

# The Light Post

Encouraging and Enlightening God's People

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## United We Stand, Divided We Fall

The term unity is one that most people are familiar with. It actually has many different meanings but I will focus on only a couple. The first means a condition of harmony. The second is in regards to the word accord and it means to bring into agreement. The Bible gives us many examples of unity and the promises associated with it. New Testament scripture lets us know that *"There is one body, and one spirit, even as you are called in one hope of your calling."* This is just one of many references found in the scriptures that talks about unity. Yet, in the body of Christ, we still see deviations in the continuity of this calling.

The Old Testament story of Achan is just one of many references that illustrate just how significant unity is among the body of Christ. As the story goes, some of the children of Israel went up to destroy the small town of Ai. Instead of experiencing the victory that God had promised them, they were defeated in a dreadful way. When the men reported back to their commander Joshua about the defeat, he was very distressed and sought God as to why this had happened. God responded to Joshua by saying *"Israel hath sinned, and they have transgressed my covenant which I have commanded them: for they have even taken of the accursed thing, and have also stolen, and dissembled also, and they have put it even among their own stuff."* Now in the prior chapter of Joshua the children of Israel had conquered the city of Jericho. Joshua 6:17 states, *"And the city shall be accursed, even it, and all that are therein, to the Lord"*. So absolutely nothing was to be saved or taken because it was considered cursed. These cursed possessions belonged to God. Just

that fast Achan forgot the mandate of the Lord and decided to hide some choice items. Achan thinking no one would know hid some shekels of silver, a Babylonian garment, and a wedge of gold in the ground underneath his tent.

Now there are some very necessary points to observe from Achan. The first is that Achan was disobedient. Obedience is important when following the Lord. Achan knew that he should not have taken those things but he followed his own will instead of that of the Lord. Secondly, he failed to realize that God is all knowing and can see what evil things are done in secret.



Now I want to deal with the charges that God brought against this act. God brings three specific charges against the Children of Israel. First he says that they, the Children of Israel, have *"broken my commandments."* Secondly, they have stolen *"what rightfully belongs to me."* Lastly, they have deceived me by hiding these accursed things among their own

stuff. I am sure by this time Joshua is confused, angered, and shocked that all of this has happened without him even knowing.

Lastly, I want to deal with God's position concerning this thing that was done. If you have not realized by now, God looked at the Children of Israel as a whole. His promises were not specific to one person or to one family but to all of his people. So because God's promises were to the whole, it is no wonder that His consequences were to the whole nation. Because of Achan's sin God was forced to turn His hand away from the children of Israel causing them to lose the battle at Ai. God was angered at this disobedience and communicated this

(Continued on page 3)



## The Spotlight

### Sr. Pastor Lincoln Corbin

#### I'M ONLY HUMAN

I woke one morning and decided to take the month of July off. Nothing planned. I realized that my wife and I had not taken more than five weekends off for relaxing, total in about twenty years.

Talk about feeling guilt, anxiety, worry and fear. What would people think? , am I backsliding? Is this what ministry burn out feels like? Quick give me a counselor, I got issues!

I quickly lined up our ministers, other church leaders, gave them their preaching and teaching assignments for the month, closed my eyes, and let go of the ministry

steering wheel. (In the words of Carrie Underwood, "Jesus take the wheel") What was I to do? Pastor's Retreat, (like an A.A. meeting, "hello, I am Pastor Lincoln") prayer mountain (yeah, they got those), did I need to get in touch with myself? Was I having a spiritual and moral dilemma? An melt down? Could I look in the mirror and smile again! (Enough dispensing with the melodramatics), sometimes we are caught up with the hype and personal kingdom building. We are called to make disciples, start to finish, nothing more, nothing less.....

What I did know was I needed to reconnect with my humanness. I was losing touch with who I was at the core. Hey, I am a neat person once you get to know me. In eighty percent of my world, my first name is Pastor. It is like saying Secretary Jane, or Construction Worker Bill, or Sandwich Maker Ted. How about, Usher Sally or Choir Member John. Let me yell that out to you in the market, or a crowded street. Now, I am not dismissing or hat- ing the ordained office in which I walk, but

you can lose yourself behind the badge if you do not watch out. I'm leaving emails and texts to my kids, not love dad but love Pastor Linc.

After a couple of "staycations", (I hit the roller coasters and I do mean 'hard'. King Kong ain't got nothing on me!) I bought a Wii game system, rented a boatload of DVD's and proceeded to do everything that I said I could not because of the time restraints with the church and the business thereof.

