



BEACON

SPRING EDITION

MESSAGE
FROM
THE
PASTOR

Children's Corner

ACTIVITIES

Recipes

Member's Profile

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Message from the Editor

Twenty twenty one is hailed as the year of hope and optimism. It is filled with endless possibilities. Only a short glance at 2020, and its tumultuous memories will overwhelm us and simultaneously highlights the resilience of man and beckons new beginnings. The year challenged us to explore new ways to communicate, to move from our comfort zones and to become familiar with new digital communication methods. 2021 must be a year of new things, adaptation, and the honing and perfecting our discoveries. It is therefore, with this hope and the guidance of the Holy Spirit that the Communications Department is pleased to present the first issue of the Beacon.

The first quarter was filled with many memorable events and we have featured as many as we can for you, our readers. We celebrate His love and mercies, His undeserved grace, His protection, and His provision during these unprecedented times. What a mighty God we serve! Like the Psalmist we cannot help but sing of His steadfast love and proclaim His faithfulness

One of the highlights of this quarter was the celebration of the new birth of three precious souls who began their walk with Christ through baptism. As each candidate went through the rite of baptism, shouts of praise reverberated. Sister Vigod expressed her joy with shouts of thanksgiving as she witnessed the new birth of her son. Sister McCalla sung beautiful renditions of well known hymns for the newly baptized members. Elder Keith Williams applauded them for the decision to accept Jesus as their personal Savior and encouraged them to remain faithful. He told them that it was the best decision they will ever make.

It is our desire that the newly baptized members will continue to study God's word, so that they will be able to withstand any attack of the enemy.

The pastoral staff and the church members are here to support them. We also look forward to their involvement in church programs and activities.

We will continue to present a newsletter that draws from a wide cross-section of the church. We are requesting that when an event is celebrated the departmental leaders submit an article to the Beacon. We look forward to your support in the form of poetry, recipes, testimonies, or any other contributions. We plan to feature more community highlights.

Please forward your articles or suggestions to any members of the Communications Department or email it to Mt.communications1030@gmail.com We look forward to suggestions and feedbacks. Thanking you in advance for your support.

V. Lyttle



Hope

What is hope? Is it a wishy washy maybe or a kind of positive thinking optimistic view that wishes something will happen? When you inquire of people what hope is, the general response falls somewhere in the range of, hope is “to wish for, to expect, but without certainty of the fulfillment; to desire very much, but with no real assurance of getting your desire.”

The Scriptures have a different view of hope. According to the Hebrew and Greek words translated by the word “hope” and according to the biblical usage, hope is an indication of certainty. “Hope” in Scripture means “a strong and confident expectation.” Hope is synonymous with trust and a confident expectation in the “not yet” and the “not seen”. Romans 8:24-25 For in hope we have been saved, but hope that is seen is not hope; for why does one also hope for what he sees? 25 But if we hope for what we do not see, with perseverance we wait eagerly for it.

Hope is the confident expectation, the sure certainty that what God has promised is true and will happen according to His will and way, therefore we pray with confidence “thy will be done on earth as it is in heaven.”

For the Bible believing Christian, hope is not static or a passive thing. It is dynamic, active, directive and life sustaining. I encourage you to take a concordance, look up the word “hope” and you will find reference after reference pointing out the active results of hope in the lives of those who truly have a biblical hope and live accordingly.

You will discover that hope for the Christian is not an escape from reality or from problems; it does not leave us idle, drifting or just rocking on the front porch. Our hope, based on God’s promises and His word, sets us up to live life to its fullest.

Hope impacts our perspective on life, it transforms us into a visionary for the kingdom, it elevates our thinking to the eternal while at the same time keeping us firmly grounded.



Photo by faris-mohammed

True Biblical hope encourages us to be our best on earth while keeping us heaven bound. Hope helps us to value ourselves as a child of God and influences the material things of this life that we place value on. There is a qualitative value to hope that takes us beyond the superficial so that we are not mesmerized by the “bling” of life but keep our eyes

focused on having that which will assist us on our journey to the kingdom.

Ultimately, hope will affect our discipleship! The hope that we have in Jesus will “compel” us to be a faithful disciple in all that we do. This hope is not an escapist fantasy that avoids the reality of this world but engages with the world with a transformative message that “Jesus is the way the Truth and the Life.” This hope empowers you with an enthusiasm for sharing the “good news” in word and in action. This hope is so transformative that you are never the same once you have been touched by it for it vaccinates you against the virus of sin and gives you power to live courageously to be all God has called you to be in Christ.

The hope that I write about today fills us with joy and peace; gives us strength and courage with a Holy Ghost

boldness; our confidence will have a supernatural quality to it for it comes from our hope in God and our capacity to endure to the end will know no bounds. So “on Christ the solid rock we stand all other ground is sinking sand!” God bless you as you hope in Jesus.



What is rheumatoid arthritis (RA)?

Rheumatoid arthritis, or RA, is an autoimmune and inflammatory disease, which means that your immune system attacks healthy cells in your body by mistake, causing inflammation (painful swelling) in the affected parts of the body. RA mainly attacks the joints, usually many joints at once. RA commonly affects joints in the hands, wrists, and knees. In a joint with RA, the lining of the joint becomes inflamed, causing damage to joint tissue. This tissue damage can cause long-lasting or chronic pain, unsteadiness (lack of balance), and deformity (misshapeness). RA can also affect other tissues throughout the body and cause problems in organs such as the lungs, heart, and eyes.

What are the signs and symptoms of RA?

With RA, there are times when symptoms get worse, known as flares, and times when symptoms get better, known as remission.

Signs and symptoms of RA include:

- Pain or aching in more than one joint
- Stiffness in more than one joint
- Tenderness and swelling in more than one joint
- The same symptoms on both sides of the body (such as in both hands or both knees)
- Weight loss
- Fever
- Fatigue or tiredness
- Weakness

What causes RA?

RA is the result of an immune response in which the body’s immune system attacks its own healthy cells. The specific causes of RA are unknown, but some factors can increase the risk of developing the disease.

What are the risk factors for RA?

Researchers have studied several genetic and environmental factors to determine if they change person’s risk of developing RA.

Characteristics that increase risk

- **Age.** RA can begin at any age, but the likelihood increases with age. The onset of RA is highest among adults in their sixties.
- **Sex.** New cases of RA are typically two-to-three times higher in women than men.
- **Genetics/inherited traits.** People born with specific genes are more likely to develop RA. These genes, called HLA (human leukocyte antigen) class II genotypes, can also make your arthritis worse. The risk of RA may be highest when people with these genes are exposed to environmental factors like smoking or when a person is obese.
- **Smoking.** Multiple studies show that cigarette smoking increases a person’s risk of developing RA and can make the disease worse.
- **History of live births.** Women who have never given birth may be at greater risk of developing RA. Early Life Exposures. Some early life exposures may increase risk of developing RA in adulthood. For example, one study found that children whose mothers smoked had double the risk of developing RA as adults. Children of lower income parents are at increased risk of developing RA as adults.
- **Obesity.** Being obese can increase the risk of developing RA. Studies examining the role of obesity also found that the more overweight a person was, the higher his or her risk of developing RA became.

