

# COLM



**COMMUNITY OF LOVE MINISTRIES**

WHERE LOVE LIVES... LOVE FOR GOD... LOVE FOR PEOPLE

JULY 2024

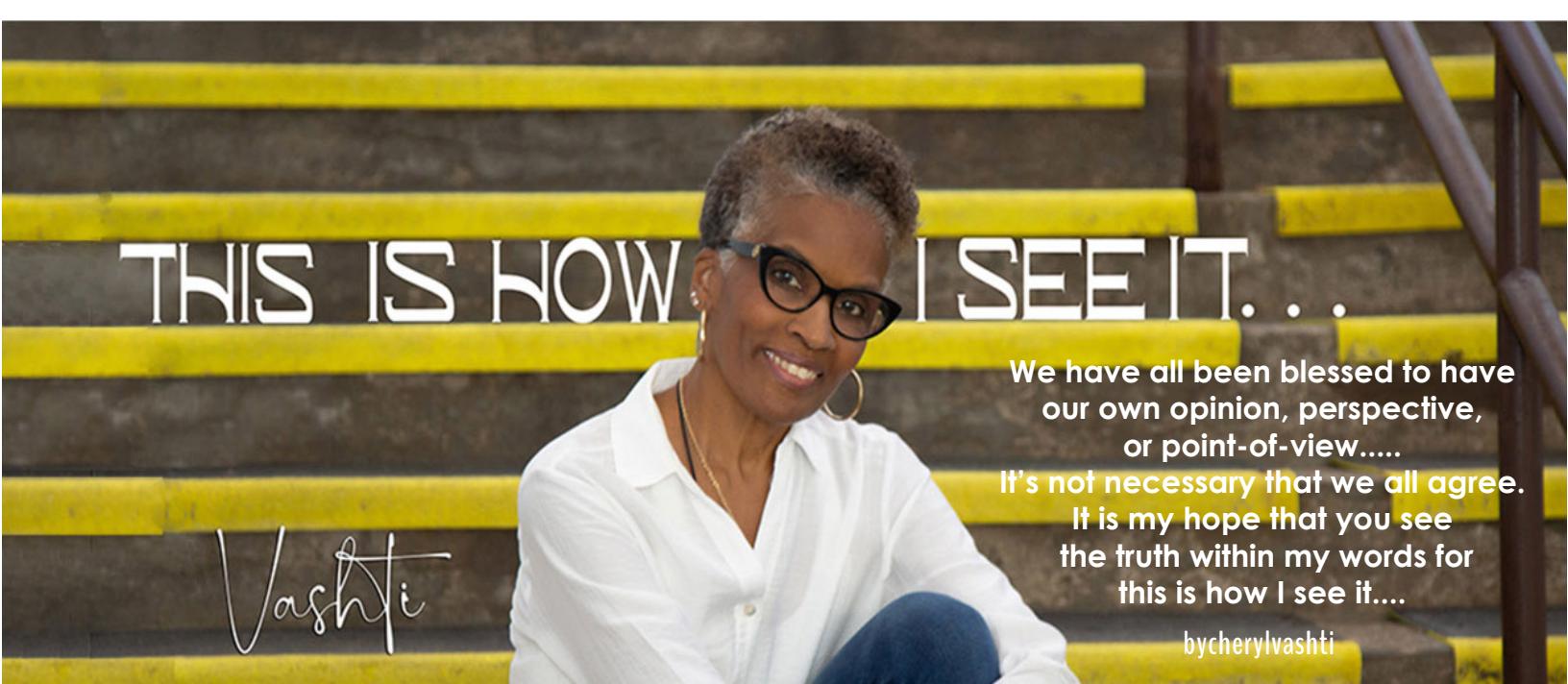


**INDEPENDENCE DAY**

**CREATION SPEAK™**  
**THE POWER  
THE SIMPLE LEMON:**

**It's GREEK To Me  
(EXAMPLE)**

**KNOW THE ANSWER...  
BEFORE YOU ASK**



# 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....

bycherylvashii

## INDEPENDENCEDAY ‘FREE INDEED’

The more I seek Him, the more my eyes are opened to the spiritual realm.

