

# COC LETTER

Newsletter from the Jamaican Church

COC LETTER | WEBSITE: [www.cocjamaica.com](http://www.cocjamaica.com) | EMAIL: [newsletter@cocjamaica.com](mailto:newsletter@cocjamaica.com)

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## YOUR LABOUR IS NOT IN VAIN...

### QUOTATION OF THE MONTH.

*"Faith isn't faith until it's all  
you're holding on to"*

### WORLD NEWS



First Black President for  
U.S.A.  
Pres. Barack Obama

**D**o you get weary? Discouraged? Burnt out? Do you feel unappreciated? Of course! All Christians do at some time or the other. As we look toward the opportunities and challenges of year 2009, here's a little encouragement for you from the Apostle Paul:

*Therefore, my beloved brethren, be ye steadfast, unmovable, always abounding in the work of the Lord, forasmuch as ye know that your labor is not in vain in the Lord. -- 1 Corinthians 15:58 (KJV).* Let us examine the key phrases in the passage:

**My beloved brethren.** Paul speaks as if he is speaking to his family-- brothers and sisters. Indeed, Christians are part of a family that cares deeply for one another. The church should be the ultimate example in caring love. Although we oftentimes feel alone, let us remember that we belong to the family of God and we are under instruction to "Bear one another's burden" and in so doing, fulfil the law of Christ (Gal. 6:2).

**Be ye steadfast,** that is, don't be always

be moving around. For those of us who have experience with growing children (especially those 2 or approaching 2 years old), we know that they are in constant motion, right? They seem never to settle down -- even when they are sleeping! It can be trying.

Unlike the ever moving 2 year old, the Apostle encourages us to "Be steadfast".

*"Each of us at some  
stage in our lives  
might have been  
called "stubborn."*

This can also be interpreted "be stable," "be firm." Research indicates that the Greek word alludes to sitting in a chair rather than pacing around--"fixed." Hold firm to your foundation. The expectation, according to Paul in Eph. 4:14, is that "we henceforth be no more children, tossed to and from, and carried about with every

wind of doctrine..." Be firm in the doctrine of Christ.

**Unmoveable,** means "not to be moved from its place." Each of us at some stage in our lives might have been called "stubborn." Now you can be stubbornly opposed to God's will. That's bad. But you can be stubbornly, doggedly devoted to God, so that circumstances and people don't distract you from Him. That's good. Call it persistent, call it faithful. The world is full of distractions, let us be fixed in Christ and resist the pressure to conform to ideas and lifestyles that are in conflict with what is expected of us as Christians. Stay in the church.

**Always abounding** in the work of the Lord. The word translated "abounding" means "exceeding a fixed number or measure," "over-and- above." Some people do what is expected, others - out of love or anticipated reward - go far beyond that. Our motive must be out of love for God and his Word. The effort

*(Continued on page 6)*

# EDITORIALS

To write or respond to COC Letter editorials, email: newsletter@cocjamaica.com. Responses should be no longer than 350 words. Not all responses will be published

The opinion(s) on this page does not necessarily reflect the views of the Church of Christ in Jamaica.

## Why do we short change ourselves; it surely isn't God!

It's evident when one examines the scriptures, especially the Old Testament, that which was written aforetime was for our learning. As we travel through the pages we see that man constantly desired to sin. But why do we? Why do we rob ourselves the blessings God would have us to obtain and short change ourselves from being far better than where we currently stand. In spite of constant warnings, this age, driven by information which has become so easily accessible, we still stumble and fall short. It's clear to me we need to have

a program that develops our application of the knowledge. Knowledge is not the problem; it's our manifestation in the trust of God.

There needs to be a mentoring program for our brotherhood, the family we dearly love. A constant encouragement and help for ourselves with friends and folks involved in our lives helping us daily. People who see us and give and not necessarily waiting for us to turn to for help, encouragement, strengthening. A proactive response and not a reactive one.

Examine after the death of Joshua Judges 2: 11-15 How Israel fell away. Then the

death of Gideon, Judges 8: 33-35 again the same predicament.

It was never failing to know the will of God was the problem.

Having a motivator— a person or program in our lives surely does help.

Thank God for things like camp I can say personally and spiritual friends I can move from my downtimes to my constant growing uptime.

Let's work towards being our brothers keeper and not afraid to make our lives a quality one in which we can motivate and inspire folks and build a strong Christian network in this island of Jamaica.

As 1 John 4 questions us, How can we see our brother in need and lock our bowels of compassion up? Let's make a special prayer for commitment and programs/people who will make the difference.