Characteristics that can decrease risk

Unlike the risk factors above which may increase risk of developing RA, at least one characteristic may decrease risk of developing RA.

- **Breastfeeding.** Women who have breastfed their infants have a decreased risk of developing RA.

How is RA diagnosed?

RA is diagnosed by reviewing symptoms, conducting a physical examination, and doing X-rays and lab tests. It is best to diagnose RA early—within 6 months of the onset of symptoms—so that people with the disease can begin treatment to slow or stop disease progression (for example, damage to joints). Diagnosis and effective treatments, particularly treatment to suppress or control inflammation,

can help reduce the damaging effects of RA.

Who should diagnose and treat RA?

A doctor or a team of doctors who specialize in care of RA patients should diagnose and treat RA. This is especially important because the signs and symptoms of RA are not specific and can look like signs and symptoms of other inflammatory joint diseases. Doctors who specialize in arthritis are called rheumatologists, and they can make the correct diagnosis. To find a provider near you, visit the database of rheumatologistexternal icon on the American College of Rheumatology (ACR) website.

How is RA treated?

RA can be effectively treated and managed with medication(s) and self-management strategies. Treatment for RA usually includes the use of medications that slow disease and prevent joint deformity, called disease-modifying antirheumatic drugs (DMARDs); biological response modifiers (biologics) are medications that are an effective second-line treatment. In addition to medications, people can manage their RA with self-management strategies proven to reduce pain and disability, allowing them to pursue the activities important to them. People with RA can relieve pain and improve joint function by learning to use five simple and effective arthritis management strategies.

What are the complications of RA?

Rheumatoid arthritis (RA) has many physical and social consequences and can lower quality of life. It can cause pain, disability, and premature death.

• Premature heart disease.

People with RA are also at a higher risk for developing other chronic diseases such as heart disease and diabetes. To prevent people with RA from developing heart disease, treatment of RA also focuses on reducing heart disease risk factors. For example, doctors will advise patients with RA to stop smoking and lose weight.

• Obesity.

People with RA who are obese have an increased risk of developing heart disease risk factors such as high blood pressure and high cholesterol. Being obese also increases risk of developing chronic conditions such as heart disease and diabetes. Finally, people with RA who are obese experience fewer benefits from their medical treatment compared with those with RA who are not obese.

• Employment.

RA can make work difficult. Adults with RA are less

likely to be employed than those who do not have RA.

As the disease gets worse, many people with RA find they cannot do as much as they used to. Work loss among people with RA is highest among people whose jobs are physically demanding. Work loss is lower among those in jobs with few physical demands, or in jobs where they have influence over the job pace and activities.

How can I manage RA and improve my quality of life?

RA affects many aspects of daily living including work, leisure, and social activities. Fortunately, there are multiple low-cost strategies in the community that are proven to increase quality of life.

• Get physically active.

Experts recommend that ideally adults be moderately physically active for 150 minutes per week, like walking, swimming, or biking 30 minutes a day for five days a week. You can break these 30 minutes into three separate ten-minute sessions during the day. Regular physical activity can also reduce the risk of developing other chronic diseases such as heart disease, diabetes, and depression. Learn more about physical activity for arthritis.

• Go to effective physical activity programs.

If you are worried about making arthritis worse or unsure how to safely exercise, participation in physical activity programs can help reduce pain and disability related to RA and improve mood and the ability to move. Classes take place at local Ys, parks, and community centers. These classes can help people with RA feel better. Learn more about the proven physical activity programs that CDC recommends.

• Join a self-management education class.

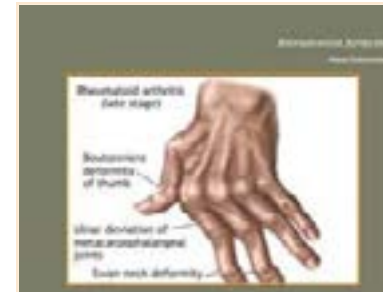
Participants with arthritis and (including RA) gain confidence in learning how to control their symptoms, how to live well with arthritis, and how arthritis affects their lives. Learn more about the proven self-management education programs that CDC recommends.

• Stop Smoking.

Cigarette smoking makes the disease worse and can cause other medical problems. Smoking can also make it more difficult to stay physically active, which is an important part of managing RA. Get help to stop smoking by visiting I'm Ready to Quit on CDC's Tips From Former Smokers website.

• Maintain a Healthy Weight.

Obesity can cause numerous problems for people with RA and so it's important to maintain a healthy weight. For more information, visit the CDC Healthy Weight website.



Paula Hamilton-Williams
<https://www.cdc.gov/arthritis/basics/rheumatoid-arthritis.html>



Faith

The things which we fear the most in our life's journey, sometimes are just the very things needed for us to make the changes necessary to fulfill our purpose.

Sometimes we go through storms in our lives and the longer we hold onto them, the stronger the storm becomes. There may be different types of storms, and they come in different ways such as financial, family, sickness, and many others. However, we must learn that with God's help we can ride out the storms.

All we need is faith and the belief that everything which happens to us is for a reason.

Storms are sent either to get us to deal with the sins in our lives or sometimes it is to equip us to serve the Creator, or to get our attention.



After each disappointment and heartbreak, we can make it if we try hard enough and with the help of God. Sometimes we are pushed to the limit because God has more faith in us than we have in ourselves. There

may be times when we may feel sorry for ourselves and ask, "Why does a loving God allow bad things to happen to

someone He loves?" It can destroy you or it can strengthen you.

The year March 2020 will never be forgotten, and it is one which no one has never experienced before. This Covid-19 pandemic has taken a toll on the whole human race globally, which affects most people socially, mentally, physically, and spiritually. Churches, Schools, and businesses were under a lockdown or under curfew. This has brought many people closer to God. Many people have died and left families hopeless and lonely without a loved one by their side, but God is in control.

Yesterday's failures and disappointments are most times tomorrow's success, therefore be not afraid of what life has to offer just have faith in yourself and trust in God and He will fight your battles for you if you allow Him to.

I am a true believer of destiny. We were all born with a purpose even though sometimes we drift from our true reason for existence and thus alter the desired outcome for our lives. Sometimes things happen to alter our purpose, and this is what gives rise to opportunities to examine ourselves and get back on track.

D. Trenfield



Elder Jamel Wilson

Tell me about yourself?



