

# COLM



**COMMUNITY OF LOVE MINISTRIES**

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

DECEMBER 2024

**CHRISTMAS  
PRAYER**

**MAGNESIUM:  
THE UNSUNG HERO  
OF YOUR BODY'S  
300+ PROCESSES**

**IT'S GREEK TO ME  
(HOPE AND EXPECTATION)**

**THE ENERGY OF CHRISTMAS:  
LOVE, LIGHT, AND  
GOD'S PRESENCE**

**EXPECTATION  
MUST PRECEDE  
MANIFESTATION**

**DARE TO  
BE DIFFERENT**

# COMMUNITY OF L

## FEATURES

**THIS IS HOW I SEE IT :**  
**The Energy of Christmas:**  
**Love, Light, and God's Presence** 3

**Expectation Must Precede**  
**Manifestation** 6

**It's Greek To Me** 8

**Dare To Be Different** 9

**A Christmas Prayer** 10

**Magnesium: The Unsung Hero of**  
**Your Body's 300+ Processes** 12

### ~HEALTHY RECIPE~ **G.O.D. (Greens on Deck)**

**VEGAN Cuban Black Beans and Rice** 14

**PLAN FOR SALVATION** 15

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# LOVE NEWSLETTER



SPEAK LIFE EVENT

# This is How I see it...



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....

by chérylvashiti

## The *Energy* of Christmas: LOVE, LIGHT, AND God's Presence.

As Christmas approaches, we are reminded of the most profound gift humanity has ever received: Jesus Christ. This gift embodies the transformative and divine energy of love—an energy that, as Pierre Teilhard de Chardin so beautifully articulated, has the potential to change the world. Teilhard once said, "Someday, after mastering the winds, the waves, the tides, and gravity, we shall harness for God the energies of love, and then, for a second time in the history of the world, man will have discovered fire."

### The Energy of Love

What does it mean to harness the energy of love? Love, in this context, transcends mere emotion. It is a divine force, an extension of God Himself, as we are reminded in 1 John 4:8: "God is love." This love is creative, unifying, and redemptive. It has the power to heal wounds, bridge divides, and illuminate even the darkest corners of our world.

At Christmas, we celebrate the birth of Jesus, the physical manifestation of God's love for humanity. His life, death, and resurrection demonstrate how this divine energy can transform not only individual lives but also the entire course of history. Jesus is the ultimate example of what it means to harness God's energy—He lived it, radiated it, and invites us to do the same.

### What Does It Look Like to Harness God?

To harness God's energy is not about control; it is about surrender. It is about becoming a conduit for His power, allowing His love to flow through us into the world. This can

manifest in countless ways, but here are a few that resonate especially during the Christmas season:

**1. Embracing Peace:** Jesus is the Prince of Peace (Isaiah 9:6). Harnessing God's energy means cultivating peace within ourselves and extending it to others. This might look like forgiving a long-held grudge or bringing comfort to someone in need.

**2. Radiating Compassion:** God's love is unconditional and boundless. At Christmas, we are called to reflect this love through acts of kindness and generosity. Whether it's sharing a meal with the hungry or simply offering a listening ear, these actions are small reflections of God's great love.

**3. Living as a Light:** Jesus declared, "You are the light of the world" (Matthew 5:14). By harnessing God's energy, we become bearers of His light in a world that often feels dark. Christmas lights adorning homes and trees remind us of the ultimate Light that came into the world through Christ.

**Christmas: A Reminder of Love's Energy**  
The Christmas story is, at its core, a story of God's love breaking into the world. Mary's humble acceptance of her calling, Joseph's quiet faithfulness, the shepherds' awe-filled worship, and the magi's generous gifts all reflect humanity's response to the divine energy of love.

When Jesus was born in that humble stable, it was not just the birth of a baby; it was the beginning of a revolution of love. Through His life and ministry, He showed us how to harness God's energy: by surrendering to God's will, embracing others with compassion, and living a life centered on love.

### Rekindling the Fire

Teilhard's words remind us that when we truly harness the energy of love, it is as though we discover fire for the second time. Fire warms, illuminates, and purifies—just as God's love does. At Christmas, we are invited to rekindle this fire in our hearts, to let it burn brightly, and to share its warmth with those around us.

This season, as we celebrate the birth of Christ, let us reflect on how we can harness God's energy in our lives. Let us seek to embody His love in our homes, our communities, and our world. In doing so, we not only honor the true meaning of Christmas but also participate in the ongoing story of God's transformative love.

May this Christmas be a time of rediscovery—a time to rekindle the fire of God's love in our hearts and to let it shine brightly for all to see.

