

# Refresh

Spring 2020



Quarterly Publication of Fresh Wind Christian Center

## FROM THE PASTOR



In 2019 we were amazed and grateful for all the things God did through Fresh Wind and I want to thank everyone who was instrumental in helping us realize the vision of “Building Faith, Developing Character and Cultivating Relationships—One Life at a Time.”

God has clearly communicated our assignment for this new year, Vision 20/20. This is our year to “Share our Hope, Send out Help, and Secure our House.”

*Share Our Hope* — God is calling us to be more committed to sharing our faith and testimonies of His goodness and mercy to us. The world is hungry for Jesus. It is time for us to embrace the urgency of reaching the unsaved, unchurched and de-churched.

*Send Out Help* — Mark 10:45 says, “For even the Son of man came not to be ministered unto, but to minister, and to give his life a ransom for many.” We should take note and follow the servanthood model of Jesus. This year we will get outside of our four walls and give aid and assistance to our community.

*Secure Our House* — For ten years we have been a mobile church, setting up and breaking down each week. Now it’s time for a permanent location. The land that God has allotted for our ministry is “promised land,” on loan to its current possessor. Exodus 23:30 says, “Little by little I will drive them out before you,

until you have increased enough to take possession of the land.” We believe our house is within reach and we will take possession at the right time.

Pastor Phil

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## Spring Quarter 2020

### Sunday School Review

The Sunday School Lesson for the Spring Quarter deals with the “Characteristics of a Disciple-Making Church.” Jesus selected twelve men to be His disciples. Those who followed and learned from Him went out and made more disciples.

Then we follow Paul’s travels. Paul was also a disciple and sought to establish disciple-making churches. We see him discipling others on many levels. He led people to Christ and taught them about the Christian life. Some he took along with him on his journeys and trained them for leadership. So I ask:

- Are we doing this today in our churches?
- Are we laboring to make disciples?
- What does a disciple-making church look like?

Join us each Sunday morning at 9:30a.m. for our interactive Sunday School. Questions are asked and answered and we participate in lively discussions of the practical points.

Deacon Jeffery Wright  
Adult Sunday School Teacher

**Cross Training**, according to top fitness experts, is typically defined as an exercise program that uses several methods of training to achieve physical fitness. Well, at Fresh Wind we’ve put a faith-based spin on cross training; moving from strengthening youth physically to strengthening them spiritually. FWCC’s Cross Training Youth Ministry seeks to nurture young believers in their emerging love for Jesus Christ. We endeavor to help them understand that faith, like muscle only grows if we use it! This is done by simply focusing all we do on Jesus and His finished work on the cross. We focus on teaching our youth to exercise their faith and build their spiritual muscles through living a life focused on Jesus Christ (Hebrews 12:2). We want to help our youth:

- C**are for others
- R**each their unchurched friends
- O**ffer themselves in worship to God
- S**hare in God’s Word, and
- S**erve in the church and their communities

Our greatest joy is seeing these babes in Christ grow in faith as they engage in fellowship with God and other believers. We believe that as we get youth into God’s Word – God’s Word will get into them! Involvement in the FWCC Cross Training builds the critical momentum they desperately need to sustain them on

## BIBLE STUDY RECAP – PRAYER

PRAYER was the subject of our weekly interactive Bible study during the 4<sup>th</sup> quarter of 2019. James 5:16 (KJV) says: “. . . The effectual fervent prayer of a righteous man availeth much.” Our study motivated us to examine our prayer lives and the effectiveness of our prayers. We should endeavor to make all our prayers effective and fervent and that is most urgent in these critical times. Ephesians 6:18 (NIV) says: “And pray in the Spirit on all occasions with all kinds of prayers and requests. . . .” This scripture informs us that there are different kinds of prayers for various requests. Using Frederick K. C. Price’s book *Answered Prayer Guaranteed* as our text guide, we closely examined six different types of prayers and learned how and when to use them effectively.

