



## THE QUALITY GOES IN BEFORE THE NAME GOES ON...

For many years, Zenith's famous slogan was "The quality goes in before the name goes on."

Zenith was the inventor of subscription television and the modern remote control, and was the first to develop high-definition television (HDTV) in North America. Zenith became known for its high-quality radios and electronic innovations. The first Zenith television set appeared in 1939, with its first commercial sets sold to the public in 1948.

The company is credited with having invented such things as the wireless remote control and FM multiplex stereo.

They were known as the leading electronic pioneers in the United States. You had the top of the line if you owned a Zenith electronic product.

They prided themselves for putting out quality products. Before they put their name on it they put their quality in it. Isn't that how it is for us? From the beginning, God put his qualities in us so that we could be called Mr. or Ms. Christian (Psalm 139:13-14). He already knew what we would need in order to perform the goal(s) that he had planned for our lives. Now as man sometimes does, we alter the product and produce fakes which will produce different

results. When we stray from God's design by drinking and drugging, smoking and shacking, lying and living lives full of sin we reduce what He has in store for us. We encounter different outcomes for our lives. Yet, we still belong to him. His mark is still on us.

We have to make the choice to go back to the original design for our lives. We have to live a life ordered by the Lord not to be considered a knock off or a fake.

We have to learn how to use the quality that the Lord has placed in us, so that others will see the name of Jesus represented through us!

## JESUS LOVES ME, PERIOD!

Think about that statement and then think about yourself. What is it about you that makes someone loves you?

Now I know you have a list of things that you think would make you worthy of another's love. You are kind, patient, understanding, compassionate, saved, easy going, supportive, smart, loving, trustworthy, etc. The list could go on.

So who couldn't love someone like you? But what about the other you, the you that is short tempered, hostile, mean spirited, impatient, critical, unforgiving, what about that you? Oh, that's right, you are saved and all those behaviors are gone. Would Jesus say that? Even though He loves us in spite of them. He sees our faults, knows our short

comings and just loves us any way. Man struggles with that loving me period part. When we view ourselves in the light of God's Word, we probably have some struggles too.

But it is a wonderful blessing to know that Jesus loves us no matter what condition we are in. We know ourselves and if we are truthful, we know that sometimes we are hard to love, even on our best days.

Jesus loves us every day and in every way, period. It is that sacrificial, unconditional love that draws us to him. It is not a struggle for him to love us. Don't that just make you feel warm and fuzzy all over? Just to know that Jesus loves the total you, period!

### **Beware!**

*Scams are on the rise and it has been reported that seniors along with Black, middle aged, educated women are being targeted more. Following are a few scams to look out for: payday or student forgiveness loans, Online scams, puppy purchase, pigeon drop, I've got your package, where's your house?' hoax, Do me a favor scam, and the very popular gift card scam.*

*You should assume that no one is ever going to ask you to buy them gift cards via text or email, or send them money in the mail. If anyone needs a favor from you, they need to pick up the phone and call you." Be vigilant, be aware!!*

*Contributors of info: FTC/MRP/BBB*

# SUMMERTIME!

We are well into the summer season. The days and months seem to pass by so quickly. Our days are full of activities that keep us busy.

There is always something to do for the kids, on the job, around the house, at the church or in the community.

What about yourself? That sounds selfish doesn't it?

However, if you do not take care of yourself you will not be able to do all of those other things that you do for other people.

The Lord encouraged his disciples to get away to themselves to refresh, relax and rest (Mark 6:30-31).

The summer season is usually when people take a vacation, but a vacation is good anytime. It does not have to be far in distance or expensive in cost.

It is just time used to take a break from the everyday routine and responsibilities of daily living. Jesus saw and spoke the need to the disciples. We should take heed to that same advice!



# NO MAGIC SOLUTION...

Losing weight can be very frustrating for some women. It takes time to get it right! Sometimes we can follow the script and sometimes we deviate.

So it is in our Christian walk. But just like you stray from a diet plan, you can also stray from God's plan. However, in both of them you can start over and

over again until you make the adjustment and get it right.

The secret is in just following the plan, no magic solution.

You have to follow the plan to get the results that you want!

*The following are eight suggestive steps to take for effective weight loss:*

1. *Start your day with protein and a positive attitude. Talk to the Lord while having your eggs and bacon.*
2. *Eat more fresh food than processed foods. Drive pass McDonalds, Burger King and Checkers.*
3. *Consume more fruits, vegetables, nuts, seafood, low fat dairy and lean meat. Cook a fresh pot of greens, eat an apple.*
4. *Move at least 30 minutes a day. Walk around the block before the sun goes down.*
5. *Cut down on simple carbohydrates and sugary snacks. Pass up the chips, Oreo cookies and chocolate candy.*
6. *Stop eating after 7pm. and get as far away from your kitchen as possible.*
7. *Get at least seven hours of sleep. You will need time to let your stomach growl.*
8. *Get the proper amount of rest. Give your body time to revitalize.*

*\*Some excerpts from AARP, The Magazine*



*"Don't ask the Lord to order your steps if you are not willing to move your feet!"*