



**NEW TIMES**  
**THURSDAY BIBLE STUDY 7:30 P.M.**  
**YOUTH & ADULTS**  
**SUNDAY SCHOOL 8:30 A.M.**  
**SUNDAY MORNING**  
**WORSHIP SERVICE 10:00 A.M.**

**2021 Theme**  
**"Waiting to Be Restored"**  
**Isaiah 40:31**

Volume 13, Issue 3  
September 19, 2021

**THE VOICE FROM THE VILLAGE**  
**WE ARE SALT AND LIGHT, WE ARE THE CHURCH**

Rev. Eric H. Jones, Founder/Senior Pastor



This has been a tough year and a half for the world. It's been a tough time for the Church also. However, these troubling times are a call to action by those who are called by His name. The Lord has called us to be "salt and light". We are to bring every area of our lives into subjection under the Lordship of Christ that people can see the difference that Jesus can bring to an individual, to a family and to society. We have an incredible opportunity to show the differ-

ence that Jesus can make when we bring our lives under the subjection of Jesus Christ. This salt and light is composed of people just like you and I. It will be a light of hope, if we are hopeful. It will do great work, if we work together with God. It will give assurance to many, if we are assured. It will bring others into the fellowship with Christ, if we convince them. The Body of Christ will be those who exude loyalty and love, faith and service; if we, who are the examples, be salt and light. In this season of testing, with God's help, let us dedicate ourselves to the task of being who we were called to be. We need times like this to demonstrate our walk with the Lord, don't we? We need His grace and truth to give us perspec-

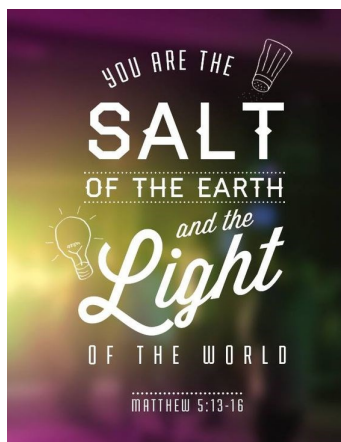
tive. We need His comfort as we grieve the many loved ones that have transitioned. We need His love to fill our hearts where fear and pain and anger seeks to overwhelm us. This season has left many vulnerable and raw, hurting and feeling powerless. But we are the Church, we are salt and light, we preserve the faith and emit light in this present darkness. Soon we will come forth as pure gold.

**Koinonia Celebrating**  
**BLACK HISTORY**  
**365 days a year**



**Inside this Issue**

TESTify	2
Catbird Seat	3
COVID Vaccine Info	4
Healthy Is As Healthy Does	5
Leadership Against Racism	6-7
Get Your Laugh On	8
Truism	8



**Special Points of Interest:**

- TESTify
- Leadership Against Racism
- Boosting your Immune System
- Catbird Seat

# T.E.S.T.IFY

By Gisla Bush



## “There is No Testimony Without a Test”

**THE TEST:** Do you call on God but will not release your burden to Him?

My daughter applied for her Associates of Arts Degree from Broward College and made application for admission to the university to complete her Bachelor's degree. She submitted the applications online and hand-delivered a copy to the university to ensure receipt. One evening I received a letter from the university explaining that my daughter's application for admission was denied because it was incomplete. I thought, “Surely this is a mistake. I will call the university tomorrow.” Early the next morning, I inquired with the Admissions Office. The Admissions officer discovered

