



EDITOR: GWENDOLYN C. WINSTON VOLUME 2 ISSUE 2



Rev. Donald K. Reed, Sr. Pastor

THE POWER OF GOD'S GRACE IN US!

The answer to many of our worries is simple: Grace.

"But by the grace of God I am what I am, and his grace toward me was not in vain. On the contrary, ... though it was not I, but the grace of God that is with me."

- 1 Corinthians 15:10

We have been taught that grace is defined as God's unmerited favor, but it is so much more. More importantly, grace is defined as the power that God willingly gives us to help us do what we could never do on our own. This divine assistance of God shows up as unmerited favor, mercy, compassion, acceptance, kindness, graciousness, and goodwill.

Additionally, this grace is the ability of God to place in us divine life and power. This God-given power flows through us and operates in us promoting supernatural power and ability for ministry and the setting apart for a sacred purpose.

How is God's grace in us?

As Christians, it is not our job to struggle and strive in order to be a good Christian, because scripture tells us to simply abide in the vine (John 15:4.) Jesus invites us to abide with Him, and God will impart to us daily, His soul-sustaining power through grace. We abide in the Lord as we continually believe and trust that Jesus is everything we need. God's grace allows us to be forgiven. It transforms our thinking and results in the renewal of our mind and heart. God's grace in us, empowers us to live the kind of life that God would like every one of His children to experience.

God's grace sustains us, wherever we are and whatever times / circumstances we are undergoing.

The answer to many of our questions during this life journey and worries is simple: Grace. God's Grace In Us!

Though our strength will fail, His strength will never fail. We know our salvation is established by His grace, our faith and our life are carried by His grace. We should also acknowledge that the Holy Spirit works in us and through us. We face each day with grace, all by the workings of the Father, Son, and Holy Spirit. Grace to live, grace to die to self, grace to persevere, grace to thrive. Grace to stand, grace to serve. God's gift of grace in us is so powerful, it brings an abundance of blessings. It fosters our endurance in the middle of the worst of circumstances. It allows us to say with Paul in every situation, "I can do all things in Christ"

How do I abide in Him?

Tips:

- Seek fellowship with those who strive to abide in Christ.
• Be humble. Don't be proud of anything, but make your boast in Christ alone.
• Follow the idea of FROG - Fully Rely On God. Think of that, then daily frustrations seem small.
• Read examples of people who are abiding in Christ.

Prime Timer, receive and use the power that God willingly gives us to help us do what we could never do on our own, use the grace in yourself!

Submitted by Ruthie Moore

We Prime Timers are very much aware of what has happened regarding Covid-19, and the impact it has had on family members, our friends, and us. Historically, on January 30, 2020, The World Health Organization (WHO) declared a Public Health Emergency of International Concern, and a pandemic on March 11, 2020.

In the past months, variants of the virus have surfaced. The Delta, Alpha, and Beta variants are reported as the most contagious. As of this writing, more than 223 million cases, and 4.61 million deaths have been confirmed worldwide; 41 million cases in the United States, and 659 thousand deaths, making it one of the deadliest pandemics in history. Our state of Georgia has reported 1.5 million cases, and 24 thousand deaths. THIS IS SERIOUS. I sincerely hope and pray that all of us have taken one of the COVID-19 vaccinations. Some of us have already taken a booster vaccine.

KEY THINGS TO KNOW ABOUT COVID-19, DELTA, AND MU VARIANT

- Getting vaccinated prevents severe illness, hospitalization, and death; it also helps reduce the spread of the virus in communities. With the Delta variant, this is more urgent than ever. The highest spread of cases and severe outcomes is happening in places with low vaccination rates.
- Data show Delta is different from past versions of the virus: it is much more contagious. Some vaccinated people can get Delta in a breakthrough infection and may be contagious. Even so, vaccinated individuals represent a very small amount of transmission occurring around the country. Virtually all hospitalizations and deaths continue to be among the unvaccinated.

In areas with substantial and high transmission, **CDC recommends that everyone (including fully vaccinated individuals) wear a mask in public indoor settings** to help prevent spread of Delta and protect others.

Now, the Delta variant continues to be the dominant COVID-19 strain across the world, with the Mu COVID-19 variant only making up less than 0.1% of global COVID-19 infections.

COVID-19 vaccination providers cannot:

- Charge you for the vaccine
- Charge you any administration fees, copays, or coinsurance
- Deny vaccination to anyone who does not have health insurance coverage, is underinsured, or is out of network
- Charge an office visit or other fee to the recipient if the only service provided is a COVID-19 vaccination
- Require additional services in order for a person to receive a COVID-19 vaccine; however, additional healthcare services can be provided at the same time and billed as appropriate

For additional information, please log on to www.cdc.gov/coronavirus



GET THE VACCINE!



WEAR A MASK!



STAY 6 FEET APART!



WASH HANDS OFTEN



USE HAND SANITIZER!

