

Spring Edition 2022 • Number 2



The Jabez Report

Greater Saint John Cathedral

11425 Old Marlboro Pike • Upper Marlboro, MD 20772
301.574.5100 • 301.574.5160 (fax) • www.saintjohn.net

Bishop Kevin V. Gresham Sr.
Senior Pastor/Teacher

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Magazine Ministry

Executive Editor

Bishop Kevin V. Gresham Sr.

Editor

Sylvia Tyson

Editorial Board

Bishop Kevin V. Gresham Sr.

Sylvia Tyson

Janice Shields

Pastor-in-Training Christina Williams

Photographs

Photography Ministry

Design/Layout/WEB Designers

Deaconess Wynnice Pointer-Napper

Minister-in-Training Melissa Monroe

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A Message from our Bishop

Bishop Kevin V. Gresham Sr.

We Are Talking **FEAR!**

There are times in your life when you wish that you could go back and talk to your previous self; give yourself some encouraging words; a bit of advice, a taste of reality and some timely inspirational hope.

If I could go back twenty years and have a conversation with myself, I would tell myself to teach Spirit Training, because it will change the future of your ministry and have a great impact upon the people of the Greater Nation. Also, I would take it one step further – I would say to myself teach them how to deal with their fears.

I am writing this article on Thursday, March 10, 2022, which is two days past our PPS on Tuesday March 8, 2022. The reason I am mentioning the PPS is because of the comments that people were making during the session. There is nothing more satisfying to me than seeing people grow. Tuesday night was a prime example.

There is one comment that I want to mention, which was given by Patrice Savoy. She stated that because of the Spirit Training Series, she now has the confidence to step out on faith and to take her business to the next level. She has conquered her fears and is now ready to take the needed leap of faith.

She is not alone. There are many who have commented, sent emails and text messages saying similar things concerning their lives.

Remember these words that the Apostle Paul shared with his understudy Timothy:

‘Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. ‘For God has not given us a spirit of fear, but of power and of love and of a sound mind. (2 Timothy 1:6–7)



Welcome to Spring 2022

By Sister Sylvia Tyson

As I reflect on the New Year, I can't help but feel that we continuously find ourselves navigating a world of uncertainty, anxiety, even fear and hostility. As soon as we come back to a sense of normalcy, we are right back into the fray. I don't say this to be pessimistic, but just a statement of how you and I are feeling.

However, I often find that our feelings are fleeting and not always true – especially if we use our awareness and intelligence to look deeper. Connecting with our feelings can help us go deeper – but by getting caught up in them we can get lost.

Navigating ourselves through these challenging times requires us to use our awareness and intelligence to look deeper and see the bigger picture.

When we do so, we can see there is also a lot to be hopeful for, proud of, enjoy and find meaning and purpose.

This awareness and intelligence requires the mind to be balanced, clear, calm and collected. Therefore, we need to tend to our mind and take care of it. Our mind is such a precious and powerful thing. It can wreak havoc on us or bring us the greatest joy.

Meditation is one way of tending to the mind, but there are also other ways. Taking care of your body is a way of taking care of the mind. Slowing down and taking mindful pauses throughout the day is tending to the mind. Being grateful, kind and compassionate to yourself and others takes care of your own mind. Deciding to take a break or go for a walk when you are overwhelmed is a way to take care of your mind.

Whatever the circumstances, please find some way of tending to your mind and fostering a deeper awareness and intelligence. Remember the old cliché – *“Stop and smell the roses”*.



God of the **BREAKTHROUGH**

By Minister Angela Stanton

*“But Jesus beheld them, and said unto them, With men this is impossible; but with God all things are possible.”
Matthew 19:26 KJV*

In **2 Samuel 5**, there is a short but beautiful story of God delivering his people from a huge army. There are many stories like this throughout the Bible, but I like this one, in particular, because it highlights a new name for God.

David exclaims in **2 Samuel 5:20**, *The Lord has broken through my enemies before me like a breaking flood. Therefore the name of that place is called Baal-paradigm. (Which means, Lord of the Breakthrough).*

I love this because it helps me to realize that it is not just God’s actions, but also his character that I can depend on. God’s nature and his heart never change, even if his actions aren’t always predictable.

God’s ways are higher than ours. However, the fight of faith isn’t about twisting God’s arm so He will perform a specific outcome for us. Faith is so much deeper than our external circumstances. The battle we face every day is to trust God’s heart and believe for the impossible.

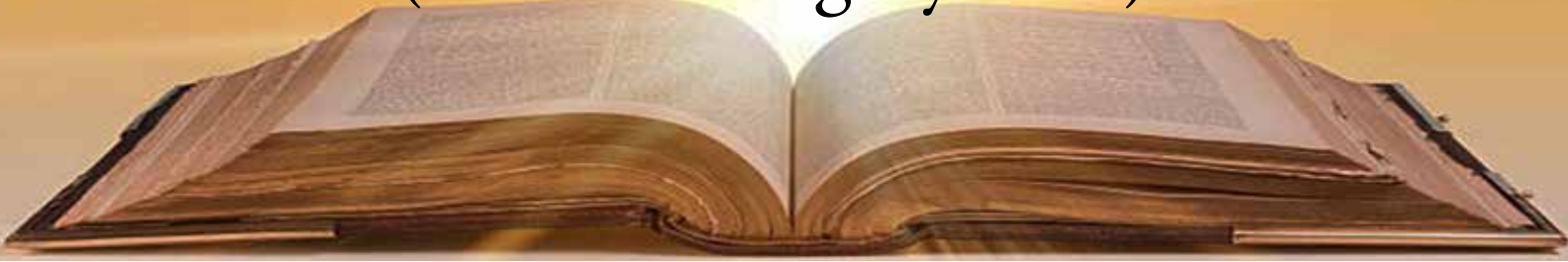
We are always going to need breakthroughs in our lives. Jesus told us, *“In this world you will have trouble.” (John 16:33)*. Our fight, the trials and hardships will continue as long as we are on this side of Glory. Until that day, we can hold on to the promise given by Jesus in the last part of the previous verse, *But take heart I have overcome the world.*

So when the mountains loom large in front of you, I pray that your faith will stir you and you will believe for more. I hope you will never forget what God has done and never forget who He is. Breakthrough isn’t just something God does, it is who He is!

