



Mt. Sinai Church  
MONTHLY INFORMER  
April 2024

HELLO  
SPRING

# NEWS, NOTES, & NODS

## APRIL BIRTHDAYS

Madelyn Commodore - 4/1  
 Kenedea Lee - 4/2  
 Zianna L. Lee - 4/3  
 Suzan G. Robinson - 4/3  
 Z'Riyah R. DeJean - 4/5  
 Patricia A. Hatten - 4/5  
 Linda Adkins - 4/6  
 Dana DeCosta - 4/6  
 Hannah L. Childs - 4/8  
 Jonathan B. Williamson - 4/11  
 Stephanie L. Smith - 4/12  
 Prince Dixon Jr. - 4/13  
 Makenna Givens-Young - 4/13  
 Jaden Hanspard - 4/16  
 Destiny Simpson - 4/16  
 Yackisha Allen - 4/17  
 Shanitha Hankins - 4/17  
 Sharon D. Sloan - 4/17  
 LaKisha Evans - 4/18  
 Alesia R. Winston - 4/18  
 David Wright Jr. - 4/19  
 Judith M. Glasco - 4/25  
 Melissa Jones-Hale - 4/25  
 Casey R. Smith - 4/25  
 Karen Mathis - 4/27  
 Theresa Scales - 4/28  
 Ollie Fay Stokes - 4/28  
 Natalie Brannon - 4/29  
 Valerie Salmon - 4/30

## Wedding Anniversaries

Luke & Linda Adkins (25 years)  
 Jamie & Denise Scott (30 years)



*If you're celebrating a wedding anniversary, let us know! Send a message to [informer@sinai.church](mailto:informer@sinai.church).*

## Parent-Child Dedication

### Attention Sinai Parents:

If you are interested in a ceremonial dedication of your child to the Lord, please contact the Church Office at (323) 291-1121 or send an email to [office@sinai.church](mailto:office@sinai.church) for more information.

## Welcome to Mt. Sinai!

The following new members will receive the Right Hand of Fellowship in April:

\*\*\*\*\*

**Myesha Brown**  
**Pauline M. Cain**  
**Gloria J. Crowder**  
**David Stewart**  
**Kafayat Tijani**

\*\*\*\*\*

## Interested in joining Mt. Sinai?

There are four requirements for becoming a member:

- 1) A clear and credible profession of faith in Jesus Christ for salvation.
- 2) Submission to the Lord Jesus through water baptism.
- 3) Completion of our Membership Class.
- 4) Agreement with our Church Covenant.

Upon completion of these requirements and a follow-up meeting with the senior pastor, we extend the Right Hand of Fellowship, which is our official welcome to new members.

## New Members Class

**Saturday, April 20**

10:00am-12:30pm (onsite)

Contact the Church Office to register.

## Acknowledgments

To Pastor Hurtt & the Mt. Sinai Church family. Our thanks and love to all the members of Mt. Sinai for your prayers for Abe Williams and the Ann Patterson family. Also, thank you for the beautiful plant. We will tend to it with special care, hoping to keep it alive in memory of our beloved sister. We keep the church in our prayer and are grateful to be a part of this ministry.

Love in Christ with sincere appreciation,  
 Abe Williams and family

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 Thank You!

Whether you keep us in your prayers, sent a lovely card or arrangement, shared a memory or picture, gave a financial gift, or helped us in any way, please know that your love and kindness brought great comfort, and will be remembered.

- The Lula Mae Noguera Family

## MARK YOUR CALENDAR

### Sunday Worship Services

8:00am & 10:00am (onsite & online)  
 12:00pm (rebroadcast)

### Lord's Supper/Communion

1<sup>st</sup> Sundays

### TNT on Forgiveness

April 9, 16, 23

### Evangelism Training

Saturday, April 13

(See details on page 8)

### ACTS Support Group for Women & Men Caregivers

Saturday, April 20

11:00am – 1:00pm

In-person and on Zoom

Call ACTS at (323) 296-2975 or email [acts@actscsg.org](mailto:acts@actscsg.org) for details.

### Women's Emphasis Sunday

April 28

### National Day of Prayer

Thursday, May 2

## From the Pulpit



*"There is no space for competition when serving God."*

- Pastor George

## Condolences

We extend our condolences to the following member(s) for their loss:

**Gregory Awosika** (brother)

**Don Gray** (sister)

*For other congregational care updates, see the weekly Prayer & Praise Report.*

## Mt. Sinai Church

**Pastor George E. Hurtt**

3669 W 54<sup>th</sup> St.

Los Angeles, CA 90043

Tel: 323-291-1121

Fax: 323-291-1133

Email: [office@sinai.church](mailto:office@sinai.church)

Web: [www.sinai.church](http://www.sinai.church)

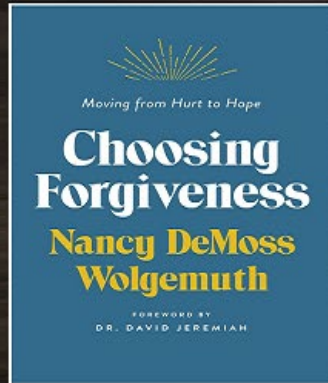
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Mt. Sinai Church LA

# BOOK OF THE MONTH

## April Book Of The Month



Copies of the book are available from the Church Office; please call for details



**Author:** Nancy DeMoss Wolgemuth • **Publisher:** Moody Publishers (July 5, 2022) • **Paperback:** 240 pages

Perhaps you still remember the moment, the time of day, the look in the other person's eye, when you were deeply hurt by someone you trusted. And since then, your life has been put on hold, sabotaged by harbored resentment, dreams of revenge, or perhaps indifference and numbness.

