



# Trumpet

A PUBLICATION OF ECCLESIA CHRISTIAN FELLOWSHIP

In Celebration  
of Women

September is  
National Women's  
Friendship Month  
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# Trumpet

## CHIEF EDITOR

Min. Robert Strong

## ADVERTISING

## CONTRIBUTING WRITERS

Lynda Beckley  
Tyesha Cherry  
Brenda Mackey  
Barbara Sims  
Claudette Stanley

## COPY EDITOR

Christina Clark  
Sharon Johnson

## GRAPHIC DESIGNERS

Ebenezer Jesutimi

## PHOTOGRAPHERS

Carlena Baugh  
Gregory Baugh  
Draymond Crawford  
Cliff Glass  
Ebenezer Jesutimi  
Rikke Van Johnson

## PRODUCTION

Ebenezer Jesutimi

### How can I write for or assist with The Trumpet?

Contact Min. Robert Strong in the Church Office at (909) 881-5551.

### How can I offer suggestions for The Trumpet?

Contact Min. Robert Strong in the Church Office at (909) 881-5551.

**The Trumpet is seeking articles from every Ecclesia ministry and articles on other relevant special interest stories. The requirement is that the article be edifying!**

## *A Letter From The First Lady*

*Throughout church history, dedicated women have played significant roles in advancing the Good News of Jesus Christ. From the beginning of the early Christian church, women made considerable contributions to the development of Christianity by displaying dauntless courage and commitment. In reading the Gospels, you'll find women who, in one way or another, ministered to Jesus and His disciples.*



*A number of women are mentioned in the book of Acts and various other Epistles. Often Paul and his companions relied upon the charity and social standing of some of these women to accomplish their mission.*

*Ecclesia's Hearts In Focus Women's Ministry was birthed out of a vision for women to use their gifts and talents to minister to women and the body of Christ at large. We desire to provide a safe place for women in ministry to get to know each other, while using their gifts and talents to support and encourage one another in ministry. We are excited to do our part in helping Ecclesia become a 5 Star Church.*

*Ephesians chapter 4 talks about the use of our spiritual gifts, "For the perfecting [or the building up or completing] of the saints, for the work of the ministry [the saints must engage themselves in the work of the ministry], for the edifying of the body of Christ." We are all called to the ministry of the gospel of the grace of God if we have believed and accepted Jesus Christ as our Lord and Savior.*

*In John 15:16 it says, "You have not chosen me, but I have chosen you and ordained [or appointed] you [that is, "I have set you apart"], that you should go and bear fruit and that your fruit should remain. IF you Continue to Abide in Christ, you will bear much fruit, glorify God, and Remain connected to the True Vine!*

*If Ecclesia is to become a 5 Star church, we must be about our Father's business; Obeying the Word, Serving in Ministry and Loving one another. We want the FRUIT of our ministry efforts to remain; "teaching them to obey everything I have commanded you" (Matt 28:18-20) As Christians, we must ever be pressing on to know God; To learn of Him and His ways, to become one with Him, and be able to TELL others how to know the Lord for themselves.*

*Ecclesia, Let's Walk in the Spirit, Go and bear fruit, fruit that remains!*  
*First Lady Lynda*





# Wisdom From On High Luncheon

September 25 @ 10:00am

by Claudette Stanley

The Wisdom from on High Luncheon was born out of a desire for the women of Ecclesia to get to know the heart of our First Lady Sister Lynda Beckley, as well as every sister that served in any capacity at Ecclesia Christian Fellowship. The name Wisdom from on High was to remind us that every good thing comes from God, who sits high and reaches down to bless us and bring us from darkness into His Marvelous Light. With this in mind, each year we would receive a heartfelt message from our First Lady along with a sister serving in leadership at Ecclesia. These intimate luncheons were not meant to be times for teaching or preaching so much, but times that we share what God has done in our lives to bring us to the place where we are now, to practice honoring our First Lady, as well as each other, and to be family; a family who knows things about one another that others just are not privy to. Things like what's your favorite scripture, favorite color or food, or what you like to do for fun?



The Word of God says that we are to "Love one another with brotherly affection, as members of one family giving precedence and showing honor one to another" (Rom. 12:10 Amplified Bible). The first Wisdom From On High Luncheon was held on September 26, 1998, at Lotus Garden Gourmet Chinese Restaurant. Our speakers were First Lady Lynda Beckley, and six of our minister's wives. 2010 marks 12 years of Wisdom From On High Luncheons, let's make this the best year ever.