that my daughter's SAT scores were missing from the file. This will be a quick fix I thought. The officer directed me to the Admissions recruiter, who presented me with options to correct the issue. She further stated that my daughter would be notified of the decision within two weeks. However, we were held in suspense for more than a month and made numerous calls and emails, but no one responded regarding the pending appeal. I resisted the temptation to allow unbelief and anxiety to creep in. I had been at this place so many times in the past and God had been faithful. So, why should I worry? God is the same yesterday, today and forevermore. Hebrews 13:8. He will see us through, although it was evident that my daughter would be prevented from taking fall classes. I left it in the hands of the Lord since He knows the plans that He has for us. Jeremiah 29:11. My daughter and I cast our cares upon Him because he cares for us. 1 Peter 5:7-9. It was then that I received a call from the Admissions Office apologizing for the delay in not responding to our messages and emails. However, they had not reviewed her file, but stated that it was unlikely that my daughter would be admitted. I left that disappointment with God too. Two days later, I received a belated response from another counselor that I had previously contacted about the appeal. I thought, “Maybe God is giving me a second bite at the apple.” Unfortunately, he too stated that it was unlikely that my daughter would be admitted. The Bible says in Isaiah 41:10 “Fear thou not; for I [am] with thee: be not dismayed; for I [am] thy God: I will strengthen thee; yea, I will help thee...”. In an attempt to manipulate the outcome of this situation, I purposely avoided disclosing my prior communications with the first counselor. However, I recognized that my motive was not pure but I was falling into unbelief and hopelessness, so I gave no room for the devil and revealed to the counselor that someone else in the office also believed that my daughter would not be admitted. The writer of Proverbs 21:2-4 contends, “Every way of a man is right in his own eyes: but the LORD pondereth the hearts. To do justice and judgment is more acceptable to the Lord than sacrifice...” A few days later, I received an email from the Director of Admissions indicating that her assistant would be scheduling a meeting time for us to talk regarding the appeal. I was waiting in anxious anticipation about what door God was opening. To my consternation, I never received any further communications from the Director's office, although I attempted several times to follow-up on the email. “Okay Lord”, I prayed, “I will release that to you also.”

**THE TESTIMONY:** It was the last weeks of fall registration when I received a text from my daughter's former professor, who was responsible for getting her a full scholarship, wanting an update on her fall application and registration. I texted back and explained that she was not admitted, so she would not be taking classes in the fall. He was flabbergasted and immediately contacted the Director of Music seeking intervention in the matter. The Director instructed my daughter to apply as soon as possible as a non-degree seeking student. That same day, she completed the application. Then I was informed by the Admissions Office that there was a dual enrollment hold on my daughter's non-degree seeking application and that it would need to be cleared in order for her to register for classes. I contacted the Dual Enrollment Office to have the hold removed. They questioned why my daughter was registering as a non-degree seeking student since students cannot be part of the non-degree and dual enrollment programs at the same time. I assured the

**TESTIFY**, continued on page 5

## Views From the Catbird Seat

Join Alvin C. Romer for commentary about life and faith in the African-American Diaspora.



### **Middle Age and Beyond – the Quest for Good Health in Men** By Deacon Alvin C. Romer

There's quite a bit I can write concerning life beyond the aging process. Middle age and beyond status quo in this regard has much more to do with healthy options, living with no aches, and anything on the upside of no pain with a lot to gain. It doesn't take much after you've lived a bit, for your body to talk to you in ways that remind you that aches and pains are part of the process. More often than not, I've been asked the question, "How are you feeling?" Usually I find myself hesitating before answering simply because I may be trying to adjust to the latest ache or two, or pain that just won't go away. I've come to conclude, as I educate the young and old alike, that time waits for no one, and that our timing is not the same as God's.

I'm blessed that over three score years I'm able to talk about the aging process. Health and temperance fuels moderated concerns when dealing with our bodies and keeping good healthy regimens. Let's face it, change is inevitable; for you who are gearing toward retirement and looking for good sunsets and meaningful sunrises, you must live right and pay attention to how your body changes. Those changes will be negligible at first — fluky things, like not remembering things that don't matter anyway as you joke about 'senior moments'. But something real is happening in your life regarding the way it was and the way it is now. Middle age is a serious time in your life. You're starting to slow down — but again, it's gradual.