#### LESSONS LEARNED:

1. I lied to myself and used the church as an excuse for my shortcomings and lack of goals.
2. I am called according to the Bible, to love my wife and feed the church and not love the church and feed my wife.

*Continued page 9*



## A Word From the Editor

### Bro. Cesar Sjogren

This past month was a learning period for me as a Christian and as a man. I want to encourage you to continue to trust in God, and always be thankful for what He has given you. The lease for my one bedroom apartment was ending on the last day of July, and my family was set to move to a neighboring town into a larger home right down the street from church— big enough to hold everything we had accumulated in three years of marriage, including our 6 week old daughter. On the moving day a close friend and my brother in law came

over to help us move. Through an incredible set of events that I don't think I could have planned for, the landlord was not able to move us in— because the previous tenant literally refused to move out. We tried everything under the sun to try and coerce the tenant to leave, legal avenues, etc. Nothing worked. I struggled to keep my head, to stay encouraged, to be strong for my family— and choose the best course to take care of my family. So at the house of my parents— in— law where I was supposed to sleep over night, ended up being an indefinite stay. As a man, I was thoroughly humiliated in my own mind, embarrassed to tell people what had happened when they asked how the new place was working out. Even

though my parents in law were so supportive and understanding— and very helpful too, I had a hard time adjusting to this curve ball life threw me. We looked at places to live every single day until we found something, and eventually God blessed us with the lovely home we are living in now (which by the way is much better than the original one). The bottom line is that GOD WILL PROVIDE YOUR NEEDS. We were never hungry, and we are still making it by Gods grace. God surrounded us with people who love and care about us, and most of all He answered our prayers— I can testify to that, and He will do it for you too!

*-Bro. Cesar Sjogren*

## 7 Questions

*Tatiana Poladko-Alleyne is the head of Marvelous Light's Public Relations Committee and a Doctoral Student at Temple University. She has recently co-founded a new program called TeenSHARP and we interviewed her to find out what it is all about.*

**You have your hands full with ministry functions and school. How do you balance both?**

The key is personal time management and setting daily priorities. Every morning I write a prioritized task list with things to do and time frames.

**What is TeenSHARP?**

A empowerment and leadership program for youths ages 10-16.

**What was the inspiration behind TeenSHARP?**

My husband and I came up with the idea while mentoring our niece and other college age students. We were able to see an urgent need to help develop their leadership, pertaining to themselves. We want to help them achieve efficiency, self confidence, and the ability to set long and short term goals.



**What kind of activities will the youth be doing?**

They will go through a series of modules targeted on building relationships, etc. They will also go on college tours, cultural trips to the museum and learn dining etiquette.

**What are your greatest challenges in preparing the program?**

To raise parental awareness. The anticipated challenge is family engagement. It is hard to help teens when the parents aren't involved.

**What are your ultimate goals?**

To prepare the young for success and make them realize that they themselves can be a success story such as Barak Obama and other great leaders.

**How do parents get more information?**

There is an information session September 12th from 9:30 - 10:30am at Marvelous Light Church, Riverside, NJ, 08075. Also my husband and I can be contacted by email:

**tatiana.poladko@gmail.com**  
**atnre.alleyne@gmail.com**

## United We Stand, cont.

to Joshua. God states that he will no longer be with the children of Israel unless the accursed thing is removed from among his people. So in actuality Achan through disobedience forced God to turn His love, favor, protection, and blessings away from the people because of this detestable thing which he had done. Whether Achan realized it or not, he disrupted the harmony of the children of Israel. Because of this Achan and his family were not only stoned but burned to death.

The thing that I want to focus on is how God dealt with his children as a whole. When God looks down on us from heaven he sees us as one body. God is a God of unity and cannot honor confusion or division. God in His word says that we are one

in him, so then how can we be divided amongst one another? God will always require unity among His people just as he did then.



Maybe we do not identify with Achan because we feel we would never steal what belongs to God. If you do not pay your tithes then you are stealing from God and causing injury to the body of Christ. Maybe we do not hide garments under our bed, but some of us may have some skeletons in the closet and we think no one is

watching. God knows everything. Just as Achan hid a wedge of gold under his tent, some of us have unforgiveness tucked away in our hearts. Whatever the case, God is calling for a people who will stand together and who will stand in agreement. So this choice belongs to us. We can choose to conquer promises and enjoy blessings together or we can choose to allow ourselves and the body of Christ to stumble because of unchecked sin and disobedience. Let's choose to stand together, for united we stand; but divided we surely will fall.