- ◆ Prayer of Agreement – Matthew 18:19
- ◆ Prayer of Faith (petition) - Mark 11:24
- ◆ Prayer of Consecration and Dedication – Luke 22:41-42
- ◆ Prayer of Praise and Worship – Psalm 63:1-3
- ◆ Prayer of Intercession – John 17:6-11
- ◆ Prayer of Binding and Loosing – Matthew 18:18

You may access the lessons at [freshwindcc.org/bible-study](http://freshwindcc.org/bible-study).

Toni Williams, Bible Study Facilitator

their faith journeys. Don’t get me wrong...we do want our youth to be physically fit. Still, our deepest prayer is that they be CROSS fit believers who rely on God’s strength and not their own!

Kristine Sullivan, CROSS Training Ministry Leader



## EVIDENCE.

(ev•i•duhns) n. That which tends to prove or disprove something; proof; something that makes plain or clear.

This is the word from the Lord that had been brewing in my heart towards the end of 2019 concerning 2020. Specifically, God spoke to me and said I would see the Hand of God opened and laid bare unto me. "I would see His work made manifest right before my very eyes." The Evidence of my Faith in Him was coming into fruition. I whole-heartedly receive it and believe it for you as well.

My prayer . . . "God you are Good. You are Light. You are LIFE. And in the name of Jesus Christ, I pray that we, Your children, will explore the riches of Your glory and Your faithfulness through our Hope and Faith in You. Some of us are believing for the impossible to be made POSSIBLE, so God give us the vision to see it come to fruition in the Spirit! Then I pray You make it manifest here on Earth as You have in Heaven! Lord the impossible is Your area of expertise (Luke 18:27) so we dare not diminish the magnificence of Your power. Jesus, You said that EVERYTHING has been placed under Your authority, and You have been given the name that is ABOVE every name. Your name reigns above even that which is impossible. So if it's sickness, poverty, lack, debt, war, conflict, national unrest, hunger, marital woes, sexual immorality, gross wickedness, whatever manner of evil, including DEATH—**JESUS, Your name reigns Supreme.** So we KNOW that when we call on Your name Jesus, every other name that has come against us, **MUST BOW.** Even if it looks impossible—we have to win in the name of Jesus Christ. Lord, revive our Faith in You. Give us an active Faith that calls things forth that are not. Give us a sharp, powerful Faith that withstands the wiles of Satan. Give us increased focus and mental agility to hope against hope and believe that which we cannot yet see. And Lord we will wait with patient, hungry expectation to SEE our Faith MADE EVIDENT before our very eyes. This, we ask in Your Son Jesus' name, Amen, and Let it be so."

Now friend, be encouraged. Be empowered. And don't just believe that God can do it, KNOW that He can. Love you and Praying for you Always,



## LIVING VEGETARIAN

When I began my vegetarian journey in 2008, it was on a whim (and in ignorance). However, as I grew in my walk with Jesus Christ, I learned that my vegetarian lifestyle had a greater effect on my walk than I had imagined. **I was living a fasted life.** I was denying myself of things that I wanted, and replacing them with better options that I needed. This revelation revolutionized my life and here's the backstory.

"Fresh and new" is a great way to describe the beginning of a journey for the betterment of one's health, finances, relationships, etc. etc. In 2008, on New Year's Day, my family hosted our annual New Year's Day brunch and, as usual, there was a huge spread of food. I remember eating into the evening and by night-fall, my dad had cooked a heaping batch of his delicious fried chicken. I ate until I was hurting! Literally. I had overeaten (and that's putting it mildly). I was in pain, and ashamed. Suddenly, a question came to my mind, "Can I live without ever eating meat again?" I asked my mom that question and she responded, after hesitating for a moment, "Well, I guess so, yeah." That day I decided to become a vegetarian. I had not made any New Year's resolutions, so that would be my goal for 2008—to go an entire year without eating meat. So, in my 14-year old mind, I knew this would be a cake-walk. After all, I could eat everything else. I quickly learned that "everything else" revolved around meat. Nevertheless, I continued my vegetarian journey throughout high school and college, and struggled with low iron, light-headedness, weakness, headaches, and so on for years. I had not taken the time to properly research my new lifestyle and the result was many health challenges. I went from vegetarian, to omnivore, to pescatarian and back to vegetarian. Finally I decided to research the health benefits of a diet sans meat and I realized a healthy vegetarian lifestyle demanded much more intentionality than I had practiced or planned for, and unlike my 14-year old self, my 24 year-old self was living on my own, and needed to figure out how I was going to sustain that lifestyle. I researched nutrient dense vegetarian meals, experimented, failed, tried again, and finally succeeded. So, in each article, I will attempt to answer the dreaded question, "wHaT dO vEgEtArLaNs EaT?" And I will share one of my favorite recipes that I enjoy on a regular basis. Hope you will enjoy also! (Find the recipe for Gluten-Free Banana Pancakes on the back page.) Candace Williams

