

# THE MOUNT

PITTSBURGH'S CHRISTIAN LIFESTYLE MAGAZINE

WHAT  
TYPE OF  
BUILDER  
ARE YOU?

THE  
KINGDOM  
OF GOD IS  
WITHIN

147  
DYING  
FOR  
CHRIST

## KINGDOM BUILDING

WE ARE  
KINGDOM  
PEOPLE

A PLACE  
OF HOPE

THE  
KINGDOM  
MINDED  
VESSEL



# MAY

# 2015

## Health Focus STRESS MANAGEMENT



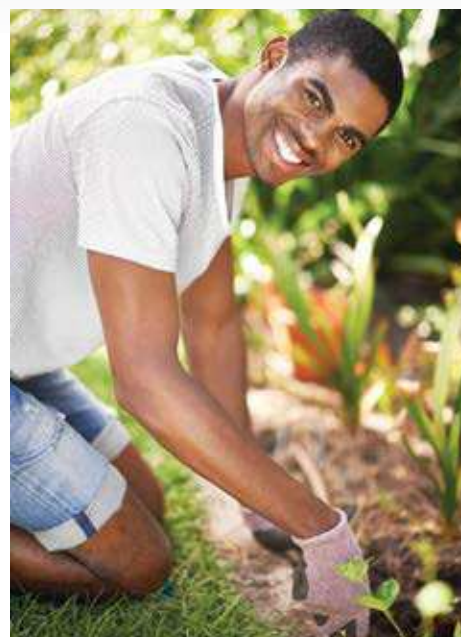
### HEALTHY COMMUNITIES 365

Erie 365 is a community initiative to encourage our neighbors to participate in available health services and programs throughout the year so that they can live their best life possible. Healthy communities do more than just exercise and eat right, they focus on all five areas of health.



## Stress Management

It's important to learn how to recognize how stress affects you, learn how to deal with it, and develop healthy habits to ease your stress. What is stressful to one person may not be to another. Stress can come from happy events (a new marriage, job promotion, new home) as well as unhappy events (illness, overwork, family problems).



### What is stress?

Stress is your body's response to change. The body reacts to it by releasing adrenaline (a hormone) that causes your breathing and heart rate to speed up, and your blood pressure to rise. These reactions help you deal with the situation. The problems come when stress is constant (chronic) and your body remains in high gear, off and on, for days or weeks at a time. Chronic stress may cause an increase in heart rate and blood pressure. Not all stress is bad. Speaking to a group or watching a close football game can be stressful, but they can be fun, too. The key is to manage stress properly. Unhealthy responses to stress may lead to health problems in some people.

### DID YOU KNOW?

May is American Stroke Month. Learn more at [www.strokeassociation.org/strokemonth](http://www.strokeassociation.org/strokemonth)

## Take A Healthy Step 1-2-3

Taking steps to manage stress will help you feel more in control of your life. Here are some good ways to cope:

- 1. Take 15 to 20 minutes a day to sit quietly,** relax, breathe deeply and think of a peaceful situation.
- 2. Engage in physical activity regularly.** Do what you enjoy — walk, swim, ride a bike or do yoga. Letting go of the tension in your body will help you feel a lot better.
- 3. Try positive self-talk** — turning negative thoughts into positive ones. For example, rather than thinking "I can't do this," say "I'll do the best I can."

*Article reprinted with the permission of American Heart Association and American Stroke Association*

For more information visit [healthycommunities365.org](http://healthycommunities365.org) or call (412) 578-9189.

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PITTSBURGH'S CHRISTIAN LIFESTYLE MAGAZINE

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# WHAT TYPE OF BUILDER ARE YOU?

By Orlana Darkins Drewery

Programmed to look after ourselves and the things that are important to us solely (including our needs, wants, dreams and comforts), we are innately selfish. From conception to death, we find ourselves occupied with how to achieve power and possessions. We are taught early that success is contingent on how much we own and how large our territory.

We are socialized to be empire builders. But what is an empire? If you're like most, you've not given that much

thought.. At least, some of you haven't until a recent nudge given you by a recent hit show by the same name "Empire". If you haven't watched this show it centers on a hip hop music and entertainment company called, Empire Entertainment, and the drama among the members of the founders' family as they fight for control of the company.

While the age of empires has passed with the process of decolonization in the twentieth century, the notion of empire and its associated terms continue to be a well-used currency in International Relations. Empire denotes a composite of territories and peoples of vast extent, usually created by conquest, stretching far beyond the 'homelands' of the rulers. Said rulers - who may be a single person, a societal elite or a nation-state - are in possession of absolute sovereignty and directly administer and often economically exploit different communities from an imperial center. The existence of imperial and subordinate societies implies that there is a core to the empire as well as a periphery.

While territorially bound, it is not so much the territory formally covered by its (annexed) regions that defines an empire, but rather the places over which it is able to exercise control. Empire thus denotes sovereignty relations on a somewhat diffuse scale. Like other states, an empire maintains its political structure at least partly by coercion. Hence, there's always a power struggle. I'm sure we even see similar struggles for power at our work places, the classrooms, our homes, even in our churches. However, as believers

we have to remember that Jesus came to this world to usher in the Kingdom of God, and those of us who are committed to follow in his footsteps are meant to be kingdom builders not empire builders. We must surrender our power to His.

So what does it mean to be a builder of His kingdom? The Word defines it clearly. In Luke 17:20-21, Jesus was asked by the Pharisees when the kingdom of God was coming, and he answered, "The kingdom of God is not coming with things that can be observed; nor will they say, 'Look, here it is!' or 'There it is!' For, in fact, the kingdom of God is within you."

The kingdom of God lives in our hearts. It's a peace that endures in the believer's hearts. Romans 14:17 says, "For the kingdom of God is not food and drink, but righteousness and peace and joy in the Holy Spirit." In other words, the kingdom of God is not something we can see or touch, it's not a list of religious rules or a fashion style, it's about what God is doing in our hearts. It's about sharing what God is doing in our individual lives and sharing our testimony with others. More, it's introducing them to Christ and impressing to others the benefits in having a real relationship with Jesus Christ is the building of God's Kingdom. The Word says that we express our love of God through obedience - much in a way a man and woman express their love for one another through fidelity. Jesus came to transform lives (build His kingdom) and when we build the kingdom of God people's lives are changed! Kingdom builders look beyond themselves and are focused on reaching out to others and bringing them to Christ. Empire builders are focused on their own personal interests, increasing their influence, power and control. Which one are you? Which one would you like to be?

Is there a definitive distinction between empire and kingdom? Some would argue that the definitions are vague and can be used interchangeably. However, the difference between kingdom and empire comes down to a question of legitimacy, which does not actually affect practical foreign diplomacy. A kingdom is a state controlled by one Monarchy. As a citizen of a kingdom, you have legitimate rights and privileges. In this issue, we will examine the importance of being Kingdom builders and the benefits of sacrificing our agenda to further God's agenda in this world.

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NINTH ANNUAL

BIKER 7

MOUNT ARARAT

SUNDAY

Mount Ararat Baptist Church presents Biker Sunday 2015

June 7, 11:45 a.m. Service  
Mount Ararat Baptist Church  
271 Paulson Avenue, Pgh, Pa 15206

Community Ride and Fellowship After Service.



DOWNLOAD OUR MOBILE APP  
NOW AVAILABLE IN THE APP STORE.

*Happy Mother's Day  
In loving memory of  
Frances Williams*

With our abiding love, you have been the greatest Mother, Nana, Sister and Friend. We love and miss you. Earth hath no sorrow that heaven cannot heal.

RWG NANA, FROM STACEY AND MATT

*Hello, My Dear . . .*

Happy 30th Mother's Day!  
I am honored to have you as my mother.  
Thank you for all the sacrifices you have made for me over the years and for keeping me grounded in the Word.  
I love you and I pray that God will continue to bless you.

LOVE, JUSTIN BATSON

*To Our  
Dearest Mother,  
"Shirlene"*

Mom, we thank you this Mother's Day for All of you wonderful love and support. You have been the steady foundation that this family is built upon. Long-lasting memories and traditions, put into place by your unselfish heart and tireless resolve will never go forgotten. The seeds you planted will in no way perish.

We can only be grateful to the gracious Lord above for his Blessings, in handpicking a remarkable woman as you to be our mother!

WITH LOVE:  
LOUIS JR, TROY,  
MICHELLE, MIA, MICHAEL

*Diane  
McCray*

Diane McCray is an amazing Mother of five: Dora, Dayna, Omar, Myles and Lufituaeb (Beautiful). A single mother who sometimes worked three jobs to support her family. Lady Di, as she is known to her friends, was born and raised in Pittsburgh and has remained true to her roots. Whether it's her F150 Harley Davidson truck or her classic Riedell roller skates, you can always find her on wheels! She gave her life to Christ in 1985, and has dedicated her life to serving Him faithfully.

WITH LOVE,  
YOUR CHILDREN

*Dear  
Mother,*

You have raised three generations with love, wisdom, discipline and patience. Many family members affectionately called you "Mother." This will be the first Mother's day that you aren't with us and we miss you dearly. We know that you are resting with our Lord and one day, we will see you again.

We Love You!

*"Her children arise and  
call her blessed."*

PROVERBS 31:28

TIWANDA TAYLOR  
AND FAMILY

*Cheryl Dukes*

You brought me into this world, raised me to know and love the Lord, and showed me how to be a woman. I hope you know this Mother's Day and every day how blessed I am to be your daughter and how much I love you!

Happy Mother's Day!

LOVE, MELISSA

*Lucille H. Darkins*

Thank you for teaching us to put God first in everything that we do, and to always make ourselves available to Him. "Praise Jesus, Praise Jesus, Praise Jesus!"

We love you. We miss you.

REGINA, MARVA, ILLISA, MAREENA & ORLANA

*To our loving Mother and  
Grandmother, Illisa D. Johnson,*

Thank you for your continuous love, support and guidance.

We love you.

ROMONT, JERE, AIONIS & GRANT JOHNSON

*Betty A. Drewery*

With All Our Heart,  
WE LOVE YOU.  
Happy Mother's Day!

12 CHILDREN, 32 GRANDCHILDREN  
AND 3 GREAT GRANDCHILDREN

*We love you,*  
**MOTHER**

# A PLACE OF HOPE

BY MICHELLE D. JACKSON

As God's chosen teacher stands tall in the pulpit preparing to call hurting souls to their salvation, the harmonic singing of the choir spreads the solemn presence of the Lord throughout the sanctuary. The act of praise and worship in the church house brings hurting people, one-by-one, into His grasp. While praise dancers flicker through the aisles like beautiful white doves and worshipers surrender to the Holy Spirit, hearts are swollen with love in response to His unfettered kindness; souls are awakened to His grace and mercy.

*Michelle D. Jackson is author of The Heart of a Man, a Christian novel and Founder of The Charity Supper Club, a program designed to raise money to benefit local charities and families in need.*

Words of forgiveness encapsulate those in need and tug at their heartstrings to accept Christ as their Lord and Savior. Many will come willingly, but the rest will fight to hold on to the pain they carried through the church doors. With patient determination, God gives us the will to lay our burdens down.

On Sunday mornings throughout the world hurting people bring their troubles to the altar. They fill empty pews with pleas for God's mercy with a similar goal in mind - to leave their burdens at His feet and to find rest in His loving arms. To do this, there has to be a surrendering to the Spirit, an acceptance of God's sovereignty and a faith that surpasses all understanding.

The church has always been a place of hope. No matter its size or prominence, with Christ as its cornerstone, it is a holy temple built in love by the Spirit. It symbolizes His unconditional commitment to save us from our sins and

to provide a place of rest for the weary. It is a sanctuary for those who are hurting and hungry for salvation.

The church exemplifies every structure that seeks to give refuge to those in need. It is a hospital for the sick, a shelter for the homeless and a place of prosperity for the poor. It is where those who seek the comfort of family in this lonely world can find fellowship and serenity. It is a warm and secure bed to rest our troubled souls.