Or it may be just the "stuff" of everyday life and relationships that has left you with a knot in your stomach and a dull ache in your heart.

There are no magic words or secret formulas for forgiveness. But there are biblical principles that can help you break free from bitterness and pain. In ***Choosing Forgiveness***, celebrated teacher Nancy DeMoss Wolgemuth delves into God's word to uncover the promises and expose the myths of forgiveness. Discover specific strategies for putting God's grace and mercy into practice, forgiving others as God has forgiven you.

No one says it will be easy. But it could save your life. Break free: choose forgiveness.

– Online Summary

*The book reviews are the personal opinions of individual writers and do not necessarily reflect the views of MSMBC's entire pastoral leadership.*

**5 Year Reading Plan**  
**Month Of April**  
**Galatians, Ephesians & Philippians**  
Knowing the Bible Better Together

## MEMORY VERSE OF THE MONTH

**Ephesians 4:32**  
(English Standard Version)

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

# CHURCH NEWS



*Onsite & Online*  
**WORSHIP SERVICE**  
WITH PASTOR GEORGE E. HURTT  
**Sundays**  
8am, 10am (Onsite & Online)  
12pm (Online Only)

† [sinai.church](http://sinai.church)  
f Mt. Sinai Church  
▶ Mt. Sinai Church LA  
📷 Mtsinai\_la

**Mt. Sinai Church**  
3669 W. 54th Street Los Angeles, CA 90043 | 323.291.1121

*If you don't have internet access, you can listen to the 8am services by phone:  
Dial (669) 900-6833, Enter Meeting ID: 840 6029 6239 (no participant code needed)*

**IF YOU ARE SICK, PLEASE STAY HOME  
UNTIL YOU ARE WELL**



## ***Did you know...***

You can rewatch previous services on our website  
and social media platforms?

**On our church website:**  
Click on MEDIA  
Scroll down to the service  
you wish to watch.

**On our YouTube channel:**  
Click on the LIVE tab  
Scroll down to the service  
you wish to watch.

**On our Facebook page:**  
Click on VIDEOS  
Scroll down to the service  
you wish to watch.

**Morning**

*Prayer*

**April 2024**

**MONDAY - FRIDAY**  
**6:00am-6:30am**

— Phone Line —  
**(508) 924-3800**

**EACH TUESDAY**  
**6:00am-7:00am**

— Onsite & Phone Line —  
**3669 W 54<sup>th</sup> St. LA 90043**

**MARK YOUR CALENDAR**

**NATIONAL  
DAY OF  
PRAYER**



**Thursday, May 2**

**Join us on the Prayer Line**  
**6:00am-12:00pm**

Intercessory prayer for the nation and areas of influence.

**Join us at the Church**  
**7:15pm**

Worship • Prayer • Music • The Word

# DISCIPLESHIP CORNER



Sunday School • Spring 2024

**Sundays • 10:00am-11:00am**  
**April 21 – June 9**

For the Spring Quarter, the Kingdom Kids (ages 3-11) will continue studying *Bibleman*, and the Youth Classes (ages 11-17) will continue studying *Revival Generation*. All classes meet in the bungalows, next to the parking lot. It's not too late to bring your young ones to learn more about the Bible! If you have any questions, call the Church Office at (323) 291-1121 or send an email to [office@sinai.church](mailto:office@sinai.church).

### Spring Quarter Class Dates:

April 21  
May 5  
May 19  
June 2  
June 9

MT SINAI CHURCH  
**ZOOM**  
Sermon-Based Small Groups  
**Monday Nights**  
**@7:15 PM**  
Let's Discuss Sunday's Sermon Together

rightnow MEDIA  
Free Access to  
+20,000 Bible  
Study Videos

## Access Your FREE RightNow Media Account!

If you have not started your account:

- Scan the QR Code or
- Go to <https://app.rightnowmedia.org/join/MtSinaiChurch>



# MINISTRY TEAM NEWS

## Attention Parents!

### The Jr. Doorkeepers are back!

We're looking for Mt. Sinai children ages 4-12 to usher during the morning worship services on the 4<sup>th</sup> Sundays.

For details, meeting dates, etc., please see Monique Brown or call the Church Office at (323) 291-1121.



We need you to serve on the 4<sup>th</sup> Sunday of each month. If you are age 13-18 and you're not attending, participating in Sunday School, or serving, it's time to get plugged in!

Contact the Sunday School teachers or the Church Office to find out how you can participate.

## Attention Sinai Senior Saints!



We're relaunching the Senior Saints Ministry, and we want all Sinai members age 65+ to be informed and involved. Please complete an information card in the Church Lobby.

Also, we're designating 3<sup>rd</sup> Sundays for Senior Saints to our serve. If you're not part of a ministry team, contact the Church Office or see Tina Williams so that you can serve on 3<sup>rd</sup> Sundays.

## Women's Ministry 2024

### Attention Sinai Women!

If you missed the women's meeting last month, but you're interested in being part of the Women's Ministry, please pick up and complete a Women's Ministry information card. It's available in the Church Lobby, or you can see Makeba Stallings.

Also, mark your calendar for Women's Ministry Game Night (4/26) and Women's Emphasis Sunday (4/28).

More details coming soon!



