ROYAL VOICE

DECEMBER 2019

SPECIAL EDITION

PULPIT JOKES! PICTURES! and more...

A CHURCH TO EMULATE

THE POWER
OF QUALITY SLEEP

COMMUNITY INITIATIVE PROGRAM

SPORTING AS A LIFESTYLE



ROYAL VOICE

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Mission Statement

The Royal Voice Magazine was perceived and proclaimed by the leadership of the Royal Priesthood Parish of RCCG. God ordained it and has now made it a reality.

The Editorial Board intends it to be a quarterly publication and the mouthpiece of the word and perfect will of God, to magnify God by evangelizing the lost, discipline of believers, equipping the church and ministering to the society.

Each Edition will reach out to the community with its spirit uplifting, soul soothing and edifying contents, covering myriads of topics including the Christian family, education, health, immigration, community and church events.

It will feature, among others, articles, testimonies, pulpit jokes, regular Bible quizzes, workers highlights, new members, church departmental updates, church calendar of programs, men's, women's, youth corner, featured brief sermons and articles on remarkable Christian personalities.

The Board appeals for your contributions by submitting your inspirational testimonies, articles, and great stories of your life, to share with our readers. God will meet you at every point of your need, as you do so, in Jesus name. Amen!!

MESSAGE FROM THE EDITOR

"If you really want to receive joy and happiness, then serve others with all your heart. Lift their burden, and your own burden will be lighter" (Ezra Taft Benson).

The theme of this Special Edition is "service to humanity". Our two community initiative icons, who are subjects of the featured article, epitomize this theme as living examples of un-wavered, consistent and enduring commitment to render service to humanity.

In the Bible Jesus said, "For even the Son of man did not come to be served but to serve, and to give his life a ransom for many" (Mark 10:45). The apostle Paul supported and wrote, "Each of you should be concerned not only about your own interests, but the interests of others as well" (Phil. 1:4), and pointed to Jesus Christ as our great example. For though being God, He emptied himself by taking the form of a slave. So, if we as Christians are to grow, mature into Christ-like characters, and progress, we must give of ourselves in the ministry of **service to humanity**.

The release of this Special Edition is timely during this Christmas season, which commemorates when Christ our God, was born in the form of man on earth, to make the ultimate sacrifice to serve and redeem **humanity**. It is the season of giving gifts and giving back to the community, by lifting the burden of those who are less fortunate.

As you celebrate, I wish you a glorious and Holy spirit-filled Christmas!!!



MESSAGE FROM PASTOR

ith gladness, I seize this opportunity to encourage everyone reading the Royal Voice Magazine to take a moment to reflect on their lives. I want you to know that you are not alone. There comes a time in your life when you feel abandoned! I want you to know that there is always a VOICE that speaks for you. That Voice is the ROYAL voice - the voice of the Almighty God. This is the same voice that called Moses while he was in the burning bush, thinking he was alone (Exodus 3:1-6).

As you read this Magazine, please know that there is a message there for your comfort. The voice is saying that your set time is NOW, and that our Almighty and Faithful God is alive to sort you out. My prayer is that, you will not miss your time in Jesus name. God will locate you and whatever difficult or ugly situation you find yourself, will receive divine turn-around in Jesus name.



I want to encourage you to always read the Royal Voice Magazine and share it to as many as possible. If you live in the Sugar Land/Houston Axis of Texas - USA, please stop over to visit us during any of our scheduled Services and let us agree in Prayers, as in the weekly schedule of Church activities published at the back of this Magazine. The Royal Priesthood Parish of RCCG is a MOUNTAIN of ANSWERS, where testimonies abound, where the jobless are getting jobs, where the undocumented are getting documented, where the sick are getting healed, where the barren are bearing children, and we can go on and on to list the numerous miracles of the Almighty God on the Mountain of Answers. We are opened any time for prayers as may be needed. Do not hesitate to come and receive your miracles. Our door is open for anyone to come in at any time for prayers.

The publication of this magazine will be consistent. As we prepare for the next edition, please encourage the Editorial Board by advertising your businesses, sharing your testimonies and by contributing articles. By so doing, you will be helping to promote the Kingdom of God and give hope to those who feel abandoned and are about to give up.

You are next in line for your breakthrough, in Jesus name!!!

Be the very best.

Pastor James I. Ekanem

FEATURED SHORT SERMON

THE DIVIDEND OF GIVING

BY PASTOR AND MRS. EKANEM

toward us. His Love for us has no condition. you are going down? We want to share with you on the heart of giving. In this short sermon, we want to inspire the heart of giving.

and as such for us to give, we must carry out a spiritual heart him and he confessed to me that ..."I came to rob, but your surgery. Most of us need to undergo spiritual heart surgery. giving attitude has helped you". Proverb 4:23 says keep your heart with all diligence for out of it springs the issues of life. Also, in Jeremiah 17:9 the heart is deceitful above all things and desperately wicked, who can know it.

Therefore, before you give, it comes from the heart. Ladies and gentlemen, giving is very important. Do you know that if you do not yield to giving, another person will be used to give? Some people feel that when they give, they are doing a favor to the receiver.

Sir/Ma'am, please know that when you give, you are doing yourself a big favor. In Luke 5:1-10, Jesus approached Peter and pleaded with him to surrender his boat to be used. Peter yielded and we saw at the end how Peter was favored. For some of us, circumstances have made us to stop giving. This is the work of the devil to make you poor. The moment you stop giving, you start getting poor. Giving should be your attitude and no situation should stop you from giving. Do not say "I DO NOT HAVE ANYTHING TO GIVE", There is something you have that you can give. So, stop finding excuses for not giving.