*-Deaconess Brandie Wooding*



## Upcoming Events

### MARK YOUR CALENDARS

**Friday, September 11th @ 8 pm** - Service with Evangelist Maxine Williams as the speaker.

**Saturday, September 12th @ 9:30 –10:30am** - TeenSHARP Parent Info Session.

**Sunday, September 13th @ 4:00pm** - W.O.V.E.N Leading Ladies Service featuring the MLC Women's Choir. Speaker will be Pastor Gina Burnett. Wear your pink and black.

**Friday, September 18th @ 8 pm** - MLC Mighty Men's fellowship. All men are welcome to join.

**Friday, September 25th @ 8 pm** - Service with Minister Faisal Clelland as the speaker.

**Saturday, September 26th @ 9:00am –12:00pm** - TeenSHARP Youth Program

**Sunday, September 27th @ 4:00pm** - Service at MLC with Ambassadors Center. Speaker will be Pastor Kevin Elsey.



## News & Tidbits

September 11, 2009 will mark the 8th Anniversary of 9/11. Let's remember to pray for all those who lost loved ones.

Don't Forget October is Clergy Appreciation Month.

Women's Day Service !!!

“Leading Ladies”

Presented by: W.O.V.E.N

Women's Day Service !!!

*Sunday, September 13, 2009 at 4:00 pm*  
*Speaker: Pastor Gina Burnett*  
*Featuring Marvelous Light Church Women's Choir*

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



## Christian News Around The World

### 'O' God, a New Book by Best-selling Author Josh McDowell, Reveals Truth about Oprah's 'Salad Bar' Spirituality

Best-selling author and apologist Josh McDowell ("More Than a Carpenter") and fellow apologist Dave Sterrett of Probe Ministries believe that as many people leave churches and give up on organized religion, they're turning to Oprah as their spiritual leader. Their new novel "O" God: A Dialogue on Truth and Oprah's Spirituality" will release nationally on Oct. 6, 2009.

Whether voiced aloud, only thought about, or hidden down deep as a nagging suspicion, the truth about Oprah's splintered belief and the advice of the colorful teachers she promotes is among today's most relevant issues.



"The danger is that while appearing to use Christian and inclusive language that at first seems similar to that of Christianity, Oprah teaches a message that is radically different and absolutely contrary to the true teaching of Scripture and historic Christianity," McDowell and Sterrett warn. They cite examples of the media's portrayal of Oprah as a modern-day Billy Graham and her selection as master of ceremonies during the national memorial service held at Yankee Stadium in the aftermath of the 9-11 terrorist attacks to demonstrate her powerful influence.

The Bible foretells of such a time as this "when men will not put up with sound doctrine. Instead, to suit their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear." (2 Timothy 4:3, NIV).

USA Today reporter Cathy Lynn Grossman noted this theological shift in a recent article, "Religion today in the USA is a salad bar where people heap on upbeat

beliefs they like and often leave the veggies--like strict doctrine--behind."

McDowell and Sterrett share in the book's introduction why they teamed to author "O" God. "As Christian apologists who believe that salvation is by God's grace alone, through faith alone, and in Christ alone, we wanted to create a fictional, almost Socratic dialogue that would cover many of the themes of Oprah Winfrey's spiritual teaching in recent years."

"O" God follows conversations of two girl friends representing the multitudes of Oprah fans, who unwittingly place their faith in the hodgepodge of spirituality embedded in her popular TV talk show, magazine and webinars. In the end, a life-altering crisis helps crystallize the truth from counterfeit teachings. Like classic Christian author C.S.

Lewis, McDowell and Sterrett decided to employ fictional narrative to disarm and entertain readers, while refusing to shy away from biblical truths and expose Oprah's errant teachings.

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

### Church tells needy to take some cash

Inspired by first-century Christians in the Middle East and 21st-century Christians in Memphis, a North Little Rock church on Sunday dished out a "reverse offering," giving away \$5,000 to needy congregants.

The Summit Church worshippers received cash to pay medical and electric bills, buy children's school clothes, make a security deposit for an apartment, and replace a broken washing machine, said pastor Bill Elliff, who helped found the church 11 years ago. "We want to become a church where there's no more need," he said.

So at the end of each of the church's three Sunday services, baskets with small bills

were laid out at the front of the sanctuary. "I told them 'We don't want one dime of this left,'" Elliff, 57, said.

