

**“Sing for Jesus and Let the World Feel His Power!”**

# Metro Praiz News

**December 2001**

*The Road to Success is  
Always under Construction...*

- A smooth sea never made a skillful sailor
- Success comes in cans; Failure comes in cant's
- It is not crime not to be perfect
- Make friends before you need them
- Triumph is just 'umph' added to try
- If you can laugh at it then you can live with it

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## Reflections...

This story can fit 175-225 words.

The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also create credibility and build your organization's identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter. This could be anyone who might benefit from the information it contains, for example, employees or people interested in purchasing a product or requesting your service.

You can compile a mailing

list from business reply cards, customer information sheets, business cards collected at trade shows, or membership lists. You might consider purchasing a mailing list from a company.

If you explore the Publisher catalog, you will find many publications that match the style of your newsletter.

Next, establish how much time and money you can spend on your newsletter. These factors will help determine how frequently you publish the newsletter and its length. It's recommended that you publish your newsletter at least quarterly so that it's considered a consis-



**“...a Savior has been born to you; he is Christ the Lord...” —Luke 2:11**

tent source of information. Your customers or employees will look forward to its arrival.

## What a Friend We Have in Jesus

We all want so much to be loved and accepted. The fear of rejection, of not measuring up, can sometimes cause us to try to be something or someone we're not, just so we can fit in. Or it can cause us to never risk entering into a relationship at all.

What a friend we have in Jesus! You don't ever have to be afraid of Him leaving or rejecting you. He knows everything there is to know about you—He knows

you're not perfect—and He still loves you and accepts you for who you are!

The more we are able to grasp this truth, to find our value and security in Jesus alone, the more able we are to accept ourselves and others.

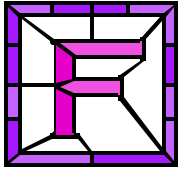
God's love sets us free to be who He designed us to be. It also release us from the fear of rejection and the need to live up

to someone else's expectations.

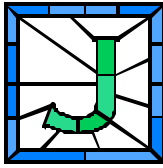
Jesus is our example of a perfect friend. His perfect love is our standard.

We are called to love our friends as Jesus loves us. They need to be free to be all God designed them to be, and to know they are loved—even when they're not perfect!

## Spiritual Vitamins—F through J



Through...



Are you Facing Failure? Take VITAMIN F: "Faithful is He that calleth you, who also will do it." 1 Thessalonians 5:24

Are you Grieving? Take VITAMIN G: "God grant you, according to the riches of His glory, to be strengthened with might by His spirit in the inner man." Ephesians 3:16

Are you Hurting? Take VITAMIN H: "Happy are ye; for the Spirit of Glory and of God resteth upon you." 1 Peter 4:11

Are you Insulted? Take VITAMIN I: "Increase and abound in love one toward another." 1 Thessalonians 3:12

Are you Jealous? Take VITAMIN J: "Judge not that ye be not judged." Matthew 7:1

**Everyone needs to take their vitamins...**

### Repeat After Me!!

God has brought you out for a reason. You have survived because He has a plan for you.

All your bad relationships, all the suicidal thoughts, the bad credit, the repossessions, the death of loved one, the back-stabbing from friends, the negative thoughts, or the lack of support. You have made it because you're blessed!

You should release and let go of all past hurts, misunderstandings and grudges because you are blessed! You should look at them as illusions, God is all there is.

All else is a lie!

Now give yourself a hug, wipe your tears and walk in the victory! God loves you BEST!

Be blessed and know that you are at one with THE SPIRIT OF THE LIVING GOD!

"And may the Lord keep watch between you and me when we are away from each other." —**Genesis 31:49**

If you do it right, God will bless it right!

—**Claudette Smith**  
**Editor, Metro Praiz News**

### Survival Kit!

**Items Needed:** Toothpick, Rubber Band, Band Aid, Pencil, Eraser, Chewing Gum, a Mint, Candy Kiss (Like Hershey's), and a Tea Bag.

Why?

**Toothpick**—To remind you to pick out the good qualities in others.

**Rubber Band**—To remind you to be flexible, things might not always go the way you want, but it will work out.

**Band Aid**—To remind you to heal hurt feelings, yours or someone else's.

**Pencil**—To remind you to list your blessings everyday.

**Eraser**—To remind you that everyone makes mistakes, and it's okay.

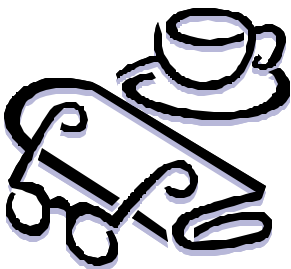
**Chewing Gum**—To remind you to stick with it and you can accomplish anything.

**A Mint**—To remind you that you are worth a mint!

**Candy Kiss**—To remind you that everyone needs a kiss or a hug everyday.

**Tea Bag**—To remind you to relax daily and go

*"If you want the rainbow you have to put up with the rain."*



Don't drink tea? Okay! Whatever you do to relax, remember to give thanks for your bless-

## Unreserved Surrender



*“I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.”*  
—Galatians 2:20

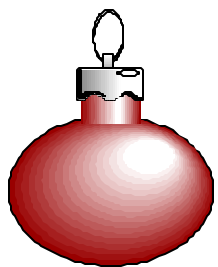
God will accept nothing less than unreserved surrender. Half-hearted, sinful Christians can never enter heaven. There they would find not happiness; for they know nothing of the high, holy principles that govern the members of the royal family.

The true Christian keeps the windows of the soul open heavenward. He lives in fellowship with Christ. His will is conformed to the will of Christ. His highest desire is to become more and more Christlike...

Earnestly and untiringly we are to strive to reach God’s ideal for us. Not as a penance are we to do this, but as the only means of gaining true happiness. The only way to gain peace and joy is to have a living connection with Him who gave His life for us, who died that we might live, and who lives to unite His power with the efforts of those who are striving to overcome.

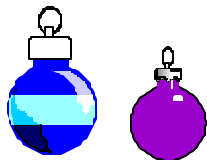
In this lower school of earth we are to learn the lessons that will prepare us to enter the higher school, where our education will continue under the personal instruction of Christ. Then He will open to us the meaning of His Word. Shall we not, in the few days of probation remaining to us, act like men and women who are seeking for life in the kingdom of God, even an eternity of

## Merry Christmas... Here’s what’s happening...



Happy Birthday to Melody Sam,

*“Have yourself a Merry little Christmas...”*



**“The First Noel, the angels did say..”**



## METRO PRAIZ

**“Sing for Jesus and Let the World Feel His Power!”**

A part of Metropolitan Seventh-Day  
Adventist Church  
6307 Riggs Road

Director: Miguel Davis  
Phone: 301.237.7394  
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“*Sing for Jesus and Let the World Feel His Power,*” is the aim and motto of *Metro Praiz*. The choir has doubled in its short existence and has merged onto the international scene under the leadership of its current director, Miguel Davis. While the music of the choir incorporates their heritage, they have transcended all cultural boundaries in their earnest search for the voice of God in music.

Enjoy the ministry that walks you into God’s promises—*Blessed Assurance*, through the storm *Jesus is a Rock*, and into the light of an exuberating experience with God, *Your Joy and Your Peace*.

Our Director, Miguel Davis has made his personal pledge to God, “to enhance the worship service and draw some sin-sick soul closer to Christ through the powerful medium of music.”

## Inside Story Headline



Caption describing picture or graphic.

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it’s a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you’ve received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of

managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you’ve created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event,

such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.