



Mt. Sinai Church
MONTHLY INFORMER
May 2024

*Happy
Mother's
Day*



NEWS, NOTES, & NODS

MAY BIRTHDAYS

Betty D. Eason - 5/2
 LaKisha S. Thomas - 5/3
 Noah T. Jones - 5/5
 Matthew C. Wilson - 5/6
 Dorothy J. Love - 5/7
 Don R. Gray Sr. - 5/9
 Freddie D. Shelby - 5/9
 Tony Thompson - 5/10
 Jarrod Carrol - 5/11
 Karen Lawson - 5/12
 Rockell Stiles-Rouzan - 5/12
 Christopher Stevenson - 5/13
 Sheila Ducksworth - 5/14
 Roland Thomas - 5/14
 Evelyn J. Tucker - 5/14
 Peggy A. Fuller - 5/15
 Jeffrey J. Coprich - 5/16
 Tasha Edwards - 5/16
 Isaiah L. Shabazz - 5/16
 Linnie Weller - 5/16
 Demetrius Butts - 5/17
 Shirley A. Henderson - 5/17
 Eric (E.J.) Lindsey - 5/17
 Makeba Stallings - 5/17
 Nicole Young - 5/17
 Aurelia D. Sweeney - 5/18
 Grant S. Craddolph - 5/19
 Aaliyah N. French - 5/19
 Timothy R. Williams - 5/19
 Shaunte' Young - 5/19
 Kisha LaRue - 5/20
 Jacqueline M. Brown - 5/22
 Jayla N. Hall - 5/22
 Lottie Leeth - 5/22
 Bayonne Z. Grant - 5/23
 Ava M. Jackson - 5/23
 Darren Schnase - 5/23
 Augusta Wilson - 5/24
 Chase A. Haley - 5/26
 Wendy McKnight - 5/27
 Martha Young-Jones - 5/27
 Tyler Dokes - 5/28
 Julie Hatter - 5/29
 Deion McMillion - 5/29
 Jay'la Browne - 5/30

Welcome to Mt. Sinai!

The following new members will receive the Right Hand of Fellowship in May:

Nicolette David
Maceo Lofton
Terra L. Roberts

Interested in joining Mt. Sinai?

There are four requirements for becoming a member:

- 1) A clear and credible profession of faith in Jesus Christ for salvation.
- 2) Submission to the Lord Jesus through water baptism.
- 3) Completion of our Membership Class.
- 4) Agreement with our Church Covenant.

Upon completion of these requirements and a follow-up meeting with the senior pastor, we extend the Right Hand of Fellowship, which is our official welcome to new members.

New Members Class Saturday, June 8

10:00am-12:30pm (onsite)
 Contact the Church Office to register.

Wedding Anniversaries

James & Lori Buckman (17 yrs)
 Malcolm & Sheila Johnson (25 yrs)
 Todd & Cassandra Jones (25 yrs)
 Charles & Charlene Charthern (38 yrs)
 John & Aurelia Sweeney (64 yrs)



If you're celebrating a wedding anniversary, let us know! Send a message to informer@sinai.church.

Food for Thought



MARK YOUR CALENDAR

Sunday Worship Services

8:00am & 10:00am (onsite & online)
 12:00pm (rebroadcast)

Lord's Supper/Communion

1st Sundays

National Day of Prayer

Thursday, May 2

Tuesday Night in the Truth

How to Honor God with Wealth
 May 7, 14, 21

Mother's Day

Sunday, May 12

(Mother's Day Brunch cancelled)

ACTS Support Group for Women & Men Caregivers

Saturday, May 18

11:00am – 1:00pm

In-person and on Zoom

Call ACTS at (323) 296-2975 or email acts@actscsg.org for details.

From the Pulpit



*"Self-awareness requires self-monitoring."
 - Pastor George*

Condolences

We extend our condolences to the following member(s) for their loss:

Debbie Gray (brother)

Bridgett Sullivan (cousin/aunt)

Tony Thompson (brother)

Theodora Wright (uncle)

For other congregational care updates, see the weekly Prayer & Praise Report.

Mt. Sinai Church

Pastor George E. Hurtt

3669 W 54th St.

Los Angeles, CA 90043

Tel: 323-291-1121

Fax: 323-291-1133

Email: office@sinai.church

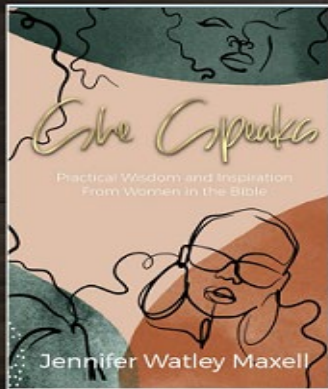
Web: www.sinai.church

App: Mt. Sinai Church LA



BOOK OF THE MONTH

May Book Of The Month



Copies of the book are available from the Church Office; please call for details



Author: Jennifer Watley Maxell • **Publisher:** Independent (May 11, 2023) • **Paperback:** 128 pages

As women we have been Divinely created with unique purpose, identity, and function, individually and collectively. However, our stories are often relegated to the sidelines of culture and history or segmented out as being pertinent to women only.

The reality is that God has included us and our stories throughout Scripture to give insight, wisdom, and inspiration to all of humanity as we live into the fulness of God's vision for our lives.

She Speaks: Practical Wisdom and Inspiration from Women in the Bible offers all of us as Jesus followers an opportunity for daily reflection and encouragement by centering the experiences of seven women in the Bible.

Jennifer Watley Maxell uses her unique practical application to help these women come alive so that we can come alive daily in Christ. So lean in, read and listen as She Speaks. – Online Summary

The book reviews are the personal opinions of individual writers and do not necessarily reflect the views of MSMBC's entire pastoral leadership.

MT SINAI CHURCH

5 Year Reading Plan

Month Of May

Colossians, 1 Thessalonians,
& 2 Thessalonians

Knowing the Bible Better Together

MEMORY VERSE OF THE MONTH

1 Timothy 2:1-2

(English Standard Version)

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way.

