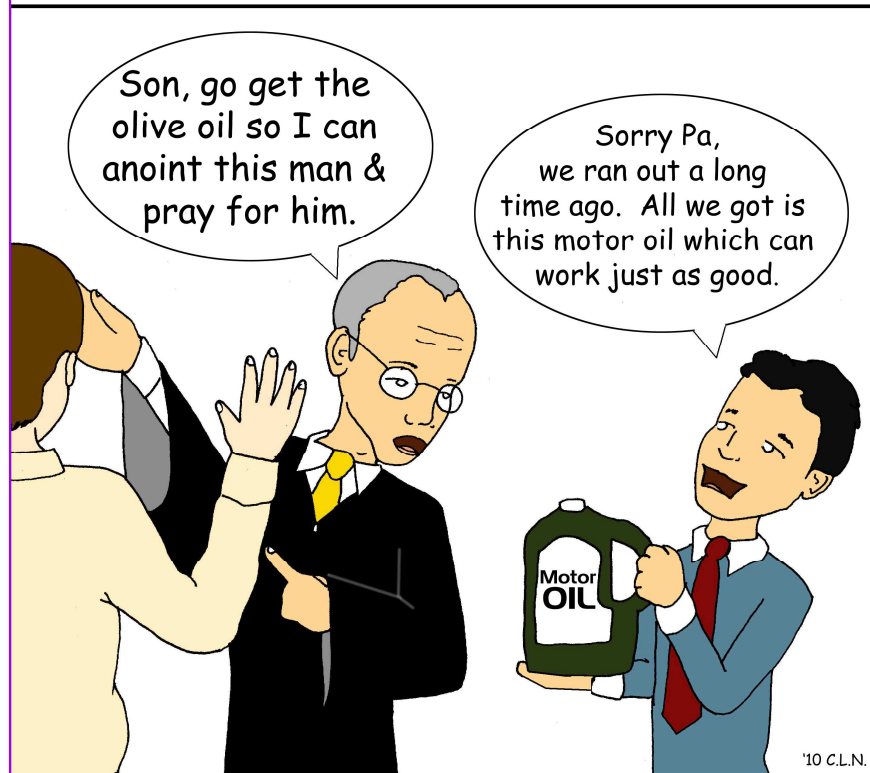
- Thursdays – Families' livelihoods. Many families have lost their jobs, small businesses and other means of income because of the earthquake. Pray for struggling families: that they may find and develop new sources of income to provide for their children.

- Fridays – Children's voice heard in recovery. The children of Haiti bear a heavy weight from their country's problems as well as earthquake losses. Families

## Come On Somebody!

Cheyenne Nixon

### Church in Recession



#### 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  
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#### SERVICE TIMES

Prayer- 9 AM Sun & 7:00 PM Tues

Sunday School- 9:45 AM

Morning Service- 11:00

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