



# F.I.R.E. NEWSLETTER

**Dr. Quintin P. Woods, Sr.. Pastor**

**Quarter 1 2023**

**Public Relations Outreach Ministry, Editor**

## **“Get Right With God”**

If you're reading this message that means God has spared you to see another year. You have one more chance to get it right, by that I mean get right with God!

If you want to get right with God, here is a sample prayer. Remember, saying this prayer or any other prayer will not save you. It is only trusting in Christ that can save you from sin. This prayer is simply a way to express to God your faith in Him and thank Him for providing for your salvation. "God, I know that I have sinned against You and am deserving of punishment. But Jesus Christ took the punishment that I deserve so that through faith in Him I could be forgiven. I place my trust in You for salvation. Thank You for Your wonderful grace and forgiveness – the gift of eternal life! Amen!"

Pastor Woods says something similar every Sunday when he extends the invitation to Christian Discipleship. Mt. Moriah and any other Bible Believing Church will welcome you with open arms.

So don't let this opportunity pass you by, Get Right With God, And Do It Now!

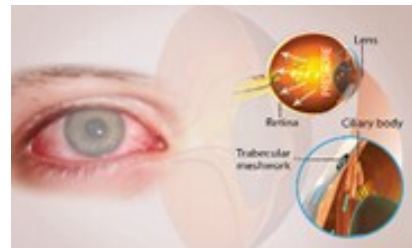


## **Bible Trivia**

1. Who laughed when she heard she would bear a son in her old age?
2. What was the first of the ten plagues of Egypt?
3. Who was the first murderer?
4. What prophet was a very hairy man?
5. Who embarrassed his wife by shamelessly exposing himself while dancing for joy?



**January is the National Health Observance  
Month for Cervical Cancer and Glaucoma**



**Cervical cancer** is a type of cancer that occurs in the cells of the cervix — the lower part of the uterus that connects to the vagina. Various strains of the human papillomavirus (HPV), a sexually transmitted infection, play a role in causing most cervical cancer.

When exposed to HPV, the body's immune system typically prevents the virus from doing harm. In a small percentage of people, however, the virus survives for years, contributing to the process that causes some cervical cells to become cancer cells.

There are usually no signs or symptoms of early cervical cancer, but it can be detected early with regular check-ups. Check-ups should include tests such as the Pap test and/or the HPV test. The Pap test checks for pre-cancerous changes in the cervix. The HPV test looks for high-risk types of human papillomavirus (HPV) infections, which are more likely to cause pre-cancers and cervical cancer. Regular screening can find dysplasia (pre-cancer) or early cervical cancer when it is easier to treat.

**Prevention:** The HPV Vaccine prevent infection by certain types of human papillomavirus (HPV). HPV vaccines protect against either two, four, or nine types of HPV. According to the CDC, the ideal age range to receive the HPV vaccine is between 11 and 12 years old. However, adolescents as young as 9 years old and adults up to age 45 may be candidates for the vaccine.

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**Glaucoma** A condition where the eye's optic nerve, which provides information to the brain, is damaged with or without raised intraocular pressure. If untreated, this will cause gradual vision loss.

Very common (More than 3 million cases per year in US)

Treatments can help manage condition, no known cure

Often requires lab test or imaging

Can last several years or be lifelong

Common for ages 50 and older

Family history may increase likelihood

Symptoms may include.

Blurred vision, glare, eye pain, redness in the eyes, headache, and narrowed vision, vision loss.

Treatment: See an Ophthalmologist for your treatment plan

This may include; Medication, Peripheral iridotomy, Surgery; Trabeculectomy

Conventional surgery for glaucoma done to remove the accumulated fluid.

*Information may be found on the January National health Observance. [health.gov](https://www.health.gov).*

**Lillian Scott RN**



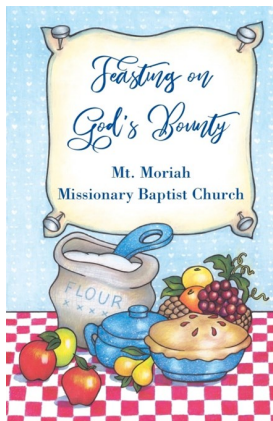
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### Mt. Moriah Cookbook



The Mt. Moriah Cookbook committee created a cookbook comprised of recipes from Mt. Moriah family and friends.

Many members preordered the cookbook for Christmas gifts. Pastor Woods submitted a poem, entitled: "The Food I Shall Receive." We were able to set up in the month of December in the Fellowship Hall to

collect donations for the cookbook, **Feasting on Gods Bounty**.

All proceeds will go to the church building fund and the church missions.

We would like to thank everyone for the participation and donations. To God be the Glory. Sister Gleason, Sister Faucett and Sister Scott.

### Mt. Moriah Expands its Family of Baptized Believers

And Peter said to them, "Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit." Acts 2:38. On December 11, 2022 5 children were baptized, **not to be saved, but because they are saved!** We believe that in scripture we are clearly taught that water baptism, by immersion, is an act of obedience to the command of Jesus. Those who have confessed their faith in Christ are baptized in the name of the Father, the Son and the Holy Spirit.



### What is a Pandemic?

The dictionary describes a pandemic as, "*a widespread occurrence of an infectious disease over a whole country or the world at a particular time.*"

That's what COVID-19 was (is), it has not gone away. People all over the entire world are still dying from this infectious disease. Vaccines and boosters help in keeping you safe or making the symptoms bearable if you should catch COVID and Mt. Moriah is making sure these vaccines and boosters are available.

On Saturday, December 3, 2022, Mt. Moriah's Health and Wellness Ministry, under the leadership of Sister Mariam Coleman-Small, partnered with Walgreens Pharmacy. They offered the Covid 19 Booster, and the flu vaccine. 5 Pfizer and 22 Moderna, and 5 flu vaccines were given. This was open to the members of our church and the community, from ages 9 and up. There was a great response and turn out. We would like to thank Sister Shalissa Williams and her team from Walgreens for providing the vaccines and their participation.







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### Until We Meet Again!

In the Bible, Jesus himself never promises that a person's life lasts threescore and ten, or 70 years. However, Psalm 90:10 does make a reference to that period of time, saying, "The days of our years are threescore years and ten." Psalm 90:10 goes on to say, "and if by reason of strength they be fourscore years, yet is their strength labour and sorrow; for it is soon cut off, and we fly away."

On December 23, 2022 We said our final goodbye to our beloved church mother. Mother Clara B. Jones-Willis.

The celebration of her life by her family and many friends.

Mother Willis served God, church, community, and family for many years. God blessed her with 98 years. We will miss her beautiful smile and her devotion to help doing whatever and whenever she could.



### I have A Dream!

On August 28, 1963, some 100 years after President Abraham Lincoln signed the Emancipation Proclamation freeing the slaves, a young man named Martin Luther King climbed the marble steps of the Lincoln Memorial in Washington, D.C. to describe his vision of America. More than 200,000 people-black and white-came to listen. They came by plane, by car, by bus, by train, and by foot. They came to Washington to demand equal rights for black people. And the dream that they heard on the steps of the Monument became the dream of a generation. Martin Luther King Jr., an African-American clergyman and civil rights leader, was fatally shot at the Lorraine Motel in Memphis, Tennessee, on April 4, 1968, at 6:01 p.m. CST. He was rushed to St. Joseph's Hospital, where he died at 7:05p.m.



### Bible Trivia Answers

1. Sarah (Genesis 18:10-12)
2. The river turned to blood. (Exodus 7:14-24)
3. Cain (Genesis 4 4:8)
4. Elijah (2 Kings 1:8)
5. King David (2 Samuel 6:20)