

THE VOICE

Mount Ephraim Baptist church
610 Largo road upper Marlboro, md 20774

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www.mountephrain.org

DON'T PUT IT OFF — DO IT NOW!

II Corinthians 6:2: For He saith, I have heard thee in a time accepted, and in the day of salvation have I succoured thee: behold, now is the accepted time; behold, now is the day of salvation..”

Philippians 4:11 : Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.”

How many people know in their hearts what they should do? Down in



Rev. Dr. Joseph A. Gilmore, Sr.

here, they know what is right. They have good intentions, but they keep putting it off. And it's so easy to justify putting it off. We say one

day I am going to do this or that. I am not being disobedient. One day I am going to get serious with my relationship with God. Not right now, but one day. One day, I am going to get back in shape. One day I am going to forgive that person who hurt me. The problem

Do you know the longer you put things off, the harder it is to do it. When God brings something to us to do, we need to do it immediately, not next week or next month, but right now.

with that is, that most of the time, that one day never comes, you never get around to it .

I have discovered that the enemy can deceive us into putting it off - when we know we should do it .

God, I am planning to do, but not right now. I am planning to tithe as soon as my finances get better. I am planning to serve in the children's church as soon as it slows down in my office. What we are saying is, I have good intentions. I am planning on doing, so that's not so bad. No, good intentions do not equal obedience.

When

God is speaking to your heart; when your conscience is speaking to you down in here about changing your attitude; apologizing to a love one; treating someone better; but you keep putting it off. You keep procrastinating. All of that will steal your joy and keep you from God's

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Mount Ephraim Turns 21; Church and Pastor Honored for Service

There was no birthday cake and no birthday candles. No one sang the traditional “Happy Birthday” serenade. And there was no surprise party, though there were surprises. There was, however, a lot of the Holy Ghost in the house when Mount Ephraim celebrated its 21 birthday on April 10.

The church that prides itself on “making a connection under His direction” shared the special occasion with two packed worship services at 7:30 a.m. and 10:45 a.m., led by guest minister the Rev. Cornelius Moore, of the St. James Baptist Church in Rocky Mount, N.C. A busload of St. James members, including a choir, accompanied Rev. Moore to Maryland.

Several local dignitaries also joined worshippers, including Maryland Lieutenant Governor Michael Steele, longtime supporter and County Executive Jack Johnson, Prince George's Council Chairman Samuel Dean, and Carolyn J.B. Howard and Marilyn McGee of the Maryland legislature. Pastor Joseph A. Gilmore and the church were officially saluted with a Governor's Citation read by Lt. Governor Steele as well as a resolution passed by the Maryland House of Delegates.

The biggest surprise occurred when Chairman of the Deacon Board Curtis J. Posey announced that the congregation was sending Pastor Gilmore and First Lady Ethel Gilmore on an all expenses paid trip to Aruba. Many members showered the church's First Family with a variety of gifts to show appreciation for dedicated service.

For Anniversary Sunday, Rev. Moore, not a stranger to Mount Ephraim, brought a powerful sermon about “The God of Break-throughs.” The message was taken from I

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Church Celebrates 21st Anniversary in Fine Worshipful Style

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Samuel 5:17-25.

“Obstacles ... are only opportunities,” Rev. Moore said from the pulpit. “The God I serve, he’s a breakthrough God. There is no problem too hard for God. God can make a way out of no way.”

Rev. Moore reminded the congregation that life’s problems set the stage for a breakthrough experience. He also warned not to let the blessings in life “cause you to lose your sense of dependency” on God, adding: “Sometimes we go out and invite trouble.”

Both Pastor Gilmore and First Lady Gilmore addressed worshippers at the end of the spirit-filled anniversary service. Mrs. Gilmore told worshippers, “I want to thank

my miracle, my husband, my best friend and my pastor... for his strength and his love.” Pastor added, “If you ever thought the road was going to be easy, now you know. But you have to endure.”

Mount Ephraim was organized on January 15, 1984 by 65 baptized Christian former members of the First Baptist Church of Deanwood in Washington, D.C. The congregation initially met at the home of Deacon and Mrs. Lucille Morris in Lanham, MD. Mount Ephraim relocated to the current property in Upper Marlboro, MD in February 1992.