In Proverb 11:24 - there is one who scattereth, and yet increaseth; and there is one who withhold more than is meet but leads to poverty.

Whatever you sow you will reap. The amount you give, you will also receive. You know how you used to give and suddenly you get deceived by social media and you stopped giving. Do you know that those who have deceived you, are

e want to thank the Almighty God for His love giving secretly and that is why you see them flourishing, and

I, Pastor James Ekanem, have been rescued from robbery in my store as a store owner in Houston, Texas. A robber came in to steal and unknown to me, I gave him merchandise from Everything that manifest in one's life begins from the heart, my store. After receiving those gifts, the Holy Spirit arrested



As we conclude. I want you to cultivate the habit of giving and you will see open doors to you and your family. Like we always tell our congregations, if you are a partner or a worshiper in RCCG ROYAL PRIESTHOOD, SUGARLAND, Texas and you don't have the attitude of giving, you will have to attend our deliverance service for God to deliver you out of poverty.

We pray that your heart will not block the blessings of God, in Jesus name.

You are the very best.

CHILDREN'S CORNER

YOU ARE THE LIGHT OF THE WORLD

BY DEACONESS PATRICIA ETUMUSE

Text: Matthew 5:14-16 (KJV)

unto all that are in the house.

Jesus was the light of the world and when He was preparing to remain true to your calling. called you the light of the world so that you will keep the world emulation.



What does it mean to be the light?

- a) You must work the works of God on the earth.
- b) You must share the good news (Gospel).
- c) You must show the world the difference between good and From this verse, for you to give the light, you must follow Christ, evil.
- d) You must show all what is and what is not acceptable by God.
- e) When all Christians shine bright light, the world would be As you draw close to Him the brighter your light becomes. illuminated and

darkness, unforgiveness, corruption, killings, jealousy, hatred, dimmer. malice, idolatry etc. will disappear.

What do I do to become and remain the light? Surrender your life totally to God and His Christ and be filled with the Holy Spirit. The Holy Spirit in you will help you produce the

fruits of the Spirit namely: love, joy, peace, longsuffering, e are the light of the world. A city that is set on a hill gentleness, goodness, faith, meekness and temperance (Gal cannot be hid. Neither do men light a candle, and put it 5:22-23). These fruits will enable you to shine brightly that all will under a bushel, but on a candlestick, and it giveth light notice and, in the bid, to have peace every one that comes across you is drawn out of darkness into God's marvelous light.

You are to shine in this place of uncertainty and insecurity and

leave the world, He did not want the world to go dim. So, He Your character, behavior and actions should be worthy of

You are Christ follower and thus the light of the world.

You are the photograph of Christ

You are to expose darkness.

Do not allow the world to get between you and Christ.

Of what use are you when you cover your light by putting it under the bushel?

Do you cover your light because you do not want to offend others

Do you cover your light due to unconfessed sin?

Let your light so shine before men, that they may see your good works, and glorify your father which is in heaven (Matt 5:16).

Study the Bible to know what God always expects from you and grow in the knowledge of Him to be able to pass effective light.

Do good works to manifest your faith in God. Does your life point people to Christ?

Endeavor to be blameless and harmless without rebuke, during a crooked and perverse nation, among whom ye shine as light.

In John 8:12 (KJV), Jesus spoke again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life.

His teachings, commands and actions.

If you draw away from Him then your light gets dimmer and

BE AND REMAIN THE LIGHT UNTIL CHRIST COMES.

CHILDREN'S CORNER

GUIDE THAT CHILD

BY DEACONESS PATRICIA ETUMUSE

child in this context is a person you have given birth to, or a person who is over 18 years of age. I also look at a person who is over 18 years but behaves immaturely as a child.

This category of persons should be guided physically, spiritually and mentally for a better tomorrow.

Proverbs 22:6 says "Train up a child in the way he should go, and when he is old, he will not depart from it."

How do you train and guide that child in the way that he should go?

Deut. 6:6-7: "And these words, which I command thee this day, shall be in thine heart: And thou shall teach them diligently unto thy children, and shall talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up." What are these words or commandments that must be thought all the time?

To fear the Lord his God, to keep all His statutes and commandments.

To love the Lord his God with all his heart and with all his soul and with all his might.

What matters to God.

To love others with the love of Christ.

To obey and submit to God by obeying and submitting to you his parents.

Also:

- Help the child to discover his talents and guide him to develop them and use them to affect lives positively as they grow.
- Let your lives as parents reflect God's image for the child to see and learn.
- The child learns from his environment, so be good models and of integrity.
- Guide his choice of association.
- Remember as parents that what you do today will matter in your child's life tomorrow.

May the Lord help you as you guide that child in the way he should go. AMEN!

Friday Church Schedule Deliverance Service: 11am to 6pm (By Appointment) Every 3rd Friday of the month Night of Encounter: 10pm to 1am

ROYAL FOOD CORNER

NKWOBI

BY PASTOR RACHAEL OLAJUMOKE KAYODE-BAYEWO

kwobi is a Nigerian delicacy. It is cooked cow foot mixed in spicy palm oil paste. It is often mistaken for Isi Ewu but they are not the same. Cow foot is quite tough so if you have a pressure cooker, do use it for cooking it to save time, gas or electricity. It is best served and presentable in a wooden mortar as shown in the image below.