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## Building Faith, Developing Character & Cultivating Relationships — One Life at a time

Pastor Phil and Toni Williams



Therefore if any person is ingrafted in Christ (the Messiah) he is a new creation altogether; the old (previous moral and spiritual condition) has passed away. Behold the fresh and new has come!

2 Corinthians 5:17 AMP

### Recipe for Gluten Free Banana Pancakes

#### Ingredients

- 1 cup Bob's Red Mill Oat Flour
- 2 ripe Bananas
- 1 egg
- 1/3 cup milk
- 1 heaping tbs baking powder
- 1 capful of vegetable oil
- 1/3 cup sugar
- 1 tbs vanilla
- Dash of salt
- A few dashes of cinnamon
- Butter or coconut oil spray
- Butter (optional)

Mix bananas in food processor until it is mushy. In one bowl mix oat flour, baking powder, salt and cinnamon. In another bowl, mix banana mush, egg, vanilla, milk and vegetable oil. Gradually add dry mixture to wet mixture and stir until you have a thick consistency (like a semi-melted milkshake). Spray skillet with butter/coconut oil spray. Heat skillet on low/med heat. Pour heaping tablespoon of mixture into skillet. Do as many as will fit into skillet. Once bubbles stop forming, check if it's ready to flip. Then flip, butter the cooked side and allow the other side to cook. Repeat until batter is gone and you have a stack of delicious gluten-free banana pancakes. Enjoy!

#### Utensils

- Spatula
- 2 mixing bowls
- Medium to large skillet
- Whisk



Angela Wilson, Editor



### Church Schedule

- Sunday School—9:30 am
- Sunday Worship Service—11:15 am
- Wednesday Bible Study—6:30 pm
- (All services—1 hour)
- Saturday before 1st Sunday—Men's Fellowship Breakfast—9:00 am
- 4th Saturday—Riverdale Assisted Living—10:30 am
- Fresh Lessons—4th Sunday — 1:15 pm

### 1st Quarter Birthdays

#### HAPPY BIRTHDAY !

- |                         |                       |
|-------------------------|-----------------------|
| Azaria DeShay—Jan 7     | Melissa Griggs—Feb 12 |
| Candace Williams—Jan 12 | Angela Wilson—Feb 14  |
| Carmen Williams—Jan 12  | Kelani Griggs—Feb 15  |
| Karmenise Baker—Jan 14  | Karen Williams—Feb 16 |
| Annette Griggs—Jan 21   | Jessica Griggs—Feb 19 |
| Rodriquez Griggs—Jan 21 | Jayson Griggs—Feb 23  |
| Percy Baker III—Jan 28  | Harmoni Moore—Mar 10  |
| Deon Sullivan—Feb 4     | Orlando Griggs—Mar 15 |
| Loretta Daniel—Feb 7    | Devita DeShay—Mar 21  |
| David Williams—Feb 8    | Kenya Griggs—Mar 21   |
| Linda Wright—Feb 9      |                       |

### Upcoming Events

- Each Sunday in February, Mini Black History Presentations
- Deposits Due for King's Island/ Noah's Ark Trip - 2/28
- 2/29 Women's Fellowship/Book Club Launch
- Easter Play Rehearsals begin 3/7
- Easter—April 12
- May—Women's Month
- 5/9 Mother/Daughter Brunch
- 5/17 Quarterly Fellowship
- 6/10-12 Vacation Bible School
- 6/20 Praise in the Park

# Contributors

Pastor Phil & Toni



Jeffery Wright



Kristine Sullivan



Candace Williams



Carmen Williams

