

# COLM



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**JANUARY 2024**

**A NEW  
HEART**

**MANAGE  
YOUR  
MINDSET**

**IT'S GREEK  
TO ME  
(SHALOM)**

**FLAVORFUL AND  
HEALTHY HERB  
FENNEL**





THIS IS HOW I SEE IT...

Vashti

We have all been blessed to have  
our own opinion, perspective,  
or point-of-view.....

It's not necessary that we all agree.

It is my hope that you see  
the truth within my words for  
this is how I see it....

bycherylvashti

## A NEW Heart

**ALLOW HIS PRESENCE INTO YOUR REALITY.**

The tragic death of a five-year-old little girl at the hands of a broken little boy trapped inside the adult body of the man she knew as her father, has me pondering over the heart of man. Not just this man, but the whole heart of every human being who is subject to the disconnect of spirit to God. The unawareness of the love, power and sound mind, we possess through our connection with God, leaves us in the fallen state of man. The reality of the fall of man can be seen and defined through the tragic, negative, and evil actions of men, whose hearts have not returned to the Father and intentionally sought His face.

No matter how many seeds have been planted.... no matter how many words of encouragement have been spoken... no matter how much knowledge man perceives he has of the Word of God... if man does not understand, apply and hide the knowledge of that word in his heart there will be no point that it will become alive and activated. Man is just operating his life through knowledge without the understanding or activation.

Ezekiel 36:26 God says "I will give you a new heart." The question is how do I activate the new heart that is offered? This how I see it. It is critical to our belief. We must be hungry. We must believe that God is. We must believe that He is all that He says He is.. We must believe that Jesus came to restore our spiritual disconnection back to the father through His death, burial and resurrection. We must utilize our mustard seed of faith and begin to meditate on God's living Word day and night. Meaning, we ponder over what we read. Every time His word comes to your heart and mind, we think on it, ask God for revelation of the meaning of it. Apply it to your daily walk. Trust it and rest in it.

As we meditate on the word, rest in the word and allow the application of His Living Word to transform and conform our hearts, we will realize that we will be unable to put the new wine into your old skin.

Therefore, as the old things of your life attempt stay in control the pouring of the new wine within the new heart will eradicate the things of the old heart. Those old things will literally pass away and all things will become new.

God saw it necessary to come down to earth as man. And that would be Jesus. When you listen to the word or read the word of God, Jesus says, "Me and my Father are one." Our acceptance of Jesus allows us to also say for ourselves that, Me and my Father are one.

So God's offer of the new heart comes through acceptance and belief in the death, burial and resurrection of His Son. This acceptance is the powerful component reconnection that places us back on the correct road of God's plans that He has for each of us.

The offer of the new heart gives us the opportunity to retrain our heart in the light of the words spoken by God. When we study and meditate on His word, the new heart begins to overpower any and all things that we've learned from the environment in which we became adults.

As we walk through, apply and allow the process of the living Word to take its rightful place in our life, the light of man dims and the light of God becomes our guiding light force which helps us navigate through our life's journey.

It's not a gimmick, and it's not false. We all are searching for something, and that something is the creator of this world. Man has broken things down into religion. Each religion made up of man's own thoughts of what God's Word is saying unfortunately became a bunch of inferior rules and regulations on how to get to God that didn't pan out.

Many souls get lost attending some church services because they are fed up with the rules and the regulations. And they realize that by themselves they cannot change anything. It's the word of God that works

through us, in us to conform us and changes us into all that God has created us to be. It's just that simple. But man's rules have made it hard.

We experience a lot of unnecessary heartbreak due to the lack of knowledge that we have concerning the word of God. Even though we go to church every Sunday, and all through the week, the Word of God says study.... Individual study...to show yourself approved.

When the seed of God lays dormant in our hearts, we become confused and double minded. Instability is the outcome of our double mindedness. We become lost and unable to hear the gentle voice of the call of God in and on our lives. We often become confused and see help from others as harmful or intrusive to our personal space. We lose ourselves and indulge in our own selfish and unreliable ideas. We meditate on those ideas day and night until they become the bars that hold us hostage in a jail made from our very own false truths.

As the world continues to turn, and hatred seems to be the prescribed action to our life's decisions, we must pause and take a moment to awaken and recognize God's Word as our truth.

We must awaken and become hungry for what is right. When we do, our true hunger will draw the necessary fruit of God's Word that will more than satisfy our hunger.