# UPCOMING EVENTS



## MT. SINAI CHURCH PRESENTS...



**Saturday, April 13 from  
9:00am-11:15am onsite and online**

Don't miss the **EVANGELISM TRAINING** for this quarter, on Saturday, April 13 from 9:00am – 11:15am, facilitated by Pastor George Hurtt. The session will be held in-person at the church, and a livestream will be available. Lunch will be provided for the on-site attendees, so if you plan to attend, please register by Wednesday, April 10. Call (323) 291-1121 or send an email to [office@sinai.church](mailto:office@sinai.church).

3669 W 54<sup>th</sup> St., Los Angeles, CA 90043 • [www.sinai.church](http://www.sinai.church)

**MT SINAI**

**STEAM**

**CAMP**

Registration Is Open  
**Grades 5th-11th**  
July 7-July 14 2024  
**TUITION \$249**

Scan To Register

<https://bit.ly/3xx173w>

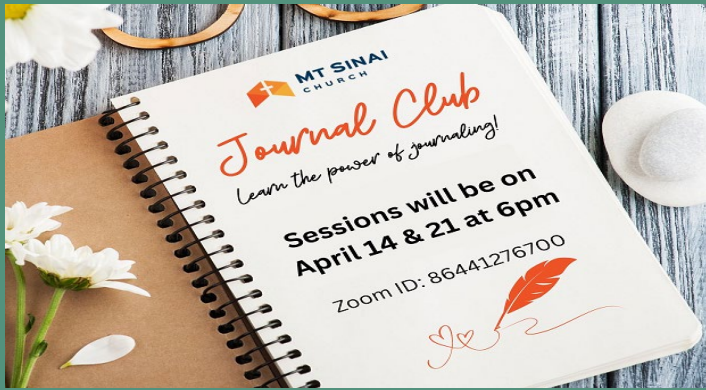
For more information, see Tai Haley, Ronald Clayton, or the STEAM Camp brochure. Register by scanning the QR Code above or by going to <https://bit.ly/3xx173w>.



# SPIRITUAL DISCIPLINES

## All About Journaling

### JOURNAL CLUB



### Journal Tip for the Month:

Try journaling about how a scripture on forgiveness makes you feel and note any thoughts or memories it stirs up.



### My Journaling Journey...

I have been journaling for years. I actually only meant to be in one meeting to see what the Journal Club was all about, and if it differed from what I was already doing. At that time, we were meeting on Zoom every Sunday, and I kept saying I am not going to join in today, but I guess I got hooked because every week there was something new and different, and I enjoyed interacting with Tai, Lori, and the group. We now meet just 2 Sundays each month. It's a safe space, where you can have open discussions of how you are feeling about an area being discussed, and we do check-in's on how our week has gone.

My favorite parts are the journal prompts, and I especially love the group activities. Well, I might as well admit it, I love it all. There is such a joyous spirit. I especially loved when were given letters from the alphabet and asked to name people in the Bible. What an awakening that was to see how little or how much I knew about who was in the Bible.

I don't know how Tai and Lori are able to make each meeting fun and interesting, but they do each time. It has been fun, and a learning experience. It is not BORING. I would ask my sisters and brothers in Christ to take their burdens and good times to the Lord through journaling. You might find that you will write more and see more clearly, things that you might never say out loud to yourself or someone else. You never know if something is a fit for you until you give it an honest try. So, join us and give the Journal Club an honest try. - Carolyn Sharp



## WHY JOURNAL?



#### Remember the Lord's Word and Works

- Psalm 77:11-12  
(remember God's deeds)

#### Helps with self-understanding and self evaluation

- Romans 12:1-2  
(renewing our minds)

#### Express thoughts & feelings to the Lord

- Psalm 62:8  
(pouring out your heart)

#### Meditation

- Psalm 1:1-3  
(Delight in the law of the Lord)

#### Clarification & Articulation

- Habakkuk 2:2  
(write the vision; make it plain on tablets)

#### Create and Preserve a Spiritual Heritage

- Job 19:23-25  
(written words inscribed in a book)

#### Maintain Spiritual Disciplines

- Psalms 119:11  
(God's word stored in our heart)



## How to Become a Consistent Giver

**G**enerosity is emphasized throughout the Bible, with numerous passages encouraging believers to give cheerfully and abundantly. Adopting a consistent giving practice aligns with the biblical principles of stewardship and compassion. But let's be honest—sometimes we forget to give. So, here are six ways to become a more consistent giver:



### 1. Regularly pray about your generosity.

The Bible encourages believers to seek God's guidance in all aspects of life, including financial matters. Prayer establishes a connection with God, seeking His will and wisdom in how to share the resources He has entrusted to you. Proverbs 11:25 states, "A generous person will prosper; whoever refreshes others will be refreshed."

### 2. Pre-determine the amount you desire to give.

The Bible emphasizes the importance of intentional and planned giving. One of the key generosity principles found in the Bible is proportional, or percentage-based, giving (Malachi 3:10). Prayerfully determining the percentage you should give will help you avoid last-minute, inconsistent generosity. This predetermined amount reflects your commitment to stewardship and understanding of God's provision in your life.

### 3. Pre-determine when you desire to give.

Establishing a consistent giving schedule aligns with biblical principles of order and discipline. In 1 Corinthians 16:2, the Apostle Paul advises, "On the first day of every week, each of you should set aside a sum of money in keeping with your income." Setting aside specific times for giving reinforces the biblical notion of honoring God with the firstfruits of your income (Proverbs 3:9). For many, aligning their time of giving with their paycheck helps maintain consistency and reflect the firstfruits principle.

### 4. Automate your giving.

Leverage technology to keep your giving consistent. Automating your giving through your church's website or other Kingdom-advancing non-profit platforms ensures that your contributions are timely and faithful.

