

THE REMARKABLE GOD

Working Extraordinary Miracles E-Magazine

*Amazing Grace
Testimony*

*Taken Up to
Heaven*

*Money God's
Way*

Welcome Message

The Remarkable God Founder,
Pastor Mi'guel Adams

*Matters of the
Mind*

Fall 2023



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IN HIS PRESENCE
WITH PASTOR MI'GUEL ADAMS
Monday at 3:00 AM EST


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W E L C O M E

Greetings and Salutations in the wonderful name of Our Lord Jesus Christ. The Remarkable God e-magazine welcomes you to our 5th edition. We are so thankful that you have taken the time to visit and read our articles and the amazing stories of ordinary people. We are embarking on increasing our readership all across the nation and in the Caribbean Islands. The Lord Jesus has placed His anointing on the magazine to draw souls unto his divine power. We are just an instrument that God is using in order to bring glory to His name. We are seeking people who have divine stories that they would like to share with the world about God's divine miracles. These stories that we publish are firsthand accounts of people who have had divine encounters with this amazing God. We have also included other articles that we believe would be beneficial to our readers, as well as community based advertisements.

It is our desire to focus our attention on the wonderful and marvelous works of God and to give people hope who may need a miracle in their lives. It is a pleasure presenting real-life stories about this awesome God who works miracles in the lives of his people. We will press forward in sharing these testimonies of Our Lord and the miracles He has wrought. We are living in troubled times and people need hope and assurance that the Lord God is still in control. I am persuaded that there is no secret that God can do what He has done for others He can do the same thing for you.

I am so excited to publish this edition of The Remarkable God e-magazine that we are confident will encourage and strengthen your faith. I hope that you will share the stories with your loved ones and friends concerning this remarkable God who works divine miracles for his people. I am so thankful to God for this great opportunity to publish this magazine and to tell His story of healing, deliverance, salvation, and love. We present to you no other than our Remarkable God who has done all things well.

Blessings and Shalom!

Mi'guel Adams M.A.

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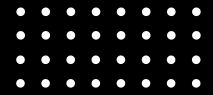


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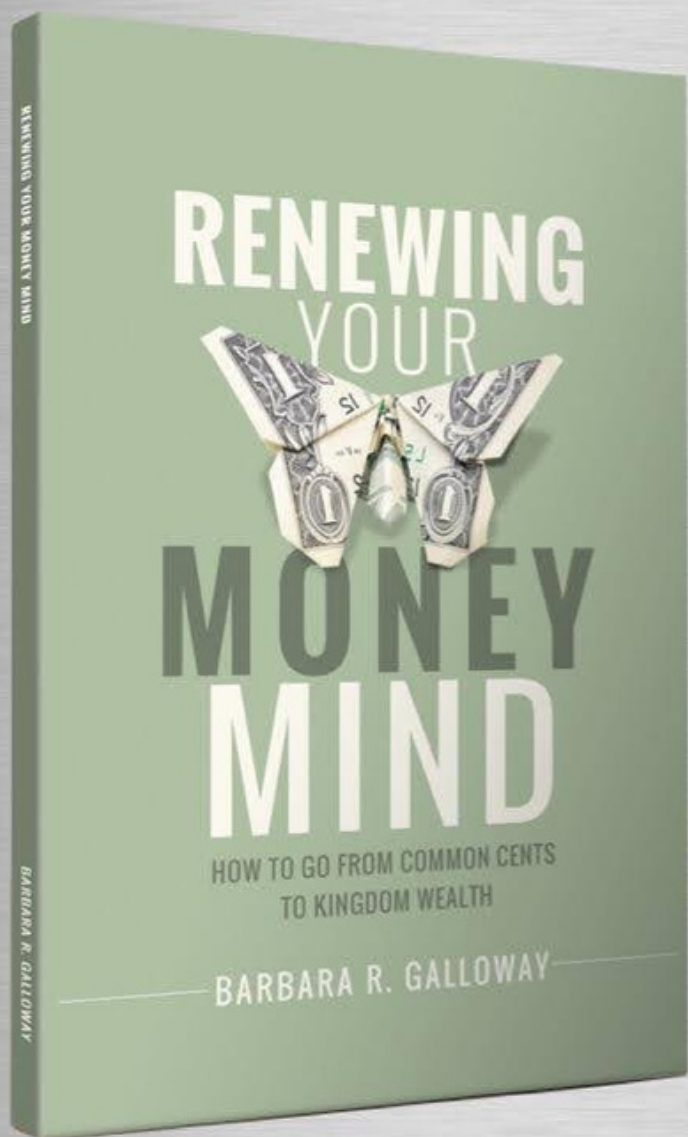
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Don't Let Overspending Steal Your Christmas Joy

Advice by Barbara R. Galloway, Columnist

Yes, here we are, at one of the most exciting times of the year – on the brink of the Christmas holiday. Are you prepared spiritually, what about financially? Well, if you're like a lot of people, you didn't consider the holiday when you planned your annual budget at the beginning of the year. While the whole point of the holiday is to commemorate the birth of our Lord and Savior, Jesus Christ, the celebration often includes buying presents, decorating our homes, having family gatherings, or maybe even traveling. You know it's coming, every year at the same time, yet you find yourself caught off guard and short of cash, again. Christmas Club Accounts help you automatically save money all year to make the holiday feel a lot more affordable and to help limit your spending.

