

The Year to EXHORT

2022 Brings new theme for New Year

We begin our first issue of 2022 as a recap of 2021 and overview of January 2022. It is true we have been enduring times not seen in our lives. We are thankful to God through His Son, Jesus Christ for Pastor Eddie E. Willis Sr. His guidance has been crucial for New Covenant Church to continue while being compliant to CDC best practices. With the blessing of our Pastor, our mother of the church Sister Lisa Willis and her temperature check staff have enabled us to be safely meeting at church for service. When times became more critical, the services were shown online, helping the church to continue to move forward. We are still following these protocols today.

2022 began with online meetings for the Steering Committee and Annual Business meeting. See more on January 2021 page.



The months of January and February also saw the home-going services for two of the saints. Sister Mary Allen here in Bastrop and Sister Theodora Duncan in Punta Gorda Belize CA.

In Memorial



Sis. Mary Ellouise Allen

Sunrise: Dec. 4, 1958

Sunset: Jan. 20, 2022



Sis. Teodora Duncan

Sunrise: Apr. 6, 1931

Sunset: Feb. 6, 2022

This is a Special Edition that while looking at January/February 2022, will show a pictorial review of our church moving at the speed of life in 2021.

By the Glory of His Grace!

December/November 2021

Our Mother of the church began November with her Spiritual Birthday, followed by the Willis' wedding (47th) anniversary. And then we got busy...

Operation Christmas Gift and Operation Christmas Blessing, Children's Christmas Recital and our annual Christmas musical ended a year that saw the NCC use online services to keep the church safe .



October/September 2021

The Highlight of October was Pastor Willis' Spiritual and Carnal Birthdays



We had back to school and Founder's Day, but the Clergy Appreciation month went hand in hand with our Pastor's Carnal and Spiritual birthdays. The church had a dinner at McKinney Roughs Nature Park and a blessing was received by all. We also observed the late Bishop Roland James Allen's founding of our church, and the annual memorial for Bro. Banks our associate minister



August/July 2021

We remember that preparation for school and church vacation took place during this time. But we want to stop and recognize the work that was done during 2021 on our land. Here are some pictures showing the progression during 2021.



June/May 2021

Our two national holidays of NCC, Mother's Day and Father's Day, the annual Brother's Fishing trip, and the Memorial service honoring Christ using Bro. Allen (below) were all held along with other events. These are major things that were held during this time.



April/March 2021

This was a time that we were blessed to have Spring Break for our children, but the Highlight of this time was Holy Week. It began with Palm Sunday and peaked with the Easter Musical Service.



February/January 2021

2021 was NCC's 2nd year under Covid protocols. Many of our services, meeting and outreach programs were changed to online when possible and through prayer we moved forward at the speed of life.



Self-Care

Tips for Heart Health



Heart disease is the leading cause of death in the United States, but there's a lot you can do to prevent it. Taking time to care for your heart can be challenging as you go about daily life. But it's easier than you think to show your heart the love it deserves each day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart. Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke.



What does “self-care” mean?

Researchers define self-care as what you do to stay healthy. It's also what you do to care for any health problems you have, such as high blood pressure, diabetes, or mental health disorders. It's [heart-healthy living](#).

What parts of your self-care routine help your heart?

Self-care for your heart is really self-care for your whole self. You can improve and protect your health overall when you:

- ✓ Get a daily dose of [physical activity](#), such as a brisk, 30-minute walk.
- ✓ Cook meals that are low in sodium and unhealthy fats.
- ✓ Take your medications as prescribed and keep your medical appointments.
- ✓ Sleep 7-8 hours a night.
- ✓ Manage stress through, for example, meditation, yoga, a warm bath, or quiet time with a good book or funny movie.
- ✓ Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies ready to grab when hunger hits.

How can you make self-care for your heart easier?

The trick is to plan ahead. Build heart-healthy activities into your daily self-care routine. Schedule things that are both good for you and important to you. You might want to set aside time to:

- ✓ Cook delicious, heart-healthy recipes. Choose some from the National Heart, Lung, and Blood Institute's delicious heart-healthy eating [website](#).
- ✓ Go for a bike ride, take an online exercise class, or have a family dance party.
- ✓ Make that doctor's appointment you've been putting off. Many providers now offer telehealth appointments to make accessing care easier.
- ✓ Organize your medications.

What's your health status?

Part of self-care is knowing your health status. Even during uncertain and busy times, get your blood pressure, blood sugar, and cholesterol levels checked. Talk to your health care provider about your heart health.



How can technology help with caring for your heart?

Your phone or favorite show can make getting off the couch difficult. But technology can be your heart's best friend! Tools that help with self-care for your heart include:

- ✓ Wearable devices that measure steps, heart rate, and sleep
- ✓ At-home blood pressure, blood sugar, and heart rate monitors
- ✓ Online activity and healthy eating [planners](#), like these from [health.gov](#) and [MyPlate.gov](#)

How does support from others help you care for your heart?

Many studies show that having positive, close relationships and feeling connected to others helps our blood pressure, weight, overall health, and more. Even if it's virtual, that support makes self-care easier and even more effective.