At first, members hesitated. "I had to really prod the people about that you've got to get over pride about walking down here," he said. "And don't deprive us and deprive God of the joy of meeting your need." After a few minutes, Elliff said, they started coming. "Man, they were just weeping. It was just a lot of joy going on," Elliff said. "It was pretty incredible."

Some churchgoers stepped forward, not to take, but to give. By the time the last service ended, all but \$3 had been given away. The Southern Baptist church, which has an average weekly attendance of 1,100 to 1,200 people, took the \$5,000 out of its budget, Elliff said. It takes in \$32,000 in offerings a week.

Church leaders decided on the unorthodox act a few weeks ago as part of a sermon series on giving, Elliff said. The church had studied first-century Christians in Asia Minor and Jerusalem who shared money and possessions despite their own poverty. "In the New Testament, church people held all their possessions with a loose hand," he said. "We began to think about it in the context of today's economy," he said. "Even in the midst of a downturn ... we should be giving more to illustrate the sufficiency of God."

News from a Memphis church originally piqued Elliff's interest in what he called a "reverse offering." In July, Josh Ross, a preaching minister at Sycamore View Church of Christ, gave away \$3,200 of the church's cash to his congregation.

Like Elliff, Ross was inspired by the book of Acts and by the biblical concept of Jubilee, "where debts are canceled, and people come together to take care of the community."

Ross, 28, said he had heard about similar

## Christian News Around The World continued

giveaways from a church in Michigan as well as churches in Ireland and Africa, which make "reverse offerings" a weekly occurrence, according to church missionaries who went there.

Ross pleaded with his church members "to not deprive God of providing for their daily necessities" and "not deprive people from the joy of giving." They gave, some dropping "checks in the baskets with the 'Pay to the order of ' left blank. These checks were for \$50, \$500, \$1,000 and the memo read, 'Acts 4,'" he wrote on his Web log. Others received, like those with hospital bills, utility bills, car insurance payments and an elderly woman who needed her windows replaced, he said.

Sycamore View, which has an average weekly attendance of 900, has a weekly budget of \$23,000. Folks who hoped for an immediate encore were disappointed, however. The following Sunday, Ross told his congregants: "Look, we cannot take care of every single need that ever arises, but we can be a church that looks out for each other." [epaper.ardemgaz.com](http://epaper.ardemgaz.com)

**Soap Actress Says She Was Fired Because of Religious Beliefs**  
If you tuned in to the soap "One Life to Live" this week, you may have noticed there's been a change of character. One character in particular.

Actress Patricia Mauceri says she was fired and abruptly replaced for objecting to a gay storyline because of her religious beliefs.

Mauceri played the recurring role of Carlotta Vega on "OLTL" for the last 14 years. But when she objected to how the writers wanted her deeply religious character, a Latina mother, to handle a storyline involving homosexuality, she objected. And for that she claims she was fired.

Mauceri, 59, a devout Christian, told Fox News that character Vega's gay-friendly dialogue was not in line with the character she helped create by drawing on her own faith.

"I did not object to being in a gay storyline. I objected to speaking the truth of what that person, how that person would live and breathe and act in that storyline," she said. "And this goes against everything I am, my belief system, and what I know the character's belief system is aligned to."

Mauceri said she was replaced despite offering changes to the script and hoping for a compromise. An ABC spokesperson said they were not aware of any such claims by Mauceri, adding such claims "would be frivolous." When asked why Mauceri is no longer playing Carlotta Vega, the spokesperson said the show does not comment on personnel matters. The scene in question was scheduled to air Friday afternoon. [www.foxnews.com](http://www.foxnews.com)

### Arabs Condemn Madonna for Raising Israeli Flag



Arabs are livid at pop singer Madonna for wrapping herself with an Israeli flag at the end of her concert in Tel Aviv Wednesday night. A Youtube video of the moment, posted by a fan, has engendered what is likely to become a major Internet controversy after the aging star, still one of the top pop singers in the world, closed out her second show Wednesday night by draping herself in an Israeli flag onstage. Hundreds of talkbacks on the Youtube site consisted of rabid anti-Israel comments, with many of the critics claiming to be from Arab countries or Palestinian Authority controlled areas.

"Why do you not wrap yourself in a Pales-

tinian flag, if you really stand for peace?," wrote one viewer of the video who said she was from Gaza, echoing the often less delicate comments of others who condemned the singer for not only performing in Israel, but also for holding the Jewish State's flag. Madonna also called Israel "the energy center of the world." Other viewers of the video attempted to inject some logic into the debate – with one posting, "This concert was in Israel, so why is her holding the flag an issue? Many of those reacting to the video posted comments typical of this one: "By carrying the Israeli flag, Madonna has lost the peace camp."

