



THE MESSENGER

Kelly Temple Church of God in Christ • Bishop James Gaylord, Pastor

March 2010

February is Heart Health Month—Cardiovascular Disease

Cardiovascular disease is commonly called heart disease. It can affect any part of the body, from the heart to the arteries and veins that branch off from the heart to the tiny capillaries that feed the most distant parts of the body.

Heart disease is most commonly caused by atherosclerosis, the hardening of the arteries, and occurs when build up of cholesterol and fat create plaque that thickens the walls of blood vessels causing them to stiffen and become more narrow. This weakens the heart causing the heart to work extra hard to pump the blood throughout the body.

Heart disease can be associated with hypertension (high blood pressure), high levels of LDL (bad cholesterol) low levels of HDL (good cholesterol), congestive heart failure (CHF), stroke, coronary artery disease and peripheral vascular disease.

Symptoms of heart disease vary with each specific disease, though there is some overlap among them. However, in some cases, a person with heart disease may experience no obvious symptoms. This is why it is important to have regular examinations by your medical doctor, especially if you have any of the risk factors for heart disease. Common

symptoms include chest pain or heaviness, shortness of breath, heart palpitations, dizziness, weakness and/or swelling (edema).

Some risk factors are beyond one's control (age, race, gender). You can focus on the risk factors that can be controlled. Maintain blood pressure and cholesterol levels within normal limits, lose weight as needed, manage diabetes, stop smoking and exercise regularly.

Several drugs are available to manage cholesterol and blood pressure levels, and to keep the heart beating in a healthy rhythm.

Evang. Carol Pattison, RN

Shoes and Strength For the Journey

Pastor Gaylord delivered a message of assurance and hope for the new year, reminding us to "let God be God" and to depend on Him, allowing Him to make our decisions for us (let go and let God).

Pastor Gaylord assured us that we will not walk through 2010 alone. All of God's promises are the same today as they were yesterday. We are to hold on to what God has said — nothing happens that God doesn't allow. Everything is subject to the power of God.

Trust God. Don't quit and don't give up on Him. God never runs out of power or ability. Watch Him work.

There comes a time in everyone's life that the spirit of God knocks on the door of your heart, seeking a relationship with you. There's a place in us that can only be filled by God Himself. He made us that way. This place can only be filled when you accept Jesus Christ into your life.

Note from a recent visitor....



This is Katharine writing to you from Switzerland. I attended your worship Service last Sunday February 7th. I just wanted to thank you for your warm welcome and your kindness.

I was staying in Harlem over the week-end and your church was recommended to me by a local person.

What makes you so special is your hospitality to people outside of your community. This does not happen in Europe, I thank you once more.

Kind regards from old Europe.

Katharine.

Remembering Sis. Georgia Spearing

Sis. Georgia Spearing, Co-Editor of THE MESSENGER, went home to be with the Lord on December 27th, 2009.

Sis. Spearing served as Editor and Co-Editor of the newsletter for nearly twenty years. She was committed to her responsibilities and desired to see the paper published regularly. Her faithfulness and dedication to the newsletter as well as the tape ministry are to be admired and surely teaches us a les-

son in being steadfast and devoted to the things that the Lord gives us to do.

Philippians 2:13 tells us that “God is at work within you helping you do the tasks assigned to you.” Duty is ours. The results are God’s.

God gives great rewards for our faithfulness! Thank you, Sis. Spearing, for showing us what it means to be faithful to the work assigned to one’s hands by our Lord and Savior, Jesus Christ.



ZION IS CALLING ME TO A HIGHER PLACE OF PRAISE by Sis. Ora Razzaq

I first heard “*Zion is Calling me to a higher place of praise*” at a women’s day service several years ago. Evangelist Patsy Vickers sang it (and asked the congregation to join in) right before she delivered the message. Even then it was an inspiring song. I didn’t hear it again until sometime after I joined Kelly Temple in 2002.

