



# CORNERSTONE "CMG"

NEWSLETTER APRIL 2020

## Welcome

Dear Partners & Friends!

Welcome to a new month. The past few months have been challenging for most of us and we have even seen some wishing they never ushered in this year. But the truth is that the world will always have challenges. They remind us of the supremacy of God and are also what tells us that the earth also needs a break sometimes!

As I said, we have had a challenging few months due to no other reason than the pandemic that undoes our bonds as humans, takes away our means of livelihood, and leaves us without some of our loved ones. But I will use this medium to encourage us not to despair or lose faith and courage. See this as another phase that will pass soon.

Remember that God has all the times and seasons in his hands and sees today what is to happen in a thousand years. Keep the consciousness of Jesus in mind as you stay refreshed in the knowledge that He is God, the merciful and all-knowing Father who can in the blink of an eye cause everything to become fantastic again. Be strengthened by the thought that at these times you're covered and you won't go hungry as Christ will provide for your every need according to His riches in glory.

As you know, our NGO "CMG" focuses on providing relief at times like these to those who cannot afford to stock up on food, do not have a shelter, or need counseling or a prayer. So please feel free to volunteer or make donations at <https://cornerstonecmg.org/about/where-we-come-from/cmg-goals/> in the knowledge that your efforts and donations will be dispensed properly and judiciously.

We, just like you, are hoping, praying, and looking forward to a time where strife, pestilence, and pain will be gone and we will enjoy the world as it used to be once again. We thank you for taking the time to read our newsletter. God bless you always!

Feel free to check us out on our social media at Cornerstone Mount Group CMG and make it a date with our gallery to see photos of our mission trips to countries where God used us to bless individuals.

***Welcome to April where we believe that restoration will come through Christ!***

Warm regards,

Rev. Akano, "CMG" Founder & CEO



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**Honoree Press Release**

## **Leisa Hopkins – Property Manager and Entrepreneur CEO of LELE's Plant Base Soups & Salad Kitchen**

Leisa Hopkins is an ordained pastor who serves in various ministries, a property manager, and an entrepreneur. Pastor Leisa is a servant of God and has a strong passion to serve; she loves the Lord Jesus Christ and people. Her volunteer work, ministry outreach, and humanitarian help have led her to Nigeria, Australia, Russia, Italy, China, England, Paris, Greece (in the footsteps of Apostle Paul), the Island of Patmos, 25 states of the U.S., the Caribbean Island, St Thomas, St Croix, and Puerto Rico to name a few.

As a property manager she provides strategic marketing and transaction management services to her clients across Nassau Bahamas. She completed her degree at the Bahamas Baptist College in Bahamas. Her business is built on dedication, communication, determination and trust while embodying the ability to cater and adapt to all her clients. "Just as the property management industry evolves to become more innovative and efficient, so do I." The Nassau Bahamas native with knowledge of the city's geography assists with properties for residents, tourists, and hospitality. She provides an exceptional fully encompassing service to ensure that you feel at home and confident about your decision to let her manage your property and provide excellent hospitality to the guests.



She is committed to listening to her clients' needs and utilizing her keen negotiating skills to ensure successful transaction deals. Rest assured that she will listen to you! With understanding of your needs and desires she will do her best to help you achieve them all. She has strong background in property management and developed a keen aptitude stemming from her sincere interest, knowledge, and experience in the industry. She has repeatedly gained recognition for effectively representing her clients. She is passionate, diligent, and very responsive. She has become an esteemed property manager highly regarded by her clients and professionals in the field. She is well-connected and actively involved in the community. Her contacts and lifelong residency leverage her enthusiasm and expertise, and enhance her clients' dedication.

Her experience in hospitality and sensitivity to her clients' health in the Bahamas has led her to establish her own company LELE's Plant Base Soup & Salad Kitchen. As the Founder and CEO of this restaurant service company she has a strong drive and passion to help people get into shape and live longer healthy lives. Leisa has honed the skills and expertise necessary to provide top-notch food service and health guidance to her clients. Her strong background in food, hospitality, and management allow her to create a deep relationship and strong business environment.



