



How to be UP in a DOWN World...

M e t r o P r a i z



ARE YOU LIVING IN FEAR?

(Read Psalm 91)

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We're living in a world where fear seems to rise up in us... even for just a moment. We as believers have the promise of being safe in the Lord... 'Those who go to God Most High for safety will be protected by the Almighty' (verse 1). First there was September 11 where thousands and thousands of lives were taking in-stilling a fear of flying...yet people continued to take their vacations...

Then there was the anthrax scare that took life and made ill many others instilling a fear of opening your mail...yet we went to our mailboxes to get our mail; we had to. Life has to continue. But why can't life

continue in the Lord? No one is saying it is easy...one must be in communion with God on a daily basis. Share your deepest thoughts and desires with God. This daily communion promotes our spiritual growth as almost nothing else can.

Nothing is accomplished by living in fear. Fear can go to two extremes...fear can paralyze you causing you not to leave your house and the other extreme learning to live with that fear. But God says 'The Lord says, "Whoever loves me, I will save. I will protect those who know me. They will call to me, and I will answer them. I will be with them in trouble' (verses 14-15). Isn't

that a great promise?

'I will not be afraid, because the Lord is my

As uncertain as times are God says that 'he is your protection' and that 'nothing bad will happen to you' (read verses 9 and 10). We can't afford to live in fear. Fear prevents us from claiming God's promises. Fear prevents us from going forth and doing His work. We do not sing for ourselves, we should sing to God's honor and glory. Despite all that is going on in the world...God is still on the throne.

Metro Praiz has a job to do...a message to deliver. We still have to 'Sing for Jesus and Let the WHOLE World Feel His

UPCOMING PERFORMANCES

- TOMORROW—Takoma Park Church; transportation is available...leaving the church at 4:15 p.m. Performance begins at 5 p.m.
- **Sunday, October 20 @** Hemingway Memorial AME. Performance is at 5 p.m. Miguel has asked members to sing. Look out for more details.
- **Sunday, November 3 @** Zion Baptist. Performance at 10 a.m. Miguel will ask mem-

FROM THE MET TEAM...

From Our Secretaries...

Celebrating birthdays in **September** are Cherry Sorzano, Julianna Lewis, Erica Swan, Shallun Evelyn, and Rocky Sherwood.

Celebrating birthdays in **October** are: Loison Souvenir, Donnell Stewart, Lauren Smalls-Mantey, Valrie Applewhite, and Claudette Smith.

Happy Anniversary to Miguel and Angela 'Angie' Davis who

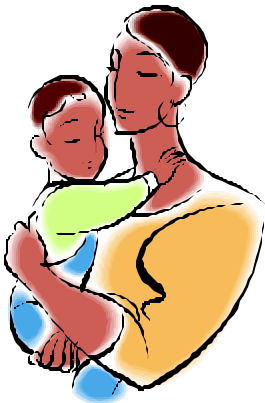
are celebrating 15 years of marriage on October 17.

From the Web Team...

Please check out the website at www.metropraiz.com. There are new features that have been added...a booking form, the newsletters, and you get to



DON'T MESS WITH MOTHERS *(Submitted By Neitha Harris)*



'God said Honor your mother and your father'...Matt. 15:4

"Your clothing won't be trendy now, I'll choose what we eat. That allowance that you used to get, will buy me something neat."

My son came home from school one day,
with a smirk upon his face.
He decided he was smart enough,
to put me in my place.

Guess what I learned in Civics Two,
that's taught by Mr. Wright?
It's all about the laws today,
The "Children's Bill of Rights."

It says I need not clean my room,
don't have to cut my hair.
No one can tell me what to think,
or speak, or what to wear.

I have freedom from religion,
and regardless what you say,
I don't have to bow my head,
and I sure don't have to pray.

I can wear earrings if I want,
and pierce my tongue & nose.
I can read & watch just what I like,
get tattoos from head to toe.

And if you ever spank me,
I'll charge you with a crime.
I'll back up all my charges,
with the marks on my behind.

Don't you ever touch me,
my body's only for my use,
not for your hugs and kisses,
that's just more child abuse.

Don't preach about your morals,
like your Mama did to you.
That's nothing more than mind control,
And it's illegal too!

Mom, I have these children's rights,
so you can't influence me,
Or I'll call Children's Services Division,
better known as C.S.D.

Of course my first instinct was
To toss him out the door.
But the chance to teach him a lesson
made me think a little more.

I mulled it over carefully,
I couldn't let this go.
A smile crept upon my face,
he's messing with a pro.

Next day I took him shopping
at the local Goodwill Store.
I told him, "Pick out all you want,
there's shirts & pants galore.

I've called and checked with C.S.D.
who said they didn't care
if I bought you K-Mart shoes
instead of those Nike Airs.