CHURCH NEWS



Onsite & Online
WORSHIP SERVICE
WITH PASTOR GEORGE E. HURTT
Sundays
8am, 10am (Onsite & Online)
12pm (Online Only)

† sinai.church
f Mt. Sinai Church
▶ Mt. Sinai Church LA
📷 Mtsinai_la

Mt. Sinai Church
3669 W. 54th Street Los Angeles, CA 90043 | 323.291.1121

*If you don't have internet access, you can listen to the 8am services and TNT services by phone:
Dial (669) 900-6833, Enter Meeting ID: 840 6029 6239 (no participant code needed)*

**IF YOU ARE SICK, PLEASE STAY HOME
UNTIL YOU ARE WELL**



Did you know...

You can rewatch previous services on our website
and social media platforms?

On our church website:
Click on MEDIA
Scroll down to the service
you wish to watch.

On our YouTube channel:
Click the LIVE tab
Scroll down to the service
you wish to watch.

On our Facebook page:
Click on VIDEOS
Scroll down to the service
you wish to watch.

Morning

Prayer

May 2024

MONDAY - FRIDAY
6:00am-6:30am

— Phone Line —
(508) 924-3800

EACH TUESDAY
6:00am-7:00am

— Onsite & Phone Line —
3669 W 54th St. LA 90043

No Prayer Call on Memorial Day.

2024 Capital Campaign

We are extending the Capital Campaign **50 more days!** Help us reach \$50k to increase savings, reduce minor debt, and move closer to phase 3 of our Community & Event Center.



CAPITAL CAMPAIGN
GOAL: RAISE \$50,000 IN 50 DAYS

CHOOSE "CAPITAL CAMPAIGN" WHEN YOU GIVE ONLINE
OR WRITE "CC" ON AN OFFERING ENVELOPE.

MT SINAI
CHURCH

DISCIPLESHIP CORNER



Sunday School • Spring 2024

Sundays • 10:00am-11:00am
April 21 – June 9

For the Spring Quarter, the Kingdom Kids (ages 3-11) will continue studying *Bibleman*, and the Youth Classes (ages 11-17) will continue studying *Revival Generation*. All classes meet in the bungalows, next to the parking lot. It's not too late to bring your young ones to learn more about God and the Bible! If you have any questions, call the Church Office at (323) 291-1121 or send an email to office@sinai.church.

Spring Quarter Class Dates:

April 21
May 5
May 19
June 2
June 9



MT SINAI
CHURCH

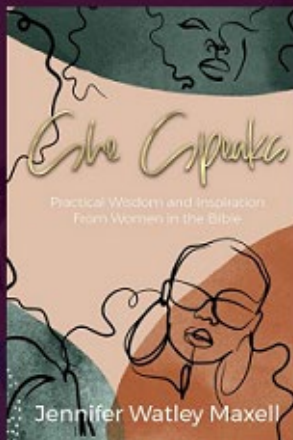
ZOOM

Sermon-Based Small Groups

Monday Nights

@7:15 PM

Let's Discuss Sunday's Sermon Together



Women in the Word

**Special 5-week study from the book,
She Speaks by Jennifer Watley Maxell**

Wednesdays at 6:30pm



Meeting ID: 881 3775 5171

Join by Dial In: +1 669 900 6833

MINISTRY TEAM NEWS



NURSERY TEAM

Are you passionate about nurturing young hearts? We're looking for compassionate volunteers to assist in our church nursery during 8:00am and 10:00am services! If you're interested in being a part of this meaningful ministry, please reach out to Kayla Gray or contact the Church Office. Together, let's make a difference!

Must be a member of Mt. Sinai, at least 18 years old, and cleared by a confidential background check.

A graphic for STEAM Camp registration. The background is a chalkboard with various scientific and mathematical drawings and equations. At the top center is the Mt. Sinai logo (a cross in a triangle) and the text 'MT SINAI'. Below that, the word 'STEAM' is written in large, colorful letters, each containing an icon representing a different field: Science (microscope), Technology (calculator), Engineering (ruler and pencil), Art (paint palette), and Math (compass). Below 'STEAM' is the word 'CAMP' in large white letters. Underneath, it says 'Registration Is Open Grades 5th-11th July 7-July 14 2024 TUITION \$249'. To the right of the text is a QR code. Below the QR code is the text 'Scan To Register' and the formula $n(A \cup B) = n(A) + n(B) - n(A \cap B)$. Other elements on the chalkboard include a cone, a cylinder, a cube, a pie chart, and various chemical and mathematical formulas like $+ 2CrO_3 + 3H_2SO_4$, Ph , $48 + 12 = 60$, and $y + x + 2 = A \times b$.

For more information, see Tai Haley, Ronald Clayton, or the STEAM Camp brochure. Register by scanning the QR Code above or by going to <https://bit.ly/3xx173w>.