Ingredients for 5 people:



8 pounds of cow foot (cut into sizeable pieces)

300ml Palm Oil

1 tablespoon powdered edible potash (Akanwu)

1 teaspoon ground Ehu seeds

2 tablespoons ground crayfish

3 habanero peppers (or to your taste)

2 medium onion

3 big stock cubes

Salt (to taste)

Garnish with 2 medium onion and 10 Utazi leaves

Preparation:

- Cut the cow foot into medium chunks.
- Put the powdered potash into a bowl.
- Add a small quantity of water (about 6 tablespoons) and stir well.
- Pass it through a fine sieve and set the liquid aside.
- Cut 2 onions into 8 big chunks.
- Pound the pepper with a mortar and pestle or cut into small cubes.
- Grind the crayfish.
- Crack and remove the outer shell of the Ehu then grind with a dry mill or coffee grinder.
- Wash and put the cow foot chunks in a pot.
- Add the stock cubes (crushed) and the chunks of onion.
- Add a small quantity of water and start cooking at medium heat till well cooked.
- Add just enough water to prevent burning as you cook. There should not be any stock (water) in the pot when the meat is done.
- While the meat is cooking, pour the palm oil into a clean dry pot.
- Pour in the potash mixture (sieved) into the oil.
- Stir with a wooden spatula as you pour the potash. You will notice the palm oil begin to curdle and turn yellow.
- Keep stirring till all the oil has turned yellow.
- Add the ground crayfish, pepper and Ehu seeds. Stir very well till they are all incorporated.
- When the meat is done, add salt, stir and cook till all the water has
 dried
- Add cooked cow foot to the palm oil paste and stir very well with the wooden spatula.
- Put it back on the stove and heat till the Nkwobi is piping hot, stirring all the time to make sure it does not burn.
- To prepare the garnish, cut the onions into rings and cut the utazi into long thin slices.
- Add the thin slices of utazi and onion rings on top of it.
- Best served with chilled drinks.

A CHURCH TO EMULATE

BY REV. (DR) IME GEORGE

Him" This is similar in all aspect of good desire to serve Him. ROYAL PRIESTHOOD CHURCH strives to make God's Word a and multiply..."



and daily food sharing to the members of community to mention (Judges 6:1-4). but a few.

to register the Church in the Community and that is what the breakthrough shall be destroyed by the power of the Holy Spirit. Community sees, "that's what we're all about", says Pastor James Ekanem.

hen you love God and rejoice in that love, your In agreement with the work of God and rejoicing in that love, desire for God will increase. "The more you know Royal Priesthood sees God as the God of increase, who want God, the more you will want to know Him and the His created being to grow, increase, multiply and flourish and more you want to know Him, the more you will know that God leaves no one in doubt about His desire and wish for His when He commanded them in Gen.1:28, "... to be fruitful

> Proverbs 11:24-25 says "There is one who scatters yet increases more, and there is one who withhold more than is right, but it leads to poverty. The generous soul will be made rich and he who waters will be watered himself.

> Acts 2:46-47 - "and the continued daily with one accord in temple and breaking of bread from house to house, did at their meat with gladness and singleness of heart, praising God and having favor with all the people.

> The only Son of God - Jesus Christ according to Luke 2:52 grew in wisdom and status. God is the source of growth and increase. In 1 Cor. 3:6, Paul said he planted, and Apollos had watered yet the increase remains God's responsibility. As we are expected to grow, as the created beings of God, God expects all institutions and facilities supporting human existence to grow. The Church of God is expected to grow, and it must grow for we see growth and increase as a continuous process and should not stagnate.

> All aspects of our entire lives should be growth oriented and growth compliant. The Word of God says "Praising God and having favor with all the people and the Lord added to the Church daily" (Acts 2: 47).

Since it is God's will for the people to grow, He has blessed us to grow, increase and multiply. Regrettable, not everyone is reality and by ensuring that Sugarland/Houston Community and experiencing the increase because of absence of God's visitors feel wanted and indeed welcomed. "We are a very blessings and favors. Anyone who does not enjoy God's blessing welcoming Church" says Pastor James Ekanem. That is however and favor in this Church will continue to work but without the way the host Pastor describes the Church located at 11420 commensurate returns for His work. The scripture in Roman 6:1 Dairy Ashford, Sugarland, TX 77478, looking at the vision and says that Grace and sin are not compatible. For breaking the desire to create a model Church, the Pastor allows innovations of laws of offerings and Tithing brings the devourers into one's life good ideas and new things to happen every day that ensures and this can deny meaningful growth (Mal. 3:8). Heaven was you to have a relax atmosphere while worshiping in the Church. shut against Israel during the regime of Ahab because of sin (1 The Praise Team Motivational proves that too, the amazing Kings 17:1). The children of Israel suffered set back and there online prayers for all who hook up to, a warm welcome to visitors was no increase for what they labored to sow others took it away

We can be thankful to our God who is a great provider (Phi. 4: The Pastor of ROYAL PRIESTHOOD is a Counselor with 19). When He forgives our sins, we experience the divine Humane and hospitable attention to all who desires, and this increase. We therefore should ask God always to forgive us, that made the model work and took hold of the growth of the Church. we may be bold to receive anointing for increase and fruitfulness, This is more than just Church. This congregation works so hard thus every anti-progress force contending against our

SHORT SERMON

THE REWARD OF GIVING

BY PASTOR KAYODE BAYEWO

services and others.

