



Dr. Whitfield Blenman, Senior Pastor

PREPARE FOR RAIN

A QUARTERLY SOLID ROCK PUBLICATION

“...Go eat and drink for there is the sound of a heavy rain.” I Kings 18:41 (NIV)

JAN-MAR. 2009

2009- The Year of Overflow

The world we live in may be uncertain, and there is an unbelievable downturn in our economy. But as believers we can have an unshakable confidence because we know that God's kingdom is intact, and God remains a rock solid foundation for all that will trust Him. In the face of all the challenges, what should we do? Our first and foremost responsibility at all times, whether in good times or bad, is to worship the Lord our God. Solid Rock, this is the year of **OVERFLOW** and a season of **OPEN HEAVEN**. When God speaks of overflowing abundance, He is not only speaking about money or material things but about every single area of life, because life is more than just money. In fact, if the only abundance we have is money, we are indeed poor. Overflow is a mindset; it depends on how we see ourselves in God. Overflow enables us to glorify God, and recognize His awesomeness in our lives. Our God is a God of abundance and joy, of health and prosperity, of success and fullness. Every good gift comes from Him, and no good thing will He withhold from those who have been made righteous in Jesus Christ. He has made every provision for us, in every area of our lives, through the blood of Jesus, the power of the Holy Spirit, and the river of His word. He is a God of blessing, and the desire of His heart is

for us to live in the blessing. I sincerely pray that our Solid Rock family will receive God's great blessings, the blessing that Abraham received from God. When Abraham offered Isaac up to God as a sacrifice, God bestowed great blessings upon Abraham. In addition, God also promised bountiful blessings for his offspring. It is when Abraham offered up his only son for the sake of sincere and true worship, that God poured great blessings upon Him. Specifically speaking, worship is neither about us nor for us. It is for God Himself. True, genuine worship occurs when we offer worship solely for God and call out His name. When we sincerely worship God in this way, God then prepares us for an amazing blessing. Blessing is not the objective of worship; rather, it is the fruit of worship -- the outcome of worship. The sole objective of worship is to please God. It is to give praise and glory to God. However, we learn through scripture that after we offer sincere worship, God's blessings overflow in us. Worship does not depend on how the worshipper feels, but on the greatness of the God he is worshipping. Worship does not hinge on the outward appearance of the worshipper or his circumstances, but on the greatness of the One who controls the circumstance. Worship depends on the work He has done on the inside of the worshipper. Praising and worshipping the Lord is mandatory in the life of a believer. It is

important that we learn to offer sacrifices of praise in good times and in the bad times. As long as we live in this world we will have troubles; but how quickly we emerge from that situation depends on the attitudes of our hearts. The sooner we get on our faces and begin to magnify the Lord, the sooner we will be able to walk through that storm. That is not to suggest that problems will always dissipate immediately; however, worshipping the Lord with the right attitude will change our outlook and lift our faith in our God. At this point, victory is now inevitable. God is in control of the future even when we feel out of control. He has a plan for us even when we don't have a clue. Let us look towards the rest of the year with joy and anticipation because we know who is in control.

So come on Solid Rock saints let's worship Him and prepare for the **OVERFLOW**.

By First Lady Jo-Ann Blenman



A QUARTERLY SOLID ROCK PUBLICATION

AS WE JOURNEY....A QUARTERLY COLUMN by Sis. Cheryl Clarke

NEWSLETTER STAFF:

Sis. C. Clarke—Editor
Sis. C. Reid-Pemberton—
Graphics & Design Editor
Sis. R. Nelson—Writer
Sis. A. Henry—Writer
Sis. M. Wilson—
Contributing Editor
Pastor M. Nelson—
Contributor

PASTOR'S WORD

*Believers, let us be reminded as we embark on this first quarter of the year, that **PRAYER** is the key to the release, change and growth we seek in our daily lives. 1 Chron. 7:14 reminds us to first be **HUMBLE**, then **PRAY** and **SEEK** God's face. Our next step in the process is to **TURN** away from the sins that hinder our forward progression. As we pray and fast this season, expect God to forgive, and heal our land.*



