

The Light Post

Encouraging and Enlightening God's People

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The Worth of Your Pastor

With the changing of the seasons there are many things for one to look forward to. For some it could be the break from the hot and humid weather. For others it could be the spectrum of colors that the leaves change letting you know that fall has begun. Yet for others it could be the anticipation of picking pumpkins in the pumpkin patch or watching small children dressed in costumes for Halloween. Whatever the case, October could be easily termed a harvest month.

With the mention of the harvest, one could ask 'what about the laborers of the harvest?' The Bible states that *"the harvest is plenty but the laborers are few."* During this time of harvest let us not forget about God's laborers who are sowing and reaping a spiritual harvest. These men and women are called pastors, preachers, ministers, and teachers; and they are never far from our reach. They labor

in season and out of season, through their pain and through their struggles. The nature of their work is sacrificial in many aspects. They are challenged with the tremendous responsibility of watching over our souls, praying and interceding for us, speaking words of life over us and our family, and loving us in spite of our flaws.

Sometimes Pastors are the loneliest people in the church. Their hours are long, their pay minimal, and their lives constantly placed under a microscope for people to dissect. They are often criticized and judged by their actions because individuals forget that they too are not perfect. Their time is not their own. Many jobs end when you punch out at the time clock but a Pastor is never "off duty." Many times their spouses and children may face

tremendous pressure to be perfect and even still they may endure ridicule from individuals in the ministry. The Bible lets us know that we are to "give honor where honor is due." October is the perfect time to do so as it is termed Clergy Appreciation Month. This is the time of all times to celebrate the life and legacy of a pastor, minister, or teacher. Just as we celebrate birthdays, anniversaries, and milestones in our life, we can celebrate the

sacrificial lives of the men and women who have said yes to God.

How can we do so? We start by recognizing the call that God has placed in their lives. Pastors do an excellent job of guiding us in the directions that we ought to go and it is because most times they have experienced it all before. We ought to remember that these men and women are vessels of honor who have been handpicked by God.



Second, we must remember that Pastors are human just like us. They have bad days, they experience frustration and disappointment. Just as we are commanded to walk out our soul salvation with fear and trembling, so Pastors are doing the same. They do not claim to know everything nor do they have the answers to every question.

Third, we need to understand that just as we like a pat on the back every once in a while, pastors need encouragement as well. How often do we the church compliment our pastor or let them know that we were encouraged by his or her sermon? Or how often do we let the pastor know that we are praying for him and his family, that God would

(Continued on page 3)



The Spotlight

Sr. Pastor Lincoln Corbin

Selfish Faith

Is not it ironic how faith has become just a tool for getting what we want from God instead of the original intention? Faith is supposed to be our direct response to God: God speaks, we respond by faith. If we respond in any other manner, then it will be impossible to please Him.

The church at large has taken faith and used it as a tool to keep people hooked on dreams that often are outside of the will of God for our lives. I am not saying God cannot take your faith in Him and parlay it into a house, a car or a job; but is this what our faith is for? This high holy faith that delivered us from the sides of the pits of hell by responding to God's spoken word has been reduced to a job with benefits. Hmmmm?

Think about it. You have utilized God given faith for the greatest miracle, greatest deliverance, greatest bond breaking, and greatest break through of your mortal life. This God-given faith has delivered you blameless through Christ, and has your name written down

(immortalized) in the book of life, never to be blotted out. It has changed your blessed adopted self from corruptible to incorruptible with a transformed mind to do the work and will of God instantaneously!

All this so someone can tell you that you have no faith because you do not ride the latest car or live in a four-bedroom house. Please, tell me that you are more intelligent than that.



Why is it that the church has to have a massive amount of faith for a house and not those that live outside of the will of God? I have witnessed people get physically sick from fasting for a car that they had no job to keep and no intention of doing right if they acquired it.

Are we really using our faith on ourselves and not using it to respond to the will of God, the voice of the Almighty? All we need to do to get faith in a proper perspective is read Hebrews 11th chapter. It

does not speak of faith being used for the acquisition of one brand new donkey, or a doublewide tent, or a job at Ishmael's Camel Cleaning and detailing shop.

It strikes me that faith was and still is used as a response to God's word and will. By faith, they were stoned, sawn in half, wandered about in sheepskins, being destitute, afflicted and tormented. God says the world was not worthy of them. What powerful faith testimonies!

And while it is almost inconceivable to today's church, there are still some that walk among us that carry faith like a badge of honor.

Try "Googling" the *Voices of Martyrs* organization among many. Perhaps your leader is one of faith, glean from him or her. God has them everywhere, if you look around. If you are one that feels that,

faith is best served on yourself than I challenge you to respond to God with it. Hebrews 11:5b states that Enoch had this testimony of faith..... he pleased God!