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**Honoree Press Release Cont...**

**Leisa Hopkins – Property Manager and Entrepreneur  
CEO of LELE's Plant Base Soups & Salad Kitchen**



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**Honoree Business**

### Leisa Hopkins – CEO of LELE's Plant Base Soups & Salad

#### LELE'S PLANT BASE SOUPS & SALAD



**LELE'S WEEKLY MENU AND WEEKLY MEAL PLAN**  
Every Thursday new menu is posted!

##### MISSION:

Our mission is to share LELE's passion and authentic Bahamian delicious recipes with the world.

##### VISION:

We are committed to revolutionizing healthy living by creating exciting great tasting new flavors with all natural ingredients with impeccable hospitality service, remaining loyal to our clients' taste and satisfaction, and inspiring them to make their lives better and give back to our communities.

All orders must be in by Saturday evening. Orders must be accompanied by specific instructions and directions.

All deliveries are done on Monday morning between 9 and 11am.

Clients on the meal plan get deliveries on Sunday evenings between 6 and 8.

#### ALL DELIVERY IS FREE!

Thanks for choosing LELE's Plant Base Soups & Salad!!!  
"Eating for a healthier YOU!"

For orders and questions please feel free to contact via cell or email:

📞 1-242-421-5991

✉ Lisahpkns9@gmail.com

📍 LELE'S PLANT BASE SOUPS N SALAD KITCHEN

👤 LEISA HOPKINS

📷 lisahopkins4767

SOUPS		SALADS	
8oz CUP	\$5	SMALL	\$5
12oz CUP	\$7	LARGE	\$8
16oz CUP	\$9	COMBO	\$12
SOUPS (Serve with Corn muffin/Corn Bread/Spelt Bread)		<b>AVOCADO PASTA SALAD</b> (Plant Base Pasta) <b>QUINOA SALAD BOWL</b> (Kale, Sweet potatoes, Chickpeas) <b>CUCUMBER AND TOMATO SALAD</b> <b>GREEN/CARROTS &amp; ZUCCHINI CHIP</b> <b>VEGAN GREEN GODDESS PASTA SALAD</b> (Plant Base Pasta) <b>GREEN GODDESS SALAD</b> (Chickpeas Pasta w/ Vegetables) <b>VEGAN GREEN GODDESS PASTA SALAD</b>	
LEEK & KALE SOUP		<b>PASTA / QUICHE / CAKES / BREAD</b>	
SPINACH & KALE SOUP		LASAGNA/QUICHE/PIZZA	\$10
CHICKPEAS SOUP W/ SPELT DUMPLING		LASAGNA/QUICHE/PIZZA W/COMBO	\$12
ZUCCHINI & SPINACH W/ SPELT DUMPLING		BREAD/CAKE/MUFFINS/PATTI	\$2 - \$2.50
ZUCCHINI & CARROTS SOUP		<b>SOUP/SALAD</b>	
BUTTERNUT SQUASH SOUP		COMBO of the Day	
PUMPKIN SOUP		MIX AND MATCH!	\$12
LENTIL PEAS SOUP		<b>LASAGNA / QUICHE / PIZZA</b>	
w/ Veggie Chunks Carrots, Sweet Potatoes, Yams		\$10 (With Combo - \$12)	
BROCCOLI & CHEESE SOUP		VEGETARIAN LASAGNA	
BLACK BEANS & VEGETABLE SOUP		QUICHE LORRAINE	
SWEET POTATO SOUP		QUICHE LORRAINE (vegetable Pie)	
GREEN SPLIT PEAS SOUP & SPELT DOUGH		VEGAN BRUSCHETTA FLAT BREAD PIZZA (W/ Balsamic vinaigrette glaze)	
VEGAN MINESTRONE SOUP		VEGETABLE WELLINGTON	
<b>BREAD / CAKES</b>			
\$2 (Patti - \$2.50)			
VEGAN CORN BREAD			
VEGAN SPELT BREAD			
BRAN MUFFINS			
SOUR CREAM/MIX GREEN CORN MUFFINS			
VEGGIE PATTIE/CAKE (serve with/without mango salsa)			





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## Honoree Business

## Leisa Hopkins – CEO of LELE's Plant Base Soups & Salad



## LELE'S Plant Base Soup & Salad Kitchen

Good Morning to all!! In the wake of this global crisis we at **Lele's Kitchen** would like to sow a small seed back into our community, we would like to do our part in helping to build our elderly immune system with healthy nutritious soups!! We will be doing drops off at two of the elderly homes on Friday an would like to include any other elderly persons who may be at home an shut in.

