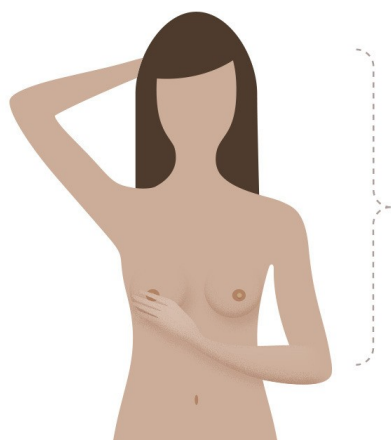
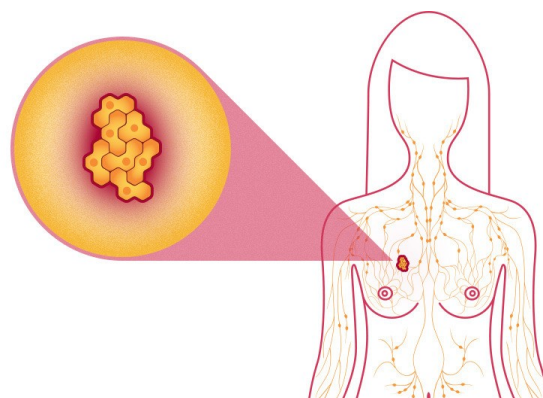


# The City Temple Times

## October is Breast Cancer Awareness Month

### What is breast cancer?

Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. The damaged cells can invade surrounding tissue, but with **early detection** and **treatment**, most people continue a normal life.



x12

### Once A Month

Adult women of all ages are encouraged to perform breast self-exams at least once a month. While mammograms can help you to detect cancer before you can feel a lump, breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes.

### Treatment

Treatment options depend on the stage of the disease and the size of the tumor, the location of the tumor, if there is more than one tumor, if the patient has the breast cancer gene, how the patient feels about the treatment option, the patient's age, and the patient's health condition.

#### Common treatment options:

Lumpectomy followed by radiation therapy

Mastectomy

Chemotherapy

Hormone therapy



We Are One Community Services Inc.

Presents Our

# *Fall Into Service Gala*

Best Western Plus Towson Baltimore North Hotel

1100 Cromwell Bridge Road

Towson, MD 21286

October 17, 2015

4:00 p.m.

Tickets: \$60

Semi-Formal Attire

**Contact April S. Jones for tickets!**

Dinner Buffet • Entertainment • DJ and Dancing • Silent Auction • Cash Bar

**Come Enjoy An Evening Of Entertainment and Dinner —All For A Good Cause—As We Raise Funds To Make A Positive Impact In Our Community**



**FOLLOW  
YOUR  
DREAMS**

## **MESSAGE TO THE YOUTH:**

May each of you have an amazing and successful school year. Aim high, dare to put your dreams into action, and remember, the possibilities for greatness, your greatness, are endless. God bless you!!!

Vonda Delisa Reed

### **Dare To Dream**

Do you have the audacity  
To believe you have the capacity  
To do anything you put your mind to  
When you dare to dream

### **A Miracle In You**

God wants to work a miracle in you  
Just call His name, He'll answer you  
To do what you were born to do  
Let God work a miracle in you  
There's a miracle in you  
Talents and gifts unique to only you  
Give your all, give your best  
To the miracle in you  
Don't settle for anything less  
Than the miracle in you

### **Possibilities**

Has anyone ever told you  
How your life could be  
Has anyone ever told you  
Of all the possibilities  
What is your most precious dream  
And hope for your life  
God has considered it all  
And instilled in you the light  
To illuminate the path  
That leads to your fondest dream  
When you trust, God will reveal  
All of life's possibilities



# Jesus, my best friend

Submitted by: Rev. Susan A. Spears

Have you ever gone through a problem that seemed so tough that you just couldn't handle alone and needed a friend to help you?

Have you ever needed your rent or mortgage paid and didn't have the money to pay it, and all that came to mind was, which one of my friends can I call on to borrow some money?

We all have needed a friend sometime or other. But sometimes these friends just don't come through.

Either they don't have the money when you need it. They're not home when you call for help. They're tired of hearing about your problems.

Let me tell you about this friend that I have. He's always around when I need Him. No matter what time of day or night I call Him, He's always home.

If I need Him to pay my bills, He shows up just in time. If I need food to feed my children, He brings it over. If I'm sick and can't get well, He heals my body. My friend picks me up when I am down.

