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# Journey Through Life Ministries Quarterly Newsletter

## UNITY IN THE BODY OF CHRIST —REV. PAM SCHNELZER

We are living in a society today where we have forgotten the foundations of our faith and the pure example that Jesus taught us. His greatest teaching was in **Mark 12:30-34** *“that you shall love the Lord your God with all your heart, with all your soul; with all your mind, and with all our strength and you shall love your neighbor as yourself.”* There is no greater commandment greater than these. When the scribe repeated the commandments and also said that this was more than all the whole burnt offerings and sacrifices, Jesus saw that he was wise and said that he was *not far from the Kingdom of God.*

As I had opportunity to walk the land of Israel twice in my life, one thing I noted that was authentic in the people was the sincere love for people, their families, their friends, their neighbors. It was not just the sense of history, but of memory of what they were founded upon. It was a part of them, not just information, but it was life-style. The foundations of the Word instilled in a people, in Abraham, Isaac and Jacob, and the example that Jesus’ taught showed us a way of life. It was the heart of the Father, the love of the Father instilled in a people and then carried out through His love of His Son.

Oh, how we need to fall in love with Jesus all over again. We need a fresh outpouring of the power of the love of the cross! With so much going on in church and society, failed marriages, wayward children, single parent homes, issues in the schools, on the streets, the gangs, the drugs, the alcohol, the psychic drugs for all the stress, sexual immorality, the ramping up of evil agendas, we need God more than ever.



People are so busy and bound up that they have become an introverted people; life has become all about us. We have become consumed with all our issues and it is carried into the families, then into the church, and then into our world. That was never the Lord’s intent. Let this mind be in you which was also in Christ Jesus...who humbled Himself and became obedient to the point of death, even the death of the cross. Oh how he cries out for us to die to ourselves, to get a fresh prospective of love for Him and for one another. **Proverbs 15:33** says the fear of the Lord is the instruction of wisdom, and before *honor is humility*. As we would humble ourselves before the Lord, pure honor will be the manifested fruit from God and towards one another.

The foundation of our faith in Jesus Christ and the Word of God is the answer and is

able to make all the difference. We need to set up altars once again in our lives. An altar of worship and prayer is a set place to meet with the Lord. It establishes fresh intimacy with Him. He promises in **Exodus 20:22-26**. *“An altar of earth you shall make for Me... In every place where I record My name I will come to you and I will bless you...”* In other verses, when they built altars of worship and prayer, He came and answered by FIRE. He will come and bring holy conviction, He will show us the error of our ways and His goodness will lead us to repentance. He will break the power of discouragement, discontentment, emptiness, loneliness and all lies of the enemy that have us in bondage. Faith in His Word and Spirit is the BONDAGE BREAKER! He will then baptize us in a fresh baptism of His love. It is a fresh baptism of His love that causes us to love one another in sincerity and truth. We can even love our enemies and learn to pray for them.

True unity is centered upon the work of the Holy Spirit, revealed love for God and one another. The Word says how good and pleasant it is for the brethren to dwell together in unity and it is liken to the precious oil (Holy Spirit) upon the head of Aaron (His church) and God says this is where He commands the blessing.

When we walk this *“walk of faith”* as a life-style, it will become a *“living sacrifice”* before our God! More than the words of the scribe who spoke of the burnt offerings and sacrifices to which Jesus’ responded you are *not far* from the kingdom of God, we the people of God will be walking victoriously IN THE KINGDOM OF GOD!



## FINANCIAL FITNESS — MIN. GEORGETTA HEAD

Money management is a major problem for families in the United States. Have you ever noticed in group discussions about personal finances how people become silent or make excuses to leave the room? Or, have you wondered why is it that people have such a difficult time talking about their finances especially in the area of management; or become defensive and angry?

money issues, so He took the time to record over 2500 scriptures in the Word pertaining to money management and how to prosper in the area of finance. So, if God thought it was important enough to record it for our learning, shouldn't we think it's important enough to study God's Word and be obedient by incorporating these important money principles into our daily living?

dren to receive the blessing so he loves to keep people blinded in their thinking about sowing and reaping through tithing and giving.

Malachi 3:8-11; Luke 6:38; and Haggai 1:6-7 gives us the answers we need to destroy the enemy of lack and to put a stop to bill collectors (torturers) calling. Studying these scriptures tells us:

First, when we refuse to tithe we are robbing God. All that we "think" we own belongs to God. He is loaning it to us and only asking for 10% back. Why? To see what is in our hearts! Do we have a willing and giving heart toward the things of God or are we more concerned with the things of this world by believing the lies of the enemy.