I had an entirely different article written. It was holy and godly; it quoted all the right scriptures, and followed all the right “churchy” formats and rules. But it did not feed my spirit, for I wrote it more from my head than my heart. Those who know me well will attest to the fact that one of my most favorite things to say is: “I like to keep it real.” And it is particularly liberating and I hope helpful to others to be such in my writings as well; so here we go. Recently, I gave in to a full day of wallowing in feelings of defeat and depression. I mean just moping around and not even wanting to be bothered with the basics of daily self-care. And as the day wore on, I began making an effort to emerge from this gloomy cloud, but only because my children would soon arrive home from school, would present their need for food and care, and there was no one else to provide it to them. So I ever so slightly brightened, but not enough to signal to my children that I wanted to engage them in any sort of fun or talkative activity. The day following, I was then consumed with guilt over being a Christian and wasting an entire day being depressed. Somehow, somewhere, I had gotten the idea that people who know God ought to snap on their holy garments and quickly zap off any unwelcome, human-like feelings of depression!

But I love the Lord because He speaks, when we stop long enough to listen. And He assured me, as I assure you today, that life consists of seasons. There are going to be ups and downs, and our reactions to life's troubles, thankfully, will not be even-keeled and robot-like. Maybe you are one of those even tempered people who never experience or express tumultuous emotions. Kudos and blessings to you. But for those of us who get a little topsy-turvy sometimes, the Word of God offers blessed assurance that Jesus is touched with the very feelings of our infirmities. So not only were we created as emotional beings, but we serve a God who understands and cares about everything that we feel as well. So what if every day I'm not perched on a hill chirping with the birds. What is most important is that we are favored with the ability to run into God's outstretched arms, so that we do not remain in a perpetual state of depression. He re-focuses us and enables us to take our eyes off of the situation, and place them on Him. It is then that we can rejoice about this Christian journey, during which God moves us from strength to strength, and victory to victory.

We want to hear from you.
Send your comments or questions to:
cgc4evahschild@aol.com, or
c.pemberton@srcog.org

SOLID ROCK'S WEEKLY SCHEDULE

- Sun.** Sunday school @ 9:45 am
Worship Service @ 11:00 am
- Wed.** Mini Institute @ 7:00 pm
- Fri.** Dance/Mime Ministry @ 6:00 pm
Choir Rehearsal @ 8:00 pm
- Sat.** Youth Impact 2:00 pm-7:00pm
- (1st)** Men's & Women's Ministry @ 10:00 am
- (3rd)** Marriage Enrichment 7:00 pm-8:30 pm

TUESDAY NIGHT WEEKLY RADIO BROADCASTS

- with Solid Rock's own, **LADY D.**
- YOUTH FORUM @ 7:00 PM**
- &**
- “STANDING ON THE ROCK”**
- with **REV. DR. WHITFIELD D. BLENMAN**
@ 8:30 PM
- on 1680AM

SOLID ROCK'S VIBRANT MINISTRIES

<p style="text-align: center;">DEACON MINISTRY</p> <p>MINISTRY LEADER: Bro. James Broomes</p> <p>PHONE: 407-931-0883</p> <p>Their work allows the pastor to focus on the impartation of the gospel.</p> <p>PURPOSE: To minister to the spiritual & practical needs of the congregation through the food pantry and continued connections with the sick & shut-in.</p> <p>SCRIPTURE FOCUS: Acts 6:1-8</p>		<p style="text-align: center;">MUSIC MINISTRY</p> <p>MINISTRY LEADER: Bro. Robert Young</p> <p>PHONE: 407-962-4462</p> <p>Under the anointing, The Sanctuary Choir prepares the way for our pastor to bring forth the Word each Sunday.</p> <p>PURPOSE: To usher in the presence of the Holy Spirit with songs & praise, using voice and instruments when God's people congregate in corporate worship.</p> <p>SCRIPTURE FOCUS: Psalm 150: 1-6</p>
<p style="text-align: center;">MEN OF INTEGRITY</p> <p>MINISTRY LEADER: Bro. John Baboolal Bro. Mervin Jack (interim leader)</p> <p>PHONE: 321-284-1534</p> <p>The men of Solid Rock strive to be exemplary men who are God's leaders over their households.</p> <p>PURPOSE: To create an environment of openness and honesty where Godly men can unify in fellowship, to learn & grow.</p> <p>SCRIPTURE FOCUS: Acts 2:42</p>		<p style="text-align: center;">WOMEN'S MINISTRY</p> <p>MINISTRY LEADER: Sis. Linda Jack</p> <p>PHONE: 407-348-7975</p> <p>Solid Rock Women are designed by God to seek His heart through prayer, and to live according to the Word.</p> <p>PURPOSE: To bring about change in the Kingdom by being restored and equipped; to provide mentorship, encouragement & service.</p> <p>SCRIPTURE FOCUS: Prov. 9:10</p>
<p style="text-align: center;">YOUTH MINISTRY</p> <p>Empowering our youth to be well rounded and successful through positive IMPACT!!!</p> <p>MINISTRY LEADER: Pastor Mark Nelson</p> <p>PHONE: 407-847-3500</p> <p>INTEGRITY MENTORSHIP PRAYER ACCOUNTABILITY CHRISTLIKENESS TRUST</p>		<p style="text-align: center;">AUDIO/VIDEO MINISTRY</p> <p>MINISTRY LEADER: Bro. Clive Adams</p> <p>PHONE: 407-931-2659</p> <p>This team is responsible for the smooth operation of the projector, computer lab, mikes, & sound system.</p> <p>PURPOSE: To provide technical support to the main sanctuary, and the Youth & Educational Center.</p> <p>SCRIPTURE FOCUS: Psalm 37:4</p>