As I seek God, I begin to see through the eyes of my heart. My heart is being purified and re-created by the love of God. I'm beginning to see through His eyes.

Although I am awake, it feels like an out-of-body experience. As I stand in a room and see the interaction of people, I not only see the people but also the hatred that fills the room and surrounds them.

It appears as if people are puppets on a string. Individuals talk about God, proclaim the love of God, but when confronted with negativity, their response comes from another source.

We always have a choice in how we respond to the positive or negative in our lives. Those choices are always before us. However, we are more likely to respond from the place we feed the most. What we feed the most, either spiritually or naturally, will always affect our choices in life.

The Word of God tells us to “seek first the kingdom of God, and all these other things will be added.” What are these other things? My experience of “the other things that are added” includes spiritual insight, love, peace, grace, and compassion. Spiritual insight has helped me make better choices and decisions concerning everything in my life while on this journey. Those better decisions affect the natural realm I live in, and the natural things I desire begin to be drawn to me due to better choices.

In the natural, things appear as if they are moving slowly, but looking through spiritual lenses, things are happening as they should. I'm in the process of the constant born-again experience. Salvation is an ongoing experience throughout our entire lifespan here on earth.

When we allow our born-again experience to grow, we will experience the Word of God.

The Word becomes our spiritual umbilical cord, daily feeding us spiritual nutrition into our born-again spirits.

The clarity of the scripture that tells us to “walk in the Spirit and not in the flesh” seems to have been given to us for the sole purpose of discerning those things that are literally surrounding and walking among us in the spiritual realm. Remember, “For we are not wrestling with flesh and blood [contending only with physical opponents], but against the despotisms, against the powers, against the master spirits who are the world rulers of this present darkness, against the spirit forces of wickedness in the heavenly [supernatural] sphere.” (Eph. 6:12)

There are things set in place by the ruler of this world to kill, steal, and destroy. Think about it: why does anything need to be in place to steal, kill, and destroy us? Because there is untapped power and potential within each seed. The image and likeness of God lie dormant in many lives. Our thoughts have been blinded by and genetically modified by man's ideas and concepts of who God is. This concept has been poured into our lives for many generations and has caused confusion about the truth of who God really is for and in us.

Our new individual birth, being born again, is opening ourselves to be recreated. It is like a newborn baby being born. We get to learn all over again, allowing our hearts the

unique opportunity to be rewired by God's Word. Our mustard seed of faith is now being watered by God's Word. As the old things fade away, we begin to behold the newness of our life.