*This is how I see it...*





Expectation  
**MUST**  
PRECEDER  
Manifestation

by michael gordon, MATS

A story was told about a pastor in a farming community. The farmers were desperate, facing a severe drought threatening their crops. In response, the pastor called the entire community to the church for a prayer meeting, declaring that God is still in the “miracle-working” business. The church was filled to capacity that Sunday, with people eager to plead for rain. As the pastor surveyed the congregation, he pointed to a young boy on the front row, dressed in a raincoat, rain boots, and holding an umbrella. “This child,” the pastor announced, “is the only one who truly believes. He came prepared for rain.”

This boy demonstrated a truth that echoes through the ages: Expectation is the prerequisite for manifestation and answered prayer.

The writer of Hebrews 11:1 reminds us, “Now faith is the substance of things hoped for, the evidence of things not seen.” Biblical hope is not wishful thinking but confident expectation—a firm belief that what we ask for will come to pass. Expectation positions us to receive. It turns our gaze from what is absent to the fulfillment of God’s promises.

### **The Power of Preparation**

Consider the expectant mother. From the moment she learns of her pregnancy, she prepares her home, her mind, and her heart for the baby’s arrival. She paints nurseries, shops for clothing, and chooses names—all before the baby is born. Her preparation mirrors her faith that the baby will arrive. Similarly, when we pray, our thoughts, words, and actions must align with our expectation. True expectation transforms our present reality into one that reflects our belief in God’s promises.

When we expect, we act. We speak as though the outcome has already manifested. Our emotions are elevated because the reality we believe in feels so tangible. Expectation is not passive—it is active and vibrant, a reflection of our unwavering faith in God’s power to deliver.

### **Expectation and Promise**

The Hebrew word for expectation, *tiqwah*, reveals a profound connection between hope and promise. This word first appears in the story of Rahab, the harlot of Jericho, who helped protect the Israeli spies. As a token of their promise to spare her family, the spies gave her a scarlet cord to hang from her window—a cord symbolizing her *tiqwah*. One end of the cord was inside her home, signifying her trust, while the other end was tied to the promise of salvation.

Like Rahab, we must hold tightly to our expectation. Our end of the cord is our faith; the other end is God’s promise. He never lets go of His end, and as long as we hold ours, we will see the manifestation of what He has promised.

### **Living in Expectation**

When we pray for healing, restoration, or provision, our *tiqwah* must remain unwavering. We must see the end at the beginning, praise God in advance, and align our actions with our faith. Let your expectation reflect the reality you believe in, and you will find that God is faithful to His promises. Expectation must precede manifestation because it prepares the way for God’s glory to be revealed in our lives.

# It's All Greek to Me! ("HOPE AND EXPECTATION")

by michael gordon

"For I know the thoughts I have towards you, says the Lord. Thoughts of peace and not of evil... to give you an expected and." (Jeremiah 29:11 KJV)

Father, thank You for the gift of hope and the promise of a future filled with peace and purpose. We know that life's difficulties can weigh heavy on our hearts, but Your Word reminds us that even in the darkest moments, You have already planned a bright and favorable outcome for us.

Hope and expectation are essential for every human soul. Without them, life can feel unbearable. Yet, You, Lord, offer us a reason to hope, even in the midst of trials. When disappointments and difficulties come, help us to cling to Your promises, knowing that better days are ahead because of Your faithfulness.

Just as You spoke through Jeremiah to the Israelites in exile, we know that our struggles are not permanent, and You have not forgotten us. The Hebrew word "tiqwah" teaches us to hold on tightly to the expectation of good, for You are a faithful God who desires to bring peace and not harm. You have already decided to bless us with a future filled with Your goodness.

The phrase "expected end" beautifully translates to "decided future," affirming that our lives are in Your hands, and You have already determined the outcome for our good. Similarly, the Greek word "elpis" in

Hebrews 11:1 reminds us that biblical hope is not wishful thinking or a fleeting desire. It is a confident expectation of the good things You have promised. Lord, when discouragement tries to creep in, help us to fix our eyes on You. Let us not be consumed by the negativity around us or the weight of temporary trials. Instead, fill our hearts with unwavering hope and steadfast expectation, knowing that You are always working for our good.

Your Word assures us that even in the darkest circumstances, You can bring light. Even in our most painful seasons, You are molding our future into something bright and beautiful. Thank You for being a God who turns ashes into beauty and darkness into dawn.

May we walk forward with hope that is alive and vibrant, expectant of Your blessings, and confident that our future is in the hands of a loving and faithful Creator. No matter the challenges we face, we trust that You have already decided our victorious outcome.

