



Metro Praiz News

November 2001

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

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Remember...

- * Of all the things you wear, your expression is the most important
- * Kindness, a language deaf people can hear and blind can see
- * Birds have bills too and they keep on singing
- * A hard thing about business is minding your own

A Message from our Director...

As we all know, in a very short time we will be having our anniversary concert, now is the time to prepare yourselves mentally, emotionally and physically for the event. Your focus changes when you think about the words that you sing and how they relate to your life. Only then, will you be able to convey the true meaning in the songs that you sing. You need to ask yourself the question—'why do you sing?' Is it only something to do on a Friday night? Maybe for popularity or for show on Sabbath? Or whenever we perform? Or is it that you understand and realize that there are many souls lost who need some comfort and hope, and who need to Christ?

Think carefully, before you answer that question! Think about it! Maybe the answer will give you the motivation you need to give your all in practice and performance. Although our performances have been improving, we still have a lot of areas that need work. It is imperative that you continue to look at gospel videos, examine their tone, diction and their alertness to the Director. Observe their facial expression. When you start to internalize the songs you sing and apply the proper techniques, you too can be powerful vessels for GOD. I want to thank you for a great performance in Baltimore.

Keep it up! God Bless!

“We must sing cause cannot keep silent...we must sing cause He gave us a song...”

Spiritual Vitamins—A through E

Are you Anxious? Take VITAMIN A: "All things work together for good to them that love God." Romans 8:28

Are you Brokenhearted? Take VITAMIN B: "Blessed are they that mourn, for they shall be comforted." Matthew 5:4

Are you Confused? Take VITAMIN C: "Casting all your care upon Him: for He careth for you." 1 Peter 5:7

Are you Depressed? Take VITAMIN D: "Delight thyself also in the Lord, and He shall give thee the desires of thine heart." Psalm 37:3-4

Are you Empty? Take VITAMIN E: "Enter into (the Lord's) gates with thanksgiving and into His courts with praise." Psalm 100:4

Gratitude

The kingdom of heaven is at hand. That's the good news that prophets of every age and religion have tried to deliver, attempting with that revelation to free us from the needless pain and suffering we endure. Rejoice and give thanks, they say. And we do. And we keep the faith. And we wait.

We seem always to be waiting for a better day, for a time when the things we believe we must have to be happy are in place. But while we are waiting, planning and praying for better days, we're missing the joy of the moment.

No matter who you are, no matter how much faith, money, education or wisdom you have, on the physical level there will always appear to be something missing in your life. This longing, this feeling of discontent, is part of God's divine plan. It's the spark hardwired in us that keeps us getting up and moving forward. But more often than not, we miss the joy of being a living, breathing, and eternal Spirit because we're focused on the stuff that can be here today, gone tomorrow—and of which we never get our fill.

We should get to know Jesus in a new and different way, beyond the way that our oppressors taught us. No matter what rituals we embrace or the circumstances that prevail in our lives, looking closely at the life of Jesus can give us peace and assurance.

Today, many of our Spiritual practices either defy or dismiss Jesus. Jesus was a man, sent to teach us that the divine presence, the Christ potential, is within each of us. Like us, at times he struggled; like ours, his faith was tested, but he achieved

Christhood because he kept renewing his faith in God and in the laws of love. Jesus' life is confirmation that God is our supply and security, the only help we ever need.

Humble yourself and give thanks—not just when you're blessing a meal or sitting in worship service, but each moment of the day. Life owes us nothing. To be able to breathe, think and create are the gifts to



Give
Thanks...



Our favorite
attitude should
be gratitude

A turtle makes progress
when it sticks its neck out

Dues

How many times must this be said—dues are the obligation and responsibility of every choir member. If there is a problem with paying dues—being away at school, etc., please notify your section leader. The longer you go without paying or saying anything, the more money you have to pay out in the long run.

Pay a little now—and it won't be so

Robe Deposits

For those who didn't hear the announcement—members who have not made their robe deposits (\$50) will **not** perform for the anniversary concert.

The sooner you make your deposit, the better. Again, if there is some problem with making your deposit, it would be in your best interest to say so.

If you can afford to pay \$10 a week, do that—but make sure you notify the treasurer and your Section Leader of your intent to do that. . If that is the way you choose to pay,

A Little Story—

This was presented at the National Urban Leagues, National Achievers Award Ceremony, Shiloh Baptist Church, Washington, DC—October 29, 2001.

This is a story about four people named Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought that Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done!

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NEWSLETTER—'METRO PRAIZ NEWS'

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To Be A Great Performer...