Then I will say unto my soul, ‘Don’t be discouraged; don’t be disturbed, for I fully expect my Savior-God to break through for me.’ Then I will have plenty of reasons to praise him all over again. (Psalm 43:5)

In Everything

(I Love Almighty God)



By Deacon Eric Glaze

“And we know that all things work together for good to those who love God, to those who are called according to His Purpose.”—Romans 8:28 (nkjv)

That man didn't really know how he was supposed to feel when he awakened on the shoreline of an uninhabited island miles away from the ship that he was present on with scores of other people. However, when the bodies of his fellow ship guests started floating dead upon the shore, he knew that he was probably one of not many survivors or in fact, he was the only survivor. He searched the island and could not find life anywhere and wondered whether he should view his present situation as a blessing or as a curse. Several small supplies washed ashore with him. As every human does when that survival instinct kicks into gear, he started building shelter for himself. He surprised himself that in fairly short order he had a hut constructed. Isn't it amazing what can be accomplished when you are simply trying to survive?

Seeing no sign of life, he put the small supplies he had that had drifted ashore in the hut. Grabbing a walking stick he started combing the island for something to eat. Several hours later he noticed smoke rising from the spot where he thought he had constructed his hut. Frantically, he ran back only to find the hut and the supplies inside were engulfed in flames. In frustration, he dropped to his knees, letting his face fall limp into the palm of his hands. He wondered to himself how cruel can God be to let him survive the shipwreck only to die on shore. In his mind he started thinking what could I have done so malicious to anyone that God would repay me like this?

He emotionally sank at the thought of dying alone on an uninhabited island. That night he heard a strange noise in the distance. When he opened his eyes, he could see in the distance a huge ship coming his way. When it arrived to shore those manning the ship debarked. The shipwrecked man dropped limp into their arms and cried. Even though his speech wasn't clear, they made out what he was asking. How did you all find me? They told him that they had been sailing around the area of the sunken ship and noticed smoke rising in the distance. They decided to investigate. The man realized that what he thought was the beginning of his end was really the beginning of his new beginning. He saw that hut burning as a cruel cosmic joke being played by an unfair, unloving and unmerciful God. What he thought was God's cruelty turned out to be God's kindness and provision. Had he never built the hut, there would not have been enough woods and brush to sustain the fire long enough to raise the smoke high enough to catch the attention of a rescue ship sailing miles away. He stood on the top deck of that rescue ship looking back on the small uninhabited island getting ever so smaller in his view while he's being sailed back home to safety and comfort.

He thought to himself what our focus verse is today! It is true, that all things work together for good for those who love God and who are called according to his purpose.” (Curtis, 2007)

We know today how that man felt when he opened his eyes on the shoreline of that uninhabited island to discover that he was the only survivor and to have his hopes crushed when he saw that his newly built hut burning. We know what it

continue on page 5

feels like to embrace that things can't get any worse only to discover YES THEY CAN! You begin to ask yourself what have I done that GOD is responding to me with such cruelty? Why has God been so unforgiving? Why does it appear that God has decided that I among all men am not worth blessing, using, protecting or elevating? We know the pain watching life have its cruel way with us. Disappointment after disappointment, regret after regret, now standing on the shoreline of some new opportunity only to discover that things can fall apart, ships do sink, that bad news does come and you stand there asking yourself what have I done to God. We look at some things and say it is not going to work; we can't make things any better, in fact I don't know whether to see this as a blessing or as a curse for something I have done in my past.

We know what it feels like to try and make some headway; i.e., start exercising and attempting to eat right or making attempts to reconcile some ruptured relationships. These represent the attempt to build the hut. If I have to live with this, if this is my fate and lot in life, let me at least make a go of it, is what we think. We say to ourselves let me construct the hut. Then we face the nightmare of what we put our efforts into does not work.

This one verse is teaching us that if you love GOD and if you see your life as having to respond to God's call on your life, then you need to know that when the hut burning appears to be working against you, it is in fact working for your good despite the fact that it does not seem like it at the time. I have a profound need for **Romans 8:28** as there is a direct correlation between suffering and serving God. Suffering is no comparison to the glory that God will reveal in and through you when you can't see the reason for your human suffering. If you really want to know why I am so happy and secure in my walk, it's because the word says *and we know ALL things work together for good to those who love God, to those who are called according to His purpose*. The word ALL stands for every and or any and there is nothing that you can add to or take away from ALL that is not still a part of ALL. I love Almighty God because He sees the best in me when "everyone" else can only see the worst in me. God is my shelter and protection.

STAY ENCOURAGED!

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Trying To Maintain A Positive Attitude

By 1st Lady Denise Gresham

Be careful what you think because your thoughts run your life.

Keep your heart with all diligence, For out of it spring the issues of life. Proverbs 4:23 (New Century Version)

I know you are tired of hearing about the subject COVID-19. There's no need in feeling tired of it because it is still here. It's not as bad as it was, but it's still real.