Second, when we rob God by not paying our tithes and offerings and clinching our hands tight toward others, we are putting a curse on our finances and holding back the blessings that God wants to bless us with. (cont'd page 11)

Now, let's explore this same problem a different way! These same individuals have no problem complaining about the lack of money or lack of personal possessions, but they don't want to manage what they have! These individuals are so fast to complain about not making enough money to meet their needs, complain about bill collectors calling them, etc., and once again refuse to manage what they have because in their opinion they said, "I don't make enough to manage, or to live on a budget!" How foolish!

One important principle in money management is in the area of *tithing and giving!* *Tithing and giving* is associated with the principle of "sowing and reaping." Also known as the *Law of Reciprocity*. God is saying, whatever we plant or sow into, will produce a harvest – are you sowing to reap a harvest of blessing through obedience or are you sowing to reap a harvest of destruction on your finances through disobedience?

The devil knows the rewards God's children will receive through sowing and reaping and doesn't want God's chil-

God knew we would have

If you give, you will receive. Your gift will return to you in full measure, pressed down, shaken together to make room for more and running over. Whatever measure you use in giving—it will be used to measure what is given back to you.

Luke 6:38

## BIBLE FACTS — ELDER CHARLES HEAD

1. Did you know it is very displeasing to God when we speak evil against His anointed leaders? Remember Miriam, Moses' sister (Numbers 12:1-15), God dealt with Miriam and she became a leper because she spoke against Moses in a negative way concerning his leadership and his wife.
2. Jephthah was scorned by his father's legitimate sons who drove him away from home because his mother was a harlot. (Judges 11:1-4-11) But when their enemies made war against them they sent for him because he was a gifted warrior who could help them win the war.
3. Did you notice how Jesus taught His disciples a lesson in humility (John 13:12-16)? The same applies to us today, we need to stay humble and give God all the glory He is due.
4. Caleb was 85 years old when he finally received his inheritance. He had been a warrior for God who defended Israel for 45 years and yet still maintained the strength of a young man at the age of 85 (Joshua 14:6-15).

**Agape Fellowship  
Christian Community Ctr.  
Wilmerding, PA 15104**

**Sunday Service**  
6:00 p.m. to 8:00 p.m.

**Wednesday Prayer**  
12:00 noon

**Friday Service**  
Youth Night—6:00 p.m.

**Food served after every service**

Pastor Dorothy Reeves  
Phone: 412-380-4306

## 7 TIPS ON HOW TO PRAY — BY NORMAN VINCENT PEALE

Norman Vincent Peale shows you how to use prayer to reduce stress, overcome obstacles and stay positive.

Prayer is one of the greatest skills in the world. It is the spiritual power that flows from God into our daily lives. Astonishingly, prayer illuminates problems, lifts weights, overcomes obstacles, restores health, and brings many astounding results.

### 1. What should you say when you pray?

Just talk to God as a child would talk to a father whom he loves and with whom he feels in harmony. Tell the Lord everything that is on your mind and in your heart.

### 2. Talk to the Lord in simple everyday speech.

Do not use an exaggerated formal speech. You would not talk to your father that way, and He is your Heavenly Father. In public prayer, it is perhaps proper to address God more formally. But in personal, private prayer you might, for example, say "You" to God rather than "Thou." This does not diminish respect for Him but serves to make the relationship more natural.

### 3. Tell God what you want.

Tell Him you would like to have it if He thinks it is good for you. But also say and mean it, that you will leave it to Him to decide, and you will accept His decision as best for you and others involved. If you do this regularly it will be possible for God to give you the wonderful things that you should have. It is frightening, the marvelous things we miss because we insist upon something else, something only a fraction as fine as He wants to give us.

### 4. Practice praying during the day.

For example, talk to God as you drive your car. If you had a friend with you, you would talk to him or her, would you not? Then imagine the Lord is there, for He is, and just talk to Him about everything. If you are waiting for a bus, talk with Him. But at night, when you go to bed, I recommend that you kneel by the bed and pray. However, if this has been your custom and if it has become merely a formality, get into bed, relax and then pray.

### 5. Words are not always necessary when you pray.

Think how good God is, how kindly, and that He is by your

side guiding you and watching over you.

### 6. Try helping others by your prayers.

Pray for the troubled or the ill. Pray for your loved ones, for people you do not like, and for those who have not treated you well. It will do more for you to pray for those you resent than for those you love. If you doubt this, try it for six months and see what happens.

Prayer is an emanation of power. Select some person who may be a problem to you and shoot prayers at him. Conceive of yourself as surrounding him with healthy prayers, goodwill, and faith. I have seen the most astounding, almost unbelievable, results.