For me, the church house is where I go to renew my faith. It is there that I am reminded of my purpose and God's commitment to my salvation. In the church is where I feel less alone in my struggles in life. In spite of its imperfections and earthly flaws, it is a place that I believe is built in love. It is "home" for believers who seek a selfless worship experience; those who hear the word and yearn to see the smiling faces of their neighbor and to touch the hand and heart of

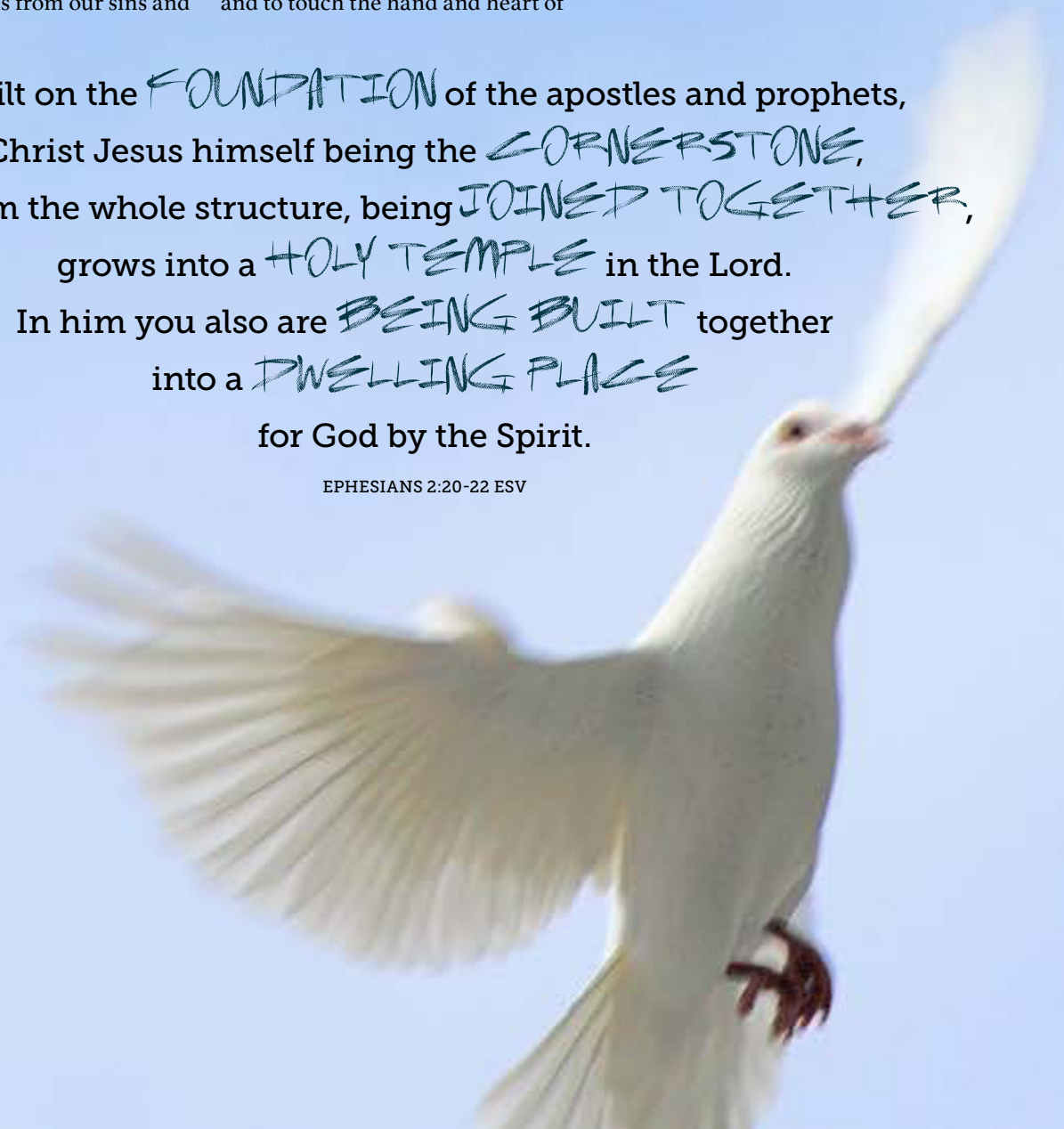
others who choose to worship in unity, knowing that the doors of the church are open and that the word of God is always there to greet me, makes me hopeful that I can make it through any situation.

"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near." -Hebrews 10:24-25 ESV

"Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us." -Romans 5:2-5 ESV

Built on the **FOUNDATION** of the apostles and prophets,  
Christ Jesus himself being the **CORNERSTONE**,  
in whom the whole structure, being **JOINED TOGETHER**,  
grows into a **HOLY TEMPLE** in the Lord.  
In him you also are **BEING BUILT** together  
into a **DWELLING PLACE**  
for God by the Spirit.

EPHESIANS 2:20-22 ESV





“The Kingdom of God isn’t ushered in with visible signs. You won’t be able to say, ‘It has begun here in this place or there in that part of the country.’ For the Kingdom of God is within you.”

# WE ARE KINGDOM PEOPLE

BY REV. SHARON DENNARD

Our western-leaning mindset causes us to resist any notion of a monarchy. Living in a contemporary democratic society we have a hard time wrapping our minds around the idea of a kingdom. Just because a person is born into what some call a “royal family,” should they be ruling over people for life? In a land where we elect representatives and establish term limits, this a ludicrous notion. A progressive world takes only a mild and passing interest in the figureheads occupying the thrones of a few European countries.

We belong to the church, Christ’s body. Is it also necessary to be citizens of God’s Kingdom? Yes! “Do you see what we’ve got? An unshakable kingdom! And do you see how thankful we must be?”

*Continued on the following page.*

Not only thankful, but brimming with worship deeply reverent before God” (Hebrews 12:28 MSG). Jesus and John the Baptist preached, “Repent for the kingdom of heaven is at hand” (Matthew 3:22, 4:17 NKJ). Current and future life choices must be reevaluated with consideration of one’s place in what they have interchangeably called the Kingdom of God or Heaven. Unavoidably, hearts and minds need to radically change. To help us conceptualize these abstract ideals, Jesus taught by way of parables. In the thirteenth chapter of Matthew’s gospel our Lord utilized several of them to illustrate the Kingdom’s widespread nature and great value. He brings up a variety of meaningful issues related to all areas of life. People’s hearts were compared to diverse soil conditions and overgrown weeds were equated with those who professed a false faith. According to Christ we may expect from the Kingdom the kind of growth potential found in a mustard seed and the widespread influence of leaven. He estimated it to be the most important thing in one’s life and infinitely worthy of any sacrifice made to obtain it. The wicked are also admonished regarding their final doom, which He depicts as a fish being sorted and discarded from a dragnet.

For ages, theologians, clergy and everyday Christians have been puzzled by these basic questions: “Where exactly is The Kingdom?” “Is there a time line

detailing when the Kingdom will happen?” Here is how Jesus addressed these questions, “The Kingdom of God isn’t ushered in with visible signs. You won’t be able to say, ‘It has begun here in this place or there in that part of the country.’ For the Kingdom of God is within you” (Luke 17:20-21 TLB). To further clarify, “Christ’s kingdom began in some way with His first coming. It continues to advance as His people live the gospel message throughout the world. However, it will not realize its ultimate completion until He returns” (The Word in Life Study Bible). We can be sure of this, the Kingdom is a reality and Jesus is the King. Consequently we are Kingdom people. We’ve come to respect and appreciate that God is unaccommodating of humanity’s lax morals, permissive programs and selfish lifestyles. The awesome, terrible, holy – yet loving and self-revealing God continues to invite every soul to live in the light and love of His eternal realm.

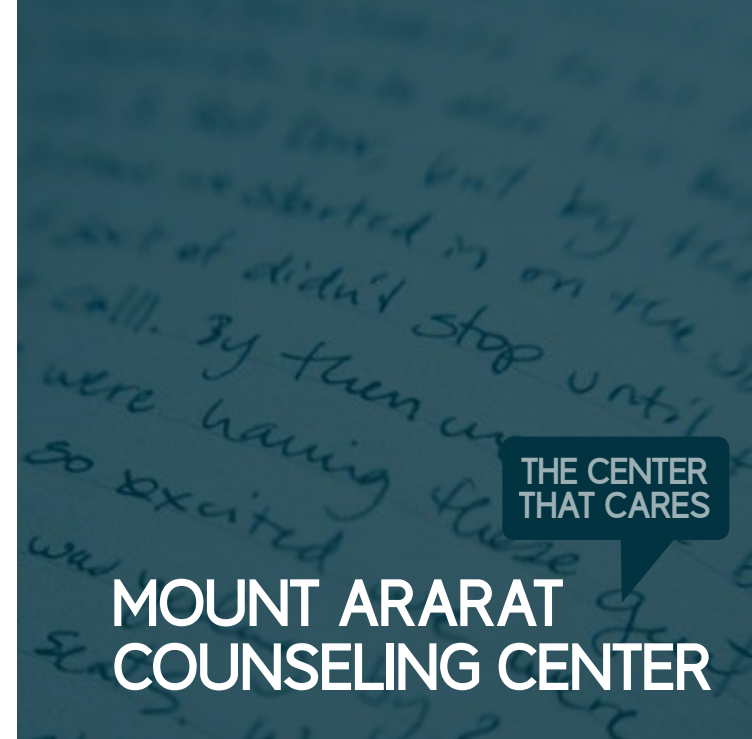
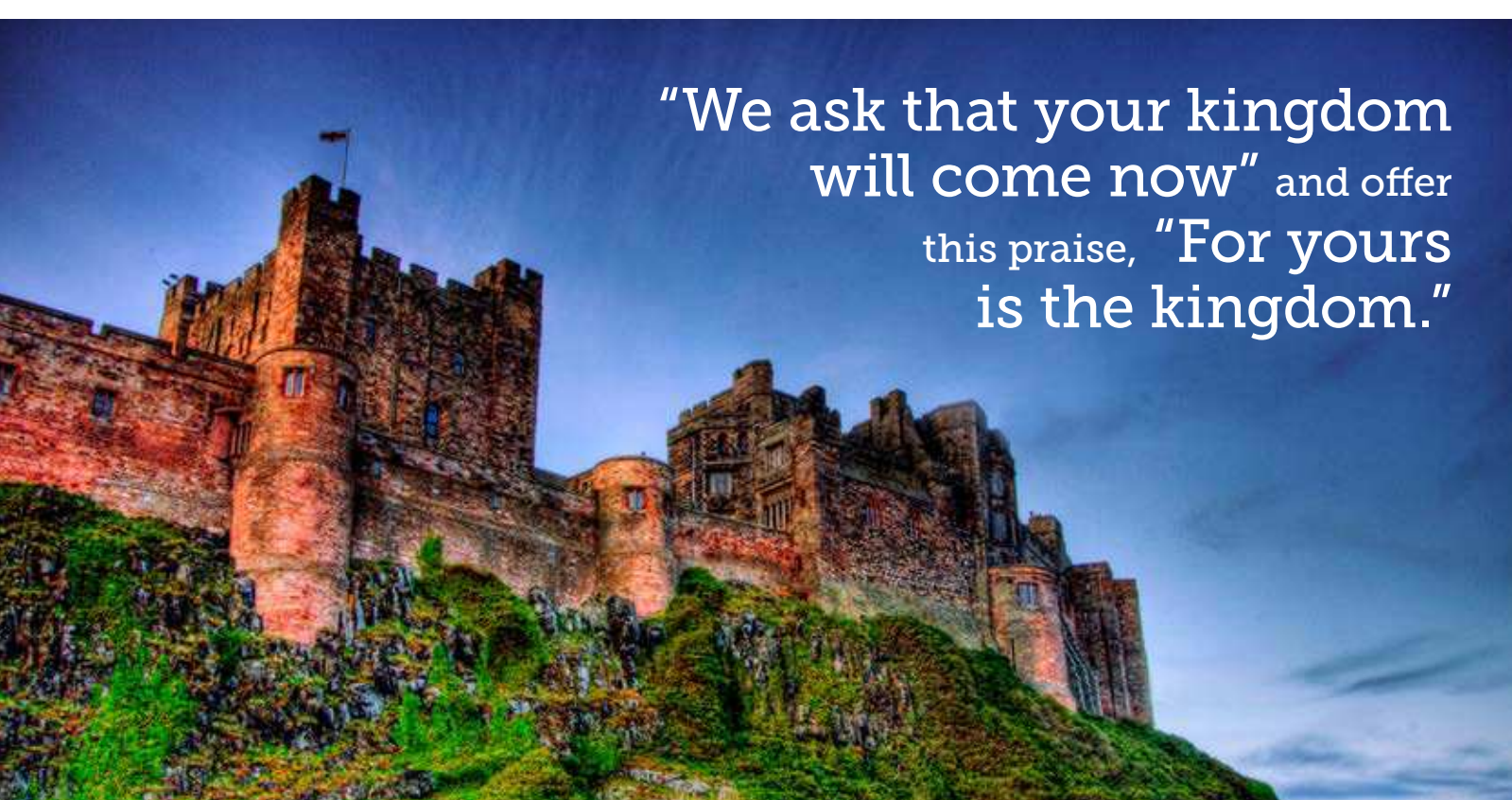
After the pattern of the disciples’ prayer we form this petition, “We ask that your kingdom will come now” and offer this praise, “For yours is the kingdom” (Matthew 6:9-15 NLT). Between the petition and the praise, we abide, serve and witness as we look forward with yearning for all of heaven and earth to respond to the divine and benevolent King. At the same time we rejoice and celebrate the victorious deeds already