Your brain will start to lose about 0.5 percent of its volume each year from now on. There's the psychological functions and the receptors that impacts various functions — **serotonin** (mood), **acetylcholine** (memory, learning, and concentration), and **dopamine** (movement, motivation, and learning), but don't get discouraged by the aforementioned 'big' words. They become elementary when your motor begins to tell you another aspect of your existence needing better scrutiny. I'm sure there will be, and are detractors who will say that they are fine living the life they live now, and that there's no need to panic, right? Don't let it be a false sense of security. Yes, you may be feeling good about yourselves. You exercise. You eat right. You're in pretty good shape for someone your age. Still, getting older can bring on health problems as our bodies change and you ignore signs and symptoms. Not everyone will get them, but some medical conditions become more common or more serious after we get a few decades under our belts. So what should we do?

First and foremost it would behoove us to know and respect how and why our health is important. When it comes to prevention and early detection, men's health often takes a back seat to women's health—all because we are expected to be hale and hearty being the dominion of familial welfare...and to be macho upholding the epitome of strength. Testosterone is like that. We can be stubborn and hard-headed and ignore signs and symptoms. Yet, the most common conditions affecting us, including heart disease, prostatic issues, testicular problems, and colon cancer have implications that may cause havoc psychologically as we deal with mental acuity.

What you've read thus far in this article will only confirm what we already know...we are aware that those symptoms are indicative of men being on the same page of suggestive ideas for healthy solutions. What truly can align ourselves to the quest of good health is for meaningful application to embody enough will behind efforts living holistic lives. If living can be easy, then we **MUST** overcome that which would render us with little favor and devoid of enough flavor. Oftentimes it comes down to thinking of healthcare as something that happens only in our doctor's office, or only when something dire happens and we at the last minute decide to do what should have been done much earlier; but really, it starts with the multitude of smaller, if not essential decisions that we make with at least three things that will allow us new leases on life:

**Eat Healthy** – Any doctor worth his/her salt will admonish us from not eating to minimize catastrophic proportions. They will readily tell us to eat right with an abundance of fruit, vegetable, and whole grains in our bodies; to limit foods and drinks in higher calories, sugar, salt, fat, and alcohol. The key to it all is being balanced in our eating habits for healthy weight management.

*Catbird Seat, continued on page 7*



# How mRNA COVID-19 Vaccines Work

## Understanding the virus that causes COVID-19.

Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called **spike proteins**. These **spike proteins** are ideal targets for vaccines.

## What is mRNA?

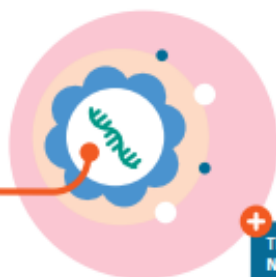
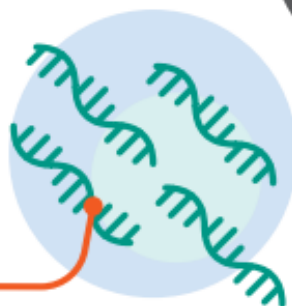
Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

## What is in the vaccine?

The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.

## How does the vaccine work?

The mRNA in the vaccine teaches your cells how to make copies of the **spike protein**. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.



+ The vaccine **DOES NOT** contain **ANY** virus, so it cannot give you COVID-19. It cannot change your DNA in any way.

+ When your body responds to the vaccine, it can sometimes cause a mild fever, headache, or chills. This is completely normal and a sign that the vaccine is working.

+ After the mRNA delivers the instructions, your cells break it down and get rid of it.

Antibody

## GETTING VACCINATED?

For information about COVID-19 vaccine, visit: [cdc.gov/coronavirus/vaccines](https://www.cdc.gov/coronavirus/vaccines)



## HEALTHY IS AS HEALTHY DOES

*Health Tips and Advice by Sara M. Snell*

### **Nine Ways to Boost Your Body's Natural Defenses**

Boosting your immune health can help your body fight off illnesses.

