



# The Praise Report

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June—July 2017

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## Father's Day

This is a tribute to all our fathers, grand-fathers, uncles, father-figures, and mentors. Those who love, and care about you, want to take a moment to let you know that you are so appreciated. We see your faithfulness and we honor you. "The just man walketh in his integrity; his children are blessed after him" (Prov. 20:7) Children are fortunate if they have a father who is honest and does right. Thank you, for all the yard work, taking out the trash, shared household chores, and paying the bills. Thank you for having our back, and always being by our side. Most of all, thank you for creating a family that's great.

Our father God created this world for us. He is our perfect

father. He sent his only begotten son to bleed and die for our sins, because he loved us so much. "For in Jesus my love for you was revealed" (John 17:26) His gift was the ultimate expression of love for us, and nothing will ever separate us from His love again. "I am you Father and I love you even as I love my Son, Jesus" (John 17:23) We too are His children. For this reason, we reverence God our Father for this Father's Day. He is our ultimate example of righteousness, purity, and love.

We also want to thank and praise God for our Bishop Craig W. Johnson. We honor him for Father's Day because of his vision. Besides being a father to many, his vision for COPIM and

its members is phenomenal. It brings hope to so many each week as well as help, in the many outreach programs at COPIM.

Finally, we would like to remember all the fathers that have gone home to be with the Lord. You are missed, and will never be forgotten. You will always live on in our hearts. To honor means to give outward respect. It is a symbol of distinction for your integrity, and the decent, ethical, upright, upstanding behavior you have shown to us over the years. We know we can never repay you for all the sacrifices you've made, or how much you mean to us, so on this day we would like to simply say, Happy Father's Day.

## Voices of Cathedral 1st Annual Workshop!

The Voices of Cathedral Choir made a joyful noise unto the Lord in June by hosting it's 1st Annual Choir Workshop!

Led by Ministry Stream Coordinator, Deacon Lee Harris, Ministry Coordinator Italia Tobin and Minister of Music and Choir Director, B. Alexander McCargo, the workshop was a success and the COPIM family know God is pleased!

B. Alexander McCargo, guest Clinician, is known to many for his dynamic gift of leading praise and worship. However, the Voices of Cathedral Choir were

blessed by a new gift demonstrated by B. McCargo as he educated the ministry on the true meaning of "passion" for the ministry.

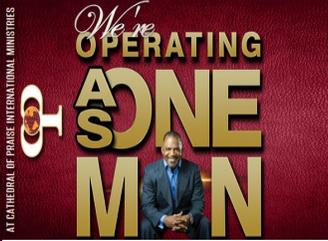
The choir had two spirit-filled days of powerful material, food, fun, prizes and fellowship. Friday night kicked off with The Educational Aspects of the Choir Ministry and Choir Etiquette, while Saturday touched on how to Lead By Example and the Elements of Worship.

The Voices of Cathedral Choir would like to thank Bishop

Johnson, First Lady and Deacon Lee Harris for entrusting the ministry to host this event. The choir would also like to acknowledge Ministry Coordinator Italia Tobin for her hard work and dedication to the ministry. Most of all, we thank



## Our Vision



The vision of Cathedral of Praise International Ministries was stated by our founder, Jesus the Christ, and recorded in Luke 4:18-19. This is a ministry of reconciliation ordained to assist the poor, to heal the hurting, to deliver the captive, to restore sagacity to the spiritually blind, to set free the oppressed, and to preach and teach the truth of the Gospel.

*"Yes Indeed, it won't be long now." God's Decree. "Things are going to happen so fast your head will swim, one thing fast on the heels of the other. You won't be able to keep up. Everything will be happening at once-and everywhere you look blessings! Blessings like wine pouring off the mountains and hills."*  
-Amos 9:13 (MSG)

We have been commissioned to focus on people rather than programs, to

create a spiritual atmosphere where true worshippers can praise Him in the freedom of the Spirit, and to break down the walls of tradition that make the Word of God of none effect.

We are commanded to edify the people of God by demonstrating unconditional love, by developing a community of believers who give of themselves so that no one is lacking anything, and by sowing the Word of God

in our lives that a harvest of spiritual fruit might blossom forth.

COPIM is a Non-denominational Christian Church. Our spiritual covering is provided by Bishop Neil C. Ellis, Nassau, Bahamas. We consider it a privilege that you have taken time to discover who we are and sincerely hope you receive a blessing from this experience.

## Mother's Day Celebration at COPIM!

The Women's Ministry of COPIM showed up and showed out by having a luncheon to celebrate Mother's Day at our beloved church!

Honor was given to those who have lost their mothers in remembrance for those who have transitioned to be with the Lord.

The celebration of Mother's Day creates an opportunity to honor our mother, the mother's of the church and those who have taken the role of a mother! Mother's day celebration creates

the opportunity for family members to salute their mothers for the sacrifices they make for their children.

