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2020 | ISSUE # 16

CORNERSTONE "CMG"

NEWSLETTER SEPTEMBER 2020

Welcome

Dear Partners & Friends!

It is that time of the month again and as always I am super excited to be talking to you again! Wow! Look how far you have come! We have less than 4 months to go before the year is over. This year has unarguably taken its toll on every inhabitant of the world whether directly or indirectly. With issues ranging from job losses to lives and depression, I will be preaching self-love in this newsletter because after God you sometimes are all you've got.

We are easing back into life and though everything will never be the same, I send you off with the notion that you are important in the grand scheme of things and need to constantly remember that as you wade through life. When you successfully establish your self-worth, love, and importance, you begin to deal with other people kindly because you are at peace with yourself.

Many people have lost alot this year. Some losses cut so deeply that the heart may never stop bleeding and as much as we might hurt, our plans pale in comparison to what our creator has up His sleeves. The year may have not panned out according to your expectations, but I encourage you to keep forging ahead. Give each new day a chance to unravel into something different. Be positive about yourself and spread positivity to others. Make yourself as happy as you make others. Find solace in God's words when you feel drained. Stay in tune with your Lord and always find time to evaluate your physical and mental health!

Our charge at Cornerstone CMG is helping others. We love to extend help to those who are not as privileged as we are. We love our neighbors and we bless them as God has blessed us. Since our inception, we have been to places like Nigeria where we have extended relief materials to those who need them. Check Cornerstone to find out how much help and inspiration you can be of to others around the world.

Do you have feedback for us? We would love to hear from you. Feel free to leave us feedback and check us out on our social media handles at Cornerstone Mount Group!

It is always refreshing to welcome you to a new month! I pray that God does wonders with you this September!

Warm regards,
Rev. Akano, "CMG" Founder & CEO

BUILDING COMMUNITIES AND NATIONS ONE STONE AT A TIME!

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Honoree Press Release

YOU

In a year that has claimed a lot of lives, left people stranded, left people without their means of livelihood, and a host of others depressed and unable to go on with their daily lives you, yes you, are here and that is worth celebrating!

For everytime you have had to encourage yourself and others, for everytime you have had to bottle up your feelings while trying to stay strong for you and others we see you, we celebrate you, and always remember that we are rooting for you! You are here, so keep hanging in there, keep up the hope, the sun will shine, better days will come! YOU ARE HERE!

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IN THE NEWS!

4 WAYS TO BE EMPOWERED BY GRATITUDE AS WE EMBRACE HURRICANE LAURA - JIM DENISON

One of the ways in which God empowers us in the midst of suffering is by showing us his provision in the midst of suffering. Psychological studies show that gratitude reduces stress, fatigue, and inflammation, produces better sleep, and even lowers depression for those with chronic illness.

While I in no way intend to minimize the grief and pain so many are facing, I want us to also seek reasons for gratitude in these hard days. So name the worst challenges you face today. Now let's look for hope in some stories from across the week.

ARE YOU GRATEFUL FOR PEOPLE?

A Cleveland couple had to cancel their wedding reception due to the coronavirus pandemic, so they donated the food to a crisis center for women and children. Then, wearing their tuxedo and gown from the wedding, they helped to serve 135 people.

A restaurant owner in Cedar Rapids, Iowa, gave away hundreds of free BBQ meals to residents after a devastating windstorm hit the Midwest. And the New York Times reports that thousands of young Lebanese adults are shoveling, sweeping, feeding, and fixing buildings and homes in response to the devastating explosion in Beirut.

The scripture teaches: "As each has received a gift, use it to serve one another, as good stewards of God's varied grace" (1 Peter 4:10). Who has used their gift to serve you recently? Have you thanked God for them? Have you thanked them?

ARE YOU GRATEFUL FOR YOUR LIFE?

Hester Ford, the oldest living American, made the news recently when she celebrated her 116th birthday. She has twelve children, forty-eight grandchildren, and more than two hundred great-grandchildren and great-great-grandchildren. Read more at https://www.christianheadlines.com/columnists/denison-forum/4-ways-to-be-empowered-by-gratitude-as-we-respond-to-hurricane-laura.html

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The Thinking Corner

DO YOU THINK ABOUT YOU? DO YOU THINK ABOUT OTHERS?

In this day and age a lot is happening in the world, and never has it been so crucial that one's mental health is put into consideration where actions are concerned. The fact is that many times we do not practice what we preach. Once a situation happens, we hardly learn the lessons. We live in the moment and that's that until a similar occurrence happens. You may begin to wonder why this message as this tone, but as Christians, we need to tell ourselves the hard truths that no one would tell us.

Again I ask, do you think about you? Do you think about others? The cardinal rule that God ordained us to obey in his word is to love our neighbors as we do ourselves. The first step is loving yourself, putting yourself into other people's shoes when it then comes to interacting with them. If you do not love yourself, how do you want to relate to others? How do you want to consider your and their mental health?

Dear friend, as we ease back into life as we know it, think about others, think about you. Put your mental health on the list of your priorities and treat others with kindness whether you know what they are passing through or not. It is what Jesus would do and it is certainly what he expects from us as Christians and believers in the gospel! Till next time, fill the world with kindness!

PUZZLE

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

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

Keywords:

Safe haven, Flourish, Good health, Respect, Interact, Be Kind, Laugh, Cheer, Be Happy, Believer, Show love, Care, Saved, Be gracious, Stay Happy.

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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

Christ Dwelling Place Ministries

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TEHILLA_ Mission throughout the continental of Africa is to:

PRESERVE_ the heritage and integrity of praise and worship.

PROVIDE_ Education in music and arts ministry with a forum for the development of excellence.

PROMOTE_ Christians Artists and their music throughout other industries, venues, and arenas around the world.

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It is Here!

It is Now!

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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.

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.

Order your copy click on Link: www.haiti10anewbeginning.com

Written by Mark Kelly

And
Heroic story of
Joseph Jeudy, Pres. of SNADCO
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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 client's' 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:

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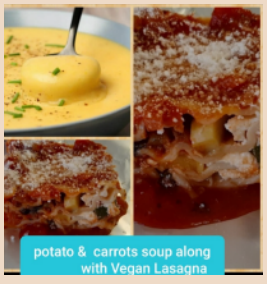
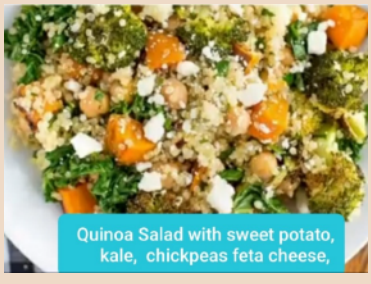
Leisa Hopkins – CEO of LELE's Plant Base Soups & Salad





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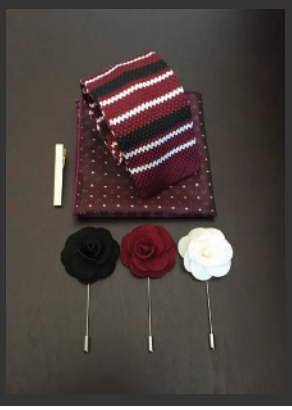

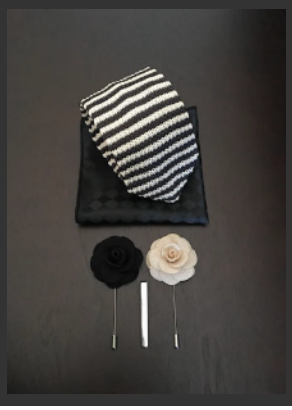

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