### 7. Do not make all your prayers into the form of asking God for something.

Let your prayer consist of all the wonderful things that have happened to you. Name them, thank God for them and make that your whole prayer. You will soon find that these prayers of thanksgiving grow longer and longer, and you will have more and more things for which to thank God.



Annual Tea Party 2013



Annual Tea Party 2013



Annual Tea Party 2013



Annual Tea Party 2013



Annual Tea Party 2013

## Journey Through Life Ministries Workshop

# "Lies Women Believe"

**Monday Nights**  
July 22 thru August 26, 2013  
(Six Weeks)  
7:00 to 9:00 p.m.  
*Workshop is Free*

**Location:**  
9909 Frankstown Road  
(Behind Swanson's)

**Seating is Limited:**  
Call Minister Georgetta Head  
412-731-3450  
to reserve your seat.

**Book required:**  
"Lies Women Believe"  
By: Nancy Leigh DeMoss—\$16.00

A Nancy Leigh DeMoss study on  
"Lies Women Believe."

*She will expose those areas of  
deception most commonly  
believed by woman:*

- Lies about self
- Lies about sin
- Lies about marriage
- Lies about our emotions
- Lies about our circumstances

Expose Deception!

Learn to stop  
feeling guilty!

Learn to have more  
confidence in yourself!

*Free Will "Offering"  
Appreciated*

Live the life God intended for  
you—a life free of deception!

Learn to live a life full of truth  
and contentment with the ability  
to make choices for yourself  
without feeling guilty!



Barbara Keen was born and raised in Pittsburgh, PA, but lived ten years in Maryland. During her short stay in Maryland, Barbara started her family and accepted Jesus Christ as her Lord and Savior. She then returned to Pittsburgh as a “Believer in the Lord” ready to start a new journey with her children.

Barbara is currently enjoying retirement and loves to tell everyone that she is *now* a full-time Mom of 2 daughters, 2 sons and proud grandmother of 15 grandchildren.

She says her journey was not an easy one, but a rewarding one. Through her journey with the Lord, she learned to depend on Him to carry her through the valleys and seasons of lack in her life. It was during one of these “valley experiences” that Barbara decided to take the focus off her problems and to direct her attention to helping others in need. This is how her “gift of helps started!”

It is not unusual for Barbara to be found in the kitchen cooking for others; or at a church function or workshop setting up tables, serving food to others, cleaning up, etc. Whatever needs done, she doesn’t ask “*what can I do,*” she does it, while humming songs to the Lord.

Another gift of Barbara’s is that of an intercessor. Barbara started a “prayer group” with several women in the local area and other states. While we are still sleeping, they rise up in the wee hours of the morning conference calling each other to pray for other’s needs, for healing, deliverance; prayer for our children, prayer for our country, etc. Barbara is a good example of loving others into the kingdom by her acts of love, kindness and compassion.

Barbara says her greatest joy is spending time with the Father studying His Word and getting into the “Secret Place” with Him. The Secret Place is the secret to her peace and joy.

As she reflects back on life, she fondly remembers the crucibles of testing in her life and says she wouldn’t trade them for the world because those crucibles are what gave her the strength to trust in God and to follow His guidance. *To God Be the Praise!*

It is so exciting to know that this is the season of celebration, because it represents "Resurrection Sunday." This is not just any ordinary day, but a day that brings to our remembrance what Jesus did for us at Calvary. By dying on the cross for the sins of the whole world (John 19:28-42; John 20:1-10).

The exciting part is that Jesus voluntarily came to earth in the form of man and lived 33 years with the same temptations as us, yet without sin.

Jesus also voluntarily laid down his life to be crucified by earthly man so that all peoples would have an opportunity to be redeemed back to God. Though our Lord and Savior was crucified and buried in a tomb, the good news is, three days later, a manmade earthly grave could not keep Him.

Jesus, the Son of God—our re-

deemer arose from the grave. After appearing to His disciples several days He ascended back to heaven and is seated at the right hand of God the Father.

This exciting story does not end there for His earthly disciples, He left us a promise and gave us a commission what to do afterward (Acts 1:4-9). Our Lord and Savior didn't leave us just to exist on earth, but promised to give us help to live our everyday life, from the preacher who gives us God's Word—to the housewife or mother who is struggling to raise her children. The power is available to all of us who ask of the third person of the Trinity, the Holy Spirit of God. It's our gift from God to enable us to live a victorious life and to help us in areas we are not able to overcome.

Another reward God left us through His Son Jesus is His name of Authority (Phil. 2:7-11).