WOULD YOU BE KIND ENOUGH TO GIVE US SPECIFIC INSTRUCTIONS AN LOCATION IF YOU KNOW OF ANY ELDERLY PERSON WHO WOULD ENJOY SOME DELICIOUS HOME MAKE SOUPS SO WE CAN MAKE THIS TRANSITION POSSIBLE.  
( mothers, grand mothers, dads, grand dads, aunt, uncles any one)

Soups Offered: SPINACH & KALE AND ZUCCHINI & CARROT SOUP ALONG WITH OUR FAMOUS CORN MUFFINS.....

All free of charged 🥑🥒🥦🍆🧄🍷🍄🌶️🙏🙏🙏 100 100 100

Please comply before Thursday 12pm. 🙏 100



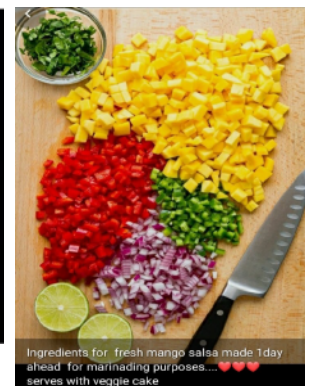
Quinoa Salad with sweet potato, kale, chickpeas feta cheese,



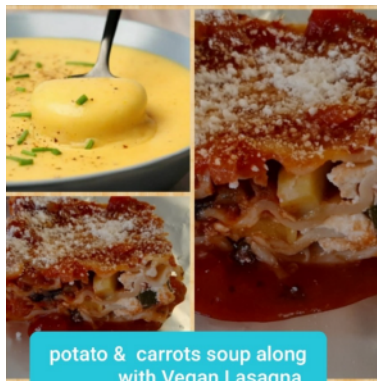
## HEALTHY EASTER TREATS!!



### Vegetable Wellington



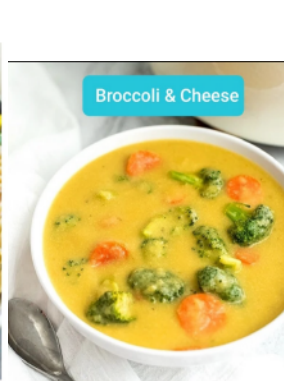
Ingredients for fresh mango salsa made 1day  
ahead for marinading purposes....❤❤❤  
serves with veggie cake



potato & carrots soup along  
with Vegan Lasagna



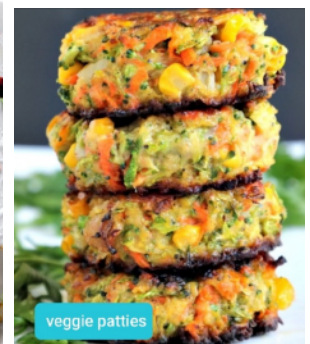
(SALAD COMES WITH OR WITHOUT SALMON)



## Broccoli & Cheese



**Vegan Bruschetta flat bread pizza**  
with balsamic vinaigrette glaze



veggie patties

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**IN THE NEWS!**

## CORONA VIRUS- COVID-19



Though not unprecedented, the world is fighting its biggest pandemic in recent memory. Since the virus originated in the city of Wuhan in China it has spread to almost all countries of the world leaving thousands dead and thousands in dire situations.

According to [www.webmd.com](http://www.webmd.com), the coronavirus disease 2019, or COVID-19, is a disease that can cause what doctors call a respiratory tract infection. It can affect your upper respiratory tract (sinuses, nose, and throat) or lower respiratory tract (the windpipe and lungs).