Wouldn't you want a friend like mine? My friend is Jesus. Are you

allowing Jesus to be your friend or have you chosen someone or something else to be your friend?

Don't let things or people that bring you down be your friend. A friend always wants the best for you. Don't be fooled by the wrong friend. The wrong friends can hurt you, or cause you to hurt yourself. The wrong friend can make everything sound so good when it's wrong. The wrong friend likes to see you down all the time and never up. The wrong friend will try and make us believe that they can help you with all the wrong things.

They use alcohol and drugs to mess up our mind in making us think that we need this to get through or to keep us dependent on them.

They use sex to say I am the only one that can make you feel this way.

They use physical abuse when they think you've gotten out of line.

They are selfish in keeping the best for themselves and giving you the leftovers.

Don't get caught up with the wrong friends. The wrong friends will keep you away from God. But Jesus said, *"Come to me all those who are weary and heavy laden and I will give you rest."* Matthew 11:28.

Jesus gives us eight characters to true happiness. These characters are referred to as the Beatitudes. Matthew 5:1-12. Matthew 5:6 says, *"Blessed*

*are they which do hunger and thirst after righteousness: for they shall be filled."* Jesus said if you crave for him to be your food, water, and strength, He will give you peace and you will never crave again.

Throw away the wrong cravings—whatever they are (alcohol, drugs, sex, gambling, adultery, abuse, murder, smoking, being selfish, bad attitude, etc.) and ask Jesus to help you. Mean it in your heart, and it shall be done.

Jesus said, *"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened to you: For everyone that asks will receive, and he that seeks shall find, he who knocks the door shall be open,"* Matthew 7:7-8.

Let Jesus be your friend. He will walk with you and talk with you. He will pick you up when you fall. He will stand you up and let you start all over again. Just call Him up in your heart and say, "Jesus come into my heart and save me from my sins. Make me be the person you want me to be."

In praying this prayer, Jesus will come into your life and abide in you always. Jesus will give you the strength you need to go on.

You may fall down again, but just get right back up, hold your head up high, and know that Jesus is on your side.





# IMAN WILLIAMS

*Because of her talent, Iman was not only first flute in her final performance of orchestra camp, but she was also offered a FULL scholarship to return to participate in the band camp. She had the opportunity to stay on campus for another week before returning home. We are all so excited for her and happy that she had the opportunity to attend. Continue to support Iman and all of our youth in their endeavors!*



## 2015 CHURCH-WIDE INSTITUTE



### • *Managing and Maintaining Intimate Relationships* •



#### **You will:**

- Learn conflict resolution skills, how to manage your emotions, and the power of forgiveness
- Use practical exercises to avoid affairs and manage household finances
- Learn the art of leaving and cleaving
- Describe and prepare for how relationships change after children
- Understand which love language your partner responds to best
- Problem solve common sexual roadblocks

**Saturday, September 26, 2015**

*Register now through September 20*

## SEPTEMBER

Louise Allen  
Sylvia Askew  
Irene Brooks  
Tonya V. Brown  
Yvette Carter  
Vivian Chalk  
Adia J. Crawford  
Charles Davenport, Sr.  
Lanette Davis  
Phyllis Day  
Bernice Hamiel  
Evelyn Harris  
Rose Ivey  
Zuri Jones  
Christine James Moore  
Elaine Rather  
David Rather, Jr.  
Mia Robinson  
Jalen Scott  
Sharon Shackelford

Willie Simmons  
Morgan Thomas  
Otis Thornton  
Imani Veney  
Susie Wilkins

Shawn Jackson  
Jacqueline R. Myles  
Yahnena Robinson  
Ciara Royster  
John Shaw

Keith Womack, Sr.  
Anthony Young  
Gloria Brown  
Karen E. Brown



## OCTOBER

Rolanda Anderson  
Lynn M. Anderson  
Greyolin Brown  
Dexter Dixon  
Rose Hamilton  
Martha Ivey

Darin Stepney  
W.C. Stewart  
Constance Stith  
Adele Taylor  
Dawn Thomas  
Cheryl Veney  
Mary Williams  
Keith Womack, Jr.

## NOVEMBER

Carolyn DuBose  
Vernell Fulgham  
Dorothy L. Hatcher  
Beatrice L. Jackson  
Brianna Jenkins  
Earl Jones III  
Tyres Jones  
Dynah Lyde  
Karen McCoy  
Amber Ogunsola  
Virginia Rice  
Doretha Rice  
Lisa Rice-Roundtree  
Vera Thornton  
Zeda Thrower  
Henry T. Womack