

September 2011

Volume 3, Issue 2



**A MESSAGE FROM A**

*Dear Friend*

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Hello City Temple! It's been far too long since I've submitted an article to The City Temple Times.

Oh, how I miss you so. Texas is hot as ever and the invitation to come for a visit is always open to you.

Mom wanted me to update you on some goings-on in my neck of the woods so please refer to the following few paragraphs.

**HISD Teachers Win Top Honors in KBR Science Awards**

Most people have heard of the "three Rs" as they relate to education: reading, writing, and arithmetic. But secondary science teachers in HISD are earning awards for "the seven Es": elicit, engage, explore, explain, elaborate, evaluate, and extend.

These seven steps are an integral part of the KBR Science Awards program, which was developed in 2009 as a partnership between the district's Secondary Science Curriculum Department and KBR, an international engineering firm headquartered in Houston.

Designed to recognize new and effective models of instruction that emphasize

the scientific method and critical thinking skills, the program challenges educators to create engaging lessons about earth and space science, force and motion, physics, and chemistry that are aligned to the state curriculum, using a framework based on the "seven Es."

While I was not the overall high school winner, I was named with eight other teachers who received a cash prize as a finalist.

**Nearly Teacher of the Year**

I was named 1st Runner-up as The Teacher of the Year at my school. I count it a true honor to be nominated by my peers for something that I overwhelmingly enjoy. I do not take their nomination of me lightly. James 4:6 reminds me that God honors the humble and I am truly enamored by the response of the faculty at my school.

Check out our website:

<http://hs.houstonisd.org/westburyhs/>.

Looking forward to hearing from you!

*Submitted by Mellonie 'Mell' Boyd*  
[mite1913@gmail.com](mailto:mite1913@gmail.com)

# A SUBJECT OFTEN SWEEPED UNDER THE RUG

By: Marcia Friend

*“Shhhhhh....Don’t you tell. Don’t you say a word. You’d better not say a word. If you say anything to your mother, she won’t understand and she might get hurt.”*

These were the threatening words of my childhood, unforgettably burned into my memory. Childhood sexual abuse irrevocably damages and changes the trajectory of a child’s life. Every aspect of your life is guided by the events of your childhood. Good or bad, your adult life is the sum total of all your childhood experiences.

For some of us, childhood was a nightmare and a horror. For me, the

monster that all children feared lived in my house. To live in expectation of the ‘next’ time something was going to happen planted the seeds of doubt and worry forever more into my spirit.

Spirit. It is what I believe is God inside of each of us. Your spirit is extremely resilient! For 11 years of my life, he tried to squash, smother, suffocate and kill my spirit—and he almost won! But God is so good! He has carried me for so long and continues to do so.

And that is the reason I write this article. Some of you know my story and my mission. I have, for quite some time, understood that God allowed me to experience my childhood as it was for a very specific reason—to minister to and be in fellowship with women of like circumstance; women who have also survived childhood sexual abuse (CSA).

To that end, I invite any/all women of City Temple or anyone you may know, to join with me to explore, support, nourish and encourage one another in this lifelong battle within. I am encouraged every day—even those days when I feel



so dark and down, days when I can hardly lift my head—to do the work and share the gift God has bestowed on me.

Beginning Friday, Oct. 7, I invite any woman courageous enough to step outside of her own fear into a sisterhood of hope. Please come out and join together as part of My Friend’s House and as sister survivors to gather in support of each other and in honoring each other.

If you are interested in joining, this will be a structured (but by no means rigid) program and a coming together of women.

Please always remember to be kind to yourselves and know that the shame is not yours!!!! For more information, please contact Marcia @ 410/500-6194.

## seeking fulfillment?...empty

response of one member to the spring church-wide institute

*Amazing Grace! How sweet the sound that saved a wretch like me! I once was lost, but now I'm found, was blind but now I see.*

I sang this song as a child. I sing this song today. But now I understand this well-known hymn to be a testimony of healing. The two physical experiences referenced in the song are metaphors for journeys to mental, emotional and spiritual wellness. Just ask anyone who has made unwise choices and has the scars to prove it.

I used to think that the “sound that saved” was music. I now understand that

the song of Grace is referring to “the Word”. We hinder or forestall fulfillment of our dreams, hopes or purpose by failing to understand the true meaning of a word. The cause of feeling unfulfilled may be the failure to empty out the garbage.

Let’s examine the word empty.

I confess that reading or hearing this word without any context initially conjures up notions of lack, absence, nothingness. A description - the adjective. There is another possibility, a call to action - the verb. I am investing resources with wise guides who are challenging me

to empty my garbage in order to make room for the blessings of fulfillment.

Why should we empty? In order to develop receptivity to “the good,” which will fulfill our ordained purpose.

What do we empty out? Our temple—our bodies, hearts, and minds.

What do we empty? Self-destructive behaviors and feelings: deceptions, denial, doubts, depression, anger, shame, blame, hatred, unforgiveness, and fear. Anything or anyone that hides, hurts, or hinders fulfillment.

Where do we empty? It depends. It may be the shredder, *continued on P3*

# seeking fulfillment

continued from **P2**

the therapist's couch, the city dump, the fireplace, a friend's shoulder, the altar. What is important is that the garbage gets put out.

How do we empty? It is a process: (a) identify the "stuff" in your life, (b) change thoughts and habits, (c) endure discomfort of the unfamiliar by practicing the presence of God, (d) celebrate discipline, and (e) believe you can—plant and nurture "mustard seed" faith.