The COVID-19 outbreak quickly spread around the world. It spreads the same way as other coronaviruses do, mainly through person-to-person contact. Infections range from mild to serious.

The virus, SARS-CoV-2, mainly spreads from person to person. The symptoms may include coughing, fever, fatigue and sometimes in severe cases, shortness of breath.

Most of the time it spreads when a sick person coughs or sneezes. Their droplets can spray as far as 6 feet. If you breathe or swallow them, the virus can get into your body. Some people who have the virus don't have symptoms, but they can still spread the virus.

You can also get the virus from touching a surface or object the virus is on and then touching your mouth, nose, or possibly your eyes. Most viruses can live on surfaces for several hours.



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**IN THE NEWS!**

## CORONA VIRUS- COVID-19 : How to prevent the spread?

- Wash your hands often with soap and water or clean them with an alcohol-based sanitizer. This kills viruses on your hands.
- Practice social distancing. Because you can have and spread the virus without knowing it, you should stay at home as much as possible. If you have to go out, stay at least 6 feet from others.
- Don't touch your face. Coronaviruses can live on surfaces you touch for several hours. If they get on your hands and you touch your eyes, nose, or mouth, they can get into your body.

There's no need to wear a face mask unless your doctor tells you to. You will need one if you've been exposed to SARS-CoV-2 or have COVID-19 or if you're a health care worker or caring for someone who has it.

Clinical trials are underway in the U.S. and China to test vaccines for SARS-CoV-2/COVID-19.

How to help communities?

COVID-19 is in the U.S. now, and there are plenty of good resources you can read to understand how it's affecting Americans and their communities. You should stay informed while practicing the social distancing measures recommended by the Centers for Disease Control (CDC), but there are also some actions you can take to help those who are most vulnerable now.

People are under an unusual amount of stress during this time. The CDC notes that people could be experiencing sleeplessness, trouble concentrating, or worsening chronic health conditions just from the amount of pressure they feel about the virus. Lack of resources, income, and uncertainty about the future certainly isn't helping. A good way to relieve some stress for someone else is to give them something they need. Now more than ever, it's important to reach out to those who might be at risk of getting sick. If you're young and healthy, looking out for those who are at risk of COVID-19 can be an important part of "flattening the curve" of this outbreak. While you're making your list of indoor activities and books you want to read in the coming weeks, add some charitable tasks.

The Red Cross has an urgent need for blood donations because of the outbreak. On its site the organization explains: "Donating blood is a safe process and people should not hesitate to give or receive blood. Right now eligible and healthy donors are strongly urged to make an appointment to give soon." Help the vulnerable and support health workers too. Remember to pray for the wellness of the entire world as we pray that God sees us through these times!



### CLEANINESS AND GODLINESS

In light of the recent happenings it is only appropriate as Christians that we do not ignore what is happening but we utilize the means to sensitize others and ourselves to what Christ would have us do in these periods where the world seems to be in great turmoil.

The Covid-19 pandemic incites fear in the hearts of many, but you know what the bible says about fear. Many of the tips that have been shared by the Red Cross, WHO and other universal agencies have hinged effective curtailing of the spread of the virus on our ability to maintain premium personal hygiene washing our hands, refraining from touching our faces, and maintaining social distance.

What does the bible say about cleanliness? Though the saying "cleanliness is next to godliness" does not appear in the Bible, Jesus constantly preached about how we are what we consume and how we are creatures of what is in us. Godliness is not obtained by what we don't or do eat. Matthew 7 verse 18-23.

As we look to put an end to illnesses and diseases plaguing the world, it is important that we as Christians play our parts effectively and correctly. Adhere to simple instructions as the Bible tells us to do by constituted authorities, stay indoors if that is what it takes, pray like you never prayed before. Find helpful habits to occupy your time and trust in God to resolve everything in his own time. Make it a date with us next month as we are hopeful, and will be sharing the joy of Christ putting an end to the world's problems. We are praying for you. Stay safe. God bless you!

#### PUZZLE

Please enjoy this month's crossword puzzle! Culled from happenings around the world and every other session in this newsletter!