-Sr. Pastor Lincoln Corbin



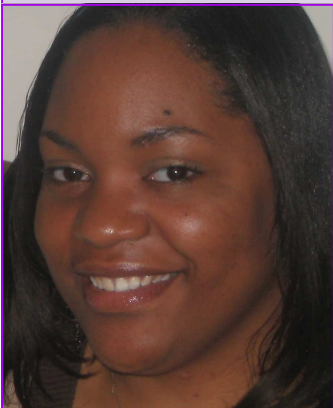
FALL FALL FALL CONCERT

Performances by:
MLC Voices of Praise
Living Hope Choir
Concepts
Nnamdi
Erica Pavrette
Advocate

Saturday,
October 17, 2009
7:30 pm
\$10 admission

Pastors Lincoln & Leasa Corbin 211 St. Michael Dr. Riverside, NJ 08075 856-461-0600

Clergy Appreciation cont.



have His way in their lives? Further more how often do we thank our leaders for the many ways in which they have blessed and enriched our lives? Jesus healed ten lepers but only one came back to say thank you. This is the manner in which we, the congregants, can sometimes unknowingly treat our leaders.

So this month take the time to say thank you and do it with a loving heart and a grateful attitude. Make the time to encourage the pastor about one of his sermons and give him feedback on how it blessed your spirit. Do something thoughtful that shows that you care and understand what a sacrifice pastoring can be. It is easy to be a blessing to

someone when we set our mind to do so. One random act of kindness has the potential to go a long way.

As the month of October is here I encourage each and every person not to let it pass by without acknowledging God's leading men and women. Make it your personal goal to be a blessing this month. After all this is what Clergy Appreciation is all about.

-Deaconess Brandie Wooding

Upcoming Events

MARK YOUR CALENDARS

Wednesday, October 7th @ 7:30pm Fellowship out at Living Hope Church in Pennsauken, NJ.

Friday, October 9th @ 8pm - Friday night service. Speaker will be Minister Tonya Corbin.

Saturday, October 10th @ 11am-3pm - Women's fellowship outing.

Sunday, October 11th @ 3pm - Crown of Life Ministries come in to fellowship.

Friday, October 16th @ 8pm - Men's Fellowship.

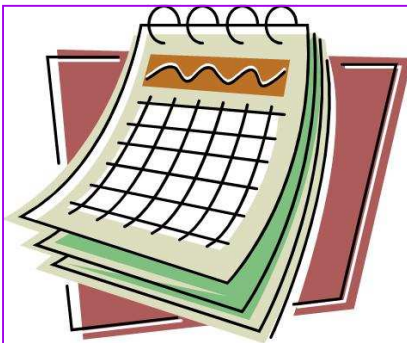
Saturday, October 17th @ 7:30pm - Autumn Praise Concert. Tickets are \$10.00

Sunday, October 18th @ 4pm - Fellowship out at Fellowship Revival Church of Love in Philadelphia, PA.

Friday, October 23rd @ 8pm - Friday night service. Speaker will be Minister Kaleiah Sjogren.

Sunday, October 25th @ 4pm - Clergy Appreciation Day Celebration. Voice of Hope Church comes in.

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



News & Tidbits

With Appreciation

October is Clergy Appreciation Month so take the time to give special thanks to those men and women of God in your life.

We invite you to join us for our monthly men and women groups. The Women of Virtue Excelling Now will be fellowshiping on Oct 10. The Mighty Men's group will be fellowshiping on Oct 16.

Looking for FUN??!! MLC is having a Autumn Concert to Tickets are \$10.00. Performance include Voices of Praise, Advocate, Concepts, Living Hope Choir and more. Contact Min. Drake Corbin @ 856-461-0600.

October 25th @ 4pm we will celebrate our Pastors Lincoln and Leasa Corbin. Please join us as we honor this great man and woman of God.



Christian News Around The World

Over 400 Leave Famed Megachurch After Failed Ouster

More than 400 people from the late D. James Kennedy's famed Florida megachurch have left to form their own congregation following an unsuccessful effort to ouster their new pastor.

Five months after Tullian Tchividjian was installed as Coral Ridge's senior pastor following a month long process, more than 400 church members signed a petition calling for a congregational meeting to reconsider the church's decision, saying that they were opposed to Tchividjian's leadership for a number of reasons, including his alleged failure to present the Gospel clearly, his failure to raise awareness on current issues, and the replacement of Coral Ridge staff with "less qualified staff members who are, however, 'loyal' to the new administration."

Many of the complaints centered around Tchividjian's inability or unwillingness to maintain the legacy of the church's late founder – who was considered by some evangelicals as one of the Church's "truly significant figures" before his death more than two years ago – as well as the church's departure from long-standing traditions, such as the conclusion of every sermon with a call for visitors to receive Christ.

"We have seen a complete lack of respect towards the congregation and for long standing traditions that have been part of Coral Ridge's rich heritage for decades," stated a letter drafted late July by the six most vocal dissenters, which included the late-Kennedy's daughter, Jennifer Cassidy. "We were told many things that all sounded good at the time, but in fact those soothing words have largely proven empty and it keeps getting worse," they added. Because the dissenters' petition was able to collect well above the minimum 100 signatures needed, church elders were required under their Book of Church Order to call for a congregational meeting for the purpose of conducting the business requested

by the petitioners – namely to vote on whether or not to "amicably" dissolve the relationship with Tchividjian and the consequent merger of Coral Ridge and New City Church, the Margate-based church Tchividjian had founded in 2003.

During the Sept. 20 meeting, church members in good standing heard from fellow members on why they supported or opposed the motion to dissolve the relationship with Tchividjian.

In the end, Coral Ridge members voted 940-422 (69 to 31 percent) in favor of keeping Tchividjian as the church's senior minister. As a result, many longtime Coral Ridge members, including church elders, the organist, choir director and hundreds of choir members, decided to leave the congregation they helped build.