While Christmas clubs aren't as popular as they used to be, they are still a viable and easy way to ensure you aren't maxing out your credit cards in December. Many banks and most credit unions still offer Christmas (or Holiday) Club accounts, which allow you to automatically transfer a certain amount of money from each paycheck to a savings account that's been earmarked for holiday spending. You can start now (most financial institutions' Christmas Club accounts run from Nov to Nov), and make regular (weekly, bi-weekly, or monthly) deposits in the account. You don't touch the money until the end of the Christmas Club account term.

Decide who you want to buy gifts for and how much you want to spend on each person, your food and entertainment costs if you're hosting dinner, decorations, or travel expenses if visiting family. Once you've estimated your total Christmas expenses, you'll know how much you need to save. If you get paid bi-weekly, you'll have to divide the total expenses by 26. This is the amount you want to set up as automatic transfers from each paycheck to your Christmas Club account.

The benefits of Christmas Club accounts are they take very little discipline because you don't see the money leaving. They offer slightly higher interest rates than traditional savings accounts (but the interest earned isn't great). They lock up your money through the maturity date making it harder to nibble on. A Christmas Club account keeps holiday savings separate from other savings. And you can save a little each payday until you reach your goal, lessening the financial burden and impact on your finances.



Keep in mind this hack won't solve all your financial woes, but it is a step in the right direction. It will help you develop the practice of setting aside money and allow you to fund the holiday with cash as opposed to using credit cards. And remember, it's important to estimate your Christmas spending needs correctly and to exercise discipline in every area of spending or else you might still feel financially stressed during the Holiday.

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Life is constantly in motion. Because of the constant movement, financial decisions can sometime be overwhelming and worse, placed on the back burner. To help accomplish your financial goals, you need not only a clear vision of what you want to achieve but also the proper toolkit and an experienced guide. I can be of value in this regard.

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AMAZING GRACE

This is a true divine experience with the Almighty God that will leave you inspired. It is a life-changing, exhilarating, and incomprehensible encounter far beyond human understanding. I am mesmerized by the testimonies and stories I have heard from ordinary men and women of all races, ethnicities, and financial and social backgrounds. They all experienced a touch of heaven granted unto them by the grace of God. Some were believers before their encounter and some were not, but they all had one thing in common, they were never the same after meeting their Savior.

I take great pleasure in writing this story about a woman I have known all my life: my mother, Sarah L. Adams. She was transferred from this life into God's presence on her deathbed in August 2018. I hope reading her conversion experience will strengthen your faith in Christ. I spent countless hours with her and before she transitioned, she shared with me her divine experience with the Lord, Jesus Christ. I love this story because it is a testimony of redemption, salvation, and amazing grace, all in one. The Lord Jesus gave my mother an Apostle Paul experience that forever changed her life's trajectory. She fell in love with a remarkable God who transformed her heart from a sinner to a saint. It is my sincerest hope that you will enjoy reading about my mother. This is her testimony.

MODELING CAREER

My mother's spiritual experience began around 28 years old when the Lord began to draw her attention to Him. He began to speak to her heart about forsaking the world and following Him. She was a beautiful woman with extraordinary looks which led her to pursue a modeling career in the 1960's. Producers and agents were selecting her for modeling engagements attended by senators, ambassadors, and other well-known people. She was modeling for top designers in runway shows, photo shoots, commercials, and newspapers, and she even began doing beer company ads. Her talents and beauty catapulted her to centerfold and cover girl for popular magazines and publications. She even garnered a business deal with a Washington, DC television station to have my oldest sister's birthday celebration broadcast live on air.

AMAZING GRACE ... CON'T

One of the highlights of her career was gracing the cover of the August 1965 edition of TAN magazine. TAN later became EBONY, the iconic African-American publication, which featured Dorothy Dandridge, Harry Belafonte, and many other notable African-Americans. Having graced TAN magazine, she was considered one of the top African-American models in the country. Her salary increased to a whopping \$75.00 per hour (the minimum hourly wage during this time averaged ~\$1.40). She was well on her way to fame and fortune, but Almighty God had another plan for her life.