SPIRITUAL DISCIPLINES

All About Journaling

JOURNAL CLUB



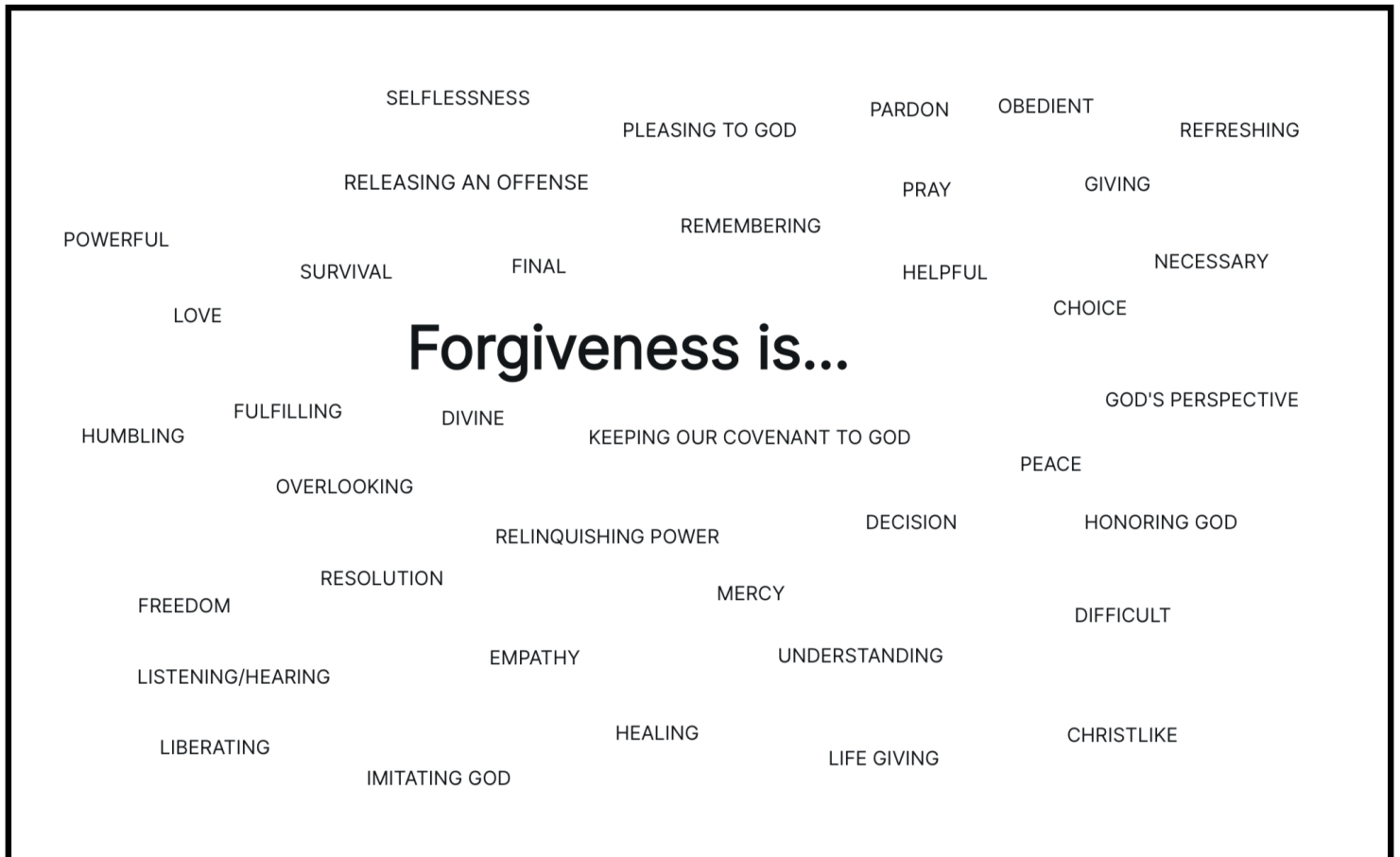
Journal Tip for the Month:

Try writing down your worries in a journal, then write scriptures or prayers next to them.



Discover new ways to connect with God and scripture through journaling.

In a recent Journal Club meeting, participants reflected on the lessons from Forgiveness Emphasis Month. Here's a snapshot of the thoughts that were shared when asked, *What is forgiveness?* Consider what words you might add and write them in your journal.



SPIRITUAL DISCIPLINES

Learning Through Prayer

During a recent Early Morning Prayer call, the host, Todd Jones, shared valuable insight on forgiveness. Here are some highlights he talked and prayed about.

Papercuts & Band-Aids

We typically focus on the BIG things we need to forgive. While that is important, in keeping with our Church Covenant – *being ready to forgive and eager for reconciliation* – forgiveness includes small, everyday offenses as well! Take for example, insults. A blogger once compared insults to “emotional papercuts.”

Insults, irritation, frustration and the like, can become “little foxes” (ref. Song of Solomon 2) or emotional papercuts that sting us! Here are some emotional papercuts to be on guard against and be ready to forgive:

1. Praise or flattery we look for but don't get
Example: You wore a new outfit, and no one noticed.
2. Feeling unappreciated or taken for granted
Example: You receive no thanks for taking care of family essentials liking paying the bills.
3. Receiving constant criticism or being nagged for your good
Example: You are nagged about what you're not doing and reminded of what you should do.
4. General disrespect
Example: You are spoken to with insensitive words, harsh tones, or yelling.
5. Living with a “Sherlock Holmes”
Example: Your spouse is always suspicious, always questioning, or doesn't seem to trust you or your judgement.
6. Communication offenses
Example: You feel the other person is not attentive and may even be asleep when you talk to them.
7. Feeling forgotten
Example: No one remembers or acknowledges your important days/events or includes you in their important days/events.
8. Passive aggressive behaviors
Example: A person may never say anything offensive, but their looks can cut.

Here are some Band-aids for your emotional papercuts.

“Good sense makes one slow to anger, and it is his glory to overlook an offense.” (Proverbs 19:11).

- God's wisdom says let it go (Proverbs 19:11)
- God's witness says let it go (1 Peter 2:19)
- God is watching, let it go (Hebrew 4:13)
- God's will says let it go (1 Peter 1:6-7)
- God welcomes us to let it go (1 Peter 5:7)
- God always wins, so let it go! (Philippians 2:1-11)

Jesus is our ultimate example of humility. He endured a lot more than papercuts and He forgave His offenders. Remember, eventually in Christ, all cuts will be healed, on earth or in Heaven! Amen!

MINISTRY SPOTLIGHT

Senior Saints Ministry

SWAP: Seniors With A Purpose

“O God, from my youth you have taught me, and I still proclaim your wondrous deeds. So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation, your power to all those to come.” (Psalm 71:17-18, ESV) Amen, Amen!



Mt. Sinai Senior Saints Ministry is available to all seniors age 65 and older. Our mission is to honor our Heavenly Father by keeping our mind, body and soul actively engaged and forever learning.