Angel Brown, [angelbrown@gmail.com](mailto:angelbrown@gmail.com)

## Month In Review

### Mandeville Church of Christ Revival Meeting.

Every third Sunday in January Mandeville congregation hosts a revival meeting in an effort to rejuvenate the spirits of members and visitors alike. No preaching takes place on the first night of the revival – only singing! The singing was led by three individuals, Andrew Blake, who started the night with choruses, Kerry Walcott who led traditional favourites and David Henry who ably led the vintage section. The night was filled with inspira-



David Henry gets into vintage selections.

tional singing interspersed with encouraging statements by the leaders of each section.

The meeting was slated to start at 6:30 and at 6:20 the vehicles started to roll in. Support was given by congregations such as South Central, Spauldings, Sandy Bay and Bull Savannah. All seats that were placed in the building were filled at 6:30 and more seats had to be sought for persons trickling in after. The atmosphere was one of unbridled joy as facial expressions could not be hid; people were having a good time lifting up praise in songs and did not have a problem repeating choruses of various songs three or four times. In an interview with Bro. Carl Powell, minister of the Mandeville Church of Christ, it was expressed that the first night of Mandeville's revival meeting should take place on a bigger stage to expose individuals in and around Mandeville to great acapella singing.

### Annotto Bay's week of street meeting in Iter Boreale....

The usual street meeting spot was unavailable and force the members of the church into the community of Iter Boreale. After a week of inspirational singing, great messages from Bro's Duke Brown (minister), Joel Perrotte & Robert Solomon, the gospel was preached and two souls came to Christ as a result of this effort. The meeting had visitors from the community who either walked to join the group or listened from the comfort of their homes.

The meeting was well supported by church members from neighbouring communities such as Hope Bay, Sandside, Highgate and Galina. Also there was support from congregations out of Kingston and St. Andrew and St. Catherine.

### Sandy Bay's Gospel Meeting

The congregation in Sandy Bay, Clarendon embarked on a two weeks gospel meeting January 04 - 15.

Bro Francis Yorke from the Braeton Church of Christ spoke the first week and Brethren from mainly southern USA spoke the second week. The Gospel was preached and Six (6) baptisms were recorded and over one hundred (100) bible studies were conducted. Continue to pray for the effort

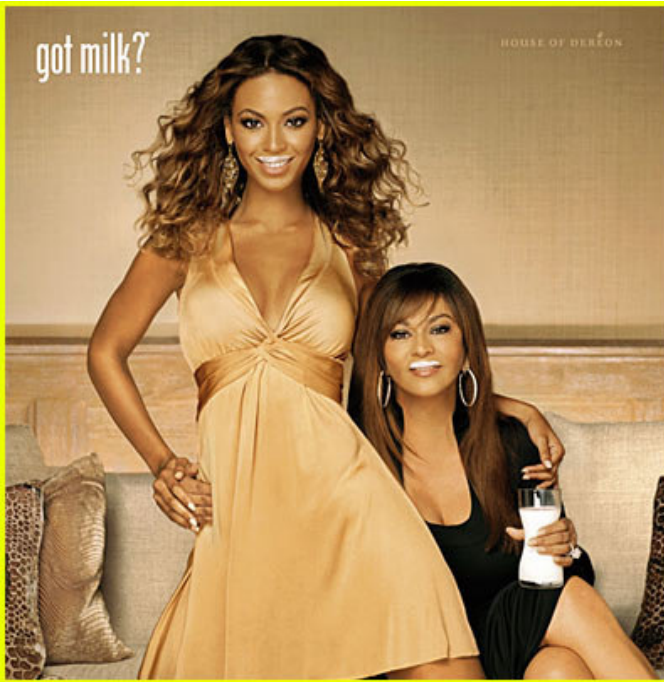


Kerry Walcott leading another great selection.





## Milk ...Does a body good?



We are all familiar with the “Got Milk” advertising campaign which encourages the consumption of cow’s milk. The advertisements usually feature prominent celebrities sporting a white milk moustache. The campaign supports the idea that milk does a body good. But does it really?

This month’s article will project an alternative view, one which suggests, “How about... Not Milk?” We will explore a few of the myths purported by the dairy industry which have been refuted by reputable members of medical and science industries.

### Myth # 1: Drinking milk prevents osteoporosis

Osteoporosis is the disease of progressive bone loss that leads to increased bone fracture. Drinking milk does not prevent bone loss. In fact, bone loss is accelerated by ingesting too much protein and milk has been frequently referred to as the “liquid meat”. You may be surprised to note that the countries with the highest rates of osteoporosis such as the United States, England and Sweden consume the most milk. China and Japan where people eat much less protein and dairy food have low rates of osteoporosis [Nutrition Action Healthletter].