My mother was now top-billing at shows and events; she was meeting many celebrities and enjoying the world and all its pleasures. However, the Spirit of God began getting her attention, calling her to forsake the world and serve Him. Several of her female friends in their twenties, began dying unexpectedly, which frightened my mom. As a result, she began attending church with my siblings and me, but without my dad. However, she was still drawn to the world and the allure of success, so she put off serving God. She began to make excuses and asked the Lord for another year of success, which He granted through His amazing grace. After that year passed and

she turned thirty, my mother asked God for yet more time in the world and more success; but the Lord said to her "If I give you another year in the world you will ask me for another year and you will continue in sin." He told her that her time serving the world was over! She was forced to look directly at Jesus' question: "For what shall it profit a man if he shall gain the whole world, and lose his own soul?" (Mark 8:36)

AMAZING GRACE ENCOUNTER

My mother and I would spend countless hours talking about the goodness and power of God. Then one day before she passed away she wanted to share her testimony with me. She stated: "My son, now I would like to share the experience I had with the Lord Jesus Christ when I was 30 years of age". I was elated to hear my mother's story and I listened attentively without distraction. She began to share that at the pinnacle of her successful modeling career, one evening at church, she had an encounter with the Lord Jesus Christ. She began to attend several churches around the city but none of them were meeting her spiritual needs. The Spirit of God instructed her to visit the church of her uncle, who was a pastor in Washington, DC. As my gorgeous mother entered this church with her slim figure and fine clothes Sunday after Sunday, the Lord saw something different, a sinner who would become a saint of God. She told me that during this time, she was self-righteous, and sophisticated and didn't enjoy loud worship services. As a matter of fact, she thought people were acting when they praised and worshipped under the power of the Holy Ghost.

One Sunday, my mother walked down the aisle to stand at the altar. While standing there she had a divine encounter with the Lord Jesus Christ. God touched her, and she fell under the anointing of the



AMAZING GRACE ... CON'T



power of the Holy Ghost. The amazing part of this encounter is the pastor, nor any other minister, neither laid hands on her nor was praying over her, but the Lord was doing great work in her all on His own! She was experiencing being slain in the Spirit of God. While under the power of God she could hear the pastor saying "This work is of God leave her alone."

While under the power of God, my mother could not move any part of her body, she was paralyzed. Her spirit was out of her body looking down at her. She was conscious but did not understand what she was experiencing in the spiritual realm. Then she saw the Lord Jesus Christ standing in the corner of the church with a white robe and she saw His hands and became overwhelmed by His presence. While in His presence, she began to feel an excruciating unbearable pain, like needles being thrust into her entire body. The Lord spoke directly to her and said "This pain you are feeling is the pain I felt when I was being crucified on the cross for the sin of the world. I am causing your body to become dead to sin." The pain was unbearable and out of her control. The Lord spoke His

purpose to my mother and said she would have to suffer for Him for 5 years so He could prepare her for her calling.

HER CALLING

After the Lord completed the work of salvation, purging, and deliverance, He filled her with the Holy Ghost evidenced by her speaking in tongues. She said that night the Lord did a completed work on her. She was transformed from a sinner to a saint of God, and she was sold out to the Lord Jesus. After this miraculous encounter, the Lord began to use her in the ministry of healing, miracles, and deliverance. The Lord would allow her to lay hands on people who were sick, demon-possessed and afflicted. She would pray for them and the power of God would come upon them. She performed many miracles, signs, and wonders and became a prayer warrior, evangelist, overseer, and servant of God. Many people sought her for prayer, healing, and other requests and God would work divine miracles through her. Her healing ministry was well known, and people called her from all over the United States, as she used her anointing to the glory of God. People who knew my mother, still talk today about her ministry and fellowship with the Lord.

The hour she lay dying, my oldest sister and I were in the room with her and witnessed the glory of God enter the room to receive her soul and spirit. In her bed, she lifted her arms, and the room was filled with the presence of God. A minute later, I heard her breathe her last breath, and she transitioned peacefully.

My mother lived a sanctified, Holy Spirit-powered life for 52 years, after her divine encounter with the Lord at age 30. She remained married to my father for 65 years and birthed four children. She died at the age of 82. I am so thankful to have experienced her faithfulness, power, holiness, signs, and wonders firsthand; and I'm eternally grateful for her legacy and God's amazing grace that saved and turned a sinner into a saint of God.

Heaven's Healing Hospital

CG Animated Short Film

Story Written By Miguel Adams

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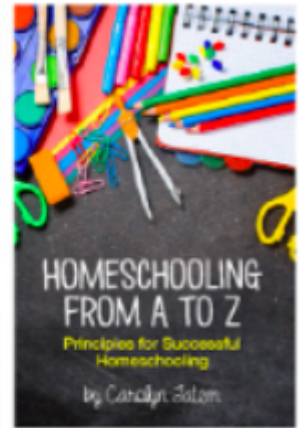
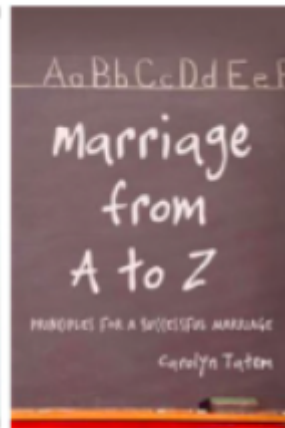
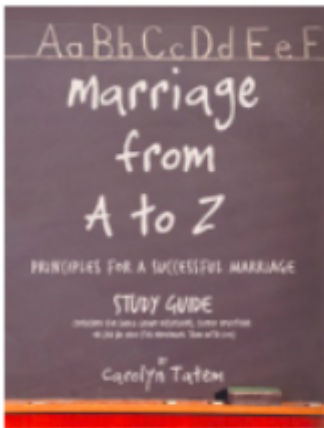
Coming Soon in January 2024