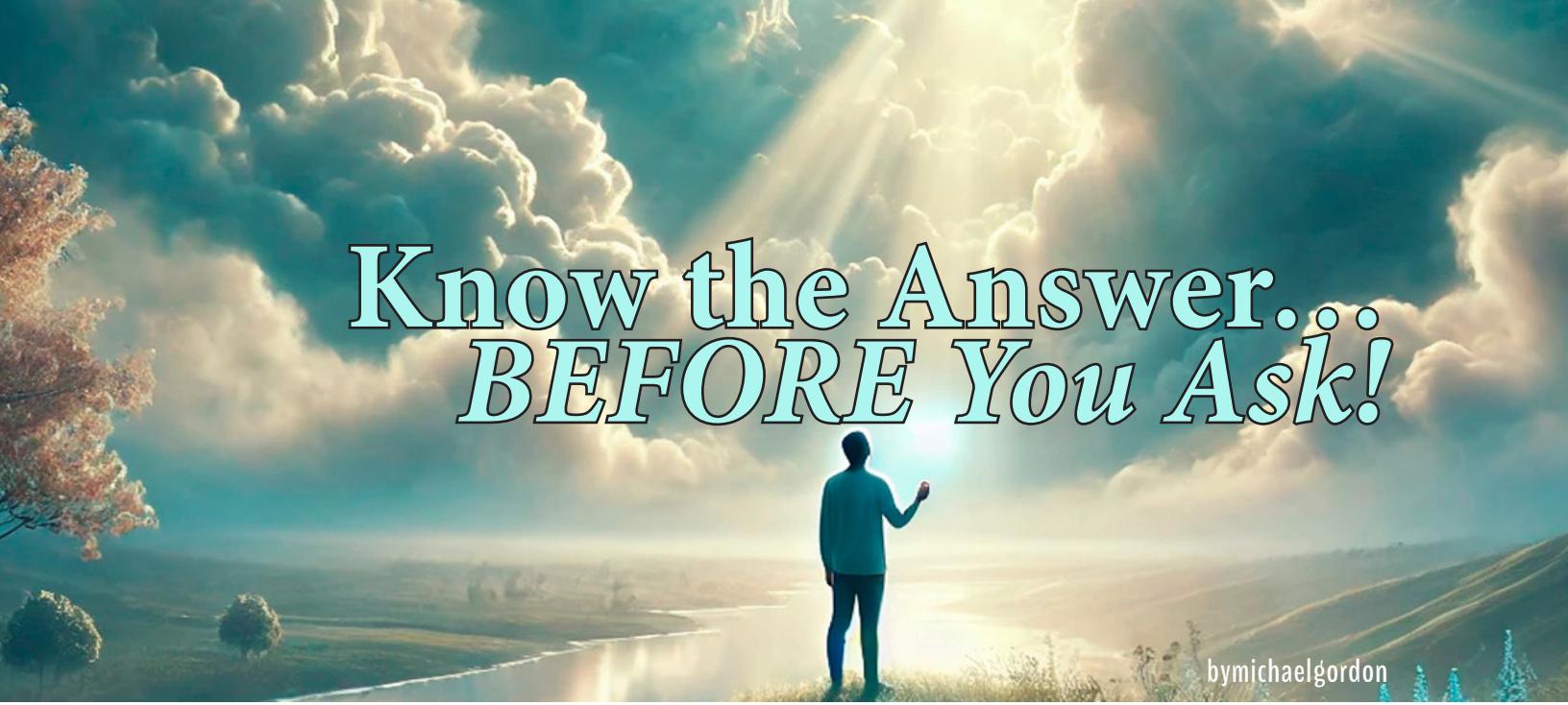
God's original plan begins to unfold within our hearts. An inward change takes place, and an outward visualization appears.

It is like being placed into a cocoon or conceived in the womb. Literally covered by the Word of God and fed through God's spiritual umbilical cord of life, we're encapsulated by the will of God, our place of safety. We're now in an environment where we begin to hear, feel, and experience something that overtakes us and silences the loud outside noises of our environment. Moving in the spirit-realm allows us to be truly independent and free, no longer bound by the limitations of the natural world.

It is in that place where our choices or responses derive from a place of love. Our hearts reach out to help, not harm. Our words build up, not tear down. We see and speak to the treasures that lie within the heart of another. Even though a storm is brewing, we respond with love and kindness, inviting the aggresser to the other side because love never fails.

We are free indeed. Our spiritual freedom rings louder than yesterday's deceitful whispers.

*This Is How I See It!*



# Know the Answer... BEFORE You Ask!

by michaelgordon

"For the Son of God, Jesus Christ, whom we proclaimed among you, Sylvanus and Timothy, and I, was not Yes, and No, but in Him (Jesus), it is always yes! For all the promises of God, find their Yes in Him (Jesus) that is why it is through Him (Jesus) that we utter our amen to God for His glory, and it is God who establishes us with you in Christ and has anointed us, and who has also put His seal on us and given us His Spirit in our hearts as a guarantee."