Tina Williams is our Team Leader and immediate support leads are Sister Eva Outlaw, Sister Ivory Pitre, Sister Mattie McMillion, and Sister Carolyn Sharp. Although we have an established leadership team, each member in our ministry is encouraged to let us know your specific talent or area of interest and look forward to being on schedule to lead when you are called upon.

Pre-Pandemic, we were extremely active, and we look forward to returning to all of our active engagements when we are given the green light.



Each month, you can look forward to something different. We will provide a monthly event schedule. (Pre-pandemic, we met every Tuesday in the Fellowship Hall.) For example, you can look forward to studying God’s word as we focus on a particular book in the Bible, led by a member of our ministry. The gathering typically includes a question, answer, and review period to close out our study.



Quarterly, we select a new Book to read and review, led by one of our members. During the book discussions, members are encouraged to share their opinions about the reading.

There is also volunteerism. We work with the Women’s Mission, periodically assisting with a pre-designated task or serving food to those less fortunate. Another outreach objective is to donate and create gift baskets for those who are less fortunate. We also visited members in our ministry who were in nursing homes, gifting essentials and things that might brighten their day.

MINISTRY SPOTLIGHT

If you enjoy travel, we do that too! We had excursions to Santa Barbara, San Diego, Solvang, The Grammy Museum, and the Long Beach Aquarium (which was one of my favorites.) We have enjoyed going to the Pan African festival hosted each year at the Baldwin Hills Mall, enjoyed dining out at various local eateries, or checked out a movie nearby. And yes! We go shopping at popular discount outlets 😊.



Senior Fitness is also a part of our agenda. Dawn Strozier has met with our seniors for different types of workouts and has passed the baton to members in our ministry like Sister Alice Sanders and Sister Pam Washington to lead our workout program.



We hope to continue having our annual Mother's Day Tea, where you are encouraged to invite someone and hear testimonies from different members who will share a particular teacup and what it means to their family legacy. We've had exciting member-sponsored Fashion Shows and been blessed by songs of praise from Sister Copelia Lightner and Brother Jonathan Jenkins.



We acknowledge members in our ministry who are now at rest, awaiting the glorious appearing of our Great God and Savior, Jesus Christ. *"The rest of those who have gone before us cannot steady the unrest of those to follow."*



Join Us! Be a part of the reservoir of wisdom, kindness, patience, great culinary skills, and laughter that we share every time we meet! Pick up and complete a Senior Saints information card in the Church Lobby. Our Senior Saints Ministry has everything and more, providing something for everyone.

By Sandra Daniels
Sr. Ministry Photographer



MOTHER'S DAY

Mother's Day

The celebration of Mother's Day is attributed to three women: Ann Reeves Jarvis, Julia Ward Howe, and Anna M. Jarvis. Mother's Day began as a movement to improve the lives of Americans. It was intended to inspire women to actively pursue better health, welfare, and peace. The day was first celebrated on the second Sunday in May in 1907. In 1914, President Woodrow Wilson signed a bill designating the second Sunday in May as a legal holiday called "Mother's Day."

What does the Bible say to Christian mothers? Psalm 127: 3 states, "*children are a gift from the Lord.*" Several things are required of Christian mothers according to God's Word:

- ♥ **Availability** - morning, noon, and night
- ♥ **Involvement** - interacting, discussing, thinking, and processing life together
- ♥ **Teaching** - the Scriptures and a biblical worldview
- ♥ **Training** - helping a child to develop skills and discover his/her strengths (Proverbs 22:6) and spiritual gifts
- ♥ **Discipline** - teaching the fear of the Lord, drawing the line consistently, lovingly, firmly (Hebrews 12:5-11)
- ♥ **Nurture** - providing an environment of constant verbal support, freedom to fail, acceptance, affection, unconditional love
- ♥ **Modeling with Integrity** - living what you say, being a model from which a child can learn by "catching" the essence of godly living

Mothers have an ongoing, unique, and crucial role in their children's lives, whether they are adolescents, young adults, or adults with children of their own. While the role of motherhood must change and develop, the love, care, nurture, and encouragement a mother gives should never cease.

Source: Got Questions Ministries, The Old Farmer's Almanac

MOTHER'S DAY

Women to Pray for This Mother's Day

On Mother's Day there will be women among you who will be wearing smiles, but under that happy face is a sad, restless heart. There will be women among you wishing they had a mother worth dedicating a national holiday to, and there will be women among you wishing they had children of their own that would one day rise and call them blessed. You may or may not know each women's personal story, but you can be sure they each need prayer. - Beth Ann Baus

The Barren Woman

Facing the day we set aside to celebrate motherhood can cause unbelievable pain and expose the emptiness of the womb. For a woman who struggles with infertility, pray that she will find comfort this Mother's Day, fulfillment in the Lord, and satisfaction in His plan for her regarding children.

The Woman Whose Child Has Passed Away

Whether through miscarriage, abortion, stillborn birth, or the death of an older child, the memory of that life goes with the mother every step of every day. Pray for these women, that their hearts would be full of sweet memories and peace that passes understanding.

The Woman with a Missing Child

Whether the missing individuals are children, teens, or adults, they all have mothers. Pray that these women would find comfort and strength in the Lord, as they wait, day after day, for answers.

The Woman Whose Child Has Special Needs

With special needs, there is sometimes unspeakable exhaustion and physical, mental, emotional, and financial strain. Pray for these mothers that the Lord would provide for their every need as they care for their child.

The Woman Whose Children are Estranged

Some women won't receive a card, a hug, or a thank you, because their parent/child relationship has been severed. Pray that the Lord would heal their brokenness and restore their family bond.

The Woman with a Full Nest

Whether a mother has one child or 10, her nest needs prayer. Pray that mothers look to godly women for advice and encouragement. Pray they would find their worth in the Lord, not by comparing themselves to other mothers.