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Rev. Carolyn Tatem

Rev. Carolyn Tatem is a native of Washington, D. C. She has been a member of First Baptist Church of Glenarden for 29 years. She serves as an Associate Pastor to Pastor John K. Jenkins and as the Director of the Queen Esther Ministry, a Discipleship program for women (21 years in QE and 16 years as the director). She is married to Deacon William Tatem, Jr. and in August they will celebrate 25 years of marriage. Together they have 3 children. Rev. Tatem is the author of five books three of which are on one of her passions, marriage, and preparation for marriage. She is part of the Lifeway (A Christian Resource Company in Nashville Tennessee) Women's Ministry Trainer Team. In addition, Rev. Carolyn is a Middle School Teacher in Alexandria, Virginia and a student at Denver Seminary pursuing her second Master's Degree in Divinity with a focus on Pastoral Care and Counseling.



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available on [amazon.com](https://www.amazon.com)

MARRIAGE FROM A TO Z

Attention Husbands and Wives: Have you Paid Your Affection Bill?

By Carolyn Tatem

Most people are familiar with the phone, electric, and gas bills, which are due monthly. However, are you familiar with the “Affection Bill?” I Corinthians 7:3 says, “Let the husband render to his wife the affection due her, and likewise also the wife to her husband.”

When your bills are due, the correct thing to do is to pay your bills on time. Some people even pay in advance to make sure they are in good standing. When bills are not paid on time, you will likely receive a notice stating your bill is due or past due. Not paying what is due causes problems for the company that issued the bill, and for the person who owes. Bill collectors will contact you and sometimes harass you until payment is made.



Did you know that once you get married and become a husband or a wife, you have an affection bill due? I Corinthians 7:3 tells husbands and wives to render to each other the affection due. Affection is a physical way of showing just how much you love someone. It is a fond attachment that makes you want to touch, tickle, kiss, hug, or hold. The root word is affect, which means producing an effect or change, to impress the mind or move the feelings of someone. God is calling every husband and wife to give each other the affection due. Have you paid your affection bill?

I Corinthians 7:3 encourages husbands and wives to pay the “Affection Dues” to each other. Please do not allow your spouse to experience an affection deficit. Pay your affection dues regularly and discover how your spouse prefers to be paid. Give it without delay and without having to be asked. Your husband or your wife is due your affection. Do not deprive them.





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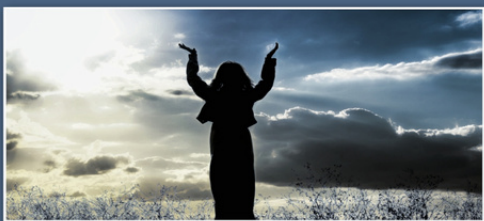
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Interview with Pastore Moussa Toure by Barbara Galloway

In the Winter 2023 issue, we shared the testimony of Pastor Moussa Toure, a former Muslim who had a miraculous encounter with Jesus Christ. It was a powerful story and I encourage you to read it if you haven't. It will bless you.

Well, as remarkable as his testimony was, it's not the end of Pastor Moussa's miracles. I caught up with the Pastor again, this time to interview him about his experience of being taken up to Heaven.

RG: Good evening Pastor Toure, I appreciate you taking time out to share your story with The Remarkable God (RG) magazine. Let's start from the beginning, what happened to you and how did it come about?

Pastor Toure: Ever since my miraculous conversion to Christianity, I've had a desire to see the Lord again. It has waxed even stronger over the years. So much so, I traveled to Israel, to experience first-hand those places where Jesus walked the Earth. Being there, I could envision Him in my mind, praying in the Garden of Gethsemane, walking on the Sea of Galilee, and preaching the Sermon on the Mount over 2,000 years ago. I know we walk with the Lord spiritually, but I greatly desired to experience Him in the natural.

RG: I totally understand. I have visited Israel for the same reason, to witness the places where Jesus physically walked upon the Earth. It was a life-changing trip I feel privileged to have been able to experience. Did the trip satisfy your desire to see Jesus?

Pastor Toure: No, not at all. My mind is always seeking after Him. It's as if nothing can satisfy my strong desire to see Him, to be with Him, and to encounter Him. While I didn't see Him again per se, I had no idea what the Lord had in store for me this time. One day, I was in my house, and I suddenly began feeling like I was being caught up or pulled up toward Heaven.