A day care facility for seniors, the Joseph A. Gilmore, Sr. Adult Day Care Center, now sits next to the church in Upper Marlboro. Through the years, the church has grown to more than 1,000 members.



Anniversary Welcome. Pastor and Mrs. Gilmore greet U.S. Rep. Albert Wynn (above) and County Executive Jack Johnson (below) speaks. (Photos by Robert Eubanks)

Ministry Spotlight: Women’s Ministry Reaches Far and Wide

By Pamela Day

Mount Ephraim’s Women’s Ministry is on the move in 2005, making sure that the women of the church – young and old – know God’s special role for them in the church and special prominence in all our lives.

The success and creativity of programs offered by the Women’s Ministry was evident on Saturday April 23, 2005, when the Women’s Ministry hosted Hidden Strengths Support Ministry, Inc., a Support Ministry for single parents. The session opened with devotions and the introduction of the ministry. The mission of Hidden Strengths Ministry, Inc. in part is to “speak a healing word to the broken hearted; give a smile to those whose laughter has been lost; encourage the dreamer who has given up; share the solitude of one who is alone; reassure the doubter and light a candle of God’s Word in the midst of a dark night.”

The topic of the presentation was “Wait Training,” a clever play-on-words about sexual abstinence. Donna R. Williams served as facilitator. The major thrust of the presentation dealt with was that women, as Christians should value themselves, value their future mate now, set their stan-

dards now, help one another to stay strong, accept what God allows and bury their past.

“You must first know that you are a gift that has never been opened. You are an extremely expensive gift, a gift this rare is hard to come by.

Many destroy this type of gift. You are a gift that will not be opened until you are sure that the person you belong to will take care of you, because you are fragile and that person you belong to will love you, because you are special. Treasure you because you are rare.”

The overarching message to women was through Jesus Christ your past no longer has any power over you. God could solve our problems some other way, but he brings us out of Egypt and takes us through the Red Sea, so that when we get to the other side we can look back and know the battle is truly over (Exodus 14:30).

We look forward to more interesting offerings from the Women’s Ministry in 2005.



Women’s Ministry Recruits. The ministry sponsored a booth at the recent Mount Ephraim ministry fair. (Photo by Arthur Scott)

Church Family Celebrates Women's Day 2005

By Pamela Day

On Sunday May 22, 2005 the Women's Ministry of Mt. Ephraim Hosted "Women's Day" and was blessed to receive and hear from the Rev Valerie Andrews of Triumph Baptist Church in Philadelphia, Pa.

The theme was: "Women Committed to God, Growing in Grace." A special Women's Day Choir of more than 50 women inspired and moved the congregation with their spirit-filled songs. For the occasion, the women wore white with red scarves.

During the 10:45 a.m. service, the choir marched down the aisles to the song, "Enter In." Also during that service, Pinkie Kier made special presentation awards to five women for their dedicated service to the Women's Ministry at Mount Ephraim. Honored were Shirley Branch, Rev. Glenda Green, Dolores Marbury, church secretary Pat Mills and Carrie Smith-Abrams.

Rev Andrews's rousing sermon was based on the rhetorical question, "Is There An Elizabeth in the House?" Rev. Andrews emphasized that in



Rev. Andrews (left) greets worshippers after service. (Photo by Joseph Kier)

the life of every woman there needs to be another woman, a mature woman who can discern when life is "giving you a bad deal." Added Rev. Andrews: "She can't be just any woman, she can't be a woman off the street that doesn't know her own name, she can't be hung-up on herself, and she can't be afraid or hide from life's challenges."

Every woman young and mature needs an Elizabeth in her life, someone whose shoulder is strong enough to bear your tears, and can help you

through your sorrows. "She must be a Special Blessed Anointed Woman of God that has gone through some stuff in her life and can tell you how she made it over. She must demonstrate how to handle trials and tribulations. She should give inspiration and encouragement. She should bless you in word and deed and she must have a testimony."