I was born in Jamaica, and raised by my grandparents who are Seventh-day Adventist Christians. They have taught me all the values of God. I am a man of few words and mostly keep to myself (The way I see it if I keep to myself the less, I will find myself in trouble). I was introduced to Mount

Olive Church by Sister Una Campbell and I have been attending ever since. I like helping others. I believe that our mission on earth is to help each other. I enjoy playing sports, love the outdoors but not a fan of the cold weather. God is my biggest influence and without him my life would not be the same.

How has Christianity influenced your life?

Christianity has shaped me into the man I am today. I have learned to interact with others and show them love even when they don't show the same love towards me. When you are a Christian, you think and you conduct yourself differently. Christianity has led me to see the world in different lenses. Things that I do and say reflects my walk with Christ.

How have you been witnessing for the Lord?

There are so much that words can do when it comes

witnessing. I try to live my life letting my actions go hand in hand with the words. I try to witness for God by the way I live and my actions. Telling people about God is one way. When you back up your words in action it makes a big difference. Helping those that needs help. When Christ was on earth, He did not only tell people about the kingdom of God, but He helped others through His actions. That is how I try to live by backing up my words with my actions.

How would you encourage young believers who are dithering to give their life to Christ?

I would encourage them to read their Bible, mediate on the God's word and pray consistently. Surround themselves with people who can uplift them spiritually. If they are not clear on something seek clarification from the pastor, elders, Bible workers, or any of the members. Attend Bible class and don't be afraid to ask questions. The Bible provides information which tells us about creation to the gift of eternal life. This life we are living in is not the final destination. For example, I have experienced the loss of my

"I have experienced the loss of my father at an early age, and I thought to myself, the only way for me to see my father again is to live this life for Christ."

father at an early age, and I thought to myself, the only way for me to see my father again is to live this life for Christ. There is life beyond this life and whether we believe it or not Christ is on His way back when He does which side will He find you on?

What are some of the programs/services that you would like to see implemented in the church for newly converts members?

Provide them with a spiritual guardian. Someone who will call and uplift them spiritually. Someone who the converts can call when they are going through challenges. Especially for the first year of their Christian walk. The devil always attacks the young ones the most. We should be mindful that some people have issues transitioning into the Christian walk. We need to look into having some form of funding and encouragement that focuses on helping



the newly convert members. We have converts who have found out about Christ and the importance of the Sabbath which is new to them. Some are accustomed to working on the Sabbath and now they have decided to take up the mantle and follow God's commands. Plenty of them may have to quit their job. It is our responsibility as a church to make sure their needs are met for them to continue the journey with Christ.

the newly convert members. We have converts who have found out about Christ and the importance of the Sabbath which is new to them. Some are accustomed to working on the Sabbath and now they have decided to take up the mantle and follow God's commands. Plenty of them may have to quit their

evangelism differently. This territory, this new land, new normal is our land. We were reminded that we cannot face this land with fear and trepidation. God will take care of everything.

As we examine this land in Deuteronomy 11, Moses describes the land with hills and valleys. We will encounter hills and valleys and there will be mountain experiences. God never promise us an easy road as we serve Him. As the song states "nobody told me the road would be easy". Things happen in our lives, but the Bible in Roman's 8:28 tells us that all things work for the good for those who love Him and have been called according to his purpose.

Trials are the means to develop our faith. We hate the process because it is a time of sorrow and despair. We must not be caught off guard when things happen. Give thanks in all things. Thank God for the hills and valleys because they drive us to our knees. These crucibles are what mold us and fashion our character that God wants us to have. Egypt was a land of hard labour. Moses told them that Canaan would be different. Canaan was watered. God told them that if they were obedient, He would send rain in its season.



On Sabbath, February 27, 2021, Pastor Michelle Clarke delivered an inspiring sermon entitled "This Land Is Your Land".

This sermon reminds us of the story of the children of Israel and their journey out of Egypt into the promise land of Canaan. Hoping to let go from their past, they drew hope, that one day that Canaan was their freedom. Freedom to worship God as was their custom. Freedom from fear. This land that they have sung about, is the blessed assurance.



Those who put their faith and trust in God, do not have to struggle like the world. We were reminded that we serve a God who said He will provide all our needs according to His riches in glory. God will make sure the rain falls on us if we seek Him and be faithful. His blessings will sustain us. God reminded the Israelites what He did at the Red Sea and that He will do it again. This land has not only hills and valleys, but Moses reminded them that God cares for His people. God's eyes were always on the Israelites and God's eyes are on us today. God sees all the hills and valleys we will go through. We may be cast down but not destroyed. As the song says, "His eyes is on the sparrow...", so we know God watches over us.

Francia Nibbs

This land was not like the land that they left behind, it was a land for them to solely depend on God. We compare this land to this new land we are facing today. This new normal. 2020 and beyond has taught us that we don't know what to expect. This territory is not what we are used to. Pastor Clarke mentioned that they are now preaching to pews, setting up online programs, and that we must approach

Mount Olive Baptism

“Then cometh Jesus from galilee to Jordan unto John, to be baptized of him. But John forbade him, saying, I have need to be baptized of thee and cometh thou to me? And Jesus answering said unto him, suffer it be so now: for thus is becometh us to fulfil all righteousness. Then he suffered him.” “And Jesus, when he was baptized went up straightway out of the water: and, lo, the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him: and lo a voice from heaven saying, “This is my beloved Son, in whom, I am well pleased” (Matthew 3:13-17)

members watching online were filled with gladness in their hearts for their new family members.

Pastor Frankie Lazarus gave a short charge of encouragement and then ended with prayer. Heaven and the Mount Olive Church will surely be there to encourage and strengthen each new member along the way. May your bond with Jesus grow day by day.

Precilla Hayles

Baptism is a ceremony in which one enters the family of God. It is a public profession of your faith and it also symbolically shows that you have been washed free of your sins by the sacrifice of Christ, which is His death and resurrection. Christ himself got baptized. However, not to wash away His sins, for Christ did not sin. But to show the great importance of this action and how much it means to the Father, He became the example, as shown in the above scripture.

The Father and the Holy Spirit made themselves noticeably present during the occasion; the Holy Spirit descended as a dove and the Father expressed His joy to His Son with the words “This is my beloved Son, in whom I am well pleased”. Just like how the Father and the Holy Spirit were present at Jesus’ baptism. They are present whenever any soul decides to take that step to a closer walk and to build a relationship with God. God’s heart swells with Joy and He says “this is my son or daughter with whom I am well pleased “.

It was no different on Sabbath March 20, 2021 when Lynette Turner, Victoria Daley and Theodore Vigod made the decision to take that closer walk with God. They said their vows to God and Heaven rejoiced as each person turned a new page. The deacons and deaconesses sung songs of praises as each person rose from the watery grave, and the Mount Olive



Photo by Jametlene Reskp

Mount Olive Children's Ministry

CONNECT TO GOD

The Children’s Day program which was celebrated on April 17, 2021 was for the children by the children. Each child played an important role in the production of the program. The children participated in roles that highlighted a small portion of their many talents, interests, and capabilities.