### 5. Track your generosity.

You chase what you track. Therefore, you should consider tracking your generosity. Keeping records of your giving allows you to evaluate your commitment to biblical stewardship and adjust as needed. This also allows you to celebrate what God has allowed you to do with your finances.

### 6. Pay attention to your generosity's impact.

The Bible is replete with stories of how generosity affects individuals and communities. Acts 20:35 reminds believers, "It is more blessed to give than to receive." By acknowledging the impact of your giving, you align with the biblical principle of selfless and joyful generosity.

Become a consistent giver. By incorporating these principles, you can cultivate a habit of consistent generosity that aligns with the teachings of Scripture and brings glory to God.

### 5 Things Christians Should Do With Their Tax Refund

The taxman cometh — and if you're lucky enough, he'll give you a refund this year. If so, consider your refund as a financial opportunity to do something wise with your money. After all, you've paid your tax burden to Uncle Sam all year long; now it's time to put a checkmark next to some personal financial goals for yourself.

It's tempting to treat a tax refund as "mad money" and give in to impulse purchases. However, in 10 years, chances are that you won't recall what you bought with your refund. Consider, instead, putting that money towards securing your financial future and obtaining some peace of mind.




Here are five ways to use your tax refund, based on Biblically-based financial principles:

- 1. Do some good.** Before you invest a dime of your refund, remember that sharing the abundance of what you have is the foundation of Biblically-based financial planning. Tithing or giving proportionally is the first responsibility of earning money, and this principle applies to your tax refund, too.
- 2. Jumpstart your emergency fund.** If you're among the large number of Americans without a financial safety net, starting an emergency fund may be one of the best ways to use your refund. According to recent studies, more than half of the U.S. can't cover a \$1,000 expense with their savings if they needed to. The Bible prescribes building financial reserves, and most financial planners recommend saving between three and six months' worth of living expenses, depending on your lifestyle, family dynamics, and employment status. Creating an emergency fund with your tax refund could be the financial break you need down the road.
- 3. Pay down debt.** Credit card or other forms of debt could be strangling your livelihood and preventing you from stewarding the money endowed to you. Paying off a credit card balance with an 18% interest rate is equal to getting an 18% return on your investments. That's like an instant raise!
- 4. Invest in yourself.** Have you set your sights on getting a raise, starting a business, or switching careers this year? If so, one of the better ways to use your tax refund is to invest in yourself through continued education or job training. You may not see the benefits immediately, but you will have more earning power in the future.
- 5. Start planning for retirement.** Whether you're a new college graduate with decades of employment ahead of you or a late bloomer who has put off retirement planning too long, it's always the right time to bolster retirement savings. Consider putting your refund into an Individual Retirement Account (IRA). Traditional IRAs may provide for tax deductions on contributions while Roth IRAs provide tax-free withdrawals during retirement. In either case, growth in your savings is tax-deferred.


Following these recommendations – or even just one of them – will put you a step closer to financial stability. And because most people don't include refunds in their budget forecasts, this is a small windfall that can be put to great use allowing you to reap the financial rewards for years to come.

## FORGIVENESS & RELATIONSHIPS



**FORGIVENESS  
EMPHASIS MONTH**  
8AM | 10AM | 12PM (Replay)  
**Sundays in April**

**Pastor George E. Hurtt**

**Sinai.Church**   **Mt. Sinai Church LA**

**MT SINAI CHURCH**

Join us onsite or online Sundays and Tuesdays as Pastor Hurtt addressing lessons on forgiveness, reconciliation, and restoration.



- April 9: Q&A on Forgiveness
- April 16: Reconciliation
- April 23: Panel Discussion

Tuesday nights will be onsite and online. To submit a question for the forum on April 9, please send it to [office@sinai.church](mailto:office@sinai.church) before 4pm on Monday, April 8.

## Food for Thought

### Forgiving Family

- Families are flawed
- Families fight
- Families need to be forgiven

**Godly families keep forgiving one another.**

- George E. Hurtt

# FORGIVENESS & RELATIONSHIPS

## CONFLICT RESOLUTION

### Managing Conflict in the Workplace

By Tonya Shelton

As with conflict in any relationship, conflict at work can cause unease and negative feelings. The unresolved conflict may lead to feelings of avoidance. 'If I don't go to work today, there's no issue.'

This approach, while it may temporarily relieve your discomfort, is not a long-term solution. Believe it or not, facing the matter head-on brings about the best resolve.

#### Here are six steps to deal with conflict in the workplace:

1. Arrange a time to talk with the other person in a safe and private place. If you find it best to ask a neutral, third-party observer to attend the meeting, that is fine as long as both parties agree.
2. When you meet, listen attentively. Most of us listen only long enough for an opening to reject what has been communicated. This is a sure way to miss an opportunity to understand the other person's point of view.
3. Show empathy. Place yourself in the other person's shoes and look for opportunities where you share common ground. You will be surprised by how many conflicts are stirred by miscommunication and wrong impressions.
4. Highlight the action and concern regarding the conflict, not personalities. Remember to view others through a wide-spectrum lens of respect and appreciation. We are all different and do not approach life in the same way. Be sure your issue is with a circumstance or behavior and not someone's identity.
5. Plainly identify the areas of conflict so that the other party is aware of your concerns. The best and most effective method for this is to stay away from accusations and instead use terminology that offers the other party a way to contribute feedback without feeling defensive. For example, you may say something like, "When you throw reports on my desk, it feels disrespectful. Can you please hand them to me?" Rather than saying, "You are always disrespecting me by tossing papers on my desk; you need to stop it!" The latter is more accusatory and may lead to increased defensiveness and anger.
6. Identify a plan to move forward. Working together, craft a solution that focuses on working collaboratively to avoid future disagreements. Put a timeline in place to revisit your progress and remain committed to doing your part.

