

# THE Anchor News

## Serving the Central Texas Community

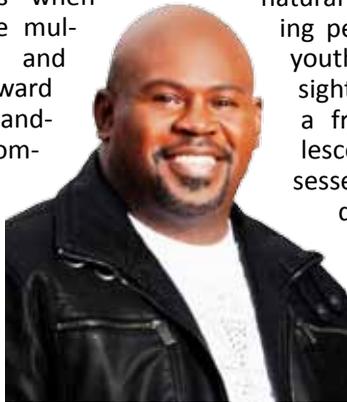
*Celebrating 13 Years!*

MARCH 2016  
Volume 13 • No. 8  
Free



## David Mann "Mr. Brown" brings comedy act to Waco on April 9th

Ingeniously funny and extraordinarily talented understatement when it comes to the multifaceted actor and 2011 NAACP Award winner for Outstanding Actor In A Comedy Series (Meet The Browns, "Mr. Brown"), David Mann. Get ready to see and hear Mr. Brown in Waco, Texas on April 9, 7:00 at the Convention Center. A native of the "Bible belt" state of Texas, David masterfully showcases his God given talents in today's most dynamic and distinguished genre.



DAVID MANN

Accentuating his already natural gift of making people laugh as a youth, David set his sights on acting. As a free-spirited adolescent, the self-possessed 15 year-old discovered a way to employ his unsuspecting antics by involving himself in various high school activities including contemporary drama where he permeated the stage world by becoming a budding thespian. Finding his natural element, David was commonly cast as

the production's funnyman where his infectious comedic flair was visibly realized and fittingly unleashed. From high school to local community theater, David's accomplished performances quickly gained notable recognition advancing his diversified image into public notice.

In short order, David joined forces with one of America's funniest actors and critically acclaimed playwright, Tyler Perry. The illustrious actor had written, directed, and produced numerous plays including the stage play hit I Can Do Bad All By Myself where David remarkably immortalized the intrusively nose, wise-

See **MANN** pg. 12

## Rivers of Living Waters church in Killeen offers community programs for all

BY W.B. GUNTER

The vitality of a city is a reflection of the health and well being of its citizens. Access to appropriate care affects all who live and visit. Located within walking distance to human resource services, bus stops, and arts complex in downtown Killeen, the path to helping hands lead to the doors of The Rivers of Living Waters Church at 507 N. Gray Street in Killeen. Bishop Darryl Shaw has been on the frontlines of a community's spiritual battles, and he does so by faith.

Bishop Darryl Shaw's journey began early in life. By the



BISHOP DARRYL SHAW

age of 19, he was a pastor, and has been delivering the Rivers' ministry since 1986. He recants his first encounter into the ministry. "I grew up in the church and had heard

about the Lord when I heard the calling. I was 15. It was like a knowing that came from a place deep within." After leaving home and joining the military, he became certain of his purpose. Shaw recalls know his destiny was to minister, and his mother said simply, "Okay." His father and siblings responses were a little different in that his father had no immediate response, and his siblings, were like, "Yeah, right."

In church, Shaw was often moved to tears. On one particular occasion, a bishop

See **CHURCH** pg. 3

## Historical Willow Grove Church welcomes new pastor

The members of Willow Grove Baptist Church in Waco, Texas lost their pastor in May, 2014. For over 30 years, Pastor James "Mookie" London served the Willow Grove church family before going to meet the Lord. A little over a month ago, on Valentine's Day, not quite two years after London's death, Willow Grove members installed their new pastor, Kenneth A. (Kenny) McNeil. McNeil, a native of Flint, Michigan, was born October 3, 1970, to Anelia McNeil. He was raised by his mother and maternal grandparents, Fannie and the late Clarence Hopkins, Sr. McNeil is one of three children who were raised in a Christian home, which influenced him to participate in the youth choir and the Baptist Training Union. He is married to the former Michele A. London, daughter of the late Pastor James London, and they are proud parents of Kenneth II, Donovan and Kamryn.



KENNETH & ANELIA MCNEIL

that he would stop running from the call upon his life. Finally stepping into his God-given destiny, McNeil was licensed and ordained in 2010 at St. John Missionary Baptist Church in Clarksville, Tennessee, with Dr. Alvin Miller officiating the licensing and ordination service.

Since that time, McNeil has hit the ground with power. His ministry extends far beyond the walls of a church building as he is an advocate for community involvement as well. During his time in Clarksville, he was active in preaching and teaching the word of God in the city's Montgomery County Jail. In addition, he continued his service of responsibility by providing weekly Christian services to recovering drug addicts at Lighthouse Mission Ministries, a 12-step transitional housing facility in Clarksville.

In 2012, McNeil began his final tour of duty at

See **MCNEIL** pg. 4



Photo by Any Given Day Photography

## J.L. AND LINDA CRAWFORD

A co-owner of *The Anchor News*, J.L. Crawford is the director of operations for the paper. He is also an instructor at McLennan Community College, a Bible teacher, and a LegalShield Manager. Linda Crawford is co-owner and editor of *The Anchor News*. She is an instructor at McLennan Community College, a Bible teacher and a conference, workshop and motivational speaker.

# The Waco NAACP guide to voting, Part 2

BY SHAWN SANDERS,  
WACO NAACP  
POLITICAL ACTION  
COMMITTEE CHAIR

Ex-felons have the right to vote by Texas law. This is a fact. Once a felon has successfully completed his or her punishment, then that person is immediately eligible to register to vote. There is no waiting period. There is no application to complete. The right to vote is immediately restored. Final Felony Convictions Pursuant to Section 11.002 of the Texas Election Code ('The Code') grants all felons this right.

It is important to understand that if an individual has not gone through final felony conviction, he is still eligible to register and vote. That means that if an individual is in county jail but has not been convicted, he is eligible to register and vote. If a conviction is on appeal that is not a final felony conviction. Deferred

adjudication is not a final felony conviction. Mere prosecution, indictment, or other criminal procedures leading up but not resulting in final conviction are not final felony convictions. Therefore, none of the above mentioned situations will result in the loss of an individual's right to vote.

If an individual is finally convicted of a felony, his right to vote is restored immediately upon completion of punishment, including any term of incarceration, parole, supervision, period of probation, or the individual has been pardoned.

The following is a true story about an ex-felon, whom we will call "Jennifer" to maintain her privacy, and her pathway to restore her voting rights. Having this right is a relief for her and a step in the right direction to get her life back on track. Jennifer is a mother and grandmother. She is a native of Waco and in her

40's. She has exercised her right to vote since she was 18 years old.

Jennifer's life spiraled downward when she became addicted to pain killers. As a result of her conviction, she was not allowed to vote from 2011 to 2015. Jennifer got "Off Paper" November 21, 2015 and her right to vote was immediately restored. "In the envelope that contained my release papers that said I was cleared, there was a voter registration card included. I literally filled it out and walked right out the door and put it in the mail box. I've not received my voter card yet, but I have registered to vote." Even though Jennifer does not have her registration card to vote in hand, she can still vote, because her record will be in the McLennan County Election Office's computer records. All she needs to vote is a state issued photo ID.