Rev. Andrews identified special attributes of that Elizabeth as a woman of God with many gifts and a desire to be a servant to God's people; someone willing to intercede on your behalf and has a personal relationship with God; a worshipper of God who walks upright, in right fellowship with God, and sees the Jesus in you.; and someone who gets genuinely excited about what God is doing in your life, shares in your hopes and wishes you well.

"She calls you blessed, prays for you when you can't pray for yourself, believes God will perform the promises he has made in your life, reminds you that God will give you the desires of your heart and supply all of your needs," Rev. Andrews said. "She tells you that you must walk by faith and does not mind telling you, "Thus saith the Lord."

At Mount Ephraim, It's Sometimes "Church on The Go"

One unique thing about Mount Ephraim Baptist Church is that at any given time, the church that sits in the sprawling brick structure at 610 Largo Road in Upper Marlboro, MD can easily become a "church on wheels."

You may see the "church" rolling along either the I-95 corridor or down through the Carolinas on I-85. Or you may find Mount Ephraim zipping overhead along air traffic control routes in the sky. And there is one more place—the deck of a cruise ship.

If you worship at Mount Ephraim, be prepared to be on the go. Already this year, Pastor Joseph A. Gilmore, Sr. has taken the flock to join him in worship at several out of town

churches that have also in turn visited Mount Ephraim. Called "fellowship outings," these trips to venues near and far give the church a chance to meet and exchange praises with other churches around the country.

In April and May, Mount Ephraim fellowshipped at the New Psalm-

ist Baptist Church in Philadelphia. The Rev. D.J. Lawrence, New Psalmist's pastor, preached at Mount Ephraim earlier this year, bringing along a busload of choir members, parishioners and members of his family, all from the City of Brotherly Love. Also in 2005, Mount Ephraim traveled to Egg Harbor, N.J. (near Atlantic City) to worship with the Heavensway Baptist Church.

Last fall, the church bused to Whitesboro, N.J. to fellowship with the First Baptist Church of Whitesboro, a church formerly pastored by Rev. Gilmore for more than seven years. Mount Ephraim helped First Baptist of Whitesboro celebrate its 100th anniversary during Mount Ephraim's visit.

Over the recent Memorial Day holiday, Mount Ephraim hosted the Bethlehem



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Gilmore Center Volunteers Honored at Program

April was a real exciting month for the Joseph A. Gilmore, Sr. Adult Day Care Center, culminating in an April 21 Annual Volunteer Recognition Ceremony.

Nearly 30 deserving volunteers for the center were recognized and honored with certificates and volunteer pins. Tributes by the staff and songs by the center's choir added to the atmosphere.

The program was also an opportunity to unveil a special painting donated to the center by Mount Eph-

raim member Viola Mills and to re-name the center library to honor Deacon and Deaconess William and Geraldine Fryar. The Fryars made a financial donation in the early days.

Mr. Thomasine Chester, a participant at the center, served as Mistress of Ceremonies. Another participant, Ms. Carie Pringle, offered the payer.

The program drew about 100 guests and included presentations and remarks by Pastor Gilmore, Rev. Spearman and several others.

Contributed by Ethel Gilmore



Saluting Volunteers. Rev. Eldridge Spearman speaks during the April 21 program honoring Gilmore Adult Day Care Center volunteers.. (Photo by Arthur Scott).

Mount Ephraim Hosts Areawide Ushers Memorial



Usher Huddle. Mount Ephraim's David Whitmire (right) confers with visiting ushers.

Mount Ephraim was the site for a region wide memorial service for church ushers on Sunday, May 22. At a 2:30 p.m. service, Mount Ephraim welcomes more than 100 ushers from around the metro area for a memorial worship service and dinner.

The services paid homage to 54 members of ushers boards who have passed on. The service was sponsored by the Interdenominational Church Ushers Association (ICUA), of which Mount Ephraim is a member. Among the numerous churches represented were Reid Temple A.M.E., Ebenezer United Methodist, New Southern Rock Baptist, Vermont Avenue Baptist Mount Calvary Missionary Baptist churches.