Before her arrival, leftist and anti-Israel groups appealed to the singer to skip the Israeli leg of her tour, while Israeli leftists urged locals to boycott the concerts. Tel Aviv University Prof. Rachel Giora, a member of an international group that demanded Madonna call off the shows, said last week that a performance in Israel "would imply that Israel is behaving in an acceptable manner, and would be interpreted by Israelis as moral support for the illegal and inhumane policies, described by many as war crimes and crimes against humanity."

In an interview with Arutz 7, Rabbi Uzi Binenfeld of Orot Etzion Midrasha at Givat Washington College said that the performances were "dangerous, something which is connected to addiction. This adulation is actually an escape from reality, it is a psychological way to get more than what you have, something more exciting.

Reactions to the flag affair appeared on other websites as well, with one writer on the British Sky News site saying that an underdressed Madonna scampered about on stage "waving the Holy Land's flag. Why did Israel ever said yes to her performing there? She really is a disgrace to womankind and motherhood because she exploits both." [IsraelINN.com](http://IsraelINN.com)



## Look Up and Live

Pastor Leasa Corbin



*“Be happy  
with God’s  
creation  
called  
YOU.”*

### Appreciate the People In Your Life

It’s nobody’s job but yours, to appreciate what God has done and appreciate the people in your life.

One morning I watched a good movie called “The Limitation of Life.” It was about two widowed women; Lora and Annie who both had young daughters to raise, went through difficult times in life, and fought their way to riches. However, they never seem to understand the significance of a situation until it was too late to appreciate what they had.

**Sometimes we have to slow down and stop to smell the roses.**

Annie was the African- American maid who helped watched Lora’s daughter Susie, while Lora pursued an acting career on the go. Well, Lora neglected to spend time with her daughter. Susie felt that Annie was more of a mother to her than her own mother was. Lora would write more to Susie than actually see her. I am sure most of us are thankful for email and technology, but I believe we must not lose the natural touch of taking time to visit. Slow down and smell the roses.

**Sometimes we can act immature but we must understand what God has done.**

Annie’s daughter Sara, struggled with her identity of race as a black light- skinned girl who appeared to be white. She was too young to understand at that time, but later became unappreciative of all her mother had done for her. Sara was embarrassed of her mother in public so she decided to run away. I believe God places our family, friends and people in our lives for a reason and purpose. Moreover, we must understand who we are in Christ; we are

fearfully and wonderfully made. (Psalm 139:14) Be happy with God’s creation called YOU. Annie had an offer to leave the mansion and have her own beautiful home, but she felt she could never stop caring for Lora and the house. Annie settled for the lower level of the mansion. Annie never came into realization of her own blessings and elevation. Annie had a greater significance in planning her funeral but not for her own life. Toward the end, she dies of a broken heart.

**Remember there are people in your corner.**

Lora had a nice friend name Steve in her life that supported her and wanted to settle down for marriage, but she was too busy to understand or notice because of her own ambition. Let us appreciate one another.

**Sometimes we are so soon to forget.**

It is good to take the focus off what bothers us all the time. In doing so, we can see a whole lot clearer and recall all the good times that happened from and through relationships. We also can better appreciate things. I am not going to have a “falling out” with my brother or my sister. Perhaps this is the person that prayed and talked to me during rough times on more than one occasion through the years. It sure feels good to have your spouse help with the kids and dinner after a long day at work. Whatever people do in your life that is positive, remember they did not have to do it.

*-Pastor Leasa Corbin*

# TeenSHARP

Youth Leadership and Empowerment Program

September 2009-May 2010

## The Spotlight continued

The church becomes a mistress in too many Pastor's homes.

3. I am human. I cannot emphasize that too much! I am human and it feels good to say it. HUMAN AND LOVING IT!
4. Despite how I feel, I really cannot save you. Jesus can, but I cannot. I am not a superhero, just maybe to my dog Snuggles and to my kids when they were small.
5. Not every problem is my problem. Let someone else figure it out. When it was my problem, I had to.
6. My office hours for counseling are 11 a.m. to 1 p.m. Sunday mornings in front of the pulpit. (Okay, okay that is just the flesh talking. I am your Pastor, broken for you. ) Man , that

sounds so spiritual J

7. I want to be left alone. This is my swamp! (Okay, too much television. I promise no more Shrek)
8. Moreover, yes, I love God, my beautiful wife and kids, my church and my country. And I would lay my life down for them all. Now you decide, is **that** my humanness talking?