### Myth #2: Dairy milk prevents obesity

A recent “Got Milk?” ad featuring singer Sheryl Crow reads: “Studies suggest that the nutrients in milk can play an important role in weight loss. So if you’re trying to lose weight or maintain a healthy weight, try drinking 24 ounces of low-fat or fat-free milk every 24 hours as part of your reduced-calorie diet.” Scientists analyzed the data on weight change in about 20,000 men over a 12-year period. The men reported how much they weighed and what they had been eating. Overall, men who increased their intake of low-fat dairy foods the most over 12 years did not lose more weight than those who decreased their intake of those foods the most [The American Journal of Clinical Nutrition].

### Myth #3: Drinking milk leads to healthy bodies

The “Got Milk?” website proclaims that, “With all its health benefits, milk could be considered a ‘superdrink’.” Ironically, the consumption of dairy products has been associated with many fatal and chronic illnesses. Several cancers have been linked to the consumption of milk and other dairy products, namely breast, prostate and lung cancers. In fact, the International Journal of Cancer reported that persons drinking the recommended intake of 3 or more glasses of milk had a 2-fold increase in the risk of lung cancer as compared to those never drinking whole milk.

Cardiovascular diseases also result from milk consumption. Milk and other dairy products contribute a large amount of fat to our diets. Diets high in fat and saturated fat can lead to cardiovascular disease. In addition, milk and dairy products may lead to the development of chronic diseases in children such as obesity and diabetes. Within the US, the American Academy of Paediatrics suggests that infants below the age of 1 year not be given cow’s milk since iron-deficiency is more likely on a dairy-rich diet. Also the incidence of colic and chronic constipation are more likely on such a diet.

So... milk, does it really do your body good?

*Tamii J. Brown*



a column dedicated to the testimonies of our brethren  
 "What has God done for you lately?"  
 send submissions to [testimonials@cocjamaica.com](mailto:testimonials@cocjamaica.com)

In April 2008 The Lord Blessed us with a national website which allowed the nation and the world to be exposed to the Gospel and current activities of the local congregations in Jamaica. There was need for financial and human resources which was just a concept at the time, but with prayer for wisdom and help, God who is always in the deliverance room operated in his usual time and today we see the birth of our Newsletter and the growth of our website. I will continue to lift up my eyes unto the hills

from whence cometh my strength.

AB  
 Willing Servant

A single prayer, "shower your love and blessings upon me and my family", was all it took to achieve the goal that I have had since eighth (8th) grade. Receiving a suitable SAT score, high enough to get me into college, was only the beginning of what has been a long string of blessings. Three weeks after I received my scores, a letter from my uni-

versity of choice arrived in the mail. With palms as cold as ice, I numbly opened the envelope. After reading the first five words of the letter, I knew without a doubt that my prayer had been heard. "Congratulations, you have been accepted," were the only words that I had read before an excited scream of joy erupted from my lips. After being accepted, the next step was to find the finances. Although the cost was not nearly as high as other colleges, it was still not an easy sum of money to find. At the urging of my father, I asked a family friend to help with the financing, by paying a part of the fee each of the four (4) years that I anticipated to be in school. The fact that he asked for time to think about it did not lighten the tension that had already started to build up inside me. Fear of rejection, however, need not have entered my mind, because once again another blessing was poured

upon me. After much thought he decided that he would contribute a little less than a quarter of the fee per year for four (4) years.

After making inquiries about scholarships, I learned from the College that it might be possible for me to get one because I was the child of a missionary. Ensuring that the school got the necessary documents was easy and the only thing left to do was wait. Then one day a letter from the College came.

"Because of your father's work in the mission field, you have been approved for a one-half tuition scholarship". There is a shower of blessing just waiting to be poured upon you, but first you must ask for it (Matthew 7:7). Not asking God for His blessings would be like leaving a well of water to dry out, when you are dehydrated. Let us make use of the fountain of blessings that is available to us. "There's a fountain free 'tis for you and me, let us haste o' haste to its brink"

Sister K



### SOUTH CENTRAL CHURCH OF CHRIST



Church building located at 24 Sharpe Avenue .  
 Constructed between 2005 –2008

The South Central Church of Christ was started through the efforts of Brothers Dudley Gushman and Easton Duncan July 1999. Brother Gushman who at that time had just returned from attending the Florida School of Preaching saw the need for another congregation in this area of Clarendon. The congregation's first home was located at premises 22 Sharpe Avenue just below our present location for approximately 4 years.