RG: Were you being caught up in the physical (your entire body) or in the spiritual realm (outside the body)?

Pastor Toure: I am not sure, but I immediately thought of 2 Corinthians 12:7 when Paul said about himself "I know a man in Christ who fourteen years ago – whether in the body I do not know, or whether out of the body I do not know, God knows – such a one was caught up to the third heaven." As I was ascending I could see the physical realm, my house, the city, and as I kept ascending, I could see the USA, then the globe, and then the whole world. As I broke through the clouds, everything disappeared

INTERVIEW ... CON'T



from my view. The force that was pulling me would stop and turn me around so I could see below and then it would begin pulling me up again. I could hear and feel the whirring of air as I was being pulled upward.

RG: Were you afraid? What did you think was happening?

Pastor Toure: I was not afraid because the force was holding me securely by the back of my neck. I felt peaceful, safe, and joyful. The force kept taking me up, up and up, past the clouds, until I entered a realm that didn't look like anything I had ever seen. This realm's atmosphere was nothing like Earth's atmosphere. It was beautiful, shining, and radiant like a ray of light. It was as bright as the sun, but it wasn't the color of the sun. I couldn't stop staring at it and I had a strong urge to touch it, but I just kept gazing at it. The force holding me gave me time to look at it; and then it positioned me to look downward, where I could see beyond the atmosphere, through a window-like opening, a city.

RG: Did the city seem far away? Did you recognize the city?

Pastor Toure: The city was not too far or too close. I could see the most prominent portion of the city, and it came to me it was the new Jerusalem. At that moment, everything in me was totally consumed by the city. I wanted to take in every little detail: the buildings' heights, structures, and the differences between each building. The buildings and the streets were made of gold. It was so pure and clean, that I knew in my spirit if I were to touch anything it would become dirty. I said to myself, in my spirit, "have to stay here!" If the force wasn't holding me, I would have been compelled to just jump or fly down to the city. I decided "I am not going back! There's no way I'm going back! I must figure out how to free myself of this force holding me back." I mustered up all my strength and tried to push myself away from the force, but I couldn't break loose. I tried again and again, but the hand was still holding me. I got discouraged and gave up.

RG: So, you were ready to permanently go down to the city, even if it meant you could never get back to earth and your life?

Pastor Toure: Yes, it was so wonderful, appealing, and attractive to all my being I didn't want to know any place other than this place. But then, after my attempts to break free failed, the force whisked me

INTERVIEW ... CON'T

off to another place. This time I could see a deep, huge hole much further down. The voice of the force that was holding me said "This is where you send the demons when you cast them out." We then started descending, and I could feel the air whirring past us again. We went through the clouds again and suddenly the globe appeared, then the United States, then I saw my city, and finally my house. I then found myself in my bed.

RG: Pastor Toure, how long were you gone? And do you think you were dreaming?

Pastor Toure: I would estimate it took about 10 minutes. No, no, not at all. It was different from a dream because I was conscious, I was awake. It was more like an open vision. My body was still in bed, but my spirit ascended to Heaven.

RG: How has this experience changed you?

Pastor Toure: This world and whatever it can offer has no appeal or excitement for me anymore. I can no longer rejoice and get excited about things like I did before this encounter. It was so enjoyable to my entire being, not just one part of me. It is now the center of my joy and I am in a constant search for the feeling that seeing that city gave me. It's difficult for me to participate in worldly, social things. People often say to me "You don't seem to be here with us." The picture of the city's beauty, magnificence, and purity is always in my mind and heart. You cannot remove it once you see it and I am always comparing that vision to everything I see in the world. It all falls woefully, painfully short. Every day I read about the new Jerusalem in Revelation to try and absorb every detail of heaven and the new Jerusalem.

RG: Does what you read in Scripture about heaven match what you experienced?

Pastor Toure: Yes, it describes what I saw, especially the atmosphere. There was no physical light because there was no need for light as we know it. When reading Revelation, I am reminded of the purity, the beauty, and the streets paved in gold, which I witnessed.

RG: Throughout the entire experience, did you see Jesus Himself?

Pastor Toure: No, the only personification was the hand that was holding me and the voice that said, "This is where you send the demons when you cast them out."

RG: What have you learned from this experience and what would you want others to know?

Pastor Toure: I am now certain that the Lord will return unexpectedly. As the Word says, "No one knows neither the day nor the hour, not the angels of heaven, but my Father only." I wasn't expecting what happened to me to happen. It was just a normal day. And now, I'm forever changed. I am always waiting and expecting the Lord to come back. We need to be ready, and not be caught unaware like the foolish virgins who had no oil in their lamps.

RG: Thank you for sharing this remarkable story with us Pastor Toure. I am sure it will be as encouraging to readers as it is to me; assuring us that a magnificent and glorious heaven awaits; and that we will want no other place once we lay our eyes on it. May God continue to grant you the desires of your heart as you continue to delight in and thirst after Him. God bless you.