important is the efficacy of His word. Psalm 138:2 stated that "I will the life of Abraham. Adam and Eve disobeyed God. They were worship toward thy holy temple and praise thy name for thy lovingkindness and for thy truth: for thou hast magnified thy word humanity by the giving of our Lord Jesus Christ (John 3:16). above all thy name" The word of God in the area of giving cannot What can you give and who should you give to? Giving is a serious



be compromised. Especially, to someone who desires to have abundant life. The word of God encourages us to give. Luke 6: 38 KJV: "Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again" In other words, there are rewards to every sincere giver; who gives with a cheerful heart not with grudge or under compulsion. 2 Corinthian 9:7 says "Each of you should give compulsion, for God loves a cheerful giver"

One amazing thing is that, reward can be measured. According to 2 Corinthian 9: 6 (NIV) "Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously". That means, how much you give determines the size of

iving is an act of donating, contributing, and transferring your reward. However, everyone has something to give no matter something that is in your possession voluntarily for a the quantity. The story of the widow at Zarephath in 1 Kings 17:7-16 purpose. It can be material things, time, cash, food, tells us that, when she gives her little, she had to prophet Elijah, her story changed, she had more than enough. God asks Abraham to To every believer of the word of God, one thing that is very sacrifice his son, Isaac which he obeyed. God fulfilled his purpose in driven away from the Garden of Eden, but God reconciled with

> issue among Christians today. The Bible made it clear what to give and who should receive it. Matthew 25: 35-36 NIV stated that "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, 36 I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me" The Lord is saving we should give food to the hungry, drink to the thirsty. To the naked or those that have no clothing we should cloth them. For the sick, care for them, help them get well. We are also not to neglect the prisoners; we should care for their soul and physical needs.

> The word of God encourages to give to men of God, pastors, apostles, prophets, etc. The word of God confirmed this in Matthew 10: 41 that "Whoever welcomes a prophet as a prophet will receive a prophet's reward, and whoever welcomes a righteous person as a righteous person will receive a righteous person's reward". We are also required to give to the service of the Lord; and God said to us that we will get a hundredfold in return. Apostle Peter said to Jesus in Mark 10, 28-30 NKJV "Then Peter began to say to Him, "See, we have left all and followed you". So Jesus answered and said, "Assuredly, I say to you, there is no one who has left house or brothers or sisters or father or mother or wife or children or lands. for my sake and the gospel who shall not receive a hundredfold now in this time—houses and brothers and sisters and mothers and children and lands, with persecutions—and in the age to come, eternal life" in other words, to every service you give there is a hundredfold reward.

In conclusion, there are rewards to every giving that is done with a cheerful heart. According to 2 Corinthians 9:8, "And God is able to make all grace abound to you, so that in all things at all times, having everything that you need, you will abound in every good what you have decided in your heart to give, not reluctantly or under work." Dear beloved, remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. God is able, He will bless you abundantly. As it is written: "They have freely scattered their gifts to the poor; their righteousness endures forever" (2 Corinthian 9: 6-9 NIV).

9 - ROYAL VOICE

PULPIT JOKES

If Jesus was from Alabama

A little girl from Alabama went to church for the first time ever Honesty when she was visiting her grandparents in Michigan. When the pastor announced it was time for the Lord's Supper, she was excited-and hungry. The congregation filed up to the altar rail, and the child watched in confusion as her grandparents received a wafer and small plastic cup of wine. She could hardly wait to get The woodcutter replied that his axe had fallen into the river, and back to the pew to tell her grandma that Jesus wasn't from Alabama.

"How do you know that, dear?" asked her grandma.

"Because that was the poorest meal I've ever seen," she said. "Mama would've at least given everybody some corn bread and sweet tea."

An axe and two 38's

One night a lady came home from her weekly prayer meeting, found she was being robbed, and she shouted out, "Acts 2:38: 'Repent and be baptized and your sins will be forgiven." The robber quickly gave up and the lady called the police. While handcuffing the criminal, a policeman said, "Gee mate, you gave up pretty easily. How come you gave up so quickly?" The robber said, "She said she had an axe and two 38's!"

Christian Converted Children

A Jewish businessman in America decided to send his son to Israel to absorb some of the culture of the homeland. When the son returned, the father asked him to tell him about his trip.

The son said, "Pop, I had a great time in Israel. By the way, I converted to Christianity." "Oh yeh," said the father. "What have I done?"

He decided to go ask his friend Jacob what to do. Jacob said, "Funny you should ask. I too sent my son to Israel, and he also came back a Christian. Perhaps we should go see the rabbi and ask him what we should do."

So they went to see the Rabbi. The Rabbi said, "Funny you should ask. I too sent my son to Israel. He also came back a to share me with anyone, so THAT'S why I said yes to Jennifer Christian. What is happening to our young people? Perhaps we Lopez." should go talk to God and ask him what to do."

The three of them prayed and explained what had happened to their sons and asked God what to do. Suddenly a voice came loud and clear from Heaven. The Voice said, "Funny you should ask, I too sent my son to Israel..."

One day, while a woodcutter was cutting a branch of a tree above river, his axe fell into the river. When he cried out, the Lord appeared and asked, "Why are you crying?"

he needed it to make his living. The Lord went down in the water golden axe. "Is this your axe?" the Lord and appeared with a asked.

The woodcutter replied, "No."

The Lord again went down and came up with a silver axe. "Is this your axe?" The Lord asked.

"No", the woodcutter replied.

The Lord went down again and came up with an iron axe. "Is this your axe?" The Lord asked.

"Yes", he replied.

The Lord was so pleased with the man's honesty that He gave him all three axes to keep, and the woodcutter went home happy. Later the woodcutter was walking with his wife along the riverbank, and his wife fell into the river.

When he cried out, the Lord appeared again and asked him, "Why are you crying?"

"Oh Lord, my wife has fallen into the river!" The Lord went down into the water and came up with Jennifer Lopez.