For me the song touches many areas. When the Bible refers to Zion, it often points to the City of David in Jerusalem where the Ark of the Covenant of the Lord once dwelled. Mt Zion was the lower eastern hill of Jerusalem known as Ophel (2Ch 27:3;33:14) and the temple hill where the people of God worshipped. At some point Mt Moriah became the temple hill and the Ark of the Covenant was brought from the City of David to Mt Moriah. The name Zion was transferred

to Mount Moriah (I Ki 8:1; 2Ch 5:2) during King Solomon’s reign.

It is he who asked that the Ark be removed from the City of David and brought to the temple hill at Mt Moriah. It then became *the Zion*—the most significant of all sacred places to the prophets and the people of God.

At the dedication, when King Solomon, the elders, the priests and the entire assembly of Israel had gathered before the Ark, they made great sacrifices. When the Ark of the Covenant and all the temple furnishings were in place, the priests withdrew from the Holy Place. The people of God raised their voices in praise to the Lord and sang: “He is good; His mercy endures forever.”

“The temple of the Lord was filled with a cloud, and the priests could not

perform their services because of the cloud, for the glory of the Lord filled the Temple of God” (II Ch 5:11-14).

Zion – not the geographical place but the spiritual place which can be wherever the people of God are – is calling us to a higher place of praise, a praise so high that the temple where we are will be filled with a cloud so much so that we cannot perform our routines because the glory of the Lord has filled the Temple of God.

For me, the song is reminder and compels me to seek “a higher place of praise.”

Jeremiah said: “There will be a day when watchmen cry out on the hills of

Ephraim, ‘Come let us go up to Zion, to the Lord our God’ “ (Jer. 31:6).

Zechariah said of Mount Zion: “This is what the Lord Almighty says: ‘I am very jealous for Zion; I am burning with jealousy for her.’ “

The Lord says: “I will return to Zion and dwell in Jerusalem. Then Jerusalem will be called The City of Truth, and the mountain of the Lord

Almighty will be called The Holy Mountain.” (Zec 8:2-3).



Sis. Ora Razzaq

HAPPY TO BE A PART OF THE FAMILY

Editor's Note: I asked Wakako if she would write a short submission about her experience of becoming a member of the Kelly Temple Family.

I came to New York last year and became a member of Kelly Temple church. When I visited New York for the first time three years ago, I met Sis. Loretta (Faison) and she brought me to Kelly Temple. At that time I was very nervous because I didn't understand English at all and it was the

first time to go to a church for me. But everybody treated me very kindly and warmly so I was filled with emotion and I felt close to tears and it was the first experience for me. At that time, I stayed in New York only two weeks but I decided to return to Kelly Temple.

I then worked for two years and saved money [so that] I could return to New York as an overseas student.

Since I've joined the Kelly Temple church family,

my days have been fuller somehow. I made a lot of friends at Kelly Temple and I have joined the Judah Chorale. Before I am to KT, I felt so lonely but now I'm so happy because I have a church family. I thank God for leading me here.

Wakako Koda



CELEBRATING BLACK HISTORY MONTH

Each year, the U.S. General Services Administration (GSA) hosts programs and events during February for Black History Month. Sis. Elzena Huffman-Ward is employed by GSA as a Property Manager, overseeing various government properties in the borough of Brooklyn. This year, she served on the planning committee to offer quality seminars in honor of Black History Month.

On February 16th, our own Sis. Andrea Sanders delighted the audience with her rendition of freedom songs and Negro spirituals such as "Ride On, King Jesus", "Amazing Grace", and "The Storm is Passing Over." Employees were moved by her beautiful voice and her interpretation of the songs. By profession, Andrea is a Registered Nurse.

This year's theme was, "The History of Black Economic Empowerment"

and on Wednesday, February 24th, Elder Tawan Davis, possessing an expertise in investment banking and fund management, was the keynote speaker. He shared various interesting statistics and thought-provoking facts about the history of African Americans and their buying power now as opposed to forty years ago. We need to spend our dollars wisely, own property, and increase our buying power than we have. He also stressed the importance of saving.

The GSA employees in attendance were impressed with him, his resume and his delivery of information. The floor was opened for questions and many, many questions were asked about a wide variety of topics, from making wise investments, hedge funds, and African American history.