The Woman Whose Nest is Empty

The silence of an empty nest can be deafening, causing anxiety and depression, with many women feeling they no longer have a purpose. Pray the Lord would show these women that there is still work to be done.

The Woman Raising Her Child Alone

Single parenthood can be exhausting and lonely. Pray that single moms can find hope, strength, and fulfillment in her Heavenly Father, as well as wisdom and a softened heart towards the father of her children.

The Woman Raising Bonus Children

Being a stepmom or bonus mom can be a wonderful, yet challenging experience. While experiencing all the strain of parenthood, they may not experience love and respect in return. Pray that God would strengthen and equip these women as they care for their families. Pray that family members will display the grace of God toward one another.

The Woman Raising the Adopted Child

Adopted children often struggle with misplaced anger and aim their emotional struggles at their adopted mothers. Pray that the Lord would fill these women with patience, wisdom, and deep love. Pray their children would come to know the Lord and find the perfect peace that only He can give.

The Woman Raising Foster Children

Many children need temporary, loving homes. Pray for wisdom as foster mothers offer love, grace, security, and stability. Pray that God would protect their hearts as they pour into children knowing they will not likely be a forever family.

The Woman Who Acts as a Spiritual Mother

Many women act as a spiritual mother to the younger women in their church body. The burden of love can leave the spiritual mother feeling drained and inadequate. Pray for patience and wisdom as they strive to live out Titus 2:3-5.

The Woman Who Doesn't Know Her Mother

There are some women whose mothers passed away at an early age, some who were given up for adoption, or whose mothers walked away from their family. Pray that these women would trust in the Lord's plan for them, seek contentment in Him, and find meaningful relationships in the godly women He has placed in their lives.

The Woman Whose Mother Has Passed On

Many women spend Mother's Day grieving the absence of their own mother. Pray that they can find a healthy balance in the reality of their situation and that they can find comfort and fulfillment in the Lord.

The Woman Who Simply Doesn't Like Her Mother

Unfortunately, this is the story for some women, who simply don't feel love or appreciation towards their mother, for various reasons. Pray that this woman would desire to honor God by honoring and respecting her mother, even if she doesn't deserve it, recognizing that the only perfect parent our Heavenly Father.

Source: <http://bethannbaus.com>



Mental Health Awareness Month

May is Mental Health Awareness Month. Since its inception in 1949, Mental Health Awareness Month has been a cornerstone of addressing the challenges faced by millions of Americans living with mental health conditions. Throughout the month, the National Alliance on Mental Illness (NAMI) actively participates in this national movement, dedicated to eradicating stigma, extending support, fostering public education, and advocating for policies that prioritize the well-being of individuals and families affected by mental illness.

This year, NAMI is celebrating Mental Health Awareness Month with the **Take the Moment** campaign, rallying others to join in fostering open dialogues, cultivating empathy, and understanding. Many resources are available to support individuals and families on their journey towards mental wellness. NAMI's array of signature programs include NAMI Basics, NAMI Family-to-Family, NAMI Family & Friends, NAMI Homefront, NAMI In Our Own Voice, NAMI Peer-to-Peer, NAMI Support Groups and NAMI HelpLine, which is a free, nationwide peer-support service providing information, resource referrals, and support to people living with a mental health condition, their family members and caregivers, mental health providers, and the public.

This campaign also champions the importance of destigmatizing mental health by normalizing the practice of taking moments to prioritize mental health care without guilt or shame. Find out more about the campaign and access the free toolkit to help make a difference when you visit <https://www.nami.org/get-involved/awareness-events/mental-health-awareness-month>.



WELLNESS CORNER

Mental Health Myth #5:

MYTH: “Mental health issues are a result of personality weakness or character flaws, and people can ‘snap out of it’ if they try hard enough.”

FACT: Mental health conditions have nothing to do with being lazy or weak and many people need help to get better.




Many factors contribute to mental health conditions, including:

- Biological factors, such as genes, physical illness, injury, or brain chemistry
- Life experiences, such as trauma or a history of abuse
- Family history of mental health conditions

People with mental health conditions can get better and many seek recovery support. Visit The Substance Abuse and Mental Health Services Administration (SAMHSA) website at <https://www.samhsa.gov> to find out more about getting help, treatment, and recovery support.


For additional help, talk to a healthcare provider or visit <https://www.psychologytoday.com>.
If you are in a current crisis, dial 988 or chat at <https://988lifeline.org>.

Meaningful May 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why
6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why	8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	
13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature	15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a handwritten note to someone you care about	19 Reflect on what makes you feel valued and purposeful	
20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger	22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	
27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight	29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future			

ACTION FOR HAPPINESS

Happier · Kinder · Together



HEALTH & LIFESTYLE MATTERS

FIT FOR THE KINGDOM MINISTRY

A fitness ministry to help everyone get inspired and energized for the kingdom.

HAPPENING IN MAY

Monthly Nutrition Challenge

- **30-Day Smoothie Challenge**
See the details and tips that follow.

Monthly Exercise Challenge

- **Squats**
See the details on YouTube and Facebook.
Join our Exercise Challenge Facebook Group.

Monday Motivation

- **Kingdom Fit Tips & Exercise Videos**
See YouTube and video links on Mondays.

Kingdom Fit Kids **New!**

A ministry specially tailored for children, ages 6-18. Sign up after Sunday services.

Monthly Meeting

- **Fit for the Kingdom Zoom Meeting**
Thursday, May 9 at 7pm
Zoom Meeting ID: 812 2186 2226

Kingdom Workout

- **Saturday, May 25**
Church Parking Lot at 8am
Open to all ages

30-Day SMOOTHIE Challenge



Finding time to cook can be challenging. And despite the benefits of a nutritious breakfast for our health and well-being, only about 44% of people eat breakfast daily, and most opt for less healthy choices. Breakfast is considered the most important meal of the day, and what you have for breakfast matters.

Why breakfast is important.