Some good (blessings) and bad (curses) have happened with COVID. At a recent staff meeting, **Deacon Simmons** asked **Bishop** the question "what are we as a church doing wrong?" I don't think the church is doing anything wrong. You can't control people. I have had many discussions about the reasons why people aren't returning to church. People have no problem telling you why they will not return; i.e., I'm lazy; I don't feel like getting dressed; I'm having my breakfast at the time of worship; I have something else to do; I will watch worship service later or I'm not ready to go inside of the church building for that length of time. The people with those responses are going everywhere their little heart's desires, except church.

Let's start with some negative things that has affected us:

- The pandemic has altered our ability to engage with friends and family
- Feelings of isolation
- Strained relationships or loss of loved ones
- Limited what activities we can engage in
- Health impacts; i.e., stress, depression, weight gain and lack of exercise
- Economic difficulties, loss of jobs, rising prices, failing businesses
- Our economy shut down
- Children lost a year of in-person school
- Couples divorced
- Violence against women and girls

Positive:

- Slower paced life, new hobbies, more time to get things done around the house
- Freedom to relax
- Eating a healthier diet
- Some exercised more often
- Working from home
- Spending more time with your family

As I think about the positive and negative aspects, I had to give God praise for how He has kept my family and me through this pandemic. As I have listened to stories of what has happened in the lives of some family and friends, I felt so sad for all that they have had to go through. I haven't had any situations that measured up to nothing like what they have experienced. Lord, I am so blessed. I can't thank you enough. However, why am I so busy focusing on the negative things that I couldn't do when I should have been focusing on the positive? I still had a job, to go to. I still had my family. I couldn't hug and kiss them, but I could drive to their home and see them on the outside and give them air hugs and kisses. My husband and I are still together. Oh my, I worked his nerves, but guess what, he didn't get rid of me.

Our negative thoughts have power and can easily begin to run our lives, control our words, actions, feelings, emotions and even our peace and happiness. **Colossians 3:2** says *set your mind on things above, not on things on earth*. The enemy wants us to focus on anything that will keep us down. He doesn't want us to have joy or peace with knowing Jesus.

What should we be doing? Removing those negative thoughts, so our minds can be clear on preparing ourselves to be with Jesus forever. Oh, how I want to see Him, the look upon his face. There to sing forever of his loving saving grace. On the streets of Glory, let me lift my voice, cares all past, home at last, ever to rejoice! In keeping with His promise, we are looking forward to a new Heaven and a new Earth, the home of righteousness. (**2 Peter 3: 10-13 NIV**)

A Goldfish in the Middle of the Ocean

By Sister Janice Shields

Have you ever felt as if you were way out of your comfort zone?

Have you ever felt as if you were a goldfish in the middle of the ocean?

Yes, Yes! I'm raising my hands and jumping up and down!

To adjust to changes taking place at work, I adopted the phrase “I feel like a goldfish in the middle of the ocean.” Initially, I used the phrase to communicate the feeling of being scared, overwhelmed and even drowning as I watched one door close (*very comfortable and confident in doing my job*) and a new door open (*very little understanding and experience*).

The Potter worked on HIS clay (*is still working on me*) (*and HE never gave up on me*). While I am not the same person I was last fall when the work changes began, I still feel as if I am a goldfish in the middle of the ocean; however, no longer in a scary negative way. God has given me a fresh perspective (spirit training).

I've come to imagine that while this goldfish is in the biggest body of water there is, the ocean, it is still water! Not land and not the sky. The goldfish is familiar and at home in a fish tank or bowl, water is its home.

The lesson for me in my goldfish story is the following:

In the middle of the ocean, I am certainly out of my comfort zone, but this is not the first time, I've been in places and situations that have taken me out of my comfort zone. What have I learned in previous life seasons? God was and is right there with me (always)! Talk to HIM, let go of the things I have no control over and draw on what's familiar even if it is the smallest detail.

God is stretching me!

Enlarging my territory (*Jabez Prayer*) from fishbowl to ocean!

In the middle of the ocean

~This goldfish is in deep water; man can't help me! Only you GOD!

~I'm too far to go back—because going back doesn't exist anymore.

~Can't stay where I am because that's not growth and God didn't bring me this far to leave me stuck in the middle.

~Giving up is not an option (*no matter how hard things get*) God opened this new door for me; therefore, I cannot fail!

~Gotta keep swimming, keep trusting God (***Proverbs 3:5-6***) keep working hard and trust the stretching. Continue praying that God gives me HIS strategy for doing my job!

It's Him



By MIT Jerry Clark

I must ask the question - Why do we do what we do as a Believer? Why do we get on the church call at 6 am Tuesday morning? Why do we go to Tuesday night Bible Study? Why do we come to church on Sunday Morning and why do we try to live a life that is pleasing to God?

I believe we do all these things because we know that in some way, form or fashion, God, through the Holy Spirit, has changed our lives. Somewhere along this journey of life we said yes, Lord Jesus, we believe. You remember, we made that confession of faith according to **Romans 10:9-10** “*that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. 10 For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.*” Oh yes, now we remember.” Some of you may have made that confession decades ago and for some a few years, months, days or even minutes ago. Some may have never made the confession of faith. Only you and God truly know.

The moral of this story is that God saved us and changed our lives. For that we must say thank God and Hallelujah!