PRIME TIMERS JAN.—JUNE 2021
BIRTHDAY CELEBRATION



FEBRUARY BIRTHDAY

Kelsey Hannibal—17th*

APRIL BIRTHDAYS

Mrs. Catherine Starr – 4th

Ruthie Moore – 8th

MAY BIRTHDAYS

Mable Murphy – 2nd

Mable Williams – 2nd

Marilyn McCreary - 15th

JUNE BIRTHDAYS

N/A

JULY BIRTHDAYS

Frenda Norwood—24th

AUGUST BIRTHDAYS

Joann Prescott—24th

Ernest Quick—26th

*Omitted in January-March 2021

Newsletter. Our apologies



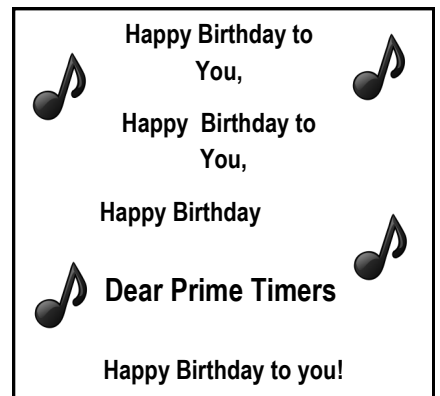
Front Row (left to right): Dianne Brooks, Myra Thrash, JoAnn Prescott, Linda Phillips , Mable Williams, Willa Collins, Ellawease Clemons, Rosa Burton

Second Row: Jeanette Crowder, Jocelyn Phillips, Joyce Fluker, Lois Peart, Marilyn McCreary, Randy Reid, Gwendolyn Winston, Ruthie Moore, Vicky Broughton, Linda Turner, Carlotta Cole, Denise Williams

Pictures not available: Sarah Norwood, Frenda Norwood, Pat Darby (Guest)

Other Prime Timers Members: Catherine Starr, Rosie Bivens, Georgia Wilson, Kelsey Hannibal, Mable Murphy, Mary Irvin, Angerla Turnipseed, Hattie Jackson, Ernest Quick, Rev. Bradley Watkins, Ann Watkins, Jack McLaughlin, and Marlene Newton

Prime Timers Members Birthday Luncheon Celebration was held in Lee Park on June 9, 2021 for members who celebrated birthdays between January 1, 2021 - June 30, 2021. Celebrants were given beautiful birthday cards, as is provided in the by-laws. There were 25 attendees. Our delicious lunch was prepared by Jason’s Deli.



Refreshing & Easy Recipes



CARROT DRINK

2 cups diced carrots

2 cups water

1 cup evaporated milk

OR 3 cups of whole milk instead of evaporated milk and water

7 tablespoons of sugar

¼ teaspoon nutmeg

1 teaspoon vanilla

4 cubes of ice

Add carrots to water in blender. Cover and blend for 30 seconds until carrot is liquefied. Strain and rinse blender. Pour strained juice back in blender and add remaining ingredients. Blend again and serve chilled.

Serves 6 persons.

Submitted by Lois Peart



QUICK & EASY BANANA NUT BREAD

Ingredients

1 - Box Duncan Hines Yellow Cake Mix

2 - Ripe Medium Bananas (Mashed)

2 - Large Eggs

1/2 - Cup Water

1/3 - Cup Canola Oil

3/4 - Cup Chopped Walnuts

Note: If using the Duncan Hines Butter Cake Mix, substitute the 1/3 cup of canola oil with 1/2 stick of softened margarine or butter.

Directions

Using a mixer, mash bananas in a medium mixing bowl until there are no lumps.

In a separate mixing bowl, dump all of the remaining ingredients, except the walnuts and blend with a mixer for 1 minute.

Add the mashed bananas and walnuts to the cake batter and blend for an additional minute. Pour into a 9 X11 glass pan, sprayed with cooking oil and bake at 375 degrees for 30 minutes.



EASY AND DELICIOUS CHICKEN AND RICE CASSEROLE

1 cup uncooked white rice

1 (10.75 ounce) can condensed cream of chicken soup

1 3/4 cups water

1 (1 ounce) package dry onion soup mix

4 skinless, boneless chicken breast halves

Directions

Preheat oven to 350 degrees F (175 degrees C).

Spread rice in the bottom of a 9x13 inch baking dish. Rinse chicken and pat dry; arrange chicken pieces on top of rice.

Mix soup and water together and pour over chicken and rice. Sprinkle dry onion soup mix on top. Cover and seal TIGHTLY with foil. Bake in the preheated oven for 1 to 1 1/2 hours. Enjoy!

LAUGHTER IS GOOD MEDICINE.

All of us can benefit from a good laugh, especially during these unprecedented times. King Solomon realized that laughter could enhance physical and mental health, as stated in Proverbs 17:22 - "A cheerful heart is good medicine, but a crushed spirit dries up the bones." Moods affect our immune systems and illness. Studies show that watching a one-hour humorous video or movie can help the immune system counteract viruses, bacteria, cancer, and heart disease.