Remember to follow your organization's human resources guidelines for reporting workplace disagreements. Personnel professionals can often lend additional resources and expertise to help you and your colleague reach a mutual resolution.

*Tonya Shelton holds a Master's Degree in Conflict Resolution and Peacebuilding from California State University, Dominguez Hills. She has volunteered with the Los Angeles County Bar Association's mediation program, participates in the "Days of Dialogue," platform, and has led community presentations on dispute resolution.*



## How To Be A Christian During Election Season Part 1: Knowing your representatives

**P**olitics is addressed directly or indirectly in several parts of the Bible. Romans 13:1 and Peter 2:13-14 say that all should follow the authority of government, as government authority is instituted by the authority of God. As Christians we “have a duty to impact culture in a manner that reflects the truth and love of Jesus Christ.”



African American churches were very important to the success of the civil rights movement. According to the U.S. Constitution, all men were allowed to vote since 1870, but Black Americans were only ensured the right with the passage of the Federal Voting Rights Act of 1965. Many men and women worked tirelessly to make sure that Black Americans were given this basic right.

Many people in the community know that there are problems, such as crime, homelessness, poverty, inflation, health disparity, and inflation, to name a few. How as citizens do we change these problems? This year is an important election year because it will determine who will become the president, senator, and congressman. These Federal offices are important, but even more important are the local officials who will be representing citizens in our community. Most people know who is running for president but don't know what district and who represents us at the local level.

The local offices in the state of California are as follows:

- **State Senate** is divided into 40 districts. They are elected for a four-year term. Their duties are to decide whether or not a bill should be sent to the Floor for final consideration by the whole senate.
- **State Assembly** is divided into 80 districts. They are elected for a two-year term. Their duties are to pass bills on public policy matters, set levels for state spending, raise and lower taxes, and vote to uphold or override gubernatorial vetoes.
- **Los Angeles City Council** is divided into 15 districts. They are elected for a four-year term. Their duties are to order elections, levy taxes, authorize public improvements, approve contracts, and adopt traffic regulations.
- **Board of Supervisors.** Citizens who live in the county unincorporated areas are not governed by the Los Angeles City Council, so the services are governed by one of the 5 County Supervisors. Their terms are for four years, and their duties are to develop projects that have a countywide impact on transportation, air quality, economic development, early childhood development, and public safety.

When problems occur in our neighborhoods it is our duty to report it to the appropriate elected official in order to begin a positive change. It is important to become familiar with your officials in order for them to know what the priorities are. The local elections are as important as the national elections, but the turnout is much lower. Constituents have a responsibility to vote and to make their concerns known to their elected officials.

Many citizens may not know who their district officials are, but the information can be found by searching the internet or by using the links below.

Submitted by Barbara Lawson

Sources: [sos.ca.gov/elections/who-are-my-representatives](http://sos.ca.gov/elections/who-are-my-representatives), [Laforward.org/who-represents-me](http://Laforward.org/who-represents-me), <http://andcampaign.org>, <https://www.christianitytoday.com/ct/2003/october-web-only/russell-moore-presidential-election-trump-biden-2024.html>

# WELLNESS CORNER

## Mental Health Myth #4:

“Myth: People with mental health needs, even those who are managing their mental health conditions, cannot tolerate the stress of holding down a job.”

**FACT: People with mental health conditions can be just as productive as other employees, especially when they are able to manage their mental health condition well.**

Employers often do not know if someone has a mental health condition, but if the condition is known to the employer, they often report good attendance and punctuality as well as motivation, good work, and job tenure on par with, or greater than, other employees.

\*\*\*\*\*

For additional support, talk to a healthcare provider or visit <https://www.psychologytoday.com>.  
If you are in a current crisis, dial 988 or chat at <https://988lifeline.org>.

## STRESS AWARENESS MONTH

April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues.



# I'M SO STRESSED OUT!

### Is it stress or anxiety?

#### Stress

- Generally is a response to an *external* cause, such as taking a big test or arguing with a friend.
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

#### Both Stress and Anxiety

- Both stress and anxiety can affect your mind and body. You may experience symptoms such as:
- Excessive worry
  - Uneasiness
  - Tension
  - Headaches or body pain
  - High blood pressure
  - Loss of sleep

#### Anxiety

- Generally is *internal*, meaning it's your reaction to stress.
  - Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.

### Ways to Cope

- Keep a journal.
- Download an app with relaxation exercises.
- Exercise and eat healthy.
- Get regular sleep.
- Avoid excess caffeine.
- Identify and challenge your negative thoughts.
- Reach out to your friends or family.

### Find Help

If you are struggling to cope, or the symptoms of your stress or anxiety begin to interfere with your everyday life, it may be time to talk to a professional. Find more information about getting help on the National Institute of Mental Health website at [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp).



National Institute of Mental Health

[nimh.nih.gov/stressandxiety](http://nimh.nih.gov/stressandxiety)

NIMH Identifier No. CM 20-4319

# HEALTH & LIFESTYLE MATTERS

## FIT FOR THE KINGDOM MINISTRY

A fitness ministry to help everyone get inspired and energized for the kingdom.

### HAPPENING IN APRIL

#### Monthly Nutrition Challenge

- **30-Day Water Challenge**  
See the details and tips that follow.