The day’s program began with a warm welcome from Gabriel and Khai Lennon. Throughout the program the online audience got the opportunity to hear from a few of our super prayers; Egypt, Ezraah, Sariyah, Malachi, Deandre, and Syrianna. Praying was an important part of the theme for the day. The children shared prayer letters read by Christian, Carmelo, Lia, and Kiara. Joshua, Emily, and Elias took us through our scripture readings. Our musical poetic features were presented by Avery-Ann, Alyann, Elijah, Olivia, Kaycee, Tamara and many more. The dynamic duo, Naima and Yasmin, brought us into our offertory reading which was shortly followed by Noah and Eryn who introduced our speaker. We had an engaging sermon that deals with the theme “Connect to God.” This sermon was presented by Micah Reid.

The overall message that was relayed to the children, their families, and all participants during our Children’s Day program, was to stay connected to God. In our sermon, important tools were mentioned to help each of us stay connected and get back on track when we feel we have lost connection. The sermon highlighted the importance of the fruits of the spirit and staying connected to the True Vine. We hope that the Children’s Day program was inspiring, uplifting, and captivating to all participants.

Mt. Olive Children

Living with Covid

When I signed up to work in the health field six years ago I thought I understood it all. I read about Influenza, Ebola and Sars, but never COVID-19. As a caregiver working in long term care its hands on care every day.


Last May, I was diagnosed with the deadly virus, COVID 19. I thought I was going to die because of how I was feeling at the time. Not knowing what to do, everything I was told by different people to do I did it. I got to a point where I was so depressed that I could not even pray or read my Bible that I have open on my bed. All my symptoms stopped after three weeks of testing negative, so I went back to work. To God to the glory!

After a few weeks, things started feeling differently. If going back to work was a good or bad idea at the time, I honestly did not know. My tasks got more stressful, and I started feeling fatigue to the extent that I did not want to go to work. I was having weird feelings. I did not want to talk to anyone, and I mostly kept to myself. I also noticed that I was having anxiety feelings very often and at times my coworkers had to calm me down.

I started having irregular heartbeats and heavy palpitations. This continued for months until one day I went to work and I broke down. I could not hold back my tears and I cried uncontrollably.

I am seeing a doctor for the symptoms that I am having even now. There are days that I am feeling high in spirit and days I am low. I also know that only God can fully heal my mind, body and soul. I am patiently waiting as I pray for total healing and I will take it one day at a time.

I want to thank my church family who was praying for me continually and for their encouraging phone calls. We know that God is the great Physician so let us continue to trust Him.



Geraldine Ann Marie Williams

Ninety Years and Counting

Ethel May Woolcock Wedderburn born in Westmoreland Jamaica reached a milestone on February 7th, 2021 when she celebrated her 90th birthday. We give thanks to the Father for this beautiful gift, our mom. For her 90th birthday celebration we had several video chats and a zoom meeting with children, grand, great grands, relatives, and friends. We celebrated this bundle of laughter packaged as a person. We celebrated her quick wittedness, her honesty, and the life lessons shared with us over the years.

of saving. My mother loves money and that was among her gifts for her birthday, because we knew it would make her happy. She would save her money and if asked, she never had any. But when anyone of us had a genuine need. Money would appear, money of all denomination and currency.



This milestone gave us an opportunity to look back over the years and appreciate some of the virtues she has instilled in us:

Make Jesus your best friend and confidante. He is faithful: Morning and evening, she sought His counsel, read His Word, talked to Him, and croaked out her songs of Praise. He provided the guidance and the wisdom for her daily walk, and at 90 and living with Dementia she continues to recite from memory many of the psalms that brought her strength and comfort over the years. She is a happy person when she worships.

Make the people of God your friends. Do not forsake the fellowship of the saints.: COVID 19 tried to rob her of her weekly fellowship with her Mt. Olive brethren; the concept of zoom may be foreign and unrelatable to her, yet she still looks forward to these weekly gatherings and occasionally when she recognizes a face, she will burst into smiles and laughter...she yearns to meet again with her church family.

Be a good steward: She did not entertain slothfulness or waste. She was frugal and industrious and as children we never felt less than our peers, she would ensure that we were well clothed and well fed. She always gave God the credit. She taught us good work ethics and being faithful to God.

Live peaceable with all men: I have never seen my mom in a quarrel. She is a peace maker. She places importance on maintaining good relationships and strong family bonds. This is evidence by the unity and bond among her children.

90th

Laughter is the best medicine: Mom has a sense of humor second to none. We were taught to laugh in good times and in difficult times and today we can even laugh at ourselves. She has a Jamaican Proverb to sum up and explain every and I mean every situation and usually it is one that have you "rolling" on the floor. Our home was full of laughter and our friends would tell us how happy it was to be in our home. Age has not dulled this sense of humor, on the contrary she has us in stitches every day.

As we celebrate her 90th birthday we are truly thankful that the Word of God could be so real to us. Our mother embodies the virtuous woman we read about in Proverbs 31 and we rise and call her BLESSED!

Happy Birthday with Love.

Every day we give you Thanks, Lord, for your blessings and for Honoring us with your gift, and we are Elated that you chose our family with this special Lady that we call mother.

We continue to praise you Lord for your

Eternal faithfulness and for your beautiful daughter. We see her, Dedication to your service and her Devotion and Enthusiasm to seek you daily and abide in your words. We are constantly, Reminded of your blessings that are, Bestowed on Us and that we need not fear but to Rely on your strength, Now and always.

Psalm 34:8
O taste and see that the LORD is good: blessed is the man that trusteth in Him.

Sandra Wedderburn

Children's Ministry

Jesus Is the Answer

God is good. The last mathematics topic was very challenging. I did not understand it well at first. I had to ask my mom for a lot of help. She always reminds me that "I can do all things through Christ who strengthens me".

Some months ago, I had to write a math exam. On the morning of the exam, I had forgotten all about it. Usually, I would study the night before. I was worried and I did not know what to do. My parents told me to quickly go over my notes and pray. After studying briefly, I prayed to Jesus and asked him to bring back to my memory the things I had just studied and learnt in the math unit. I also asked him to help me pass the test. I wrote the test and I got 81%.

I was thankful to God for allowing me to remember most of the things I had learnt before. God is always there to help us in our times of need.

Kaycee Williams



Children's Activity

The Kings from First and Second Kings

Here's a challenging Bible Word Search puzzle! We've used the names of the kings who ruled Judah and Israel in the books of 1 Kings and 2 Kings. Correction... One of these names actually belonged to a Queen. Do you know which one it is?