The women celebrated the holiday by highlighting the significance of the lily flower and its pureness as compared to Christ. Fellowship over a lovely brunch and gifts are just a few of the highlights at this spirit filled event!

The COPIM family would like to acknowledge Mother Johnson and thank her for being such a pillar in our Bishop's life. We hope each and every Mother

had a wonderful Mother's Day!



## Happy Birthday America!

Independence Day, commonly known as the Fourth of July, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence. Although the Declaration of Independence was accepted by Congress on July 2, 1776, the revised version was formally adopted on July 4, 1776.

In the 18th century the thirteen colonies of America were an extension of Great Britain. In June of 1776, the Continental Congress met to discuss independence from British rule. The conflict between the thirteen colonies and Britain resulted in the Revolutionary War. The first President of the United States, George Washington, led the fight against restrictions and taxations being imposed by King George II, ruler of Great Britain. Betsy Ross was asked by President Washington to create the first American flag to represent the country and the thirteen colonies. After the Revolutionary War was won by the United States, a second Continental Congress was held. Thomas Jefferson, the third President of

the United States, along with our founding fathers, also called the Committee of Five, drafted the Declaration of Independence.

The Declaration of Independence states that, "all men are created equal, that they are endowed by their Creator with certain unalienable rights, among these are life, liberty, and the pursuit of happiness". As Americans and Christians, we should be thankful that our forefathers were inspired by God, and envisioned a world where all men are free. After the signing of the Declaration of Independence, another one of our country's founders, John Adams wrote in a letter to his wife Abigail:

"The second day in July 1776, will be the most memorable day in the history of America. I believe that it will be celebrated by succeeding generations as a great anniversary and festival. It ought to be commemorated as a day of deliverance, by solemn acts of devotion to Almighty God. It ought to be celebrated with pomp, and

parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward forever more". The 4th of July was declared a federal holiday in 1941. It is the most patriotic holiday celebrated in America. Two hundred thirty-five years later, we still celebrate the 4th of July as America's birthday.

Today, the fourth of July is a fun summer holiday, where you may see parades, flags, and fireworks. It's a day for picnics, speeches, music, eating hot dogs, hamburgers, and plenty of barbeque. As a matter of fact, 80% of Americans attend a BBQ, and consume about 155 million hot dogs on July 4th. Sixty-six percent of Americans display a flag at their homes on July 4<sup>th</sup>. Americans also set off about 175 thousand pounds worth of fireworks on July 4th. That's over \$660 million dollars' worth of fireworks! So, enjoy your holiday, but remember to be safe and responsible. Happy birthday America!

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-Amos 9:13 (MSG)



## Domestic Violence and You!

**Fact: 1 in 4 women and 1 in 7 men will be victims of domestic violence.**

Many of you heard of the tragic events in San Bernardino Unified School District, where a husband walked onto an elementary school campus and fatally shot his wife and a student. One other young child was critically injured as well, before he took his own life. The C.O.P.I.M family would like to extend our condolences, prayers and support to the community of San Bernardino and affected families.

So many people have asked how something like this could happen? Did anyone know what was going on? Did the teacher tell anyone what she was going through? Most women are embarrassed to admit they are victims of domestic violence. This happens to some men as well. There is no single group to which this occurs more than others. Whether rich, poor, African-American, Caucasian, Hispanic, educated,

un-educated, religious or non-religious, all of us are subject to domestic violence. How do we help ourselves and each other? The answer is, "**We must confide in someone!**".

There is no shame in telling someone the harsh realities of what you are going through. The shame only lies in keeping silent!

**Here are some warning signs of an abusive relationship:**

**Injuries and excuses**-Bruises and injuries may occur frequently and are obvious.

**Frequent absences**-Victim begins to take time off from their normal schedule.

**Low self esteem**-Develops over time begins, to feel worthless.

**Personality changes**- The person becomes introverted in contrast to who they are.

**Fear of conflict**- Powerlessness with other relationships.

**Passive-aggressive behavior** - The inability to express feelings and wants.

**Self-blame**-Blames himself for what happens in the relationship.

**Isolation and control**- Isolated behavior, partner has total control.

**Health-related problems**- Poor sleep-hygiene, aches and pains, depression or anxiety episodes.

If anyone is experiencing any of the mentioned above or know of someone, please reach out to someone or a close friend/family member. **If in immediate danger call 911!**

**You are loved, we need you to survive!**

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## Men's Health Awareness from the Health Ministry

June is known for Father's Day, but we would like to acknowledge Men's Health Awareness! Statistics show that men are more likely to die at higher rates and at a younger age than women. Research shows that specific diseases are not the cause, but rather lack of health monitoring in earlier years of life.

