### The Church of Christ



# The Gazette

Issue No. 4 | March/April 25



"Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins."
-1 John 4:10

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### **Service Times**

Sunday Morning Opening Worship:
9:00 AM
Sunday School:
9:45 AM
Worship/Sermon
11:00 AM
Wednesday Night Bible Study
7:00 PM

#### Location

Church of Christ Minister: Sylvester McCray

Lamar Campus 680 Sandy Grove Church Rd Lamar, SC 29069

> Sumter Campus 490 S. Pike East Sumter SC 29150

# **Birthdays & Celebrations**

# March April

Mae Francis Cooper	3/1	Sharon Nichols	4/1
Stanley Shannon	3/5	Gary Solomon	4/5
Montrell White	3/7	Gene Boyd	4/19
Tyrone Davis	3/16	Charles Shannon	4/20
Johnny Holmes	3/16	Rayshard Haynesworth	4/21
Christopher McCray	3/16	James Harkless	4/21
Mae Bell Holmes	3/17	Derrick Ashe Jr.	4/25
Khloe Moses	3/19	Chelsey Moses	4/27
Gavin Nichols	3/20	Frankie Sanders	4/27
Jimmy Brunson	3/24	Cynthia Brown	4/28
Micheal Sims	3/24		
Peyton Shannon	3/27		

Marsha McQuillar Dupree (Ne	icy) 4/29
Monica Solomon	4/30
Ethel Brunson	4/30



# **Birthday Spotlight**

### **MaeBell Holmes**



### Mae Francis Cooper







# **In Loving Memory**

Brian D. Jefferson Jr. (aka Dooley) March 27, 2005 - December 16, 2021

Happy 20th birthday My Beloved. Continue to Rest in Peace. With Much Love, Grandma Viola



# **Birthdays & Celebrations**



### We Remember



Deacon Eddie McQuillar

Eddie McQuillar was born on August 29, 1910. He was united in holy matrimony to Minnie Lee McShore. To this union was born fifteen children. He was a businessman and owner of two stores. One was a neighborhood grocery store and the other was a dry good convenient store. He was also a farmer, sharecropper, and worked as a janitor at Spaulding Schools in Lamar South Carolina.

Early on in his life he was born again in the Church of Christ where he served faithfully on the deacon board, was head of the usher board, and also head of the church yard attendants. He was a member of the Church of Christ for over forty years until his death. His wife Minnie McQuillar was also a faithful member of The Church of Christ along with seven of their children, four girls; Edna Harkless, Minnie McCall, Paulette Harkless, and Annie Hamby and three boys; Richard McQuillar, James McQuillar, and John McQuillar.

When moved by the holy ghost, he would walk the floor praising God to the highest. He loved to quote scriptures from the bible. One of his favorites was "He that believeth and is baptize shall be saved, he that believeth not shall be damned. One of his favorite songs that he sang often was "I'm a Soldier in the Army of the Lord".

Today there are still descendants of Deacon Eddie McQuillar in the Church of Christ. Following in his footsteps. Believing what he believed. On the lighter side of things, Deacon Eddie McQuillar loved to sneak up behind you, scare you and make you laugh. He had the most contagious laugh so you had no choice but to laugh too.

Deacon Eddie McQuillar, we remember you.

-Sis Patsy Commander





#### **Our Deepest Sympathy**

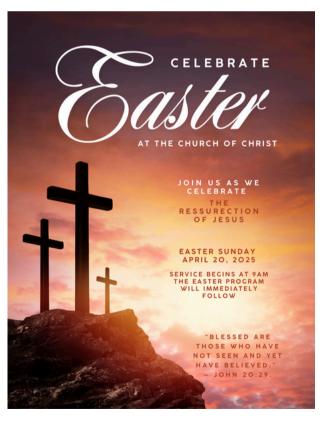
and prayers for all those who have lost loved ones. May God bless you and your families with strength and peace.

He will wipe away every tear from their eyes, and death shall be no more. Neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.

Revelation 21:4

#### **Beware of Scammers!**

Please beware of people pretending to be others on Social Media. And be careful never to send any codes to another person that you receive via text. There are scammers trying to take advantage of the innocent and elderly. People are also receiving phone calls pretending to be grandchildren or saying that a delivery needs to be scheduled. Before you speak to anyone, please contact your family directly to be safe.



# **Youth Department Spotlight**

#### Congratulations to the Student of the Quarter Winners Eryn & Logan

Letters submitted by teachers for Student of the Quarter Winners.



#### Eryn Noelle Lisbon

Eryn is a hard worker and our social butterfly. Eryn is always willing to be the teachers helper. Eryn goes the extra mile for her classmates and friends.

Eryn received the Terrific Kid award for the 1st Quarter. Eryn has already met her Accelerated Reader (AR) goal for the 2nd Quarter. Eryn scored "Exceed Expectations" on the Linkit Benchmarks.

