

THE CITY FILES

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Snap Wise:

- **Effort is a great resource!**
- **Integrity should never be replace!**
- **There is no power but of God!**
- **Believing is not seeing but knowing!**
- **GOD KNOWS!**

IMPACTFUL! #COF2016MAKEANIMPACT

As this year comes swiftly to a close, it prompts a pondering of thoughts and evaluation. Have we accomplished our mission this year? Have we made an impact? We are constantly being impacted by circumstances and situations within and outside of our control, but have we impacted the lives of those within our sphere of influence? Did we love with more intensity this year? Did we give of ourselves with more liberality and transparency this year? Our mission to make an impact charged us with the responsibility to emulate our Savior by preaching (proclaiming) the good news to the meek, by mending the brokenhearted, by proclaiming freedom to those that have been held captive by our enemy, by showing others how to live a life without the bondage of sin and by pointing those we come in contact with to the only way, truth and life there is? We must be about our Father's business as we see The Day approaching. No one that is yet alive is without the



ability to impact others! It is never too late to reek utter havoc on the kingdom of darkness! It is never too late to take God's promises, provision and power and utilize it to the fullest of our God given potential! How much do you want to make an impact? This question will determine

the effort expended and the patience exercised as we wait on God for the fruit to manifest itself. This year life as we have known it has changed. How will we now spend our days knowing that God is soon to come? Be full of The Spirit...be full of Impact!



LOOK UP!

Optimism is choosing to believe God when all physical evidence is stacked against hope! The course upon which one thinks does determine how peaceful one will be and how one will respond to life. Philippians 4:8 is a scripture that is essential in the renew-

ing of one's mind. Choosing to think on things that are true, on things that are honest, on things that are just, pure, lovely, of a good report, things that have virtue and is praise worthy shifts ones mindset into the right gear. Looking up, being optimistic

and hopeful will ward off depression, regression and obsession with negative experiences and occurrences. God is High and Lifted up and so shall His children be!



HEALTH AND WELLNESS-TASTY FOOD RECIPE

Caribbean Style Lentils: by
Marie Lataillade

Ingredients:

1 cup brown lentils
3/4 cup diced carrots
3/4 cup diced celery
3/4 cup diced onions
3/4 cup diced tomatoes
(Zesty Jalapeno brand)
1 cup cut-up fresh cilantro
1/4 cup virgin olive oil
2 cups water
Add garlic and salt to taste
1/2 habanero pepper, cut in
small pieces and remove
seeds but keep the seeds for

extra spicy flavor. Add a pinch
of fresh Rosemary

Add a pinch of fresh Thyme

Directions:

Bring water to a boil then turn
off. Add lentils and let soak.
In saucepan add olive oil,
habanero peppers, onions,
and sauté until onions are
translucent. Then add carrots,
celery, and cilantro. When
carrots and celery have soft-
ened, add lentils and diced
tomatoes. Then add garlic,
salt, rosemary, thyme and let
cook over medium to low heat
in a covered pan for approxi-
mately 15 minutes. Remember
to drain the lentils, and

some of the tomatoes juice
from the can depending upon
the desired gravy or moisture
wanted. The Caribbean style
lentils are a very good compli-
ment to salmon or other kinds
of fish. When served on a
plate, add some rosemary
leaves or parsley sprigs for
garnish.

Eat Well, Live Well!



TRANSFORMATION-TRUTH IN TRANSIT

*“There is no greater life
than one of moving
toward God, Himself!”*

“The stage between the caterpillar and the butterfly is where I lie...marinating, percolating...still a little work left to do, before I shed the layers of my cocoon.” I penned this for a book that I wrote over fifteen years ago. Change is a progressive journey that brave ones before us endeavored to chart. Change will be painful,

and the outcome of things are often uncertain, but growth and maturity is a must in God's Kingdom. The poking and prodding we feel to be greater, and to do better is God encouraging us to spread our wings and fly! We do not know what tomorrow holds nor does it really matter because God is in control! Dare

to transcend! Dare to climb the higher plains and reach for what appears to be unreachable. Dare to wear your own boots! Dare to transform into the image of His Son! There is no greater life than one of moving in and toward God Himself!

TRUTH IS HEALING— FREEDOM

People have many high and diverse dreams; things that they want to accomplish in life. Two of my most important dreams that are always in front of me...ones I strive towards are to be free and have peace. These may not be dreams to most people, but to those of us that have had grievous struggles, deafening heartaches and immense pain, these are dreams. For many years I often wondered

what the true definition of freedom really was until I finally confronted some emotionally crippling fears I had by coming to grips with the fact that I did not really want to know truth, because to truly know truth, you must acknowledge your purposeful failures and decide whether or not you will abide with truth and if yes, take action. John 8:32 says, “And ye shall know the truth, and the truth shall

make you free.” Abiding in truth is to abide in Christ as He is truth. Freedom is knowing God, and knowing God brings you His peace that surpasses all understanding. Be free and have peace!