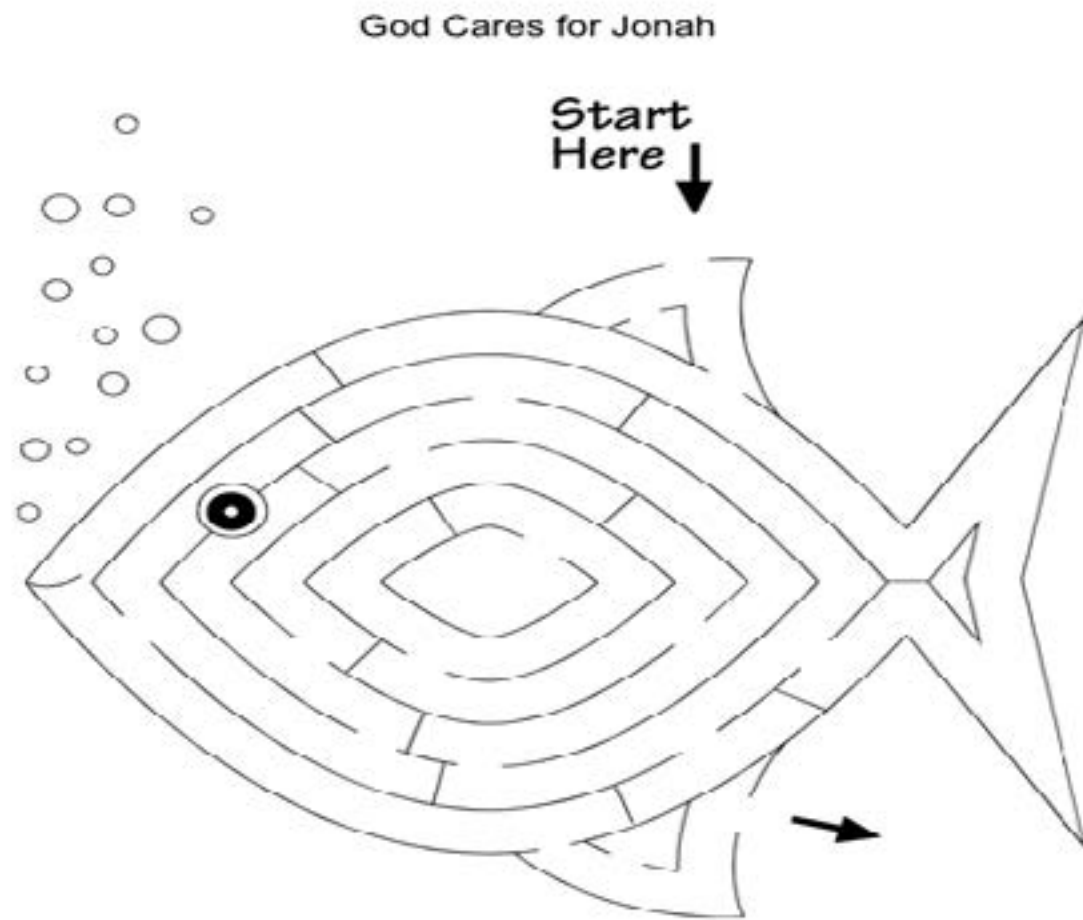


(Note: There were two kings each named Jeroboam and Ahaziah, but we've used these names just once.)

| | | | |
|-------------|-----------|----------|-----------|
| REHOBOAM | UZZIAH | ZEDEKIAH | JEHOAHZ |
| ABIJAM | JOTHAM | JEROBOAM | JEHOASH |
| ASA | AHAZ | NADAB | ZACHARIAH |
| JEHOSHAPHAT | HEZEKIAH | BAASHA | SHALLUM |
| JEHORAM | MANASSEH | ELAH | MENAHEM |
| AHAZIAH | AMON | ZIMRI | PEKAHIAH |
| ATHALIAH | JOSIAH | OMRI | PEKAH |
| JOASH | JEHOAHZ | AHAB | HOSHEA |
| AMAZIAH | JEHOAKIM | JEHORAM | |
| | JEHOACHIN | JEHU | |



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"But the Lord provided a great fish to swallow Jonah, and Jonah was inside the fish three days and three nights. From inside the fish Jonah prayed to the Lord his God. He said: 'In my distress I called to the Lord, and he answered me.'" (Jonah 1:17-2:1, NIV)

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YOUTH CORNER

**"For with God Nothing Shall be impossible."
Luke 1:37**

When someone knocks you down, just inhale or in other words just breathe. Allow God's spirit to infuse you with new hope and life. Believe who He says you are, not what others claim to make you feel bad for yourself. You are indeed the King's child; you must not submit to any negative situation or critical discourse; you must stand up! Steps to Stand Up: Don't believe what others say about you; believe who God says you are. Stop sitting with the negative people and start standing with the positive people. Let go of the past and take control of your destiny. Don't give up because you're "sick and tired of being sick and tired"... stand up! Don't let your fear of speaking up stop you from speaking up. God has not given you a fearful spirit, but has given you the strength, love, and a sound mind with which to express your dreams, visions, ideas, and thoughts. So, what if you stutter, mumble, or fall? So, what if you miss a mark on a speech or message? Find your own unique voice. Improve your diction. Improve the pacing. Work on your voice, presentation, content, and style. Get your voice heard! You can do this by praying and listening to God's leading and guidance. Being prepared of what you'll say and then practice speaking clearly, adopting a brave and courageous mindset, and

speak up and set an example for others to follow in your footsteps; Begin collaborating with those in your immediate vicinity. Looking up means taking the time to find a spot within you and around you where you can refresh your spirit. Make a deliberate effort. Take some time for your spiritual well-being. When all around you is dark and there is no light at the end of your despairing tunnel, always remember to look up! Feel unmotivated? Take a look up. Are you confused? Take a look up. You're surrounded by problems...and

you're depressed? Take a look up! Make it a habit to pray in a peaceful place on a regular basis. Talk to God as if He were your friend. Don't just sit around complaining about your problems; get up and go for a walk or drive. Listening is a meaningful gift of time and consideration you offer to another human. Don't let anyone take advantage of your gift. Define the limits. Being linked by marriage, friendship, or blood is not a free pass to be aggressive. Switch off the screen, social media or simply do not respond when you need to rest and refresh. Go somewhere peaceful and private to commune with God and be refreshed. Remember that prayer, which is a way of listening, is more than simply asking God what you want. It's also listening to God about what He wants; if you'll only pay attention, you will realize that God has wonderful plans for your life! Steps to listen up: Take one move at a time while coping with a crisis. Listen to God for direction on which steps to take. Be quick to listen, slow to speak, and slow to anger. Understand what the person is saying before you respond.

Check out more information at 10 Steps to Turning Your Life Around - Beliefnet.

- Kylie Bennett

SENIOR'S CORNER

Ask and it Shall Be Given

Photo by sue-hughes

Isaiah 65:24 “God promised that before we call He will answer, and while we are yet speaking He will answer us. Among the many times that I have experienced this promise, there is one that I have recounted and reflected on many times”. This promise has strengthened my faith and trust in God.