We can't get stale, we must continue to seek God like we did when we first met and needed Him to save our souls from the Lake of Fire. We can't afford to take our foot off the gas now because of what's going on in the world. I know that COVID is out here and killing people. I lost someone close to me last week. I know the world is going bananas over multiple things whether it be climate change, the Ukraine war, politics, voting rights, COVID rights, women's rights and finally who's right (regardless of your religion). It seems we are fighting and debating over everything. According to **John 14:6** “*Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me.”*”

I know that it's by God's grace that we're in our right mind and only turning to Him during these difficult times. There are so many people turning to all types of drugs, alcohol, social media or whatever else to cope with what's going on

in the world today. However, God has a different plan for us. **Romans 12:2** states “*And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God*”. The world may be going bananas, but we are supposed to be seeking and doing the will of God. God has us and we don't have time to waste. So, I encourage you today to continue to feed yourself the word of God, join the prayer call on Tuesday morning, come to Bible Study on Tuesday evening and church on Sunday. Allow God's Love to be displayed in your life daily and we will get through this.

I was going to stop here, but the Holy Ghost is leading me in another direction. For us to get to these set of verses, we must remove ourselves from the picture and allow God's will to be manifested in our lives. **Acts 4:32-35**, which is titled Sharing All Things states, ³²“*Now the multitude of those who believed were of one heart and one soul; neither did anyone say that any of the things he possessed was his own, but they had all things in common.*” ³³“*And with great power the apostles gave witness to the resurrection of the Lord Jesus. And great grace was upon them all.*” ³⁴“*Nor was there anyone among them who lacked; for all who were possessors of lands and houses sold them and brought the proceeds of the things that were sold,*” ³⁵“*and laid them at the apostles' feet; and they distributed to each as anyone had need.*”

Now if you read the aforementioned set of verses and didn't feel a certain type of way, God bless you. Sold their lands and houses - that struck a nerve for me at first, but what God showed me is their positions were plural meaning they had multiple houses and acres of lands. These people were blessed because they were united, and the spirit of God moved mightily. That's what I see God doing for us. We need to remove our agenda and allow God to be the main attraction. I see souls coming to Christ because we are on one accord, loving and helping one another out. Everything we need is in the House of God.

Peace and God bless all of you.

WHAT A DEPOSIT

By MIT Cathy Murray

Romans 8:16-17 (NKJV) *The Spirit Himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together.*

As my son and I were talking, he shared with me what was ministered to his spirit. My response was “Wow, What a Deposit!”

Whether it comes to our banks, Cash App, PayPal or another form of payment, I am pretty sure we’ve all have received a direct deposit in one way or another. On the contrary, do you believe that we receive a direct deposit from **God**? The answer is yes, we have. **Paul** helps us to understand this by reminding us, as the Body of **Christ**, we are **His** children and joint heirs in the Kingdom by being engrafted in **His** lineage and receiving everything stored up for us equally. The Bible says in **Romans 2:11** *for there is no partiality with God.*

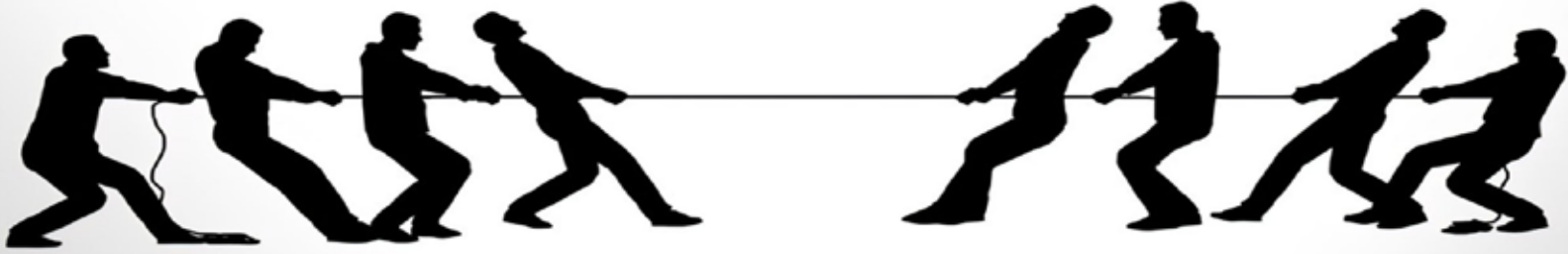
I used to have a phrase “I was a discrete sinner!” I knew of **Him**, but I didn’t know **Him** until I fully accepted **Him** and **He** deposited **His** blood in me. This changed my life. It blows my mind when I think about how much **He** put into me. It makes me say “What a Deposit!”

Think about a time in your life when **God** has made a deposit in you - whether it was for restoration, deliverance, confirmation, affirmation, comfort, strength or **His** blood. Although we can praise **God** for **His** deposits in our lives, what deposits are you making as the “joint heir” in your prayer life, tithes and in reading **His** Word? **Caution** – If there is no deposit on our part, then withdrawals will happen.

Once **He** gives you that deposit, it is a done deal! Therefore, I say to you start speaking out of your mouth about who you are and whose you are because, just in case you forget, we are heirs of **God** and co-heirs with **Christ**. This means that you and I have been made a partaker of the promise of **God**.

Our **Bishop** always reminds us to declare that there is a promise over our lives! When I begin to think about that I get excited and say “**WHAT A DEPOSIT!**”

CAN'T WE ALL JUST GET ALONG?



By Deacon Russ Taylor

Matthew 22:37-39 – ³⁷Jesus said to him, “You shall love the Lord your God with all your heart, with all your soul and with all your mind. ³⁸This is the first and great command. ³⁹And the second is like it. “You shall love your neighbor as yourself.”