I have been a Christian for many years, and one of the sayings that I have heard throughout my life is, "God works in mysterious ways." Whenever people make that statement, they are saying that God is "unknowable and unpredictable." They put our God in the category with the gods of Greek mythology. These false and fictional gods were notorious for being mischievous, mystical, malevolent, and inflicting, pain or misfortune upon the humans who serve them. They were always using people as "pawns" and making their day-to-day lives like a game of chess.

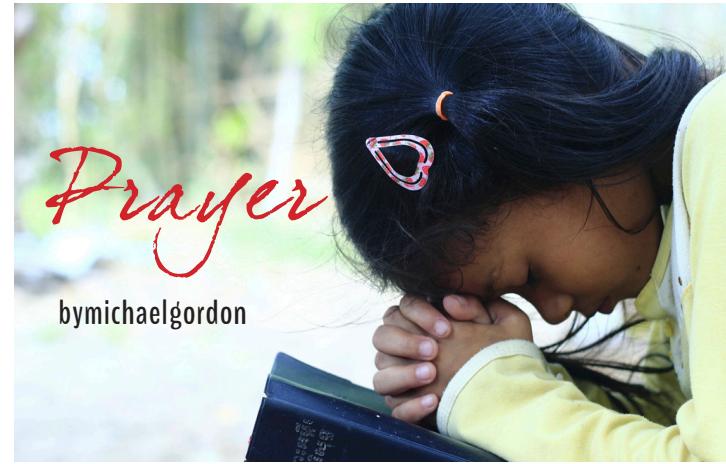
Our God, Jehovah, is far from the characterization of all the false gods of the world. He never inflicts pain upon us in order to gauge our allegiance or teach us some sort of lesson. Our true and living God never has a bad day and is never in a bad mood. Our God is a good God and He never tempts us, tries us, tests us, causes us to strain, struggle, or strive. Everything God does is from a vantage point of love and He wants us to know Him! He reveals himself through creation, through our conscience, through His Word and through Jesus Christ.

The apostle Paul, wants each believer to know beyond a shadow of a doubt that when they ask God or pray about anything that is based on promises God has made, the answer is always... YES!! We, as believers, can pray and confidently thank God that the answer is always, yes. The answer is never based on God's mood, never based on our performance, never based on whether we are qualified to receive the promise. As a matter of fact, we are qualified by virtue of the fact that we are in Christ! Through the death, burial, and resurrection of Christ we have been made qualified for every promise in the Bible. It is never sometimes no, sometimes yes, sometimes maybe... the answer is always... YES!!

God never says no to Jesus and because we are in Jesus Christ, God will never say no to us! When we study the gospels and observe Jesus as he went about healing the sick, Jesus never ask God if it was His will to heal the person He was about to pray for. Jesus never said to the person seeking healing, "wait a minute let me ask my Father if it is His will to heal you." No, Jesus did not have to ask God for permission or ask God to come and heal the person... He already knew that the answer was YES! When Jesus fed the 5000 by multiplying the lunch of a small boy, He did not have to ask God if it was OK for Him to feed the multitude. Jesus simply looked up to heaven, recovered site, gave thanks, and told the disciples to start passing out the food to the people. He was confident in his action because he knew the answer before he prayed. Jesus knew the answer was...YES!

This truth should change the way you pray! You don't have to beg God, bargain with God or make deals with God in order to get prayers answered. All you have to do is find the promise in the Bible, meditate and establish that promise in your heart, And then begin to thank God because you know with every fiber in your body that the answer is...YES!!

**"GOD DELIVERS THE ANSWERS TO OUR PRAYERS THROUGH HIS WORD AND HIS PROMISES. HE WANTS US TO EMBRACE HIS GUIDANCE WITH CERTAINTY, LEAVING NO ROOM FOR DOUBT OR GUESSWORK."**



### **PRAYER OF THANKS FOR GOD'S SELF REVELATION**

Father... Thank You for loving us so much and revealing Yourself to us. There are those who say that You are mysterious, unknowable, and unpredictable, but You have revealed Yourself to us through the Bible in your covenant names and through Jesus Christ!

