

A VIEW FROM THE MOUNT

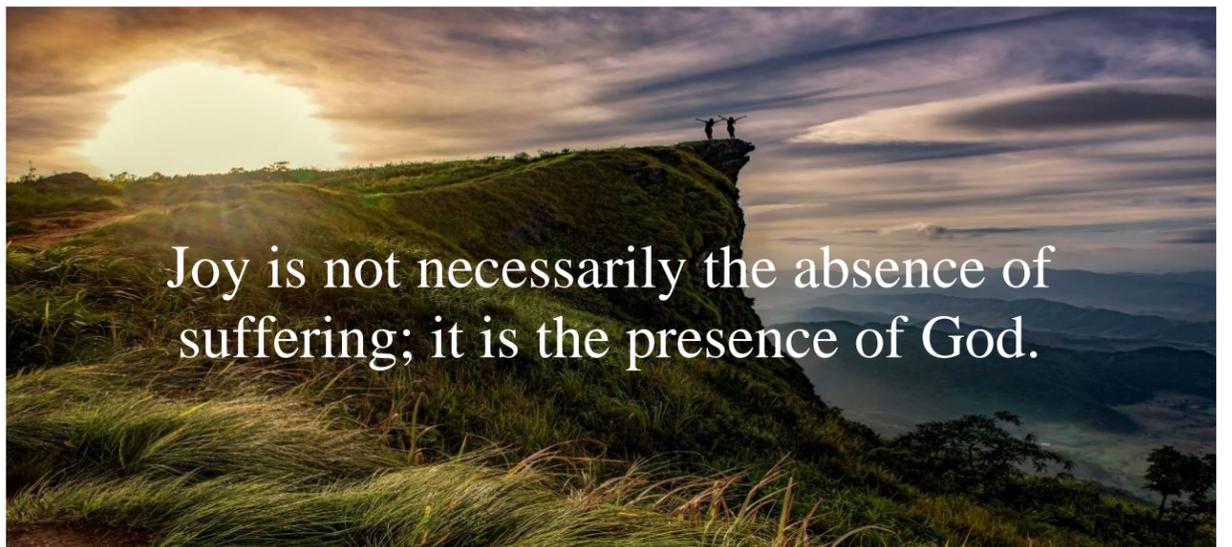
SPECIAL EDITION



Joy in the Lord!

In our previous issues, our newsletter focused on faith and peace. These two themes are undoubtedly challenged by surmounting pressures from the concurrent crises that we are now facing in our world from the COVID-19 pandemic, political unrest, racial injustices, economic strain and just living under the guidelines of the new normal. This issue, we will focus on joy. Webster's dictionary defines joy as "an emotion evoked by well-being, success or good fortune or by the prospect of possessing what one desires: delight." It also says joy is "a state of happiness or felicity." This definition suggests that only well-being, good fortune, possessions and success bring joy. We know that our joy goes deeper than possessions and good fortune. Our joy comes from knowing and loving the Lord and knowing that God will never leave us nor forsake us under any circumstances.

Our sins are ever before us, but our joy comes from knowing that we can come to God and ask for His forgiveness and He is faithful and just to do so. The Joy of the Lord is indeed our strength! There is strength to move forward when we mess up and there is joy in knowing that He loves us even when we mess up. Joy is knowing that when all is crumbling around you, Jesus has you in the palm of His hands and is right beside you. When you feel like you can't take one more day, joy is knowing that our heavenly Father won't give us more than we can bear. Even in the face of adversity, we can still smile because we know that God is in control. Let us continue to press forward by faith and find peace even in the midst of turmoil, pain and uncertainty. But can we experience joy in the face of difficulties? We certainly can! As we focus on joy in this issue, it is our hope that you also believe that you can experience joy in the midst of whatever you are currently facing and that you begin to experience this unspeakable joy. May the joy of the Lord be your strength as we press on until the day of our Lord's return!