-Sr. Pastor Lincoln Corbin

## 1000 Words



**MARVELOUS LIGHT CHURCH DEACON BOARD**





## 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!*

### Turkey and Artichoke Stuffed Shells with Arrabbiata Sauce

"This is the best shells and cheese I have ever had! I made this recipe and invited friends over for dinner and they raved about it! If you are looking for a dish that stands out from the rest, try this you will not be disappointed!"



#### Ingredients

- \* 1 (12-ounce) box jumbo pasta shells (recommended: Barilla)
- \* 3 tablespoons extra-virgin olive oil
- \* 1/2 large yellow onion, chopped (about 1 cup)
- \* 3 cloves garlic, chopped
- \* 1 pound ground turkey
- \* 1/2 teaspoon kosher salt, plus 1/2 teaspoon
- \* 1/4 teaspoon freshly ground black pepper, plus 1/4 teaspoon
- \* 1 (8 to 10-ounce) package frozen artichokes, thawed and coarsely chopped
- \* 1 (15-ounce) container ricotta cheese
- \* 3/4 cup grated Parmesan
- \* 2 eggs, lightly beaten
- \* 1/4 cup chopped fresh basil leaves
- \* 2 tablespoons chopped fresh flat-leaf parsley
- \* 1 1/2 cups grated mozzarella (about 5 ounces)

#### Directions:

5 cups Arrabbiata Sauce, recipe follows:

Bring a large pot of salted water to a boil over high heat. Add the pasta and partially cook until tender but still very firm to the bite, stirring occasionally, about 4 to 5 minutes. Drain pasta. Meanwhile, in a large heavy skillet, heat the olive oil over medium-high heat. Add the onions and the garlic and cook until the onions are soft and starting to brown, about 3 minutes. Add the ground turkey, 1/2 teaspoon salt, and 1/4 teaspoon black pepper and continue to cook, stirring occasionally, until the meat is slightly golden and cooked through. Add the artichoke hearts and stir to combine. Remove from heat and let cool.

In a large bowl combine the cooled turkey mixture with the ricotta cheese, Parmesan cheese, eggs, basil, parsley, and the remaining salt and pepper. Stir to combine.

To stuff the shells, cover the bottom of a 9 by 13 by 2-inch baking dish with 1 cup of Arrabbiata sauce. Take a shell in the palm of your hand and stuff it with a large spoonful of turkey mixture, about 2 tablespoons. Place the stuffed shell in the baking dish. Continue filling the shells until the baking dish is full, about 24 shells. Drizzle the remaining Arrabbiata Sauce over the shells, top with the grated mozzarella. If freezing, cover tightly with plastic wrap and place in the freezer for 1 day and up to 1 month.

To bake, preheat the oven to 400 degrees F. Bake until the shells are warmed through and the cheese is beginning to brown, about 60 minutes (20 minutes if shells are unfrozen.)

#### Arrabbiata Sauce:

- 2 tablespoons extra-virgin olive oil
- 6 ounces sliced pancetta, coarsely chopped
- 2 teaspoons crushed red pepper flakes
- 2 garlic cloves, minced
- 5 cups jarred or fresh marinara sauce

Heat the olive oil in a large soup pot over medium heat. Add the pancetta and saute until golden brown, about 5 minutes. Add the garlic and saute until tender, about 1 minute. Add the marinara sauce and red pepper flakes and bring to a simmer. Remove from heat and let cool until ready to use.

Yield: approximately 6 cups

#### Side note:

\*\*for those of you who do not eat pork the sauce is excellent without the pancetta. Or you may want to substitute turkey bacon in place of the pancetta.



## Healthy Choices 101 with Shaniqua Leggett, RN.

# H1N1 aka “Swine Flu”



Currently on the news we have been hearing a lot about the H1N1 or swine flu epidemic that is effective people all over the world. There is news of a vaccine in the works and with the out-

breaks just a few months ago the world is gearing up and preparing people all over the world for another possible outbreak. Little is know about swine flu and there have been many misconceptions about how its spread. This month my focus is just to educate you about swine flu and hopefully get rid of some fears and misconceptions. Since not much is know about swine flu the following information is taken directly from the Centers for Disease Control (<http://www.cdc.gov>) website.