Father... You have revealed yourself as Jehovah Jireh. Thank You for revealing Yourself as our God who sees our needs and has made provision for us before we ask. Thank you for being our supply and sufficiency... You are more than enough!

You have revealed Yourself as Jehovah Shalom, our God who grants peace in every situation and circumstance. Thank You for giving us Your peace which surpasses all understanding! When trouble is all around us, peace, envelops us, and removes all our fears! Thank You for revealing Yourself as Jehovah Shama. You are our God, who is always with us. Whatever, whenever, and wherever we face difficulties... You are right there with us! Thank You for never leaving us! Thank You that we are never abandoned, and never alone!

Father... You have revealed Yourself as Jehovah Nissi. Thank You for being our banner. When Satan comes into our path, you lift up a banner against him. You are the only power that exists. All else is merely an illusion or distraction. Your

banner is over our life and signals to all others that we are Your property!!

Thank You for revealing Yourself as Jehovah Rapha. You are our God of healing and complete health! Sickness is illegal, defeated, and powerless in our bodies. Our bodies must Form to the promise which says, by Jesus' stripes, we are healed!! All of Your covenant names are active in our lives and we fully subscribe and submit to your power in our lives!

Father..... You are an awesome God! You have revealed yourself in Jesus Christ. Whenever we want to see You and understand what you are like, we can look at Jesus. Jesus is the exact and full representation of You!! thank you so much for revealing Yourself to us!!

In Jesus name...AMEN (It is so...)



**“GOD  
ISN’T HIDING  
FROM US.  
HE SHOWS US  
EXACTLY  
WHO HE IS  
AND  
WHO WE CAN  
BECOME!”**

## **It's All Greek to Me!**

### **(“EXAMPLE”)**

*“Be an Example”*

*Let no one despise your youth,  
but be thou an example of the Believer,  
both, in word and deed!”*

*(1 Timothy 4:12)*

The Apostle Paul admonished his young protégé, Timothy, to not allow people to minimize or marginalize the fact that he was young. Paul told him to make sure that his words and conduct always reflected and characterized an example of a mature believer. The Greek word used for “example” is “*tupos*.” this word means, to strike with such force, which leaves a mark that cannot be ignored.” I remember using the old manual typewriters that had keys attached to letters. When using this old style typewriter, we had to strike the letter keys very hard, and the lever would strike the paper so hard that it left an impression of the letter on the paper. The Greek word “*tupos*” says that we can influence or make a mark on the people around us through our words and appropriate conduct that will make an impression on them that will be noticed by everyone around them. Our positive words and our godly conduct will make a lasting positive impression on everyone, we come in contact with. Paul told Timothy to speak and live in such a way that it affects those around us and leaves a mark on their lives! We as believers must impact everyone we meet towards the kingdom of God! Always be an **example!!**





# The Power of the Simple Lemon

## A Citrus Superhero

by michael aaron gordon

When life gives you lemons, don't just make lemonade—make a whole new lifestyle out of it! This humble citrus fruit is more than just a kitchen staple, lemons are a powerhouse of benefits packed into a bright yellow package. Let's dive into the many ways lemons can improve your life, making them a dynamic addition to your daily routine.

### A NUTRIENT POWERHOUSE

Lemons are like nature's little treasure chests, bursting with essential vitamins and minerals, most notably vitamin C. Just one lemon can provide about 31 mg of vitamin C, which is roughly 51% of the recommended daily intake. Think of it as a tiny superhero cape for your immune system!