In this particular incidence some years ago, my car needed some work to be done on it. I just did not have the money to cover the cost. However, I got two estimates and both places quoted me the same price, which was a thousand dollars. As mentioned before, I was working, but did not have that kind of money. Not realizing that my heavenly Father had already taken care of business for me, I was thinking of ways to put the money together and praying that somehow things would work out.

I was home one day, and I decided to sort out a pile of mail that I had on my kitchen table. As I was doing that, I came upon one from the insurance company I was insured with. I was a bit annoyed wondering what they wanted, and said to myself, I hope they were not planning to increase my premium. Still somewhat upset, I proceeded to open the envelope, and to my surprise, there was a cheque enclosed for \$1200 hundred dollars. I was concerned, and although I needed the money, I was not about to spend it without verifying the reason for it. I called the insurance company and made my inquiry and received a satisfactory explanation. I was overjoyed. I was able to return my tithe and offering and had enough to fix my car.

Friends, even if it was not the full amount, I would still praise God. Believing if He sent me part of it, He would send the remaining portion. Our God promises us, that He will supply our needs according to His riches in glory.

Hebrew 11:1 says, “Faith is the substance of things hoped for, the evidence of things not seen”. Therefore, my friends, when we bring our cares to God, we must believe that He will take care of us. 1Peter 5:7 says, “We are to cast not some, but all our cares on Him for He cares for us”. Let us not forget that this is our Father’s world, all things are in His hands. He sees our needs even before we realize them and already, He has things worked out on our behalf.

Let us be strong in faith and trust Him always. As I leave this text with you, ponder the words. Hebrew 11:6 “But without faith, it is impossible to please God. For he that come to God must believe that He is, and that He is a rewarder of them that diligently seek Him”. What God has done for me; He will do for you. Only trust Him and He will grant you the desires of your heart.

Joyce Nembhard



operated, facilitates all communities, is located in Peel, and was not found anywhere in Canada five years ago.

February is generally celebrated as black history month in North America and the Caribbean. The idea to highlight and celebrate the accomplishments of people of Negroid descent was the brainchild of US historian, Dr. Carter G. Woodson, who in 1926 worked in conjunction with the Association for the study of Negro Life and History to promote the second week in February as Negro history week.



Shelly Challenger and Shari Yearwood

In 1976, President Gerald Ford officially recognized February as Black history month in the United States. In 1995, Jean Augustine, (Grenadian descent) in Canada, put forward a motion in the House of Commons for the official recognition of February as Black history month. The motion was passed and hence as black Canadians we continue to celebrate our heritage and accomplishments with the hope of inspiring others to be good citizens and realize their dreams. We have narrated three Canadians who have struggled and accomplished their goals. We hope that you will find our articles enjoyable.

What is 100 percent Christian-black owned and

Well, there may be many things that fit the description, but this article highlights one in particular. New Haven Funeral Centre Inc. If you live in the Greater Toronto area that name should ring a bell. This far-from-grim funeral home located at 7025 Legion Road in Mississauga, has its roots in the mind of Bishop Lennox Walker, O.D., lead Pastor of Praise Cathedral Worship Centre in Mississauga. He had the idea but not the license required by Ontario law. It was consummated when he found a willing and able surrogate in Shelley Challenger who was at that time employed as the first black Funeral Director in Canada. From vision to reality, the gestation period lasted two and a half years. The rest is an inspiring story of passion, breaking barriers, and changing the ambiance and culture of the funeral farewell industry.

Shelley Challenger was a pre-med student in the U.S. when her father passed away during her third year forcing her to return home to Canada to help plan the funeral service. While doing this, the manager of the attendant funeral home literally tapped her on the shoulder and suggested she would be a great help in the industry. She was polite to the insight but never thought much about it. After returning to school conflicting emotions began to arise about her career. It was after a career-like fair at her school, where many professions in medical science came to showcase their offerings, that she saw funeral services as a viable option.

Her Mom suggested praying about it when Shelley sought her guidance. She then contacted the funeral home that handled her father’s funeral and expressed interest and volunteered during the summer. Ms. Challenger began to discover that funeral directors were normal people. Subsequently, she enrolled in the Funeral Services program at Humber College where she met Ms. Shari Yearwood who is currently the Managing Funeral Director at New Haven.

Shari remembers fully engaging her senses as a child. Back then she attended many funerals with her parents and satisfied her curiosity by touching, feeling ‘funeral things’ and was very intrigued by the environment. She started the nursing program but switched to Funeral Services after one semester. After graduating she worked briefly in the industry. It was a near-death experience and the loss of her Mom that rekindled her passion in funeral services.

Today, there are many more visible minorities in the field of funeral services than were at the time Shelley started. Consequently, her family initially expressed reservation about her career choice. She was black, of Caribbean descent, and a woman. However, she had passion, enthusiasm, and determination which quickly helped to change in their mindset. Shelley and Shari were two of only four blacks in a class of about one hundred and twenty students. While the four black students excelled in school, there were no open doors in terms of jobs. Shelley remarked that potential employers were totally impressed in phone interviews but technically closed the curtains after seeing her.

She was undaunted and found a late internship. From there she climbed the ladder to management to become the first black to operate a funeral home in Canada in 2005. Much to their delight, more minorities are now entering the field and there is an increasing demand for more ethnic funeral directors. Both women are deeply interested in fostering and mentoring other directors who have a passion for funeral services. Shelley visits high school as part of a career development initiative to showcase funeral services as an option to young people and especially females since this is still a male dominated industry.

The New Haven Funeral Home’s grand opening took place on November 11, 2017. “Families in the GTA now have a funeral home they can trust to give their loved ones the funeral they deserve.” There is nothing eerie about this facility. On entering, one can expect to hear uplifting music and to be greeted by warm and friendly staff. The facility boasts a swanky 30,000 square foot contemporary elegant boutique style with four visitation suites, a majestic chapel, and reception facilities. It prioritizes faith-based services for all denominations. In addition to the physical attributes, there are qualitative factors: exceptionally professional and compassionate staff, pride in service

delivery, honesty, thoroughness and willingness to go the extra mile to make the experience most positive during a difficult time. For Shelley, one of the limitations of working under a corporate company was cutting through the bureaucracy to introduce new ideas. Now she is in the driver’s seat and enjoying the challenges.

Among other related services extended to patrons are: educating grieving families with respect to financial resources and giving them options. There is no reservation in sharing a wealth of knowledge with the community. For example, did you know that RRSP funds of the deceased can be used for funeral

expenses? Aside from licensed funeral directors, the team includes chaplains who offer grief counseling, last rites, mediation services, prayer, and pastoral support. The Centre also hosts receptions, cultural gatherings, provides concierge services, health, wellness/real estate and wealth seminars, insurance planning, estate planning, counselling, and anti-violence workshops.