done in Christ our risen Lord. Our acknowledgment is that God’s reign is everlasting. Our anticipation is that His glory will be made known throughout all creation. Our realization is that faith has already seen God’s authority invading human history in Christ’ redeeming mission. His character and insight establish the scope of the Kingdom. His Kingdom has “come in us” when in imperfect, yet sincere fashion we give our support to the poor, strength to the weak and sympathy to the suffering. Satan’s strongholds as well as personal empires are being torn down when innovative ventures, broken hearts and closed doors turn us back to our Lord.

There are two classes of people: those who are constantly thinking of their rights and those who are continually thinking of their duties. Kingdom people belong to the latter. We are conscientiously checking our allegiance, expectations, values and priorities against our Sovereign’s requirements.

In 1762, British pastor Charles Wesley published these lyrics, “A charge to keep I have; a God to glorify. To serve the present age: my calling to fulfill; oh may all my powers engage to do my Master’s will.” The Kingdom is an exhilarating place to thrive and an amazing place to minister. The Kingdom will grow and be worldwide.

“We ask that your kingdom will come now” and offer this praise, “For yours is the kingdom.”



#### MENTAL HEALTH RESOURCES:

**MOUNT ARARAT COUNSELING CENTER (MACC)**  
271 Paulson Avenue, Pittsburgh, PA 15206  
412.441.1800 Ext. 270

**THE GOOD GRIEF CENTER**  
2717 Murray Avenue, Pittsburgh, PA 15217  
412.224.4700

**RE:SOLVE CRISIS NETWORK**  
333 North Braddock Ave, Pittsburgh, PA 15208  
1.888.796.8226

**PEER SUPPORT AND ADVOCACY NETWORK (PSAN) WARMLINE**  
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**MERCY BEHAVIORAL HEALTH CRISIS LINE**  
1-877-637-2924

**WESTERN PSYCHIATRIC INSTITUTE AND CLINIC**  
412-624-1000 or Toll free 1(877)-624-4100

**NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS) SOUTHWESTERN PENNSYLVANIA**  
105 Braunlich Drive, Suite 200, McKnight Plaza, Pittsburgh, PA 15237  
Phone: 412-366-3788 or Toll free: 1-888-264-7972

#### OVERVIEW

The Mount Ararat Counseling Center (MACC) is designed to fill the gaps identified in both the Church and in the greater Pittsburgh community by providing affordable and accessible services as well as trained licensed mental health professionals who incorporate culturally sensitive and culturally appropriate counseling services that include spiritual, Christian and faith-based interventions.

#### GOALS & OBJECTIVES

MACC’s approach to addressing client needs integrates spiritual, Christian, ethical and religious values. It is MACC’s belief that the infusion of these elements into the counseling process is essential for the overall development of those that will be served. Another goal of MACC includes providing Christian-based psychological and emotional support, as well as social services to clients, who may or may not be members of Mount Ararat Baptist Church (MABC), but who are in need of professional guidance and advocacy in dealing with issues that may prevent effective and responsible conduct of their daily lives.

#### TARGET POPULATIONS

The target clientele for MACC are individuals, couples, families, and groups across the lifespan (i.e., children, adolescents, adults and older adults). MACC will be targeted to members of MABC, to other church congregations, to members of the East Liberty area of Pittsburgh, and to members of the greater Pittsburgh Community.

#### COMMON CONCERNS ADDRESSED BY MACC

Depression; Anxiety; Stress; Abuse; Crisis Support; Relationship Issues; Grief, Death & Loss; Self-Esteem; Alcohol & Substance Abuse; Identity; Development; Career Planning & Development; Anger; Life Skills; Deficits; Retirement.

#### MACC STAFF

Trained professional or clinicians (i.e. licensed or masters-level) with diverse qualifications and backgrounds, including professional counseling, marriage, couple and family therapy, psychology, pastoral counseling and counseling psychology, conduct the Mount Ararat Counseling Center (MACC) counseling sessions. Some counseling services may be provided by qualified students enrolled in masters-level and doctoral degree programs under the supervision of MACC licensed mental health professionals and faculty members or doctoral interns who are licensed mental health professionals.

#### INSURANCE & FEES

Highmark, UPMC, and Community Care Behavior Health (CCBH) insurance companies cover MACC’s services, and we also offer fee-for-service and sliding scale for those who may not have insurance and/or may have difficulty paying. In extreme cases of financial hardships and lack of insurance, pro-bono assistance may be available. Please contact MACC for further information on the rates for counseling services.



# DYING FOR CHRIST

# 147

## NOT JUST A NUMBER

BY SUSAN FRAZIER DELANEY

**M**

any watched the news in horror as the unimaginable unfolded in Nairobi, Kenya at a Garissa University. On Thursday, April 2, 2015, the Al-Shabaab militant group claimed

responsibility for the attack on this university killing at least 147 people and injuring over 92, predominantly students. Posing as worshipers wearing white robes, the initial attackers entered the university and began conducting religious profiling, separating the Christians from the Muslims. Muslims were identified and allowed to leave; Christians were detained and killed (many shot in the head). All in the name of Allah. The attack was not a random act of violence, but rather a highly sophisticated premeditated plan both politically and religiously motivated against the Kenyan government. The trained Islamic extremists were based in Somalia (a faction allegedly affiliated with Al-Qaeda). How many Christians in the twenty-first century would have actually believed that professing Christ as Lord and

Savior would lead to their untimely demise? "You will be hated by all because of My name, but it is the one who has endured to the end who will be saved." (Matthew 10:22)

The term martyr originates from the Greek term meaning "witness" and refers to someone who chooses to suffer persecution and/or death rather than renounce their religious beliefs. The tragic incident in Kenya is evidence that Christian persecution exists today in our so-called modern high tech world as it did some two thousand years ago. These Kenyan Christians were martyred for their beliefs just as were many Christians from the times during and following Jesus' resurrection. James, son of Zebedee, was recorded in the New Testament as the first of the twelve apostles to be martyred through execution by King Herod. There are numerous accounts and writings of other apostles and other Christians who were persecuted for their faith and mission of preaching a risen Savior to the world. Peter was martyred in Rome under Emperor Nero by crucifixion (having requested the cross to be upside down as not feeling worthy to die in the same manner of Jesus). Apostle Paul was beheaded and Andrew who traveled throughout Turkey, Greece and what is now Russian regions, was crucified. Even 'doubting' Thomas traveled as far as Syria and India before soldiers pierced him with spears. Philip's ministry reached the areas of North Africa where he was eventually arrested and painfully put to death. There are varied reports that Matthew may not have been martyred, while others claim he was killed in Ethiopia. The accounts of Bartholomew's martyred death vary as he traveled through Arabia and Ethiopia. Matthias, who replaced Judas was claimed to have been killed

A SURVIVOR OF AN ATTACK BY ISLAMIST GUNMEN CLAIMED BY AL-SHABAB ON A UNIVERSITY CAMPUS IN GARISSA, KENYA, IS COMFORTED BY A COLLEAGUE AFTER ARRIVING IN NAIROBI ON SATURDAY. PHOTOGRAPH BY: TONY KARUMBA, AFP, GETTY IMAGES, LONDON DAILY TELEGRAPH  
SURVIVOR OF AN ATTACK BY ISLAMIST GUNMEN CLAIMED BY AL-SHABAB ON A UNIVERSITY CAMPUS IN GARISSA, KENYA, IS COMFORTED BY A COLLEAGUE AFTER ARRIVING IN NAIROBI ON SATURDAY. PHOTOGRAPH BY: TONY KARUMBA, AFP, GETTY IMAGES, LONDON DAILY TELEGRAPH

*Continued on the following page.*



**THEREFORE MY BELOVED BRETHREN BE STEADFAST UNMOVABLE ALWAYS ABOUNDING IN THE WORKS OF THE LORD FOR YOU KNOW THAT YOUR LABOR IS NOT IN VAIN IN THE LORD**  
**1 CORINTHIANS 15:58**

by burning. It is said that while Simon was preaching in Persia because he refused to worship the sun god, he was killed. "For to me, to live is Christ and to die is gain." (Philippians 1:21)

As a Christian, you can only say that to die is gain, if you are truly living your life for Christ. Therefore, you view

death differently than those who see it as the final act of the world's stage. Perhaps, you may have understood that professing your faith as a Christian was risky business hundreds of years ago, but how many of you would have believed that someone would actually put a gun to your head for claiming

FAMILY MEMBERS SIT ON A BENCH AS THEY WAIT TO VIEW THE BODIES OF THEIR LOVED ONES WHO HAD BEEN KILLED IN AN ATTACK ON GARISSA UNIVERSITY COLLEGE AT A MORTUARY IN NAIROBI, KENYA, APRIL 8, 2015. (PHOTO CREDIT: DAI KUROKAWA/EPA)

Christ as your Lord and Savior? During these end times in which we live, would you be able to give the ultimate sacrifice or would you deny Christ to save your own life? It is easy to praise and worship the Lord in the comforts of our churches, but what if we are removed from our comfort zones and confronted with life

or death situations for our beliefs? These and similar questions should cause Christians to carefully re-examine their commitment to Jesus. We need to know that if we truly believe and stand for something. We must be willing to die for that cause. Unless you live for something; you die for nothing.

**IT IS THE ONE WHO HAS ENDURED TO THE END WHO WILL BE SAVED**  
**MATTHEW 10:22**



  
**MOUNT ARARAT**  
 BAPTIST CHURCH

**OUR SERVICES**  
 YOU ARE WELCOME TO THE MINISTRY THAT CARES

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**SUNDAY MORNING WORSHIP SERVICES:**  
 7:30 a.m., 9:30 a.m., 11:45 a.m.\*

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**YOUTH OF THE MOUNT (YOTM):**  
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## A NEW GENERATION OF GOLFERS TRAINED BY TIGER WOODS

AUGUSTA, Ga. (AP) — Tiger Woods was that larger-than-life figure in a red shirt who was always winning. At least it seemed that way to a growing television audience that included a bunch of kids from all over the world.

Rory McIlroy was one of them. So was Jordan Spieth.

Jason Day was watching in Australia. Hideki Matsuyama was mesmerized in Japan.

If they didn't want to grow up to be like Tiger, they wanted to beat him. If nothing else, they were inspired by him. And now they're here.

This next generation of players is getting plenty of attention for all the right reasons. They're winning. They are why the talent level seems deeper than ever. They're why it's getting harder to win — even for Woods, who effectively

trained them.

Nike released a commercial this week called, "Ripple." It features a young McIlroy in Northern Ireland practicing in the dark and in the rain, with images of Woods winning championships as McIlroy grows up. Both are Nike clients, but there could have been other commercials just like it with other players.

Woods has had a massive effect on television ratings, on prize money, on bringing more attention to the sport.