Joy is not necessarily the absence of suffering; it is the presence of God.

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HAPPY CORNER

Five Ways to Maintain Your Joy

CASSANDRA THOMAS



1. Surround Yourself with Positive People: During moments of difficulty, talk with a friend or family member who can provide positivity and words of encouragement. “Rejoice always, pray without ceasing, in everything give thanks for this is the will of God in Christ Jesus for you.” – 1 Thessalonians 5:16

2. Change Your Perspective/ Develop a Positive Outlook on Life: Remaining optimistic in the face of uncertainty may be difficult for any individual. By looking for the positive in the most challenging situations, acknowledge the smallest sources of joy for which you are most grateful. “...Weeping may endure for a night, but joy comes in the morning.” – Psalms 30:5

3. Spend Time in Nature: Taking a walk in nature is a great way to clear your mind. Aside from its physical benefits, walking also releases endorphins in our bodies, which in turn, releases feelings of positivity. Walking for a few minutes a day assists in the release of hormones that produces happiness. “Now may the God of hope fill you

with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.” – Romans 5:13

4. Practice Self-Care: Engaging in activities that are relaxing, allows us to momentarily refocus our mind when experiencing moments of difficulty. “Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full.” – John 16:24

5. Trust in God: By relying and trusting in God, strength is cultivated. Resiliency, perseverance and an ability to overcome the most challenging adversities are also developed. “...Though now you do not see Him, yet believing, you rejoice with joy inexpressible and full of glory, receiving the end of your faith – the salvation of your souls.” – 1 Peter 1:8-9



Health and Temperance Corner

KEDEISHA FREEMAN

THE SEVEN PRINCIPLES OF HEALTH



It has been said repeatedly that “your health is your wealth.” However, good health does not come merely by chance; there is much to do to ensure that we are in the best of health. Along with kingdom that God has promised us, we are also promised a time of no sickness or pain. Surely, we all want that day to come but, we still have a responsibility to take care of our bodies (temples) while we wait for the return of our Lord and Savior. Thankfully, we have the seven principles of health to guide us:

1. Sunlight
2. Water
3. Fresh Air
4. Temperance
5. Rest
6. Exercise
7. Trust in Divine Power

Better health doesn't have to cost us anything because God has already provided, fresh air, water and sunlight. However, we must develop good nutritional habits, exercise, practice self-care, and ensure we get adequate rest. Nothing brings greater joy and happiness to your life than trusting in God, but we must also take care of our temple by using these principles. Having the confidence that God will take care of you no matter what the life hurls at you is the secret ingredient to a living a stress-free life.

Making an Impact During a Pandemic

CASSANDRA THOMAS

Matthew 25:34-40 (NKJV): “³⁴ Then the King will say to those on His right hand, ‘Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: ³⁵ for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; ³⁶ I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.’ ³⁷ “Then the righteous will answer Him, saying, ‘Lord, when did we see *You* hungry and feed *You*, or thirsty and give *You* drink? ³⁸ When did we see *You* a stranger and take *You* in, or naked and clothe *You*? ³⁹ Or when did we see *You* sick, or in prison, and come to *You*?’ ⁴⁰ And the King will answer and say to them, ‘Assuredly, I say to you, inasmuch as you did *it* to one of the least of these My brethren, you did *it* to Me.’”

During the Covid-19 pandemic, the Mount of Olives Community Service Department has been dedicated to providing to the poor, homeless and those underserved in the community with groceries required to supplement their basic needs. Through its food distribution programme, this relief effort creates a forum of love, compassion and understanding that is imperative in any ministry or evangelical work. An important element of this ministry is fellowship with the individuals with whom it serves, and volunteers often find that they are rewarded by personal contacts with individuals that have been marginalized by society. This human interaction, rather than the mere distribution of goods, is the essence of the Mount of Olives Community Service Department.