Since Tchividjian's installation on Easter Sunday, Coral Ridge has reportedly experienced growth "in virtually every standard of measurement". During the past six months, 300 new members have been added to the congregation and 192 people have registered for the next new members class, making it the largest new members class in the church's 50-year history. Over the past year, church attendance has also reportedly doubled. The new breakaway church, meanwhile, tentatively called The Church, is reportedly applying for 501(c)3 tax-exempt status and searching for a permanent facility to hold services. www.christianpost.com

Temple in Waiting Prepared in Jerusalem

The Temple Mount in Jerusalem is one of the most sacred places on earth, and one of the most contested. For Jews, it's the place where the Holy Temple once stood.

Today Muslims control the Temple Mount and Jews are forbidden to worship there. But that hasn't stopped some people from making plans to build the next temple. Jews here in Jerusalem are doing more than just praying. Just a few steps away from the western wall, rabbis and craftsmen are building what they call a "temple

in waiting."

"The Temple Institute is actively engaged in the research and preparation of the resumption of service in the holy temple to the extent of actually preparing operational blueprints for the construction of the temple according to the most modern standards," he said. This menorah is just one of several vessels being created for the next temple. It's covered with 95 pounds of pure gold and has a price tag of \$2 million.

Piece by piece, the third temple is taking shape, with priest's garments, vessels of copper, gold, and silver, and a new generation of levite priests specially trained for temple service. "We have enough in place



now to resume divine service and to build the temple," Richman said. "But obviously, a lot of things have to happen in order for this to happen." www.cbn.com

Chinese Security Service Raid Beijing House Church Home

A prominent member of a house church movement has been told to leave his home this week after Chinese officials and security forces raided his rented apartment in the capital Beijing, representatives told Worthy News Tuesday, September 15.

Xu Wenli's apartment in Beijing's Daqing district was raided Sunday, September 13, by a crowd that included officers and officials of the Public Service Bureau (PSB), National Security Bureau, and the Religious Affairs Bureau, said the 'Tent-

Christian News Around the World

makers Christian Fellowship' in Beijing.

Local officials "swarmed into the living room with overwhelming scolding, and commanded" that Brother Xu show his rooms to "about twenty people" who "entered the living room, some with uniforms and some without," the group said in a statement. The security representatives reportedly warned Xu "that printing Bible verses and messages on scrolls and tote-bags is illegal and threatened to confiscate them," the Tent-makers Christian Fellowship added. Xu reportedly refused to obey orders saying: "Who are you for me to obey you? I am a legal residence of Beijing and a child of God." After Xu refused their entry into the rooms with the materials the security forces eventually left without taking anything, but threatened to come back soon, Christians said.

Additionally, under pressure from Chinese authorities, the apartment's owner told him to leave "within the next few days," according to CAA investigators. The Tent-makers Christian Fellowship in Beijing is led by internationally known Beijing house church rights defender Pastor Hua Huiqi. Hua. Pastor Hua is currently being held on a "forced vacation" in Shanxi province by the Beijing Public Security Bureau, Christians said. www.worthynews.com

Iran's president says Obama made a big mistake

Iran's president said Saturday that President Barack Obama made a big mistake when he accused the country of having hidden a newly revealed nuclear site, arguing that Iran reported the facility to the U.N. even earlier than required.

Mahmoud Ahmadinejad's comments came hours before the head of the International Atomic Energy Agency, Mohamed El-Baradei, arrived in Iran to arrange an in-

spection of the uranium enrichment facility near the holy city of Qom.

Iran agreed to allow U.N. inspectors into the facility at a landmark meeting with six world powers near Geneva on Thursday that put nuclear talks back on track and included the highest-level bilateral contact with the U.S. in three decades.

But the new site has raised concerns among the U.S. and many of its allies who suspect Iran of using its nuclear program as a way to develop weapons capability — an allegation rejected by Tehran.

ElBaradei recently said Tehran was "on the wrong side of the law" over its new plant because he argued the country should have revealed its plans as soon as it decided to build the facility — a position backed by



the U.S.

Iranian officials disagree, saying that under IAEA safeguard rules, a member nation is required to inform the U.N. agency about the existence of a nuclear facility six months before introducing nuclear material into the machines. Iran says the new facility won't be operational for 18 months, and so it has not violated any IAEA requirements. Ahmadinejad said Iran voluntarily revealed the facility to the IAEA in a letter on Sept. 21, four days before Obama and the leaders of France and Britain denounced Tehran and said it hid the nuclear site from the world for years. news.yahoo.com



Somalia Militant Leader Kills Christian Woman

Islamic militants in Somalia have shot and killed a woman who led an underground Christian movement as part of a

crackdown on Christians. An influential leader of the Islamic Al-Shabab group, identified only as Sheikh Arbow from Middle Juba region, allegedly shot 46-year-old Mariam Muhina Hussein Monday, September 28, in Marerey village after discovering she had six Bibles. There was no immediate known statement of responsibility from the group.

