

# EMBRACING CHRIST FELLOWSHIP CHURCH NEWSLETTER



*Come close to God, and God will come close to you. Wash your hands you sinners:purify your hearts, for your loyalty is divided between God and the world.*

James 4:8

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## Upcoming Events/Meetings

### March

4 <sup>th</sup>	Deacons Meeting	7:00 P.M.
6 <sup>th</sup>	1 <sup>st</sup> Wednesday Service	7:00 P.M.
8 <sup>th</sup>	Night of Worship	7:30 P.M.
9 <sup>th</sup>	Autmumn Care Visit	9:45 A.M.
9 <sup>th</sup>	MensWareHouse Bowling	6:00 P.M.
10 <sup>th</sup>	New Members Class	9:00 A.M.
12 <sup>th</sup>	Usher/Hospitality Meeting	7:00 P.M.
16 <sup>th</sup>	Ministers Impartation	11:00 A.M.
19 <sup>th</sup> -21 <sup>st</sup>	Spring Revival	7:30 P.M.
28 <sup>th</sup>	Maundy Thursday Service	7:00 P.M.
29 <sup>th</sup>	7 Last Sayings of Jesus Christ	7:07 P.M.
30 <sup>th</sup>	Easter Egg Hunt	TBD
31 <sup>st</sup>	<b>Easter Sunday</b>	

### April

1 <sup>st</sup> -4 <sup>th</sup>	Church Trip	
4 <sup>th</sup>	<b>Our Shepherds Birthday!</b>	
11 <sup>th</sup>	Leadership Meeting	7:00 P.M.
13 <sup>th</sup>	MensWarehouse	11:00 A.M.
13 <sup>th</sup>	The Hangout	6:00 P.M.
14 <sup>th</sup>	Mission Day	4:00 P.M.
19 <sup>th</sup>	Kingdom Woman's Conference	7:00 P.M.
20 <sup>th</sup>	Kingdom Woman's Ladies Tea	12:00 P.M.
30 <sup>th</sup>	HJ Ministers Academy	7:00 P.M.

## A Message from Bishop Michael L Frink

Greetings,

With exceeding joy, I greet you in the matchless name of Jesus Christ! I'm so grateful for the faithful hand of our amazing God! He never ceases to amaze me concerning His unwavering diligence to His children, especially towards us at Embracing Christ Fellowship Church!

Through the mighty hand of God, we at Embracing Christ have achieved 8 years of ministry! Before I share any other sentiments, I must recognize how incredible it is to celebrate our survival of many challenges, and obstacles through our seemingly short tenure of existence. My nostalgia will not allow me to forget how Embracing Christ started at the Dinnall's dining room table and has evolved into a full functioning ministry, that has experienced exceptional growth in countless ways. God is so GOOD!! In our pursuit to raise \$30,000 in 2023 for our Building Fund, God privileged us to be able to surpass our goal by more than \$4000. Again, I say God is so GOOD!!

As we move toward purchasing a property of our own, I am adamant about making prudent steps towards property ownership. I could easily tell Embracing Christ to invest money in a property right away, but I'm determined to guide us toward what's best, not simply better. Isn't that always God's goal for us? Doesn't Jeremiah 29:11 say, "For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope." This scripture is meaningful to me. Not just because God has plans for His children, but because in spite of our possible failures and mistakes, He's promised to still have a plan for me, to give me a future and a hope. So, Embracing Christ, stay encouraged! Our transition to a bigger and more feasible facility is not far off! Let's continue lifting up Jesus, and share God's love with humanity, and at just the right time, we shall occupy the promise land He's prepared for Embrancing Christ.

The Bible Says, "Anyone who puts a hand to the plow and then looks back is not fit for the Kingdom of God." So, keep your hands to the Gospel plow, and keep your eyes focused on what God has before us!

Excitingly Submitted,

Bishop Michael L. Frink

# 8<sup>th</sup> Church Annivarsary

## ENDURE



## Jumpstart Your Year With Prayer

Greetings All:

To the Saints and faithful brethren in Christ our Lord and Savior, and to all who read this article.

I greet you in the name above all names, Jesus Christ, our Lord, and Savior.

In recent weeks, Bishop Frink has emphasized the importance of prayer in our lives as sons and daughters of Jesus Christ, our heavenly Father. From my observations and spiritual encounters at Embracing Christ Fellowship Church, I genuinely feel that Bishop Frink is demonstrating the importance of having a personal relationship with God, which is developed when we take the time to grow our relationship through prayer.

Prayer can be defined as having a conversation with God. We take time to get to know him by praying with him. We get to know God in the ways we get to know each other. To build relationships with our friends, we make time to talk with them or meet with them, whether it is via text, phone, etc. In those conversations, we begin to voice and discuss what we like, what we need, and things that concern us, which they will only know if they hear it from a personal encounter with us. This helps in building rapport with other members of the body of Christ. By building rapport, we develop trusted friendships and relationships with our brothers and sisters in Christ, who can become confidants, mentors, etc. This is the same way our relationship is developed with God, except God already knows everything about us. He just wants to hear from us. Therefore, we build our relationship through confidence and trust in Him in the same way we get to know each other.