Eryn goes above and beyond, and she's definitely a great young lady. Thank you in advance.

#### **Logan Solomon**

I am writing to recommend Logan Solomon for recognition of his outstanding achievements during the first quarter of his 5th-grade year.

Logan is a bright, hardworking, and kind-hearted student who exemplifies the values of respect, diligence, and community spirit. Logan has consistently demonstrated a commitment to academic excellence, as evidenced by his earning a place on the A/B Honor Roll. He approaches his studies with enthusiasm and persistence, showing a genuine love for learning.

In addition to his academic accomplishments, Logan received an award for perfect attendance, reflecting his dedication and reliability. Logan's friendly demeanor and positive attitude are evident in the way he interacts with his peers and teachers. He treats everyone with kindness and respect, making him a valued member of his classroom community. His excellent behavior and ability to maintain strong relationships with others set a wonderful example for those around him.

It has been a joy to watch Logan grow and thrive this quarter, and I am confident that his dedication and character will continue to shine throughout the school year. I wholeheartedly support his recognition for his accomplishments and positive contributions to his school community.

Thank you for considering this recommendation.



# **Shout Out!!**

My mommy and daddy are two of the strongest people I know. They work so hard for our family and make a way out of no way some times. They have faced so many trials and tribulations this past year but they handle it with such grace. Growing up they always reassured me that I could accomplish anything I wanted in life, as long as I "Keep God at the head of my life." I walk by that statement everyday.

My parents have raised me into the young woman that I am today and I always want to make them proud. I am so grateful for them and blessed that God chose them as my parents. I love them past eternity.

- Sis. Reagan Shannon Daughter of Sis. Tamala and Bro. Robert Shannon Jr.



# **Dear High School Seniors**



A message to upcoming college students

Going away from home whether it be through college or military, can be a great but difficult chapter in life, especially as a believer in Christ. What you knew as home for the past 18 years may change depending on how far you are from home but this isn't always a bad thing. You will be around new people and new environments. This is where you will decide on if you grow as a believer or dwindle, but always remember whatever you do.. Christ and your faith can get you through it.

I made the decision to go to a Christian college, so many of the principals and standards they hold are of basic Christian belief.

Regardless if you choose a Christian based college or regular public college, You have to put in the work to stay strong in your faith. What I found best is to be intentional in your time with Christ. Find people that have similar beliefs and morals. They will help you be accountable. Taking out time to do things like pray and read the bible will always be important. I found a good group of friends with whom I have had many Bible studies and conversation about faith. You won't always agree with the people around you but that will be everywhere in life. You will also have to learn to navigate with people around you that aren't similar to you in beliefs. They are God's children too! Remember to always treat people as if they are your brother or sister in Christ. This is how you can be a light to others.

Lastly if you ever find yourself in a situation or season of trouble or making bad decisions.. Be honest with yourself & Christ.. pray, repent and ask God to help you stay clear of things that aren't of his will. All in all remain true to your faith and keep God first in all that you do.

Romans 8:28 KJV - And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

-Bro. Nicholas Jefferson

### **Health & Wellness**



#### **Healthy Eating Habits That Last**

Healthy Eating Habits that will last take the focus off of what you can't eat and focus on what you can eat. Changing your diet is a chance to try new foods and learn how to cook your favorite foods in a healthier way. In fact, many experts recommend easing into a diet instead of

making sudden changes. In order to make changes that will last, the Centers for Disease Control and Prevention (CDC) recommends reflecting on your current eating habits, replacing the unhealthy eating habits, and reinforcing your new, healthier habits.

Eating healthy does not mean cutting out your favorite comfort foods. It is important to balance your favorite foods with healthier foods and more physical activity. Eating healthy doesn't happen overnight and it doesn't have to be all or nothing. Simply making small changes to your diet can make a big difference to your health over time.

#### Adapted from

https://www.evms.edu/community/community\_health\_i nitiatives/portsmouth\_diabetes\_prevention\_project/pat ient\_\_client\_resources/health\_newsletters/

#### March is National Kidney Disease Awareness Month in the United States.

African Americans are more at risk for kidney failure than any other race. More than 1 in 3 kidney failure patients living in the United States are African American. Diabetes is the number one cause of kidney failure.

It causes nearly half of all cases of kidney failure in the United States.

#### **How To Prevent Kidney Disease**

Your kidneys are two bean-shaped organs about the size of your fist. They sit below the rib cage on each side of the body. Kidneys filter blood. They remove waste products and water to make urine. They filter about a half cup of blood every minute.

The kidneys also make substances that control your blood pressure. And they play an important role in keeping your bones strong. Chronic (long-term) kidney disease damages your kidneys so that they can't filter blood properly. The damage happens slowly over a long period of time. It can lead to kidney failure. If your kidneys fail, you will need a kidney transplant or dialysis, a treatment that filters your blood artificially.