Here are nine tips to strengthen your immunities:

1. Get enough sleep. Getting adequate rest may strengthen your natural immune system to better fight the illness. Adults should aim to get seven or more hours of sleep each night, while teens may need 8-10 hours and younger children and infants up to 14 hours.
2. Eat more whole plant foods. Whole plant foods like fruits, vegetables, nuts, seeds, and legumes are rich in antioxidants and may help you fight against harmful pathogens. The antioxidants in these foods help decrease inflammation in your body. The fiber from plant food keeps harmful pathogens from entering your body through your digestive system. Fruits and vegetables are rich in nutrients like vitamin C, which help build the immune system.
3. Eat more healthy fats. Healthy fats, like those found in olive oil. Omega-3 found in salmon are highly rich in anti-inflammatories. These fats may naturally combat diseases.
4. Eat More Fermented Foods. These may include, yogurt, sauerkraut and kefir. Probiotic supplements are another option.
5. Limited Added Sugars. Added sugars contribute to obesity, Type 2 diabetes, and heart diseases. All which suppresses your immune system.
6. Exercise Regularly. Exercise improves your immune system by boosting your overall circulation, making it easier for immune cells to travel easily through the body. 30 min of moderated exercise a day can reduce inflammation.
7. Hydrate, Hydrate, Hydrate. Being dehydrated slows down the movements of our lymph node system which carries around important infection-fighting immune cells.
8. Supplement Wisely. "Supplements may strengthen your body's general immune response; but they are not a cure, unlike medications" says Katie McCallum. Supplements aren't regulated or approved by The FDA.
9. Minimize Stress. Long-term stress affects your health and can suppress your immune system, increasing your chances of infection or illnesses.

Bottom Line: These lifestyle changes may help boost your immune system, but they aren't a cure. We need to be at peace. God is in control. He is here for us. He cares about us. 1 Peter 5:7 says, "Casting all your care upon Him; for He careth for you." TRUST God!

#### **TESTIFY**, *continued from page 2*

office that my daughter would not be taking classes as a dual enrollment student. Because I had been distracted by the confusion surrounding my daughter's appeal, I missed the deadline to submit the dual enrollment application for fall classes, and I dared not ask the Dual Enrollment officer to forgive my oversight since that office followed strict protocol and had been snappy and uncompromising with my past requests. The Dual Enrollment Office did not lift the hold although I answered their question. This time I did no follow-up neither was I going to step into God's business or take the situation from Him and put it back into my hands. Five days later, I received instructions from the Director of Dual Enrollment for my daughter to submit her documents for fall registration. Through all the ups and downs, hills and valleys, curbs and swirls, God was creating a path for my daughter to be allowed to register for fall classes. The proposition is that God is working all things together for good. Romans 8:28. The king's heart is in the hand of the LORD, as the rivers of water: He turneth it whithersoever He will. Proverbs 21:1. If He is for you, who can be against you. Romans 8:31. Not my mistakes, neither the Director of Admissions' decisions nor the Director of Dual Enrollment's stern policy could thwart God's plans for my daughter to take fall classes.

**FOOD FOR FAITH:** God's sovereignty was made manifest and His plans came to pass. God promises are true and when He blesses He brings no sorrow to it. When we put our concerns and cares in the hands of God, He takes away the burden and replaces it with a blessing. When you rest, He will work. Let go and let God.

## Like Truman's military desegregation order, leadership against racism starts at the top



Inspiration around issues of race and civility in America is in short supply. Racist, xenophobic language coming from social media platforms to the White House has corroded public discourse and widened the longstanding divides in the body politic. Rather than despair, I prefer to recall a previous commander-in-chief: President Harry S. Truman, who, on July 26, 1948, issued [Executive Order 9981](#) to abolish discrimination on the basis of "race, color, religion or national origin" in the U.S. armed forces. This morally courageous act, by a president who served his country as a young artillery officer in World War I, would eventually lead to the desegregation of the American military.

I can only imagine what our honored veterans of President Truman's era must think of this current moment. Now grown gray from too many wars and the relentless passage of time, these Americans are living examples of what this country can become when we are truly led from the White House, instead of battered by shrill vitriol.

Contemporary audiences might be tempted to view EO 9981 as the outcome of logic and advocacy working together to right a historic wrong, and they would be partly right. But President Truman's actions were highly controversial at the time. Even though over a million Black men and thousands of Black women served in the U.S. military during World War II, in April 1948 then-General Dwight Eisenhower testified before the Senate Armed Services Committee that segregation was needed to protect unit cohesion (an action for which he would later express regret). Army Secretary Kenneth Claiborne Royall was forced from office in 1949 after refusing to desegregate the Army.