Both events were held at the Jacob K. Javits Federal Building, aka 26 Federal

Plaza. Food was catered by Jacob's, located on 129th and Lenox Avenue.

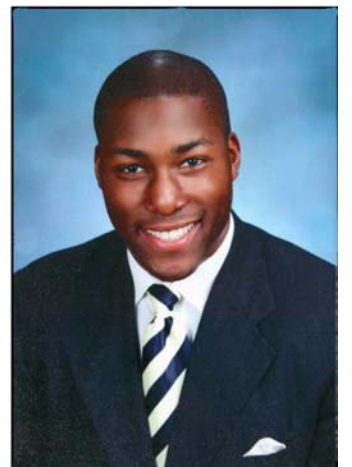
No doubt Sis. Elzena was godly proud of her sister, Andrea, and her brother, Tawan, and very appreciative that they would take time out of their busy schedules to make presentations at her job site. It was also an opportunity for others to hear about Kelly Temple. In fact, after Andrea's and Elder Davis' presentations, some of Elzena's co-workers said they'll be visiting Kelly Temple! Well,



Sis. Andrea Sanders



Elzena Huffman Ward



Elder Tawan Davis

Kelly Temple Church of God in Christ •
Bishop James Gaylord, Pastor

8-10-12 East 130 Street
New York, New York 10037

Phone: 212 289-9618
Fax: 212 876-7844
Email: ktcogic@aol.com



The Messenger
Kelly Temple Church Newsletter
Sis. Patricia Johnson, Editor
Sis. Janice Brown Morris, Photographer
Sis. Josephine Gaylord, Advisor



Prayer for Salvation

For God so loved the world, that he gave his only begotten Son, that whosoever believeth on him should not perish but have everlasting life.

John 3:16

Father, I acknowledge that I am a sinner. I repent of my sins and ask you for forgiveness. Please come into my life and make me a new creature. I believe with all my heart and soul that Jesus Christ is the Son of God and that He died on the cross for my sins. I accept you into my life and in turn will give my life back to you for service. Thank you, Father, for your forgiveness and our love. Amen.

Kelly Temple Church of God in Christ has been in

the community of Harlem for over 60 years. Named after its founder, Bishop O.M. Kelly, it has the distinction of being the first Pentecostal church built “from the ground up” in Harlem.

In 1945, upon receiving a revision and mandate from God to erect an original edifice, Pastor Kelly orchestrated the project. Five years later, he sited three vacant lots on East 130th Street between Fifth and Madison Avenues, which were purchased in a foreclosure sale. On January 24, 1949, a groundbreaking ceremony was held in the vacant lots of the new church building. On Easter Sunday, March 25, 1951, the Mother Church of God in Christ moved into the basement of the growing edifice. The upstairs sanctuary was completed in 1959.

After the death of Bishop Kelly in 1982, Bishop James Gaylord was installed as Pastor of Kelly Temple. Through his vision to serve his congregation, many enhancements have been made to improve the church property. Bishop Gaylord’s love and concern for people expanded his vision to reach out to our community. Between 1993 and 1998, under his leadership and guidance, the Kelly Temple Church Family purchased six pieces of property. This was done solely through the generosity of the church family — without funds, grants or loans.

The mission of the church is to be a beacon of light, leading men, women and children to a life in Jesus Christ.

What We Believe...

We believe the Bible to be the inspired and only infallible written word of God.

We believe that there is one God, eternally existent in three persons: God, the Father, God, the Son, and God, the Holy Spirit.

We believe in the Blessed Hope, which is the rapture of the Church of God, which is in Christ, at His return.

We believe that the only means of being cleansed from sin is through repentance, faith in the precious blood of Jesus Christ.

We believe the regeneration by the Holy Spirit is absolutely essential for personal salvation.

We believe that the redemptive work of Christ on the cross provides healing for the human body in answer to believing prayer.

We believe that the baptism of the Holy Ghost, according to Acts 2:4, is given to believers who ask for it.

We believe in the sanctifying power of the Holy Spirit, by whose indwelling the Christian is enabled to live a holy and separated life in this present world.

Amen.