We must be intentional about seeking the true face of God with the purity of our wholeheart. God said, He will be found. You will be so surprised when you realize He was never hidden nor was He hiding. He was just waiting on our true acceptance of the new heart that He has offered us. A heart that is transformed by His Word.

*This Is How I See It!*





# MANAGE YOUR MINDSET

by michael gordon

“Let this mind be in you that was also in Christ Jesus...”

As we enter into the new year of 2024, we must realize that we have to abandon the old in order to experience the new. The new year offers new challenges and new opportunities but we must abandon old ways of thinking, speaking and behaving. One of the challenges we will face in the new season of life that is ahead of us is to manage our mindset. The Bible declares, “As a man thinks in his heart, so is he.” This verse shows us that whatever we think about and focus on will become our reality. It is very important to evaluate and examine what we are thinking about on a consistent basis and, then we must make any adjustments.

Mindset is a very interesting term. It is “an established set or system of beliefs and deeply held attitudes that affect every area of life.” Our mindset will affect all of the components of our life, and will color how we think, what we think about the world, other people, God, and ourselves.

Our mindset is so very important because it will affect our d.r.e.a.ms which is an acronym for decisions, relationships, emotions, attitudes, motives, and spirituality.

1. **DECISIONS:** The decisions we make in the new year must be made with truth. Our decisions cannot be made accurately on assumptions, opinions, or misinformation. A negative mindset will cause us to come up with irrational and unfounded conclusions. The Bible says if we continue in the truth, then the truth will set us free. Our decisions must be made from a heart and mind that is set on the truth of God’s word.

2. **RELATIONSHIPS:** In the new year, our goal must be to manage our mindset concerning our relationships. We were created for relationships, and the Bible lets us know that it is not good for us to be alone. We must focus our mind on serving others and esteeming others higher than ourselves. We cannot have successful relationships when our mindset is set and focused on having things our own way all of the time. We must value the people we are in relationship with, and always let them know that we love them, we support them, and all of our actions will be an effort to benefit and make their lives better.

3. **EMOTIONS:** As we move into this new season, we must manage our mindset concerning our emotions. While our emotions are very important, but we must not be lead by our emotions. Our emotions are designed to let us know when a situation or circumstance is negative or is not aligned with truth. Emotions follow our thoughts! We can change our emotions by changing what we focus our thoughts and desires towards. We must always check our heart to make sure that our feelings are authentic and not based on assumptions or misinformation. Emotions are merely indicators, but cannot be relied on as a measurement of truth.

4. **ATTITUDES:** The new year is sure to be filled with challenges, changes, and opportunities. Our attitude about people, situations, and circumstances will dictate our reality and outcomes. We

must make sure that our attitude and perspective is positive and hopeful. We cannot allow frustration and desperation to cause us to think, speak, and behave in irrational ways. Our attitude will determine our altitude or how far we can go in life. A positive attitude will overcome opposition, resistance, and hindrances. The old song lyrics say, "put on a happy face!"

5. **MOTIVES:** The Bible says that man looks on the outside but God looks at the heart. One of the most important things we can do in the new year is to be completely aware of our motives. We must check our hearts to make sure that we are not doing and saying things for selfish reasons. We must examine and evaluate our motivations, and why we think, say, and act in various ways. Our motives must be pure! Our motives must always be in line with the word of God.

6. **SPIRITUALITY:** Our goal for the new year must be to love the Lord, with all of our heart, soul, and mind. Our spiritual life should take precedence over everything else. The Bible says to "seek first the kingdom of God and His righteousness, and all these things will be added." God wants our relationship with Him to be authentic. He is not looking for robots to blindly, serve Him. He is not looking for soldiers, or servants... He is looking for sons and daughters! God is not asking us to join a religion or organization... He wants us to be a part of His family. Spirituality is not merely performing disciplines in order to gain merit or "brownie points" with God. God wants you and me to be loved and valued members of His family!

Our mindset or state of mind must be in line with the word of God, and the heart of God. We must set our minds on things that are above or things that focus on the kingdom of God, we must think, speak, and act in alignment with the example given to us by Jesus. Our mindset must demonstrate the love of God, the peace of God, the long suffering of God, and the compassion of God. We must let or allow the mind of Christ to be the guiding force, and our rule of conduct! Have you CHECKED your mindset lately?

## It's All Greek to Me! (“Shalom, shalom”)

“You will keep him in perfect peace  
whose mind is stayed on You...”