Rodney King asked this profound question during a press conference following his arrest. Rodney King was a Black man who was a victim of police brutality on March 3, 1991, when he was beaten by LAPD officers after a high speed chase for driving while intoxicated on I-210 in Los Angeles. George Holiday filmed the incident from his nearby balcony and sent the footage to a local news station. The footage showed an unarmed King on the ground being beaten with night sticks by several officers.

Since that incident, there have been countless beatings and shootings of black men and women by both citizens and police officers alike. So, what in the world is going on? It appears that things have not gotten much better, rather, they have gotten much worse. So, the question remains – “Why can’t we all just get along?”

In the Book of **Isaiah 1:3** the Prophet Isaiah saw a vision concerning Judah and Jerusalem. So says the Lord, *the ox knows its owner and the donkey its master’s crib. But, Israel does not know, my people do not consider.* Imagine that God’s people (His creation) do not even consider Him when we are going about our day-to-day routines. If we are not even considering God, except during those pre-scheduled worship or prayer services, how can we all just get along?

It appears that common courtesy and kindness are rare these days. I can remember a few years back that the entire Country was promoting “random acts of kindness.” Somehow, we just won’t be kind to one another without a massive marketing campaign. During this same time, more people than ever were joining churches which started the surge of the so-called mega churches. Sunday was widely publicized as the most segregated day of the week. So again I ask “why can’t we all just get along?”

We’ve seen monumental changes in our civil laws that some say have resulted in keeping God in churches, but out of our everyday lives. Such laws as the “Sunday Blue Laws or Sunday closing laws have long gone now. Businesses were once shut down in a variety of commercial activities on Sundays from liquor sales to clothing store sales to car sales. As our society continued to lessen its respect and reverence for God; likewise, there was a noticeable increased indifference for our fellow man. **1 John 4:20** states If someone says “*I love God*” and hates his brother, he is a liar for he who does not love his brother whom he has seen, how can he love God whom he has not seen?

Before we throw up our hands in despair and wonder if there is no hope, God reminds us in **1 Kings 19:18** “*yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth which has not kissed him.*”

While businesses are staying open on Christian Holidays, as well as Sundays, there is still one company that won’t compromise its Christian principles for profits. That company is Chick-fil-A. The founder, Truett Cathy, made the decision to close on Sundays in 1946 when he opened his first restaurant in Hapeville, GA. Truett saw the importance of closing on Sundays so that he and his employees could set aside a day to rest and worship if they chose. This practice is upheld today. This company’s staff embodies a spirit of “respect for your brother.” I just love it once I have received my order, I say thank you and the server replies “My pleasure.”

Jesus, in **Matthew 22:37-39**, commands us to first love God with all your heart, with all your soul and with all your mind; and second you shall love your neighbor as yourself.

Each of us is God’s remnant in the earth to show others how to first love Him and then how we should love our neighbor as ourselves.

Then, ***We can all just get along!***

The Doctrine of Substitution

By Minister Ronald Simpson

Genesis 3:15, 21: ¹⁵“And I will put enmity between you and the woman, and between your offspring and hers; He will crush your head and you will strike His heel”.

²¹“The Lord God made garments of skin for Adam and his wife and children”. What we know and what we believe is that God tells us, from the very beginning, that He will send a substitute to stand in our stead for the sins of Adam and all of his descendants. Understand, the reason God made this proclamation was that no man had the capacity to do what the Lord demanded.

In **Genesis 2:17**, God tells Adam that because he has tasted the fruit of the forbidden tree, he must surely die. At this point in time, it is apparent that Adam is incapable of paying the debt incurred by his sin, so someone else had to take his place.

It is a scriptural fact that the Old Testament was based in the law and the law required that the sacrifice for sin had to be a blood sacrifice. Nothing else would suffice. It is in the Book of Leviticus that it is written, that all sin offerings must be a blood offering to cover the sin. These offerings were just that, a substitute that guides us to the truth that the supreme offering was to be the Son of God.

In **Genesis 21**, when God made skins for Adam and his family, that was the blood offering to cover them for their sin. From the beginning of time, it has always been the blood that saves, the blood that is necessary for forgiveness.

God gave the clearest picture of what the substitute would have to do and the burdens He would have to bear. Listen to the words of **Isaiah in Chapter 53** “Surely He has borne our griefs and carried our sorrows; He was wounded for our transgressions and He was bruised for our iniquities; and the Lord laid on Him the iniquity of us all.” Even then God tells us that the substitute will also be numbered with the transgressors and he will bear the sins of many and He will make intercession for all the transgressors. Aren’t you glad that we have a substitute? Nobody but Jesus could do what He did.

We need to be grateful that we have a merciful, kind and loving God. A God who gave His only begotten Son to save sinners like you and me. Jesus willingly took on the sins of all men. He could have stayed in Heaven and sat at the right hand of the Father, but He was obedient to the will of His Father. No greater love has ever been shown since that day on Calvary when He said to the Father, “Father forgive them for they know not what they do.”

Let me close with these scriptures. Scriptures that give a clear view of how we need to be grateful for the blood sacrifice of Jesus. How we need to continually praise Him for shedding His pure and holy blood. It is only by the blood that was substituted for our sins that the believer has been granted the ultimate pardon and given the gifts of grace, mercy, salvation, justification, assurance, righteousness, peace and eternal life. Could you ask for anything better?

When you think you deserve to be served remember the words of **Matthew’s** gospel; “Just as the Son of Man did not come to be served but to serve and to give His life as a ransom for many.”

In **1 Timothy** it is written: “Who gave Himself as a ransom for all people.” **Peter** writes: “He committed no sin and no deceit was found in His mouth.” In **Corinthians** it is written: “God made Him who had no sin to be sin for us, so that in Him we might become the righteousness of God.”