Well-informed Christian news agency Compass Direct News quoted local sources as saying that Arbow sent his wife to the house of Hussein, a Somali Bantu, Sunday, September 27, to confirm the presence of the Bibles. "Pretending to be interested in Christianity, the militia leader's wife confirmed the existence of the Bibles. The next day, Arbow arrived at Hussein's house and, in a friendly manner, claimed that he wanted to check something in the Bible. "Knowing only that Arbow was a fellow ethnic Somali Bantu and having met his wife the previous day, Hussein innocently gave one to him," sources reportedly said. Arbow then told her that he was looking for "Christians who have defiled the Islamic religion," Compass Direct News quoted a source as saying. He reportedly ordered her to get the other Bibles. Upon receiving the Bibles, locals said, Arbow fired three bullets at Hussein, who died instantly. www.worthynews.com

Look Up and Live

Pastor Leasa Corbin



“Seeing the manifestation of God that lies within the believer will cause you not to give up.”

The Awesome Ministry

Understanding we have this awesome ministry made possible by the cross will cause us not to give up.

Satan’s tactics are to wear believers down and leave them feeling defeated, bamboozled and discouraged. He wants us to have discord with one another and have unforgiving spirits. His methods try to distract and diminish the work of God in us. We cannot let Satan get any advantage as Apostle Paul said, “For we are not ignorant of his devices”. 2 Corinthians 2:11

The Apostle Paul instructed the church of Corinth concerning the true Christian ministry. He said, “*Therefore seeing that we have this ministry, as we have received mercy, we faint not.*” 2 Corinthians 4:1. I believe when people become aware of the awesome ministry that Christ has placed in them they will feel the strength of God in times of challenges. This scripture refers to the great Covenant of Grace, made possible by the cross. We cannot fail to preach the Gospel of Jesus Christ.

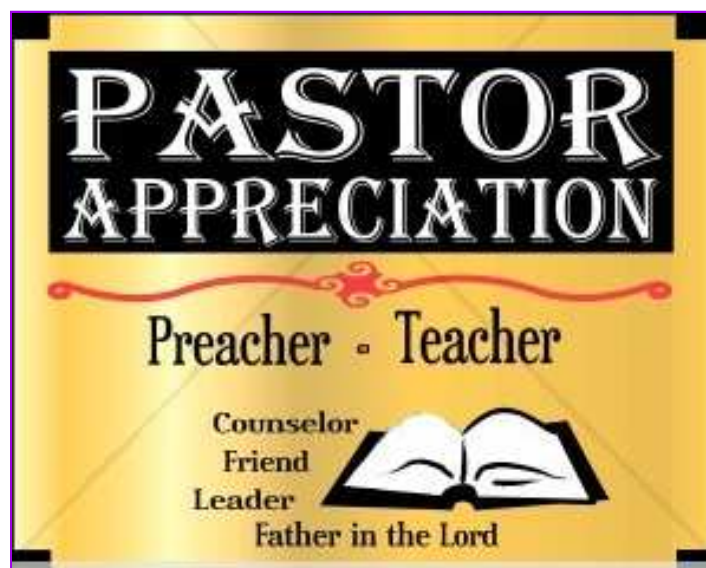
Through the cross, Jesus Christ granted us divine favor that includes benefits and opportunities for the believers. We have power, boldness and faith. We also now have the victory over Satan’s devices. We have the power to speak life over our circumstances. We can come boldly to the throne of grace. By the cross we obtained faith; and for this reason, we do not get discouraged or exhausted in the process. We have the victory over our circumstances.

Seeing the manifestation of God that lies within the believer will cause you not to give up. We have an awesome ministry in Christ. We are the living epistles and ministers of Jesus Christ.

“We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed.” 2 Corinthians 4:8

Be encouraged, do not get weary in well doing- we will reap if we faint not. You are awesome!

-Pastor Leasa Corbin



“More Than a Month” A Book excerpt by Atnre Alleyne

What do Pastors want?

During clergy appreciation month, church members and/or church committees come together to identify the perfect gift for the pastor of the church. They compare notes on some of the things the pastor might have nonchalantly wished for during the year. They look for hints and search for clues to help them find the appropriate gift. They take inventory on what the pastor already has to cancel out any superfluous gift ideas. Whatever they finally purchase, the pastor will most definitely receive it with much appreciation. But what do pastors really want? Looking at Paul's experience with the church at Thessalonica provides us with a potential answer to this question. This essay challenges that as in Paul's relationship with the church at Thessalonica, pastors really desire concern for the vision and maturity among their membership.

Paul and the Thessalonians

While in Troas, a rest stop on Paul's missionary journey, Paul had a vision during the night. In this vision, a Macedonian man pleaded with Paul to come over to Macedonia to help them. Immediately after receiving the vision, Paul started on a journey to Macedonia, *“concluding that the Lord had called (Paul and his team) to preach the gospel to them”* (Acts 16:10, NKJV). After passing through Philippi, “the foremost city of that part of Macedonia” Paul and Silas finally make it to Thessalonica. Not long after Paul begins his ministry in the city, *“a great multitude of the devout Greeks, and not a few of the leading women”* convert to Christianity (Acts 17:4, NKJV). The Jews that did not believe, however, become envious and form an angry mob in search for Paul and Silas. To escape the mob, Paul and Silas leave Thessalonica for Berea.

Paul later writes to the church at Thessalonica (1 Thessalonians and 2nd

Thessalonians) inquiring about their welfare. Having to leave his new converts in such a hurry was not ideal. Thus, his first letter to them was the result of his inquiries about their faith. Paul lets them know that it was this concern that prompted him to send Timothy to them to “establish” and “encourage” their faith. Paul was delighted to hear of the progress of the ministry from Timothy and his letters to the church sought to further encourage and direct them in their efforts.