(Isaiah 26:3)

The Hebrew word for peace is the word “shalom.” We hear people using this word as a greeting, but it is much more than a greeting or a wish for the absence of chaos, confusion, and conflict. This Hebrew word means a desire for total well-being. It's not a mere greeting such as our English word “hello,” but it is a wish or declaration to the other person that, “all is well, nothing is missing, and nothing is broken. When someone says “shalom,” they are saying “I wish you peace and wellness in every area of your life... spirit, soul, and body.” The prophet, Isaiah used “Shalom shalom” as a compound word, and rendered it “perfect peace.” This compound use of “peace peace” gives emphasis to the statement and increases the status of the word. Perfect peace suggest that there is perfect harmony, perfect balance perfect wholeness, and perfect completeness. God wants each of us to live in a state of perfect peace. He wants us to live in abundance and total human flourishing. The Bible promises us that we can have peace with God, as well as the peace of God through Jesus Christ our Lord!



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# Fennel

## THE FUN, FLAVORFUL, AND FABULOUSLY HEALTHY HERB

### INTRODUCTION

Hello health enthusiasts and culinary adventurers! This month, we're diving into the world of fennel, a plant that's not only a flavor powerhouse in your kitchen but also a treasure trove of health benefits. Let's unravel the mystery of this feathery green herb, which is more than just a culinary delight. Spoiler alert: it's like a health booster wrapped in an enigma, sprinkled with a dash of humor!

### WHAT IS FENNEL?

Fennel, scientifically known as *Foeniculum vulgare*, is a member of the carrot family (but let's be honest, it's definitely the more flamboyant cousin). It's native to the Mediterranean and is widely used in cuisines around the globe. The plant boasts a bulb-like structure at the base, feathery leaves, and flowers that produce fennel seeds. Each part of the plant has its own unique flavor and, more importantly, its health benefits.

### THE FENNEL BREAKDOWN:

#### A TOUR OF BENEFITS

- 1. Digestion's Best Friend:** Fennel seeds have been the go-to remedy for indigestion since ancient times. They contain anethole, estragole, and fenchone, which are like the Three Musketeers fighting against bloating and gas. No more awkward excuses after a meal!
- 2. Vitamin Powerhouse:** The fennel bulb is a vitamin superhero, rich in vitamin C, potassium, and fiber. Imagine it wearing a tiny cape, fighting off diseases and keeping your digestive system in superhero shape.
- 3. Bone Health Booster:** Rich in calcium and other minerals, fennel is like the personal trainer for your bones, keeping them strong and healthy.
- 4. Anti-inflammatory Action:** Thanks to its unique combination of phytonutrients, fennel helps in reducing inflammation. It's like the cool aunt who always knows how to calm things down.

**5. Weight Loss Ally:** Low in calories but high in fiber, fennel is the perfect snack for those looking to shed a few pounds. It's nature's way of saying, "I got you!"

**6. Eye Health Extraordinaire:** Fennel is a powerhouse for your eyes too! Rich in vitamin A and antioxidants, it's like nature's own eye drops, helping in reducing inflammation and promoting good eye health. Who knew that fennel could be your vision's best friend?

### CULINARY CAPERS WITH FENNEL

Now, let's talk about the fun part – eating it! Fennel is incredibly versatile:

- **The Bulb:** Slice it and add it to salads for a crunchy, slightly sweet addition.
- **The Seeds:** Toast them and sprinkle over dishes for an instant flavor lift. Boil and steep them to make a tea.
- **The Leaves:** Use them as a herb, similar to dill, to elevate the taste of sauces and soups.

### CONCLUSION:

#### FENNEL – YOUR NEW BEST BUD

So, there you have it – fennel in all its glory. It's not just a plant; it's a journey of flavor and health benefits, with a side of humor. Incorporate it into your diet, and your body (and taste buds) will thank you. Remember, fennel isn't just food; it's fun, fabulous, fantastically beneficial, and a friend to your eyes!

### FINAL THOUGHTS

In the end, fennel is more than just a culinary ingredient; it's a reminder that the best things in life are not only good for you but also bring joy and laughter. So, go ahead, give fennel a chance and let it spice up your health, your humor, and your vision!

### REMEMBER:

IF GOD DIDN'T MAKE IT DON'T TAKE IT.

by michael aarongordon

Hippocrates —  
'Let food be thy medicine and medicine be thy food.'



# Prayer

by michaelgordon

## “PRAYER OF EXPECTATION FOR GOOD THINGS IN THE NEW YEAR”

**Father...** Thanks for allowing us to see this brand new year! We are excited and filled with hope, and expectation that this year will be filled with good things. You are a good God and you are doing good things for your people!