# Jazz for the Soul

September 25, 2010 @ 5:00pm

The East Highland Clubhouse  
6982 Cloverhill Dr., Highland CA

\$20 IN ADVANCE  
\$25 AT THE DOOR  
PRICE INCLUDES DINNER BASKET

*The Brass Messengers*  
*Saxophonist J. Boykins*  
*Other Guest Solo Artists*





# Hearts In Focus

## Women's Retreat

November 18, 19 & 20



by Tyesha Cherry

The Women's retreat has meant more to me than I can even express. I have been at Ecclesia for 17 years now, and 7 of those years were spent with women trying to talk me into attending the women's retreat. I had every excuse in the book as to why I would not be able to attend. Excuses like; Women and I don't get along, the retreat is too expensive, the women of Ecclesia don't get along well enough for me to go, or I'm too young, etc.

I was about 25 years old when Danetter Owens finally got me to attend the retreat and I am proud to say that I have attended every retreat since then! The experience is unexplainable. Each time I attend, God gives me something new. When I tell you that what the Lord says to me while I am there is always on time, I absolutely mean that it is always on time. There has not been a time that I have attended the retreat that He has not visited me and spoken to my heart. I believe that is why Satan tries so hard to keep me from attending. I am extremely excited that our 15 year anniversary is coming up. My prayer is that more of our Ecclesia women would be in attendance so that they would be able to experience whatever it is that God may have for them.

To those who may say they haven't attended the retreat because they don't get along with women I would say this, "Don't forget that you are a woman." Not only are you a woman, but you're a Christian woman. We're required to love our brothers and sisters.

How can I say that I love my sister, but not have the desire to spend time with her or get to know her? To the person that says the retreat is too expensive, the women's ministry takes payments right after our retreat. You can pay \$20 dollars a month until the next retreat.

To the person who says that the women of Ecclesia don't get along, maybe God would have you there to be an example to other women and show how we should love one another, or maybe what you heard wasn't true and you'll get there only to find that the women of Ecclesia are pretty great. That is definitely what took place with me. To the young lady who may think she is too young to attend, that is something the enemy would tell you so that you wouldn't attend and experience all that God has for you!

Why should you attend? The worship is incredible. The bonding with your fellow sisters in Christ is incredible. The release of everything you've dealt with that week, that month, or even years prior is a feeling that can't be explained! Incredible! I challenge you to trust God and allow Him to do what He will with you at the retreat. If you have reservations, leave them at the altar and come and experience your Father like you never have before. I guarantee one thing, if you go with a heart of expectation, God will show up and show out! No one will ever have to ask you to attend another retreat! As for those who will be in attendance, let's get ready to have a praise party and hear what our Father has to say specifically to us.



# Time for Change Foundation PROVIDES HOPE

Since 2002, Time for Change Foundation shares a rich history with over 500 women and children whose lives we've touched. Our intertwined stories weave a remarkable tapestry of achievement, transformation, and challenge as we work effortlessly to bring hope to the lives of homeless women and children in the Inland Empire.

Today, female-led households make up 84 percent of the nation's homeless families. These figures, combined with the on-going elimination of jobs and career opportunities, illustrate the need for non-profit organizations like Time for Change Foundation to try to fill the gap by providing a safe, clean, home-based modeled dwelling for a family to be together while they work to repair their lives.

We teach our women specific skills to help them live independently: financial money management, job readiness, leading with strength, and the power of developing community support systems. Time for Change Foundation addresses the basic needs for the broken families with the intent to help them develop the skills for living positive lives. The transferrable skills are designed to give our clients the tools to

become self-sufficient, ultimately enabling them to return to the community and thrive.

The women and children come to us hopeless, and many leave as leaders in their own right who are empowered to make a difference in their lives as well as those around them. And we cannot take all the credit; it is through donations that we continue to thrive. We thank Ecclesia Christian Fellowship for your continued support. As you see, your support goes a long way in helping to shape the lives of our most vulnerable families.

*Visit our website at [www.timeforchange.org](http://www.timeforchange.org) to learn more about our agency. You can also find us on FaceBook and Twitter.*

**Time for Change Foundation provides essential resources through our programs and services to women and children who desire to change the course of their lives by making the transition from homelessness and recidivism to self-sufficiency. We accept all forms of donations; please call our office for more information at 909-886-2994.**



**"Helping Women Today, So They Can Help Themselves Tomorrow"**



# Why is Eating Fruit and Vegetables Important For Adults?

## WEIGHT MANAGEMENT

When combined with an active life style, eating a healthy diet rich in fruits and vegetables may help you manage your weight. Most are low in calories and fat, and may contain lots of water and fiber to help you feel full.

## REDUCES YOUR CHANCE OF GETTING SOME CANCERS

People who eat a healthy diet rich in fruits and vegetables have a lower chance of getting cancers of the pharynx, larynx, lung, esophagus, stomach, and colon-rectum. People who eat 2 ½ to 4 ½ cups of fruits and vegetables a day have a lower chance of getting many cancers.