Rev. R. Clinton Washington brought the memorial message. The theme for the occasion was, "In Times Like These." First Lady Ethel Gilmore served as emcee for the occasion.

Church "on the Go"

(Continued from page 3)

Missionary Baptist Church of Savannah, Ga. Mount Ephraim has visited the Savannah church previously.

Trips by Mount Ephraim to churches along the Atlantic seaboard are done by bus. But a few years ago, many Mount Ephraim members flew out to Las Vegas to worship with the Victory Missionary Baptist Church. The Pastor of that church, the Rev. Robert Fowler, preached Mount Ephraim's recent spring revival. And last summer, the church family took a cruise with another

one scheduled for July.

When he travels to preach at another church, Pastor Gilmore will usually take a choir, backup musicians, assorted Deacons and occasionally members of the ushers' ministry. Sometimes, if the church is not far away, a contingent of members will drive to the out-of-town church in private cars. More often than not, the church will become an unofficial "sister" church and will take turns visiting each other, sometimes annually.

WORSHIP SERVICES

7:30 a.m. and 10:45 a.m.
Sunday School at 9:15 a.m.



Trustee Thompson Retires. Longtime Trustee Doris Thompson is honored here with a plaque, from Trustees Chairman Arthur Scott, for 21 years of distinguished service. She is joined by her children Erika (left) and William. (Photo by Robert Eubanks).



THE YOUTH PAGE



Let's Not Forget About the Fathers ... Dads Are Special

Every year around Mother's Day, we get bombarded with advertisements about what we should do for our mothers to make their day extra special.

But, what do we do for fathers? We buy silly ties, maybe even dinner, and we spend a few *minutes* making *collect*

YOUNG IDEAS

By **ERIKA THOMPSON**

phone calls. Let's face it; the fanfare just isn't as intense for fathers. If you're like me, you've probably grown very tired of all the negative perceptions our society has of fathers, especially Black ones. Not all fathers are absent and/or uncaring; most fathers are loving, caring men who do right by the children in their lives.

Starting this Father's Day, show that

you really love and respect your father, whether real or surrogate.

Cherish the father you have:

Fathers are supposed to be strong disciplinarians, but that doesn't mean they don't love you. Whatever life lessons they are trying to teach you, they most likely learned the hard way.

My own father (who is now deceased) didn't have a high school diploma, but he was an avid reader who actually went to PTA meetings and made sure that my brother and I valued our education. So, don't just view your father as the go-to person for money or car keys. Actually talk to him to make sure he knows your hopes and fears. You'd be surprised what you'll learn.

Adopt a father: If your father is deceased or absent, find someone else to fill that void. There are probably lots of men in your lives, including in

Mt. Ephraim, who would make great surrogate fathers. In my own life, I have several uncles who have filled the void left by the death of my father. I'm sure that any honorable man that you love and respect could also fill any void.

Do more than buy a tie: Actually ask your father what he wants for his day. Don't assume that because he has to wear ties to work or church that he'll just love another tie. Pay attention to his interests and surprise him with his gift.

Be a better son or daughter: Basically, be the type of person who always makes their father proud. Don't try to play your parents against each other, or resent your father when you don't get your way. Fathers can get hurt feelings too, even if they don't always show it.

Have a great Father's Day and remember to cherish the special man in your life every day!

Does God Have You Thinking About A Career?

By **Erica Kennedy**

Going to work is the one thing we all must do whether we like it or not. And for many of us blessed enough to have turned a "necessity" into a career, our main focus may now be on the joys of retirement. However, for the 600,000 plus number of students entering college in the fall, it's just the beginning.

Questions will abound on books, bills, and building locations, but the most important questions each student will have to answer is, "What should I do?" "What do I need to know?" "How much will it pay?" and "Is there stability in that field of work?"