Knowing that the God we serve is our heavenly Father, who has promised to provide all our needs according to His riches in Glory, as found in the book of *Philippians 4:19*. Paul says, *“But my God shall supply all your needs according to his riches and glory.”* This scripture is a testimony from Paul to the believers in Christ Jesus that God will take care of His children.

When we accept Christ as our personal savior, we become His children. There are supporting scriptures that reveal some of the details of how much Jesus cares about us. One of my favorites is found in the gospel of *Luke 12:7*, which says *that even the very hairs on our heads are numbered*, but there is so much more. The entire chapter of *Luke 12* gives us more details about God’s concern and care for us. This chapter helped me understand that He cares so much about His children. This speaks volumes about how much God cares about us, and even more convincing is that He chose to send His only son, His only begotten son, to die on the old rugged cross so that whosoever believes in him would have life and life more abundantly.

As we continue to explore the importance of prayer, I want to reference the Lord's prayer, which is the model prayer in which Jesus taught His disciples how to pray. I want to expand on it further by referencing something I read in the book, ‘Chosen.’ The author explained that the Lord’s prayer is a template, a guide that ushers us into the presence of God. It gives us a place to address all our needs to God. I included the template in this article. My prayer is that we all may use this template as a starting point as we continue to grow our relationship with God.

*Our Father in heaven*

My father, who is on his throne in heaven, ruling seeing, all-knowing, all-loving, holding everything together with your words...

*Hallowed be your name*

You are holy. You are king of the universe and set apart in my heart as lord.

*Your kingdom come, your will be done*

Bring about your good plans, God. Multiply your kingdom in the hearts of men and women, and use me for your purpose. Your ways are higher and better than mine. Your ways are eternal in scope and intricate and beautiful beyond measure. Do your will, God, and let me see it and be amazed.

*Give us this day our daily bread.*

I pray for provisions today, Lord. Would you direct my steps and give me faith and strength to follow you? Calm my heart---my needs are great---too many for me to meet and too overwhelming to face alone. Be faithful to your promise to provide, Lord. You know what I need, and because I’m seeking your kingdom, God and you must “add all these things to [me] as well.” You’ve promised provision in Jesus’ name. thank you that you never lie or change.

*And forgive us our debts, as we forgive our debtors*

Father, forgive me for being afraid all the time, forgive me for doubting your faithfulness. Forgive me for persisting in greed and impatience and selfishness. Wipe my heart and mind clean, Lord, that I would again be pure like white snow. Make me like Jesus, the author and perfecter of my faith. And because of your great love for me and your forgiveness and grace, please help me to forgive others.

Oh, that I would hold no grudge or judgment. Lord, but that I would extend grace as you do because of you and by your power.

*And lead us not into temptation, but deliver us from evil.*

Protect me going forward, Lord. Help me to see the pitfalls, the lies from the enemy, along with my safe passage out. You are good, God. I love you. I serve you. I follow you. Amen.

### ECFC PRAYER SCHEDULE

Evangelist Ola Samuels-Prayer Ministry Leader

2 <sup>nd</sup> & 4 <sup>th</sup> Sundays	9:00 AM-9:45 AM
Wednesday’s	6:30-6:55 PM
<b>Conference Call</b>	
Thursdays:	9:00 PM
Conference Call#	1-605-468-8717
Access Call #	125041

*And lead us not into temptation, but deliver us from evil.*

Protect me going forward, Lord. Help me to see the pitfalls, the lies from the enemy, along with my safe passage out. You are good, God. I love you. I serve you. I follow you. Amen.

I can testify that according to James 5:16, the effectual, fervent prayer of the righteous avails much before God. In other words, it ushers our prayer request right into the presence of God. And then we, according to *1 John 5: vv.14-15*, said it this way, *"14 And this is the confidence that we have in him, that, if we ask anything according to his will, he heareth us: 15 And if we know that he hears us, whatsoever we ask, we know that we have the petitions that we desired of him. Additionally, II Chronicles 7:14 reminds us that God said, "If my people who are called my name will humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land." Finally, my yokefellows in Christ. According to Matthew 17:20-21, we must include fasting and prayer for the mountain to move.*

Amen. May God continue to strengthen you. My closing prayer is that these words will push us into the jumpstart for the New Year of 2024. I hope you had a Merry Christmas, and may you all have a peaceful, prosperous, and blessed New Year.