Kidney disease is common. Certain people are at higher risk. Diabetes is the leading cause. Almost 1 in 3 people with diabetes has chronic kidney disease. You're also at greater risk for kidney disease if you have high blood pressure or heart disease.

Early kidney disease may not have symptoms. Getting tested can be the only way to detect it. Talk to your health care provider about kidney testing if you have risk factors, including a family history of kidney failure.

You can take steps to protect your kidneys. Make healthy food choices and cut back on salt and added sugars.

Aim for a healthy weight and more physical activity. https://newsinhealth.nih.gov/2021/03/preventing-kidney-disease

# **Recipe Corner**



#### Directions

#### **Cuban-Style Sliders**

#### Ingredients:

- 1 (12-oz.) package Hawaiian sweet rolls (12 rolls)
- 1/2 cup honey mustard
- 12 ounces deli ham
- 6 ounces Swiss cheese
- 3/4 cup dill pickle slices
- 3 tablespoons butter, melted
- 2 teaspoons poppy seeds
- 12 cornichons
- 1. Preheat oven to 350 degrees F (175 degrees C).
- 2. Holding your knife parallel to the cutting board, halve Hawaiian rolls horizontally. Put roll bottoms in a 2-quart rectangular baking dish.
- 3. Spread cut sides of roll bottoms and tops with honey mustard. On roll bottoms, layer deli ham, sliced Swiss cheese, and dill pickle slices. Replace roll tops. Brush roll tops with butter and sprinkle with poppy seeds. Cover baking dish
- 4. Bake, covered, in the preheated oven for 15 minutes. Remove cover and continue baking uncovered until filling is hot and roll tops are lightly browned, 10 to 15 minutes more.
- 5. Remove from oven and let cool for 5 minutes.
- 6. Cut into individual sliders. Attach 1 cornichon on top of each slider with a toothpick.

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#### **Strawberry Creme Rolls**

#### Ingredients

- 3 eggs
- 1 cup white sugar
- ½ cup hot water
- 1 teaspoon vanilla extract
- 1 cup sifted all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup confectioners' sugar for dusting (Optional)
- 1 teaspoon unflavored gelatin
- ½ cup cold water
- 1 cup heavy cream, chilled
- 1 cup fresh strawberries
- 1 tablespoon white sugar
- 2 tablespoons confectioners' sugar, for dusting (Optional)

#### Directions

- 1. Preheat the oven to 375 degrees F (190 degrees C). Butter a jelly roll pan. Line it with buttered foil or buttered parchment paper.
- 2. Beat eggs until thick and lemon colored. Gradually add 1 cup white sugar, beating constantly. Stir in water and vanilla extract. Fold in flour, baking powder, and salt. Pour batter into the prepared pan.
- 3. Bake until cake is springy to the touch and beginning to shrink away from the sides of the pan, about 15 minutes.
- 4. Lay out a tea towel, and sprinkle it with confectioners' sugar. Turn cake out on the towel. Peel off the paper or foil. Cut crusty edges with kitchen shears or a sharp paring knife. Roll cake up in the towel, and leave it to cool.
- 5. In a microwave-safe bowl, sprinkle gelatin over the cold water and set aside. Wash and hull strawberries; if they're large, you may halve or chop them. Melt gelatin in the microwave, checking every 15 seconds. Pour gelatin and 1 tablespoon sugar over strawberries.
- 6. Whip cream to medium-stiff peaks. Fold in cooled strawberry mixture. Unroll cake, spread with strawberry cream, and roll up again. Chill cake for at least 1 hour. Before serving, dust cake with confectioners' sugar or top with additional whipped cream. All rights reserved @ allrecipes.com

# Easter Word Search/Trivia



Find the word in the puzzle.

Words can go in any direction.

Words can share letters as they cross over each other.





#### **Bible Trivia**

A man named Simon was compelled to carry the cross of Jesus. In Mark we are told the names of Simon's two sons. What were their names?

# **Dates to Remember**



### Sunday, March 9th

Daylight saving time begins Don't forget to SPRING FORWARD!



### **Sunday April 13th**

Autism Awareness Family & Friends Weekend Richmond, VA.



#### **Sunday April 20th**

Easter
Easter Program-Immediately
Following Service



### Saturday, April (TBD)

Share The Care Sponsored Yard Sale More Details Coming Soon



#### **Sunday May 11th**

Mother's Day

- May/June is Graduation Season
- The Church of Christ will be celebrating the 50th Anniversary of our Pentecost Services on June 2-6th

If you would like to submit information for the next edition of our newsletter, all submissions are due by the third Monday of each month.



One Lord, one faith, one baptism, One God and Father of all, who is above all, and through all, and in you all.

Ephesians 4:5-6



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