Patricia Lyne, coordinator of food distribution for the department, reports that for the month of July, “around 1,000 people” were served and provided with groceries in our local community. That includes 375 people served within the past week and 350 people served last week. Ms. Lynn states, “This is the work of the Holy Spirit. This is why I became a Christian. My mission is to help win souls for the kingdom.” In Matthew 9:37-38, Jesus informs his disciples that, “The harvest truly is plentiful, but the laborers are few. Therefore, pray the Lord of the harvest to send out laborers into His harvest.” One of the biggest obstacles reported in providing food for the community is the need for additional volunteers. With hundreds of people served on a weekly basis, the need for support is great. Rice and other non-perishable food items are also needed and in high demand. However, Ms. Lynn states that assistance is provided by the Northeastern Conference and volunteer support is received from Mount of Olives church members in addition to Hanson Place SDA Church where Ms. Lyne has frequently assisted with their food pantry.

For those who are interested in volunteering, the Community Service Department’s food distribution occurs ever Thursday from 10:00 AM-12:00 PM. Beginning Sunday August 9th, the Community Service Department is transitioning into providing fresh vegetables to the local community every Sunday.



Cherub Corner

I've got the Joy, Joy, Joy, Joy
down in my heart, (where!?)

Down in my heart, (where?),
down in my heart,

I've got the Joy, Joy, Joy, Joy
down in my heart, (where!?)

Down in my heart to stay.



SCRIPTURE OF THE MONTH

The Lord is my strength and
shield.
I trust him with all my heart.
He helps me, and my heart is
filled with joy.
I burst out in songs of
thanksgiving.

PSALM 28:7

Joyous News!



Congratulations to Mr. Michael Porter, Jr. and Miss Trenel Francis on their engagement! Wedding plans are set for 2021.

Congratulations to Victoria Cleveland who will be launching her own clothing line in Spring 2021! She has her own design company Cleveland Designs & Tailoring and has already had a showing at the Brooklyn Public Library May 2019. Victoria's designs have already graced the Red Carpet as she designed a dress for Holli Conway for the Tina Turner Broadway Red Carpet on opening night! She designs many of her own clothing as well. Look for her fashion line in 2021!



Wellness Corner

CASSANDRA THOMAS

Life will always have its fair share of challenges. From economic uncertainty, to health crises, to concerns about the welfare of our loved ones – anxiety, stress and depression can often feel like a dark cloud that is looming overhead. Joy has never been more needed than in the midst of this global pandemic. As Christians, it is important to develop joy in our lives, as it is necessary for the cultivation of our mental, emotional, physical and spiritual health. However, joy seldom happens spontaneously. As we go through the daily routine of life, there are so many things that are occurring around us that can cause us to drown in anxiety and worry. As a result, we are to live our lives in such a way where joy is sought daily. When it occurs, be grateful for it. When it doesn't, fight for it.

Joy is a gift from God that is readily available to all who seek it. It can be experienced in every season of your life, no matter the circumstance. Although joy doesn't come easy during trials, we can still experience it even in the midst of our struggles. By choosing to silence the negative thoughts of fear, doubt and worry and by placing your trust in God, you can experience joy on a deeper level than ever before. Nehemiah 8:10 states, "...For the joy of the Lord is your strength." Knowing whom God says He is and believing that God will do what He says He will, is the foundation of our faith. When we find true joy in the Lord, not only does it provide us with happiness and contentment, it is a source of strength in our lives. "The joy I have, the world didn't give me and the world can't take it away." – Shirley Caesar



PASTOR'S CORNER

DR. SEDNAK YANKSON

IMPLICATIONS OF THE REJECTION OF THE FIRST ANGEL'S MESSAGE IN 1844

And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, 7 Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters. (Revelation 14:6)

Our Prophetic Mission, as a Prophetic Movement, is the proclamation of the Three Angels' Message to prepare the world for the Coming of the Lord. The Remnant Church from its inception has been preaching the Three Angels Message since the 1840s. In the book, *The Great Controversy*, the prophet placed the First Angel's Message under the heading, "Warning Rejected." This indicates that the First Angels' Message is a warning, which was proclaimed but unfortunately rejected by the Christian world.