It's all about vision

Concern for the vision should coincide with concern for the visionary. Pastors are driven by a desire to advance their God-

to consider the vision-centered focus of pastors.

More than your money

Contrary to the media's perspective on church leadership—*they do not need your money*. Monetary gifts are definite blessings but are not the focus of your pastors. While money is often an uncomfortable topic in churches, Paul was not one to shy away from the topic. He let his churches know that he has every right to require money from them. However, he assured them that he would not use this right to ensure that he was not a stumbling block to anyone. Paul did receive monetary gifts though over the course of his ministry. In Philippians chapter 4, Paul rejoices that the church's “care for (him) has flourished again.” This is a clear indication that we can show our care and love through monetary gifts. Paul goes on to note, however, that it is *“not that (he) seeks the gift, but (he) seeks the fruit that abounds to (their) account”* (Phil. 4:17, NKJV).

clergy
appreciation
month

given vision. Their vision is a major part of their life. Thus, it becomes impossible to show true appreciation for a pastor without having a heart for the pastor's vision. As we see with Paul in our case study, it all started with a vision. Paul received a vision that he was obedient enough to pursue. Paul pursued this vision in spite of the constant persecution and opposition that he faced. We often forget that pastors are pastoring because of a vision. They did not just wake up one day with a church key in one hand and sermon notes in the other. Everything that they have accomplished was in response to their God-given vision. Without this understanding, we are often misguided in our efforts to show appreciation and support. We forget that true appreciation cannot be confined to a designated month or week. We forget that there is more to showing love to our pastors then holding church services in their honor. Each of these things is important, undoubtedly, but small if we are

In 2nd Kings 5, after receiving healing from leprosy through Elisha's instructions, Naaman offers a monetary gift to Elisha. Elisha tells Naaman that *“as the Lord lives, before whom I stand, I will receive nothing”* (II Kings 5:16, NKJV). Elisha's servant, Gehazi, cannot comprehend Elisha's rejection of the gift. In a privileged position with such a powerful leader, it was likely that Gehazi had a unique perspective on the seeming lack in Elisha's life. He might have had a perspective on how much that gift could have provided the necessary relief. Or like some people who walk close to leadership, he could have just been extremely greedy! Whichever attitude best describes Gehazi, he forgot the simple truth—*leaders know that God is their true source*. Thus, they are not going to rise and fall on a monetary gift.

(Continued on page 9)

"More Than a Month"

Their faith is futuristic and their desires are greater than a check, cash, or change.

More than your words

From compliments to commitments—leaders have heard it all. The thing that many have not figured out, however, is that concern for clergy is not about your words. In the Gospels, Peter soon came to this realization in his dealings with Jesus Christ. His initial understanding was to show Jesus how much he loved and supported him through his words. To express his unwavering commitment, Peter told Jesus, *"I am ready to go with thee, both into prison, and to death"* (Luke 22:33, NKJV). Jesus let him know, however, that contrary to his statement of commitment—he would eventually deny him. After Peter's denial and Jesus' resurrection, Jesus interaction with Peter teaches him a truth concerning true support for leadership. Jesus returns to Peter (who is now extremely humbled by his denial of Jesus) and questions his love and

commitment. Jesus asks Peter three times whether he loves him. Peter answers yes each time and Jesus responds, *"If you love me, feed my sheep"* (John 21: 15, NKJV).

The kind of love and commitment that Jesus desired would be best displayed through works. Jesus desired works that were in line with His vision. *"Feeding sheep"* requires a level of concern for their welfare. If we want to really show our commitment to our pastors and spiritual leaders, we need to have a genuine concern for their vision. Pastors definitely love to hear words of encouragement and declarations of support, but words are simply not enough.

Jesus told his disciples in John 4:32 that he had *"meat to eat that ye know not of."* Seeing that he had not eaten, the disciples displayed their concern for his physical well-being by encouraging him to eat something. Jesus decided to play on the food imagery to give them insight into what drives him. Jesus' meat was the *"will"* of the Father and the *"completion"*

of the work. By helping the disciples understand his passion, he intended to take their concern for his nutrition and connect it with concern for his vision.

This understanding did not come to the disciples immediately. In one of his famous rash moments, Peter challenged Jesus for speaking of his death and resurrection. He challenged Jesus' prophetic vision and said, *"this shall not be unto thee"* (Matthew 16:22, KJV). Jesus rebuked Peter saying, *"you are not mindful of the things of God, but the things of men"* (Mt. 16:23, NKJV). Looking at Peter's mistake, we must be careful not to forsake the God-given vision for our love for the God-given visionary. We must remember that they are not just leaders pursuing a vision; they are leaders because of their vision.