Evangelist Annie Hewett

## What's Happening at Embracing Christ

EMBRACING CHRIST FELLOWSHIP CHURCH  
**SPRING REVIVAL**  
Something New Is Coming Forth  
ISAIAH 43:18-19  
**THE PREACHERS**  
PASTOR EDWIN SUTTON (WILMINGTON, N.C.)  
PASTOR BRANDON FRAZIER (MYRTLE BEACH, S.C.)  
PASTOR CAMERON HANKINS (ROSE HILL, N.C.)  
MARCH 19-21, 2024  
7:30 PM NIGHTLY  
BISHOP MICHAEL L. FRINK, SENIOR PASTOR  
5051 NORTHSIDE DRIVE | CHARLOTTE, NC 28470

THE HANGOUT  
IT'S HAPPENING AT THE HANGOUT!!!!

The Hangout Ministry is a spiritual haven created for youth and young adults to encounter God in a relatable way. This encounter is not a service, but a Hangout! During this gathering, it's very informal and facilitated in a way that is interactive. Those in attendance will experience worship, encouraging words, games, music, food/drinks and everyone's favorite, "Open Mic."

EXCELLING AS A KINGDOM WOMAN  
SPEAKERS  
Host Lady Tatyana Frink  
FRI - SAT  
Apr 19th-20th  
7:00 PM - FRI  
12:00 PM - SAT  
LADIES TEA WILL BE HELD ON SATURDAY CBIA TICKETS ARE \$15.00.  
5051 NORTHSIDE DR, CHARLOTTE, NC 28470  
DANIELLE GLAZE (Friday)  
CHRISTINA FULLWOOD (Saturday)

THE LAUNCH  
of EMBRACING CHRIST YOUTH BIBLE STUDY  
WEDNESDAY  
FEBRUARY 21, 2024  
7:00 PM  
5051 NORTHSIDE DRIVE | CHARLOTTE, NC 28470

MINISTERS IMPARTATION  
FOR EMBRACING CHRIST FELLOWSHIP CHURCH  
MINISTERS ONLY  
SATURDAY | MARCH 16TH  
BEGINS PROMPTLY AT 10:30 AM LUNCH WILL BE PROVIDED



**The Outreach Ministry is in need of the following:**

Body wash/soap oil  
Chap stick  
Conditioner  
Dental floss  
Deodorant  
Hairbrush  
Hair Comb  
Lotion  
Mouthwash (small bottles)  
Nail Clippers  
Nail file  
Razor  
Shampoo  
Shaving cream  
Small mirrors  
Toothbrush  
Toothpaste  
Ziplock bags (large)

**The Bereavement Ministry is in need of the following:**

Toilet Paper  
Paper towels

Whatever you can give will be greatly appreciated!

God Bless!  
Care Ministry Team

Service Times

Sunday:  
Morning Manna  
1<sup>st</sup> & 3<sup>rd</sup> 9:00 am

Prayer  
2<sup>nd</sup> & 4<sup>th</sup> 9:00 am

Worship Service  
10:00 am

Wednesday:  
Prayer  
6:30 pm

Bible Study  
7:00 pm

**HEALTH TIP**

Blood pressure is the pressure of circulating blood against the walls of blood vessels.

1.Reduce sodium (Avoid processed foods): Where there is salt there is water, which increases circulating volume. Increased circulating volume increases blood pressure.

2. Reduce stress: The body releases increased amounts of hormones that increase heart rate and narrow blood vessels. These actions increase the blood pressure.

3. Regular exercise: Makes the heart stronger; a stronger heart pumps more blood with less effort. This decreases blood pressure.

4. Weight management: Extra fat increases vascular resistance, as well as the work the heart has to do to pump blood throughout the body. This activity causes an extra strain on the heart causing the blood pressure to increase.

5. Quit smoking / Nicotine use: Nicotine causes veins to constrict which increases blood pressure (Narrowed blood vessels causes increased pumping from the heart, and increases the pressure on vessel walls).

6. Drink less alcohol: Alcohol increases hormones that cause vessels to constrict. Constricted vessels cause elevation in blood pressure.

7. Healthy eating: Eating foods high in fiber help with vasodilation (widening of blood vessels) to decrease the blood pressure.

8. Avoid caffeine: Caffeine releases more adrenaline, which increases blood pressure.

9. Practice healthy sleep habits: During normal sleep blood pressure decrease. Having sleep issues means your blood pressure stays elevated for longer periods of time. Just laying down without stimulation decreases blood pressure.

10. Stay hydrated: Dehydration constricts blood vessels causing high blood pressure.

Drinking 60 to 80 ounces of water daily helps to maintain hydration status.

High blood pressure is the leading cause of heart disease and stroke. About 7.5 million Americans, which is one out of three adults have high blood pressure.

Sis. Tashita Parker  
Church Nurse

Interested in serving at Embracing Christ? Please reach out to Sis. Stephanie Hill or send an email with your name, phone number and the ministry that you are interested in to: [embracingchristministry@gmail.com](mailto:embracingchristministry@gmail.com)