MONEY GOD'S WAY

By Knollis Gordon

Money touches every part of our lives. Where we live, what we eat, where we work and so on. Is there anything that money does not touch?

With that in mind, managing this all-encompassing subject of finances is extremely important. Those of us who are not successful in this realm struggle and live a life filled with pain, regret and constant anxiety. In contrast, those who manage money well live in financial peace.

God understands our dilemmas. He has graciously provided us with much instruction through his Word. The Bible has over 2300 scriptures on money - more than all of the scriptures about faith and prayer combined. 15 percent of everything that Jesus spoke about was on money and possessions. Here are two verses that you might have seen before:



Again I tell you, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God. Matthew 19:24 (NIV)

For the love of money is the root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs. 1 Timothy 6:10 (NIV)

If you are finding it hard to manage your finances, you are not alone. 70 percent of Americans live paycheck to paycheck and that was before the pandemic. Conversely, many people are financially secure.

In the largest study of millionaires in America, more than 10,000 people answered questions on how they became millionaires. Here are some takeaways from the survey:

1. 79% were first-time millionaires and did not inherit any money.
2. 8 out of 10 invested in their company's 401k.
3. The top five careers for millionaires are (1) Engineer, (2) Accountant, (3) Teacher, (4) Management, and (5) Lawyer.
4. 33% never had a six-figure household income in a single working year and only 31% averaged a \$100,000 household income per year.

MONEY GOD'S WAY ... CON'T

The underlying theme here is that the American dream of prosperity is alive and well. However, you must have a plan.

In my experience, over the years of working with more than 600 people, what stands out is a lack of vision - a short-sightedness. We focus on the present without enough thoughts about the future. While all of the following things are important, we have a tendency to do one thing without considering the other:

Clothes over a car; car over an apartment; an apartment over vacation; vacation over children; children over their education; and everything over retirement.

No matter how much money you make, you will not have enough to purchase everything you want. Yes, no matter how much money we make, we all have competing priorities. You will have to compromise, even if your name is Warren Buffett or Elon Musk.

“Where there is no vision, the people perish.” Proverbs 29:18a (NIV)

Live within your means with your future in mind. In other words, begin with the end in mind, so that whatever financial decisions you make will not affect your long term goals, like retirement.

Do not behave like Adam and Eve who were blessed with a garden of inexhaustible amounts of delicious food and fruit. They walked past all of it to eat of the forbidden tree in the middle of the garden. They had a scarcity mindset, focusing on what they did not have, instead of having a mindset of gratitude and focusing on all of their many blessings. Remember financial success is a long game.

“One eager to get rich will not go unpunished.” Proverbs 28:20b (NIV). “But whoever gathers money little by little makes it grow.” Proverbs 13:11 (NIV).

You can succeed with money by following God's loving direction.

For a comprehensive and easy to read book on financial success, please read Dave Ramsey's "Total Money Makeover." Here is a link on Amazon to Dave Ramsey's Total Money Makeover



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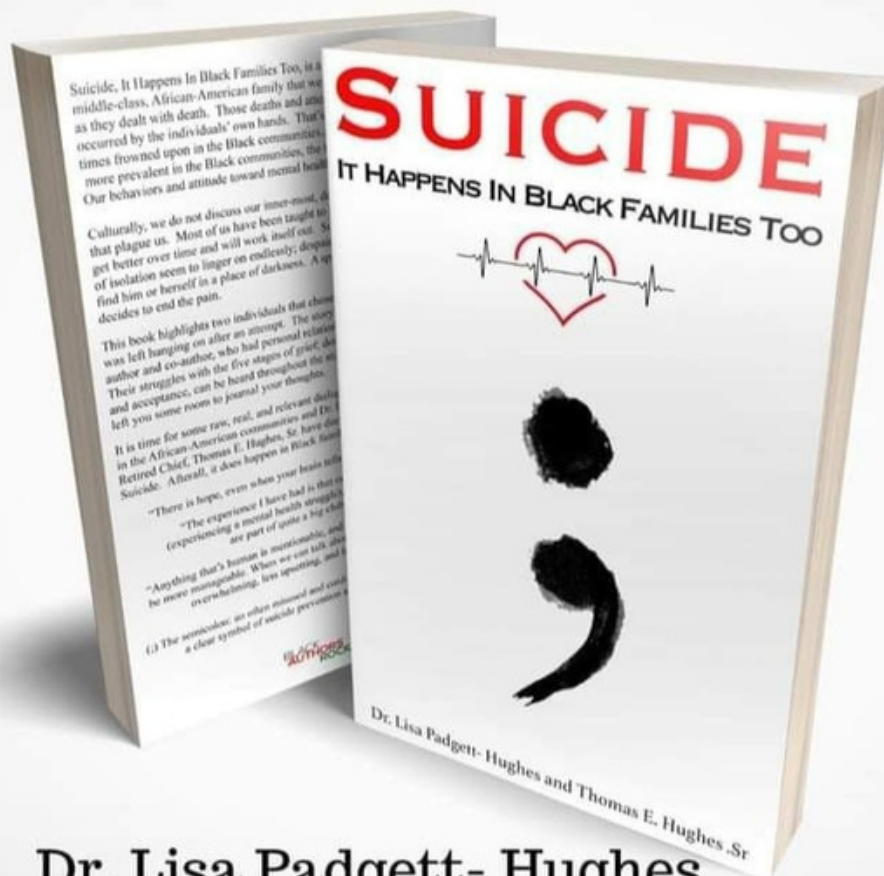
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MENTAL HEALTH TALK: MATTERS OF THE MIND