Lord, we declare that our future is so bright, we'll need sunglasses to face it! Thank You for being our source of hope and joy.

**"HOPE IS THE SEED OF  
EXPECTATION, PLANTED IN  
THE SOIL OF FAITH.  
IT REMINDS US THAT EVEN IN  
THE UNSEEN,  
A HARVEST OF POSSIBILITY  
IS ALREADY GROWING."**

# Dare To Be Different

by michael gordon



One of the greatest needs that we have as human beings is to be accepted. People join clubs, country clubs, social groups, and seek asylum in certain countries... to be accepted. But, even though God made every human to bear His image and likeness... He made each person to be special, unique and different. each person has a unique and different fingerprint, eye configuration, skin color, DNA profile, and personality distinctions. I believe God places, a high value on being dissimilar, distinctive and different!

All throughout the scriptures, God wanted, Israel, His chosen people, to be different from all the nations around them. Time and time again, God warned Israel, not to assimilate into the nations that were surrounding them. It was not because God is mean or prejudice, but God did not want them to be influenced, infected, and infiltrated by the pagan practices that characterized the other nations. He had a special purpose and a specific plan for Israel.

In 1 Samuel 8: 4-22, Israel demanded to have a king like the other nations around them. Up till that point, Israel was a theocracy where God was the head of their government and God appointed judges to settle and solve disagreements and disputes among the people. They rejected being different and felt that being like the other nations would be better. They were warned that trying to be like the other nations and fit in with others would actually be full of problems for them. They were told that their lives and

experiences would not be better with this change not be better with this change they were requesting, but actually would be worse!

Although we may have a great urge to do whatever is necessary to be accepted, to fit in, and to be just like those around us, we must resist the notion that being different is bad and conformity and uniformity is better. Each of us must dare to be different!

The New Testament scripture, Romans, 12:1, admonishes us as believers "Do not be conformed to this world!" Another translation says, "Do not allow the world to squeeze you into its mold..." The writer was challenging his audience to resist, giving in to the influences or thinking of the culture around. The apostle Paul, told them to be transformed or changed by renewing how they think. He was literally saying... Dare to be different!

God made you different from anyone you have ever met or known. God gave you a special purpose, a special creativity, special gifts, special talents, and a special destiny. All of your experiences, good and bad, have made you different from those around you. Your world view is different, your perspective is different, and your life trajectory is different. God wants you to be the authentic and different person that he created you to be! God could have given us one flower, but he gave us millions of flowers to enjoy! He could have given us one star, but he gave us millions of stars to light the night skies! God made millions of people, but he made no one like you! You are special and unique...so... Dare to be different!!





# A CHRISTMAS PRAYER

by michaelgordon

Heavenly Father,  
Thank You for the wonder and beauty of this Christmas season, and for the priceless gift You gave us in Jesus Christ. In Him, we see Your perfect love, freely given to a world in need. Our hearts overflow with joy and gratitude for the abundant blessings we have received through Him.

Lord, as we reflect on Your goodness, we are reminded of the moments this year when we felt Your presence so tangibly. Like the time when our family came together to help a loved one in need, and Your peace and provision carried us through. Or the time You turned our anxious prayers into joyful testimonies of answered prayers. These memories remind us that You are always with us, faithful in every season.

Father, we thank You not only during

this sacred season but every day of the year. You have done great and marvelous things on our behalf! You have met every need—spiritual, physical, financial, and emotional. You have poured out Your presence, provision, peace, power, and protection over our lives. Through the birth, life, death, and resurrection of Jesus Christ, You have granted us everything we need for life and godliness.

We lift up those who are struggling this season, Lord—those grieving the loss of loved ones, battling illness, or facing loneliness and despair. Comfort them with Your peace that surpasses all understanding. Wrap them in Your love and remind them that You are their ever-present help in times of need. May they feel Your strength and assurance, knowing they are not alone.

Father, we pray especially for those grieving the absence of loved ones this Christmas. Comfort their hearts and remind them that the love they shared remains alive within them, a cherished gift that cannot be taken away. Use us to be a source of encouragement, a gentle reminder of Your love, as we walk alongside those who are hurting.

Bless our families, friends, and all those You place in our paths. Pour out Your provision upon those in need, meeting not only their physical needs but also their spiritual and emotional longings. Use us, Lord, as instruments of Your love and grace. Open our eyes to see the needs of others, our feet to walk alongside them, and our hands to reach out with compassion. Lord, help us to remember that Christmas is not merely about the exchange of gifts but about the immeasurable love that flowed from You to us through the birth of Jesus Christ. Let that love flow through us as kindness, generosity, and joy to everyone we encounter.