I've canceled that appointment
to take your driver's test.
The C.S.D. is unconcerned
so I'll decide what's best.

I said "No time to stop and eat,
or pick up stuff to munch.
And tomorrow you can start to learn
to make your own sack lunch.

Just save the raging appetite,
and wait till dinner time.
We're having liver and onions,
a favorite dish of mine.

He asked "Can I please rent a movie,
to watch on my VCR?
"Sorry, but I sold your TV,
for new tires on my car.

I also rented out your room,
you'll take the couch instead.
The C.S.D. requires
just a roof over your head.

Your clothing won't be trendy now,
I'll choose what we eat.
That allowance that you used to get,
will buy me something neat.

I'm selling off your jet ski,
dirt-bike & roller blades. Check out the "Parents
Bill of Rights,"
It's in effect today!

Hey hot shot, are you crying,
why are you on your knees?
Are you asking God to help you out, instead of
C.S.D..?



'...raise them with the training and teaching of the Lord'...Eph. 6:4



PRIORITIES *(Submitted By Novella D. Smith)*

I asked God to grant me patience. God said, No. Patience is a byproduct of tribulations; it isn't granted, it is earned.

I asked God to give me happiness. God said, No. I give you blessings. Happiness is up to you.

I asked God to spare me pain. God said, No. Suffering draws you apart from worldly cares and brings you closer to me.

I asked God to make my spirit grow. God said, No. You must grow on your own, but I will prune you to

make you fruitful.

I asked for all things that I might enjoy in life. God said No. I will give you life so that you may enjoy all things.

I ask God to help me LOVE others, as much as God loves me. God said... Ahhhh, finally you have the idea.

If you love God, send this to ten people and back to the person that sent it.

Stop telling God how big your storm is. Instead tell your storm how big your GOD is.



'But the Spirit produces the fruit of love, joy, peace, patience,

VOICEMAIL IN HEAVEN *(Submitted By Novella D. Smith)*

I am so glad prayer doesn't work like voice mail! Aren't you glad there's no voicemail in heaven? Have you ever wondered what it would be like if God decided to install voicemail? Imagine praying and hearing the following:

Thank you for calling Heaven.

For English, Press 1.

For Spanish, press 2.

For all other languages, press 0.

Please select one of the following options:

Press 1 for Requests.

Press 2 for Thanksgiving.

Press 3 for Complaints.

Press 4 for all other inquiries.

I am sorry. All of our angels and saints are busy helping other sinners right now. However, your prayer is important

to us, and we will answer it in the order it was received. Please stay on the line.

If you would like to speak to:

God, press 1.

Jesus, press 2.

Holy Spirit, press 3

If you would like to hear King David sing a Psalm while you are holding, press 4.

To find a loved one that has been assigned to Heaven, press 5, then enter his or her social security number, followed by the pound sign.

If you receive a negative response, please hang up and try area code 666.

For reservations at Heaven, please enter J-O-H-N, followed by the numbers 3-1-6.

For answers to nagging questions about dinosaurs, the age

of the earth, life on other planets, and where Noah's Ark is, please wait until you arrive.

Our computers show that you have already prayed today. Please hang-up and try again tomorrow.

The office is now closed for the weekend to observe a religious holiday.

Please pray again on Monday after 9:30 am.

If you are calling after hours and need emergency assistance, please contact your local pastor.

Thank you, and have a heavenly day

"I'm sorry...all of our angels and saints are busy helping other sinners right now. Your prayer is important to us..."



Imagine voicemail in Heaven? What a concept...! NO THANKS...



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"Sing For Jesus and Let the Whole World Feel
His Power!"

"Sing for Jesus and Let the Whole World Feel His Power", is the aim and motto of Miguel Davis and Metro Praiz. It's exciting to experience the ministry of Miguel Davis and Metro Praiz. Their music has a message that walks believers of every nationality and culture through different stages and diverse experiences into a crescendo that suggests no matter how turbulent the storms of life may seem, they do eventually end. Miguel Davis and Metro Praiz guarantee to keep your heart listening to the Holy Spirit, who will come into your life and sing lullabies to the troubles in your soul. It will be an experience YOU WILL NEVER FORGET!

THE RAIN ASKED THE EARTH *(submitted by Kevon Aaron)*



Why does Jesus love us so?

The rain asked the earth, "Why do you love me so much?"

The earth replied, "I love you so much because I need you, and when I have you I grow and bear fruit; without you I can't live, grow or be the best I can be."

The man asked Jesus, "Why do you love me so much?"

Jesus replied to the man, "I love you so much because I need you and want to save you and have you grow into the best that you can be."

Should we ask Jesus the same question?

Ask Him for yourself and hear what He says to you.