This real life example demon-

strates how the "Off Paper Go Vote" campaign is supposed to work. However, there are some challenges that ex-felons should be aware of. Knowing what their rights are will make sure that ex-felons are free to exercise their right to vote. Information researched from the Director of Elections Office offers the following.

On a weekly basis, the Elections Office receives information from the Department of Public Safety (DPS) regarding all persons in the state who have been finally convicted of a felony. The Elections Office matches the DPS data against their statewide file of registered voters, and when they find a possible match, they forward that information to the appropriate county for action. This means that a county elections officer could remove a felon from the voter rolls. What does this mean to an ex-felon? It means that an individual's status as "off paper" might not have worked its way through all the systems. If challenged, all you need to do is show that you are "off paper."

Any ex-felon who has questions or faces challenges to his or her right to vote should immediately contact the Waco NAACP.

A note from the Crawfords...

## How to overcome adversity in your daily life

(NewsUSA) - While professional athletes face their opponents on game day, everyone faces adversity in their everyday lives.

Just ask noted sports psychologist and author Dr. Jack Llewellyn, who in January 2004 received news that would change his outlook forever: He was diagnosed with relapsing-remitting multiple sclerosis (RRMS), the most common form of MS.

Dr. Llewellyn built his career on helping professional

athletes overcome adversity by leveraging life's obstacles to achieve success -- if you've been following sports headlines lately, you know how much energy that can take -- and suddenly he found himself applying those same techniques to get himself through his own challenge of living with MS.

"There are no guarantees in life, but a positive attitude keeps the probability of success on your side," says the author of the newly released book *Get*

the Mud out of the Water. "The week I was diagnosed was a tough one. However, I worked with my doctor to get on therapy right away, and I've been able to maintain the life that I love in the eight years since."

"I tell my players all the time, 'Everyone faces adversity in their lives.' What you can control is the time it takes to overcome it by learning how to focus on your assets -- not your liabilities."

The book by Dr. Llewellyn outlines strategies designed to

help anyone recover from adversity and lead their best life each day. Among his tips:

- Assess your assets and your liabilities. Ask yourself: "What makes you strong enough to overcome life's challenges?"
- Achieve something positive every day. Take stock of your accomplishments -- small and large -- and fill your mind with things that are positive and affirming.
- Surround yourself with a team of people committed to helping you. You need a sup-

port system that's both committed to your health and you.

- Use stress as an incentive. Find a way to use the energy from things that put a strain on you in a productive way.
- Create a positive environment. Make a conscious choice to live every day with a confident mindset.

To learn more about MS and Dr. Jack Llewellyn, visit [www.sharedsolutions.com](http://www.sharedsolutions.com).

# THE Anchor News



The Anchor News is a free, monthly publication of Crawford Publishing, E-T-C, located in Waco, Texas, (254) 715-8943. All rights reserved.

### PURPOSE

The Anchor News, dedicated to serving the community and surrounding areas, focuses on positive news and accomplishments of minorities.

### POLICY

Anchored on the principles of scripture, Anchor News will at

no time publish information that is potentially libelous material or intentionally malicious, derogatory or irrelevant.

### EDITORIAL POLICY

Signed opinion articles do not necessarily reflect the opinion of the editorial staff. Unsigned editorials reflect the opinions of the editor.

### LETTERS AND ARTICLES POLICY

The comments and opinions of our readers are welcomed. Letters

and articles should be e-mailed. Letters should be no longer than 200 words and must include a name and phone number. Article submissions should be no longer than 450 words and should include an original head shot (in jpeg format) along with your name, address and phone number. We reserve the right to edit for grammar, space, potentially libelous material and copyright infringement. We also reserve the right to refuse derogatory, irrelevant and malicious submissions.

### SUBSCRIPTIONS

Subscriptions are \$36 a year (12 issues) and can be paid by check or money order. Send all correspondences to The Anchor News, P.O. Box 23534, Waco, Texas 76702-3534 or email to [theanchornews@aol.com](mailto:theanchornews@aol.com).

### ADVERTISING RATES

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## High electric bills?

BY KIMBERLY GRAHAM

As Regional Consultant with Ambit, Kim and I have been saving our friends and family lots of money on their electricity bills. Many people have saved as much as half off what they had been paying. (We can even show you how to get free energy!) The process only takes about 5 minutes and with Ambit's no flicker guarantee, you will have no interruption of service during the changeover or they will pay your first month's bill. Let us be your personal energy representatives. We will work hard to keep your bills low.

### A SOLID COMPANY

Ambit is about to celebrate its tenth year in business and has won many prestigious awards. Examples include awards from; J.D. power and associates, the Ink 500 and the Direct Selling News. Our mission statement is to be, "The Finest, Most-Respected Retail Energy Provider in America." We are now over a billion dollar a year company with over a million customers and growing...

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KIMBERLY GRAHAM

your full-time income, let us help you achieve it. Entry level cost to get into this field is very low. It's only a one-time fee of \$75.00 and if you are coachable, you will become very profitable quickly.

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Call us at 254-495-1997 (Kim) or 254-339-0761 (John). You may also email us at [ElectricityPro1@gmail.com](mailto:ElectricityPro1@gmail.com).

## All for the Glory of God Scholarship Walk-A-Thon

BY VERONICA MCCLAIN

The Citizens of Waco are invited and challenged to participate in our 3rd Annual "All for the Glory of God" scholarship Walk-a-Thon.

This event will be held on Saturday, March 19, 2016 at Crestview Church of Christ Community Center located at 7129 Delhi Road, Waco, Texas. Event time will be from 9:30 am to 12:30 pm.

The Pleasant Olive Missionary Baptist Church Walk-a-Thon will take on a new style and flow. In addition to one's personal demonstrations of athletic ability, we are launching our event by the sale of POMBC Raffle tickets for some fantastic prizes to ensure that the 2016 Pleasant Olive Missionary Baptist Church will be Victorious in our scholarship efforts. There are two (2) sets of tickets. You may choose a \$2 ticket or a \$5 ticket. Prizes will be great for both sets of tickets. But the more tickets you hold in your hand, the better the reward. There will also be a themed Self-

ie-Booth.

To give you a quick peep of what's behind Door Number 1, 2, and 3:

Hampton Inn – Jacuzzi suite, Sandy's House of Travel, Sascee's Downtown – Dinner for 2, Lee Nails Spa & Pedicure, La Bella Salon and Beauty Lounge, Practically Picasso, and the list goes on.

But to claim it, you just can't name it...you've got to buy a ticket!

The bottom line mission is to ensure that our youth have a great start in furthering their education. Let's love them buy giving and sharing in this wonderful event. We welcome you to invite your friends and their friends to participate, not empty handed, but bringing a heart to give and/or raise money for this event. From the smallest, to the tallest...Cash Love is welcome!