"Is this your wife?" the Lord asked.

"Yes." cried the woodcutter.

The Lord was furious. "You lied! That is an untruth!"

The woodcutter fell to his knees and cried, "Oh, forgive me, Lord. It is a misunderstanding. You see, if I had said 'no' to Jennifer Lopez, you would have come up with Catherine Zeta-Jones. Then if I also said 'no' to her, you would have come up with my wife. Had I then said 'yes,' you would have given me all three. Lord, I am a poor man, and am not able to take care of all three wives, and I love my wife such that I don't want her

COMMUNITY INITITIVE PROGRAM

BY PASTOR RACHAEL OLAJUMOKE KAYODE-BAYEWO

CCG Royal Priesthood, Sugarland, Texas and its community initiative team is an organization dedicated to improving the health and welfare of its community including its **Community Initiative Program** of providing food for the needy. We deal with physical and spiritual issues to reduce the effect of social problems, in order to improve peoples' quality of life.

We partner with Houston Food Bank and several food stores to distribute food to the community during scheduled food drives, on daily basis, to execute the project.









We are opened to any kind of donation to support the project. To support this project, go to: www.royaltychurch.org/donate-now

COMMUNITY INITITIVE PROGRAM

TESTIMONIES



My name is Lisa Brown. I would like to take this opportunity to say thank you to the Royalty Community Initiative Team for providing us with food, household items and other necessities. This has really helped people to save money to be able to pay bills, buy medications. I really appreciate everyone. Thanks and God Bless you all.



I am Mavis Brewster. This is a great thing in our community. The Royalty Community Initiative programme has been helpful to friends and families expecially, those who need temporary assistance to survive. Thanks to you all.



My name is Jim Driskell. On my first visit, I was so happy how things were well organized and helping people in need. Thank you for your timely assistance. God Bless.



My name is Hanna Maria Juarez with my daughter. The church Initiative Program has really helped me and my family to save money to do other necessities. We are happy to know the church. God bless the Pastor, and his Team members in Jesus Name!



My name is Lisandro Sofo. I would like to appreciate The Pastor of Royal Priesthood Church and to those that are working with him for organizing this community initiative program. It has really helped a lot of families from going hungry. Personally, it has really blessed my life. We pray for more. May God continue to bless you all.



My name is Le Nguyen. I work along Dairy Ashford Rd. I would like to say thank you to everyone in the church. They always give me a lot of food to share to some poor people in my area. This has really changed lives. It put smiles on so many people's faces. God bless you all.



My name is Ms. Phuong Tran. I thank God for the provisions that I do receive from Royalty Community Initiatives. This has helped my family so much. I have not seen in recent times this kind of initiative that support everyone irrespective of their race and gender. I thank Pastor James and his team member for their love for the community. I wish them well.





LIFESTYLE

THE POWER OF QUALITY SLEEP

BY RACHAEL OLAJUMOKE KAYODE-BAYEWO

"Sleep plays a vital role in good health and well-being To improve your sleep habits, practice the followings: throughout life. Getting enough quality sleep at the right times •



can help protect your mental health, physical health, quality of life, and safety. During sleep, your body is working to support healthy brain function and maintain your physical health" (NIH 2019).

Quality of sleep are centered around how many hours a person clocks each night. Psychologist Michael Grandner, • PhD, Director of the Sleep and Health Research Program at University of Arizona clearly stated, "fifty years of data show . that people who sleep between seven and eight hours live the longest."

Lack of sleep can damage brain, working memory, reaction time and wreak havoc on your mind. Researcher Holtzman recruited participants to spend a night in the lab and disrupted the sleep of half the participant with series of loud beeps each time they sank into slow-wave sleep. The next day, he found those who had disrupted sleep had 10 percent higher level of beta-amyloid protein in fluid surrounding their brains and spinal cords (Brain, Vol. 140, No 8, 2017).

Beta-amyloid protein is a waste product found in fluids surrounding the brain. Research from Maiken Nedergaard, MD, at the University of Rochester discovered that deep sleep causes glial cells in the brain to shrink. That, in turn, opens pathways for fluid exchange that flushes away waste products such as beta-amyloid (Science, Vol 342, No 6156, 2013). Sleep is part of the plumbing system of the brain.

- Go to bed and wake up at the same time every day. For children, have a set bedtime and a bedtime routine. Don't use the child's bedroom for timeouts or punishment.
- Try to keep the same sleep schedule on weeknights and weekends. Limit the difference to no more than about an hour. Staying up late and sleeping late on weekends can disrupt your body clock's sleep.
- Use the hour before bed for quiet time. Avoid strenuous exercise and bright artificial light, such as from a TV or computer screen. The light may signal the brain that it's time to be awake.
- Avoid heavy and large meals within a couple hours of bedtime. (Having a light snack is okay.) Also, avoid alcoholic drinks before bed.
- Avoid nicotine (for example, cigarettes) and caffeine (including caffeinated soda, coffee, tea, and chocolate). Nicotine and caffeine are stimulants, and both substances can interfere with sleep. The effects of caffeine can last as long as 8 hours. So, a cup of coffee in the late afternoon can make it hard for you to fall asleep at night.
- Spend time outside every day (when possible) and be physically active.
- Keep your bedroom quiet, cool, and dark (a dim night light is fine. if needed).
- Take a hot bath or use relaxation techniques before bed (NIH 2019).



LIFESTYLE

SPORTING AS A LIFESTYLE

BY DEACON ESHIET

came across an interesting story in the Bible in Genesis 26:18.