Give all praises and honor to the substitute, for we were bought at a price. Honor God with your bodies. Lift your voices in thanksgiving. Give all honor and glory for the substitute, Jesus Christ. He died for us, He died in our place. He answered God’s demands for justice and for the wrath we would have had to endure if not for His substitution. Through His death and resurrection we can now enjoy our reconciliation with God. Remember the Blood that Jesus shed for you, it will never lose its power, for there is truly power in the blood.



HE AIN'T HEAVY, HE'S MY BROTHER

By MIT Melissa Monroe

Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ." – (NIV)

"Bear one another's burdens, and so fulfill the law of Christ." – (NKJV)

I love the song, "He Ain't Heavy, He's My Brother", sung by the late Donny Hathaway. I remember hearing it often as a young child. My mother was a definite fangirl of Donny Hathaway. She had all of his albums and played them repeatedly. However, this particular song stuck with me. At the time, I didn't know what it meant but I liked what it signified.

*The road is long, with many a winding turn. That leads us to who knows where; who knows where.
But I am strong enough to carry him. He ain't heavy, he's my brother.*

So on we go, his welfare is of my concern. No burden is he to bear, we'll get there.

For I know, he will not encumber me. He ain't heavy, he's my brother.

*If I'm laden at all, I'm laden with sadness. That everyone's heart isn't filled with the gladness
and love for one another.*

It's a long, long hard road from which there is no return. While we're on our way there, why not share.

And the load doesn't weigh me down at all. He ain't heavy, he's my brother.

He is my brother. He ain't heavy, he ain't heavy, he's my brother.

Paul's instruction to the Galatian Christians (and to you and I), is to help carry each other's burdens. Being in Christ does not mean we won't have burdens to carry in this earthly life. We will. One of those burdens is the weightiness of our temptation to give into sin, and the heaviness of trying to get out of it. Paul wanted us to share that burden and not battle sin and temptation on our own.

We carry other burdens, as well, and sometimes we go through seasons where those burdens are too much for us to drag around. Such burdens might include relationship issues, financial problems, illness, indecision, or emotional difficulties. God's Spirit certainly gives us the power to deal with these issues, but another way God intends to provide for those in Christ is by giving us the ability to help each other.

One way we can fail in this area is by refusing to allow anyone to see the burdens we are carrying. We can mistakenly think that being a Christian means we should be self-reliant in every way, all the time. It is true that we do need to carry the weight of our responsibilities in Christ. However, Christians are also meant to help each other with the loads we carry when they become overwhelming.

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From a young age, we struggle to be independent: “I can do it myself!” We look forward to when we are independent and self-sufficient. We applaud people who can “pull themselves up by their own bootstraps,” as my Grand Mama used to say. We even pride ourselves in being “better” than others around us.

Christ has a different idea about how we should interact with one another. We should be caring for one another and involved in each other’s lives. This connectedness means we care enough about our neighbors to find out what burdens they carry. In communities where we may not even know the names of our neighbors, God nudges us to hear the concerns of their hearts. Do you have an awareness of the struggles of others around you? Just caring enough to ask is a good first step. Often a listening ear is the best way to begin carrying a burden together. Genuine empathy is a healer.

When I moved to my new neighborhood, I was on a mission to get to know the names of at least my surrounding neighbors. I am so very happy I did. We look out for each other. We talk, we laugh and we listen. I have even exchanged numbers with a few of my neighbors for the occasional times when one of us forgets to close our garage door or when a package needs a physical person to receive it. What a joy it is to be able to count on your neighbor, a friend or a stranger to help you, not for anything in return but just because.

How does helping to carry each other’s loads fulfill the law of Christ? ***Galatians 5:14*** tells us that the entire law is fulfilled in one word - LOVE.



Personal Testimony of

Minister Frenchettia C. Payne a 21-year Colon Cancer Survivor

By Minister Frenchettia Payne

Some of you are aware that I recently walked through a Breast Cancer journey in 2020-2021. In 2012, my youngest sister died from Triple Negative Breast Cancer and my mother was diagnosed with Breast Cancer as well.

In May 2001, at the age of 38, soon to turn 39 years of age, I was diagnosed with Stage III Colon Cancer. Shocked, I prepared for this alarming announcement. After experiencing a few symptoms of Colon Cancer; i.e., change in regular bowel habits and size, unexplained anemia (reduction in red blood cell count), unexplained weight loss, stomach bloating and 'eating ice' all the time, my Family Practice Physician said I was too young to have a colonoscopy (an exam to evaluate the entire colon). He suggested a sigmoidoscopy (an exam of the left side of the colon) which would have missed the area where the cancer resided.

After his rejection to give me a colonoscopy, I became my own advocate to pursue a referral to have a colonoscopy done. In March 2001, I had the colonoscopy and polyps (abnormal growth of tissue found in the colon) were discovered. The journey of finding a general surgeon or a colorectal surgeon began. When the Colorectal Surgeon looked at the film from the colonoscopy, he immediately said the tumor was cancerous. He could identify they were cancerous before he removed them. ***I was shocked!*** I was only 38 years old, worked out, ate healthy and living the life; I could not understand this diagnosis.

No one in my family, 2-3 generations back, had Colon Cancer per my grandmother. I left the doctor's office and told my family, called my Bishop at the time and the church began to pray. I believed I was too young to have cancer and there was no Colon Cancer history in my family, so I thought. We rebuked, bind and cast out every cancer demon we could think of. As part of my daily devotion, I anointed my body every day.