And now we're seeing his effect on competition.

McIlroy is No. 1 in the world. He is a green jacket away from becoming the sixth player with the career Grand Slam, and the second-youngest at age 25 behind Woods. Spieth is No. 4 in the world. He won his first PGA Tour event at 19. He played in the last group at the Masters

at 20. He has four victories worldwide at age 21.

There are seven players under the age of 27 who are among the top 20 players in the world. Day is the oldest at 27.

"He was always my hero growing up and watching him," Day said. "Back then we had antennas and a little turn-knob TV. We only had four or five channels back home. The only time I could get to watch him was when he played major championships. And the majority of time he was playing in those tournaments when he was in his peak and he was dominating.

"I wanted to be like that, yes," Day said. "I wanted to go out there and play like he did."

Matsuyama became the first rookie to win the Japan Golf Tour money list. He just turned 23 and has seven worldwide wins, one as an amateur in Japan, another at the Memorial that earned him an audience with Jack Nicklaus.

TIGER WOODS TEES OFF ON THE NINTH HOLE DURING A PRACTICE ROUND FOR THE MASTERS GOLF TOURNAMENT TUESDAY, APRIL 7, 2015, IN AUGUSTA, GA. (AP PHOTO/MATT SLOCUM)

"Tiger was my hero growing up and still remains the man to me," Matsuyama said. "When I would watch him on TV in Japan, I can remember thinking that he was so good and so cool and his swing was so pure. I vividly remember Tiger winning the U.S. Opens at Pebble Beach and Torrey Pines. I remember trying to swing like him, but his swing was so good that I had no chance."

"Tiger was my hero growing up and still remains the man to me," Matsuyama said. "When I would watch him on TV in Japan, I can remember thinking that he was so good and so cool and his swing was so pure. I vividly remember Tiger winning the U.S. Opens at Pebble Beach and Torrey Pines. I remember trying to swing like him, but his swing was so good that I had no chance."

Matsuyama is doing OK. He is No. 17 in the world.

Woods took fitness to another level, and over time he looked more like a strong safety in the NFL than a golfer. McIlroy has become addicted to the gym with a tailored workout routine that has changed his body. He recently was on the cover of a men's health magazine.

Just about everyone has made fitness a central part of their regimen.

An exception might be Patrick Reed. He's the 25-year-old with a killer instinct, who can rub people the wrong way and cares only about winning. Reed wears black pants and a red shirt on Sunday, because that's what Woods always wears. And that's not all he noticed. Reed saw a mental toughness he wanted to copy.

"Be stubborn. Focus on what you're doing and not anyone around you," Reed said. "You could see it just by looking at him in the eyes. If looks could kill you, he would literally kill you. It's not because he's not a good guy, he was just so focused and determined to play well. And he obviously gets it. And that's what I'm trying to do."

Every generation brings a new set of stars. Mark O'Meara, Scott Hoch, John

Cook and Hal Sutton in the early 1980s. Ernie Els, Phil Mickelson and Justin Leonard a decade later. Adam Scott, Sergio Garcia and Justin Rose, all born in 1980.

"There seems like a bit more this time. This one is a serious change," Els said. "They're learning how to win. They feel like, 'This is my time and I want to kick (butt).'"

Woods was standing on a tee at Sherwood Country Club a few years ago when he turned to watch Dustin Johnson smash a drive down a par 5. Woods said he couldn't keep up with that kind of length, and then he added, "There are a lot more guys like him."

They are not just longer off the tee. They are more polished in their instruction, more devoted to their fitness. Not since 1994 has it taken this long into a PGA Tour season for someone to be a multiple winner. Maybe that's not an accident.

"Competing is still the same," Woods said. "I'm trying to beat everybody out there. That hasn't changed. I prepare to win and expect to go and do that. The only difference is that I won the Masters when Jordan was still in diapers. That's the difference is that guys are now younger, a whole other generation of kids coming out."

He doesn't know them all. But they know him.

## BLACK WOMEN, PLEASE STOP DEFENDING YOUR HAIR

BY KOVIE BIAKOLO

From a young age, I, like many Black girls, have had to defend my hair. As a child, I didn't like my hair. I don't remember when this started, but I do recall countless hours spent screaming as my thick, full, curly west African hair was being done in cornrows of different styles, using hair weaving thread and every once in a while, my mother would let me get it braided with extensions. If there's one thing my mother would not let me do, however, it was perm or "relax" my hair because of the chemicals used.

So for most of my childhood, I endured countless questions about my hair and why it was so tough; why I didn't relax it. Of course there were not only questions, there were taunts whenever my hair was in its natural state. I was made to feel ashamed of my hair and I was. My mother eventually let me perm my hair when I was getting confirmed at 14-years-old. But she only let me do so once a year until I left home for college.

Hair is political — we know this. And how do we know this? We know because everything from beauty to professionalism is invested in a particular understanding of the type of hair that is associated with these constructs; the type of hair that is "acceptable" for certain bodies. The elephant in the room is that all these constructs are embedded in racial and racist imaginations of things. Like skin, the closer your hair is to European standards, the more likely it is to be considered normal, beautiful, professional, etc.

It cannot be stressed enough that Black women's hair is diverse — based on everything from their genealogy, to the climate they were born in, to how they take care of it over time. So

*Continued on the following page.*

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let's not get it twisted and think that every Black woman you see with hair that is more straight, or associated with European features, has gone the extra mile to have it that way. But there is an irony that when Black women do manipulate their hair either to conform to more European standards, they are accused of self-hate.

Alternatively, when Black women either wear natural hair or braid their hair with extensions or do a whole host of things with their hair, there is often commentary about how the style is counter-cultural or may not fit well in mainstream spaces, or is perceived as unkempt or something negative. It is endless. Black women, sometimes, just can't win. You have to defend your hair — whether it's permed, straight, curly, in a weave, braided, shaved, or natural, and doing its own thing.

I'm pretty tired of defending my hair; I'm tired of defending our hair. Now yes, I do perceive the hair on my head as political to the extent that I keep it in West-African styled braids to represent the culture and community I identify with. And I haven't for many reasons, including that cultural representation, permed it or worn a weave in almost four years. It is a political act on my part. It is also an individual act that does not make me better than any other Black woman, or any woman. But it also doesn't make me worse.

What we say to society when we wear our hair in particular ways, deliberately or unintentionally, should inform our individual choice to wear our hair the way we wish, not negate those choices. Recognizing of course, the importance of those beautiful India.Arie words that, "I am not my hair" in all the politics of our hair. But above all, Black women, whatever hair you wear on your head, let us recognize that we do not owe the world explanations for it. We do not need to justify it to anyone. Our hair does not need vindication from society.

Stop defending your hair Black women. And every time you are put in a position to do so, remind yourself that your hair, like your skin, like your body, like your culture(s) is not on trial. The only thing that continues to be on trial is a system that makes you feel like any unique part of you should be apologized for.

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## EDDIE MURPHY TO RECEIVE TOP US HUMOR PRIZE AT KENNEDY CENTER

BY BRETT ZONGKER, ASSOCIATED PRESS WRITER

WASHINGTON (AP) — Eddie Murphy, famous for his standup routines, films and his early breakout on "Saturday Night Live," will be awarded the nation's top prize for humor this year by the John F. Kennedy Center for the Performing Arts, officials said Thursday.

Murphy, 54, will receive the Mark Twain Prize for American Humor on Oct. 18 in a show that will be broadcast nationally. The humor prize honors those who influence society in the tradition of Samuel Clemens, the writer, satirist and social commentator better known as Mark Twain.

Through his work, Murphy "has shown that like Mark Twain, he was years ahead of his time," said Kennedy Center President Deborah Rutter. Tracy Morgan, Adam Sandler, Chris Rock and Samuel L. Jackson have all hailed Murphy for his influence and

for breaking new ground in films. Morgan has called Murphy his "comic hero" and said Murphy set the tone for the entire industry long ago.

In a written statement, Murphy said he was deeply honored by the recognition and to join the list of past recipients of the Twain Prize. Past honorees include Jay Leno, Carol Burnett, Tina Fey and Whoopi Goldberg. Murphy has had a "consistently brilliant comedic career" in many different aspects of comedy, said Cappy McGarr, one of the humor prize show's executive producers.

"He is truly a transformative comedian and humorist," McGarr said. "Like Mark Twain, he talks about provocative issues and he is really, really funny while doing it."

Murphy's films have been among the highest-grossing comedies, including "48 Hours," "Trading Places," "Dr. Dolittle" and "Coming to America."

Murphy got his break in comedy in 1980 when he joined the cast of "Saturday Night Live." He went on to become one of the film industry's top box office performers as an actor. The Kennedy Center said Murphy is the most commercially successful

African-American actor in film history.

The entertainer has insisted he is retired now and only makes rare appearances.

In February, Murphy made his first return to "SNL" since 1984 for the show's 40th anniversary reunion special. But his role was limited. Former "SNL" cast member Norm Macdonald later revealed a plan was scuttled for Murphy to impersonate Bill Cosby behind a bar on the show.

The idea came amid Cosby's ongoing accusations that he drugged dozens of women and sexually assaulted them. In the end, Murphy wouldn't make fun of Cosby, who won the Mark Twain Prize in 2009.

"Eddie decides the laughs are not worth it," Macdonald said in February. "He will not kick a man when he is down."

FOLLOW BRETT ZONGKER AT [TWITTER.COM/DCARTBEAT](https://twitter.com/DCARTBEAT).



## BRANDY & FANTASIA TO APPEAR IN COURT FOR FORMER PUBLICIST DISCRIMINATION CASE

BY SONYA ESKRIDGE

Brandy and Fantasia are being called before the court to answer questions about why they really cut ties with their former publicist Courtney Barnes.

They'll come face-to-face with their former rep as witnesses in his discrimination case against Sony Music, TheJasmineBrand.com reports. He's accusing the company of firing him from the label because he's Black.

Barnes' lawsuit alleges that Fantasia's manager told him that Sony Vice President Sarah Dennison hated him so much that she was willing to sabotage Fantasia's career to get rid of him. The music publicist also claims that Fannie's manager said Dennison accused him of using "shady business practices."

The publicist believes that Dennison's supposed accusations were nothing more than covert corporate racism. He insists that the statements were an attack on his professionalism and injurious to his reputation.

He's specifically accused Dennison of slandering his name in the music industry, causing him great emotional stress. Barnes is seeking \$250,000 in damages, but Sony Music has responded by stating that the case should be thrown out.

Now, both Brandy and Fantasia are being asked to give a deposition about Barnes' allegations against Sony.

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## WHAT HAPPENS TO HOLLYWOOD'S PUSH FOR DIVERSITY AFTER OSCARS?

BY SANDY COHEN, AP ENTERTAINMENT WRITER

LOS ANGELES (AP) — The "Fast & Furious" series is often cited as an example of how diversity can work in Hollywood. With its multicultural casts and international settings, the franchise has generated more than \$2.4 billion in global earnings. The latest installment, "Furious 7," set box-office records last weekend with its \$147-million domestic opening.

"Usually, big studio tent-pole films are all very whitewashed," says "Furious 7" director James Wan. "People need to learn from this because this is the way of the future."

Wan says the "Furious" films play well globally "because they have people from that part of the world in the movies and they're not treated like second-class citizens."

The dearth of diversity in Hollywood was heavy on the entertainment industry's mind during awards season, when the #OscarSoWhite hashtag went viral and host Neil Patrick Harris joked about honoring the "best and whitest — sorry — brightest" at the Academy Awards.

Yet despite the success of films like "Furious 7" and increased awareness of the industry's white, male status quo, change won't be seen onscreen anytime soon.

A survey by The Associated Press shows that of about 170 films scheduled for release through the end of the year, 32 feature actors of color in prominent roles.

True, this year's movies were made before the Oscar outcry. But whether onscreen diversity improves over time as production catches up to new awareness remains to be seen. One thing's for certain, though: Much work lies ahead.

Studies by researchers at UCLA and USC show vast underrepresentation of women and minorities in every aspect of filmmaking. "Recognizing a problem and changing it are two very different beasts," said Cathy Schulman, the Oscar-winning producer of "Crash" and president of Women in Film.