The Bible says in this portion of the scripture "and it came to pass when he had been there a long time, that Abimelech king of the Philistines looked out at a window and saw and behold Isaac was sporting with Rebecca his wife"



In this context, the Hebrew term used here is based on the word tsachaiq which can mean "laughing, sporting or caressing" depending on the translation.

The action of Isaac at this point with his wife can mean that they were engaged in any of these actions, but it was good enough to pass a convincing message to king Abimelech.

"Sporting with your spouse" what does it really mean? Abraham was the father of Isaac, both had beautiful wives as the history has it. In two separate instances, Abraham feared that he may lose his life because of Sarah's beauty, so he asked her to lie for the sake of his safety (Genesis 12:10-20;

20:1-18), but God in His infinite mercies intervened in the situation.

In the case of Isaac, perhaps the couple forgot to continue to pretend to be siblings or Abimelech had an unusually good vantage point for observing them. In any case, he saw Isaac and Rebecca acting in a manner which convince him absolutely that they were married. In other words, they were involved in some intimate activity which will not be normal for siblings.

Note this, that was all Abimelech needed to see and be convinced that Isaac had lied about his wife.

The question is, what do people need to see and be convinced that absolutely you are in love with your spouse?

Isaac could not pretend for too long that Rebecca was not his wife even after knowing what was at stake.

The Bible says he was laughing, sporting or caressing his "sister" even in the king's house. Wherever your treasure is, that's where your heart is. If you are proud of what you have, you will let the world know.

Jesus Christ loved us so much that he decided to leave his father's throne to be in intimacy with us all.

Are we proud of Christ? Are we grateful for what he did for us? Then as the bride of Christ, let's be intimate with him by "sporting with him"

God bless you.

Become a Census Worker

for the 2020 Census



The 2020 Census will count all the people living in the United States of America. We need your help! Make your next job count!



2020census.gov/jobs

Positions including;

- clerks
- recruiting assistants
- office operations supervisors
- census field supervisors
- census takers

The positions will be located nationwide and offer flexible work hours, including daytime, evenings and weekends.

A partial job description for Enumerators is below.

ENUMERATOR

- Use automated smart phones or laptop computers to conduct job activities.
- Review assigned work to locate households for verifying addresses and/or conducting interviews.
- Conduct interviews with residents in assigned areas by following stringent guidelines and confidentiality laws.
- Explain the purpose of the census interview, answer respondent's questions, collect information following a script, and record census data using devices and/or paper forms.
- Update address lists and maps.
- Validate address and map updates for quality purposes.
- Follow procedures to conduct accurate work while maintaining acceptable production rates.
- Maintain and submit records of hours worked, miles driven, and expenses incurred in the performance of duties.
- Meet/talk with supervisor, as necessary, to review procedures, report issues or concerns, and receive additional instructions.

2020census.gov/jobs 1-855-JOB-2020 Shape your future START HERE >

Census 2020

Confidentiality

The 2020 Census & Data Stewardship



When you trust us with your information, our goal — and legal duty — is to keep it safe. Our mission is to serve as the nation's leading provider of quality data about its people and economy. We couldn't produce this information without you.

Employees take an oath for life to safeguard your information. If they break that oath they can be fined up to \$250,000 and jailed up to 5 years All of our employees take a mandatory annual training reminding them of our confidentiality policies.

The Law Protects Your Information

By law, your information is confidential. Your answers cannot be used against you by any government agency or court. The law is found in Title 13 of the U.S. Code. Anyone who violates this law faces severe penalties.

Our Privacy Principles Guide Our Work

Our privacy principles guide our actions so that we respect your privacy and protect your confidentiality.

- We do not identify individuals in the data
- We can only publish statistics.
- Our Disclosure Review Board verifies that any data product we release meets our confidentiality standards.

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Census 2020

Counting Young Children

Counting everyone once, only once, and in the right place



An estimated 5% of kids under the age of 5 weren't counted in the 2010 Census. That's about 1 million young children, the highest of any age group. We need your help closing this gap in the 2020 Census. Here's what research tells us about why young children are missed and what you can do to help make sure they are counted.

Common situations where young children aren't counted



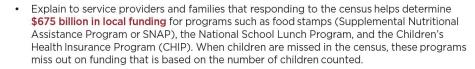
The child splits time between two homes. The child lives or stays with another family or with another relative such as a grandparent.

How you can help?

- Emphasize that the census counts everyone where they live and sleep most of the time, even if the living arrangement is temporary or the parents of the child do not live there.
- If the child truly spends equal amounts of time between two homes, count them where they stayed on Census Day, April 1. Coordinate with the other parent or caregiver, if possible, so the child is not counted at both homes.
- If it's not clear where the child lives or sleeps most of the time, count them where they stayed on Census Day, April 1.



The child lives in a lower income household.





The child lives in a household with young

- Explain that filling out the census yourself, on your own schedule, is easier than having to respond when a census worker knocks on your door. Remind these households that the form should only take about 10 minutes to fill out and can be done online or over the phone, in addition to mailing it back.
- Encourage moms with young children to ask other household members to count them and their children on the form if others live in the household.



parents or a young, single mom.

- Emphasize that parents should include babies on census forms, even if they are still in the hospital on April 1. Encourage facilities providing services to newborns to remind parents about the importance of counting their children on the census form.
- Highlight the fact that the census form only takes about 10 minutes to complete. Parents can fill it out online or over the phone in addition to paper at a time that works best for them.

The child is a newborn.

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- If it's not clear where the child lives or sleeps most of the time, count them where they stayed on Census Day, April 1.



The child lives in a lower income household.