TRUSTEE BOARD

CHAIRMAN: Bro. Thierry L. Butler

This appointed team of individuals conducts the business of the church.

PURPOSE: Our mission is to be diligent Stewards for the brethren of the Solid Church of GOD of Kissimmee.

Scripture Focus: *Timothy 3: 1-7*

TAKE THE DARE: ENRICH YOUR MARRIAGE NOW



I cannot begin to explain how the Love Dare is impacting the lives of the couples involved in our Marriage Enrichment Fellowship.

Have you ever wondered what happened to your marriage after you said I do? You were so much in love, but as the cares of this life began to rush in, you found yourselves behaving more as business partners than that loving couple who once existed. Many couples find themselves in this quandary but don't know what to do to fix the problem. We search the scriptures, plan date nights, or even seek Godly marital counsel, only to find that there is no quick fix for the perfect marriage. Well, the Marriage Enrichment Fellowship wants you to know that we have found a wonderful way to begin to work on these issues in a Godly, practical fashion that would breathe life back into any relationship. The *Love Dare* book, which was written by Stephen and Alex Kendrick, is a phenomenon which was sparked from the movie entitled *FireProof*. This movie is about a couple who found themselves right in the middle of a bitter and volatile relationship. Like many people, they felt that they had no other recourse but to divorce; but before the fate of their marriage was sealed in doom, the husband was challenged to do the *Love Dare*.

I cannot begin to explain how this *Love Dare* is impacting the lives of the couples involved in Marriage Enrichment. There are those who have admitted that they are beginning to see changes already, not only in their spouses, but in themselves as well. This dare is not for the faint at heart. It is not for those who are looking for an overnight miracle, but it is a 40 day, Bible-based challenge that provides for one dare on each of those days. It will require you to press on when you feel like quitting, give in when you feel like winning, and love when your spouse is most unlovable. It is only for those who are serious about their relationship, and for those who have made up their minds that come what may, they are in this for the long haul.

God intended for man to delight himself with the wife of his youth. The Word says that husbands are to love their wives as Christ loved the church and gave himself for it, and wives are to respect their husbands. Although this charge sounds simple enough, this is the very area where most of us miss it. Marriage is not easy; you must work to make it work, but the rewards and benefits are well worth the effort.

If you are enjoying wedded bliss, great! There is, however, always room for improvement. If you are just hanging in there trying to endure, that's okay too. No matter what state your marriage is in, God can fix it! I encourage all of those who are just starting out in marriage to come and check us out. If you have been married for a few years, but find yourself slipping into a stale routine, we have all been there, and would love to invite you to come also. The Marriage Enrichment Fellowship is a forum to discuss our challenges and victories and to seek God's word for the answers that we need. Our meeting time is 7:00pm-8:30pm on the 3rd Saturday of every month. Purpose in your heart that this year you are going to pursue the marriage you have always wanted, and then do something about it!

By Sis. Rachel Nelson, Co-facilitator,
Marriage Enrichment



“...Go eat and drink for there is the sound of a heavy...”