In insular, high-risk, high-profit Hollywood, change has to be insistent and intentional, said Darnell Hunt, director of the Ralph J. Bunche Center for African American Studies at UCLA.

Continued on the following page.



IN THIS WED., APRIL 1, 2015 FILE PHOTO, JAMES WAN, CENTER, TYRESE GIBSON, LEFT, AND LUDACRIS ARRIVE AT THE PREMIERE OF "FURIOUS 7" AT THE TCL CHINESE THEATRE IMAX, IN LOS ANGELES. FEATURING MULTICULTURAL CASTS AND INTERNATIONAL SETTINGS, THE FRANCHISE HAS CONTINUED FOR 14 YEARS AND GENERATED \$2.4 BILLION IN GLOBAL EARNINGS. WAN, DIRECTOR OF THE LATEST INSTALLMENT, "FURIOUS 7," SAID KEEPING CASTS DIVERSE IS "ALMOST LIKE A NO-BRAINER." (PHOTO BY MATT SAYLES/INVISION/AP, FILE)

"Let's put it this way: Money talks," Wan said. "Hollywood is all about money. If having diversity equals box-office receipts around the world, they'll listen to it. That's the bottom line."

"It's not going to correct itself naturally," said the sociology professor, co-author of UCLA's annual report on minority representation in the industry. "I suspect we'll have more and more dysfunction and lack of alignment of people in the industry holding onto an approach they've had for generations and ignoring where America is."

His team's ongoing study of the entertainment industry aims to quantify the relationship between diversity and profitability. Their second annual Hollywood diversity report, released in February, shows that while women and minorities are underrepresented across entertainment relative to the U.S. population, movies and TV shows with diverse casts tend to perform well in ratings and at the box office.

"There's a myth of people of color not being viable internationally when the rest of the world is diverse," Hunt said.

Film and TV studio heads — found by the

UCLA study to be overwhelmingly white and male — usually hire people they've worked with before, which reproduces the dismal ethnic and gender ratios. A recent study by USC and the advocacy group Women in Film shows women have represented fewer than 5 percent of directors of top films during the past two decades.

People of color have made incremental progress recently in some areas of the entertainment business, the UCLA study found. Lead roles for non-white actors in film and TV increased by about 1½ percent in 2013 over the previous year. But even with the success of minority-led TV series such as "The Mindy Project," "Scandal" and "How to Get Away With Murder," non-white show-runners account for less than 6 percent of all broadcast scripted fare, the study found.

An AP analysis of Fall 2014 prime-time network programming found that three of the four networks were whiter than the U.S. population and

that three of the four also had a higher percentage of blacks in leading or supporting roles — but that other minorities lagged far behind.

Industry leaders are receptive to discussions about increasing diversity, Hunt and Schulman each said. They've separately met with studio heads to talk about the disparity and how to fix it. "Hollywood is not this monolithic beast," Hunt said. "There are people in Hollywood who are very committed to diversity, who recognize its good business sense or have a social responsibility to

make sure the public has their stories accurately reflected in the media."

But change is slow and profit is king.

"Let's put it this way: Money talks," Wan said. "Hollywood is all about money. If having diversity equals box-office receipts around the world, they'll listen to it. That's the bottom line."

AP FILM WRITER LINDSEY BAHR CONTRIBUTED TO THIS REPORT.

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## THE KINGDOM OF GOD IS

# WITHIN

BY MINERVA WHITE

## “The kingdom of God is within.”

(Luke 17:21)

Jesus spoke those words two thousand years ago. It's not what they wanted to hear then and probably not what most people want to hear now. Back then, the Jews were looking for a physical kingdom, and many of us today are seeking a kingdom built by the hands of man as well. We hope for a better life and pursue all types of avenues to achieve a material kingdom. We hope for a stronger nation and we elect people who we believe will bring about sweeping changes. While we should vote, and “occupy” until Christ's return as commanded in the Word (Luke 19:13), the problem is that business acumen and legislation will not bring about morality or holiness in our lives. Even if our elected officials could agree and work together, sin is a heart issue. There are not enough laws to fix the human heart.

We in the church know the answer; the answer is Jesus Christ! The problem is that we don't always live like He is the answer. We were supposed to be in the world and not of the world, but we have lost our distinctiveness and with it, we have lost the power to enact change.

We pray “Thy kingdom come, thy will be done” and then we do what we want. The kingdom of God must first ‘come’ into the heart of every believer. It comes through the process of swapping out our own carnal mind and taking on the mind of Christ. (Romans 12:2) It comes through the surrender of our ways and our rule over ourselves and through submission to the constant guidance of the Holy Spirit. (Gal. 5:25)

These truths are emphasized through the message Pastor William Curtis, of Mount Ararat Baptist Church in Pittsburgh preached about on April 12, “The Gift of a Changing Tolerance.” As believers we must be willing to discern and speak in an informed fashion about what is not of God (or a product of His kingdom). We must be able to speak to that distinction first in ourselves and then in our church. Jesus said it this way, “First take the plank out of your own eye.” (Matthew 7:5)

After we have fully availed ourselves and have opened our churches to the work of the Holy Spirit, we will be able

to truly advocate for the kingdom in the world. We will have yielded to God's dominion and our lives will be proof that God's will is good, acceptable and perfect! We will be filled with His love and compassion and the world will know that when we speak to them, it is not just in judgment. This will not happen until we go from merely celebrating the word of God to actually applying it, individually and as a church community. We need to do more than sing,

“When you're Spirit speaks to me, with my whole heart I'll agree and my answer will be Yes, Lord, Yes!” We need to live it!

I encourage you to read the book of Acts. This is exactly what happened with a group of disciples who gave their lives and their very bodies to become dwelling places of the Holy Spirit. They turned the known world upside down. The same thing can happen today if we STOP tolerating wrong mindsets and proclivities. If this happened in just one church, the world will never be the same. D.L. Moody, an American evangelist and publisher, who founded the Moody Church, Moody Bible Institute, and Moody Publishers (Source: Wikipedia) said it doesn't even take that much, “The world has yet to see what God can do with a man fully consecrated to him.”

Today, if we would each listen for God's voice and not harden our hearts, change would come to our marriages, families, schools, communities, nation and to the world. The kingdom of God IS near! Christ wants to be shaped in each of us. Paul expressed it this way in Colossians 1:27, “Christ in us, the hope of glory!” What an idea! What an invitation! Revelation 3:20 states that Jesus is standing at the door of His church... KNOCKING! Let's open the door! I don't know about you Church, but I need Him, and this world needs Him!

### PRAYER:

Jesus, I open the door. Lord, forgive me for shutting you out! I belong to you and I want your kingdom to be a reality in me. Have your way! Help me! For the glory of your Name, Amen!

"THE SPIRIT OF THE LORD BECOMES THE GPS OF THAT PERSON'S MIND."



BY: REV. CORNELL JONES, IRON CROSS MINISTRIES

"SEEK FIRST THE KINGDOM OF GOD AND HIS RIGHTEOUSNESS, AND ALL THESE THINGS SHALL BE ADDED TO YOU."  
(MT. 6:33)

**T**hrough my years of going to church, I have heard a lot of people say "Lord, you can use me." From hearing that statement and even saying it myself,

I really had to sit back and think about if it was being said to sound good or if the feeling was authentic. If you really think about the numerous people in the world that claim to be believers, how many are living with a Kingdom mentality? My definition of a Kingdom mentality is one who focuses on the things of God rather than things of this world. In essence, it is knowing that God is more important than all other things in this world. It is realizing who we are in Christ Jesus. It is knowing that we are ambassadors of the Kingdom of our Lord. We must realize that God is the Sovereign ruler over our entire lives.

Let's take a moment to see how to develop a Kingdom mentality. The first step is to repent. Scripture says "From that time Jesus began to preach and to say, "Repent, for the kingdom of heaven is at hand." (Matt. 4:17)

Now after John was put in prison, Jesus came to Galilee, preaching the gospel of the kingdom of God, and saying, "The time is fulfilled, and the kingdom of God is at hand. Repent, and believe in the gospel." (Mark 1:14-15)

If someone truly repents, he has shown humility and submission to the will of God. This type of person usually makes a great leader because he or she is leading through the spirit of the Lord and not through their own direction. This person strives to make God happy and by doing this, the lives of the people around them are transformed. The Spirit of the Lord becomes the GPS of that person's mind.

Let's look at how this works. Now that I am living according to the will and direction of God, I can use my gifts, resources and abilities to change the world in which we live. Each of us have been given a "promise land" in which we are to use our Kingdom Minded Mentality. Your "promised land" is the place you are to occupy and exercise Kingdom influence. The numerous places that we do this are in our jobs, communities, homes, churches, political venues, and everywhere we find ourselves.

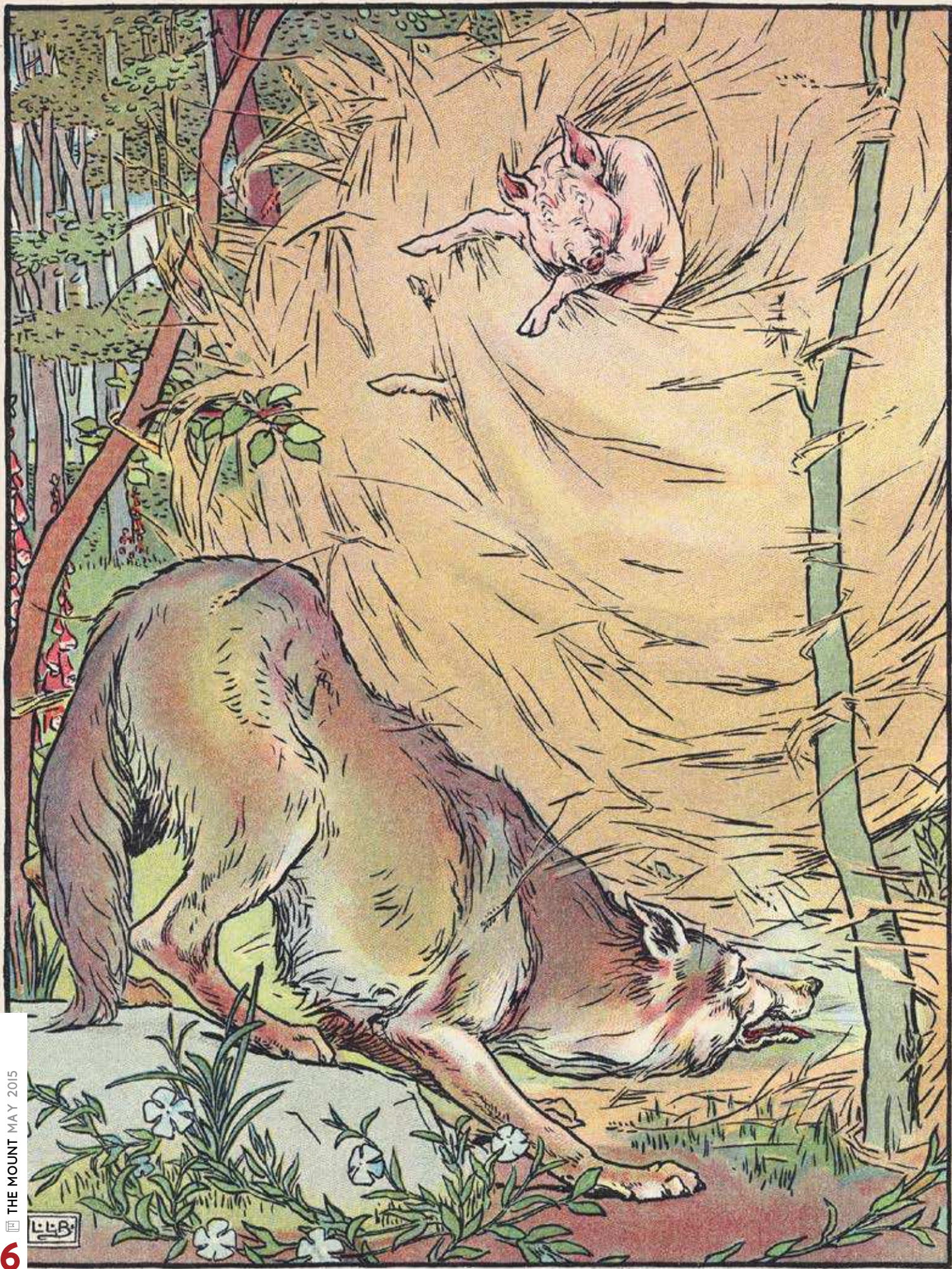
The Scripture says "Therefore hear, O Israel, and be careful to observe it, that it may be well with you, and that you may multiply greatly as the LORD God of your fathers has promised you a land flowing with milk and honey." (Deut. 6:3)

The word multiply stands out in this scripture for me. It makes me think about that old 1980's movie *Gremlins* when the little monsters multiplied so fast that they took over the town. Think of what would happen if we had some Kingdom Minded Vessels multiplied all over the city of Pittsburgh. All the things terrorizing our community would stop because of our living according to the Word of God. I believe that this CAN happen!