You may purchase your tickets from Dr. Everett James, Patricia James, Iris Miles, Janice Ephraim and Veronica McClain by calling 254-752-6471 or purchase on site of the event.

## CHURCH

Continued from page one

asked the congregation if they could see that Shaw was called to preach. Shaw, now a Bishop, Shaw has been leading faithfully since.

The many services offered at The Rivers of Living Waters have altered the direction of lives in ways that have long lasting positive effects on the community. For nearly 13 years, the church has provided counseling services and families and individuals who are dealing with struggles associated with substance abuse receive outpatient care, via a 14-week substance abuse program. "The Residential Substance Abuse Center is an onsite facility that houses 24 people. The Center receives referral in a number of ways: by hospital referrals, through Child Protective Services, correctional officers, and through our hotline number. Space is limited. This intensive program is so effective that the return to prison rate is greatly reduced. The program offers onsite psychologists, weekly counseling classes for outpatient care, and internships for college students enrolled with Texas A&M, Vista, online nursing schools, and other licensing programs. Shaw expresses the roles diet, exercise, and nutritional balance aid in the recovery process. "We try to balance nutritional needs with rest, exercise, meditation, while reducing the stress of con-

finement. The residential care is intensive and can feel confining. To minimize the stress, participants can earn privileges. In addition, the curriculum emphasizes self-discipline and abiding in the absolute truth about self and others.

During the summer months when school is out, the Homework Center is open. Students receive appropriate tutoring services that assist them in passing required exit exams. The church also offers adult literacy programs and a computer lab. Background checks are required of all volunteers.

On August 26, Men of Integrity will be hosting the 2000 Man Conference. On that night, worship and praise will begin. The conference is for all men of all denominations. Men of Integrity is a male only program bringing men together learning and offering mentorship education. Attendance has grown in numbers since its beginning. Meetings are held on the 1st and 3rd Tuesday of the month. The Boys of Honor program is designed for younger males between the ages of 7-17 years. Men that effectively rescue and support other men must do so socially, economically, and spiritually, explains Shaw. He continues that the rite of passage into manhood has to begin with each male being equipped with tools vital to his growth and maturity. Playwright, and author,

Ella Adams, an active member of the congregation, will present a play on August 30, 2016, which will launch the drama/performing arts school.

In July The Rivers of Living Waters will host the annual Kingdom Experience Conference, a free 3-day event that is open to the general public. Participants will have opportunities to refresh and renew their spiritual relationship with God. During this time, the pastors come together. On July 20th, the women's conference will begin, followed by the youth conference on the 21st. Then on July 22, as part of the conference finale, world renowned recording artist and pastor, Donnie McClurkin, will be the featured guest for the evening. Make plans now to attend the conference and renew your spiritual health through the Word.

The public is invited to worship at The Rivers of Living Waters. Office hours are from 9 am-6 pm, Wednesday evenings, and Sunday mornings at 10:30. To make contributions to help with the community programs, go online to The Rivers Of Life Church website. Look for the Water of Life page, and see the Substance Abuse Center/ Paypal. Financial contributions are tax deductible. If you or someone you know needs help or services, please call (254) 690-9673 for information.

# AUDITIONS

WACO CIVIC THEATRE PRESENTS

SISTER ACT



MAY 6-22, 2016

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Waco Civic Theatre is looking for singers, actors and dancers for its production of "SISTER ACT" this May 6-22.

Auditions will be held at the theatre at 1517 Lake Air Drive in Waco on March 28th at 6PM and March 29th at 7PM.

For more information, call the theatre at 254-776-1591 or go to their website at [www.wacocivictheatre.org](http://www.wacocivictheatre.org)

"Sister Act" is based on the hit 1992 movie of the same name starring Whoopi Goldberg and Harvey Keitel.

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## MCNEIL

Continued from page one

Fort Stewart in Georgia and there, he united with the Restoration Worship Center in Richmond Hill, where he served as assistant pastor under the leadership of Dr. Hubert Quiller. McNeil has a BA in psychology from Ashford University in Clinton, Iowa and is currently pursuing a Master of Divinity de-

gree from Baylor University's George W. Truett Theological Seminary.

The Londons are excited to be the leaders of a church that has such a rich heritage, and Willow Grove members are excited to step into covenant relationship with two servants who are already connected to the church.

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Call or text Linda Crawford at  
254-715-8943 for more information.

## Steps to changing your lifestyle

BY MARSELO  
"SELO" LOZANO

Many times we read the sCA lifestyle is the bi-product of habits. Habits come in so many different forms and aspects and most of the time, they sneak up on you without you even knowing it. Of all my years of working with young people and helping to develop leaders, I've never had a person say he wanted to be an alcoholic, on the verge of divorce or strung out on dope.

If you ever look around and see just where people are and what they actually believe, then you will understand the choices and attitudes alone will impact your lifestyle in the years to come. A small percentage of everything you experience is outside influences trying to get you to stand up or sit down with your beliefs. The larger percentages are the choices you make and attitude you have which lead to habits. Almost every person you meet would say if he knew then what he knows now his past choices would have been different.

Right now you should evaluate all the things you spend time doing. The thing people spend time doing right now is what builds value in them. This in turn develops into habits. There are things you want to do. Then there are things you want to stop doing. These are the things that benefit you or slow you down from reaching the dreams placed inside of you. If you



MARSELO "SELO" LOZANO

have the habit of putting 75 cents or a dollar into every vending machine you see, you'll never have the extra cash you want. It's one thing to want to stop smoking and an entirely different thing to never start.

Every habit costs somebody money, time or emotions. Let's just look at one day in the life of the average person. Most have the habit of brushing teeth, putting on deodorant, doing edge ups, putting clean clothes, having fresh hair, doing nails and make up. These needs created a habit and a lifestyle. Back talking, sarcasm, rolling eyes, quick cut downs, mocking and under your breath comments are all habits of self-expression; are they not? Lifestyles are created by the very being of our values.

Those who value education have habits of studying. Those who value money make a habit of counting on it. The list goes on and on. Values lead to habits, habits

lead to addictions, and addictions lead to a lifestyle. This is why people can't understand the crack head or the guy addicted to porn or the woman who thinks she needs attention.

You have to create new values in order to develop new habits. These habits lead to an addiction and a lifestyle. It takes about 21 consecutive days to create a new habit and an additional 12 days to reinforce the removal of an old habit. So, we are looking at total 33 days of repetitive behavior to just begin a new lifestyle.

Now, this means consecutive and repetitive without any breaks or stops in the behavior. So, if you are at day 20 of creating a new habit and you miss one day this means the very next day you start all over at day 1. What? That's crazy! Just know a lifestyle, addiction and a habit that has a high value, are not made overnight. It's over a period of time that lifestyles are formed. You can't "try" to change your lifestyle. You either change it or you don't.