- ☑ One must display an optimistic attitude or a 'can-do' attitude
- ☑ **Remember**...any insecurities exist only in your imagination
- ☑ You must concentrate on the music you've learned
- ☑ You must do what preparation is necessary before a performance...listen to the music again, practice, etc.
- ☑ Learn adequate techniques to command your singing—e.g., breathing and posture
- ☑ Be attentive to your Director—do not try to predict what he/she will do next.
- ☑ Feeling tense? Take a few deep breaths. Nervous? Take a 'few' more deep breaths. RELAX!

Using the pointers as your base, you will develop self-confidence in singing publicly.

I'm Too Blessed

I'm too blessed to be stressed and too anointed to be disappointed. I refuse to be discouraged, to be sad or to cry. I refuse to be downhearted and here's the reason why:

I have a God who is almighty, who is sovereign and supreme
I have a God who loves me, and I am on His team
He is all wise and powerful, Jesus is His name
Though everything else is changeable
My God remains the same
I refuse to be defeated, My eyes are on my GOD
He has promised to be with me, as through this life I trod
I am looking past my circumstances, to heaven's throne above
My prayers have reached the heart of God
I am resting in His love
I give thanks to Him in everything
My eyes are on His face
The battle is his, the victory is mine
He will help me win this race
I repeat, **I'M TOO BLESSED TO BE STRESSED!**

Making the Effort—

Satisfaction lies in the effort, not in the attainment, full effort is full victory.

—Mahatma Gandhi, Indian philosopher

Security for Insecure Situations

Pastor Brenda Billingsy delivered this sermon for Youth Church, November 17. I took notes on what she said...below are my interpretations of her message. Of course, the interpretation will differ from person to person; that's okay, the message was a poignant one.

1. When you are in a battle, use what you have left to connect with God. Force yourself back into God's grace. Take what energy you have left to take your battle, etc. to God. Let Him handle it.
2. In a struggle, stir yourself up with a Holy Ghost attitude; that attitude will determine your success in a struggle. When you fall, get up! God is not concerned with how many time you fall down, He wants you to get up.
3. The fight of your life will always initially shock you. You must let your emotions deal with it. Then take it to God.
4. Realize that God is not your problem, He is your solution. Jesus already gave His life to solve your problems.
5. Make a firm decision to believe God's word ONLY. Stay focused on Spiritual things. Turn off the TV and commune with God; turn off the radio and pick up your bible.
6. Do not let go of your 'Vision of Victory'. God didn't change His mind in helping you attain that victory. The victory may not come when you want it, but God will deliver. Let God lead you. Stay focused!
7. Stand encouraged! When you have done all you can do, just stand. Stay

"We fall down, but we get up...for a saint is just a sinner who fell down...and got up!"
—Donnie McClurkin

From Caterpillar to Butterfly

Butterflies are delightful reminders of the power of God's love to transform our lives. Watching a butterfly dance in the air, it is hard to believe that it was once a common caterpillar.



Within the protective covering of the chrysalis, the lowly earthbound caterpillar is slowly transformed into a remarkable creature of freedom and beauty.

A similar process of transformation takes place in our lives as we allow God's Holy Spirit to soften our hearts and change our pattern of thinking. Only God's love and truth can bring genuine freedom and beauty into our lives by changing us from the inside out.

As you live in obedience to God's Word each day, your life will be transformed—you will become more and more like Jesus.

"The Lord Jesus Christ, who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be

Anniversary Concert

This is a reminder...Per our Wardrobe Coordinator, the uniform for the anniversary concert will be 'formal' red and/or black. This means you can wear something all red, all black or a combination. It must be formal. A little dressier than church attire.

Upcoming Performances

November 17—Afternoon

Voices of Zion Anniversary Concert
First Church, Washington, DC

December 1—Afternoon

Capitol Plaza—TO BE CONFIRMED

December 2—4 p.m.

East Washington Heights Baptist Church

December 8—Divine Hour

Youth Church @ Metro

—Afternoon

'Metro Praise Anniversary/Christmas Concert'—5 p.m.

December 15—Concert

Reflections—TO BE CONFIRMED

December 22—Music Department Concert—Afternoon

Food for Thought

What do you need to let go of and trust God to handle? *"Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God."*—**Psalms 42:11**

What circumstances are you viewing from your perspective rather than God's? *"A fool finds no pleasure in understanding but delights in airing*

Anniversary Concert Music—

I'm Not Afraid—Lamar Campbell

I'm not afraid anymore, Jesus goes with me
I'm not ashamed anymore, His blood has set me free
Sopranos—I never worry
Altos—Oh no
Everyone—When Jesus goes with me everything's okay

When I'm burdened, he's there
When I'm lonely, he's there
Through disappointment, he's there
Even in sadness, he's there
REPEAT

Second time around...repeat this verse

Sopranos—I never worry
Altos—Oh no
Everyone—When Jesus goes with me everything's okay
REPEAT sequence

Sopranos start—So glad that
Everyone—Jesus goes with me—*REPEAT 2 times*
Altos—I'm glad about it, Jesus goes with me
Tenors—Glad, I'm glad
Goes up a couple of times...