### **Top 5 Causes Of Death In Men**

Heart Disease  
Stroke  
Suicide  
Prostate Cancer  
Lung Cancer

### **TAKE ACTION:**

- Maintain a healthy weight (BMI LESS THAN 25 kg/m<sup>2</sup>)
- Manage blood pressure (LESS THAN 120/80)
- Take charge of cholesterol (TOTAL LESS THAN 180)
- Stop smoking
- Engage in regular physical activity
- **Screening for cancer by colonoscopy and prostate check at age 50.**

**Establish a primary care physician for general health screening and annual physicals!**

[www.menshealthnetwork.org](http://www.menshealthnetwork.org)



### COPIM Welcomes Pastor Kelvin Ward!

C.O.P.I.M would like to welcome Associate Pastor Kelvin Ward to the staff of our church family! The Newsletter Ministry set out to interview Pastor Ward and would like to share what we've learned. Take a look at a timeline of events that has led Pastor Ward to where he is today!

Pastor Ward grew up in Riverside, California, where he was raised by his mother and brought up in the church. Christian principles and the word of God were key factors in his life. He was called to ministry in 1984, preached his 1st sermon in 1986, called to Pastor in 1991 and started his

own church in 1995. He has served as a youth pastor, choir director and Senior President of the Youth Convention of California Baptist University.

We asked Pastor Ward a few questions on what his plan and focus is and here's what we learned!

"I am very much humbled, honored and grateful for Bishop to appoint me to work along his side. My purpose is to lead, follow, operate in real love and care for God's people. Most of all, I want to continue to execute Bishop's "One Man" vision and expand leadership. I believe with all there is within

me, God is going to move in a mighty way as long as we put him first."

Let's take the time to welcome and congratulate Associate Pastor Kelvin Ward to the C.O.P.I.M family. We know God is pleased!



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### Kuincy Jamal Newton Fund

In honor of the life and fulfilling achievement of Quincy Jamaul Newton, Cathedral Of Praise International Ministries awards educational scholarships to members who are pursuing higher education. Quincy Newton was a devoted remarkable young man.

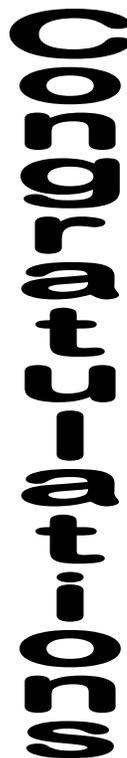
Born August 10, 1982, Mr. Newton went home to be with the Lord November 4, 2005. A dedicated member of Cathedral Of Praise International Ministries, and a vital addition to the Music Ministry, Quincy was an amazing percussionist.

His academic pursuits led him to matriculate through

various institutions of higher learning such as Riverside Community College, San Bernardino Community College, and Rio Hondo Community College, in Whittier, CA, where he completed academic preparation to become a police officer. Before going home to be with the Lord, Quincy was accepted by the Fullerton Police Department. We are honored to award the following scholarships this year to the following members:

#### 2017 Recipients:

- Shayla Leon
- Chelsea E. Gray
- Lamont Pope
- Victory Idehen
- Chambrea Howard
- Rythum Russworm



## Take A Vacation: It's Good For You!!

Did you know that taking a vacation is very good for your life?

The unfortunate reality is that many people have never traveled anywhere in their life! We hope this is not you! Not only is it good for you and your family, but exposure to someplace new and exciting is life changing for everyone. So put the phone away, tuck away your laptop and recognize that vacationing is great for your health!

Here are some very important reasons for you to begin to plan your vacation:

1. Relieves stress- Stress has negative effects on all aspects of your health; physically, mentally and emotionally. Headaches, back pains, anxiety, irritability as well as a lack of concentration and frustration play a role. These are just a few of the harmful effects of stress. We lead very busy lives in today's world, the added pressure we face turns into stress. Taking a vacation helps relieve built up anxiety. This can lower blood pressure, help you sleep better and build up your immune system. Vacationing will not only relieve stress, but

when you get back to the real world, the memories and images that are etched in your mind will free you.

2. Clears your head- Life is hectic to say the least and your brain is on overtime! Always on the go and taking care of your personal and professional life can cause you to feel frazzled, confused, and overwhelmed. Vacations can alleviate these problems giving us a fresh perspective as well as calming your nerves. Taking a break from an overwhelming schedule will noticeably lower your anxiety. An added benefit, clearing your head and slowing things down often leads to great ideas and a fresh perspective when you head back to your job and your normal routine.

3. Builds your immune system- A busy life wears you down. We can fight it all we want, but eventually everything will get to be too much and exhaustion will eventually set in. When you are tired and stressed from work and your home life you are more susceptible to catching the cold and flu bug. With work and responsibilities comes stress and it can actually

promote the risk of disease because of your weakened immune system when it comes in contact with a virus. Vacations can help relieve stress, allowing your immune system to rebuild. Without this much needed break your body won't be able to properly fight off viruses and other diseases.