“Who can find a virtuous woman....for her price is far above rubies.” Prov. 31:10 (KJV)

PROFILE OF A VIRTUOUS WOMAN

FABULOUS! It’s the word that comes to mind when I see this woman in church on Sundays. If she’s wearing pink that day, or royal blue....it’s from head to toe....**FABULOUS!** Proverbs 31:22b is talking about her: “she is clothed in fine linen and purple” (NIV). But take some time to sit down and talk with her and you’ll find that beyond the external, she is indeed a woman of virtue. Matthew Henry’s commentary describes the virtuous woman as “one who has been made strong as a result of wisdom, grace, and the fear of God; she has command over her own spirit, and knows how to manage the spirits of others.” He’s talking about her...

VIRTUOUS, and we women of God should all aspire to be this kind of woman. But hold on for the long ride, because becoming this kind of woman does not happen overnight, and is not devoid of bumps and bruises along the way.

She wasn’t born into ease and wealth. The tenth of eleven children, and raised by both mom and dad, she credits her mom as the mentor in her life—the one who demonstrated and personified womanhood. And years later, she in turn would be such to her own four children. Hers was an unremarkable childhood; she went to school, focused on Secretarial Studies. She was 19 years old when she met her beloved, and her life began to change course. The attraction between the two was born at a cousin’s house, and following a two year courtship, wedding bells sounded in celebration of their union. And yes, soon the children began to arrive. Although it’s a fact he tries to hide, Russel was the first child born to the happy couple. Larry came next, followed by Jo-Ann, then Cherry-Ann. And so became the Jack family with whom we at Solid Rock are acquainted today. Now about those bumps and bruises? Just like the rest of us, Mother Jack and her husband Claudius were not always saved as some might be inclined to believe. One of life’s “bumps” would be a car accident back in Trinidad; but like Saul on the Damascus Road, it changed the direction of their lives as Bro. Jack then became serious about a life dedicated to God. Husband and wife were later baptized together in the Church of God in Trinidad. Raising four children in Trinidad and New York was no easy task as we can well imagine. Sis. Jack and her husband truly partnered in raising their family; he worked outside the home, while she maintained the inner running of the home and children, and made sure that church attendance was never an option. There were strict rules to follow, and consequences were consistently enforced whenever those rules were broken. Yet Mother Jack took the time to know the uniqueness of each of her chil-

dren, and liberal doses of love and warmth were frequently dispensed on all the children. We moms today would do well to take a few pages from the “parenting book” of Mother Jack.

On November 15, 2007, Rev. Jack went home to be with his Heavenly Father. I really wanted to know how Sis. Jack daily maintains her joy after losing her husband of 51 years to cancer....now that’s a tremendous bump and bruise that could become one deep, unhealed gash if allowed to fester. It’s not hard to imagine the pain. We’re talking a total of 53 years of friendship, deep sharing in life’s hardships and accomplishments, building and pastoring a church together, the challenges of raising two boys and two girls, the arrival of grandchildren.... Okay, I know you get the picture. So how does she do it? She sings the song, “All the Way My Savior Leads Me.” She reminds herself that, “Jesus does all things well, and God makes no mistakes.” You see, although she thoroughly enjoyed all her years with her husband, the joy of the Lord was her strength all along, so now that same joy sustains her. Her trust was not misplaced, for it was not in the man, but in the One who gave her that man to enjoy for a season in life. Now Sis. Jack is human. Like the rest of us, she deeply feels the pain of loss, for not a day goes by that she doesn’t miss her husband’s presence in the home. In those times however, the love and support of her family, and the company of her great-granddaughter during the day are a source of comfort. Rather than dwell on the pain and sorrow, she chooses instead to focus on the memories of a full and joyous life. “I got it all,” she says. From the humblest beginnings, she is now a woman who has travelled to Europe, lives a life committed to God, continues to be young in spirit and attitude, and works as leader of the Women’s Ministry at Solid Rock. Sis. Linda Jack, you exemplify Godly Womanhood—**FABULOUS, VIRTUOUS.**

By Sis. Cheryl Clarke

Sis. Linda Jack



“...Go eat and drink for there is the sound of a heavy...”

IMPACT

when attacks come from the inside
where do you hide ?
when trust is broken
and you break where the foundation of you
lies.
in whom can you confide ?
i trust you i trust you i trust you.
repetitive as drops of rain
do my words continue to be spoken in
vain?
take me.
i trust you to break me !
break me into syllables.
i am perishable.
i do not last forever.
break me till you find something better.
i beg of you find something beneath my
emotion.
my words render chaos.
my thoughts are commotion.
but my heart for a time beats with devo-
tion.
as if it knows something i do not.
show me !
show me what is before my eyes but i fail
to see !
take me to a level far beyond my under-
standing
and break me.
break me.
b.r.e.a.k. m.e.