### What is novel H1N1 (swine flu)?

Novel H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. Other countries, including Mexico and Canada, have reported people sick with this new virus. This virus is spreading from person-to-person, probably in much the same way that regular seasonal influenza viruses spread.

### Why is novel H1N1 virus sometimes called “swine flu”?

This virus was originally referred to as “swine flu” because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and avian genes and human genes.

### Is novel H1N1 virus contagious?

CDC has determined that novel H1N1 virus is contagious and is spreading from human to human. However, at this time, it is not

known how easily the virus spreads between people.

### What are the signs and symptoms of this virus in people?

The symptoms of novel H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Also, like seasonal flu, severe illnesses and death has occurred as a result of illness associated with this virus.

### How severe is illness associated with novel H1N1 flu virus?

It’s not known at this time how severe novel H1N1 flu virus will be in the general population. In seasonal flu, there are certain people that are at higher risk of serious flu-related complications. This includes people 65 years and older, children younger than five years old, pregnant women, and people of any age with certain chronic medical conditions. Early indications are that pregnancy and other previously recognized medical conditions that increase the risk of influenza-related complications, like asthma and diabetes, also appear to be associated with increased risk of complications from novel H1N1 virus infection as well.

One thing that appears to be different from seasonal influenza is that adults older than 64 years do not yet appear to be at increased risk of novel H1N1-related complications thus far in the outbreak. CDC is conducting laboratory studies to see if certain people might have natural immunity to this virus, depending on their age. Early reports indicate that no children and few adults younger than 60 years old have existing antibody to novel H1N1 flu virus; however, about one-third of adults older than 60 may have antibodies against this virus. It is unknown how much, if any, protection may be afforded against novel H1N1 flu by any existing antibody.

### How does novel H1N1 virus spread?

Spread of novel H1N1 virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

## Light Bites

### Deacon Atnre Alleyne

When I reflect on the month of July, it seems as if the month distinguished itself as a clear reminder of the limits of man. The degree to which we are endowed with talent or the extent to which we are idolized or celebrated have no bearing on the amount of time we have to live on this earth. Unfortunately, however, we often do not recognize the many limitations we face as human beings (time, physical strength/energy, resources, etc) and thus fail to prepare for the long run. Our feelings of invincibility often cause us to be nonchalant about preparing for what is to come after.

After reflecting on the need to recognize our many limitations and the related need to prepare for succession and sustainability,

I was afforded the wonderful opportunity to preach a sermon at Marvelous Light Church in July. The sermon,

“Moses and the Jethro Five” was a call to prepare our ministries and our personal lives by considering sustainability and succession. Sustainability is the capacity to endure and succession allows for the continuance of a particular work as one follows after another. Although both of these words are centered on the long term, the sermon called attention to Satan’s desire to cause us to solely focus on the present. If he

is successful, our ministries and our endeavors will not realize the long-term impact that God intends.

In the book of Exodus, Jethro provides five model characteristics that we can employ to make our ministries sustainable. Jethro was expectant. Jethro understood that Moses was in a temporary state. He acknowledged that Moses’ present location was not his final destination. In our ministries it is important that we continue to expect greater and keep our eyes on the broader vision. If not, we will begin to become comfortable in the temporary places of our lives.

Jethro was an enabler. Jethro knew how to provide the necessary support to Moses so that the

work of the ministry could persist. We need to be willing to do the work that may not be attention-grabbing or glamorous if our ministries

are going to endure.

Jethro was energetic. Jethro was genuinely excited about Moses’ ministry successes. By being excited about the work of your ministry, you are able to strengthen those around you. This requires that you are able to acknowledge and appreciate the various achievements of the ministry.

Jethro was efficient. In Exodus 18, Jethro warned Moses of the

inefficiencies that would cause Moses and the people to wear themselves out (vs 18). Jethro suggested that by training the people to share some of the load Moses would be able to conduct ministry more efficiently. Likewise, if we train others in our ministries, such that there is a line of succession, our ministries will function more effectively and with more longevity.

Lastly, Jethro was empathetic. Jethro was genuinely concerned about Moses’ welfare. It was with Moses’ welfare in mind that Jethro proposed changes to Moses’ mode of operating. We should never lose our concern for the holistic well being of our leaders and fellow members of the ministry. If we share Jethro’s empathy, we understand that people can and do wear themselves out and that such occurrences adversely effect ministry.

Jethro provides an excellent example of how to design ministries with “keeping power.” By sharing the aforementioned model characteristics we will be able to not just exist in the present as ministries; our ministries will be equipped for the long haul.