Thank You, Father, for the extraordinary gift of Jesus and for the true meaning of Christmas. May our lives reflect Your love in all we say and do.

In Jesus' name, we pray.  
Amen.

**“UNBELIEF**  
is anchored  
in what is  
visible or reasonable  
apart from God.  
It honors the natural  
realm as superior to  
the invisible....  
**UNBELIEF** is faith in  
the inferior;"

---

**“FAITH** comes by  
hearing...  
It does not say that it  
comes from having  
heard.  
It is the listening heart,  
in the present tense,  
that is ready for  
heaven's deposit of  
**FAITH**....  
Hearing now is a key  
to **FAITH**.”

~ Bill Johnson~



# Magnesium: THE UNSUNG HERO OF YOUR Body's 300+ Processes

by Michael Aaron Gordon

Move over calcium, step aside potassium—there's another mineral in town that deserves the spotlight: magnesium. This unassuming powerhouse is quietly working behind the scenes in over 300 biochemical processes in your body. That's right, magnesium isn't just important—it's the Swiss Army knife of minerals.

So, what does magnesium do, and why should you care? Buckle up, because this mineral is about to blow your mind (and help it function better, too).

## What Does Magnesium Do? (Hint: Almost Everything)

Magnesium is involved in a dizzying array of functions, such as:

- Energy production: It's a key player in converting food into usable energy. Feeling sluggish? Magnesium might be your answer.
- Muscle relaxation: It helps soothe those post-workout cramps and keeps your heart beating rhythmically.
- Nervous system support: Magnesium calms your nervous system and reduces stress. Hello, zen mode!
- **Bone health:** Teaming up with calcium, it strengthens your bones. Think of it as

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

calcium's supportive BFF.

• **Enzyme activation:** Magnesium acts like a bouncer for over 300 enzymes, ensuring they do their job properly. From regulating blood sugar to supporting DNA synthesis, magnesium is the multitasker we all aspire to be.

## The Many Faces of Magnesium:

Different Forms for Different Needs

Magnesium isn't a one-size-fits-all mineral. Depending on its form, it can target specific concerns:

**1. Magnesium Citrate:** A fan favorite for tackling constipation and promoting digestion.

**2. Magnesium Glycinate:** Known for its calming effects, it's great for stress relief and better sleep.

**3. Magnesium Oxide:** Ideal for heartburn and indigestion but less bioavailable for muscle or nerve benefits.

**4. Magnesium Malate:** Boosts energy and combats fatigue—perfect for anyone dragging through the day.

**5. Magnesium L-Threonate:** Brain booster alert! This form enhances memory and cognitive function.

**6. Magnesium Sulfate:** Aka Epsom salts. Excellent for relaxing muscles when

used in a bath.

**7. Magnesium Chloride:** Highly absorbable, often found in topical applications or supplements.

Picking the right magnesium depends on your goals—whether it's stress-busting, better digestion, or powering through the day like a rock star.

### **Nature's Magnesium Buffet**

Prefer to eat your magnesium? You're in luck! These foods are brimming with it:

- **Leafy greens:** Spinach, kale, and Swiss chard are magnesium-rich superstars.
- **Seeds:** Pumpkin seeds pack a whopping 150 mg of magnesium per ounce. That's like eating magic sprinkles!
- **Nuts:** Almonds, cashews, and Brazil nuts are delicious and full of this vital mineral.
- **Legumes:** Black beans, lentils, and chickpeas offer a solid magnesium punch.
- **Whole grains:** Quinoa, brown rice, and oats are tasty ways to up your intake.
- **Avocados:** Is there anything avocados can't do? Add magnesium to the list.
- **Dark chocolate:** As if you needed another reason, it's a decadent source of magnesium.
- **Celtic sea salt:** This natural, mineral-rich salt contains trace amounts of magnesium. Try placing a tiny pinch under your tongue for a quick absorption boost and an added mineral kick.

### **Absorbing Magnesium Through Your Skin**

Magnesium isn't just for eating—you can also absorb it through your skin! Here's how:

**1. Epsom salt bath or foot soak:** Add about 1–2 cups of Epsom salts to a warm bath and soak for 20–30 minutes to help your muscles relax and boost magnesium

absorption. No time for a full bath? Add a handful of Epsom salts to a bucket of warm water for a soothing foot soak.

**2. Magnesium oil spray:** Available for purchase, magnesium oil is applied directly to the skin and absorbed into the bloodstream. Spray it onto areas like your legs or arms, massage it in, and let your body do the rest. It's a fantastic option for people who prefer not to take supplements orally.