According to these trail-blazing ladies, the industry is evolving in exciting ways. Noticeable changes over the past few years include:

- clients have the ability to customize funerals and make them feel personal for family.
- more Savvy clientele with higher expectations
- more ethnic groups entering the profession.

Just in case it sounds too good to be true, you can actually visit this place. Please visit the website of New Haven Funeral Services Inc. and be sure to call them if you have questions.

We congratulate New Haven Funeral Home Inc., its visionaries, and employees on making their distinctive mark as a fully Christian-black owned Company and for being a pillar of the community. We encourage the leadership to continue to strive for excellence and pray for their continued success.

Sandra Williams

The article is based on excerpts from an interview of Shelley Challenger and Shari Yearwood with Dr. Vibe on the Dr. Vibe Show, November 8, 2017

JUSTICE DONALD McLEOD



Hard Worker, devoted, dedicated, committed, driven, goal-oriented and humble are some of the attributes that can be used to describe Justice Donald McLeod. He fought for the rights of black people and achieved his goal of becoming an Ontario Judge

Justin McLeod was born in 1968 in London, England. His Parents had immigrated to England from Jamaica. In 1969 the family immigrated to Canada. His mother, a devoted Seventh-day Adventist, instilled in him the principles of a devoted Christian. They attended the Harvie Seventh-day Adventist Church now Toronto West and later the Toronto East Seventh-day Adventist Church, where he was an active member. These principles have propelled him to be a respectable person, husband, and father.

He is of humble beginning, he grew up in Regent Park and then in Scarborough housing communities, but never wavered from his longtime dream of pursuing a career in law. “I knew I wanted to be a lawyer from the time I was 10 years old,” recalled Justice McLeod. “When you’re young, you just know lawyers are pretty powerful. Living in an economically depressed area, people were fighting to get out and lawyers were some of the people helping them fight.” He further stated. His mother was a constant source of strength and motivation to him. She encouraged him from a young age to always do his best because hard work brings success, and she constantly reminded him of the importance of the gift of salvation. As a result of her persistence, he has coined the catch phrase “excellence without excuses.” He applauded his mother for the

examples she set for he and his sister in pursuit of their ambitions. At 17, he worked in the mailroom in McCarthy’s one summer and at two other law firms in consecutive years. In 1992, he was the first person involved in the African Canadian Court Workers Program, which placed him in the courts where he met many judges.

Justice McLeod said he wasn’t a very good student, but he always had an aptitude for law, was good at public speaking, and could carry an argument. He got a boost from student assistance, with the province providing a loan that helped him fund his education. He pursued undergraduate studies at McMaster University and upon graduation taught history, math, and music for a year at Crawford Academy before entering law school at Queen’s University.

In 1998, Justice McLeod was called to the bar and began practicing criminal law at Hinkson, Sachak in Toronto. He said, when he left law school, he was in the same chambers with Steve Hinkson, Nadir Sachak, and Justice Aston Hall and saw how they conducted themselves. They were very good mentors for him. He thinks there is a growing need for a Civil Bench and a Bench that understands the various ethnicities that come before it.

A few years after being called to the bar he founded his own firm, The McLeod Group, which had a strong focus on criminal, human rights, and administrative law. “I was friends with Johnnie Cochran and I kind of mimicked him – his firm was called the Cochran Firm and I called mine The McLeod Group,” he said. Following a successful 15-year career in the practice of criminal and administrative law, he was appointed as a judge of the Ontario Court of Justice on September 18, 2013, by the previous Liberal provincial government, was identified in federation communications, including its website, as a sitting judge and “allowed himself to be the public face” of the federation, the notice of hearing alleges. He presides in the Central West Region in Brampton.

Justice McLeod has been involved in many programs to support youth and African Canadians. He founded and chairs 100 Strong, an initiative for young and older black men to fund a summer school program for 12- and 13-year-old African Canadian boys.

“His Honour not only played a central role in the founding of the (federation), he was actively involved in its functions and served as the chair of the organization’s steering committee.” While law kept him busy, Justice McLeod made a point of giving back to the community. He worked with Ainsworth Morgan in creating youth organizations 100 Strong and Stand Up.

“(100 Strong) helps inner city kids – many of them come from Regent Park – and it works like a summer school where we assess students’ progress and follow up with them through their education,” McLeod said. “We’ll do things like taking the kids on a field trip to the Rogers Centre to go see the Blue Jays, but then they’ll also go to the back offices to see how the team is run. 100 Strong is geared toward African-Canadian boy. Stand Up is open to all boys in Grades 7 and 8. That initiative sees the students brought to George Brown College for a day to pair up with a group of black mentors.

“The mentors tell them how their jobs work,” McLeod said. “The students get to see what goes into those jobs and they can create their own networks through us.” Prior to his appointment to the Ontario Court of Justice last fall, McLeod also ran Black Robes, a mentorship program for other lawyers.

These days, the midtown Toronto area resident adjudicates out of the Brampton Court, dealing with a full case load. “It’s an interesting perspective, sitting there as a judge,” he said. “I realize the utility of sitting in the seat I’m sitting in, but it’s also an awesome responsibility.”

For his work, McLeod was awarded the Honourable Lincoln Alexander ’53 Award by the Black Law Students’ Association at York University’s Osgoode Hall Law School on Tuesday, Feb. 25, 2014. Prior to his appointment to the Ontario Court of Justice, McLeod also ran Black Robes, a mentorship program for other lawyers.

Justice McLeod’s Significant Accomplishments

- Successfully argued R v. Golden in the Supreme Court of Canada, 1999, intervening for the African Canadian Legal Clinic (ACLC). It was the case of a young Black

man who was strip-searched in public by police officers who were looking for drugs. He argued that there was a violation of young Black males and the dignity that is associated with being male, a young Black male by having such search done in a public area. He argued that this was highly discriminatory against Black individuals and that any abuse of this would be so degrading to Black people that it should never be done. This resulted in the Supreme Court changing the process of how it is that people are searched. The searches were turned into levels with level three being a more intrusive search that could only be done in certain places, certain times after certain information has been garnered by the police. It was no longer a right of first instance.

He also argued the case R v. Hamilton and Mason which put a social context to the fact that many of the people that were bringing drugs into Canada were women who were disenfranchised, marginalized, poor, subsidized, single mothers. The court was putting them directly into jail without taking into effect how easy it was to sort of compromise these normally law-abiding individuals and thrusting them into illegal activity.

His life as a public figure has not gone without controversy. Justice Donald McLeod has risen to challenges. He is one that young black people can emulate. He focuses on accentuating the positives and pursuing his passions to help black people especially the youths to set and achieve their aspirations. As one who has triumphed over adversity, he continues to be a role model and inspiration especially to black Canadians.

