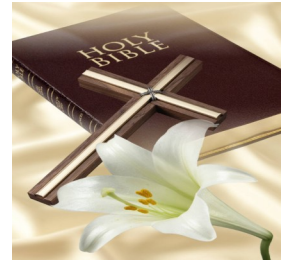


E-EMMANUEL

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EDITORIAL: LOVE IS A CHOICE

From very early in life, through the movies we watch, the conversations we engage in and the music that we listen to, we have been conditioned to believe that love is simply a feeling. As a result we allow our actions to be dictated by our feelings. We know however, that our feelings are the most inconsistent part of us as human beings—our feelings come and go therefore, we cannot base our relationships solely on how we feel at a particular time. This is a recipe for disastrous relationships.

The word love is a verb—something we do. Love is a choice. We choose to love or to refrain from loving. The life of Jesus is a clear example of His choice to love. He was laughed at, mocked, and crucified yet He chose to love [us]. He did not base His love for us on His feelings.

God has intertwined our love for Him with our love for others—if we choose to love God, we must love others. We don't love God because we feel like it—we love God for what He has done for us. Even when He doesn't come through as we expected, we still choose to love Him. Since we choose to love God, we also must choose to love others whether they have done us good or bad.

Love is a choice; choose to love—this Valentine's Day—and always!

*Sis. Dahlia Palmer
Chairperson, Communications*

FEBRUARY REMINDERS

February is Black History Month

- 13th Ash Wednesday
- 13th Prayer & Fasting
- 14th Valentine's Day
- 17th Open Air Meeting
(Cox Street)
- 20th-23rd JBU Convention
(Montego Bay)
- 24th JBU Closing Services
(National Arena)

Remember to pray for and visit with the sick and shut-in members of the church and in our surrounding communities.



Here is a list of our sick and shut-in members:

Port Maria Class: Sis. Audrey Maxwell; Sis. Emma Scarlette-Grant; **Trinity Class:** Sis. Inez Graham; Sis. Valerie Melbourne; Sis. Percuss Scott; **Mason Hall Class:** Bro. Thomas Bennett; Sis. Ivy Clemetson; **Stennett Street:** Bro. Archibald Henry; **Galina:** Sis. Daphne Reid; Sis. Violet Daley; Sis. Edwards; **Cox Street Class:** Sis. Georgina Peart; Bro. Lucan Scott; Sis. Adassa Reddie.

February Birthdays: May the love of God envelop you always!



Angella Salmon
4th



Simone Henry
7th



Lurline Israel
10th



Annette Tracey
11th



Codi-Ann Campbell
11th



Gwendolyn McPherson
13th



Janet Corey
14th



Jossett Burton
17th



Audrey Gabbidon
19th



Noel Johnson
22nd



Jhnealle Plummer
22nd



Hazel Allen
23rd



Violet Sewell
23rd



Mekelia Hibbert
28th



Sherlette Whilby
28th



Inez Graham
28th

ASH WEDNESDAY



Ash Wednesday marks the beginning of Lent. Lent is a forty-day period of preparation for Easter. It derived its name from the early ecclesiastical custom of putting ashes on the

heads of believers on that day, as a sign of penitence.

Ash Wednesday is a day that many Christians set aside to gather with other believers in Christ, to fast, pray and re-commit themselves to Christ.

As we spend time fasting and praying this will only serve to keep us focused on Christ, deepen our relationship with God and help to enrich the relationship with fellow believers.

Being Intimate Relationships make sense only in relation to the overall purpose of your life. If a person is unable to establish the essential purpose of his/her life, then he/she will find it difficult to bring focus to a relationship. The purpose of relationships is to help others become the best-version-of-themselves and for others to help you become the best-version-of-yourself. Every relationship, whether formal or casual, long lasting or fleeting, is an opportunity for people involved to further their essential purpose of becoming the best he/she can be. Therefore, the full and dynamic experience of relationship is dependent on a clear understanding of our purpose. Understanding our established purpose of life will determine how much we reveal ourselves to others—in relationships. Everyday, in many little ways, we say and do things that reveal something about who we are. Even the things we don't do and the things we don't tell, say something about us. Too often we spend our time and energy hiding our true selves from each other in our everyday general and personal relationships. We want to relate to another but we avoid it; we want it badly yet we run from it. At some deep level, we sense that we have a profound need to be close to others but we are afraid to go there because it will require exposing our secrets. It will require us becoming

intimate with another. Being intimate means sharing the secrets of our hearts, minds, and souls with another fragile and imperfect human being. Intimacy is not sex. Intimacy requires that we allow another person to discover what moves us, what inspires us, what drives us, what eats at us, what we are running toward, what we are running from, what silent self-destructive enemies lie within us, and what wild and wonderful dreams we hold in our hearts. To be truly intimate with another persons is to share every aspect of yourself with that person. We have to be willing to take off our masks and let down our guard, to set aside our pretences and to share what is shaping us and directing our lives. This is the greatest gift we can give to another human being: to allow him or her to simply see us for who we are, with our strengths and weaknesses, faults, failings, flaws, defects, talents, abilities, achievements and potentials. Intimacy requires that we allow another person into our heart, mind, body and soul. In its purest form, intimacy is a complete and unrestrained sharing of self. Intimacy is sharing the journey of ourselves with another. It is a mutual self-revelation that takes place gradually; cannot be rushed and can only be realized by the commitment of time.

From: [The Seven Levels of Intimacy](#) by Matthew Kelly

BLACK is our story; Black history—rich in our past and aspiring for a great future with God Almighty.

Condolence to Bro. Bruce Wedderburn who lost his father. Please remember to pray for him during this time of bereavement.



Commit to Praying

Did you remember to pray this morning?
Pray for:

- Rev. Oral Campbell and his family
- The Deacons of Emmanuel that they will be diligent in their leading and be exemplary in their communities
- Members of Emmanuel who are troubled by hurts and pains in life and relationships
- Members to engage in a deeper commitment to Christ
- The planned open air meeting scheduled for Cox Street

Let us present everything to God in prayer. Let us pray for each other so that we may be healed. The prayer of the righteous is powerful and effective (*James 5:16*).

Valentine's Dinner

The Zion Hill Baptist church presents a post-valentines dinner on Saturday, February 16, 2013 at the Zion Hill Primary School. If you can, please support this venture.

YOUTH FOCUS: In this day and age, there are so many things that we think we cannot live without such as cell phone, music, money, computer and the Internet. However, at the end of life, people hardly ever ask for these things; people make request for family, friends, and prayer. At the end of the day—ah at the end of life, people and God are what really matters. BUT, do not wait until the end of life to work on your relationship with your family and most importantly, your relationship with God. Now is the time!!

Thought:

The supreme happiness in life is the conviction that we are loved!

—Victor Hugo

We welcome your ideas and suggestions:

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