According to career consultants, if you want to stay ahead of the job-seeking curve—in an unstable economy and an era where unemployment rates are on the rise—think health and computers. Data from the Bureau of Labor Statistics and industry publications, show trends in occupations now through the year 2012 pointing to the medical and computer fields. So, if you're still undecided on a major, this summer consider these top five career choices:

5. Environmental Engineer

What do they do? Environmental engineers help design, build, and operate systems for water supply and waste disposal. Additionally, they help with pollution control, recycling efforts, and other public health projects, as well as gather data for analysis. Employers include private consulting firms, universi-

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The Scoop on Summer Jobs

By **Erica Kennedy**

While summer means rest and relaxation for many, some youth prefer to spend their leisure time adding to their piggybanks. But does hard work have to equal boredom? Not necessarily. A good summer job can make work feel like a summer "breeze."

Check out these sites below to get a jump on an exciting opportunity that may be tailor-made just for you:

www.pgparcs.com: Looking for a way to give back to your community? The Maryland-National Capital Parks and Planning Commission (M-NCPPC) offers full-time, career positions or part-time, seasonal/summer work whether you're interested in being a lifeguard, day camp instructor or recreational support staff. M-NCPPC operates more than 53,000 acres in Prince George's and Montgomery counties.

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Youth Summer League Basketball Coming

By **Cuttie Bacon IV**

Even though the Washington Wizards bowed out in the second round, Shaquille O'Neal is nursing his own injuries down in Miami, and Kobe Bryant, Kevin Garnett, and Carmello Anthony are watching the action from their homes, you can rest assured that the NBA play-offs are not "the only game in town". The Mount Ephraim basketball league is gearing up for another exciting season on the hardwood. The league is made up of 5 different age groups: 8-10 years old; 11-13 years old, 14-16 years old, 18-20 years old, and a men's league 21-30 years old.

One of the 11-13 year old teams, nicknamed the "Wizards," is comprised of some members from our very own congregation. It is coached by Brother

Bryan Campbell, who is assisted by Deacon Thomas Shaw and Charles Keemer. Our team ended its season last year with a record of 7 wins and 3 losses. We're proud of these young people and are optimistic that they will do even better this year.



The season will start June 18 and run throughout the summer months. The games are generally played on Saturday mornings right here at the Church. You can always count on a hard fought battle. Stay tuned for the schedule of their upcoming season so you can come out and root

our Wizards to victory. So, if you bump into Kobe, Kevin, or Carmello, tell them to drop by the Church and see some *real* ballers...I heard they're not very busy this summer!

Summer Jobs from page 5

<http://snagajob.com/summerjobs.asp>. If you are looking to make some summer cash but stay cool while doing so, log on here for exciting job opportunities at more than 6,000 popular companies including Dave & Busters and Chuck E. Cheese's.

www.joltcamps.com: If being in the great outdoors is what puts a pep in your step, check out this website for a list of nationwide day and summer camp jobs, including many in the metro area. Positions range from cabin heads to arts & crafts specialists to canoeing and fishing instructors.

www.themeparkjobs.com: Can't imagine a summer without a trip to an amusement park? Try spending a whole summer in an amusement park. If the adrenaline-pumped environment of coasters, cotton candy and kids is what you seek, check out this site for jobs in and around theme and amusement parks nationwide. Also, for local opportunities, check out www.sixflags.com/jobs.

Careers from page 5

ties, research firms, laboratories, the government, and private and public companies.

What will I need? An undergraduate degree in civil, chemical, mechanical, or environmental engineering, or other field of engineering related to the environment.

What will you make? Salary range: \$38,950 to \$92,940

4. Chiropractor

What do they do? Chiropractors evaluate and treat a patient's muscular, nervous, and skeletal systems. They also explore how diet, exercise, environment, and heredity contribute to a patient's pain and injuries.

What will I need? Two to four years of undergraduate work; a four-year chiropractic college course; and national and state certification.

What will I make? Salary range: \$45,000 to \$150,000

3. Computer Software Engineer

What do they do? Computer software engineers write programs for computers, and help companies adopt and integrate new technologies smoothly. They also work with a variety of programming languages to help design, analyze and maintain software.

What will I need? An undergraduate degree in computer engineering or computer science.

What will I make? Salary Range: \$50,000 - \$80,000. However, the profession pays more for those with unique, specialized skills.

2. Medical Scientist/Epidemiologist

What do they do? Medical scientists/epidemiologists conduct research on diseases, and on the viruses and bacteria that cause them, to develop vaccines and medications.