#### In addition to vitamin C, lemons contain:

**Vitamin B6:** Your brain's best buddy for neurotransmitter production.

**Potassium:** The heart's helper, keeping blood pressure in check.

**Fiber:** The digestive dynamo, aiding in digestion and maintaining healthy cholesterol levels.

### BOOSTING YOUR IMMUNE SYSTEM

Got the sniffles? Reach for a lemon! Lemon juice is a natural cold and flu fighter thanks to its high vitamin C content. Strengthening your immune system, it helps keep those pesky germs at bay. Plus, drinking warm water with lemon and a touch of local raw honey, maple syrup or agave can soothe a sore throat and act as a gentle, natural decongestant. It's like giving your body a warm, citrusy hug.

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

### DIGESTIVE HEALTH AND DETOXIFICATION

Starting your day with a glass of warm lemon water is like writing and singing your digestive system a love song. Lemons stimulate the production of bile, necessary for digesting fats and detoxifying your body. They also act as a gentle diuretic, helping flush out toxins and keep your urinary tract happy.

The acidity of lemons can aid in breaking down food, making digestion smoother. The fiber in lemons, especially in the form of pectin, supports gut health by promoting the growth of good bacteria. It's like having a tiny team of gut superheroes on your side.

### LIVER DETOX BENEFITS

Lemons are especially beneficial for liver health. Think of your liver as the hardworking housekeeper of your body, always tidying up toxins and processing nutrients. Lemons help support this vital organ in several ways:

**Cleansing Effect:** Lemons boost the liver's efficiency in removing toxins. The citric acid in lemons helps the liver produce more bile, which aids in digestion and toxin breakdown.

**Antioxidant Protection:** The high vitamin C content in lemons acts as an antioxidant, protecting the liver from oxidative stress and inflammation.

**Alkalizing Properties:** Despite their acidity, lemons have an alkalizing effect on the body, helping balance pH levels and supporting liver function. It's like giving your liver a spa day, every day.

## SKIN CARE BENEFITS

Lemons are a skincare hero in the plant-based world. Their high vitamin C content helps boost collagen production, which can reduce the appearance of wrinkles and fine lines. The natural astringent properties of lemon juice make it effective in treating acne and oily skin.

A simple DIY face mask can be made by mixing lemon juice with a bit of agave syrup and mashed avocado. This combination can brighten your complexion, reduce dark spots, and leave your skin feeling refreshed. It's like a tropical vacation for your face.

## WEIGHT MANAGEMENT

Incorporating lemons into your diet can support weight management efforts. The pectin fiber in lemons expands in your stomach, helping you feel fuller for longer. Additionally, lemon water is a low-calorie alternative to sugary drinks, making it easier to reduce overall calorie intake.

Some studies suggest that the polyphenols in lemons may help suppress body fat accumulation, although more research is needed in this area. Nonetheless, swapping out high calorie beverages for lemon-infused water can be a simple and effective step towards a healthier lifestyle. Plus, it's like having an energetic cheerleader for your weight loss journey.

## VERSATILITY IN THE KITCHEN

Beyond their health benefits, lemons are incredibly versatile in the kitchen. Their bright, tangy flavor can enhance a wide variety of dishes, from savory to sweet.

### Use lemon juice to:

**Enhance salads and vegetables:** A squeeze of lemon can elevate the flavors of fresh produce and salads. It's like adding a pop of sunshine to your greens.

**Brighten grain bowls and soups:** Add a splash of lemon juice to quinoa, rice dishes, or soups for a zesty kick. Your taste buds will thank you.

**Make refreshing beverages:** Lemonade, lemon water, or even a lemon smoothie can all benefit from this zesty fruit. It's like a party in a glass!

## CONCLUSION

The simple lemon is far more than just a garnish for your favorite drink. It's a powerhouse of nutrients, a natural remedy for common ailments, a beauty booster, and a versatile ingredient that can transform your meals. Incorporating lemons into your daily routine can offer numerous health benefits and add a burst of freshness to your life. So next time you see a lemon, remember that you're holding a little citrus superhero in your hands.

So go ahead and add a slice of lemon to your water, try a new lemon-infused recipe, or whip up a quick homemade lemon face mask.