Breakfast means to break-fast. And when you eat breakfast, you break the overnight fasting period that your body has been in for 6 to 12 hours. So, whether you are breaking your fast at 6:00am or 12:00pm, that first meal of the day should provide your body with all the nutrients it needs to operate effectively. Taking as little as 10 minutes in the morning or at night to prepare your breakfast can benefit your overall health.

A nutritious breakfast boosts brainpower.

Studies suggest that not having a nutritious breakfast can affect your mental performance, including your ability to concentrate, pay attention, and remember. Children and adolescents with a nutritious breakfast tend to perform better academically than those with pastries and other less healthy choices.

A nutritious breakfast increases your energy levels.

After you have gone without food for 6 to 12 hours, your body's energy levels are low. Eating a nutritious breakfast will boost your energy, enabling you to power through your day.

Continued →

HEALTH & LIFESTYLE MATTERS

A nutritious breakfast can help control your appetite.

People who regularly eat a nutritious breakfast are less likely to be overweight or obese. Research shows a breakfast packed with the proper nutrients can prevent large fluctuations in your blood sugar levels, helping you to control your appetite.

A nutritious breakfast can reduce the risk of illnesses.

Research shows non-nutritious breakfast eaters have a high blood sugar level fluctuation, leading to type 2 diabetes, high cholesterol, and heart disease.

Smoothies for breakfast.

One of my favorite things to have is a smoothie for breakfast. I love smoothies, not just because they are delicious, but because they fit so perfectly into my schedule. I can make a smoothie at night, put it in the refrigerator, and breakfast is instantly ready in the morning. If time is of the essence and you need a convenient, fast, nutritious meal, a smoothie is the answer every time. It doesn't have to only be for breakfast.

CREATING THE PERFECT SMOOTHIE

It's essential to break your fast with foods filled with nutrients such as folate, calcium, iron, B vitamin, fiber, and protein. With the right ingredients, a smoothie can be packed with nutrients and do wonders for your health. One of the healthiest ways to enjoy a smoothie is to make your own so you know exactly what foods and how much you are getting. Below are some of the best ingredients to choose from and a few to avoid.

- **Best high protein for smoothies.**

When adding protein to your smoothie, choose one without a lot of added ingredients, sugar, and carbohydrates. I prefer using vegan protein powder. Your body absorbs sixty percent more protein from a plant than animal protein. If you do not want to add protein powder, try one of these protein-enriched ingredients. Spirulina, Plain Greek Yogurt (unsweetened), Almond Breeze Vanilla (unsweetened), Laura Scudder's Natural Peanut Butter, Justin's Classic Almond Butter.

- **Best fruit and vegetables for smoothies.**

When choosing fruits and vegetables, choose low glycemic such as blueberries, blackberries, strawberries, raspberries, lemon, lime, pears, some apples, banana (only when mixed with protein), bell peppers, tomatoes, broccoli, spinach, kale, cucumber, romaine lettuce, avocado, cauliflower, pumpkin. Low glycemic index foods have an index number of 50 or less. Eating low glycemic will help you to absorb food slowly, prevent a swing in your blood sugar levels, and keep you feeling fuller for a more extended period.

- **Flavors and nutrition booster.**

Adding these to boost your nutrients even more and enhance the flavor of your smoothie, can be fun: Flaxseed, Chia seed, Old-Fashioned Oats, Spices (Cinnamon, Nutmeg, Ginger), Vanilla extract, Coconut Water, and Unsweetened Cocoa Powder.

- **Things to avoid.**

To keep your smoothie as healthy as possible, avoid ingredients that add to your calories in the form of added sugar or carbohydrate, such as sugar-sweetened fruit juice or concentrate, flavored yogurt, flavored kefir, ice cream, sorbet, sherbet, chocolate syrup, caramel syrup, chocolate milk, and canned fruit in syrup.

Smoothies are an excellent way to ensure your first meal of the day is packed with all the nutrients your body needs to operate at the optimal level of health. Making your own smoothies will allow you to tailor them to your taste buds and nutritional needs. See the sample recipes provided on the next page.

- Dawn Strozier, Certified Personal Trainer
& Nutrition Consultant

Smoothie Recipes

Strawberry Avocado Keto Smoothie

Try this refreshing strawberry and avocado smoothie. It's light, creamy, and bursting with strawberry goodness. The best part is that it's made with only four ingredients. Simply blend everything together and you have a drink that rivals Jamba Juice.

Ingredients:

- 1/3 frozen strawberries
- ½ avocado
- 1 cup almond milk, unsweetened
- Monk fruit sweetener

(1 serving)

Berries and Cream Keto Protein Smoothie

If you want a tasty, healthy, and filling smoothie, try this one! It's bursting with raspberry and coconut, so it's delicious and nutritious. Raspberries are a super fruit, loaded with health benefits like antioxidants, manganese, and fiber. Coconut milk imparts coconut flavor and creaminess. It also has anti-inflammatory and anti-fungal properties. Collagen adds protein and it's great for your skin, hair, nails, and joints.

Ingredients:

- 1/3 cup Raspberries, frozen
- 1 cup Coconut milk
- 1 tbsp Coconut oil or MCT oil
- 1 scoop Collagen

(1 serving)

Keto Peanut Butter Smoothie

This smoothie is like a Reese's Peanut Butter Cup in a cup! It's super peanut-butter-flavored, with just a hint of chocolate. Peanut butter and chocolate lover, this one's for you! A combination of cream, almond milk, and peanut butter gives this smoothie its amazing texture.

Ingredients:

- 1 cup Almond milk, Unsweetened
- 2 tbsp Peanut butter, Natural
- 1 tbsp Cocoa powder, Unsweetened
- 3 tbsp Crystal sweetener
- ¼ cup Heavy cream
- 20 g Vegan Protein
- 1 cup ice

(2 servings)

Blueberry Keto Smoothie

Blueberries might not look like much, but there's a lot going on inside. This includes juice, a lot of flavors, and a lot of health benefits. These berries fight diseases, regulate blood sugar, improve gut issues, maintain healthy bones, and boost eyesight. That's just the tip of the iceberg.