*Marselo "Selo" Lozano has been around the block a few times. His experience gives him a trusted voice in helping youth leaders understand how to reach and raise the future generations. Don't hesitate to contact Marselo and Mia Lozano. They are quality people, and they'll help you reach the young people of your community. Contact them at 254.756.1240 or P.O. Box 423 Waco, TX 76703.*

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# Prioritize and organize your day

BY MONA DUNKIN

Sunrise. Sunset. Spring is just around the corner. Life is a continuous, on-going process. Planting, weeding, harvesting and canning. As much as we accomplish, there is always more to do. As much as we know, there is always more to learn. Here are a few thoughts on prioritizing and organizing.

Identify the most important. Write down all the needs for the day, arrange in order of priority and tackle number one. Stay with number one until completed. Continually assess, "What am I doing now?" Weigh the current activity against what you have identified as the most important.

Make it a part of your everyday routine. Remember the hare and the turtle? It is better to consistently devote one-hour a day to planning and implementation than hours of stressful catch-up. Habits form character and



MONA DUNKIN

determine destiny.

Practice the One to Four Ratios. Time management experts say that for every one of planning reduces execution by four to ten times. One hour of advance preparation can take up to ten hours off the finished project. One day of concentrated planning can reduce the job by four to ten days. One week of deliberate groundwork can knock off ten weeks from the completed

task.

Preto's 80/20 Law of Predictable Imbalance. This principle ascertains that 20% effort produces 80% results. Using this predictable imbalance, 20% of your outfits are worn 80% of the time, leaving 80% of the items in your closet as clutter. Busy-ness does not mean business. In a given workday, 20% of your activities produce 80% results, leaving 80% as non-productive bustle. Twenty-percent of your social interaction will produce 80% of your leads. By eliminating 10% public commitments, you will gain time to develop better customer service.

Simplify through elimination. Be realistic about what you can do, what you cannot do and what you do not intend to do. Rather than delaying and denying, let yourself know your conclusion. Schedule in and pursue the can do's and will do's. Obtain help where needed and discard the rest.

Be an investigative reporter. Budget your time by asking pertinent questions, such as who? what? when? where? and how? Who needs to be involved in this task? Who will benefit from my completing this chore? What resources are needed for efficiency? What results are anticipated? What benchmarks point to accomplishment? When will supplies be available? Where do we eliminate fluff? How does this element compliment that component? Keep these qualifiers and quantifiers in sight to help you stay on track.

Find balance. Live one day-at-a-time while planning for the future. Plan around your entire life; being diligent to include family.

*Mona Dunkin, RT/CT/LM, Basic Instructor and Practicum Supervisor, William Glasser Institute, Motivational Speaker and Trainer For individualized assistance, invite me to your busi-*

*ness, organization or home. 254-749-6594 mona@monadunkin.com sign up to receive insights directly to your in box, www.mona-dunkin.blogspot.com.*

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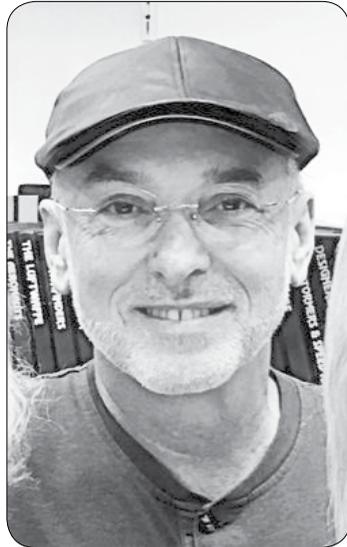
# Stitch your identity!

BY KENNY GRISHAM

Everyone wants to belong something—your church, your philanthropic organization, even your business. Everyone wants to belong. When you have pride in what you and your group are doing or what you stand for it's nice to have an identifier that says, "I belong."

Embroidery is a great way to make that proclamation of the dedication to your cause. Embroidery is a step above the typical screen printed logo on tee shirts. Those are what you throw out at random at a ball game. Embroidery gives an air of commitment and professionalism. Notice around you that those who wear embroidered shirts are the leaders. They are the dedicated, committed ones. How great it would be to be out in the public eye wearing that embroidered shirt that tells everyone you are part of that group.

Churches are a prime example. The church's logo can be embroidered on like men's



KENNY GRISHAM

and women's shirts very economically. Your church will be easily identified at any gathering or outing. Typically, a quality shirt can be selected from a vast array of styles available to suit the needs and wants of the church. We can even set up a shopping cart for the church for future members who also want to feel a part of the organization.

Nothing says, "I'm in busi-

ness" better than a professionally embroidered shirt when you greet the public. With embroidery, not only does it look professional but it can also be affordable. Unlike screen printing that must have many shirts to be affordable, embroidery can be minimal in number. Once your logo is digitized, you can order a single shirt and embroidered at a reasonable cost, many times

for not much more than you would pay for a similar shirt purchased without embroidery. And if you want it, name brand clothing is also available for embroidery like Nike, Eddie Bauer and others.

Have you ever seen anyone wearing a cap? My guess is yes, and I'll also be willing to bet that cap had something on it. Caps are worn by almost every man in Texas. Wouldn't

it be wonderful to have every one of those with your business name on it. Think about it—little billboards walking into all kinds of areas that need your service.

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## All men are endowed by their creator with certain unalienable rights, Part 3

BY RUBY MCCRAY

*Continued from the February issue of The Anchor.*

I'm beginning by asking you not to read this in a mean-spirited tone. Abortion is such a touchy subject and needs to be addressed in the light of God's Word. Since He created everything in the heavens, earth, under the earth and even you and me (Genesis 1:26, 27; Colossians 1:15, -17), He knows everything about us, and has given us a Manuel (the Bible) by which we can live the abundant life (John 10:10). He will never change His rules to accommodate us (Matthew 5:17-20); we have to obey what He has already said (1 Peter 3:8-12).

I will never intentionally try to hurt anyone, but I do know that the truth has a way of causing us to face realities. It will also uncover old hurts with which we've never dealt, only swept under the rug—hoping that they'll never resurface. However, once we face them, the healing process begins, and we'll eventually be happy that we did. Sin will destroy us if we don't deal with it (James 1:12-15).

We have all sinned and fallen short of God's glorious standards (Romans 3:23). We've done things of which we are so ashamed. We were slaves to sin and free from the obligation to do right (Romans 6:20-23). There are no little sins and big sins to God. If it's not right, it is sin (1 John 5:17), and if you know to do what's right and don't do it, it is sin to you (James 4:17).

All praises be to God who tells us that if we confess our sins to Him, He will forgive us and also cleanse us from ALL wickedness (1 John 1:8-10). We have to repent by turning away from wrong, proving that we are really sorry (Acts 2:38). He is so loving and so merciful! He does not punish us as we deserve, but pities us as a dear loving father pities his children (Psalm 103:8-18). However, that doesn't give us a license to continue in sin (Romans 6:1-19). We need to confess our sins to each other and pray for one another also so that we can be healed (James 5:16). When your sins are out in the open, the devil has nothing about which he can harass you. You don't mind him repeating it because you've already told it.