The challenge that I present to all of us is to remember that God wants to use us RIGHT NOW!! The bible says "But seek first the kingdom of God and His righteousness, and all these things shall be added to you." (Mt. 6:33)

If WE submit to the authority of God WE will experience "Thy Kingdom Come, Thy Will Be Done On Earth...As It Is In Heaven.

For more information about Iron Cross Community Ministries, call (412) 952-5230.



# DIGGING DEEPER

for Lasting Weight Loss

BY: RACHEL WOODSON GOODE

For most of us, the measure of weight loss success is ultimately based on the numbers on the scale and the size of our clothes. When we see a loss, there are bouts of internal celebration (maybe external) and we receive a sense of accomplishment. If you poll anyone who is engaging the process of weight loss, a common desire is often for the weight to be lost quickly. While most will admit that the weight gaining process did not happen overnight, it seems harder to accept that weight loss – lasting weight loss – may take a little longer. It will likely require us to dig underneath the surface to examine the strength of our foundation and hidden barriers to achieving ultimate weight loss success.

Several months ago, I was fortunate to hear Rev. Nichelle Nelson preach a message about how God often places us in situations where he causes us to “dig deep so that we can build high.” In the message, Nelson used the story of the *Three Little Pigs* as an illustration to describe the outcome of building a house made with straw compared to building a house made with brick. The story is familiar: the big, bad wolf was able to destroy the pig’s house that was made with straw, but was unable to destroy the house made with brick. As I applied this to my recurrent struggle with weight loss, I realized that often I was building a weight loss ‘house’ of straw. Instead of looking at the deeper concerns that may have facilitated the process of my weight gain, I would rather make some quick exercise and eating changes in hopes of achieving successful weight loss. Can you relate?

Recently, God has taken me on a process where I have had to dig a little deeper and uncover some behaviors that were hindering me from achieving my desired weight loss goals. The process has been painful and challenging. It has moved slower than I expected. My weight loss has not been what I expected it to be. However, I have noticed that I am stronger and have been in the spiritual process of building a brick house that is strong and will shelter me from the adversity that I will eventually face. As you consider “digging deeper,” here are some things that you may need to consider:

Be prepared to explore the reasons for your excess weight

Have you considered the reasons why you may be overweight? Again, most of us understand we need to eat better and move more, but usually don’t extend the conversation further. It is important to consider exploring your individual relationship with food. Why do you find it so hard to resist eating \_\_\_\_\_ and \_\_\_\_\_? How do you manage stress or your health? Why do you overeat at every meal? Asking questions like these may be some of the first steps toward the development of new healthy behaviors. Additionally, these questions may help some of us realize our eating may be a coping behavior we have developed to help us hide or mask past hurts and/or trauma. If you want to reach the goal of permanent weight loss, this process is essential and will give you clues toward the next steps.

Lasting weight loss must be measured by more than just the scale

If the scale says a certain number, many of us feel that our work is done. We achieved our weight goal! The converse is also true – if the scale does not say our ideal number, then we are quick to discount any positive change that may have occurred. Weight loss success is complicated, and will require new behaviors that will take repeated effort to master. When we “dig deep” to achieve weight loss, our success may be seen in a change in our eating behavior or in frequent trips to the gym. Also, success may mean that we have spent more time reading God’s Word and have addressed our desires to use food as an emotional support, instead of for the physical purposes that God intends. In short, while the scale may be the most preferred measure of weight loss success, do not discount all the work that may be going on beneath the surface in preparation for your eventual attainment of your weight loss goals.

You need God’s help

You serve a God with the power to help you lose this weight - permanently. He can do this. I know I often doubted God’s power and his ability to make a difference in my personal weight loss challenges. There were so many more significant challenges in the world, and honestly, I thought I should just be able to get this thing together. But I just couldn’t.

Continued on the following page.

The #1 reason why most of us can't lose weight is because our weight loss challenges are spiritual and we aren't prepared for the fight. Why do you think it is so hard for you to eat right? Why is it so hard for you to do the things that are best for your body? If you realize that you are fighting a spiritual battle, you may reconsider the weapons that you use for warfare. Ephesians 6 encourages us to remember that we need to be strong in the Lord and the strength of HIS might. Moreover, Paul encourages us in 2 Corinthians 10:3-4, that we do not fight as the world does, but that the weapons of our warfare "have the divine power the demolish strongholds." What strong words of encouragement!

Most of us come into this weight loss fight entirely unarmed and unprepared for the spiritual forces of darkness that are coming to knock us out of the fight. Does your battle with food feel like a

stronghold? Your prayers, obedience, and relationship with God are essential tools to victory. Stand on HIS word, and watch him move mountains and transform your life. We must engage the process of 'digging deep' so we can build stronger, higher, and solid houses that will allow us to enjoy a healthy body and mind.

Losing weight is more than just the physical shedding of pounds. While there are quick ways to achieve some of our physical goals, digging deeper requires us to examine our weight loss behaviors thoughtfully. With God, all things are possible, and we must engage him in our process. Remember - we serve a God of miracles. Let's allow him to take us on a journey that will result in the transforming of our lives, as well as lower numbers on the scale.



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Photo: Reed Dance at the 2013 newMoves Festival



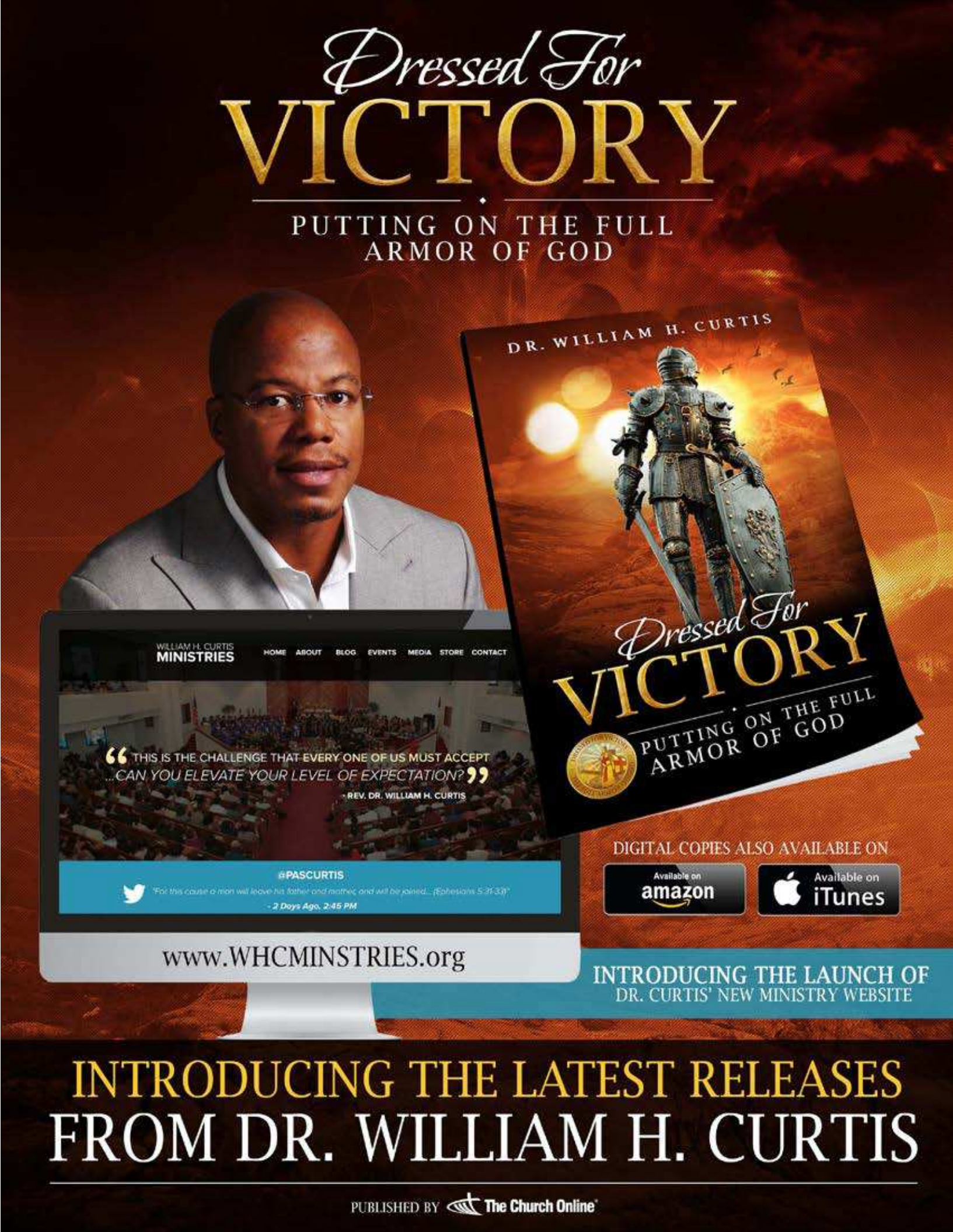
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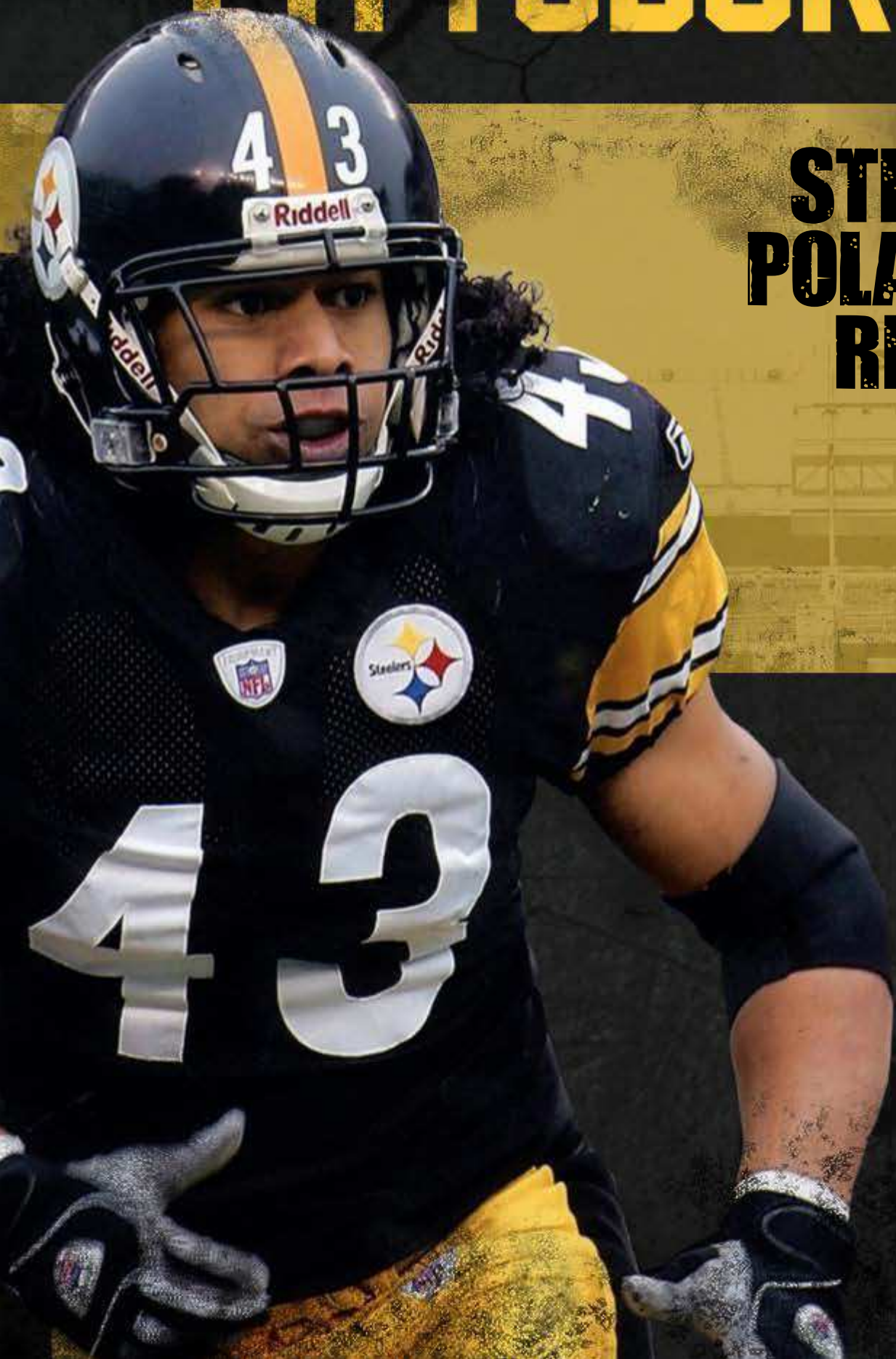
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# PITTSBURGH STEELERS



## STEELERS POLAMALU RETIRES

BY RAY PORTER JR.