Repeat till end...

My Soul Doth Magnify the Lord

My soul, doth magnify the Lord (x3)—hold on 3rd one
For He has done so many wonderful and marvelous things
He reached down and saved me and He changed my name
REPEAT

My soul, doth magnify the Lord (x2)
Do do, do do, do do, do do, a-do do
Well well, well well, well well, well well, a-well well
A do well, do well, do well, do well, a woop woop

My soul, doth magnify the Lord

Hallelujah (x2), My soul, doth magnify, the Lord

Thank you Jesus (x2), My soul, doth magnify, the Lord

Lift the Savior Up

Chorus
Lift the Savior up, He's worthy
Lift the Savior up, He's worth to be praised
Lift the Savior up, He's worthy

Jesus is worthy to be praised

REPEAT

O Come let us adore Him (x3)

Christ the Lord

Praise the Lord, Everybody

Praise the Lord, everybody, He's worthy to be praised
REPEAT (x3)

You should praise Him when the mountains come
Down in the valley low
Praise Him cause He's brought you through
Praise Him cause He's been so good
You ought to praise Him, because He's worthy
Praise Him; Come on let's praise Him
Jesus is worthy to be praised, to be praised
REPEAT

Sopranos—Let everything that hath breath, praise the Lord

Tenors answer—Praise the Lord

Altos join—For all his loving kindness, praise the Lord

Tenors answer—Praise the Lord

REPEAT

On REPEAT, Altos sing—For all His tender mercies, praise the Lord

Back to 'You ought to praise Him, because He's worthy'

Everyone—

Everybody praise him (x3)

Praise the Lord

Everybody praise him

Altos—Come on

Everybody praise him, get up

Everybody praise Him; Praise the Lord, he's worthy

Sopranos—Everybody praise him (x3)

Praise the Lord

Everyone—He's worthy

Altos—Everybody praise him (x3)

Praise the Lord

Everyone—He's worthy

Tenors—Everybody praise him

Altos—Come on

Everybody praise him, get up

Everybody praise Him; Praise the Lord

Everyone—He's worthy



METRO PRAIZ

"Sing for Jesus and Let the World Feel his Power!"

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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."

The Ant and the Contact Lens—A true story by Josh and Karen Zarandona

Brenda was a young woman who was invited to go rock climbing. Although she was scared to death, she went with her group to a tremendous granite cliff.

In spite of her fear, she put on the gear, took a hold on the rope, and started up the face of that rock. Well, she got to a ledge where she could take a breather. As she was hanging on there, the safety rope snapped against Brenda's eyes and knocked out her contact lens.

Well, here she is on a rock ledge, with hundreds of feet below her and hundreds of feet above her. Of course, she looked and looked and looked, hoping it had landed on the ledge, but it just wasn't there.

Here she was, far from home, her sight now blurry. She was desperate and began to get upset, so she prayed to the Lord to help her find it.

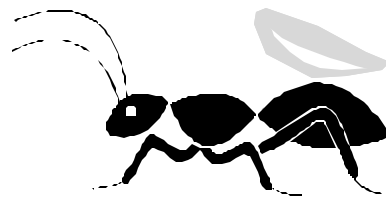
When she got to the top, a friend examined her eye and her clothing for

the lens, but there was no contact lens to be found. She sat down, despondent, with the rest of the party, waiting for the rest of them to make it up the face of the cliff.

She looked out across range after range of mountains thinking of that Bible verse that says, "The eyes of the Lord run to and fro throughout the whole earth."

She thought, "Lord, You can see all these mountains. You know every stone and leaf, and you know exactly where my contact lens is. Please help me."

Finally, they walked down the trail to the bottom. At the bottom there was a



God doesn't call the qualified,
He qualifies the called

new party of climbers just starting up the face of the cliff. One of them shouted out, "Hey, you guys! Anybody lose a contact lens?"

Well, that would be startling enough, but you know why the climber saw it? An ant was moving slowly across the face of the rock, carrying it.

Brenda told me that her father is a cartoonist. When she told him the incredible story of the ant, the prayer, and the contact lens, he drew a picture of an ant lugging that lens with the words, "Lord, I don't know why you want me to carry this thing. I can't eat it, and it's awfully heavy. But if this is what You want me to do, I'll carry it for You."

I think it would probably do some of us good to occasionally say, "God I don't know why you want me to carry this load. I can see no good in it and it's awfully heavy. But if you want me to carry it, I will."