I had the surgery at MedStar Washington Hospital Center in May 2001. Chemotherapy started a few months later. I did not need a port (method used to infuse the chemotherapy in the body). It was infused in my veins (intravenous infusion), my hair did not come out, I had already lost weight and I continued to work from home. My family, friends and church family were very supportive and this made the journey endurable. I had 26 chemotherapy treatments (every week for 6 months) and I felt 'bad' all the time. Our bodies were not made to receive chemotherapy drugs.

Four years later I developed abdominal adhesions (scar tissue from the colon cancer surgery). The pain was worse than the whole Colon Cancer process. I had to have surgery again on my stomach. After this surgery, I had 'no' major health problems. I changed my diet numerous times (decreased my intake of red meat), lowered my sugar intake, exercised, drank more water and different types of water (higher PH), transitioned to a few holistic practices and **LIVED**.

I travelled, lived where I wanted to live, drove the car that I wanted to drive, shopped when and where I wanted to shop and blessed individuals as I always had done. I became a real estate inventor and loved it. All the while, I was still taking care of my grandmother who raised me. I was in ministry at the time and God continued to use me to confess His healing power.

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Whenever I would preach as a guest minister, I would ask the Pastor if I could have an alter call. After preaching, I prayed for those who were going through life-threatening diseases and would be facing chemotherapy, radiation or dialysis in the weeks ahead. Not one Pastor said no. The people of God were always blessed. It was a blessing and I knew God had assigned that task to me. Before the Colon Cancer, I knew God was a **'healer'** but after the Colon Cancer, I experienced **'Him'** as a healer.

The body of Christ, please know your family's DNA from 2-3 generations back. In 2020, shortly before my mother died, I learned who my 'biological' father was and learned he had died from Colon Cancer. I was not totally shocked because of 'family rumors'. This was the answer to that dreaded cancer diagnosis at the age of 38 – 'where did this cancer come from?' My message to those who are reading this article – make sure your 'dad' is your *father*, your 'mom' is your *mother*.

I never thought that I would have Breast Cancer 20 years later. I had ALL the test done, after my mother and sister's diagnosis, and the tests were negative of the breast cancer gene. Many of the medical tests are NOT always accurate so please listen to your body; it does speak to us. My mother had the Breast Cancer gene and my father had the Colon Cancer gene. I am now a 21-year Colon Cancer Survivor and soon to be (April 12, 2022) a 1-year Breast Cancer Survivor. The Colon Cancer was a piece of cake compared to the Breast Cancer.

In closing, my message to everyone is: ***'Get a colonoscopy, it saved my life and it could save yours as well'***. Then, to the women and men (men can get Breast Cancer as well) ***have your 3-D Mammograms. If you have a family history of Breast Cancer 'please' ask for an Ultra Sound as well.*** Educate yourself on these and other diseases and their symptoms.

I knew these two sicknesses were not unto death, but God Himself would get the glory and He does! He affirmed to me in ***Jeremiah 29:11*** in each journey that I walked through, ***"For I know the thoughts that I think towards you, Frenchettia, saith the Lord, thoughts of peace, and not of evil, to give you an expected end."*** ***TO GOD BE ALL THE GLORY!***

Finally, please visit my website www.victoryandempowermentinc.org. Feel free to reach out to me at 240-723-6683 if I can be of assistance.

Peace and blessings.



Health & Wellness

March is
**COLORECTAL
CANCER
AWARENESS
MONTH**

Get a colonoscopy.
It saved my life 21 years ago!
It could save your life as well.

21-Year Colon Cancer
Survivor

victoryandempowermentinc.org

By Minister Frenchettia C. Payne

What is Colorectal Cancer?

Colorectal Cancer happens when cancer cells form in the tissues of the colon or the rectum which are two parts of the body's digestive system. Colorectal Cancer includes both Colon and Rectal Cancer because they share many features. Colorectal Cancer usually starts as a growth on the inside of the colon or the rectum. These growths are known as polyps. Over time, some of these polyps can turn into cancer.

Colorectal Cancer is the third leading cause of cancer related deaths in the United States and the **third** most common cancer. Screening for most people should begin at age **45**. African Americans are **45%** more likely than other groups to die from Colon Cancer. African Americans are diagnosed younger than other ethnic groups. When properly screened, Colon Cancer is **90%** preventable.

Let's Eat – Recipe

Easy Chicken Tetrazzini



Prep time: 15 mins. Cook time: 45 mins. Total time: 1 hr. Servings: 8

Ingredients

10 ounce can cream of chicken soup
10 ounce can cream of mushroom soup
2 cups sour cream
1/2 cup butter, melted
1/2 cup low-sodium chicken broth
1 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon garlic powder
1/2 cup frozen peas
1 pound seasoned cooked chicken, chopped or shredded
1 pound thin spaghetti, cooked al dente
1 1/2 cups shredded mozzarella cheese
1/2 cup shredded cheddar cheese
2 tablespoons grated Parmesan cheese
Fresh chopped parsley, for garnish

Chicken Tetrazzini is one of those dishes that when you make it for the very first time, you'll think to yourself "what a strange combination of gloppy ingredients." But then it cooks up all cheesy and bubbly, you take a bite, and you are all in. For life.

Directions

1. Preheat oven to 350 degrees F. Coat a 9×13 baking dish with nonstick cooking spray, set aside.
2. In large bowl whisk together both soups, sour cream, butter, chicken broth, salt, pepper, and garlic powder until combined.
3. Stir in the peas, chicken, and spaghetti; toss to combine until fully coated.
4. Pour mixture into the prepared baking dish and sprinkle with the cheeses.
5. Cover with foil and bake for 30 minutes, then remove foil and continue baking for another 15 minutes until cheese is melted and casserole is hot throughout.
6. Remove from oven and sprinkle with parsley. Let stand 5-10 minutes.
7. Serve and enjoy!