- Deacon Atnre Alleyne

Our Pastor

*Have you ever walked in our Pastor's shoes,
And gone where his feet have trod?
Have you ever thought of what he means to us,
And on your knees, given thanks to God?*

*Have you ever told him thank you,
For being there, when times are tough,
For comforting words and fervent prayers
When trials come and the storms of life are rough?*

*He answers our calls in the middle of the night
And tells us not to worry, for he will be there.
He gives up his comfort of quiet rest
And comes with prayers of comfort to share.*

*Have you ever thought to say thank you Pastor,
For preaching God's word to help us understand,
For all the times he has asked for things
That will lend us a helping hand?*

*When you pray, put him at the top of the list
And ask the Lord to surround him with loving care,
To give him strength and walk with him,
To help him with the burdens that he must bear.*

*Have you ever walked in our Pastor's shoes,
And gone where his feet have trod?
Have you ever thought of what he means to us,
And on your knees, given thanks to God?*

A Pastor Appreciation Poem by Judy Crowe



1000 Words



PASTORS LINCOLN AND LEASA CORBIN

Pastors, words alone could never sum up our appreciation for you both. You have touched, inspired, encouraged and blessed many people. We honor you this month not for the many things you do, not for the funny jokes you tell Pastor or for the warm hugs you give Co-Pastor but for who you are. You both are God-fearing, loving, caring, kind people on and off the pulpit. Thank you for all your love, support, dedication, devotion, words of encouragement, never quit attitudes, and loyalty to God, family and ministry. You will never know just how many lives you have changed until you get to Heaven. WE LOVE YOU!



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!

Parmesan Sage Pork Chops

"This recipe is simple and it goes together nicely. Tender chops are encased with a crunchy coating."

PREP TIME 30 Min

COOK TIME 10 Min

READY IN 40 Min

INGREDIENTS

- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- Dash pepper
- 1-1/2 cups soft bread crumbs
- 1 cup grated Parmesan cheese
- 1 tablespoon rubbed sage
- 1 teaspoon grated lemon peel
- 2 egg, lightly beaten
- 4 bone-in pork loin chops
- 2 tablespoons olive or vegetable oil
- 2 tablespoons butter or margarine



DIRECTIONS

In a shallow dish, combine the flour, salt and pepper. In another shallow dish, combine the bread crumbs, Parmesan cheese, sage and lemon peel. Place egg in shallow bowl. Coat pork chops with flour mixture, dip in egg, then coat with bread crumb mixture. Let stand for 5 minutes.

In a skillet, brown chops in oil and butter for 2 minutes on each side. Transfer to a greased 11-in. x 7-in. x 2-in. baking dish. Bake, uncovered, at 425 degrees F for 10-15 minutes or until juices run clear and a meat thermometer reads 160 degrees F.

Healthy Choices 101



Deaconess Shaniqua Leggett, R.N.

Breast Cancer Awareness

Did you know that aside from skin cancer, breast cancer is the most common cancer in women in the United States?

Did you know that the American Cancer Society (ACS), estimates 192,370 new cases of invasive breast cancer are expected to be diagnosed among women in the United States this year?

Did you know that an estimated 40,170 women are expected to die from the breast cancer in 2009 alone?

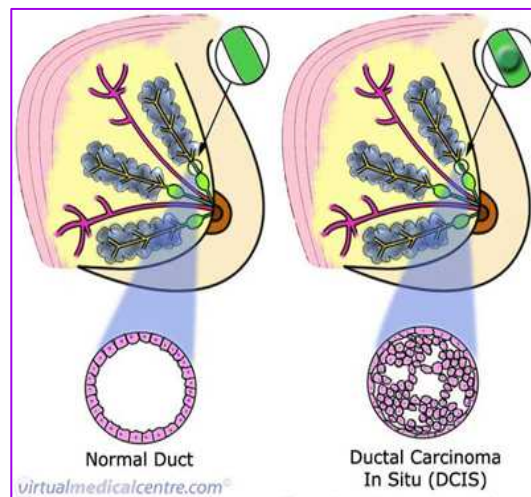
Are you surprised at the staggering numbers? Do you know somebody who has been diagnosed with this devastating disease?

Are you aware that this is a disease that can be beat, and there are over 2.5 million breast cancer survivors living in the United States right now? Knowledge is the key to early detection, which leads to better chance of survival.

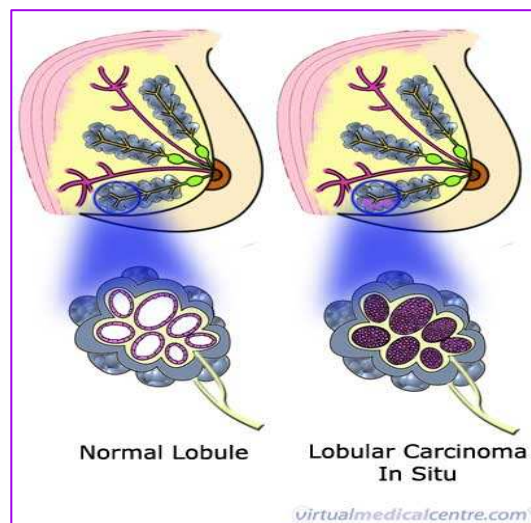
October happens to be National Breast Cancer Awareness Month. National Breast Cancer Awareness Month (NBCAM) is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention and cure. The campaign also offers information and support to those affected by breast cancer.

Since breast cancer affects so many women each year, it is important for people to be educated about breast cancer, treatments and the importance of frequent breast examinations. Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. Aside from lung cancer, breast cancer is the second leading cause of cancer death in women. There are two main types of breast cancer: ductal carcinoma and lobular carcinoma. Ductal carcinoma (the most common type) is cancer that begins in the tubes that move milk from the breasts to the nipple.