Explain to service providers and families that responding to the census helps determine \$675 billion in local funding for programs such as food stamps (Supplemental Nutritional Assistance Program or SNAP), the National School Lunch Program, and the Children's Health Insurance Program (CHIP). When children are missed in the census, these programs miss out on funding that is based on the number of children counted.



- The child lives in a household with young parents or a young, single mom.
- Explain that filling out the census yourself, on your own schedule, is easier than having to respond when a census worker knocks on your door. Remind these households that the form should only take about 10 minutes to fill out and can be done online or over the phone, in addition to mailing it back.
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The child is a **newborn**.



The child lives in a household that is large, multigenerational, or includes extended or multiple families.



The child lives in a household that rents or recently moved.





The child lives in a household where they're **not supposed to be**, for one reason or another.

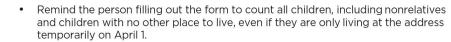




The child lives in a **non-English or limited-English speaking** household.



The child lives in a household of **recent** immigrants or foreign-born adults.



- Spread the word that the census counts all people living or staying at an address, not just the person or family who owns or rents the property.
- Encourage renters and recent movers to complete their census forms online or over the phone, right away. That way they don't need to worry about paper forms getting lost in the move.
- Focus efforts on multi-unit buildings that are likely to have renters.
- Please explain to those that have children living in places where they aren't allowed (for example, grandparents in a seniors-only residence) that they should include the children because the Census Bureau does not share information so it can't be used against them.
- Emphasize the Census Bureau's legal commitment to keep census responses confidential.
- Explain that the Census Bureau will never share information with immigration enforcement
 agencies like Immigration and Customs Enforcement (ICE), law enforcement agencies like the
 police, FBI or allow this information to be used to determine eligibility for government benefits.
- Conduct outreach and create resources in non-English languages that highlight the importance of counting young children.
- Encourage non-English speakers to self-respond to the census and let them know that for the 2020 Census, the online form and telephone line will be available in 13 languages, including English. Language guides will be available in 59 languages other than English.
- Work with community members to conduct outreach in neighborhoods with recent immigrants. Focus efforts on the community's gathering places like local grocery stores, places of worship, and small restaurants.
- Emphasize the Census Bureau's legal commitment to keep census responses confidential.
- Explain the Census Bureau will never share information with immigration enforcement agencies like Immigration and Customs Enforcement (ICE), law enforcement agencies like the police or FBI or allow this information to be used to determine eligibility for government benefits.



The child lives in a household that is large, multigenerational, or includes extended or multiple families.



The child lives in a household that rents or recently moved.

- Remind the person filling out the form to count all children, including nonrelatives and children with no other place to live, even if they are only living at the address temporarily on April 1.
- Spread the word that the census counts all people living or staying at an address, not just the person or family who owns or rents the property.
- Encourage renters and recent movers to complete their census forms online or over the phone, right away. That way they don't need to worry about paper forms getting lost in the move.
- Focus efforts on multi-unit buildings that are likely to have renters.





The child lives in a household where they're **not supposed to be**, for one reason or another.





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TWO COMMUNITY INITIATIVE ICONS

BY AMBASSADOR UDO MOSES WILLIAMS

backgrounds served as catalysts for their enduring Holland Jones for Fort Bend County Sheriff. Their election will

ur featured article focusses on two community Our personalities have therefore been serving God by initiative icons. The Royal Voice spoke with Carmen rendering services to the weak and the downtrodden Turner and Captain Holland Jones, who are both throughout their lives. Carmen Turner is contesting for the African Americans, from humble beginnings. Their position of Fort Bend Tax Assessor-Collector, and Captain



commitments and dedication to render services to humanity, further empower and strengthen them in their services to life to the downtrodden and the disheartened, and becomes them. blessed to give than to receive" (Acts 20:35).

throughout their lives. Humanity is Godliness, brings hope and humanity. Read their profound story and endeavor to support

the service to God (Mbugua, 2015). The Bible also Carmen Turner is the oldest of six children born in Bryan, admonishes that in our labor we must support the weak, in Texas but raised in Houston, Texas. She was raised in a remembrance of the words of Jesus Christ that "it is more family that always served and gave back to the community." Therefore, as she confirmed, her impetus for community

CONTINUES ON PAGE 26

grandmother. She has an Associate of Arts degree in they deserve. Business from Houston Community College and a Bachelor of Carmen and husband operated a truck driving business, with Science degree in Interdisciplinary Studies with a minor in dire need for truck drivers as is the case with all other trucking Psychology from the University of Houston. She is a licensed businesses. She had a cousin who went to jail for 17 years. State Farm property agent and has been self-employed for the When he was released, he came out with many certificates last 35 years, 15 of which have been in residential and from the prison, including a Welding and an AC certificate. But commercial real estate.

including the Smith and Turner Foundation, founded on the thought that if her cousin could get a CDL license, he could

services was derived from her family, especially her placement help to ensure that clients get the opportunities that

since he had no high school diploma, he could not get a iob. At present, she works with several non-profit organizations, Carmen watched him as he languished without a job. She



principles of family, faith, and forgiveness and aimed at work anywhere, and she decided to seek out a program that teens with disabilities, recovering addicts, and individuals re- to be able to help those released from prison. entering the workforce after incarceration. The unconventional She was able to find and work in partnership with the DORS

providing transitional support services to the community. fits. Even though he did not stay out long enough to obtain a Innovation and efficiency are the methods used to support CDL license, she was determined to institute the mechanism

approach to recruitment, education, communication, and job program and later with the VA program. In the program,

inmates released from State and Federal prisons are taught service to humanity. When she becomes a Tax Assessorby giving them skills to enable them work after release.