By Ann Marie Henry



FEATURED YOUTH

An Irish proverb says: Praise youth and they will prosper.

Solid Rock Church of God seeks to do just that, by highlighting the accomplishments and upward journeys of its youths. In this issue of the Newsletter, our Youth Feature is **Ms. Keisha Brown**, who is 18 years old. She is the daughter of June and Andrew Brown. Keisha states that she is not only motivated by both parents, but hopes to one day have their qualities. Keisha currently attends Valencia Community College as a spring board for further studies as a pharmacist. She describes college life as one that requires independence and is devoid of handholding—it is more like the real world.

Keisha's passion is dancing, which she has demonstrated regularly at Solid Rock. She explains that dancing is not only a passion, but an escape and a way to express feelings and thoughts. Keisha believes that her gift of dancing will be used to witness to others. In the same breath, Keisha shares how she is inspired by the story of Esther. Queen Esther was put in her position for a reason. Like Esther, Keisha feels that she has a specific purpose for this time and place.

Keisha encourages her fellow young people in the faith; she wants them to look in the mirror and tell themselves that they are fearfully and wonderfully made. Her message is that it is not possible to love others when you do not love yourself.

In 5 years, Keisha envisions herself as a successful pharmacist working at a huge company such as Johnson & Johnson, and is open to being engaged to be married at that time as well.

We now take this time to congratulate Keisha on her hard work thus far, and encourage her future endeavors. Remember, Praise youth and they will prosper.

By Sis. Marsha Wilson

YOUTH PAGE:

*Let the Children
Come to Me; this
is the Kingdom
of Heaven*



Ms. Keisha Browne



Mark Nelson, Youth Pastor

NEWSLETTER COMMITTEE AT WORK

Feature a young person



Transparency Counts!



Show case Poetry & Talent



Include a Testimony Page



VALENTINE'S DAY CELEBRATION



LOOKING AHEAD...

Friday, March 6 - Youth Outing, Orlando Magic Game

Saturday, March 7 - Super "Domino" Saturday @ 6:00pm

Sunday March 22-Fundraiser Roti sale (sponsored by Men's Dept.)

Sunday, March 22-Youth Fundraiser Bake sale

Women's Ministry Presents: Tea Party & Fashion Show coming in June



Top 20 Black History Month Quotations

1. I am America. I am the part you won't recognize. But get used to me. Black, confident, cocky; my name, not yours; my religion, not yours; my goals, my own; get used to me. -- **Muhammad Ali The Greatest (1975)**
2. Bringing the gifts that my ancestors gave, I am the dream and the hope of the slave. I rise I rise I rise. -- **Maya Angelou "Still I rise," And Still I Rise (1978)**
3. Racism is not an excuse to not do the best you can. -- **Arthur Ashe quoted in Sports Illustrated**
4. The past is a ghost, the future a dream. All we ever have is now. -- **Bill Cosby**
5. There is no negro problem. The problem is whether the American people have loyalty enough, honor enough, patriotism enough, to live up to their own constitution... -- **Frederick Douglass**
6. Greatness occurs when your children love you, when your critics respect you and when you have peace of mind. -- **Quincy Jones**
7. Do not call for black power or green power. Call for brain power. -- **Barbara Jordan**
8. Almost always, the creative dedicated minority has made the world better. -- **Dr. Martin Luther King, Jr.**
9. The battles that count aren't the ones for gold medals. The struggles within yourself—the invisible, inevitable battles inside all of us—that's where it's at. -- **Jesse Owens, Black think (1970)**
10. I have learned over the years that when one's mind is made up, this diminishes fear. -- **Rosa Parks**
11. Have a vision. Be demanding. -- **Colin Powell**
12. God gives nothing to those who keep their arms crossed. -- **African Proverb**
13. Freedom is never given; it is won. -- **A. Philip Randolph in keynote speech given at the Second National Negro Congress in 1937**
14. When I found I had crossed that line, [on her first escape from slavery, 1845] I looked at my hands to see if I was the same person. There was such a glory over everything.-- **Harriet Tubman**
15. Black people have always been America's wilderness in search of a promised land. -- **Cornel West, Race Matters**
16. Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed. -- **Booker T. Washington**
17. Yes we can. -- **Barack Obama, 44th President of the United States**