Nutrition

Per serving: Calories: 660kcal | Carbohydrates: 52g | Protein: 35g | Fat: 34g | Saturated Fat: 20g | Trans Fat: 1g | Cholesterol: 137mg | Sodium: 852mg | Potassium: 642mg | Fiber: 3g | Sugar: 4g | Vitamin A: 1936IU | Vitamin C: 1mg | Calcium: 270mg | Iron: 2mg

Recipe by: **Bellyfull.net**

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The new **Theatre Arts Ministry** of Greater is looking for you.
We are currently looking for a director preferably with experience in
producing and/or directing productions. We are looking for **actors,**
costume/wardrobe specialists, carpenters, and stage crew.

Please contact **Brother Michael Smith,**
Minister of Music & Fine Arts at gsjcworship@gmail.com
for any further information or questions.

FRESH ANOINTING DANCE MINISTRY



Fresh Anointing is inviting anyone who is interested in joining the ministry.

It is a great way to start your morning with praise and worship to God through dance. We hope to see you on Saturday! If you are interested, contact Sis. Cree Williams at 301-706-1889.

Greater Saint John Cathedral

Bishop Kevin V. Gresham Sr., Senior Pastor

MEDIA MINISTRY

The **Media ministry** of Greater Saint John Church is looking for disciples to serve, which consists of both the **Audio and Video** portions of worship. If you're tech savvy or want to learn to become tech savvy and serve in a great environment, let us know.

Please contact **Sister Renee Carr** at rpeacecarr@gmail.com for more information.

SHARE MINISTRY



The **Share Team** is in need of many “**Angels**” to help our church disciples and community during this pandemic. The Share basic packages are \$22 each month. Also, we gladly accept can or dry goods for the baskets as a welcome addition to the nutritious food that will go on the table for many families in our community! All orders are on a first come first served basis until we run out. You may purchase as many packages as you want! Place your order by email at: share@saintjohn.net or text 301-254-2795.

We thank you in advance!



Easter Word Search

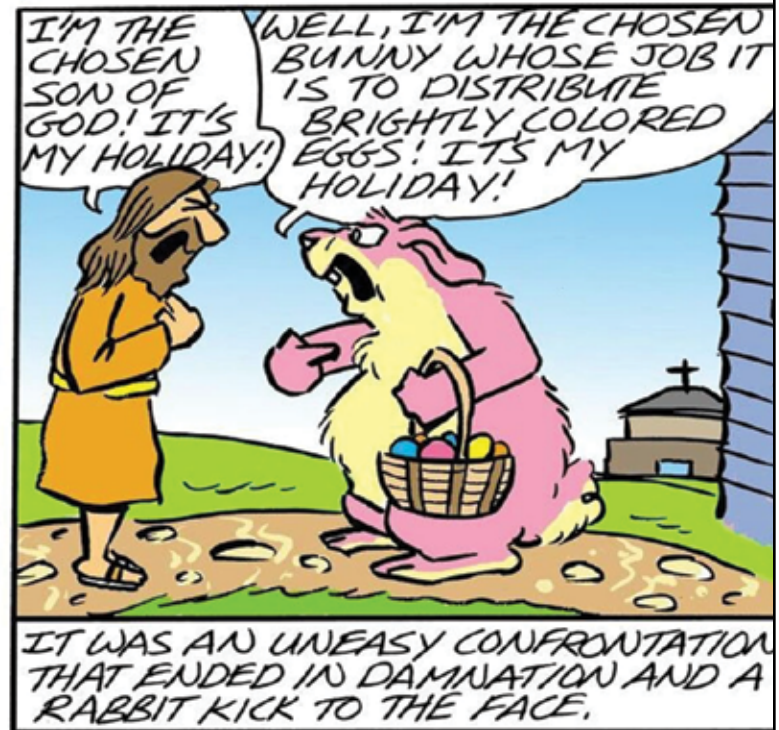
R	E	H	T	A	F	P	Q	E	A	X	A	N	A	Q	U
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G	B	E	B	H	U	B	K	Y	T	F	V	T	K	E	R
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K	U	O	F	X	L	K	I	I	X	J	W	U	B	T	N

WORD LIST				
ALIVE	DISCIPLES	GOD	JOHN	RESURRECTION
ANGELS	EASTER	HOLY GHOST	MARY	SEPULCHRE
CROSS	FATHER	JESUS	PETER	TOMB
DEAD	GARDENER	JOANNA	RABBONI	

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Mark Your Calendars EVENTS



APRIL

15th – Good Friday Service
17th – Resurrection Sunday Service

MAY

8th – Mothers Day

JUNE

5th – Bishop Gresham's 33 rd Pastoral Anniversary
12th – Academic Sunday
19th – Father's Day

THEME FOR 2022



THINK ON THIS:

Successful people are always looking for opportunities to help others. Unsuccessful people are always asking "What's in it for me?" – **Brian Tracy**

Be thankful for what you have; you will end up with having more. If you concentrate on what you don't have, you will never ever have enough – **Oprah Winfrey**

When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us. – **Helen Keller**

Talent is God-given. Be humble. Fame is man-given. Be grateful. Conceit is self-given. Be careful. – **John Wooden**

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MISSION STATEMENT

Our mission is to proclaim the Good News of the gospel and teach godly principles for a Greater Life.

VISION STATEMENT

Our vision is to have an abundantly blessed ministry that is both Supernatural and Spirit Filled.