The Jamaica School of Preaching and Biblical Studies have also been very involved in the growth and development of the congregation. The students were instrumental in helping the congregation with personal work throughout many communities in and around May Pen.

Presently the congregation have worship twice on Sundays, mid week bible study on Tuesday's and young people's fellowship of Saturday evenings. Since

the construction of the new facilities there has seen significant improvement in the turn out for worship services from the people of the community. Members are also finding much more encouraging to invite their friends and family members because the new facilities

"The church has come a far way and as we look to the future we have high expectations of ourselves as a congregation. The beginning of 2008 we embarked on the first phase of a five year mission plan for the Church. We have short and long term goals set out which we hope to achieve with the given time. A difficult road lies ahead of us but we are all confidence that with God's help we can realize our dreams. We continue to seek God's guidance and the prayers of the brethren as we work for the growth of the Kingdom through the spreading of the wonderful message of salvation". Paul Blake (Minister)

# YOUTH Vibes



Youth Vibes is dedicated to issues confronted by our young people. The views expressed are those of the contributors and do not necessarily represent the views of the Church of Christ in Jamaica

## **How would you respond to the statement**

**Music is just reflecting real live situations. Sex is real life, Violence is real life. What's the big deal?**

Submitted by SD

I understand we live in a society where people embrace free speech and everyone wants their voices, expressions etc heard and so to put that out in a familiar medium can be good thing. There's nothing wrong in saying it, It's just how you do it.

Also the singer Winehouse sung about her drug problem. It's a serious situation because it involves her life but she sings "Rehab" in such a way where it sounds funny, so it's how you communicate it and not necessarily what the content is.

Submitted by DA

If you examine the different genres, you will realise that the words written and then songs are based on the environment that the individual lived in. The words used are like poetry, they reflect the mind of the writer. The artiste/singer only brings it to the public via voice. The words/experiences are real, they are a reflection of where that person is from and where they want to be [their condition]. The singer may not even support the words, but it sounds good. But that does not take away the fact that the situations the writer wants to proclaim are real. Sex is real, violence is a real part of that person's life.

It becomes a big deal however, when it is taken to the extreme. Sex is real, but it has its place. Certain contents about sex, are to be in the bedroom, some are to be taught in the classroom. Violence is real, but the proclamation of violence against another is wrong. Nothing is wrong with singing about how violence affects someone. However, the music these days preach violence against person/property which is wrong.

Submitted by AX

I guess it's similar to the fact that I may think someone is ugly or their personality is disgusting but because I don't want to hurt the person, I would caution my words in describing or sharing input to the person. My intent would not be to offend or hurt the individual. In the same way we must show regard for the morals/values in our society.

To continue further discussion on this article please visit our Discussion Forum <http://www.cocjamaica.com/COCForums> and post a response.

## Dear Counsellor



Hi Counsellor,

*I have a crush on a brother at a different congregation. We talk a lot on the phone in the first stages and then we started to hang out. Now when we go to movies he wants us to be kissing. Is it ok to be kissing before marriage?*

Concerned K

Hi Concerned K

The Bible does instruct us in Hebrews 13:4 "Marriage is honorable in all, and the *bed undefiled*" and therefore sex is for marriage but many times we are asked the question so what about kissing. Yes a kiss in and of itself may not be connected to sex, but where it incites, intends, or intersects with sexual feelings, then it must be in the confines of marriage. Kissing rarely stays at "just kissing." That "ing" generally means it's a continuous action and generally it wants to lead somewhere and that's what must be curtailed. To kiss my partner carries a different connotation from kissing my partner. As Christians we must preserve our influence on the world and if kissing in the movie cinema will affect my witnessing then I must refrain from such. I am unaware of your age Concerned K and so I am not certain how to address some areas of your question, however, if a single mature individual kisses their affectionate partner in a show of affection then I do not see any immoral action that has happened, however, if someone kisses their partner and begins to incite or excite sexual desires then this makes the kiss an immoral action and one should quickly resist the devil and flee from lusting. Both of you need to have an open discussion about each other's feelings and be careful of the devil's snare in attempts to lure us in his trap.

"Whoever looks on a woman to lust after her had committed adultery with her already in his heart (Matt 5:28)"

Counsellor

To contact our counsellor please email us at :

[counsellor@cocjamaica.com](mailto:counsellor@cocjamaica.com)

or write us at :

Counsellor, COC Jamaica,  
3 Jarrett Close,  
Kingston 8





**YOUR LABOUR IS NOT IN VAIN...***(Continued from page 1)*

we put out at work to do a good job must be minuscule in comparison to the time and effort we put out to accomplish our Christian duties – out of love.