**ALWAYS REMEMBER:  
IF GOD DIDN'T MAKE IT, DON'T TAKE IT.**



**G.O.D.**  
(GREENS ON DECK)  
Healthy Habits



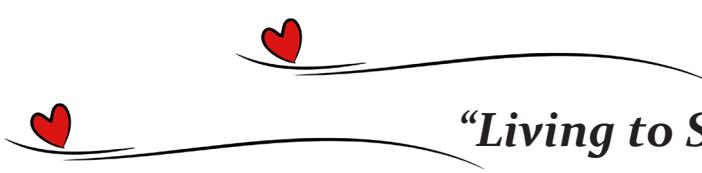
'Let food be thy medicine and medicine be thy food.'  
Hippocrates —

## SIMPLE LEMON DRINK

1 fresh lemon

8 oz (240 ml) of cold or room temperature water.

**Optional:** a few ice cubes, a teaspoon of honey or a sprig of mint for extra flavor.



# DIVINE NOBODIES

*“Living to Serve because of GOD’S LOVE”*

What defines Divine Nobodies is not their status or title, but the depth of their empathy and their unwavering commitment to making a positive difference in the lives of others. They understand that true fulfillment comes from lifting others up, and they embody this ethos in everything they do. 



Looking to make your special occasions even more memorable? Vashti's Sweets, is where exceptional taste meets impeccable service. Chef Mi Mi is available for private events and catering services. Let her create an unforgettable culinary experience tailored just for you.



Vashti's Sweets | 708-872-0810  
FB - Vashti's Sweets | IG - @Vashtis\_Sweets  
Email - [VashtisSweets@gmail.com](mailto:VashtisSweets@gmail.com)



## BARRACHAS, INC.

*“Local Honey”*

Discover the Sweet Taste of Tradition at Barrachas, Inc.! Dive into the legacy of pure, local honey, lovingly nurtured for over 15 years. From our hive to your home, Elyse continues her father's passion, offering three delightful sizes of our golden treasure. Craving honey?

*Reach out to  
Elyse Thompson • 312-631-6507  
for Your Honey fix!  
Three sizes: Quart | 16 oz | 6 oz*



## TIK CREATIONS

TIK Creations was birthed through Tawaga's passion of creating pieces that make people smile. A one stop shop, providing everything from tasty desserts, stunning decor, to personalized gifts for your guests. You provide the vision and she will do the rest!



**TAWAGA ROBERTS**  
815-378-1579  
Facebook and IG - [tik\\_creations](#)  
Email: [Tikcreations2020@gmail.com](mailto:Tikcreations2020@gmail.com)



## DD&S

**“THE GARMENT SPECIALIST”**



Indulge in luxury care for your cherished fur garments at DD&S Inc., where craftsmanship meets a legacy of over 50 years. Led by Donald DuPree. They specialize in custom design, creation, and rejuvenation of leather, suede, shearling, and fur pieces. Beyond our design prowess, we extend our expert touch to cleaning, repair, alteration, and secure storage, ensuring your valued items stand the test of time. Let DD&S transform and update your fur or shearling coats to align with your evolving lifestyle – experience the DD&S difference in fur care excellence.”

**- DONALD DUPREE -**

**DD&S, Inc. | 110 E. Delaware Pl. | Chicago, IL 60611 | (312) 266-0029**



## WILLIAMS AUTOMOTIVES

**“Your Trusted Partner in Car Care!”**

Williams Automotive, goes beyond servicing vehicles; they elevate your driving experience. Their expert team is dedicated to providing top-notch car services that ensure your vehicle runs at peak performance while you enjoy a smooth and safe ride.

**1800 W. Vermont | Blue Island IL. 60406 | (708) 385-6229**

***willsauto2015@gmail.com***



## GORDON TECH SOLUTIONS

***Your One-Stop Solution for Apple and PC Challenges!***

**COREI GORDON SR.- 708-548-8663**

Armed with a comprehensive knowledge of Apple products, including MacBooks, iMacs, and iPhones, as well as a deep understanding of the Windows operating system and various PC configurations, Gordon Tech Solutions possesses the versatility to tackle a wide range of technical challenges. From software glitches to hardware malfunctions, Gordon Tech Solutions approaches every challenge with enthusiasm and a determination to deliver results.