Jesus' name is no ordinary name, but it is a name above all names. This is the authority we have as His disciples, to use His name against all evil, sickness, darkness, defeat or any other obstacle that may come our way.

So remember, the "resurrection of our Lord and Savior, Jesus Christ is not just a memory to leave in the past, but a love story to live a victorious life while here on earth. And finally, we also have the promise that we will also be raptured to heaven to join Him and live forever with Him—what a promise!!

While writing this I was reminded of an old song that tells the story: "What a day that will be—when my Jesus I shall see; when I look upon His face the one who saved me by His Grace; when He takes me by the hand and leads me to the promised land—what a day glorious day that will be." Amen!



## Save the Date

Bring your golf game to the second annual golf outing fundraiser sponsored by HIM (His Inspired Messages) at the Valley Green Golf Club in Greensburg, PA, on **August 23, 2013**. There will be food, beverages, prizes and giveaways on designated holes, including a grand prize of a **2013 Buick Verano**, courtesy of Arnold Palmer Motors in Latrobe, PA, for the first hole "n" one on a designated par three hole.

Proceeds from this event will be used for scholarships for men and women who are in college or will be attending college in the upcoming fall term. So bring as many golfers you can or be a sponsor. More details will follow. Questions, Please call: **Ethel or Lee Hamilton at 724-523-6036**



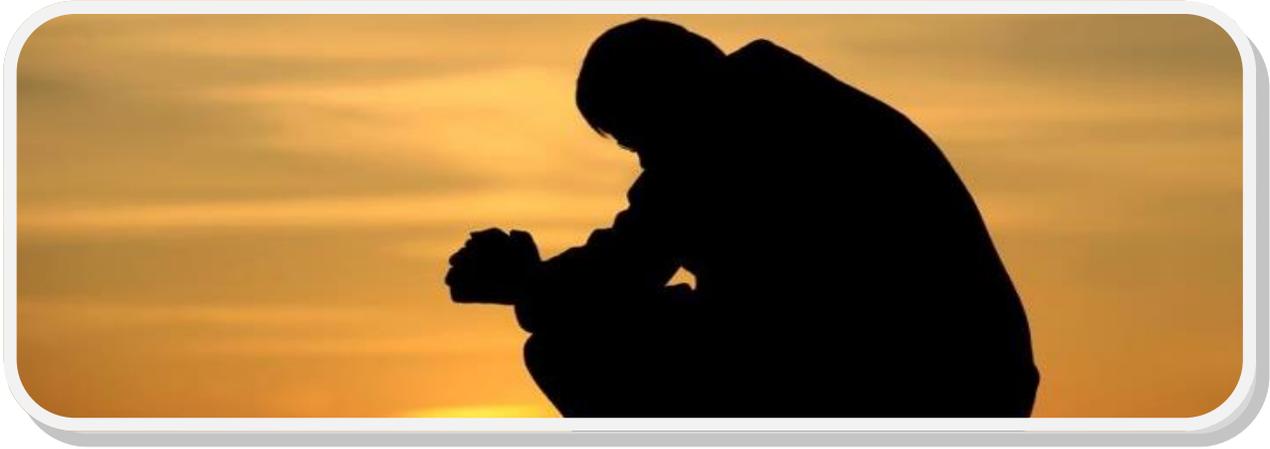
## Lord

*Thank you for being a God  
Who goes before us and lives within us.  
That means whatever we may face  
We have nothing to fear  
And everything to hope for in You.*

*You provide peace to calm our hearts,  
Wisdom to guide our steps, and Your  
hand is holding ours all the way.*

*We trust what you will do  
And where You will take us with You.  
Amen*

*I am with you and will watch  
over you wherever you go.  
Genesis 28:15 NIV*



For the past year we have been publishing actual letters from inmates who have repented of their ways of crime and now want to share their heart to loved ones and others not follow in their path of crime.

While these inmates are openly honest about their life of crime, we need to understand what made them choose this path. My husband and I have ministered to hundreds of inmates serving short term or long term sentences and they all have the same common factor; their path started early in life! The first factor, it started with the feeling of not being loved or wanted. Most were from broken homes and they missed their absentee father or never knew their father. They felt different than the other kids (not realizing they weren't the only kid with one parent). The men said *"we just hung out trying to connect with someone;"* the women said *"we were just trying to find someone to love us."* Sounds sad, but true. So they did whatever was necessary to fit in! The crimes started out small they say, such as stealing from parents or family members, then before they knew it they were doing "big time crimes." They said once they started it was hard to stop – it was like an addiction similar to drugs or alcohol, always looking forward to the next score. They said it made them feel important or needed!