Perhaps somebody who is reading this article has had an abortion, or advised someone to have one, or didn't speak out against a person who'd decided to have one, or perhaps has even

performed an abortion. Just remember, God still loves you and is ready to forgive if you confess and ask. I'm not talking about going to heaven—that's a different topic for another day.

Although all mankind is created equally, they are all created differently. Each has his/her own set of fingerprints, DNA, hairline, teeth, learning abilities, structure, etc. You may be created with the same job description as another, but you'll not do it exactly the same way. Your styles will be different.

A baby in the womb is just as much of a human being as the person outside of the womb. It matters not how badly a person wants a baby: if God closes the womb, there will be no baby. It matters not how badly a person doesn't want a baby, if God opens the womb, there will be a baby—although it may be aborted.

Abraham's promised son, Isaac, married Rebekah who couldn't have children. Isaac pleaded with God on her behalf, God answered, opened her womb and she conceived twins. The children struggled with each other in the womb so she asked God about that. He told her that the two sons would become two rival nations. The younger son would be stronger, and the older son would serve the younger. Surely enough, when it came time to give birth, Esau came first and Jacob came second, grasping Esau's heel (Genesis 25:19-34). Oh, how we need to get the Bible back into our homes, schools and some churches! Blessed is any nation whose God



EVANGELIST  
RUBY MCCRAY

is the LORD (Psalm 33:12). But the nations that forget God will be cast into hell (Psalm 9:17). Ambassadors of the Kingdom of God, you'd better not hold your tongue! Know your rights and know your God (Daniel 11:32). Speak the truth in love because everybody needs to hear the Good News about Jesus, the Savior of the whole world (John 3:16). They don't know that, but we do.

Hannah, another barren woman, was one of the two wives of Elkanah. Peninnah, the other wife was having children and harassing Hannah because the LORD had closed her womb. Elkanah loved Hannah but she wanted a baby. She prayed and vowed to God that if He would bless her with a son, she would give him back to God for all the days of his life. God answered and she kept her vow (1 Samuel 1:1-28).

*You may not believe me, but*

*just what if I am right?*

Evangelist Ruby McCray is the founder of A City of Refuge Ministries. For questions or

comments e-mail [rubyacorm@yahoo.com](mailto:rubyacorm@yahoo.com) or write to A City of Refuge Ministries, P. O. Box 2025, Waco, Texas 76703.

## Tips for brides on budgets

(NewsUSA) - Between the thrilling proposal and the pre-wedding whirlwind -; setting the date, finding the perfect wedding dress, planning the honeymoon -; weddings should feel joyous and romantic.

But after the wedding, couples should enjoy their newly wedded bliss -; not panic about digging themselves out of debt.

According to the Association for Wedding Professionals International, the average wedding costs between \$18,000 and \$21,000.

In these difficult economic times, couples might need to minimize the cost of their wedding. But brides on budgets do not need to whittle their guest list from 200 to 10.

Here are some affordable -; and tasteful -; measures couples can take to stay within their budget.

What eats up wedding cash? Wedding receptions usually account for half of a wedding's cost. Dinner and drinks add up, especially if couples pay for a full or open bar.

To save money on the bubbly, couples should nix the mixed drinks. Soon-to-be-marrieds can serve champagne during the toast, then offer beer and wine for the rest of the eve-

ning. Give clumsier guests white wine, not red, and the evening should progress with fewer mishaps at a lower cost.

For dinner, couples should think outside the catering-company box. Local restaurants might make better deals. Classy catering can come from unexpected places. Some restaurants provide full-service catering options with elegant entrées like roasted sirloin, turkey or rotisserie chicken, and a selection of gourmet sides. The cost is very reasonable.

After the reception, photography and videography are the second largest budget-breakers. Couples can hire a photographer and videographer for the ceremony, then leave reception photographs to friends, family and digital cameras.

To avoid the cost of a live band, brides and grooms can opt for MP3 playlists, customized CDs and speaker rentals over pricey bands.

Finally, hiring a wedding coordinator can save time, manage stress and get better deals.

So, here's a toast to tweaking old traditions to make a dream wedding financially attainable -; and to save enough money for a long, relaxing honeymoon. Cheers!

# Broken Silence

## BOOKS & PUBLICATIONS

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Wanda B.  
Gunter

Author, Artist &  
Contributing writer  
for *The Anchor News*

# Training for high school level chemistry, biology and environmental science educators

Educators participate in a research workshop opportunity. The two-week event will be held Monday, July 18th – Friday, July 22nd, 2016 and Monday, July 25th – Friday, July 29th, 2016 at the Baylor Sciences Building (BSB) and the Baylor Research Innova-

tion Collaboration (BRIC). Eligible participants are those currently teaching the following subjects at the high school level: Chemistry, Biology, and Environmental Science. Participants must commit to attend both weeks of the workshop.

This unique opportunity is

part of the Molecular Design Research Network (MoDRN), which is supported by the National Science Foundation. MoDRN is a "Green Chemistry," Toxicology for Beginners," and "Safe Chemical Design" project which seeks to answer the question: What are the in-

fluencing hazards/risks related to environmental impacts, and what can we do to reduce the toxicity of new chemical substances? Answering this relevant question requires a cooperative approach among different scientific and engineering disciplines including biology, chemistry, computer science, environmental science and toxicology. MoDRN is a partnership between Baylor University, The George Washington University, The University of Washington, and Yale University.

Local partners for the workshop include Educational Service Center (ESC) Region 12, and professors from the Baylor School of Education/CRASR and ENV. During the two-week workshop, participants will engage with MoDRN researchers, educators, and one another to develop and conduct research related to a topic of safer design of chemicals. Cooperative groups will work hand-in-hand

with Baylor researchers in the laboratory to design novel experiments that will answer teacher-generated hypotheses. We will also concentrate on aligning the projects with educational standards, and working together to develop activities appropriate for use in the classroom.

Participants will receive a competitive daily stipend and continuing professional education (CPE) hours provided by ESC Region 12. Space is limited so please apply by Tuesday, March 15, 2016. Participants will be selected for participation to ensure a balance of three subject areas, diversity of schools, and by evaluation of application essay questions. For those selected as participants, we anticipate having an informational kick-off meeting in April/May 2016.

For more information, call (254) 710-2358 or e-mail Libbie Toler at Libbie\_Toler@baylor.edu.



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Parents Against Crime Coalition is hosting a "Hattitude Tea" on the Saturday before Easter. PACC invites everyone to come out and join us for an old fashioned afternoon tea. There will be a "Parade of Hats" which you may sign up for by March 21<sup>st</sup>. Attire is dressy casual (no jeans please). There will also be a presentation on the history of teas and hats as well as a silent auction.