Ingredients:

- ¼ cup Blueberries
- 1 cup Coconut milk
- 20 g Protein powder (or 30)
- 1 tsp Vanilla extract
- 1 tsp MCT oil

(1 serving)

COMMUNITY & COUNTRY

How To Be A Christian During Election Season

Part 2: Becoming an Advocate for change in your Community

There are many people who are involved in making positive changes in their communities. Many individuals make phone calls or visits to their representatives or join like-minded groups who are working together for change in their communities. I was introduced to an organization called the American Cancer Society/Cancer Action Network, or ACS/CAN in 1998 when I was working as a registered nurse.

I would organize health fairs and bring in resources for the members of the community. The eradication of cancer has always been something that I was passionate about because of the impact that it had on many of my family members and friends. This disease was the cause of the death of my mother at the age of 58. Joining this group made me realize that the squeaky wheel gets the oil and there is strength in numbers.

On April 10, 2024, I was able to travel to Sacramento with many other volunteers to support some Senate bills and an Assembly bill that will help to save lives. Some of the bills that we discussed with the Representatives were:

- **Senate Bill 1213** (Every Woman Counts) - This would expand eligibility for the Every Woman Counts (EWC) program and the Breast and Cervical Cancer Treatment Program (BCCTP) by increasing the federal poverty level (PPL) from 200% to 300%. This would allow more women who don't qualify for insurance or limited insurance, to be treated.
- **Senate Bill 1171** (Cancer Research Tax Donation Check-offs) - The bill extends the donation check-off for the California Breast Cancer Research Fund (CBCRF) and the California Cancer Research Fund (CCRF) until January 1, 2032. These two donations have positively increased cancer research.
- **Senate Bill 1230** (Illegal Tobacco Seizure) - This would strengthen the enforcement ban by granting California Department of Tax and Free Administration (CDTFA) the authority to seize illegal tobacco products.
- **Assembly Bill 3218** (Flavored Tobacco Sale Prohibition: Enforcement) - This bill reduces the availability and continued use of flavored tobacco products by establishing a publicly available list of tobacco products that are permissibly unflavored and allowed to be sold in California.

Lawmakers should continue to advocate for laws that will help to reduce the incidence of cancer in our communities. Tobacco deaths have decreased since the smoking restrictions began in the 1990's. Additional information can be obtained by using the ACS/CAN website: fightcancer.org.

By Barbara Lawson



CHRISTIAN EDUCATION, ASSIMILATION, & HOUSEKEEPING

Bible Study Tips & Trivia

Down and Out

Are you feeling down or overwhelmed? Fill in the missing words for the verses below. Meditate on them and let your heart be encouraged.

Psalms 42:11 - Why are you _____ down, O my soul, and why are you in _____ within me? _____ in God; for I shall again _____ him, my salvation and my God.

Psalms 55:22 - _____ your burden on the Lord, and he will _____ you; he will never permit the righteous to be _____.

1 Peter 5:6-7 - _____ yourselves, therefore, under the mighty _____ of God so that at the proper time he may exalt you, casting all your _____ on him, because he cares for you

Answers to last month's trivia: (1) Scripture, (2) God, (3) teaching, (4) reproof, (5) correction, (6) training, (7) complete, (8) every

Prayer & Praise

If you have a prayer request or praise report to share, you can use our text engagement option, send a message to office@sinai.church, or call the Church Office at (323) 291-1121.

Our prayer team is also available to call and pray with you if requested. If you have a pastoral care emergency, please contact the Church Office ASAP. The weekly Prayer & Praise Report is located on the Welcome Table in the lobby.

A graphic titled "WAYS TO GIVE" showing three methods: a smartphone with a QR code for giving, a text message to "MSCGIVE TO 77977", and a laptop displaying the church website "SINAI.CHURCH". The address "3669 W. 54TH LOS ANGELES CA 90043" is also shown.

Mt. Sinai Counseling Ministry

Under the direction of Dr. Gloria Morrow, the mission of the Mt. Sinai Counseling Ministry is to promote optimal mental health within the faith community through education and training, consultation, resources, and support for children, youth, adults, and seniors. To request a consultation or find out how to join the team, please send an email to support@sinai.church or call at (323) 291-1121.



Connection

Text Engagement

For information or resources regarding the following, you can text the KEYWORD to (323) 613-3237.

- First-time Guest: WELCOME
- Salvation: CHRIST
- Membership: CHURCH
- Prayer Request: PRAY

Housekeeping Note

At the benediction, please exit expeditiously and fellowship outside so that the facility can be reset and disinfected. Items should not be left in seats, so be sure to take your belongings with you, even if you are staying for the next service.

Please be mindful to pick up bulletins, flyers/handouts, fans, and other items you may have used during the service and put them in appropriate places.

Leave no trash behind; a large trash receptacle is located near the lobby exit. And remember, food and drink are not allowed in the church auditorium, unless an exception is in place or an emergency requires it. (Water is okay.)

The Nehemiah Project 2024 | Refresh

GIVING GOAL: \$150,000

Above and beyond tithes and offering
See the Nehemiah Project handout for the evangelism, missions, and outreach goals. (Church Lobby and our website.)

The Galatians 2:10 Initiative

We're asking all members to give at least \$4.00/week.
#DontforgetToRememberThePoor

Church Office Hours

Monday-Thursday: 9am-4pm

Friday: Closed

The Church Office is located across the street from the church at 3674 W. 54th St.

NEWS YOU CAN USE

Responsible Driving Tip

Continue focusing on good driving practices, improve your skills, and enhance safety on the road with our monthly driving tip.

TIP for MAY

Speeding

Speeding is not only illegal, but drivers who are going too fast for the conditions are more likely to lose control of their vehicles and have accidents. If you're caught speeding, you could face a fine, points on your license, or even jail time. Driving at a high speed is not just about breaking the law, it could also be putting your life and others at risk.