#### Monthly Exercise Challenge

- **Push-ups**  
See the details on YouTube and Facebook.

#### Monday Motivation

- **Kingdom Fit Tips & Exercise Videos**  
See YouTube and video links on Mondays.

#### Monthly Meeting

- **Fit for the Kingdom Zoom Meeting**  
April 4 at 7pm  
Zoom Meeting ID: 812 2186 2226

#### Kingdom Workout

- **Saturday, April 27**  
Church Parking Lot at 8am  
Open to all ages

## 30-Day WATER Challenge



### The Challenge & The Rules

The rules are simple... **DRINK MORE WATER!**

**T**his month, we're challenging everyone to drink more water. Read the article on the next page to learn why drinking water is essential, the benefits of increasing your water intake, and the dangers of limiting your water intake. Be sure to tune in to the weekly videos on YouTube with more tips throughout the month.

Also, join the push-up challenge! Performing push-ups daily improves your cardiovascular fitness, builds lean muscle, burns a whole lot of calories, and helps you master your own body weight.

Push-ups can also be done at any fitness level. For low impact, use a wall; intermediate level, use a countertop; advance level, use the floor; and if you need to raise your level of intensity, try push-up shoulder taps or find a partner and clap hands.

Remember we only have one body to do God's work and it has to last us a lifetime. So, let's get fit for the kingdom together.

- Dawn Strozier, Certified Personal Trainer  
& Nutrition Consultant



## DRINK MORE WATER!

**O**ur bodies depend on water to be healthy. Every cell, tissue, and organ in the body needs water to function properly. The body is composed of 60% water. Drinking water helps to maintain the balance of body fluids and influences 100% of the processes in the body.

### WHAT ARE THE BENEFITS OF DRINKING WATER?

The benefits of drinking water include but are not limited to the following:

#### 1. Boosts the Immune System

Drinking water helps fight against flu, cancer, and other ailments such as heart attacks. Research has found the greater the fluid intake, the lower incidence of bladder cancer, as frequent urination prevents the buildup of bladder carcinogens. Being hydrated may also reduce the risk of colon cancer and breast cancer. Research has shown that consuming more water results in a lower risk of death from coronary heart disease and that the risk increases with the intake of other fluids such as soda.

#### 2. Flushes out toxins

The kidneys remove waste from our bodies, help control our blood pressure, and help balance fluids. Adequate water consumption is important to keep the kidneys functioning properly.

#### 3. Maintains regularity

Drinking enough water prevents constipation by dissolving fats and soluble fiber.

#### 4. Promotes weight loss

Studies have found that when participants drink water before a meal, they lose weight faster than those who do not. The water influences removal of by-products of fat, reduces intake, reduces hunger, and raises metabolism.

Other benefits from staying hydrated include improvement of skin, as water is a natural moisturizer. It helps to reduce cramps and sprains by keeping cartilage around joints hydrated and supple. Lack of water can cause dehydration, often leading to headaches which can be relieved by drinking water.

### HOW MUCH WATER IS ENOUGH?

We have been told that eight, 8-ounce glasses of water per day is necessary. In general, you should try to drink an ounce of water for each pound you weigh. For example, if you weigh 150 pounds, that would be 150 ounces of water a day, which is a little over 1 gallon.

### HOW DO I KNOW I'M DRINKING ENOUGH WATER?

Learn to recognize the following signs of dehydration:

- little or no urine
- urine darker than usual
- dry mouth
- sleepiness or fatigue
- headache
- confusion
- dizziness
- extreme thirst

Consider these benefits of drinking water and the negative effects of deficit water. How do you measure up?

Written by Belinda Jackson (with additions by Dawn Strozier)

Sources: <https://myersdetox.com/what-kind-of-water-should-i-drink>, [www.ewg.org](http://www.ewg.org), <https://familydoctor.org/hydration-why-its-so-important>; <https://www.webmd.com/diet>; <https://www.mindbodygreen.com>

# CHRISTIAN EDUCATION, ASSIMILATION, & HOUSEKEEPING

## Bible Study Tips & Trivia

### Test Your Memory

Fill in the missing words for the memory verse below, without looking it up.

**2 Timothy 3:16-17**  
(English Standard Version)

All \_\_\_\_\_ is breathed out by \_\_\_\_\_ and profitable for \_\_\_\_\_, for \_\_\_\_\_, for \_\_\_\_\_, and for \_\_\_\_\_ in righteousness, that the man of God may be \_\_\_\_\_, equipped for \_\_\_\_\_ good work.

HELP US REACH OUR GOAL BY APRIL 28 TO RAISE CAPITAL FOR SAVINGS, MINOR DEBT, AND PHASE 3 OF OUR COMMUNITY & EVENTS

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### Mt. Sinai Counseling Ministry

Under the direction of Dr. Gloria Morrow, the mission of the Mt. Sinai Counseling Ministry is to promote optimal mental health within the faith community through education and training, consultation, resources, and support for children, youth, adults, and seniors. To request a consultation or find out how to join the team, please send an email to support@sinai.church or call at (323) 291-1121.



### Connection

#### Text Engagement

For information or resources regarding the following, you can text the KEYWORD to (323) 613-3237.

- First-time Guest: WELCOME
- Salvation: CHRIST
- Membership: CHURCH
- Prayer Request: PRAY

### Housekeeping Note

#### Bibles

If you don't have a Bible of your own, we have outreach Bibles available. Please request one from a doorkeeper or lobby greeter and keep it for future use. If you have a Bible but you forgot to bring it with you to church, please follow the readings on the screens. (For health and safety, we no longer have "borrowing" copies). If you are interested in purchasing a personal leather or softbound Bible in standard or large print, please contact the Church Office.