Justice McLeod’s Significant Accomplishments

The case, R v. Cunningham, looked at Black people coming into Canada from Jamaica on Flight 982. He did a survey which found out that Black people were eleven times more likely to be stopped and searched at the airport than their White counterparts. He hired a social scientist from York University who put together a survey which involved over 400 passengers. The results ended up making the front page of the Toronto Star on the Sunday before the trial started on the Monday. The trial was subsequently resolved but McLeod thinks that this was, in large measure, due to the social science evidence.

- Successfully argued in 2009 R v. Douse (Brampton Superior Court), a case that had to do with non-conscious racism in the Canadian judicial context. Using scientific data put together by Professor Brian Lowery of Stanford University and Scott Wortley of the University of Toronto questions were designed to examine whether or not persons had a bias.

Justice McLeod believes that race has always been something that was intelligent and could always be argued with scientific backing as opposed to just using empirical observation. Over the years, he has always allowed a scientific bent to a racial underpinning that he believes was definitely there within the courts. His endeavor was always to make it more of an issue of science, rather than just saying it.



V. Lyttle

Google.ca/Wikipedia/justiceMcLeod



Prep Time: 40 mins, Total Time: 40 mins

Ingredients

- ½ cup plus 2 tablespoons creamy peanut butter
- ¼ cup plus 1 tablespoon melted coconut oil
- ¼ cup plus 1 tablespoon maple syrup
- 2 teaspoons vanilla extract
- Heaping ½ teaspoon sea salt
- 2½ cups almond flour
- 2½ tablespoons maca powder, optional
- 1 cup vegan chocolate chips

Cacao Layer

- 1½ cups walnuts
- 2 tablespoons cacao or cocoa powder
- ¼ teaspoon sea salt
- 10 soft medjool dates
- 2 tablespoons water
- Flaky sea salt for sprinkling on top, optional

Instructions

- Line an 8x8-inch baking pan with parchment paper.

- In a large bowl, stir together the peanut butter, coconut oil, maple syrup, vanilla, and salt until combined. Add the almond flour and maca, if using, and stir to combine (the mixture will be thick). Fold in the chocolate chips and press into the pan. Place in the freezer so that it firms up a bit while making the next

layer.

- In a small food processor, pulse the walnuts, cacao powder, and sea salt until the walnuts are well chopped. Add the dates and pulse to combine, adding 2 tablespoons water if the blade gets stuck. Process until smooth, then spread onto the cookie layer. Sprinkle with sea salt if desired. Freeze for 30 minutes (this will help them firm up, making them easier to cut). Remove and slice into bars. Store remaining bars in the fridge

- These bars freeze well. To thaw, let sit at room temperature for about 15 minutes.

Benefits:

Vitamin E, Vitamin B3 (Niacin), Manganese, Magnesium, Zinc, Potassium, Iron, Calcium and Copper



Community Event Feeding the Homeless

Figuring out how to minister to others during this pandemic is certainly a challenging task. With all that is happening around us and the need to protect ourselves and our families; many of the ways in which we would typically go out and minister are now not valid. For the first year of Covid the Cousins' family stayed inside for the most part and did their best to keep safe in hope that the numbers would go down, lock down would be lifted and that life would go back to what it previously was, but as the weeks turned into months and the months into a year, they realized that they had to find ways to adapt rather than waiting for things to go back to normal.

This is when the Cousins and Cater's families began their ministry of preparing and taking food downtown to feed anyone who they met and wanted a hot meal. The first week that they went, they questioned whether or not they would be able to hand out all the food that they had brought and were very unsure as to the response that they would receive. They doubted

even though, before they left, they prayed that God would send the right people and the right locations. And He certainly did! The overwhelming response that they received testified of two things 1. God answers prayers and 2. All of us are called to minister through service.



They have been going downtown for over a month now and the impact in the community is evident. They also hand out Bibles, books, clothing, toiletries, pastries, bread and bedding to whoever needs. As they get to know the people that they serve and the needs of the community they are better able to serve them.



Seeing God work through something as simple as handing out a hot meal is the encouragement that they need to continue showing up and providing in the best way that they can for those who they meet.

Matthew 25:45

“He will reply, ‘Truly I tell you, whatever you did not do for one of the least of these, you did not do for Me.’”

Brittney Hayles

Meet Our Team

V. Lyttle

Grace Careless- Anderson

Adin McFarlane

Jerome Langley

Pricilla Hayles

Qadiym Stewart

Jason Owusu

Shayne Anderson

Elder Karl Brown

Elder Jamel Wilson

Contributing members: Elder Richard Barrett, Elder

Richard Austin and Brother Charles Nunes

to advance within a company.

Upon completion participants also get access to a paid job placement as well as training opportunities.

Eligibility:

- Ages 15-30
- Out of school and unemployed
- Resident of the City of Toronto
- Eligible to work in Canada

To register or for more information contact:

Tosin Adekanmbi

tosin.adekanmbi@jvstoronto.org

Call or Text: 647-543-6087

Ontario Conference Hosting

First-Ever Virtual Camp Meeting Tuesday, June 29, to Sabbath, July 3, 2021

Announcements

Mt. Olive SDA Academic Scholarship.

Deadline for application: May 18, 2021

Criteria

The Mt. Olive SDA Scholarship for Academics awards students \$500.00 for the year. It's open to two students in the Rexdale community who:

- Have demonstrated community leadership
- Have an acceptance letter from a college or university

How to apply:

- Write a 600 -word essay describing your community leadership experience.
- Write a 250- word stating what makes you a good candidate for this scholarship
- A letter of recommendation from your school
- A letter of recommendation from a community group Please send applications to the following email: Mountoliveeducation@gmail.com

Toronto Youth Job Corps (TYJC)

Provides participants with 5 weeks of paid employment preparation workshops and we are also open online.

Participants will get real-world experience identifying employment options, workplace skills, and learn how

Did you Know?

Question: What is the shortest chapter in the Bible?

Answer: Psalm 117 with only 2 verses

Question: What is the longest chapter in the Bible?

Answer: Psalm 119 with 176 verses

Question: As far as chapter count goes, which chapter is in the center of the Protestant Bible?

Answer: Psalm 118

Question: Which verse is at the exact center verse of the Bible?

Answer: Psalm 118:8

Question: What is the longest book in the Bible?

Answer: In terms of the number of chapters, it's the book of Psalms. However, in terms of the number of words in the Hebrew language, it's Jeremiah.

Question: Which of these men was not an author of at least one psalm?

Moses, David, Joshua, or Solomon

Answer: Joshua

Which of the Psalms is the only one that ends without some sense of praise to or hope in God?

Psalm 88 is the only psalm that ends without some sense of praise or hope in God.

Over what period of time were all of the Psalms composed?

The psalms were composed over a period of approximately 1000 years. Psalm 90 may be the oldest Psalm, written by Moses around 1450 B.C. before God's call to liberate the Hebrew people from Egypt.

The key word in the Psalms is "praise." It is used more than 200 times in Psalms compared with about 120 occurrences in all the rest of Holy Scripture combined.