***matchmaker***

**Property Solution, LLC**

**“God + Your Referrals = A Perfect Match”**

**Regina K. Washington**

***Managing Broker***

**Email: *reginarealestate026@gmail.com***

**Phone: 708 • 925 • 2953**

**Victoria Gordon**

***Real Estate Broker***

**Email: *vcgordonbroker51@gmail.com***

**Phone: 708 • 261 • 3618**



## Need to sell your home? Or are you looking to buy, rent or invest?

Tameka Washington is a Chicago area licensed realtor who's attention to detail and practicality to every transaction will help you throughout the process. Contact Tameka for your next real estate transaction as she represents buyers, sellers and investors in our community.

Phone: 312-623-0065 Email: [tamekasellhomes.illinois@gmail.com](mailto:tamekasellhomes.illinois@gmail.com)

Email2: [tw@wchomebuyers.com](mailto:tw@wchomebuyers.com) | [@tamekasellhomes\\_illinois](https://www.instagram.com/tamekasellhomes_illinois) (Instagram)

[www.facebook.com/homessoldbytameka](https://www.facebook.com/homessoldbytameka) | [tameka.habloft.com](http://tameka.habloft.com)

- TAMEKA WASHINGTON -

Broker: 475.176814

Habloft LLC - A Real Estate Company

[www.habloft.com](http://www.habloft.com)



773-234-3452 (Office)

312-623-0065 (Direct)

312-650-8201 (Fax)



## LAWNET CONSTRUCTION

Elevate your construction experience with LawNet construction, where "quality craftsmanship meets a commitment to client satisfaction." They take pride in crafting innovative and sustainable spaces that stand the test of time. From concept to completion, their dedicated team ensures your vision becomes a reality with precision and care.

- LAWRENCE NETTLES -

*Electrical, plumbing, decks, additional room and a lot more.*

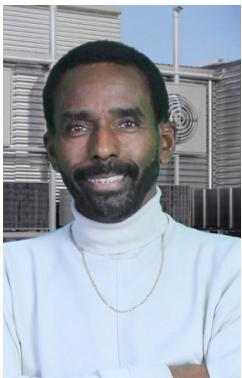
708-768-2048



## LORD ENTERPRISES, H. V. A. C.

YOUR COMFORT SOLUTION!

EXPERT HEATING & COOLING SERVICES.



Meet Richard, a seasoned HVAC expert with 40 years of hands-on experience in the industry. He earned his official HVAC technical license in the early 1990s, marking the beginning of a distinguished career. Richard's extensive knowledge and unwavering dedication to quality service makes him a trusted choice for all your HVAC needs.

Call RICHARD NELSON at 708-341-0672  
for Reliable & Efficient HVAC Solutions.

PROPRIETOR



## MOORE CONSTRUCTION COMPANY

*"Renovation Excellence"*



Discover the art of transformation with Moore Construction! Specializing in turning your ideas into reality, we excel in kitchen remodels and complete home renovations. From precision to care, our attention to detail ensures every project meets the highest standards. Let us bring your dream kitchen or any space to life, tailored to your budget. Whether it's a modest plan or a grand vision, Moore Construction is dedicated to making every area or space beautiful, regardless of the size of your budget.

PATRICK MOORE

*Electrical, plumbing decks, room additional and a lot more.*

773-882-5038 | [www.facebook.com/PatrickMoore](https://www.facebook.com/PatrickMoore)

# ♥ 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>



Ways To  
give

Zelle®

(773-617-5161)

PayPal™

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



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

*We are a 501(c)(3) non-profit tax exempt organization. All donations are tax-deductible to the fullest extent allowed.*

## 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)