4. Lowers the risk of HEART ATTACK- When we don't take our allotted vacation days, you can be doing serious damage to your heart health. Skipping out on vacations can raise your blood pressure and increase your risk of heart attacks. Several studies show that by taking a yearly vacation can lower your risk of heart problems by a staggering amount. According to a Framingham heart study, men are around 30 percent less likely to die from a heart attack and women have a 50 percent lower risk of having a heart attack as well. This is the reason that you should take a vacation as soon as possible! It's good for you physically, mentally, and emotionally. It also strengthens the family as a whole, try it I guarantee you will like it!

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## COPIM Graduates!

It's that time of year again! C.O.P.I.M would like to congratulate all of our members who have graduated this year! From pre-school to high school, more than 100 members are celebrating this grand event.

This year C.O.P.I.M is awarding more scholarships than ever before and we are very proud. Without your membership, commitment and contributions, this would not be possible. We know God is pleased. Take the time out to

congratulate these individuals for their hard work and perseverance! Congratulations graduates!

## COPIM Welcomes Pastor Sterling Evans!!

C.O.P.I.M would like to welcome and congratulate Pastor Sterling Evans to his new position as Congregational Care Pastor! Although, Pastor Evans is not new to C.O.P.I.M, this is a new ministerial assignment. The Newsletter Ministry took some time out to talk about this new journey. First, let's learn a little more about Pastor Evan's journey prior to C.O.P.I.M!

After living out his dream as a professional bass player, Sterling Evans gave his life to the Lord in 1981. Pastor Evans developed his own church in Los Angeles where he resided as Pastor for 4 years. In 1990, Sterling Evans moved to Riverside, eventually becoming a member of Cathedral of Praise in 1998. In his 19 years of min-

istry at C.O.P.I.M, 14 of those years he served as an Elder and helped spearhead the Helping Hands Ministry.

The role of the Congregational Care Pastor is to be readily available, responsible and meet the self needs of the congregation. When asked what is the most rewarding part of this new assignment, Pastor Evans reflected, "The most rewarding part of this assignment is to be able to freely come alongside of people at their time of need, while ultimately providing spiritual help as well."

Pastor Evans has watched Cathedral of Praise International Ministries phenomenal growth despite many obstacles and challenges. To this day, he still stands on his favorite scripture,

Revelations 3:20 which says, "Behold, I stand at the door and knock: and if any man hear my voice, and open the door, I will come in to him, and sup with him, and he with me." Let's take the time to congratulate Pastor Sterling Evans on God's new assignment for him. We know God is pleased!



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## Summer Safety!

Summer is a time for fun in the sun! Trips to the beach, family vacations and bathing in the sun are popular this time of the year. However, Summer safety is just as important! Extreme heat can lead to serious health conditions such as heat exhaustion and heat stroke. Every year, nearly 200 people die from heat related injuries, specifically adults over 50. Pool safety, diet and proper car maintenance also play an important role in enjoying your Summer. Let's take a look at a few Summer safety tips below!

### Health Maintenance

1. Stay out of the sun!
2. Stay hydrated!
3. Dress appropriately!
4. Cool down!
5. Prevent sunburn!
6. Secure proper air conditioning!

### Car Maintenance

1. Check your tires!
2. Check your cooling system!
3. Get an oil change!
4. Get your brakes inspected!
5. Have your battery checked!

### Signs of Dehydration/Heat Stroke

1. Headache
2. Dizziness
3. Nausea & Vomiting
4. Confusion
5. Rapid pulse
6. Fainting
7. Dry skin

Let's stay healthy and safe on the road! If you or someone you know experience any of these symptoms, dial 911 immediately! Ignoring these tips can be fatal. Have a fun, safe and blessed Summer C.O.P.I.M family!

CATHEDRAL OF  
PRAISE  
INTERNATIONAL  
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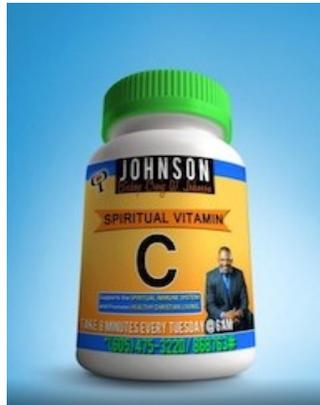
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We're on the web!!!  
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## We want to hear from you.....

If you have news, photos, accomplishments, advertisement, etc. to share, The Praise Report would like to share with for your. All you have to do is send everything to our email: newsletter@gmail.com and someone will make contact with you as soon as possible. Please include a small blurb of the event along with your contact information and we will take care of the rest.



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