Here Ellen White states: "The first angel's message of Revelation 14, announcing the hour of God's Judgment, and calling upon men to fear and worship Him, was designed to separate the professed people of God from the corrupting influences of the world, and to arouse them to see their true condition of worldliness and backsliding. In this message, God had sent to the church a warning, which, had it been accepted, would have corrected the evils that were shutting them away from Him. Had they received the message from Heaven, humbling their hearts before the Lord, and seeking in sincerity a preparation to stand in His presence, the Spirit and power of God would have been manifested among them." GC 379

"But the churches generally did not accept the warning. Their ministers, who as "watchmen unto the house of Israel," should have been the first to discern the tokens of Jesus' coming, had failed to learn the truth, either from the testimony of the prophets or from the signs of the times. As worldly hopes and ambitions filled the heart, love for God and faith in his Word had grown cold, and when the Advent doctrine was presented, it only aroused their prejudice and unbelief...Multitudes, trusting implicitly to their pastors, refused to listen to the warning; and others, though convinced of the truth, dared not confess it, lest they should be "put out of the synagogue." The message which God had sent for the testing and purification of the church, revealed all too surely how great was the number who had set their affections on this world rather than upon Christ...In refusing the warning of the first angel, they rejected the means which Heaven had provided for their restoration. They spurned the gracious messenger that would have corrected the evils which separated them from God, and with greater eagerness they turned to seek the friendship of the world. Here was the cause of that fearful condition of worldliness, backsliding, and spiritual death which existed in the churches in 1844." GC 380

What are the implications of rejecting the warning of the First Angel's Message? The rejection of the First Angel's Judgment Hour Message led to the fall of the churches, the prophetic Babylon necessitating the

proclamation of the Second Angel's Message; Babylon is Fallen; "And here followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication (Revelation 14:8).

And then the Third Angel's Message; "And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb" (Revelation 14:9, 10).

And eventually leading to the fourth Angel's Message; "Come out of her my people." "And after these things I saw another angel come down from heaven, having great power; and the earth was lightened with his glory. And he cried mightily with a strong voice, saying, Babylon the great is fallen, is fallen, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every unclean and hateful bird. For all nations have drunk of the wine of the wrath of her fornication, and the kings of the earth have committed fornication with her, and the merchants of the earth are waxed rich through the abundance of her delicacies. And I heard another voice from heaven, saying, Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues" (Revelation 18:1-4).

The major implication of rejecting the First Angel's Message proclaimed by the Advent believers in 1844 is that the (Protestant) churches holding on to Papal dogmas, drinking the wine of her fornication, by rejecting the Angel's Message, the light from the throne of God, have fallen and become like their Papal mother, Babylon and now (all) invaded by demons; so God calls His sincere children still in Babylon out before the plagues are poured out. The time for the Remnant to proclaim the Fourth Angel's Message "Come out of her My people" is now before it's eternally too late!



CLERK'S CORNER

Church Is "U"

It is now for months since our Church transitioned online. It is not exactly what we envisioned church to be, but it has been wonderful! So far we have been able to:

- a. conduct Sabbath School and review Daily Lesson Study
- b. celebrate Holy Communion
- c. hold Wednesday Night Prayer Meetings, where we discuss the book, Last Day Events
- d. convene urgent Board Meetings
- e. mourn and grieve together at Memorials
- f. honor our graduates
- g. attend Conference Health and Wellness lectures
- h. host a fun night, that ended about 1:00am, and participate in many more meaningful activities.

However, I am sure you have recognized, that we couldn't do it without **"U"**. So we thank you for your dedication, and for making church the place where we are, and not where a building stands. Let's continue to worship in the beauty of His Holiness!



BEFORE YOU GO

Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are dirty
- after handling animals or animal waste

World Health Organization