-Deacon Atnre Alleyne



*“Jethro understood that Moses was in a temporary state. He acknowledged that Moses’ present location was not his final destination.”*

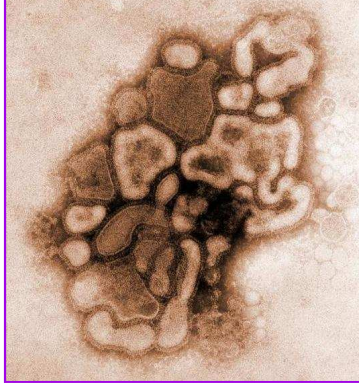




## Healthy Choices 101 continued

### How long can an infected person spread this virus to others?

At the current time, CDC believes that this virus has the same properties in terms of spread as seasonal flu viruses. With seasonal flu, studies have shown that people may be contagious from one day before they develop symptoms to up to 7 days after they get sick. Children, especially younger children, might potentially be contagious for longer periods. CDC is studying the virus and its capabilities to try to learn more and will provide more information as it becomes available.



### Prevention & Treatment

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against novel H1N1 virus. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.

### Other important actions that you can take are:

- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items might be useful and help avoid the need to make trips out in public while you are sick and contagious.

### What should I do if I get sick?

If you live in areas where people have been identified with novel H1N1 flu and become ill with influenza-like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea,

or vomiting or diarrhea, you should stay home and avoid contact with other people. Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings

If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care.

Your health care provider will determine whether flu testing or treatment is needed

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

### Are there medicines to treat novel H1N1 infection?

Yes. CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with novel H1N1 flu virus. Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. During the current outbreak, the priority use for influenza antiviral drugs during is to treat severe influenza illness.

-Deaconess Shaniqua Leggett, R.N.

## Now That's Funny!

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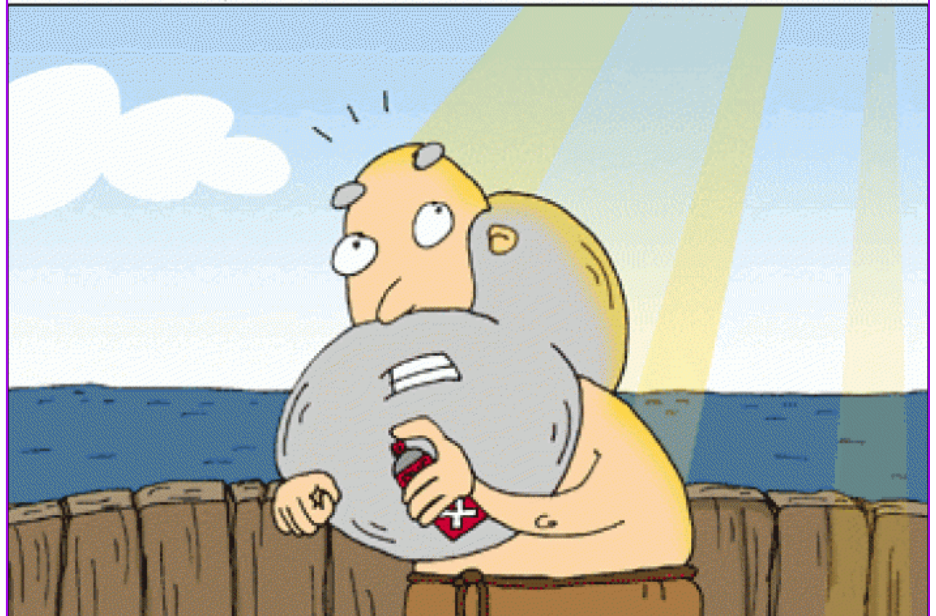


(See Genesis 19:1-29)

02-25-2003

SOMETIMES I MISS THE OLD TESTAMENT DAYS  
WHEN WE COULD SMITE THEM FOR THAT KIND  
OF BEHAVIOR

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Thanks to Jerry Moates (See Genesis 6-8)

01-21-2004

HEY NOAH ... HAVE YOU SEEN THE  
MOSQUITOS?

## Come On Somebody by Cheyenne Nixon

### Ruth, Naomi & Boaz



#### WORD OF THE MONTH

**Propitiation** - Work of Jesus Christ on the cross, by which He fulfills the wrath of God and conciliates Him who would otherwise be offended by our sin and would demand that we pay the penalty for it.

#### 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  
Kendra Hall- Culinary Artist  
Shaniqua Leggett- Columnist  
Cheyenne Nixon- Cartoonist

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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