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# Take care of your credit when applying for a home loan

Even after you've done the work to find the home you want to purchase and negotiated the contract, you'll still have one important job to do related to your finances: nothing. That's because the financial decisions you make when applying for a home loan won't be a secret to your lender, and any actions that negatively affect your financial situation could put your home purchase in jeopardy.



LINDA MCDONALD

Lenders have strict rules borrowers must follow, and your lender is no exception. Missteps could give your lender a reason to delay your closing or even reject your loan outright and send you back to square one. Be aware of the following financial missteps that could throw a wrench into your deal.

**DON'T HIDE YOUR FINANCIAL HISTORY**

Good decisions start with the application itself, so be up front about your finances, and don't leave any surprises for your lender to discover. Even if there's something on your credit report you aren't proud of, be honest from the start. These issues will show up eventually, and your mortgage broker or banker is likely to have advice

for resolving them.

**DON'T MAKE ANY LARGE PURCHASES**

You might want to furnish your new place now, but you should wait until after closing to buy expensive furniture or appliances—and definitely put that new car on hold. Even if you pay for them with cash, your lender may request updated copies of your bank statements and see you have decreased funds available.

**DON'T OPEN A NEW**

**LINE OF CREDIT**  
Even applying for a credit card can throw up a red flag when your finances are under a microscope. Stores may try to tempt you by offering a discount on your purchase just for completing an application, but that savings probably isn't more valuable than closing on your

home purchase.  
**DON'T BE LATE PAYING YOUR BILLS**  
Your lender will be looking at your finances closely on a regular basis, and any negative changes could affect your status.  
Your Texas Realtor can give you more tips for making the

right financial moves to ensure you have a smooth transaction. Visit [texasrealestate.com](http://texasrealestate.com) to learn more about buying, selling and leasing property in Texas.  
*Linda McDonald is President of the Waco Association of Realtors and is associated with Coldwell Banker Jim Stewart Realtors.*

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# Whose side are you on?

BY MATTHEW REED

Where is your allegiance? Jesus said he that gathered not with me scattered against me (Matt.12:30 He that is not with me is against me; and he that gathereth not with me scattereth abroad. Luke 11:23 He that is not with me is against me; and he that gathereth not with me scattereth). Mark 9:40 For he that is not against us is on our part. We've come to a place in time where we that profess Christ are going to have to make a clear choice. The devil in his warfare has brought us to this place. He knows human nature and he hopes to claim some souls through the weakness of their being friends to the world.

This is not the first time people have had to choose whom they would serve. Joshua 24:15 says, And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose

land ye dwell: but as for me and my house, we will serve the LORD. Psalm 25:12 says, What man is he that feareth the LORD? Him shall he teach in the way that he shall choose. Proverbs 29: 27-31 describes the deplorable conditions of a people which hate knowledge and choose not the fear of the Lord. Proverbs ( 29:27-31) 27 When your fear cometh as desolation, and your destruction cometh as a whirlwind; when distress and anguish cometh upon you. 28 Then shall they call upon me, but I will not answer; they shall seek me early, but they shall not find me: 29 For that they hated knowledge, and did not choose the fear of the LORD: 30 They would none of my counsel: they despised all my reproof. 31 Therefore shall they eat of the fruit of their own way, and be filled with their own devices.

In this chapter Solomon describes the consequences of a people who have been influenced by sinners to reject the counsel of God. There is an ongoing attempt today to force the church to choose against

the truths of God. Man was made to be with woman and woman was made to be with man and there is only one God, and his name is Jehovah. Jehovah made it all. It did not happen by accident. Genesis 2:20 says, for Adam there was not found and help meet for him. 21 And the LORD God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof; 22 And the rib, which the LORD God had taken from man, made he a woman, and brought her unto the man. 23 And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man. 24 Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh. 25 And they were both naked, the man and his wife, and were not ashamed (not the husband and husband, nor wife and wife).

You as a Christian could be thinking of the persecution you face in standing for the truth of



PASTOR AND MRS. REED

God. This is a good time to remind yourself that in the scriptures it is written that every man must bear his cross. In Phillipians we find Jesus humbling himself and obeying God even unto the death of the cross. Phillipians 2:8 says And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross.

I don't know what they intend to do to the Christian; this

I know being found in the fashion of men, if we want to spend eternity with God the Father and God the son. We 'gone' have to obey. We 'gone' have to bear our cross. Christ bore his, and we have to bear ours.

To the church, it's time to make up your mind whose side you are on, where your allegiance is. Remember they can only kill the body. Stand in! Stand on! Stand for the truth of God! Amen!

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MANN

Continued from page one

cracking, ashy-kneed, and outrageously funny neighbor, "Mr. Brown." As was apropos, David's bravo performance led the way for "Mr. Brown" to become a principal character in many of Perry's other hilarious stage and film comedies, including the play and motion picture, Tyler Perry's Meet The Browns, in which David reprised the role of "Mr. Brown" for mass audiences.

Both properties were sure-fire hits, playing to

packed theaters and grossing millions. "If you thought Madea's family was crazy, wait till you meet the Browns" became the tag line for the new TBS comedy modeled after the film and starring David as the beloved "Mr. Brown."

But what great mind thought of bringing Mr. Brown to Waco, and why? That would be Marquis Harrison, CEO of Maximum Profits Central Texas. Harrison's inspiration to start

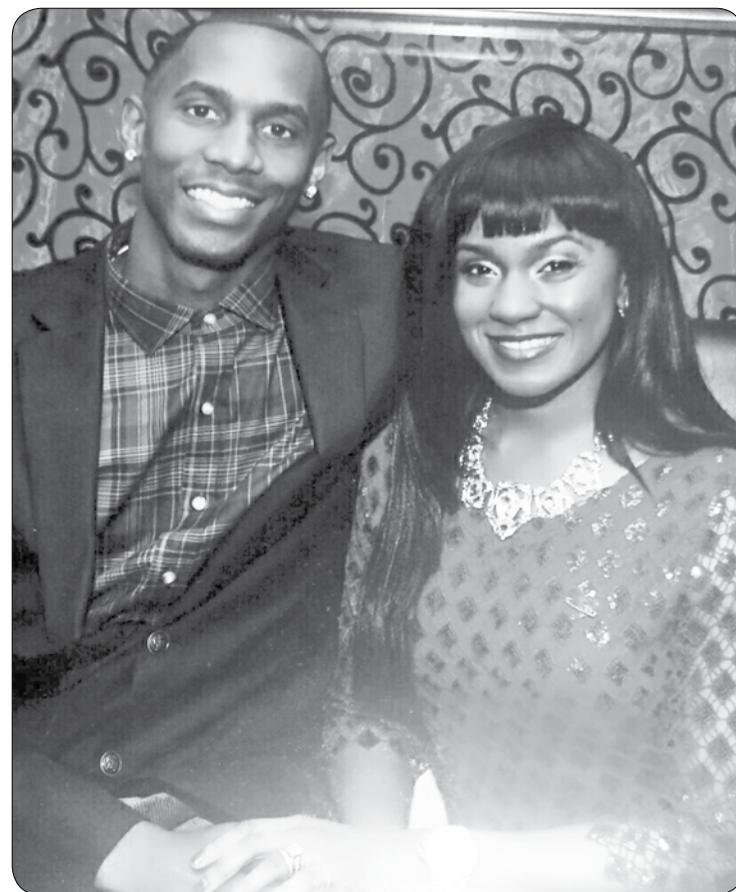
the company has humble beginnings. He credits his late grandfather, James E. Polk, who worked at Owens Illinois for nearly four decades and owned a lawn mowing business. Harrison remembers watching his grandfather work hard, determined to do what he needed to do to provide for his family.