R	D	I	S	I	N	F	E	C	T	G	B	V	A	Q	G	P	Z	B
E	U	F	Y	P	R	A	Y	H	A	R	D	L	P	B	T	A	X	E
T	A	S	T	A	Y	S	A	F	E	P	W	H	C	I	C	N	C	H
C	L	E	A	N	Y	O	U	R	H	A	N	D	S	T	P	D	Y	O
I	T	H	A	N	K	G	O	D	X	Z	F	P	T	F	T	E	S	P
S	H	O	W	K	I	N	D	N	E	S	S	I	O	K	M	M	A	E
I	P	W	O	L	E	T	E	R	I	J	H	R	T	O	L	I	B	F
S	O	C	I	A	L	D	I	S	T	A	N	C	I	N	G	C	N	U
I	U	J	K	L	C	T	F	Z	K	E	H	E	L	P	O	U	T	L
Q	W	T	Y	D	O	N	A	T	E	F	D	A	S	V	M	P	L	K

#### Keywords:

Clean your hands,  
Social Distancing,  
Pandemic, Sanitize,  
Disinfect, Pray hard,  
Stay safe, Donate, Help  
out, Be hopeful, Thank  
God, Show kindness.



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## Upcoming Events

### TEHILLA Africa Project 2020\_ By John L. Shumpert Jr. Date? TBA!

**TEHILLA vision focus on fellowship and worship as we Preserve, Provide, and Promote global awareness and bring forth the gifts and talents of those who live on the continent of Africa!**



#### **Tehilla Africa**

Encounter & Revolutionize Africa through education of praise, worship, music and arts ministry

**TEHILLA\_** Mission throughout the continental of Africa is to:

There is a **SounD!**

Springing forth from **Africa!**

**PRESERVE\_** the heritage and integrity of praise and worship.

It is Here!

It is Now!



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Can you hear it!



#### **Ogunlaja Foundation**

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#### **Help US!**

Help the future of the African Continent!

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for detail information, Please visit us: <https://africaintlfoodbankanddisasterrelief.org>



#### **U.S.A**

Africa Food Bank & Disaster relief  
P.O. Box 763453  
Dallas, Texas 75376  
[africafbanddr@gmail.com](mailto:africafbanddr@gmail.com)  
Fax: (469) 405-6566

#### **Africa**

Greatland Resort  
Iworo, Badagry, Lagos, Nigeria

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Feeding Communities and Their Children  
Educational Assistance for Students to  
Attend School

Promotes Economic Development &  
Sustainable

Environment and Economy Help

Sending Food and School Supplies

Financial Assistance to Help Run Schools

Toys Distributions: USA, Africa, and Haiti

Health Emergency Assistance/Training

Research and Information/Advocacy



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## Advertising Corner



## New Book Release : Haiti +10: a New Beginning written by Mark Kelly

### ABOUT THE BOOK

Haiti +10: A New Beginning is a unique book where you will learn about the truth of Haiti.

Haiti is a beautiful country with beautiful easy-going people. It has been voted as having the best natural beaches in the Caribbean.

But what we found when we landed in Haiti was tremendous poverty and a cataclysmic devastation that occurred after Port au Prince was hit with one of the top twenty worst earthquake of all time on January 12, 2010. Death, destruction and poverty is what we saw then, but after ten years in Haiti we see a way out – a solution to economic troubles – and it's closer than you think! We've met thousands of people from different charities who have come every day of every year to help. Chapters include information about the history, the earthquake, the presidents, and SNADCO projects in Haiti including 100,000 acres in the Nord Quest and the lottery.



Written by Mark Kelly

And  
Heroic story of  
Joseph Jeudy, Pres. of SNADCO and the  
principals of SNADCO

Join the Revolution!

Order your copy click on Link: [www.haiti10anewbeginning.com](http://www.haiti10anewbeginning.com)

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Ads are made easy — with one click, your AD will give information about your business to our readers who are located all over the world.

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For easier access to our media team kindly save your ads in a jpeg or pdf file format.

If you have questions, we will be more than happy to answer them. Contact us!

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