The results of a recent study of senior adults anticipating viewing a one hour movie showed that depression was down 51 percent, confusion 36 percent, anger 19 percent, fatigue 15 percent and tension 9 percent. Right after the viewing, depression, and anger were both down 98 percent, fatigue 87 percent, confusion 75 percent and tension 61 percent. The conclusion was humor brightens life and affects health.

We can call this the "biology of hope." The Apostle Paul, emphasized hope in Romans 15:13, which states: "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. So Prime Timers, watch a funny movie,

SEENAGER

I JUST discovered my age group! I am a **Seenager** (senior teenager). I have everything that I wanted as a Teenager, only 55-60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best. The people I hang around with are not afraid of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared? And I don't have acne. Life is Good!

Also, you will feel much more intelligent after reading this, if you are a **Seenager**. Brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is **NOT** a memory problem; it's nature's way of making older people do more exercise. **SO THERE!**

I have more friends I should send this to, but right now I can't remember their names. So please forward this to your friends; they may be my friends, too.

Submitted by Georgia Wilson

COOKING VS DRIVING

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. 'Careful,' he said, 'CAREFUL! Put in some more butter!'

Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL!

You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!'

The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?'

The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'

STOP THIEF!

An elderly woman had just returned to her home from an evening at church service when she was startled by an intruder. As she caught the man in the act of robbing her home of its valuables, she yelled, "STOP! ACTS 2:38!" (Repent and be baptized, in the name of the lord, so that your sins may be forgiven.)

The burglar stopped in his tracks. The woman calmly called the police and explained what she had done. As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there? All the old lady did was yell scripture at you."

"SCRIPTURE?!" replied the burglar, "She said she had an AXE and TWO 38's!"



Good Nutrition: 10 Signs You Have It (www.fitday.com)

A good way to know you are getting good nutrition from your eating plan is to ask yourself how you honestly look and feel. A healthy eating plan will include lean proteins, grains, nuts, fresh fruits and vegetables, and healthy fats that provide enough calories to support your lifestyle. A balanced diet will not exclude any one food group.

A nutritional eating plan will supply all the essential amino acids, vitamins, and minerals that your body needs to feel and look healthy. Committing to an annual physical empowers you to make changes if necessary. Listed below are 10 signs that tell you that you are on the right track:

1. Healthy Cholesterol Levels

Because of genetics, some people can have more fats in their diet than others, so getting your cholesterol tested by a doctor gives you the confidence that your diet is right for you.

2. Blood Pressure Level

Many items in your diet, such as salt, alcohol, and potassium, can cause a rise or fall in blood pressure. You cannot detect unhealthy blood pressure entirely by the way you feel, but an annual physical will tell you if you need adjustments in your diet.

3. Healthy Weight

Being within a few pounds of the recommended height/weight charts lets you know that you are getting the right number of calories from the foods you eat. One of the biggest mistakes dieters make is not eating enough. If you live an active lifestyle, you cannot ignore the fact your body needs the right amount of calories to fuel your activities.

4. Healthy Skin and Shiny Hair

Healthy fats in your diet from foods like nuts, avocados, and olives give the skin and hair a healthy glow and shine, while lean proteins like chicken and turkey assist the body in cell growth and repair.

5. Clear Vision

A diet rich in fresh fruits and vegetables, instead of processed foods, keeps the eyes healthy. Foods with high sugar content cause swelling in the eye and impairs vision. Good nutrition also reduces your risk for developing AMD (age-related macular degeneration) that can lead to blindness.

6. Mental Alertness

The brain needs fuel to think. It burns about 10% of a calorie every minute. If you deprive your body of food by skipping meals, or not eating enough calories, you will feel physically tired and mentally foggy. Your ability to respond quickly and precisely in everyday situations will be impaired.

7. Restful Sleep

A diet filled with processed foods containing artificial ingredients, sugar, caffeine, salt, and white flour will not supply your body everything it needs to rest properly. The body will spend a lot of its resting hours processing sugars and empty nutrition.

8. Regular Bowel Movements

Fiber from grains, nuts, fresh fruits and vegetables, and adequate amounts of water help the body rid itself of toxins. The longer foods stay in the digestive system, the more calories and toxins can be extracted. This results in more weight gain and more damage from toxins from processed foods. Toxins in the colon need to be eliminated daily.

9. Good Muscle Tone

Lean proteins, eaten with every meal, provide a steady flow of amino acids in the blood system for the body to repair, build, and maintain healthy muscles.

10. Healthy Bones

Bone cells are constantly being replaced. Many vitamins and minerals must be present in your diet at the same time for the body to absorb the calcium from the foods. A moderate resistance training program three times a week, along with a balanced diet everyday, is the best assurance for strong bones.



BALANCED DIET