"He showed me the value of work and prepared me for a time of knowing that I can achieve what I put my mind to."

Harrison also credits God and the three most important women in his life, his grandmother, Dorothy Polk, his mother, Cresandra Polk, and his supportive and praying wife, Nikki Harrison.

Harrison said he chose David Mann because of his success with working with the famous Tyler "Madea" Perry, and also because of Mann's clean comedy acts. Harrison is also impressed with Mann's continuing rise in popularity, for example, his upcoming new show on BET, It's a Mann's World.

Harrison hopes his business will provide the community with recognizable entertainment that is appealing to all ages. He is thinking that his next venture might possibly be a



MARQUIS HARRISON IS RESPONSIBLE FOR BRINGING DAVID MANN TO WACO. PICTURED ARE MARQUIS AND WIFE, NIKKI.

concert, featuring Mann's wife, Tamela or perhaps another comedy event featuring John Witherspoon, aka "Pops."

David Mann's musical and theatrical talents brilliantly epitomize ingenuity at its best. When David is

not shooting Tyler Perry's Meet the Browns, he brings his live comedy show to venues around the country playing to sold-out crowds and is a spokesperson for the American Diabetes Association. Along with his wife, Tamela, David is the co-host of the exciting new TV show, Hanging With the Manns, which follows the dynamic couple as they cook-up delicious recipes in the kitchen and go on hilariously funny and wild adventures together. When David is not on tour, he enjoys the restful company of his wife and their fun-loving children and grandchildren.

Make plans to attend this soon to be sold-out comedy event. Pick up your General Admission tickets (\$32) at Marilyn's Gift Gallery in Waco and In His Presence Worship Art Institute in Killeen. For more information, see the advertisement on page 9 of this issue of *The Anchor*.

Material taken in part from David Mann's bio information at <http://www.tillymannmusic.com/david-mann-bio.html>.

# Church Directory

## High Point Church



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# Glendora's Caribbean Guyanese & American Restaurant, The Hub

BY W.B. GUNTER

Located along the very edge of Killeen's downtown district, at the corner of Business 190 and Gilmer Street is a welcoming hub, a restaurant unlike any other, named Glendora's Caribbean, Guyanese & American Restaurant. Glendora's, a family owned enterprise opened for business September 2015. The food has its signature flavors and dishes, thanks to the head chef, and owner, Yvonne Richards, better known as "Momma."

The food gets its flavor from her husband, and her son, Desmond is the general manager. In addition to delicious recipes on the menu, excellent customer service, beautifully plated meals, and ambiance, one more element makes Glendora's stand apart—customers who return, share their Glendora experiences, welcome new visitors, and treat one another like family. Desmond says it best, "When you come inside, leave your problems at the door, and build great conversations."

Sitting at the juice bar enjoying beautifully plated eye pleasing meals, two women, Elena Pacheco and Jasmine Rosario, have a meal at Glendora's everyday and have done so since its opening. The business women began baking beautiful, delicious cakes while living in New York. Their business really took off after Elena's niece asked her to create a cake that looked like her favorite box of candy for a birthday. She's been baking cakes and the two of them have been expanding their marketing since.

Being able to take a moment of their busy day to enjoy a kale smoothie, and nutritious meal provides them with an opportunity to meet and unwind. They return because, according to Elena, "It's a hub for great spirits and like minded people. We love it, and the food is phenomenal, the atmosphere is warm and welcoming, and it's like being with family. Jasmine adds, "When you come, you are genuinely welcomed. You don't feel rushed, and that's ambience! Glendora's is a place where you can have a smoothie, talk, laugh, and relax."

Desmond, 29, the general manager, host, and DJ, expresses the importance of relationships with customers. "In

my mother's home was full of kids—children of family, our friends." They all interacted, he explained. "It was all about building relationships with one another. Glendora's is like my mother's home. Once inside, seating is comfortable, children, grandparents, and everyone can feel safe and relax while visiting."

DM McClure, a patron of Glendora's owns the business, Sound Baths Meditones. Meditones provides services for families, helps wounded soldiers heal, and offers relief by reducing stress associated with post traumatic stress disorder (PTSD). By using tones that vibrates, the body responds through sound, tones, or presence. "Sometimes emotions surface without talking." McClure finds that a nutritious meal, a healthy smoothie, helps to detox and cleanse.

He purchased a smoothie with bitter melon, which helps regulate blood sugar and cleanse the body. His life was altered a few years ago, and has since improved through diet, exercise, meditones, and God. Glendora's is a vital part of his story. To learn more about Sound Baths, call 254-338-8880.

Glendora's is more than a restaurant. Another wing of the establishment is like stepping into a living room, complete with furniture designed and sewn by Richards. Each Wednesday at 7:00 PM., Mr. and Mrs. Mejias hosts the Umoja Circle, an African centered study group. Having the restaurant and study close by allows students to enjoy a meal without rushing to or from class. Carol is the daughter of two great historians known throughout Central Texas.

Glendora's food is authentic to the nutritional needs of Africans. The common "American diet," though tasty, probably isn't the most sustainable for healthy living. Please contact Carol Mejias at (512) 566-9437 for information and upcoming events throughout the state.

For receptions, conferences, fashion shows, private parties, book clubs, or seminars, Glendora's has that covered too. In a separate room, next to the restaurant is a beautiful space filled with soft lighting, open floor, able to accommodate seating for at least 100 or more. Contact owners about

rental fees. In the words of Carol Mejias, "Glendora's is a business that brings everyone under one roof." Book your event early because it will be filling up with prom goers, graduates, and other celebrations.

Jay opened his business, Sweet Factory in 2010. "I recommend Curry and Roti. I tell people everyday that the energy is what keeps me coming back. This is my regular spot and coming here, you meet someone new every time. More important, when you're here, you really are family.

Friends will treat you like family too, the thing is, when your friends get full, they don't share, and I like to eat. The best description of Glendora's is, so genuine." The Sweet Factory, located at 2201 W. Stan Schluter accepts special orders from 11:30 am- 8:00 pm. The number one item on their menu would be a tie between the banana pudding cupcake and Mother of Pearl cupcake. According to Elena, it "smells like a slice of heaven."

