

Weekly Calendar April 4– April 10, '10

MONDAY, APRIL 5TH

CGC CLOSED

TUESDAY, APRIL 6TH

CGC CLOSED

WEDNESDAY, APRIL 7TH

CGC OPEN UNTIL 3:00PM
DISIPLESHIP BIBLE STUDY
10:00AM -7:00PM

THURSDAY, APRIL 8TH

CGC CLOSED
DANCE MINISTRY 6:30PM

FRIDAY, APRIL 9TH
CGC OPEN UNTIL 3:00PM

SATURDAY APRIL 10TH
PRAISE & WORSHIP TEAM
9:00AM
STROKE PREVENTION SCREENING
9:00AM -GYM

“What CGC Covenant Members Need to Know”

The Covenant Care Ministry of CGC helps members stay connected. If you are a covenant member and have a need in any of these categories please call 301-423-8600 and leave a message.

Newborns/ Baby Dedication * Water Baptism

Bereavement (death of family members)

Care (sick/hospital) * Counseling * Membership

Transportation Ministry (ext 243) (.Down)

(Call Monday -Wed - Friday between 9:00 am - 3:00 pm)

301-423-8600 (Church) 301-423-0281 (Fax) www.cgcommission.org

Weekly Announcements

STROKE PREVENTION!!!

- ✦ CGC along with the Life Line Screening Doctors will be hosting a STROKE PREVENTION SCREENING, **Saturday, April 10, 2010**. Each individual will be tested with ultrasound screening on 4 Areas of Stroke Prevention and or Heart Vascular Disease. **YOU MUST Pre-Register by calling 1-800-324-1851 & give the Source Code: HSC5568.** Learn more about Strokes, Prevention & Vascular Disease @ www.lifelinescreening.com.

2010 CENSUS!!!

- ✦ Why is the CENSUS so important? According to the NAACP, the number of people counted determines the allocation of \$400 billion in government funding for: Our Schools, Hospitals, Roads, Senior Citizens Centers & life activities in Prince George's County. Please do your part and complete your 2010 Census Questionnaire. It only takes 10 minutes!

CGC TUTORING MINISTRY

- ✦ **Every Wednesday from 5:50 - 6:50 PM**, CGC's Tutoring Ministry Spring sessions will be held to assist those who need help in Math, Reading, English etc. Please contact Mrs. Tameka Brown @ 301.423.8600 for more information.

“ Make Sure the Thing You are Living For is Worth Dying For “

WHAT IS THE DANIEL FAST?

The Daniel Fast is a biblically based partial fast. It is a method of fasting that men, women and young people all over the world are using as they enter in a spiritual discipline. There are two foundational scriptures for the Daniel Fast. **In (Daniel 1) the Prophet only ate vegetables (that would include fruits) and drank only, water. In (Daniel 10) we read that the Prophet ate no meat nor any breads or food and he drank no wine.** So from this scripture, we get a third guideline: **No sweeteners & no breads.** Another important guideline is drawn from Jewish fasting principle, where no leaven is used during fasting. That's why yeast, baking powder and the like are not allowed on the Fast. With all the above pieces, no artificial, processed foods or any chemicals are allowed on the Fast.

The Fast for the Body, Soul and Spirit - The Bible teaches us that we are a spirit, we have a soul and we live in a body. The Fast affects all three parts of us as we enter into a period of time for focused prayer and fasting.

The Body - Our bodies are effected as our diet is changed, for some in very dramatic ways during a Fast. Many experience detoxing from caffeine, chemicals and sugar. The symptoms are most often headaches, leg cramps, fatigue and depression. Most people lose weight during the Fast. And many report healing from diabetes, allergies, arthritis and cancer.

The Soul -Frequently referred to as "the flesh" in the Bible, the soul is also greatly impacted during the Fast. The soul is the seat of our emotions, intellect, personality and will. It is the "soulsh realm" where we experience cravings, frustration, anger...and even happiness. During the Daniel Fast, your soul may very well rebel against the dramatic change in your diet. Experiencing and winning this battle over the flesh is often one of the most powerful lessons of the Fast.

The Spirit – Our spirit is that born-again part of us that surrenders to God and then abides with the Father and Son. Our spirit is filled with the Holy Spirit when we yield to Him. During the Fast, we want to put our spirit in charge of the other two parts of us. When our flesh is acting out with a craving, we take control of it with our spirit (just a parent takes control of a rebellious child) God is trying to take control of us!

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Church of the Great Commission

SEVEN SPRINGS WINTER SKI GET-AWAY

STANDARD TRIP FEES

February 1-5, 2010

Room Occupancy Per Person

\$450 Double	\$415 Triple
\$390 Quad	\$275 Children (children 6-11)

(Slope View \$65 Extra)

5 Days & 4 Nights, 4 Buffet Breakfast, Spa,
1 Family Pizza, Lift Ticket, 1 Bowling Session,
1 Tubbing Session, 1 Mini Golf, Lodging,
Round Trip Transportation, Pool, Ski Check

FOR INFORMATION & RESERVATIONS

301-423-8600

\$100 - (Non-Refundable) Deposit Due NOW!

5 Days & 4 Nights!
It's Snow Much Fun!

5655 Allentown Rd* Camp Springs, MD 20746

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