MENTAL HEALTH AND AGING

PART 2: THE CURRENT STATE OF DEPRESSION IN OLDER ADULTS

Greetings! I pray that this article finds everyone, everywhere mentally well. Last quarter I discussed depression on the rise for older adults. After talking with many seniors at Church and talking with a sister who has been working with the elderly for thirty years, depression among the elderly, just like suicide in the black communities, are topics that need to be continuously discussed. In the previous article, data showed that an estimated 20% of individuals, age 55 or older, encounter some type of mental health issue. These issues include but are not limited to, “anxiety, severe cognitive impairment, and mood disorders, such as depression or bipolar disorder” (Centers for Disease Control and Prevention and National Association of Chronic Disease Disorder, 2008, p. 1). It also disclosed depression as being the most prevalent mental health problem among older adults (p. 2). So, like others, I ask myself, why would an elderly person be depressed? Haven’t they lived a full life, retired, and ready to spend time with family or try something different; vacation longer, change career, relocate, and or participate in a sports activity? While writing Part One of this piece, the author also pondered on those same questions. Because of the questions and the dialogue that I had started, it was necessary to continue examining the current state of depression in older adults.



Depression looks different for everyone. In elders, it may be difficult to identify because elderly people may have different symptoms than younger people. For some elders with depression, sadness is not their primary symptom. They could instead be feeling more detachment or have a lack of interest in activities. They may not be as willing to talk about their feelings. Research shows that many older adults are not depressed. Although depression is not a normal part of aging, many elders are at a higher risk of experiencing the disorder. It is a real and curable medical condition. That can be diagnosed and treated just like diabetes and hypertension. Research further stated that “about 80% of older adults have at least one chronic health condition, and 50% have two or more. Depression is



more common in people who also have other illnesses (such as heart disease or cancer) or whose function becomes limited” (Centers for Disease Control and Prevention, September 2023, p. 1). It is easy to misdiagnose older adults because doctors may, in oversight, view their symptoms of depression as a natural reaction to sickness or other life changes. Therefore, overlook their depression as a condition that needs to be treated. Older people often have this same ideology because they don’t know that they could mentally feel better with appropriate diagnosis and treatment. They too just think it’s a part of getting older and their sadness comes from the lack of independence or illness (p. 1).

In conclusion, although a good number of older adults silently suffer from depression, “the good news is that many older adults are not depressed. Approximately one to five percent of older adults living in communities, independently, have Major Depressive Disorder while that number increases to 13.5% for those that require in-home care and to 11.5% for those that are hospitalized” (Seevai and Shah, p. 1). However, it appears that more dialogue needs to take place in terms of mental health wellness among the elderly as well. This topic is so broad that it cannot be discussed in one or two articles. There must be ongoing discussions for the communities, particularly African Americans. According to Taylor and Chatters, (2020), “there is an acute need for improved access to mental health care services in communities of color, a need that has been exacerbated by the COVID-19 pandemic” (p. 1). In March 2022, “the White House announced a strategy to address the mental health crisis, including measures to strengthen provider capacity and expand access to services” (1). The health policy leaders are also pursuing,

- policies to expand the workforce of culturally competent mental health care providers, which requires encouraging the next generation of medical students of color to pursue mental health disciplines as well as training current providers in cultural sensitivity,
- targeting mental health services to meet the needs of older adults of color and, in particular, helping them overcome entrenched cultural attitudes associated with seeking mental health care and making sure services are affordable and accessible,
- expansion of free or affordable care, particularly for low-income adults, through increased reimbursement for mental health services in Medicaid, and
- integration of mental health services with primary care, which would improve access and make routine the provision of behavioral health services” (1).

As a Mental Health Provider, I will continue to watch these new changes that will allegedly take place for those in need of mental health services.

Join me for the next article where I will tackle Mental Health and The Black Church. Again, a topic that is rarely, if ever discussed. As an African American Christian woman, a lot of time is spent by my culture at church? I will investigate the role of the Black Church in terms of mental health in the communities. What is the role; do they have one? Since this will be a major piece, it will be discussed in four parts next year. Until the next time, be safe, enjoy the holidays, and most importantly nurture your mental health.