## LOWERS RISK

Heart-healthy diets emphasize fruits, vegetables, whole grains and fat-free or low fat milk and milk products. They include lean meats, poultry, fish, beans, eggs, and nuts. They are also low in saturated fats, trans fats, cholesterol, salt, and added sugars. People who consume such diets are likely to lower their blood pressure and cholesterol and have a reduced risk of stroke and other cardiovascular diseases.

## REDUCES RISK OF DIABETES

Obesity and diet are strong risk factors for developing type 2 diabetes; so it is important to be a healthy weight. Get enough exercise and eat a healthy diet rich in fruits and vegetables every day.



## THE COLORS OF HEALTH

**Green**- Leafy greens, kale, spinach, asparagus, green peppers, broccoli, green beans, peas, brussel sprouts, okra, zucchini, green apples, green grapes, honeydew melon, kiwi and limes.

**Yellow/orange**- Carrots, summer squash, corn, sweet potatoes, butternut squash, pumpkin, yellow peppers, cantaloupe, grapefruit, lemons, nectarines, oranges, peaches, pineapples, apricots, mangoes, papayas and tangerines.

**Red**- Tomatoes, spaghetti sauce, tomato juice, red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, cranberries, and pomegranates.

**Blue/purple**- Eggplant, purple grapes, plums, raisins, blueberries, blackberries, purple figs, and dried plums.

**White**- Cauliflower, mushrooms, white beans, onions, garlic, parsnips, shallots, turnips, ginger, bananas, and pears.

## HEALTH BENEFITS OF PHYSICAL ACTIVITY

- Helps you look and feel great
- Gives you more energy
- Lowers stress and helps you relax
- Helps you get to and keep a healthy body weight
- Lowers your risk of type 2 diabetes, high blood pressure, heart disease stroke, and certain types of cancer
- Helps build and keep healthy bones, muscles and joints



# ANNUAL SENIOR RECOGNITION PROGRAM

by Barbara Sims

## September 26 @ 11:00am

This program is a birthday party for Ecclesia's Ambassadors (members that are 70+ years). We are thankful for God's grace to these individuals that have allowed us to benefit from their many years of experience.

The definition of Ambassador means the high ranking diplomatic representative by one country or government to represent it in another. We are all ambassadors of Christ representing heaven right here on Earth. Yet most often an ambassador is an elder person, one of many years of vast experience.

Such is the Senior Ministry of Ecclesia to organize and mobilize our elderly to represent Christ in our community, showing us what it means to mature in Christ gracefully and greatly.

You are invited to join us: Sunday, September 26, 2010 at 11am.





# In Celebration of Women



By Brenda Mackey

**September is National Women's Friendship Month.** This celebration was created by Kappa Delta Sorority in 1999. Leading up to this month, there has been an unusual flood of information in magazines, on television, and on the internet, designed to focus on the psychological and medical benefits of having women as friends. Many of us have heard other women, (and sometimes even ourselves say....."women just can't work together!". Often we tend to embrace and perpetuate this point of view.

Let's use this Friendship Month to examine the validity of this stance and arm ourselves with information designed to improve women's emotional and physical health.

On an emotional level, a landmark UCLA study suggested that friendships between women soothe our turbulent inner world, fill emotional gaps in

our marriage, and help us remember who we really are. Before this study was published, Dr. Laura Cousin Klein, Ph.D., now an Assistant Professor of Biobehavioral Health at Penn State University explains that, scientists generally believed that when people are stressed, they trigger a hormonal cascade that causes the body to either stand and fight, or flee.

New research suggests that women have more options than flight or fight. They found that when the natural occurring hormone Oxytocin is released in women, estrogen enhances the calming effects while testosterone actually decreases that effect. The famed Nurses' Health Study from Harvard Medical School found that the more friends women had, the less likely they were to develop physical impairments as they aged, and the more likely they were to be leading a joyful life. The results were so significant that research concluded that not having close friends or confidants was as detrimental to your health as smoking or carrying extra weight.

There is an unending stream of fascinating facts that can help define why we as women are generally more social, more community focused, collaborative, less competitive, and above all, why we need our girlfriends!

Let's Celebrate!!.....Submit a short essay, (300 words or less) on one of the subjects below:

- 1. What situation(s) have your girlfriends' helped you get through?**
- 2. When have they surrounded you with support or made you laugh, especially when you really needed to?**
- 3. How have female friendships made you a better person, feel prettier or relieved stress?**
- 4. How has a recently made friend enhanced your feeling of well-being?**
- 5. How have you repaid a friend's kindness, either back to that person or forward to someone else?**

Please submit your essay to Ecclesia's Administrative Office by September 15th or e-mail responses to [cornerstonescounsel@yahoo.com](mailto:cornerstonescounsel@yahoo.com). Responses will be reviewed by a panel of five and one will be chosen for print in our next Trumpet Newsletter.