What will I need? An undergraduate degree in the sciences; and a M.D., Ph.D. or both.

What will I make? Salary range: \$50,000 - \$115,000

1. Personal Financial Advisor

What do they do? Personal financial advisors help people manage their money for both the short and long term, and help them decide which stocks, bonds, mutual funds, and other financial products to invest in. Nearly 40 percent of personal financial advisors are self-employed.

What will I need? An undergraduate degree in accounting, finance, economics, business, marketing, or commerce. Courses in computer science and math are also useful.

What will I make? Salary range: \$28,330 to \$145,600. However, according to studies, some personal financial advisors can earn millions.

For more information, log on to www.collegeboard.com and www.salary.com.

Minister Todd Gilmore: Working to Encourage Youth



Q. Your ministry is not new, but the Children's Church is. How was it conceived?

A. It is not a new concept, it was initially headed by Willa Johnson. It has always been the vision of the Pastor to have a separate service for children. It gives the parents the peace of mind to enjoy the main service while knowing their children are receiving biblical teachings in a safe environment. Reverend Daniels assisted me and it is now under the direction of my wife Connie. We are now seeking someone to head up the ministry, to give it proper structure. We have already talked to a few people.

Q. What is the mission of Children's Church?

A. To teach biblical principals. If we build a good foundation early, it will stick with them. Also we prepare the children how to conduct themselves in the 10:45 a.m. service, and to be ready to serve in the various aspects of the



Interview by Patricia Shelton

service.

Q. How is the service for the children conducted. Is there a sermon or just bible teachings?

A. There is no sermon, we open with devotion. There are songs, scripture, and prayer and then we move into the lesson. The lessons consists of bible stories, sometimes they watch a bible story movie, and then they have an arts and crafts period.

Q. Approximately how many children are there on any given Sunday?.

A. We average between 20-25 children.

Q. Who assists you with the Children's Church on Sundays?

A. I have a Youth Planning Council and they rotate weekly to assist with Children's

Church. They help get the lesson across and assist in keeping order. They are Connie Gilmore, Geislia Barnes, Robena Huey, Tracey

Belcher, Anthony Belcher, Andy Harris, Bryant Rogers, Nyoki Rogers, Tawanda Battle, Erika Thompson, and Zolitta Brown. They work with me on any activities involving the youth. Sherman Keith prepares the snacks for the ministry.

Q. What is the ultimate goal for the Children's Church?

A. Our goal is to prepare the youth for leadership in the church and to lay a solid foundation.

Q. You seem well suited for this. Not everyone has the patience to work with children.

A. I thoroughly enjoy it and I believe working with children will help keep you young.

CHRISTIAN BOOKSHELF

By Cuttie Bacon IV



Far too often, it is said that men do not read. Whether it is fiction or non-fiction, we get a bad rap. Oh, I almost forgot: we do get credit for reading the sports page! But, beyond that, we are looked to as literarily-deficient. Well, here's a quick look at a book that is not only a great book in its own right, but chocked full of information that can actually help a brother out.

There are many wars being fought within and against Brothers daily. Some of these we are all privy too, other we are not. Bill Perkins has tackled some of these in a book entitled, "Six Battles Every Man Must Win." In his book, he addresses six challenges faced by every Brother in Christ. He introduces these battles with some instructions on how a man of God must 1) live a focused life; 2) recognize that he is part of a larger battle; and 3) be willing to fight for the things that are important in the eyes of God.

First, he calls upon Brothers in Christ to recognize *they derive their identity from God*. Next, we are instructed that, as Brothers in Christ, *we possess God's holiness and are charged to seek ways and opportunities to express His godliness*. Third, Brother Perkins points out that the brethren in Christ *must work tirelessly to be blessings to their families*. We are told in subsequent chapters that *we have to endure hardship as a consequence of God's training us for battle*. The fifth battle is one in which *we must battle for the spirits*

of our friends. A warrior for Christ never leaves a friend behind on the spiritual battlefield. The final battle is for us to *have* reliance on God's power and not our own.