But Truman's order launched the modern era of the U.S. armed forces, forging the diversity of my generation of military leaders and immeasurably strengthening American military capacity and cohesion. I use the word "forge" deliberately, as the process of integration—which was not completed until after the Korean War—was an often painful and slow process, full of bureaucratic roadblocks to true inclusion. When I was commissioned in the Marine Corps in 1976, the Marines had only been fully integrated for 16 years. As a young, enlisted man and then as an officer I saw firsthand the often-gut-wrenching impact of racial upheaval in the 1970s and '80s. Dealing with near-constant racial tension, service in the military of that day often taxed our commitment and patriotism to the limit. But as difficult as that time was, I am confident it pales with what service members of the post-World War II and Korean War era faced as they struggled to implement President Truman's desegregation order.



Desegregation of the military was a vital chapter in a proud history of Americans of all colors and creeds serving our nation, fighting enemies whose empires were built on racist principles and racial supremacy. These American heroes fought in segregated units while their families endured racism, segregation, and even internment at home. We should never forget, for example, that German fighter pilots who came up to dispute the skies against American World War II bomber crews were rightfully petrified by the "Red Tails" of the Tuskegee Airmen. Very few American bombers accompanied by a Tuskegee airman escort were lost over Europe. Tuskegee airman and fighter pilot Benjamin O. Davis would become America's first Black general officer in the United States Air Force.

We should never forget that during the Second World War the 442nd Infantry Regiment (also known as the "Go for Broke" regiment) of Japanese-Americans became the most combat-decorated regiment in U.S. military history (including a young then-Second Lieutenant [Daniel Inouye](#), who lost his arm in Italy and who would eventually receive the Medal of Honor). That record holds today. But too many of the 442nd served while their loved ones languished under desert skies behind the wires of American internment camps. As well, we should never forget the segregated Montford Point Marines or the nearly all-Black crew of the American destroyer escort, the USS Mason.

And not nearly enough Americans fully understand the impact of the nearly 200,000 native-born free and formerly enslaved Blacks who fought for the Union in the American Civil War. It is not a stretch to suggest that without their numbers and this vital infusion of fighting spirit the North may not have prevailed to preserve the Union and destroy once and for all the odious institution of slavery in the United States.

Today the legacy of slavery, America's original sin, is still alive in the foundations of many of our institutions. That President Truman needed to sign EO 9981 in the first place is a testament to how deeply racism and hate have been embedded in daily American life. As my Brookings colleague Andre Perry has rightly noted, [racism in the United States is not a distraction, it is policy](#). Racism and discrimination are embedded in [policies that limit the social and economic mobility of Black communities](#). Racism is baked into [restrictions on voting rights that disproportionately target communities of color](#). The Trump administration's [moves to scale back programs that protect undocumented family members of active duty troops](#) are racist. And President Trump's comments about congresswomen of color, and the cowardice of those who excuse or deny the shameful legacy his words invoke, are a reminder that racism can still find purchase even within the most hallowed halls of our democratic institutions.



Racism cannot be defeated unless we confront it and condemn it wherever we see it. But President Truman's bravery reminds us that American leadership is capable of taking action to rip out systemic racism at its odious roots. Americans deserve leadership that unites us by challenging us to do the hard work of bettering ourselves and, together, overcoming our past. Until that leadership returns, we should be inspired by the example of President Truman and look to ourselves to move forward together.

Excerpts derived from: John R. Allen – President, The Brookings Institution

Catbird Seat, *continued from page 3*

**Exercise Regularly** – On a personal note, at this stage of my life I confess that I simply do not have the will and ways of exercising constantly in a considerate mindset. I admit that I'm lazy, content on a routine and oblivious to change. Yes, I KNOW what needs are necessary for my health issues to revolve around regimens for bodily exercise, and I'm getting better at due diligence. We all should be active for at least two and a half hours a week, including activities that raise your breathing and heart rates, which in the process strengthen your muscles. I endeavor for obedience to cardiovascular adherence, and so should you!