These methods are excellent for anyone looking to relax and reap magnesium's benefits without popping a pill.

**Signs You're Running Low on Magnesium**  
If you're not getting enough magnesium, your body will let you know. Symptoms like fatigue, muscle cramps, irritability, or even those pesky eye twitches might be a cry for help.

### **Magnesium: The MVP of Minerals**

Whether you're stirring up a leafy green salad, tossing pumpkin seeds into your oatmeal, or soaking in an Epsom salt bath, magnesium deserves a prime spot in your health routine. With its ability to support everything from energy production to relaxation, it's not just a mineral—it's a lifestyle. So, here's to magnesium: small but mighty, humble but crucial, and always ready to save the day.

### **A Word of Advice**

While magnesium is incredible, don't just take my word for it. Do your own research, and when in doubt, consult a trusted healthcare professional to determine what's best for your unique body and needs.

**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 —

### CUBAN BLACK BEANS AND RICE

VEGAN

#### INGREDIENTS

- ½ lb (225g) dried black beans
- 1 medium onion, diced
- 2 cloves garlic, crushed with the back of a knife
- 1 green bell pepper, diced
- 1 dried bay leaf

For the rice and beans:

- 2 cups uncooked rice
- 2 tablespoons Olive oil or Avocado oil
- ½ cup mushroom bacon, diced
- 1 cup onion, finely chopped
- 1 cup green bell pepper, minced
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 ½ tbs tomato paste
- 1 bay leaf
- 1 tablespoon white wine vinegar
- 2 teaspoons salt

#### INSTRUCTIONS:

##### PREPARING THE BEANS:

**Soak the Beans:** Place the beans in a large bowl and cover them with cold water. Let them soak overnight.

**Cook the Beans:** Drain the soaked beans and transfer them to a pot. Add 2 ½ quarts (or liters) of fresh water.

Hippocrates —

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

Add the onion, garlic, green bell pepper, and bay leaf.

Bring the water to a boil, then reduce the heat to a simmer. Cover the pot and cook for 45-60 minutes, or until the beans are tender but still firm.

Check the beans periodically, skimming off any foam that forms on the surface.

**Drain and Reserve Liquid:** Once the beans are tender, drain them, but reserve 4 cups of the cooking liquid. Set it aside for later use.

##### PREPARING THE RICE AND BEANS:

**Cook the Mushroom Bacon:** Heat the oil in a large pan over medium heat. Add the mushroom bacon and cook for about 3 minutes, or until it becomes crispy.

**Sauté Vegetables and Spices:** Add the onion, green bell pepper, cumin, oregano, and bay leaf to the pan. Sauté until the onion softens and becomes translucent, about 5 minutes.

**Add Tomato Paste:** Stir in the tomato paste and cook for 1 minute.

**Add Rice:** Add the rice to the pan and stir thoroughly to coat the grains with the seasonings.

**Combine Beans and Liquid:** Add the cooked beans, reserved liquid, and vinegar to the pan. Stir to combine and cook uncovered until most of the liquid has evaporated.

**Finish Cooking:** Stir the mixture with a fork to fluff it. Reduce the heat to low, cover the pan, and cook for 20 minutes.

**Rest:** Turn off the heat and let the dish stand, covered, for an additional 10 minutes before serving.





# GIVING OPPORTUNITY for 2024- 2025

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As we reflect on 2024, Community of Love Ministries wants to thank you for your unwavering support. Your generosity and involvement have made it possible for us to touch lives and share God's love in meaningful ways.

As the year comes to a close, we invite you to partner with us once more. If you haven't yet met your giving goals for 2024, an end-of-year contribution would help us continue our mission. You can give electronically through Zelle to Michael Gordon at 773-617-5161 or send a tax-deductible check to:

**Community Of Love Ministries,  
PO Box 208413,  
Chicago, IL 60620.**

We are so grateful for your continued support and pray God's abundant blessings for you and your family in 2025.



## MERRY CHRISTMAS!

### 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.*



**PRAYER REQUEST**  
 KINGDOM AWARENESS IN THE CHURCHES  
 MARRIAGES - OUR NATION / AMERICA  
 FAMILIES  
 FATHER, MOTHERS AND CHILDREN  
 PASTORS AND LAY MEMBERS  
 PRESIDENT JOE BIDEN AND FAMILY  
 MAYOR BRANDON JOHNSON  
 GOVERNOR  
 SUPERINTENDENT OF POLICE  
 OUR INDIVIDUAL FAMILY UNITY  
 OUR CHILDREN  
 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**

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