FUNDAMENTALS-BELIEVE IN HIM!

God knows all things and it is becoming more and more evident to our human minds everyday. Prophecy is unfolding like a scroll...line by line...able to be read and seen. There is coming a day where God will be All in All and it shall be a glorious day! Until this day, we are being tasked with the great challenge to be ONE as God, Jesus and the Holy Spirit are ONE. He that comes to God must believe that He is. Belief makes all the difference in the world! This is why the transformation and continuous renewing of the mind is so important. With the mind we either believe that God is

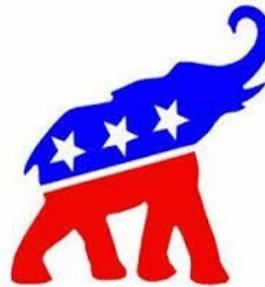
for us and has sent His son, Jesus to redeem our souls or we lose sight of this truth and suffer unnecessarily because of it. Believing in God is a daily, and at times, moment-to-moment practice and choice. Many obstacles and life circumstances will confront our belief and do its best to divert us from the truth of God's Word. Strengthening our belief through relationship with God, His Word and His people helps to keep us from believing lies. God has proven himself to be TRUE time and time again. Trust Him in all things and you will never regret it!



NEWS AND INFORMATION- THE GOP IN RULE

The 2016 Elections are now over and many are very disappointed with the results. Yes, the results were quite surprising to us, but not to God. The United States now has a Republican President, Republican House and Republican Senate. The Bible tells us that there is safety in numbers and when people are

unified they can accomplish great things. What great things will be accomplished over this next four years remains to be seen, but if God should tarry, we will see them. The most important question is, how will we conduct ourselves during this time? Prayer is of the utmost importance now and EVER!



"How will we conduct ourselves during the next four years?"

THE SIMPLE LIFE-HOME SWEET HOME

Home is a place of refuge and refreshing. I love coming home after a long day at work. When I walk into my door, the days woes begin to melt. I greet my family and we discuss our day. I go and put on some sweat pants and a tee-shirt — slip on some flip-flops, grab me a glass of juice with mineral water mixed in it on ice, plop down on the couch for a few minutes and watch CNN with my husband

while our daughter does homework with her headphones on...periodically interjecting in conversation and sporadically telling us about her precious life. My home, my little cabin in the city, is peaceful and I thank God because there was a time in my life when home was full of turmoil and confusion. Now, I come home to familiar sounds and smells. I look out the windows and see life,

trees, and beautiful sky. Home is where I find peace of mind and love from those who truly know me and love me in spite of my faults and ways. Take time during this holiday season to enjoy home. Exhale, smile and be thankful!



Give Online!
www.cityoffaithfwc.org

NOTICE

SERVE THE COMMUNITY BY FEEDING THE HOMELESS EVERY 4TH SATURDAY OF THE MONTH. CONTACT CITY OF FAITH TO PARTICIPATE!

Go ye therefore and teach...Matt. 28:19)

Jesus is Coming Soon...Let's Get to Work!



"Find Your Purpose and Reach Your Destiny"

6265 University Avenue, San Diego, CA 92115

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Website: www.cityoffaithfwc.org

Service Times:

**Wednesday Bible Enrichment Class at 7pm*

**Saturday Morning Glory Prayer at 7am*

**Sunday School at 9am*

**Sunday Morning Worship at 10am*

PEN OF THE PASTOR

BISHOP W.E. BROOKS

Hello beloved household of Faith!

God is worthy to be praised. Let's remain focused in this season. As always remember, Satan is a master distracter who would want to do nothing less than to promote doubt and fear in the hearts of God's people.

Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain. 1 Corinthians 15:58 (NIV).

The charge by Paul is threefold: "stand firm,"



Let The Church Say Amen!

"let nothing move you," and "always give yourself fully to the work of the Lord." There are three personal admonitions listed here from the Apostle to the Believer.

Stand firm: Hold your position. Become relentless in

the face of adversity.

Let nothing move you: Don't be fearful of the times, people, or political shifts and regimes. Trust God!

Always give yourselves fully to the work of the Lord. God should always remain the "main thing" in our lives regardless of what crisis or perils we face. We must "stand firm," in God!

This is the time where our hearts are being judged and placed on trial in reference to our faith. Don't panic. God has everything in control!