Rules:

1. Consider other people's privacy
2. Anonymous submissions are o.k.
3. Submit no later than September 15, 2010



# COMMUNITY ACTION PARTNERSHIP OF SAN BERNARDINO COUNTY FOOD BANK

**Ecclesia Christian Fellowship** has been designated as a distribution site for USDA Commodities. These commodities often include bread, milk, eggs and juice. For a complete list of other distribution sites, please stop by the church office for a copy.

**Ecclesia Christian Fellowship  
Fellowship Hall  
1st Wednesday of each month  
1 p.m. to 3 p.m.**



# Seeking Mentors

Cornerstones Counseling in conjunction with Christian Counseling Service is seeking men and women interested in becoming mentors to 14-25 year old parents.

The process will include an 8 hour Mentorship Training class and background checks. You must be 18 years or older.

The time commitment is 1 hour per week for 6 months.

*For more information, please contact  
Brenda Mackey @ (909) 881-5551, ext 210*






# Hearts In Focus Women's Ministry

**Every 4th Saturday  
10:00am - 1:00pm in the Fellowship Hall**

This is YOUR ministry.  
See you there!

**EARLY RISERS  
PRAYER TIME**  
Are you an early riser?  
All early risers can come  
and meet the Lord in  
prayer with other  
early risers.  
Monday through Saturday  
in the Prayer Chapel  
building C-3 @ 6:00am  
Evening intercessory prayer  
every 2nd and  
4th Monday @ 6:00pm.



## Women in the Word

Thursday mornings  
at 10:00am in the  
Frazier Building,  
Room F206

**COME OUT FOR  
BIBLE STUDY AND  
FELLOWSHIP.**

See you there!



# LEADERSHIP ADVANCE

Friday, September 10,  
6:00pm - 9:00pm

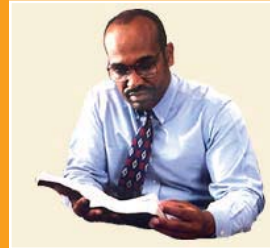
Saturday, September 11,  
8:30am - 5:00pm

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# MEN'S MINISTRY



On Tuesday nights  
at 7:00pm, room 204,  
Men's Bible Study  
**COME OUT FOR BIBLE STUDY  
AND FELLOWSHIP.**  
See you there!

# Cancer and Diabetes Group

Good news! We are starting a cancer and  
diabetes prayer/awareness group here at  
Ecclesia Christian Fellowship

We need both facilitators and participants.

*For more information, please contact  
Brenda Mackey @ (909) 881-5551, ext 210.*

## Young Adult Bible Study

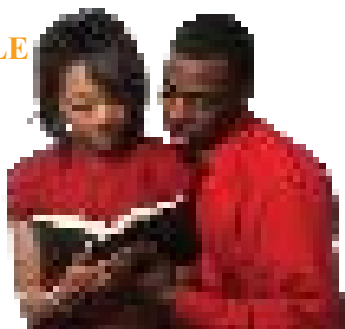
On Tuesday nights  
at 7:00pm,

Frazier Building  
Room F201

Ages 19 - 30+

**COME OUT FOR BIBLE  
STUDY AND  
FELLOWSHIP.**

See you there!



# CURRENT/UPCOMING EVENTS

Sept 10-11	<i>Leadership Advance</i>
Sept 25 @ 10:00am	<i>Wisdom From On High Luncheon</i>
Sept 25 @ 5:00pm	<i>Ecclesia Jazz Night (East Highland Ranch Clubhouse)</i>
Sept 26 @ 11:00am	<i>Ambassador's Senior Recognition Celebration</i>
Oct 16 @ 8:00am	<i>G.R.A.S.P. Singles Conference</i>
Oct 31 @ 4:00pm	<i>Hallelujah Night (Halloween Alternative)</i>
Nov 6 @ 6:00pm	<i>Call To Build COMEDY NIGHT</i>

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**If you are a business owner and desire to advertise your business for a fee, please contact Minister Robert Strong in the church office. (Ecclesia reserves the right to choose advertisements!)**

**ECCLESIA  
CHRISTIAN FELLOWSHIP**  
1314 Date St.  
San Bernardino, CA  
92404  
(909) 881-5551ph  
(909) 881-0199fx  
[www.ecclesiachurch.com](http://www.ecclesiachurch.com)