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Disclaimer: *I am not a medical professional, psychiatrist, or psychologist. This piece of work and all others for this magazine are for informational purposes only. If you feel any of the symptoms pertaining to the above-mentioned disorder, please seek your primary care physician for further evaluation.*

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INFALLIBLE TRUTHS ABOUT GOD

It is impossible for God to speak a lie,

God cannot Himself deny,

In the midst of life He can rearrange,

But our God can never change.

God's power on earth will always prevail,

And His Holy Word will never fail.

Eternal is His love for thee,

Unfaithful He will never be.

Let these infallible truths be known,

That He is Creator and Lord alone.

God cannot be tempted at all,

Whether the temptation is great or small,

These infallible truths please hear,

God has not given us the spirit of fear.



WHAT IS THE PURPOSE OF THE CROSS?

Written by: Dr. Ramani Nokku M.D.



What is the purpose of the cross in our lives daily: Luke 9:23 Jesus said, If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me. It has three commandments: 1) Denying ourselves. 2) Taking up of His cross daily. It's both personal and individual. 3) Following Jesus in our thoughts, in our hearts, in our minds and in our actions. Psalm 57:2 states: "I will cry to God most high, to God who fulfills his purpose for me." Putting our trust in the Lord, rather than in our flesh, and if we offer our bodies as a living sacrifice by living for his name sake, through the midst of our sufferings, pain and persecution, then He will fulfill His purpose in each of us.

God will bring crosses to our lives, to build and fulfill His

purpose in our lives and to build up others through us. John 12: 24 states: "Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies it produces many seeds." The Cross teaches us humility which means that dying to ourselves will produce God's life in us through the Spirit of God. His light and life in us brings holiness, consecration and sanctification in our souls, which in turn produces a fountain of God's love to the thirsty souls, so that God's kingdom will be established on the earth. Matthew 5:5 states: "Blessed are the meek, for they shall inherit the earth." The Cross teaches us meekness so that we can become inhabitable by the Spirit of God, and teachable by God. Thus we will become approachable to



WHAT IS THE PURPOSE OF THE CROSS?



those who are looking for the Love of God.

Romans 12:2 states: "And be not conformed to this world; but be ye transformed by the renewing of your mind ...". Taking the cross every day leads to renewal and transformation of our mind to the mind of Christ leading to the bearing of the fruit of the Spirit. Rather than being quick to judge, critical, or grumpy, we can radiate Love, kindness, gentleness, patience, and compassion to build up others and lead them to the kingdom of God. Romans 8:6 states: "For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace." The Cross helps to purge our sinful thoughts and urges, for we know it will lead to a spiritual death.

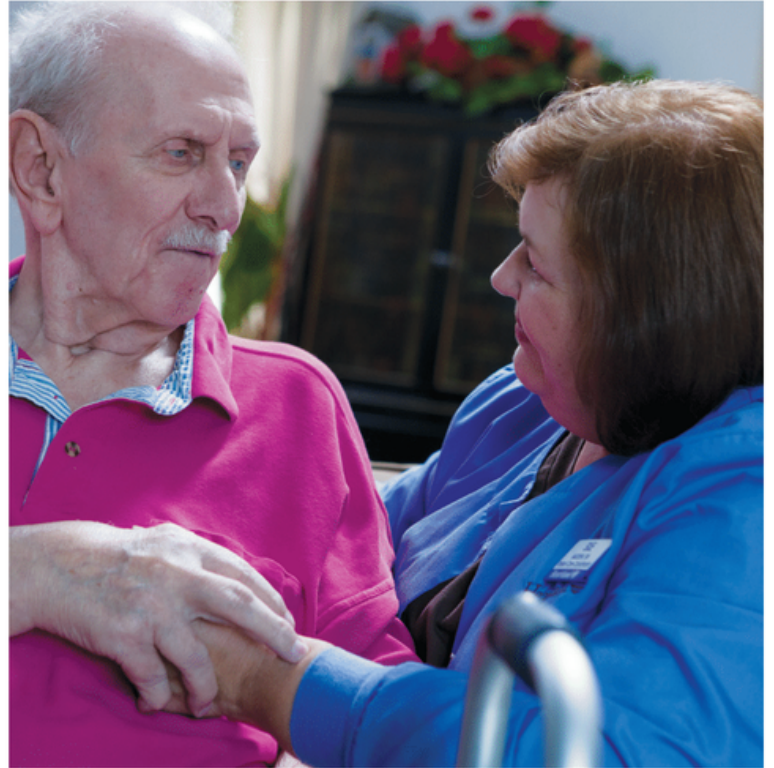
John 15: 2 states: "I am the true vine and father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit, he prunes so that it will be even more fruitful." God applies crosses in our lives to keep us away from unwanted fleshly desires so that we will be more fruitful for His Kingdom.

In the name of Jesus, I pray that the Spirit of the living God, bring us to the fullness of Christ in our spirit, soul, and body, and keeps us blameless till the return of Christ ..Amen



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