When do we empty? Now is the moment to begin. The first step is to pray for mindfulness, discernment, courage, faith and gratitude.

Empty. Make room for the fulfillment of your dreams, hopes and purpose.

Submitted by Maxine B. Cunningham

# in our hearts & in our prayers

## Thoughts and Prayers Are With You

*"May God be ever at your side and grant that each new day will bring its gifts of brighter hours and caring thoughts your way." Numbers 6:24-25*

Louise Allen	Louis Henderson	Magruda Pitts
Virginia Anderson	Viola Henderson	Jayden Richardson
O'Neal Bradley	Sarah Holman	Mamie Riley
Ann Brown	Jim Ivey	Delores Royster
Annie Brown	Hugh Jackson	James Royster
Ellen Cherry	Jeanette Johns	James Ruffin
Murnell Cooper	Howard Johnson	Catherine Spencer
Thelma Crosby	Shirley Jones	Francis Spencer
Louise Dailey	Colleaner Lyons	Zeda Thrower
Decie Daye	Yvonne Mitchell	Lloyd Tucker
Julia Eason	Doris Minor	Bertha Wilder
Barbara Faulkner	Vanessa Moore	Michael Williams
James Gordon	Jennifer Ogunsola	Irene Woodland
Marian Grandison	Mildred Owens	Ann Woods
Walter Gray	Magaline Parker	Margaret Yates
Dora Hardee	Ruth Payne	Patricia Yeargin

# sunday morning puzzler

## UNSCRAMBLE THE BOOKS OF THE BIBLE

Unscramble the books listed below.  
Hint: There are 10 Old Testament books and 10 New Testament books.



douxse	_____	hisaa	_____
mahihene	_____	shweebr	_____
stac	_____	ecnrcslioh	_____
rhsete	_____	olhiemnp	_____
sapiipniplh	_____	mtisantolean	_____
eudj	_____	ytmtioh	_____
sasocnisl	_____	umahn	_____
peehisnas	_____	lahiamc	_____
snoram	_____	haobadi	_____
mlaesu	_____	nsocitihinar	_____

\*Find the answers on the back of the newsletter.



for these

City Temple

# BIRTHDAYS

### Answers to the Books of the Bible Scrambler

Exodus	Old Testament
Nehemiah	Old Testament
Acts	New Testament
Esther	Old Testament
Philippians	New Testament
Jude	New Testament
Colossians	New Testament
Ephesians	New Testament
Romans	New Testament
Samuel	Old Testament
Isaiah	Old Testament
Hebrews	New Testament
Chronicles	Old Testament
Philemon	New Testament
Lamentations	Old Testament
Timothy	New Testament
Nahum	Old Testament
Malachi	Old Testament
Obadiah	Old Testament
Corinthians	New Testament

### September

BERNICE HAMIEL  
 CHRISTINE JAMES MOORE  
 ELAINE RATHER  
 LANETTE DAVIS  
 OTIS THORNTON  
 PHYLLIS DAY  
 SHARONE SHACKLEFORD  
 SUSIE WILKINS  
 TONYA V. BROWN  
 VIVIAN CHALK  
 IRENE BROOKS  
 MIA ROBINSON  
 WILLIE SIMMONS  
 SYLVIA ASKEW  
 ELMER HALL  
 YVETTE CARTER  
 LOUISE ALLEN  
 DAVID RATHER, JR.  
 ADIA J. CRAWFORD  
 MORGAN THOMAS  
 ROSE IVEY  
 CHARLES DAVENPORT SR

### October

ADELE TAYLOR  
 CONSTANCE STITH  
 MARY WILLIAMS  
 ROLANDA ANDERSON  
 ROSE HAMILTON  
 CIARA ROYSTER  
 ANTHONY YOUNG

JACQUELINE R. MYLES  
 DARIN STEPNEY  
 DAWN THOMAS  
 SHAWN JACKSON  
 GREYOLIN BROWN  
 LYNN M. ANDERSON  
 W. C. STEWART  
 JOHN SHAW  
 KEITH WOMACK, JR.  
 MARTHA IVEY  
 DEXTER DIXON  
 KEITH WOMACK, SR.

### November

CAROLYN DU BOSE  
 HENRY T. WOMACK  
 VERA THORNTON  
 VIRGINIA RICE  
 VERNELL FULGHAM  
 ZEDA THROWER  
 GLORIA BROWN  
 TYRES JONES  
 LISA RICE-ROUNDTREE  
 KAREN E. BROWN  
 WILLIE ALEXANDER  
 DORETHA RICE  
 BEATRICE L. JACKSON  
 AMBER OGUNSOLA  
 KAREN MCCOY  
 VERNELL FULGHAM  
 DOROTHY L. HATCHER  
 BRIANNA JENKINS  
 DNYAH LYDE

### PUBLICATION DEADLINES

The deadline to submit any articles, pictures or other content for publication in our December 2011 issue is **Sunday, November 20, 2011.**

### THE TIMES ON-LINE OR BY E-MAIL

See the latest and past issues of The Times in color at <http://www.thecitytemple.org/times>. The Times can also be e-mailed to you. Send an e-mail to [times@thecitytemple.org](mailto:times@thecitytemple.org) to join our e-mail list!

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**Marcia Friend** - Swept Under The Rug  
**Maxine B. Cunningham** - Seeking Fulfillment?....