The second factor, they stated was the lack of guidance and no boundaries. They were looking for discipline or direction, but instead they received criticism and negative language such as "you will never amount to anything," or "you are just like your dead beat father," or "I'm sick of you, you're no good, you are headed straight for jail." Anger and resentment set in, and unfortunately, these individual's paths lead them straight to jail and they now realize the "power in words" and the "power in making wrong choices." Most have said if they had it to do all over again, they would have made different choices.

For some of these inmates they will be serving life time sentences, while others will be transitioning back to mainstream in a few months or years and they are asking for your prayers to stay connected to God the Father once they return to mainstream. You see, once they are out, they have a difficult time reconnecting to loved ones, because their loved ones have lost trust in them; they have a difficult time finding employment because employers are afraid to take a chance on them because of their past; and most importantly they themselves have a difficult time adjusting in mainstream because they believe the odds are against them, and unfortunately most make the wrong choices again and end up back in the system.

Everyone is deserving of a second chance. When Jesus was nailed to the cross, two thieves were on either side of Him, one said to Jesus "Lord remember me" and Jesus said to him, today you will be with me in Paradise (Luke 23:41-43). If Jesus can forgive a criminal, we should be able to do the same.

So please pray for inmates transitioning back to mainstream that God will give them favor and they will be successful and productive in society. Pray that God will soften the hearts of employers so that they are willing to give an ex-con a second chance at life. Pray that these individuals will find a good Church home and God will surround them with godly influences. Pray they will not return to prison life again.

I personally would like to say if you would like to help with prison ministry in addition to being a prayer partner, we need individuals who are willing to send cards anonymously, and who would be willing to send cash donations to help inmates whose loved ones have given up on them and are in need of daily necessities, such as toiletries, etc. Cash donations can be sent to: Journey Through Life Ministries, P.O. Box 17968, Pittsburgh, PA 15235

*"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (1 John 1:9)*

**IN MEMORY OF DOLLY ANN SIMS (1948–2013)—BY GEORGETTA HEAD**

Dolly Ann Sims was not known by many in this world, but to those who did know her she was their world. She was the type of person that made everyone she met as if they were her best friend.

Dolly Ann, even during her illness, was always thinking about others and what she could do for them. She would visit the sick and shut ins, cooking, cleaning, or whatever was needed to make them feel comfortable and significant.

Dolly Ann's life spoke volumes with her acts of kindness to others, but the greatest volume of her life was that of her FAITH.

Dolly Ann loved the Lord and during her walk with Him she loved to share with others



where her strength and love originated.

One of her testimonies was that of a song she had come to love to listen to by Vickie Winans "More Than Enough". She enjoyed sharing the lyrics of this song because she says she had come to know God as her "More Than Enough God!" She loved telling others how

God was her personal Jehovah Jireh, **her** provider and **her** personal Jehovah-Rapha, **her** healer that set her free. God had become very personal to her in a way that gave her the strength to endure during her illness.

Dolly Ann's presence may be gone, but she left a wonderful legacy of love and strength that will be lived on by her children and grandchildren.

Dolly Ann will also be remembered by her friends as a woman of strength, full of compassion, one who loved her family; loved doing for others, and was loved very much by all that knew her," now that's what God's kingdom is all about - **LOVE!**



Discipleship Class—March 2013



Discipleship Class—March 2013



Discipleship Class—March 2013

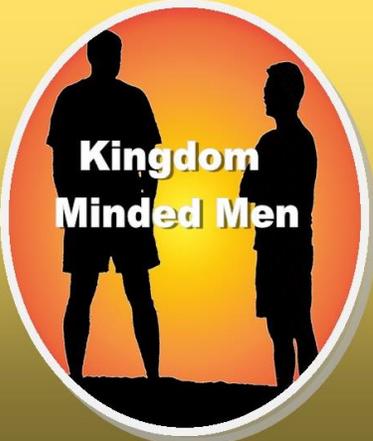
**Journey Through Life Ministries Workshop**  
**"Kingdom Men" Series**  
*Ponder the path of your feet, and let all thy ways be established (Proverbs 4:26)*

**Six Weeks Series**  
 Beginning June 2013  
 7:00 to 9:00 p.m.  
*Workshop is Free*

Location:  
 To Be Announced

Seating is Limited:

Call Elder Charles Head  
 412-731-1856  
 to reserve your seat



**Kingdom Minded Men**

Elder Charles Head will be hosting Dr. Tony Evans' workshop "Kingdom Men"

You don't want to miss this workshop! It is designed to challenge and equip men to fully understand their position under God.