**A**s the Pittsburgh Steelers prepare for their 2015 season, they are aware that they will have to make hard decisions. For example: Getting rid of veteran players so they can make room for younger ones. Such is the life of not only the NFL, but of sports. It's truly one big cycle. And sometimes (As R&B's Boyz II Men put it), "it's so hard to say goodbye to yesterday."

To many surprise, it's not just the old players (seasoned I like to describe them as) or the popular names that even non-fans know who are in jeopardy of being let go, many factors lead to personnel changes. Whether by retirement or but terminating their contract (or in layman's terms: getting cut), the Steelers have watched many big and popular names leave. Most recently is

was Hines Ward, a wide receiver) in 2012, who begged the Steelers to keep him one more season, but the team wouldn't give in. Eventually Ward retired because he couldn't see himself playing for any other team but the Steelers.

This week, the Steelers learned of another popular name who is moving on. Veteran Safety Troy Polamalu has announced that he is retiring from the NFL after 12 years of service. One could argue strongly that he did the Steelers a favor by so doing. Unfortunately, the Steeler leadership would have had to once again make the hard decision-and cut him for salary purposes.

Polamalu (33), was unique in every type of way. In the field, he played his position unlike any player in NFL history. His career precursory to the NFL was as notable. He was a standout at

USC, started in all but one game, giving him 36 total starts in his college career. Polamalu finished his career at USC as a three-year starter. In all, he made 278 tackles with 29 of them being behind the line of scrimmage, six interceptions, 13 pass deflections and four blocked punts. Following his senior season in 2002, Polamalu was recognized as a consensus first-team All-American, after receiving first-team All-American honors from the Associated Press, the Football Writers Association of America, the Walter Camp Football Foundation and ESPN. He was also a two-time first-team All-Pac-10 selection and was awarded the Most Inspirational Player Award by his teammates. Polamalu was named as a finalist for the Jim Thorpe Award, given to the nation's best defensive back.

*Continued on the following page.*

TROY POLAMALU

In 2003, Polamalu was so coveted by the Steelers that they traded up in the NFL Draft—just so they were able to get him. They were successful in their pursuits securing Polamalu as their 1st round pick. But most folks didn't know that the San Diego Chargers also wanted Polamalu and tried to compete to get him, but the Steelers won that battle.

Although he didn't start or play much in his rookie year, Polamalu was the heir apparent to the Strong Safety position, which was handed to him in 2004. He rewarded the Steelers with their faith in him that season by recording five interceptions en route to his first Pro-Bowl appearance. This would begin a streak of seven consecutive Pro-Bowl appearances and two NFL All-Pro selections. He was labeled the best Strong Safety in the league.

In 2005, Polamalu tied the NFL record for most sacks in a single game by a safety, achieving three sacks. With credit to defensive genius Dick LeBeau, Polamalu was used in a high percentage of defensive plays in a wide variety of defensive roles. He became known for confusing opposing offenses often stumping them because they never knew where he was on the field—at least until they saw his flowing hair.

Polamalu has also been to three Super Bowls with the Steelers, winning two. His fourth quarter interception return for a touchdown in the 2008 AFC Championship game against the Baltimore Ravens helped the Steelers clinch a victory en route to another Super Bowl appearance.

Perhaps his best season was in 2010, where he led the veteran defense (and NFL) with seven interceptions and was the 6th

Steelers to get named the NFL Defensive Player of the Year. That same year, the Steelers went back to the Super Bowl losing to the Green Bay Packers.

Unfortunately, things didn't go well for Polamalu in his ensuing years as he suffered injuries in 2011 and 2012. Although he did put together another Pro Bowl season in 2013, it was clear that he wasn't the same player as evidenced in 2014.

Off the field, Polamalu is a true gentleman and humanitarian. He and his wife Theodora support many charities (Including FOCUS of Pittsburgh) and they founded the Harry Panos Fund to honor Theodora's grandfather who served in World War II.

Polamalu's hair is one of his most distinguishing characteristics allowing him to be easily spotted on the field. In the CBS Playoffs Pre-game Show, Polamalu said the last time he had gotten a haircut was in 2000 at USC when a coach told him he needed one. He also has a contract with Head & Shoulders shampoo and has starred in five commercials for the product. In August 2010, P&G paid for a million-dollar insurance policy from Lloyd's of London for Polamalu's hair which is 32 inches long.

Although his NFL journey is done on the field, he still has one more level to get to: The Pro Football Hall of Fame which he will be eligible for in the year 2020.

*Ray Porter Jr. is a freelance Sports Writer for Urban Media Today (www.urbanmediatoday.com). You can follow Ray @urbanmediaRay on Twitter.*



## FAMILY GUIDANCE SPRING GALA

Recently, Mount Ararat attended Family Guidance's annual Spring Gala event held at the Fairmont Hotel, Downtown. The event featured Broadway Star Ivan Rutherford, "Les Miserables" veteran, whose portrayal of Jean Valjean spans 20 years. Rutherford was accompanied by musical theater professionals Kate Loprest and Lexi Rhoades. The event raised money for Family Guidance's programs and services that includes mentoring for youth and marriage and family enrichment seminars. For more information, visit: [www.FamilyGuidance.net](http://www.FamilyGuidance.net)



# THREE EASY CHANGES YOU CAN MAKE TODAY TO MEET YOUR LONG-TERM DIET GOALS

The biggest hurdles to sticking to a new diet are convenience and flavor. Who wants to eat food that doesn't taste good or is hard to make? You and your family are more likely to stick to your commitments if the changes you make suit your schedule and your palate.

Here are three easy changes you can make to your diet today:

## HYDRATE YOURSELF

Water reigns supreme as the health drink of choice among nutritionists and dietitians. Most diet plans include the following crucial advice: Stay hydrated, but avoid sugary beverages.

In addition to all of the critical functions water performs in your body, staying hydrated will help you feel fuller so you eat less over the course of the day.

But water doesn't have to be tasteless to bestow benefits. There are many virtually calorie-free ways to dress up water and add a hint of nutritional value: Add slices of strawberry or cucumber, wedges of lemon, lime or orange, chunks of watermelon or several sprigs of fresh mint or basil. Refrigerate until you're ready to drink. Or get hydrated with green tea, which is loaded with antioxidants.

## SNACK ON BOLD FLAVORS

Whether you're on the go or at home, snack time can be a dieter's downfall. Rather than buying full-sized bags of high-fat snacks like chips, which are easy to binge on, opt for single-serving snacks that are wholesome and full of flavor. For example, olives in ready-to-go cups are a fuss-free way to punch up the flavor profile of a meal or snack.

Pearls Olives to Go! single-serving Black Pitted Olives in a cup can be just as satisfying as a serving of chips, but they're gluten-free, dairy-free, sugar-free, cholesterol-free, trans-fat-free, GMO-free and vegan. They're easy to open and stay fresh until you're ready to eat them, which makes them perfect to stow in a gym bag or desk drawer.

Pearls recently added three new flavors to their Olives to Go! portion-controlled cup line, including Kalamata Pitted Greek Olives, Pimiento Stuffed Spanish Green Olives, and Sliced California Black Ripe Olives. Add to salads or sandwiches for bold flavor without a lot of extra calories. Read more

about incorporating olives into a healthy Mediterranean diet at Olives.com.

## MAKE FRIENDS WITH FAT

A major mistake many dieters make is trying to cut all of the fat from their diet. Fat is a necessary component of any healthy diet. Monounsaturated fat, polyunsaturated fat and Omega-3 fatty acids should comprise the majority of the fat you eat. Great sources of healthy fat include olive oil, salmon, tuna, avocado, olives, seeds and nuts. Olives and avocados are fruit, so they also boost your fruit intake.

Try tossing olives, canned tuna or avocados into a salad; sprinkle almonds or walnuts over oatmeal; swap commercially made salad dressings and marinades with good-quality olive oil and flavorful herbs and spices.

To make your commitment to healthy eating a long-lasting one, be sure the changes you make are sensible, sustainable and, above all, delicious.

(STATEPOINT)



## NEW MINISTRY OPPORTUNITY!

Mount Ararat's Communications Department presents "Computer Connection." A new ministry in partnership with ComputerReach, a non-profit organization that works to provide technology to low-income families in Western Pennsylvania, across the United States and in 22 countries internationally. No technical background is needed. Hands on training is provided. Sign up today by calling 412-441-1800 ext. 222 or send an email to: [mountmagazine@mt-ararat.org](mailto:mountmagazine@mt-ararat.org)



# FIVE THINGS FAMILIES WITH COLLEGE-BOUND STUDENTS SHOULD CONSIDER

Transitioning to college life can be difficult on students and families. From new expenses to a new lifestyle, being prepared for what lies ahead can help you avoid common bumps in the road.

Here are five things families with college-bound students should consider:

## GETTING INVOLVED

Being away from home and making new friends can seem daunting. Encourage your student to get involved in school activities and events. From joining the campus paper to running for student government, there are a range of extracurricular opportunities that can lead to new friendships, help students maintain an active calendar and round out one's classroom education.

## HEALTH AND WELLNESS

Late nights spent studying instead of sleeping, as well as crowded dorm rooms, can be a prescription for colds and flu. Check out on-campus and local health care options before your student gets sick. No one wants to scramble to research medical options when he or she isn't feeling well. Many campuses offer student insurance. See what makes the most sense for your family. Locate a nearby pharmacist

before visiting the doctor so you can provide that information at your appointment.

## FINANCING COLLEGE

College may be one of your family's biggest investments to date. Whether that describes your family or not, there's no doubt about it, higher education comes with a big price tag. It's never too late in the process to seek out new financing options, even if your child is already away out school.

From filling out the Free Application for Federal Student Aid, to exploring

private loans, free online resources can help guide you through the process. Check out resources designed for college-bound students and their families, such as Wells Fargo's "5 Steps to Financial Aid" video series, which offers helpful advice on finding a scholarship, applying for loans, and more from "Mr. Fellows, your wiser college advisor," at [WellsFargo.com/fivesteps](http://WellsFargo.com/fivesteps).

## STAYING IN TOUCH

You're busy. Your kid is busy. But regular check-ins with your student can help you know that everything is going well. Set up a weekly appointment to chat by phone and get the scoop -- just make sure your student's phone plan allows for sufficient texting and calling.