Lobular carcinoma begins in lobules of the breast that produce milk.



Lobular carcinoma begins in lobules of the breast that produce milk.



(Continued on page 14)

Light Bites

Deacon Atnre Alleyne

Our lives are so much more fun when they are full of faith. To illustrate this very point, I sometimes recall the time when I was a "needy" college student with a lot of dreams and an extreme lack of means. I was working on campus for 4 hours per week making \$10.00 per hour. I'm sure one needn't be a college student to figure out that my take home was only \$40 per week. To make matters worse, my tried and true blue Chevy Blazer had gone on to a better place--the junk yard--and as a result, I had to rely solely on public transportation. I clearly lacked some of what I now understand as essentials.

What I did not lack, however, was faith in God's plan for my life, timing, and provision. I understood that God had a perfect plan for my life that was not predicated on my current situation. I was confident that my worth could not be measured by the presence (or absence in my case) of certain key material goods in my life. At the same time, I knew that God could provide me with some of the essentials even if I did not have the resources that I thought were prerequisites. To the extent that my faith waned at times, I was blessed with faith-filled friends and family to encourage me not to trust my means but to trust God. Full of faith, I set out to purchase a new car in spite of my \$40 weekly earnings. I received a number of rejections but I eventually received the yes that I knew was somewhere out there waiting for me. Normally people purchase a nice car after landing that nice job. God desired that things play out differently for me. I drove off with my new car not completely sure how I would pay for it but confident that I would be able to. The next week after one of my classes the professor announced a job opportunity to the entire class. I was hired a few days later. I met the woman that is now my wife at this very job.

I tell you that life is so much more fun when it is full of faith because this is the reality that I have experienced. This is the same reality that many other faith-filled believers have proclaimed over the ages. We sometimes lose sight of this reality. For this reason, Pastor Lincoln Corbin's sermon on September 27th about faith was timely and much needed. His sermon challenged some and reminded others to live by faith. Pastor Corbin stated and restated that we have a "living, standing, walking, fighting, overcoming faith."

His sermon placed the faith walk in context. It is not something that is handed

not seen" (Heb 11:1).

I challenged myself after hearing that sermon and I will now

extend that challenge to you as a reader of this review essay. Live life to the fullest by experiencing and exercising faith in God. Do not allow your resources, logic, or estimations of your capabilities to limit your pursuits. With God all things are possible (Matt 19:26).



-Deacon Atnre Alleyne



down or conferred upon us. It is something that we can only acquire through the "hearing of the Word." Without studying the Bible, we can not increase in faith. The Bible also lets us know that without faith, it is impossible to please God (Heb 11:6). By characterizing the faith that we possess (living, standing, walking, fighting, overcoming) Pastor Lincoln was able to display how dynamic faith really is. Faith is a powerful force if we exercise it decisively. True faith cannot be inconsistent, unstable, weak in convictions, or unsure. Faith cannot be equated with wishful thinking or pursuit of the unknown. We have faith rather in known things because faith is the "substance of things hoped for and the evidence of things

Healthy Choices 101 continued

Many people are unaware that they have breast cancer because in early stages there are usually no symptoms. However as the cancer grows symptoms that may occur include:

- Breast lump or lump in the armpit that is hard, has uneven edges, and usually does not hurt
- Change in the size, shape, or feel of the breast or nipple -- for example, you may have redness, dimpling, or puckering that looks like the skin of an orange
- Fluid coming from the nipple -- may be bloody, clear-to-yellow, or green, and look like pus

Symptoms of advanced breast cancer may include:

- Bone pain
- Breast pain or discomfort
- Skin ulcers
- Swelling of one arm (next to breast with cancer)
- Weight loss

Treatment options vary depending on the type, stage and severity of the cancer. Often treatment consists of chemotherapy medications and or radiation to destroy cancer cells. There are different surgical options to treat breast cancer, from lumpectomies where the lump in the breast is removed to mastectomy where a portion or the entire breast is removed. Additional treatment includes hormone therapy designed to block certain hormones that stimulate cancer growth.

Risk factors include age and gender. The risk of developing breast cancer increases with age, and women are 100 times more likely to get breast cancer than men. Having a family history of breast cancer also puts you at greater risk. It is estimated that 20-30 % of women with breast cancer have a family history of the disease. Our genes can also play a part in breast cancer; some people have a genetic make-up that makes them prone to developing breast cancer. Excessive alcohol intake and hormone replacement therapies can also increase the likelihood of breast cancer as well as women whom have never had children or women who have had children after age 30. Many risk factors, such as your genetic make-up and family history are uncontrollable. However, a healthy diet and a few lifestyle changes may reduce your overall chance of cancer in general.

Breast cancer is easier to treat and often curable if it is found early.

Early detection includes frequent breast self-exams, breast exams by licensed medical professionals and screening mammography's. Medical professionals recommend women ages 20 and older examine their breasts the week following the menstrual

period. Women ages 20-39 should have a doctor examine their breasts at least once every 3 years. After age 40 women should begin to have mammograms every 1-2 years, depending on the risk factors. Women over 40 should have a breast exam by their health care provider annually.

A mammogram is the most efficient way of detecting breast cancer early.

Certain women with higher risks for breast cancer may have a breast MRI along with their yearly mammogram. Every woman to have informed and balanced discussion with her doctor, along with doing additional reading and researching on her own, to determine if mammography is right for her.