Series to begin June 2013

RSVP needed by May 1, 2013

*"Holy Spirit Empowering Men & Women for Success"*

**I can do all things through Christ**  
 who strengthens me

*Words Have Power*

**Have a prayer request?**  
 Log onto our website [www.journeythroughlife.net/prayer.html](http://www.journeythroughlife.net/prayer.html)  
 Our team of intercessors pray over all requests received.

What is preventing you from walking in the destiny God has for your life? Father God has gifted all His children with gifts and talents to be successful while journeying on earth.

Unfortunately, so many individuals are not living in the potential God has given via their gifts and talents. They choose to live cluttered lives – and I don't mean the physical clutter that you can see, but internal clutter found within the person. Clutter that clogs the heart and mind, such as the clutter of excuses and blaming others for your failures.

So how does this clutter enter in? Through our ears and eyes. When we hear negatively, we process it through the mind and after many days, weeks, or years those negative words penetrate our heart, and we begin to believe the lies spoken over us (the Bible says as a man thinketh, so is he).

Our eyes are the window to the world. As we watch the negative actions of others in our environment or on TV, we then take that image and process into our minds. Our minds then become poisoned and we defile our hearts with the negative actions of lies and corruption that we take in with the viewing of our eyes. Watch what your eyes take in!

God wants us to de-clutter our precious heart and mind so that we can hear from Him to be healed and the plans He has for our future. Plans of "good" not "harm." Plans of "peace" not "confusion."

Too many of us are living cluttered lives of the heart and mind because we believe the lies others have repeatedly spoken over us. Well it's time to do some housecleaning. It's time to throw out the trash from the past and allow Father God to begin a "new thing in us" (Isaiah 43:18-19). Father God wants to help us in this housecleaning process. And, yes it is a process of cleaning years of debris and trash, because Father God wants to know

"who you truly are."

When Father God created you, He said "you were fearfully and wonderfully made," and only you can do what He has called you to do. God wants to help you to unclutter the valves of your heart and to help you to transform your mind into a clean, clear pathway so that you can be the successful person that He knows you are.

He wants you healed from the hurts of the past so that you can walk freely into the destiny planned just for you. It's your choice! You don't have to live a life of rejection, fear, anger, low self-esteem, bitterness, unforgiveness and financial lack. You can be set free from the bondage the enemy, satan, has you trapped in. And, friends, it doesn't matter your age – young or old, it is never too late to begin the process of healing, allow Father God to begin a new thing in you. He loves you very much and wants you to live in the "freedom" and the abundant life He has planned "just for you."

So I challenge you today, stop allowing lies to define who you are! You are much better than those nasty lies. God wants to set you free. Today take responsibility for your life and let go of the trash from the past and the clutter of excuses and blaming. Begin by putting a guard over your heart (Proverbs 4:23) for the issues of life flow from your heart. God wants us to take responsibility for what we allow to penetrate our hearts. We do not have to receive other's negative remarks and actions. This begins, by believing that you are more than a conqueror through Christ Jesus and you can "do all things through Christ Jesus who strengthens you;" because once again, you are truly much better than those nasty, mean words spoken by others wanting to hurt you.

God has given us a very important responsibility and that is to guard our hearts and minds from the attacks of

the enemy satan—and I know you can do it. I know you want freedom from the battlefield that is in your mind. You have a good future ahead of you!

While getting ready for Church one Sunday, I was listening to Pastor Gregory Dickow, on TV, and he made a statement that has never left me - he said, "*Why not FAST from NEGATIVE THINKING!*" That statement made me really think about what I was thinking about. So I now "fast every day from negative thinking, and I don't allow others to speak negative over me, and I watch what my eyes see.

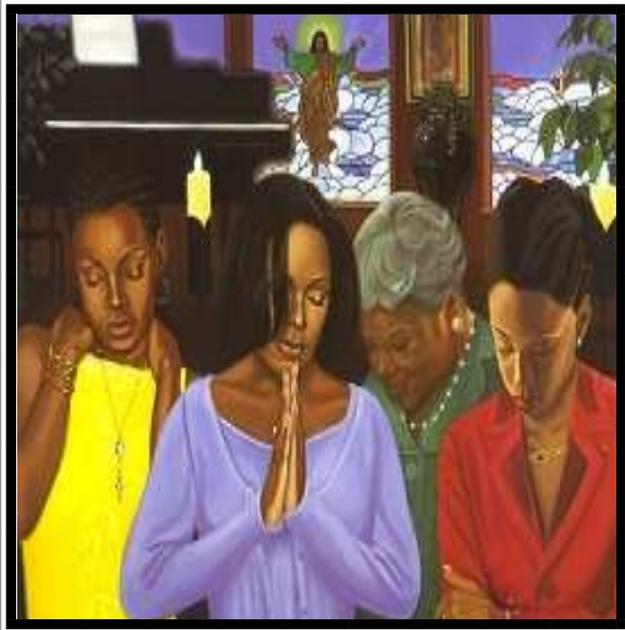
God tells us in His Word that these two organs are very important for our life, and we need to listen and be obedience by guarding our minds and hearts; and we need to be very careful what we allow our eyes and ears to see and hear.