**Father...** We expect this year to be filled with good things, good health, good wealth, and good occurrences. We set our hearts and minds in alignment with the Word of God. We cast down all negative thoughts, all negative imaginations, and every high thing that exalts itself against the knowledge of God.

**Father...** We trust You with our entire year. We trust you with the first month, and all the way to the last month of the year. Thank You for Your presence, peace, provisions, power, and protection. Our expectation is that this will be the best year we have experienced in our life. It does not matter what happens... You are our Lord and the high priest of our confession. We bodily proclaim and declare, God is good!!

**Father...** You have promised to be with us always, and to never leave or forsake us. You will be with us throughout this whole year and everything we face... You will be right there beside us. We raise our level of expectancy and open our heart to receive all of the good things That are in store for us this year. We will acknowledge you in all of our ways, knowing that you will direct our paths. Thank you for loving us, leading us, and letting us be a part of Your family!

**In the matchless name of Your Son, Jesus, AMEN (It is so...)**



‘Let food be thy medicine and medicine be thy food.’  
Hippocrates —

### FENNEL TEA

#### INGREDIENTS

**1 ounce or 2 tablespoon of Fennel Seed (crushed or powdered)**

**1¼ pints or 2.5 cups of Distilled water**

**Boil the water, and while boiling pour over the seeds. Cover and steep in a hot place for 30 minutes. Strain and add 4 ounces honey. Cool, bottle and store in a cold place.**

**DOSE:** One 12-16 oz glass with or after each meal.

**Children:** One tablespoon 3 or 4 times a day. For colds (children) one 12-16 oz glass in hot water before going to bed.

**Adults:** Take one 6oz cup, hot, every hour, and keep body warm.

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## ♥ PRAYER REQUEST ♥

KINGDOM AWARENESS IN THE CHURCHES  
MARRIAGES - OUR NATION / AMERICA  
OUR INDIVIDUAL FAMILY UNITY  
OUR CHILDREN  
PASTORS AND LAY MEMBERS  
PRESIDENT JOE BIDEN AND FAMILY  
MAYOR BRANDON JOHNSON  
GOVERNOR • SUPERINTENDENT OF POLICE  
BUSINESSES AND SCHOOLS  
THE HOMELESS / THE SICK  
THE CITY OF CHICAGO  
INDIVIDUAL NEIGHBORHOODS  
OUR NEIGHBORS  
THE POLICE AND THE PEOPLE  
DOCTORS AND NURSES  
FIREMAN AND FIRST RESPONDERS  
PARAMEDICS / LAWYERS  
PRAY FOR ONE ANOTHER

## PLAN OF SALVATION

*Jesus loved you enough to die for YOU so that you could have eternal life. (John 3:16) If you believe on the Lord Jesus Christ, He will come into your life now. (Acts 16:33; Luke 13:3) Just do these four things to begin your new life in Christ.*

1. Realize that God loves you and has a good plan for your life. (John 3:16; Romans 10:10)
2. Realize that Man is sinful and separated from God and, therefore, cannot know or experience God's love and plan. (Romans 3:23; Romans 6:23)
3. Realize that Jesus Christ is God's only provision for man's sin. Only through Him can you know and experience God's love and plan. (Romans 5:5; 1 Corinthians 15:3-6)
4. Realize that we must individually receive Jesus Christ as Savior and Lord. Then we can know and experience God's love and plan for our lives. (John 1:12; Ephesians 2:8-9; John 3:1-8)

If you are ready, I invite you to pray this prayer and God will come into your life right now: *Lord Jesus, I need You. Thank You for dying on the cross for my sins. I open the door of my life and receive You as my Lord and Savior. Thank You for forgiving my sins and giving me eternal life. Take control of my life and make me the kind of person You want me to be.*



To view our "Voices of Fatherless Child" project scan the QR code or go on YouTube to:  
<https://www.youtube.com/watch?v=10y6RXEnM8E>



(773-617-5161)



[communityofloveministries@comcast.net](mailto:communityofloveministries@comcast.net)



COMMUNITY OF LOVE  
MINISTRIES  
P.O. BOX 208413  
CHICAGO, ILLINOIS 60620

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## COMMUNITY OF LOVE MINISTRIES

P.O. BOX 208413  
CHICAGO, ILLINOIS 60620  
MICHAEL GORDON, ORGANIZER  
contact: 773 • 617 • 5161  
Email: [askmike2006@gmail.com](mailto:askmike2006@gmail.com)