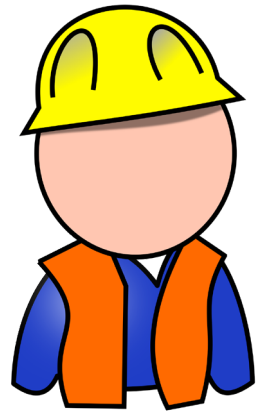


Beware of Criminals Pretending to be Utility Workers

Pretending to be a trusted utility worker is a trick some criminals use to gain access to your home. Take the time to ensure that the utility representative at your door is a legitimate employee on official utility business.

Take the following precautions when approached by someone who says they are a utility worker:

- **Always ask for a company-issued photo ID.** Employees should carry company-issued photo ID badges.
- **Look for the logo.** Service personnel wear uniforms and drive company-branded vehicles with the company logo. Even in the case of contracting other trusted companies, those companies will have branded vehicles and identification as well.
- **Never give cash.** Utility employees and contractors don't collect money or credit card information from customers in the field. If there is a fee involved, it would most likely be added to your utility bill.
- **If you suspect someone may be a utility imposter, close and lock your door, and call 911.** You can also call the utility company to confirm whether service work is scheduled in the area.



Source:

California American Water | <https://www.amwater.com/caaw>

MT. SINAI BUSINESS OWNERS

Now Accepting... New Business Listings

We're expanding our Mt. Sinai Business Owners page, which is available to advertise businesses and services owned by Mt. Sinai members. If you would like to submit your business card, please drop off a physical card at the Church Office or send a digital card (jpg or pdf) to office@sinai.church.

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The businesses advertised here are independent of Mt. Sinai Missionary Baptist Church. Ads may rotate every 6 months and we do not directly endorse or take responsibility for any products, services, claims, or guarantees.

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Mt. Sinai
Business Owners

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Send a digital card to
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Each Office is Independently Owned and Operated



The businesses advertised here are independent of Mt. Sinai Missionary Baptist Church. Ads may rotate every 6 months and we do not directly endorse or take responsibility for any products, services, claims, or guarantees.

MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:00am-Morning Prayer (Phone Line) 10:30am-NOWTV Broadcast 6:30pm-Music Ministry Rehearsal 6:30pm-Women in the Word (Zoom)	2 National Day of Prayer 6:00am-12:00pm Extended Prayer (Phone Line) 7:15pm-Evening Service (onsite & online)	3 6:00am-Morning Prayer (Phone Line)	4 10:00am-Leadership Meeting (Zoom) 3:00pm-Youth Day of Fun (off-site)
5 Communion Sunday 7:40am-Pre-service Prayer 8:00am-Worship 10:00am-Worship 10:00am-Sunday School	6 6:00am-Morning Prayer (Phone Line) 7:15pm-Sermon-Based Small Groups (Zoom)	7 6:00am-Morning Prayer (onsite & Phone Line) 7:15pm-TNT: How to Honor God with Wealth (onsite & online)	8 6:00am-Morning Prayer (Phone Line) 10:30am-NOWTV Broadcast 6:30pm-Music Ministry Rehearsal 6:30pm-Women in the Word (Zoom)	9 6:00am-Morning Prayer (Phone Line) 5:00pm-College Check-In & Bible Study (Zoom) 7:00pm-Fit for the Kingdom Meeting (Zoom)	10 6:00am-Morning Prayer (Phone Line)	11
12 Mother's Day 8:00am-Worship 10:00am-Worship	13 6:00am-Morning Prayer (Phone Line) 5:30pm-Counseling Team Training	14 6:00am-Morning Prayer (onsite & Phone Line) 7:15pm-TNT: How to Honor God with Wealth (onsite & online)	15 6:00am-Morning Prayer (Phone Line) 10:30am-NOWTV Broadcast 6:30pm-Music Ministry Rehearsal 6:30pm-Women in the Word (Zoom)	16 6:00am-Morning Prayer (Phone Line) 6:00pm-Counseling Team Meeting (Zoom) 7:00pm-FSC Meeting (Zoom) 7:00pm-Women's Ministry Team Meeting (Zoom)	17 6:00am-Morning Prayer (Phone Line)	18 9:30am-Baptism Service (off-site) 11:00am-ACTS Caregivers Support Group Meeting
19 8:00am-Worship 10:00am-Worship 10:00am-Sunday School 6:00pm-Journal Club (Zoom)	20 6:00am-Morning Prayer (Phone Line) 7:15pm-Sermon-Based Small Groups (Zoom)	21 6:00am-Morning Prayer (onsite & Phone Line) 7:15pm-TNT: How to Honor God with Wealth (onsite & online)	22 6:00am-Morning Prayer (Phone Line) 10:30am-NOWTV Broadcast 6:30pm-Music Ministry Rehearsal 6:30pm-Women in the Word (Zoom)	23 6:00am-Morning Prayer (Phone Line)	24 6:00am-Morning Prayer (Phone Line)	25 8:00am-Kingdom Workout (Parking Lot)
26 8:00am-Worship 10:00am-Worship	27 Memorial Day <i>Office Closed</i>	28 6:00am-Morning Prayer (onsite & Phone Line)	29 6:00am-Morning Prayer (Phone Line) 10:30am-NOWTV Broadcast 6:30pm-Music Ministry Rehearsal 6:30pm-Women in the Word (TBD)	30 6:00am-Morning Prayer (Phone Line) 7:00pm-Spiritual Formation Team Meeting (Zoom)	31 6:00am-Morning Prayer (Phone Line)	

This calendar primarily represents Mt. Sinai's regular schedule of services, meetings, and events.

However, there may be facility reservations or closures that do not appear on this document.

Some events are held virtually, and some are in-person with limited capacity.

Dates are subject to change (James 4:13-17). We encourage you to listen to the announcements or call the Church Office at (323) 291-1121 for updates. All times are Pacific Time.