So come out of agreement with satan and come into agreement with Father God believing you were created to be a "whole and upright person" (Ecc. 7:29) and cast down all negative thoughts.

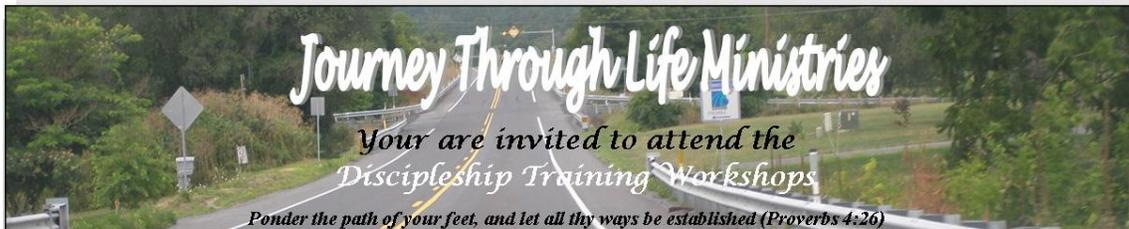
Let Philippians 4:6-9 become your personal scriptures of mediation for healing your mind and heart: "*Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.*"

Friends, let Father God begin a new thing in you and as you partner with Him for healing your heart and mind, you will begin to hear Him more clearly as He directs you into the path of your destiny.

*"Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change. Of His own will He brought us forth by the word of truth, that we should be a kind of first fruits of his creatures." (James 1:17-18)*



Teach me, O LORD, the way of Your statutes,  
And I shall keep it *to* the end.  
Give me understanding, and I shall keep Your law;  
Indeed, I shall observe it with *my* whole heart.  
Make me walk in the path of Your commandments,  
For I delight in it.  
Incline my heart to Your testimonies,  
And not to covetousness.  
Turn away my eyes from looking at worthless things,  
And revive me in Your way.  
Establish Your word to Your servant,  
Who *is devoted* to fearing You.  
Turn away my reproach which I dread,  
For Your judgments *are* good.  
Behold, I long for Your precepts;  
Revive me in Your righteousness.



**Location:**  
Penn Hills Library  
Saltsburg & Stotler Roads

January 26, 2013  
February 23, 2013  
March 23, 2013  
April 27, 2013  
May 25, 2013

Adults & Youth: 12:00 - 1:00 p.m.  
Youth Only: 1:00—2:00 p.m.

**Seating is Limited:**  
Call Minister Georgetta Head  
**412-731-3450**  
to reserve your seat

**Instructors:**  
Elder Charles Head  
Minister Georgetta Head

**Meetings are FREE!**



You have commanded us to keep your precepts diligently. (*Psalm 119:4*)  
Your word I have hid in my heart that I might not sin against thee. (*Psalm 119:11*)

***“Holy Spirit Empowering  
Men & Women for Success”***

***“Discipleship Workshops”***

The Word of God is life and it is our instruction manual for living. Whether you have know the Lord 1 day or 30 years, these classes are for you. So, join us as we learn together our purpose for being on earth and how God expects us to live a victorious and abundant life on earth as His believers.

**Different topics presented each month along with small group open discussion:**

Why the Bible  
Life's Purpose  
Life as a Believer  
The Power of God  
Breaking Strongholds  
The Power of our Voice  
Power Prayers  
Witnessing for God.

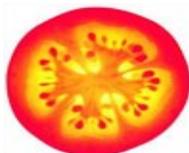
***Come and Bring a Friend!***

*“Though wisdom a house is built, and by understanding it is established. By knowledge the rooms are filled with all precious and pleasant riches.” (Proverbs 24:3-4)*

God left us a great clue as to what foods help what part of our body! God's Pharmacy! Amazing!



A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... And YES, science now shows carrots greatly enhance blood flow to and function of the eyes.



A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.



Oranges, Grape fruits, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.



Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit.

There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.



Olives assist the health and function of the ovaries.



**Low in calories.** A regular size apple has between 70-100 calories. Eating an apple when craving for candy or chocolate can make the desire disappear since apple in itself contains sugar, but gives you only 1/4 of the calories.