### The Nehemiah Project 2024 | Refresh

**GIVING GOAL: \$150,000**

*Above and beyond tithes and offering*

See the Nehemiah Project handout for the evangelism, missions, and outreach goals. (Church Lobby and our website.)

### The Galatians 2:10 Initiative

We're asking all members to give at least \$4.00/week. #Dontforgettorememberthepoor

### Monthly Informer Newsletter

If you have ideas and feedback regarding the Monthly Informer, send it to informer@sinai.church.

### Church Office Hours

Monday-Thursday: 9am-4pm

Friday: Closed

The Church Office is located across the street from the church at 3674 W. 54<sup>th</sup> St.

## NEWS YOU CAN USE

### Responsible Driving Tip

Continue focusing on good driving practices, improve your skills, and enhance safety on the road with our monthly driving tip.

#### TIP for APRIL

#### Obeying Traffic Laws

Obeying the traffic laws is one of the best ways to avoid having a traffic accident. Traffic laws are designed to keep road users safe, and so by obeying them, we can help to keep ourselves and others safe.



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## SOCIAL EMPHASIS

### Black Maternal Health Awareness

The month of April is recognized in the United States as National Minority Health Month—a month long initiative to advance health equity across the country on behalf of all racial and ethnic minorities. Black Maternal Health Week takes place April 11-17, 2024. This was established to bring awareness of the challenges and barriers that Black mothers and babies experience in receiving health care in the U.S.

Pregnancy is one of the most important moments in the life of a woman. Whether the pregnancy is planned or just an unexpected surprise, another child will be born and given to the parents to love and guide throughout life. Expectant mothers look forward to problem free pregnancies, but unfortunately for Black mothers, the statistics for having a normal pregnancy are far behind other ethnic groups.

The United States has advanced technology in maternal health but has more infant mortalities than other industrialized countries. The statistics show that maternal death rate for Black women is more than double that of white women: 44.0 deaths per 100,000 live births compared to 17.9. This is more than three times the rate of Hispanic women at 12.6. African American women across the income spectrum and from all walks of life are dying from preventable pregnancy-related complications.

Some reputable hospitals, (including Los Angeles-based), have shown unconcern and lack of proper care for Black mothers. This has resulted in federal investigations and subsequent measures to address the disparities and improve the outcome of minority pregnant mothers. Even famous women such as

Serena Williams and Allyson Felix have publicly acknowledged health challenges – or health care challenges -- during their pregnancies.

The National Library of Medicine shows that race and ethnicity as well as health comorbidities, such as hypertension, obesity, depression, and diabetes are risk factors during pregnancy. The idea for Black Maternal Health Center of Excellence (BMHCE) was born in 2017 by the Charles Drew University (CDU), Department of Urban Public Health (DUPH) in partnership with the African American Infant and Maternal Mortality Prevention Initiative (AAIMM). These organizations partner with BMHCE to prevent infant and maternal mortality in L.A. County and the broader United States.

It is important that prenatal care begins as soon as the pregnancy is confirmed. Proper hydration, diet, exercise, and consistent pre- and post-natal care are critical throughout the pregnancy and at least two months post-partum. There are many resources available for black women to assist them during this time, such as WIC, First 5 LA's Welcome Baby Program, CinnaMoms, BreastFeedLA, Mighty Little Giants NICU Support, The AAIMM Free Doula Program, Frontline Doulas, Sankofa Birthworkers Collective, Doula Access Program, National Alliance on Mental Illness (NAMI), Urban Los Angeles, Antioch University Counseling Center (AUCC), Kedren Behavioral Health Clinic, Los Angeles, Department of Mental Health Hotline, Los Angeles County Domestic Violence Hotline, Clare/Matrix Pregnant and Postpartum Women's Program, Postpartum Support International Helpline, and National Parent Helpline.

Submitted by Barbara Lawson  
Source: [www.bmhce.org/about](http://www.bmhce.org/about)



### What Is Earth Day?

**E**arth Day as reported by Earth.Org, is home to more than 8 billion people, 300,000 plant species, and about 10 million animal species. Ecosystems around the world provide precious services and resources to sustain all life on Earth, yet humanity continues to take them for granted. Earth Day is an annual reminder that climate change has a major impact on our planet, our lives, and future generations.



### THE HISTORY OF EARTH DAY

Author Rachel Caron released her book, *Silent Spring* in 1962. The book brought attention to how the use of harmful chemicals, such as DDT, caused everlasting damage to wildlife, nature, and people, and it called for humans to act responsibly as stewards of the living earth.

Caron's book motivated Junior Senator Gaylord Nelson of Wisconsin to create Earth Day. He selected April 22 because it fell perfectly between spring break and final exams and would allow space for college students to get involved. On April 22, 1970, an estimated 20 million people gathered at schools, universities, and community centers across the U.S. to host inaugural events that brought awareness to the need for more environmental laws. These events also brought attention to a wide variety of environmental issues. Denis Hayes, who helped organize the first Earth Day with Gaylord Nelson, went on to establish the Earth Day Network, which spread Earth Day internationally, helping organize events in over 141 countries.

### WHY IS IT IMPORTANT?

Earth Day provides a day to focus on education about environmental issues affecting our planet. Demonstrations on Earth Day help signal to government representatives the importance of environmental issues to their constituents. Earth Day sets aside a day each year to reflect on the significance of the planet's health and what we can all do to positively impact our environment. In addition, Earth Day has influenced major national policy in the past and will continue to do so in the future.