## MONEY MANAGEMENT

For many students, college is the first time they will gain some financial independence. Set your kids up for success by teaching them how to establish a workable budget. A checking and savings account designed for college students can help them stay on track. You can review money-management tools for college students at [www.WellsFargo.com](http://www.WellsFargo.com).

Don't let the transition to college catch your family off guard. Parents can make the transition easier for students by striking the right balance of "letting go" and staying involved.

(STATEPOINT)



## RESURRECTION WEEKEND

Resurrection Weekend was a "White-Out" at Mount Ararat as we wore our "Only Jesus" tee-shirts. The weekend celebration included Mount Ararat's Praise Team, Dance Ensemble, Prayer, Fellowship and the Word of God presented by Pastor Curtis. Remember, you are invited to join us at any one of our four services: Saturday at 7:00p.m. and Sunday mornings at 7:30a.m., 9:30a.m. and 11:45a.m.



# HOW TO MAKE DINNERTIME A PRIORITY FOR YOUR FAMILY

Do you have dinner with your kids? It's become almost a luxury today, with our crammed schedules. And yet, numerous studies show that no other hour in your children's day will deliver as many emotional and psychological benefits as the one spent unwinding and connecting over food and conversation.

"A nightly commitment to family dinners can be transformative," says Anne K. Fishel, Ph.D., therapist, cofounder of Family Dinner Project, and author of "Home for Dinner, Mixing Food, Fun, and Conversation for a Happier Family and Healthier Kids," (AMACOM).

Amongst finicky eaters, defiant teens and the lure of fast food, how can home cooking and family dinner be your household's priority?

In her new book, Fishel shares strategies for busy parents to overcome family dinnertime hurdles. Here she shares a few parenting insights:

## MEANINGFUL CONVERSATION

A family meal is an excellent opportunity to connect with your children. Foster dinner conversation by making the family table a technology-free zone. You may find that parents have a harder time than kids turning off their gadgets.

Throughout your day, collect stories that might

amuse your children, such as something mischievous the dog did. Starting by telling as story yourself can get the conversation rolling.

Ask questions that demonstrate you've been paying attention. For example, "I know that today was your first art class. What was it like?"

To deepen conversation, turn to daily media content. For example, elections can prompt discussions about how democracy works. Scandals can provide fodder for talk about truth-telling.

## TRYING NEW THINGS

Don't underestimate your child's taste buds. The idea that young children and adults must eat different foods might

be a myth created by food manufacturers and marketers. Your child might like chicken piccata as much as chicken fingers.

Entice picky eaters by modeling adventurous eating. Eat the new food with gusto, and then ask, "Would you like to taste it? Can you describe the taste?" This focuses your child's attention on the food, rather than on rejecting it.

Avoid letting food become a power struggle. If your child refuses a particular meal, stay calm and offer an alternative such as a peanut butter and jelly sandwich -- nothing that makes much extra work for you.

## HAVE FUN

Ask kids to help with meal preparation. Spinning salad greens and setting the timer are some of the many things young children can do. For

older kids, do a role reversal one night a week and have them do the cooking.

It can be fun to re-create meals kids have seen advertised on TV or eaten in restaurants. For example, most supermarkets offer ready-made pizza dough. Combined with tomato sauce from a jar, it's simple to make pizza at home.

Let teens choose music to listen to during dinner. On other nights, play music you listened to as a teenager.

For more dinnertime insights, and information about the book, visit [www.amacombooks.org/HomeForDinner.htm](http://www.amacombooks.org/HomeForDinner.htm).

Family dinner offers more than just nutrition. Food may bring everyone to the table, but it is the fun and conversation that will keep them there.

(STATEPOINT)



## EAST END FELLOWSHIP

Churches on Pittsburgh's East End gathered to worship together during Holy Week (Monday, March 30 through Friday, April 3rd). Each night featured one of the participating churches and on Good Friday an Associate from each church delivered a brief sermon based on the seven last words Jesus spoke while on the cross. The Good Friday service featured the following speakers:

Rev. Gwendolyn G. Harris, Sixth Mt. Zion Baptist Church; Rev. Michelle Page, Good Hope Baptist Church; Rev. Sanford Chisholm, Rodman St. Missionary Baptist Church; Rev. Dr. Leola Cherry, St. Paul Baptist Church, Rev. Darrell Williams, Mount Ararat Baptist Church, Rev. Pamela Denson, Shiloh Community Missionary Baptist Church and Rev. Edward Herd, Cornerstone Baptist Church

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**BAPTISM & COMMUNION**

On Tuesday, April 7 Bishop Joseph Garlington, the choir and congregation of Covenant Church of Pittsburgh to worshipped along with Mount Ararat during their monthly Baptism & Communion service. The service also welcomes new members and provides an opportunity for everyone to participate in the Lord's Supper. Mount Ararat's Baptism & Communion Service is held the first Tuesday of every month.

# THOUGHTFUL MOTHER'S DAY IDEAS THAT WON'T BUST YOUR BUDGET

Spring is here and with it comes a great day to celebrate moms. If you're watching your wallet, you may be in need of some great ideas for celebrating Mother's Day. As it turns out, some of the most thoughtful gift and activity ideas are the most economical and easy to plan.

To help you plan your Mother's Day celebration, the discount experts at Dollar General are offering some great ideas.

## BREAKFAST IN BED

Pamper mom with breakfast in bed, complete with delicious pancakes, a good book or magazine and hot coffee. She'll love the opportunity to relax and enjoy her morning without the hustle and bustle of everyday life.

## GROW SOMETHING TOGETHER

Sometimes the best gift is an afternoon spent together. Pick out a planter Mom will love, along with seeds, soil and gardening

tools. Spend the afternoon creating something that will grow all season long and remind Mom of her time spent with you.

## BAKE AND MAKE

Mom might love her kitchen just the way it is, but you can add a splash of color and flair with some inexpensive additions from a discount retailer, such as Dollar General. Update Mom's kitchen with new accessories, like a kitchen towel or oven mitt, or even a new appliance like a coffee maker or mixer. Complete your kitchen additions with a baking mix for cookies or brownies, and spend time with Mom creating something yummy together.

## TELL THE BIRDS

Does your mom love the outdoors? Pick out a unique birdhouse and bird seed for her, so she can enjoy the natural sounds of the season. You could even turn it into an art and crafts project and make a birdhouse together.

To save even more on Mother's Day gifts, download digital coupons from DG.com, and look for everyday low prices at over 11,800 nationwide locations.

This Mother's Day, show Mom how much you care, while making memories you can cherish for years to come.

(STATEPOINT)



## A DATE AT THE CROSS

Mount Ararat's Sunday School Department depicted the crucifixion and resurrection of our Lord and Savior Jesus Christ in their production entitled, "A Date at the Cross," held on Friday, March 27 at 7:00PM.

You are welcome to join us! Our Sunday School classes are held every week at 9:30a.m. in the Youth Sanctuary. Classes are available for the entire family.



# MOVIE SCENE QUEEN

MERCEDES J. HOWZE

*Mercedes J. Howze started Movie Scene Queen to share her thoughts about the latest movie happenings with fellow movie lovers. She's studied journalism at Clark Atlanta University and Duquesne University, while practicing the discipline for nearly a decade. The New Pittsburgh Courier named her one of their Fab 40, Under 40 recipients in 2013 for her vast volunteering endeavors, while being the single mother of two young children and maintaining her post as a project coordinator with the Pittsburgh Public Schools.*



# MORE CHURCH IN MAINSTREAM MEDIA: A.D. THE BIBLE CONTINUES

NBC's new miniseries, "A.D. The Bible Continues", comes from executive producers and married couple Roma Downey ("The Bible") and Mark Burnett ("The Voice"). These hour long renditions provide a powerful glimpse into the days after Jesus' death.

The show, which premiered on Easter Sunday, opens up strong and boldly when Jesus (Juan Pablo Di Pace) claims he is the Messiah, Son of God. In its augural episode, Jesus is charged with blasphemy and gruesomely nailed to the cross. From the start, the show gets right to the gut-wrenching prosecution that Jesus and His followers had to endure.

While we all have our own idea of what some of the Bible's most notorious characters look like, the show clearly portrays a diverse group of actors. I commend the show's creators for this variation when they casted the roles of Mary, Mother of Jesus, Mary Magdalene and Jesus' twelve disciples.

During an episode, a prosecutor asks, "What is it about this Jesus that drives people to madness?" Even after Jesus was killed, devoted Christians and followers were still willing to lose everything, even their lives, to protect their faith. His omnipotence is perplexing for those who are not aware

of his full armor of love, power, grace, and mercy.

We, as Christians, have heard this story a thousand times, but it never gets old. This timeless narrative is tastefully portrayed for network TV. From Peter's cowardice to Judas' betrayal, pierced for our transgression.

Besides Joel Osteen and your typical Sunday morning programming, Christianity is almost blacked out from mainstream media. The newest separation is not only between church and state, but also between church and media. The media sprinkles small doses of Christianity into programming, but pollutes it with reality TV, violence, and racy content.

"A.D. The Bible Continues", even in its 4-week span, is rewarding and refreshing. Although I love to read, I am a visual learner. With only two episodes, I am already finding myself on a spiritual journey to dig deeper into the Word and dissect unfamiliar terms. "A.D. The Bible Continues" is a learning experience for all ages.

The show airs on Sundays at 9/8c. You can also catch up on the series with full episodes on NBC.com.

# PAUL WALKER IS THE EPITOME OF FURIOUS 7 SUCCESS

For the seventh time, the car racing gang is back for

Universal Pictures' "Furious 7". The movie, starring Vin Diesel, Paul Walker, Dwayne "The Rock" Johnson, Michelle Rodriguez, Ludacris and Tyrese, is about the team's effort to kill a mischievous assassin.

While "Furious 7" is 140 minutes of explosive action, fearless special effects, and countless examples of true friendship, it is the film's ending that musters up the sweetest icing on the cake-- an emotional tribute to Paul Walker, who died late 2013. Directed by James Wan, "Furious 7" is by far the best way to commemorate the work Paul Walker committed to as a respected actor, father and philanthropist.

The opening box office in April was also explosive, to say the least. The film made history Easter weekend by earning \$143.6 million at the U.S. box office. The film ranks #9 on the Top 10 Biggest U.S. Opening Weekends list, making more history as the only movie on the list not based off a comic book or novel.

Social media responded in the same way as the box office with millions of fans pouring out tweets and posts of adoration using the hashtag #ForPaul.

Ludacris, who released his eighth studio album days before the movie's April 3rd release, even jumped in on the social media action. On April 5th, he posted this viral picture to his Instagram:

FURIOUS 7 AT THE END HAD ME LIKE ..



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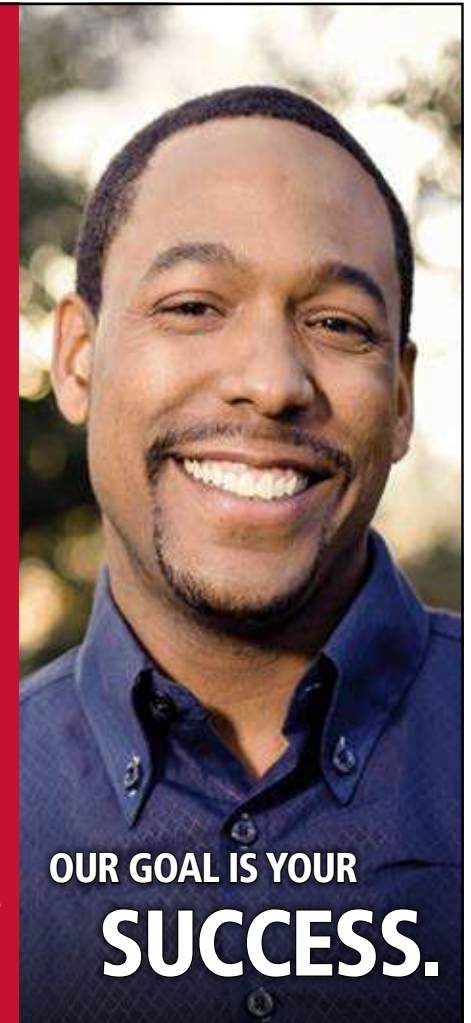
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