Research also shows that text messages can improve self-care. Connect with friends or family for support. Ask them to text you reminders or encouragement to help you meet your goals. Make new friends who share your goals. Join an online exercise class or a weight-management group to connect with other like-minded people and stay motivated.

How does self-care play a role if you or your partner is pregnant or considering pregnancy?

Self-care for your heart health is particularly important if you're pregnant or thinking of becoming pregnant. Regular physical activity reduces your risk of gestational diabetes, extra pregnancy pounds, and postpartum depression. Talk to your health care provider about what physical activities are safe during pregnancy and soon after delivery. Discuss how to avoid and watch for a type of high blood pressure called [preeclampsia](#).



What are the obstacles to self-care?

Research shows that the three main obstacles to self-care are:

- Lack of confidence in one's ability to make a change
- Depression
- Having more than one health concern

If you want to boost your confidence, or if you struggle with a mental health disorder, seek support of family and friends, or talk to a qualified mental health provider. Ask your health care provider for help handling the demands of multiple medical conditions.

What does it take to give your heart the care—and patience—it deserves?

Self-care includes being patient with your body. You may not see or feel the results of your efforts right away. But small steps can lead to big progress. When we take care of #OurHearts as part of our self-care, we set an example for others to do the same. Visit [hearttruth.gov](#) for resources and tools to help you and your loved ones make heart-healthy lifestyle changes.



EXHORT 2022

WORD OF THE DAY

Sunday, February 20 & 27, 2021

TOPIC: 21 GIFTS OF THE HOLY SPIRIT

SUBJECT: NOW CONCERNING SPIRITUAL GIFTS, BRETHREN, I WOULD NOT HAVE YOU IGNORANT (I COR. 12:1).

Sunday, January 30, 2022

TOPIC: STEWARDSHIPS OF THE CHRISTIAN'S LIFE

SUBJECT: WELL DONE THOU GOOD AND FAITHFUL SERVANT.

Sunday, January 23, 2022

TOPIC: THE RISK OF FAITH. MOVE OUT OF YOUR COMFORT ZONE.

SUBJECT: TRUE FAITH INVOLVES RISK BECAUSE WE BELIEVE IN THINGS THAT WE CANNOT SEE. CAST YOUR LOT WITH GOD: TAKE THE RISK.

Sunday, January 16, 2022

TOPIC: A LONGSUFFERING GOD

SUBJECT: THE LORD IS NOT SLACK CONCERNING HIS PROMISE, AS SOME MEN COUNT SLACKNESS; BUT IS LONG-SUFFERING TO US-WARD, NOT WILLING THAT ANY SHOULD PERISH, BUT THAT ALL SHOULD COME TO REPENTANCE (II PETER 3:9).



JANUARY BIRTHDAYS (*Belize)

Sis. Lisa M. Willis (Our Pastor's Wife)

*Pastor Roberto Kus**

LaVerne Banks	Carmen Alexander
David Moralez	Alma Banda
Larry Walker	Michelle Bolden
Stan Bell	Patrick Calip, Jr.
Sene Calip	Raychelle Choyce
Shadon Calip	Venessa Hernandez
Rhonda McCray	Mary Sue Morris
Angie Omer	Nomie Williams

FEBRUARY BIRTHDAYS (*Belize)


Frances Gonzalez	Patrick Calip, Sr.
Delores Hatch	Diana Johnson
Gloria Lopez	Betty Hill
Ira Parker	Caprice Boxton
Gloria Ramos	Teresa Bridges
Teresa Rodriguez	John Davenport
Kamille Featherson	Jennifer Everett
Valerie Kramer	Awenetria McHorse
Ginger Lias	Yolanda Trejo
David Williams	Amelia Cho*

MARCH BIRTHDAYS (*Belize)

Jaime Garcia	Sandra Galarza
Betty Moralez	Earl Brown
LaWanna Thomas	Yolanda Esteban
Lady Giraud	Rickey Trejo
Alesha Willis	Lazza Norris

EXHORT 2022

Biblical Words of Encouragement



Don't let the entire staircase overwhelm you. Just focus on that first step.

WORD OF THE DAY (continued)

Sunday, January 2, 2022

TOPIC: THE GOOD DEATH

New Year's Eve Prayer Watch Service

SUBJECT: TO EVERY THING THERE IS A SEASON, AND A TIME TO EVERY PURPOSE UNDER THE HEAVEN (ECCLESIASTES 3:1).

Sunday, January 9, 2022

TOPIC: THE FIRST COMMANDMENT

SUBJECT: THOU SHALT LOVE THE LORD THY GOD WITH ALL THY HEART, AND WITH ALL THY SOUL, AND WITH ALL THY MIND...AND THY NEIGHBOR AS THY SELF.



COVENANT CURRENTS

March 12 to 20, 2022:

Youth Spring Break and Sports Activities

March 20, 2022:

Acknowledge the Late Bishop John H. Sorrells' 25th year passing (03/27/1997).

TBA (LISTEN FOR ANNOUNCEMENTS):

Easter Musical Worship Service Kick-Off



Cornerstone

The New Covenant Church

Newsletter

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*The fruit of the righteous is a tree of life; and he that winneth souls is wise.
Proverbs 11:30 KJV*