Glendora's formula for success is more than food and people. "When you walk inside, the atmosphere is welcoming and you know, as a customer, it's genuine, says Richards. "I'll always be blessed. I believe in smiling, happiness, contentment. We offer on our menu, a dish called cook up rice, which is a traditional African dish consisting of rice and meat. Our food is cooked without salt, and is still well flavored."

Pamela Alfred, Desmond's aunt was a big inspiration. She passed away last year, and spent many years sewing robes for almost every church in Killeen and surrounding areas. On the wall of the living room, is a photograph, and though she has transitioned this life, her influence remains present.

Anytime between 11:00 a.m. and 9:00 p.m., 7 days a week, on the corner of Gilmer and Business 190 (Veteran's Memorial Blvd.), visit 715 W. Veterans Memorial and walk into Glendora's where you too will be welcomed, fed, and leave rejuvenated. More than that, you'll be back. Check out Glendora's online at [www.glendoraskilleen.com](http://www.glendoraskilleen.com) or by phone, at (254) 458-5908. Place your order by using the Grub Hub App.



PICTURED (LEFT TO RIGHT) ARE JAY, HIS WIFE AND DAUGHTER, ELENA PACHECO AND JASMINE ROSARIO.



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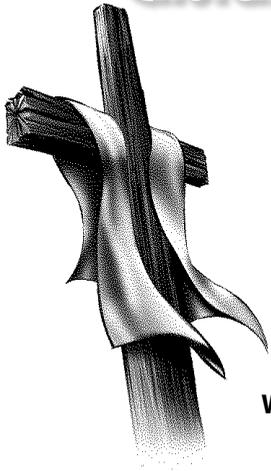
Call or text Linda Crawford at 254-715-8943 for more information.

# Temple of Christ Church

**Matthew Reed Ministries Inc.**

609 N. 5th St., Waco, TX. 76701 • (254) 753-0772

## Church Services



**Sunday School**  
10:00 AM

**Morning Worship**  
11:15 AM

**Sunday Evening**  
6:00 PM

**Monday Bible Study**  
7:00 PM – 8:30 PM

**Wednesday Prayer Worship**  
7:00 PM

*Pastor Matthew Reed and Wife Helen*

## Taxpayer alert: How to recognize and avoid identity theft scams

**J. L. CRAWFORD,  
LEGALSHIELD MANAGER**

(NewsUSA) - Across the nation, identity thieves are using legitimate information to scam honest taxpayers, and frequently posing as the IRS to do so. So, what can you do?

The IRS is taking this seriously, and has created the IRS Identity Theft Protection Unit to address the growing problem. However, being aware of some of the most common scams can help protect you from having your personal information used to commit fraud or other crimes.

Phony IRS emails. In a "phishing" scam, an official-looking email shows an IRS logo that lures the consumer to a website that requests personal and financial information, such as a Social Security number, bank account, or credit card numbers. In truth, the IRS does not send out unsolicited emails and does not use email to ask for detailed personal or financial information such as PIN numbers,



**J.L. CRAWFORD**

passwords or similar secret access information for credit cards or bank accounts. The only genuine IRS website is [www.irs.gov](http://www.irs.gov).

Refund scam. In a refund scam, a bogus e-mail tells the recipient that he or she is eligible to receive a federal tax refund for a given amount (often \$63.80) and sends the recipient to a website to complete a form to submit the tax refund request. The form then

asks for personal and financial information. In fact, the IRS does not notify taxpayers of refunds via e-mail.

Antifraud Commission scam. In this case, the scammer sends an email stating the IRS "Antifraud Commission" has found that someone tried to pay their taxes through the Electronic Federal Tax Payment System, or EFTPS, using the email recipient's credit card. As a result, some of the recipient's money was lost and the remaining funds were blocked. The e-mail includes a link that sends the recipient to a website where he or she is directed to enter personal and financial information in order to unblock their funds. Don't take the bait! The IRS does not have an antifraud commission.

Is your challenge listed above? Preexisting problems are covered, so give me a call at 254-717-4927. Hurry. With LegalShield, "...we can help you worry less and live more." J.L. Crawford, LegalShield Manager.

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# A life in Christ - worship or worry

BY PAM TURNER

Each day when I get out of bed, I have two choices about facing the day ahead. I can choose to be thankful, and worship and trust in God for what he has given me, or I can choose to worry and be anxious. My Bible has a topical index of scriptures, and under worry I find 25 verses discussing this subject, and under worship I find 45 verses.

One of the major worries I think we all deal with is if we have enough money to cover all our basic needs in life, plus money to cover some of the extra or unexpected expenses that may arise. Worry or being anxious seems to be one of Satan's biggest bullets he shoots at us. If he can consume our mind with worry, he knows this will take our focus off Jesus and what He does for us each day. As a result, we can also become frustrated in our walk with Christ.

Jesus uses 10 verses in Matt. 6: 25-34 to emphasize that we are not to worry about our needs in life. "Our heavenly father knows all our needs, what we shall eat, what we shall drink, and what we shall wear. Seek first the kingdom of God and his righteousness and all these things shall be given to us."

The remainder of the other 15 verses advises us to cast our cares on him, and that worry is bad for us. In today's world we seem to have more needs than food, drink and clothing. We have to add house, car, phone, utilities, appliances, taxes, and insurance policies



PAM TURNER

to cover our health, house, car, phones, appliances and life in the event we die. Seems very overwhelming at times, but God understands we have these needs also, and he will provide.

We're also bombarded each day with a media that tells us all of the world issues and how it's affecting our life and how it can have a negative effect on our finances. Last night I turned the television to PBS and listened to a program about retirement money in America and how so many of us don't have enough in our 401K's to have a comfortable retirement. I was so uptight after listening to that program I tossed and turned all night with worry. I would have been so much better off had I turned to TBN and watched Praise the Lord. I probably would have gone to bed with a mind full of praise and worship and not worry and aggravation.

This week I heard part of a

radio program on the importance of worshipping the Lord. I've never submitted my heart and mind in worship to our Savior and then had trouble sleeping that night or

was agitated when I was finished worshipping. Instead there's always a sense of peace and comfort when I submit my time to praise and worshipping our heavenly father. Scripture tells us he inhabits the praises of his people. At the end of the day if we have focused our

mind and heart to worship and praise, we can expect a restful night. I wish I could tell you I have the worry issue defeated, but again it's a choice I have to make: worship or worry.

After a night of tossing and turning about all the what ifs, and I think you can relate to what I'm talking about, I was very quick to turn the computer on and take a peek at my 401K. I whispered to God, "It is what it is Lord; your will be done."

To my amazement, it has increased by nearly 8% since I last checked on it. My God knows what he's doing and he's taking care of our needs. Let me encourage you that when you're faced with a choice of worry or worship, one is just as easy as the other. I'd like to encourage you to worship.

*Pam Turner is retired. Presently, she is a member of High Point Church in Waco and is a free-lance writer.*

## I AM A TEXAS REALTOR



Linda McDonald, ABR



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