She also works with the Texas Workforce re-entry program she emphasized. through partnership with SER-Jobs of Houston, a non-profit In that regard, she considers running for the office of Tax organization. Her trucking company supports other non-profit Assessor-Collector as an extension of her goal to inform,

how to drive 18 wheelers. After obtaining their CDL licenses, Collector, she will still be helping humanity, because she they are placed in jobs within 5 to 10 days. This helps to makes a visible difference in people's lives. "I love what I do, I reduce the high rate of recidivism, or going back to prison/jail, don't ever want to stop doing what I am doing because there is something I know, which is, giving back to the community",



organizations who specialize in career development. Just last empower, and community, along with instructional design and delivery.

committed and steadfast in the pursuit of the goal of rendering

innovate while being and year, they placed over 100 men and women in productive transparency. When she assumes office, she plans to careers with minimal recidivism. The program also allows for efficiently provide a fair approach to addressing concerns. student and/or instructor coaching to grow within their family giving priority to ensuring that residents of Fort Bend are informed and empowered. She will also ensure that residents Though her family has gone through three generations of are aware and equipped with the tools needed to adequately breast cancer, which directly affected her, with the infinite meet tax obligations. She will schedule quarterly classes to grace of God, she has not been deterred, she remains teach how to dispute taxes, how to buy investment properties,

how to buy houses off the tax roll, and how to save their States Navy, including during the Somalian Conflict, and was parent's properties when they pass away.

Captain Holland Jones is originally from Houston, Texas. He He informed that in his early life, he was in and out of foster is 47 years old and has three brothers. He has a quality and homes, as his early up-bringing was less than palatable. He robust educational background and experience. His crowded recalled that his mother was extremely abusive and his and relevant educational achievements include a Doctor of biological father who was in the military was not the best role

honorably discharged.

Jurisprudence and a PhD in the administration of justice. He model, and did not help matters. The abuse was to the extent has had 20 years of law enforcement experience including as that the State decided he needed to be with someone else.



Combined Law Enforcement Association of Texas (CLEAT) Galveston. attornev.

Chief of Police, Assistant Chief Deputy, Member of the and granted his custody to the grandmother, who lived in

and Member of the National Organization of Black Law His grandmother was like everybody else's grandmother. Enforcement Executives (NOBLE). He is currently a practicing They grew up in the First Union Baptist Church and he confirmed that he has been attending the Church since he He is a devoted family man and a model public servant. He was 17. He recalled that his grandmother did something that "believes strongly in a supportive family unit that is deep was unique, which helped to shape his life. When his rooted in patriotism and polished through the acquisition of biological uncle came to visit his mother, Holland's education". He proudly served this country in the United grandmother, she told him "you need to take this kid with you,

a part of the discussion which transferred the responsibility of had been a police officer over 21 years. He catalogued that he

because this kid could be somebody. This kid could be a He emphasized that he wants to be a Sheriff because he lawyer". Though he didn't know what a lawyer was, yet he was believes that he has the skills, knowledge and experience. He his up-bringing to his uncle. His uncle adopted him and did a started from a regular reserve police officer as a volunteer, remarkable job in his upbringing, before he passed away. He then he was promoted to a full-time employee and based on





of his uncle.

Regarding his service to humanity, he informed that his uncle On the slogan "the needs of Community changes everything", fully appreciate where you are going", he concluded.

He lectured that his father taught him how to effect change by confirm that he is worthy to serve. electing people, who have shared orientations, into positions. He promised that during his tenure he would exercise an open to effect changes from the inside. He decided to become a door to his ear by establishing a pro-active engagement lawyer to complement the African American lawyers, who division, responsible for making sure that they hear the voices cater to the African American community. That meant that he of loyal institutions like the Royal Priesthood. He concluded needed to have some academic credibility, he added.

reminisced that his uncle was his father in every respect and the development of his education and work practicality he confirmed that everything he has become was a direct result became a sergeant, a lieutenant, a captain, a chief of police and an assistant chief deputy of police.

worked with the Sheikh Community Center, the Lord Parker, he chipped that "you cannot give a generic solution to a for 15 years before he developed his own Community problem that is more integrated or complex than what you enrichment center called Seha Youth Program. He was a co-think it is. It needs to be a tailored specific design to resolve or founder and Board member of the program for 25 years. The ameliorate the problems of your community. But you cannot program includes a community summer enrichment program do that if you don't have the tools or the resources to do that". which provides youths like he was, a place to go in the He explained that he was referring to the social tools, the summer after school. The kids are enabled to visit Africa intellectual tools, the cultural tools, and the diversity through the international travel of the program. They teach orientation needed to get it done. We don't need a get quick karate, African drums and dance. By so doing the kids get fix solution but someone to look at the problem, operationalize indoctrinated into the culture of African Americanism. "If you that problem, identify and then develop techniques specifically don't appreciate your origin, where you come from, you can't designed for the solution, he said. He feels adequately prepared for the position and appeals to most of the county to

> that he will assign a liaison for every organization within the county.



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Sunday School: 9am to 10am Sunday Service: 10am to 11:30am

Tuesday

Hour of Mercy: 9pm to 10pm Prayer line Tel no: 1-774-220-4000 Access Code: 937-1290#

Wednesday

Breakthrough Service (Digging deep and Prayers) 7pm to 9pm.

Friday

Deliverance Service: 11am to 6pm (By Appointment)

Every 3rd Friday of the month Night of Encounter: 10pm to 1am

Saturday Mercy Cry: 7am to 8am

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