Perkins uses David's Mighty Men, as recounted in "II Samuel," as a backdrop for many of the points that he makes throughout the book. These outcasts-turned-warriors won battles against overwhelming odds. Perkins even refers to them as real-life superheroes.

What was so outstanding about these men was that they were once broken (unsaved) but had now found lives of a higher purpose and meaning (saved) in their battles and victories. What transformed these men from losers into Mighty Men is just another illustration of how Jesus transforms the spiritual "loser" into a soldier in His Army, equipped with the ability to win battles for the souls of others -other men, friends, and family -in Jesus' name. This book is a battle plan of sorts. It lays out what the plan is, what weapons we can expect from the enemy, where we can expect the battles to take place, and lastly what we must do to assure victory in the name of Jesus.

"Six Battles" will make great reading at the beach, on the Metro, as a Father's Day or graduation present, or as a way to encourage a Brother in Christ in his battles. And, while you're at it, go back and read II Samuel again. And go encourage that Mighty Man in *your* life!

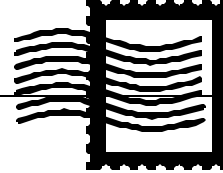
STORY IN A PICTURE



And the Winners Are... Kilah Weaver, Cierra Bookheart and Simone Canty (all left to right) proudly display their winning science fair ribbons. Kilah (far left) was the first-place winner for the Perrywood Elementary fourth grade and Simone (far right) was the fifth grade winner at Perrywood. Cierra placed third in the sixth grade class. Congratulations to each of them for a job well done! Their families are Mount Ephraim members.

“Folks, we just finished moving Pastor and Mrs. Gilmore. They wanted me to make sure you have their new address:

3606 Denmark Place
Bowie, Maryland 20721-1202
(301) 390-2883



The Voice Ministry

James Alexander, Jr., *The Voice* Editor * First Lady Ethel Gilmore, Adviser * Cuttie Bacon IV* Pamela Day * Erica Kennedy * Patricia Shelton * Linda Smith *Erika Thompson* Denise Washington.

Photographers: Arthur Scott, Robert Eubanks and Joseph Kier contributing.

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very best.

Let me encourage you to be a better person. Start doing what God has put in your heart right now. Don't be disobedient, instead be extremely obedient, be prompt to obey. You've got to learn to obey your conscience. God is speaking to us right now.

Some of us go to bed every night with a guilty conscience. You can hardly sleep because you know you are not doing what you should be doing.

When we put it off, it makes us feel badly about ourselves; it condemns us. You go in the house and see that dirty laundry room that you have been planning to clean for two months; you look at the dirty dishes in the sink; you look at the garage full of junk. All of this depresses you. You say I am never going to clean this up because I am lazy, I might as well go and watch some more TV.

You must break the negative cy-

cle. You must say, no, I am going to get my house in order. I am going to make some changes today! No more procrastinating or putting off until tomorrow.

Today. I'm going to get this place cleaned up if it is the last thing I do. Stop putting off what you know you should do.

Some of you are living frustrated because you have too many unfinished projects. There are many things round the house you know you should do: the grass needs to be cut and weeded: a room needs to be painted. You have not balanced your checkbook in six months.

God has been dealing with some of you about getting out of debt; God has been speaking to you about controlling your spending and stop being so quick to use credit cards. You keep saying, one day I am going to quit; one day I am going to make these changes, but let me run up to the mall one more time!

Are you taking time to live a healthier life? Some of you know you should get in an exercise program, some of you know you need to get right down within and take care of this temple God has given you. You need to get in shape.

Some of you are saying, yes, pastor that's for me. I am going to start as soon as school is over and the children are out of school. No, that is delayed obedience.

Do you know the longer you put things off, the harder it is to do it. When God brings something to us to do, we need to do it immediately, not next week or next month, but right now.

Some of you put off getting physicals. Some of you need to spend quality time with your family. Some of you need to take time to make peace with God. Stop procrastinating! Now is the acceptable time. Now is the day of Salvation.

Phone: 301-808-1584
Fax: 301-808-3243
Prayer Line 301-808-3189