**Apples contain phenols**, which have a double effect on cholesterol. It reduces bad cholesterol and increases good cholesterol. They prevent LDL cholesterol from turning into oxidized LDL, a very dangerous form of bad cholesterol which can be deadly.

*"So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver." 2 Corinthians 9:7*

## 3RD ANNUAL TEA PARTY — MIN. GEORGETTA HEAD

### *Journey Through Life Ministries* *3rd Annual Tea Party*

The Women's Ministry had a great time at the Annual Tea Party held at the Penn Hills Library on February 23<sup>rd</sup>.

Minister Ethel Hamilton lead the group in Praise and Worship music followed by the reading of "words of encouragement" to the audience by Nicole Bristol.

Tracie Morelli, "Precious For Him" did a wonderful performance on the 3 D's - "Disappointment, Discouragement, and Disgust."

The women had an exchange of tea cups with "secret words" of encouragement written for exchange and placed in each cup by the giver.



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## FINANCES (CONT'D) — MIN. GEORGETTA HEAD

Thus says the Lord, "consider your ways!" If you do not have enough to meet your needs then you need to re-think what you are doing and to change your ways by applying God's "proven principles" for a life of abundance.

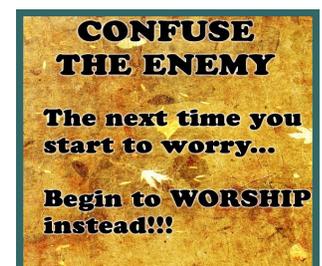
What do we have to lose through *tithing and giving*? God challenges us in Malachi to prove Him and see "if He will not open for us the windows of heaven and pour out for us such blessings that there will not be room enough to receive it; and that He will rebuke the devourer for our sakes, so that he will not destroy the fruit of your ground (your finances), nor shall the vine fail to bear fruit for you in the field (your job), says the Lord of hosts."

We prove God through our faithfulness by being obedient to His commandments. Wouldn't you rather have God's promises of blessing than to reap the fruit of destruction caused by disobedience. The enemy loves for us to believe his lies that tithing and giving are not necessary for today's Christian;

he says *our tithes are being appropriated wrongly by church leadership*. Stop being tricked by the enemy!

God's Word tells us that He set up Churches for corporate worship and for believers to be a blessing to churches they attend through their finance support.

So, if you are suffering lack, I encourage you to change your mind of *wrong thinking* and learn to have a "willing" heart in the area of tithing and giving and watch your lack be destroyed by Father God and your blessings start pouring.



**Journey Through  
Life Ministries**

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Minister Georgetta Head, Vice President

Journey Through Life Ministries' Newsletter is a quarterly publication promoting spiritual awareness and growth in the communities.

All articles written and edited by:  
Elder Charles S. Head  
Minister Georgetta Head

Please submit all comments and church calendar events to: [journeylife@verizon.net](mailto:journeylife@verizon.net)

Journey Through Life Ministries accepts articles provided they are related to spiritual awareness and growth. All articles will be edited for content & validity.

Please note that Journey Through Life Ministries does not publish political or opinion pieces.

***What Must I Do to Be Saved?***

"Jesus said unto him, "I am the way, the truth and the life, no man comes to the Father but by Me." (John 14:16)

All you need to do is pray the "sinner's prayer" below!!

Dear Jesus, I come to you today as a lost sinner. I am asking that you save my soul and cleanse me from all sin. I know that I need help and that I can't save myself.

I believe that you are the Son of God. Forgive me for my sins and all wrong doings I have done to others and help me to forgive those who have hurt me. I believe that you died on the Cross for my sins and the sins of the world. I accept You, Jesus, into my heart as my Lord and Savior.

I confess with my mouth the Lord Jesus, as my Savior and believe in my heart that God has raised Him from the dead and You are now seated in Heaven.

You have said in your Word which cannot lie, "for whosoever shall call upon the name of the Lord shall be saved (Romans 10:13)." "I have called upon your name exactly as you have said, and I believe that right now, I am saved.

=====

\*If you have sincerely prayed these words, which have been written out for you, and believed in your heart on the Lord Jesus Christ as your Savior, you are at this moment saved, and your name is written down in the Lamb's Book of Life. Congratulations!

You are a "new creature in Christ and a child of God!"

Now share the "good news"

by telling someone else about your salvation.

*Journey Through Life Ministries, Inc.*

P.O. Box 17968  
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To:

*Would you like to make a donation to one of our ministries? You can by mailing any size donation to:*

**Journey Through Life Ministries**  
**P.O. Box 17968**  
**Pittsburgh, PA 15235**

*Your donation is tax deductible*