**The work of the Lord.** Let us consider this. Am I fixed, unmoveable in carrying out the work of the Lord? Work? "Not a good word," you may say. "I work five or six days a week and I go to school. When I get home I just want to rest." That's understandable.

Do you have any loafers at work? You know, people who only do the minimum, and only that if the boss is looking over their shoulders. Who takes up the short-fall? Usually, the conscientious workers.

No doubt it is the same with God's work. There are many ways in which we can do his work, evangelism, visiting the sick and shut-in, encouraging the weak. These are just a few of the ways we can be occupied in His work. The church is a caring body, but when we don't pull our part of the load, it falls on others to do. Brothers and sisters let us seek out ways in which we can be "always abounding in the work of the Lord" - always exceeding our targets.

**Knowing that your labour is not in vain in the Lord.** We often hear the saying, "house work never finishes!" Some people hate washing dishes because more dirty dishes magically appear over night. Laundering and sweeping are the same way. Things never stay clean. Someone is always leaving dirty dishes in the sink, putting dirty clothes in the basket. Is there no end? You get discouraged. It's only when you consider the alternatives that you 'put your hand to the wheel' and have another go at it.

Your family may not care about or even keep track of how often you wash the dishes, dust the furniture, do the laundry, etc., but God keeps track of your faithfulness in His work. Remember, he doesn't want us to make a show of it (Matt. 6:3-4). He sees us serving Him when no one else sees, and seeing us persevering brings joy to Him. Brothers and sisters, we all get discouraged, and may even feel like giving up, but God has provided the means whereby, like the Apostle Paul, we can "fight a good fight, finish our course, keep the faith" Don't give up. Your labour in Christ is not in vain!

**PUZZLE TIME**

Solve the following. Each square is a separate puzzle:

Solutions below

<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <b>COUNTER</b>	<b>BUR</b>
<b>FUSS</b> 0	Encounter Encounter Encounter

Have a :

**H**-armony that fills your home (Col 3:18-21, Eph 6:1-4)

**A**-doration towards God (2Tim 4:9,10)

**P**-raising spirit for God (Ps.104:33, Ps. 56:10, Ps. 42:5)

**P**-rayer life that's active (Lk.6:12, 1Thes. 5:17)

**Y**-ielding desire to His Spirit ( Eph 4:30)

**N**-eighborly attitude of love (1 John 3:11-24)

**E**-argness to serve (2 Thes 3:13)

**W**-ealth for sharing with others (Acts 2:45-47)

**Y**-esterday that gives you hope (Phil 3:13-15)

**E**-vangelistic thrust (Mk 13:10, Mk 16:15)

**A**-ssociation of good works (Heb 10:24)

**R**-epenting heart ( 2 Cor.7:9-10)

**Joke of the Month**

Why was Goliath so surprised when David hit him with a stone?

*Because nothing like this had ever entered his mind before.*

After a very long and boring sermon the brethren filed out of the church saying nothing to the preacher. Towards the end of the line was a thoughtful person who always commented on the sermons. "Pastor, today your sermon reminded me of the peace and love of God!" The pastor was thrilled. "No-one has ever said anything like that about my preaching before. Tell me why." "Well - it reminded me of the Peace of God because it passed all understanding and the Love of God because it endured forever!"

**? & Answers**

**Where did Cain get his wife from? - submitted by DB**

The bible did not tell us exactly who was Cain's wife. We can assume his wife however was either his sister, niece or grands/greats niece. Cain & Abel were grown men and more than likely had a family. Adam & Eve had other children (Gen 5:4). The fact Cain was scared for his life (Gen 4:14) could indicate their were numerous relatives to run from. Note however intermarriage was allowed to populate the earth and was not unlawful until the passing of Moses Law (Leviticus 18:6-18).

**Aren't Matt 26:11 & Matt 28:20 a contradiction by Jesus? -**

*submitted by Unk*

Absolutely not. Jesus in Matt 26:11 was referring to his physical ascension to heaven from this earth. In Matt 28:20 Jesus our resurrected King comforted his disciples that his spirit or his word is always with his followers.

**Please email us at [newsletter@cocjamaica.com](mailto:newsletter@cocjamaica.com) with your questions and let us answer them.**

**Solutions for puzzles**

1st square: "check out counter"

2nd square: "close encounters" or "triple encounter"

3rd square: "big fuss over nothing", or "nothing"

4th square: "back rub" or "rub back"