**Pay Attention to Your Body** – How many times will you ignore that back pain .Anyone in their right mind would pay attention. You are gaining weight at an enormous rate, you tire easily and your breathing is irregular, and there's not enough pep in your step. Our bodies don't lie and are truly barometers measuring signs of better maintenance. When paying attention to your body, getting the proper rest to ward off stress and irregularity is the key that unlocks pep in your step!

I close without the temerity to know that the clock is ticking ever so relentlessly, where the Lord knows for sure the right time! There are many conclusive decisions we can do for healthy options. Good viable decisions should always be our quest to delay maladies, ones that are carefully considered, drawing on all relevant information and are consistent with how we want to live our lives. Even if these decisions don't result in the ideal result, know that we can be understanding how sound judgments are those we can live with; and that absolute due diligence will help us live better mentally and physically. Better yet, if no adherence to any of this information is par for your course, you are on an inevitable collision course for deterioration of your body and inevitable decline. I want health and temperance working for me as I grow and change in a healthy, wealthy and a wiser way of living...what about you?





**THE LIGHT NEWSLETTER  
KOINONIA WORSHIP CENTER & VILLAGE**

4900 W. Hallandale Beach Blvd.  
Pembroke Park, FL 33023  
Phone: 954-964-2901  
Fax: 954-964-4401  
E-mail: The-Light-Koinonia@googlegroups.com  
Visit us at: www.kwcf.org

*Our objective is to provide and distribute quality news  
and reports on timely issues that relate to spiritual  
matters pertaining to Koinonia's people and the  
surrounding community at-large.*

**Pastor Willie Johnson**  
Associate Pastor / Editorial Advisor

**Nicole Minnis**  
Director / Editor

**Deacon Craig Smith**  
Assistant Editor

**Deacon Alvin C. Romer**  
Copy Editor / Journalist

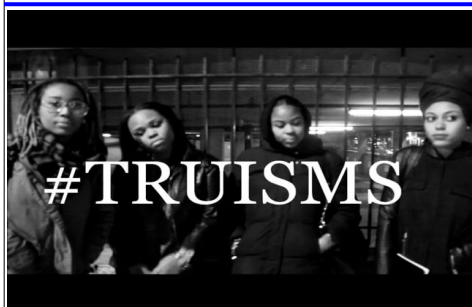
**Sara Snell**  
Journalist

**Gisla Bush**  
Journalist

**Gloria Knox**  
Featured Journalist

**Dr. Eric H. Jones, Jr.**  
Founder / Senior Pastor

**Pastor James Walden**  
Assistant Pastor



**Truism** - an undoubted or self-evident truth

**"FACTS DO NOT CEASE TO EXIST BECAUSE  
THEY ARE IGNORED."**

**~ ALDOUS HUXLEY**

**GET YOUR LAUGH ON**

COMEDY by Deacon Craig Smith



**NO ROOM AT THE INN**

**B**y the time the sailor pulled into a little town every hotel room was taken.  
"You've got to have a room somewhere," he pleaded. "Or just a bed, I don't care where."

"Well, I do have a double room with one occupant - an Air Force guy," admitted the manager, "and he might be glad to split the cost. But to tell you the truth, he snores so loudly that people in adjoining rooms have complained in the past. I'm not sure it'd be worth it to you."

"No problem," the tired Navy man assured him. "I'll take it."

The next morning, the sailor came down to breakfast bright-eyed and bushy tailed. "How'd you sleep?" asked the manager. "Never better." The manager was impressed. "No problem with the other guy snoring?" "Nope. I shut him up in no time," said the Navy guy.

"How'd you manage that?" asked the manager.

"He was already in bed, snoring away, when I came in the room," the sailor explained. "I went over, gave him a kiss on the cheek, and said, 'Goodnight beautiful,' ...and he sat up all night watching me."