***For more information on breast cancer and a 5 step demonstration of a breast self exam please go to the following web site: http://www.breastcancer.org/symptoms/testing/types/self_exam/bse_steps.jsp



Now That's Funny!

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(See Exodus 2:1-9)

05-29-2009

NEWS OF THE SUCCESS OF MOSES' MOTHER'S BASKET PLAN SPARKED WHAT WOULD LATER BE KNOWN AS THE GREAT BABY RUSH

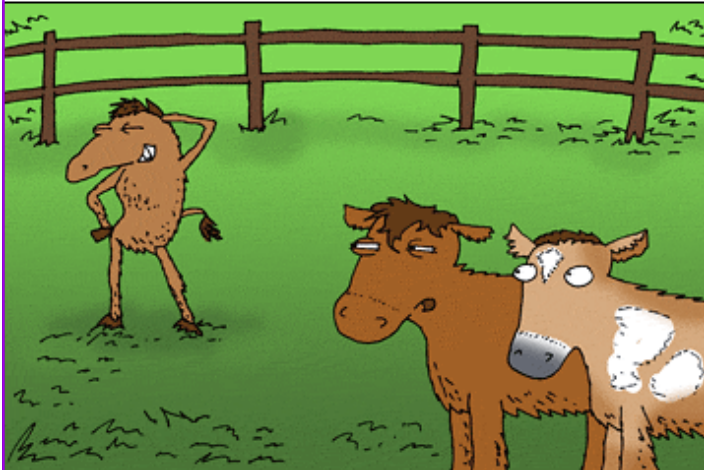
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11-02-1999

ONE DOLLAR ... LOOKS LIKE IT'S TIME FOR THE SERMON ON TITHING AGAIN

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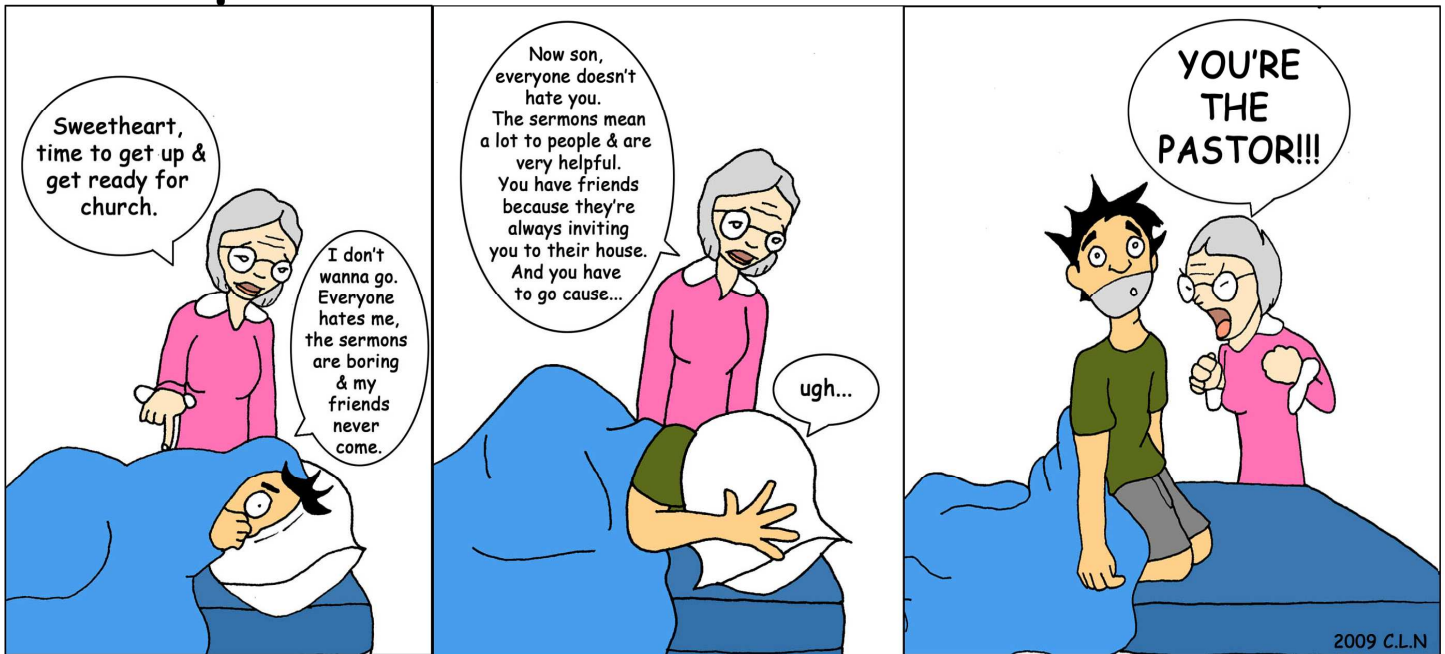
(See Luke 15)

01-30-2009

YEAH, FATTED CALF HAS HAD SOME WORK DONE

Comics by Thirty-One 31 Productions

Get Up



WORD OF THE MONTH

FROWARDNESS- Perverseness; reluctance to yield or comply; disobedience; peevishness.
Due to Pharaoh's forwardness, God sent many plagues.

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
Brandie Wooding- Columnist
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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