### WHAT CAN WE DO TO HELP?

#### Reduce Single-Use Plastics

Reducing single-use plastics and participating in local Earth Day events are both important steps we can take to promote sustainability and make a positive impact on the environment. Single-use plastics like straws, bags, and utensils majorly contribute to plastic pollution in our oceans and landfills. We can significantly reduce our use of these plastics by making simple changes in our daily lives.

#### Reduce Water Consumption

Water is one of our planet's most precious resources, and we must do our part to conserve it. In addition to helping the environment, reducing water consumption can save money on utility bills. One simple and effective way to reduce our water consumption and promote sustainability is to take shorter showers. Without sacrificing personal hygiene, consider timing your showers or using a water-efficient showerhead.

#### Participate in a Local Earth Day Event

Earth Day events are a great way to connect with like-minded individuals and positively impact your community. Some examples include clean-up events or planting trees.

#### Choose Sustainable Transportation

Transportation is one of the biggest contributors to greenhouse gas emissions and air pollution, making it a crucial area to address in the fight against climate change. We can significantly reduce our environmental impact and contribute to a healthier planet by choosing sustainable transportation options. Try walking, biking, or carpooling.

Submitted by Sandra Daniels

# MT. SINAI BUSINESS OWNERS

## Now Accepting... New Business Listings

We're expanding our Mt. Sinai Business Owners page, which is available to advertise businesses and services owned by Mt. Sinai members. If you would like to submit your business card, please drop off a physical card at the Church Office or send a digital card (jpg or pdf) to [office@sinai.church](mailto:office@sinai.church).

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# APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:00am-Morning Prayer (Phone Line)  <i>Office Closed</i>	2 6:00am-Morning Prayer (onsite & Phone Line)	3 6:00am-Morning Prayer (Phone Line) 10:30am-NOWTV Broadcast 6:30pm-Music Ministry Rehearsal	4 6:00am-Morning Prayer (Phone Line) 7:00pm-Fit for the Kingdom Meeting (Zoom)	5 6:00am-Morning Prayer (Phone Line)	6 10:00am-Sisters of Service Meeting 10:00am-Sunday School Teachers Meeting (Zoom)
7 <b>Communion Sunday</b> 7:40am-Pre-service Prayer 8:00am-Worship 10:00am-Worship 12:00pm-Sunday School Teacher Training	8 6:00am-Morning Prayer (Phone Line) 7:15pm-Sermon-Based Small Groups (Zoom) 7:30pm-Sinai Entrepreneurs Meeting (off site)	9 6:00am-Morning Prayer (onsite & Phone Line) 7:15pm-Tuesday Night in the Truth (onsite & online)	10 6:00am-Morning Prayer (Phone Line) 10:30am-NOWTV Broadcast 6:30pm-Music Ministry Rehearsal	11 6:00am-Morning Prayer (Phone Line) 12:00pm-Widows Support Meet-Up (off site) 7:00pm-FSC Meeting (Zoom)	12 6:00am-Morning Prayer (Phone Line)	13 9:00am-Evangelism Training (onsite & online)
14 8:00am-Worship 10:00am-Worship 12:00pm-Sunday School Teacher Training 6:00pm-Journal Club (Zoom)	15 6:00am-Morning Prayer (Phone Line) 7:15pm-Sermon-Based Small Groups (Zoom)	16 6:00am-Morning Prayer (onsite & Phone Line) 7:15pm-Tuesday Night in the Truth (onsite & online)	17 6:00am-Morning Prayer (Phone Line) 10:30am-NOWTV Broadcast 6:30pm-Music Ministry Rehearsal	18 6:00am-Morning Prayer (Phone Line) 6:00pm-Counseling Team Meeting (Zoom)	19 6:00am-Morning Prayer (Phone Line)	20 8:30am-Spiritual Formation Team Meeting (Zoom) 10:00am-New Members' Class (onsite) 11:00am-ACTS Caregivers Support Group Meeting 1:00pm-Hospitality Team Meeting (onsite)
21 8:00am-Worship 10:00am-Worship 10:00am-Sunday School 6:00pm-Journal Club (Zoom)	22 6:00am-Morning Prayer (Phone Line) 7:15pm-Sermon-Based Small Groups (Zoom)	23 6:00am-Morning Prayer (onsite & Phone Line) 7:15pm-Tuesday Night in the Truth (onsite & online)	24 6:00am-Morning Prayer (Phone Line) 10:30am-NOWTV Broadcast 6:30pm-Music Ministry Rehearsal	25 6:00am-Morning Prayer (Phone Line)	26 6:00am-Morning Prayer (Phone Line) 6:00pm-Women's Ministry Game Night (off site)	27 8:00am-Kingdom Workout (Parking Lot) 9:00am-Sr. Doorkeepers Meeting (Zoom)
28 <b>Women's Emphasis Sunday</b> 8:00am-Worship 10:00am-Worship	29 6:00am-Morning Prayer (onsite & Phone Line)	30 6:00am-Morning Prayer (onsite & Phone Line) 7:15pm-Tuesday Night in the Truth (onsite & online)				

This calendar primarily represents Mt. Sinai's regular schedule of services, meetings, and events. However, there may be facility reservations or closures that do not appear on this document.

**Some events are held virtually, and some are in-person with limited capacity.**

*Dates are subject to change (James 4:13-17). We encourage you to listen to the announcements or call the Church Office at (323) 291-1121 for updates.*