

May/June, 2018

Lift Every Voice! New Beginnings Community Worship Center Inc.

Mission Statement

New Beginnings Community Worship Center Inc. is a non-denominational Christian community worship center with the purpose to develop the spiritual, educational, emotional and economic growth of our community.

Commissioned by GOD, our lord and Savior-Jesus Christ and with the aid of the Holy Spirit, we aim to reach the lost, teach and preach the gospel, and nurture all those who will back to a personal and meaningful relationship with GOD!

We believe the HOLY BIBLE to be the unadulterated, unequivocal and undisputed truth, mind and heart and GOD Almighty- which is our guide

Rev. Norman Ray Graves Sr.
Pastor

Being a mother is
learning about
strengths you didn't
know you had,
and dealing with
fears you didn't
know existed.

-Linda Wooten

CloudyWithAChanceOfWine.com

Service Opportunities

Sunday Worship 10:30am-12:30pm

1st Sunday Holy Communion,

Prayer Service, Bible Discipleship Study

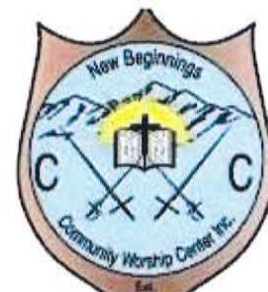
Wednesday evenings @ 7:00 pm

One Accord Ministry of Men- last
Saturday of every month @11:30 in
the Parlor

170 North Main Street

Liberty, New York (United
Methodist Church-GYM)

*Please no mail to this address



"Throughout the course of American history, courageous men and women have taken up arms to secure, defend, and maintain those core principles upon which our Nation's freedoms depend." George Bush

Thank You
for your service & sacrifice

Vision Statement

To win souls for Christ by developing effective outreach and evangelistic programs such as:

New Beginnings youth development and recreation center

New Beginners (affordable) child care center

Begin Again Transitional Services

(B.A.T.S)

D.R.E.A.M (elder Guardian Project) Divine-Rite-Elder-Assistance-Ministry

NBCWC International outreach Ministry

New Beginnings Learning and Information center

Mailing Address: 18 Long
Drive, Liberty NY 12754

Phone: (845) 747 4071

Fax: 845 292-4806

Email:

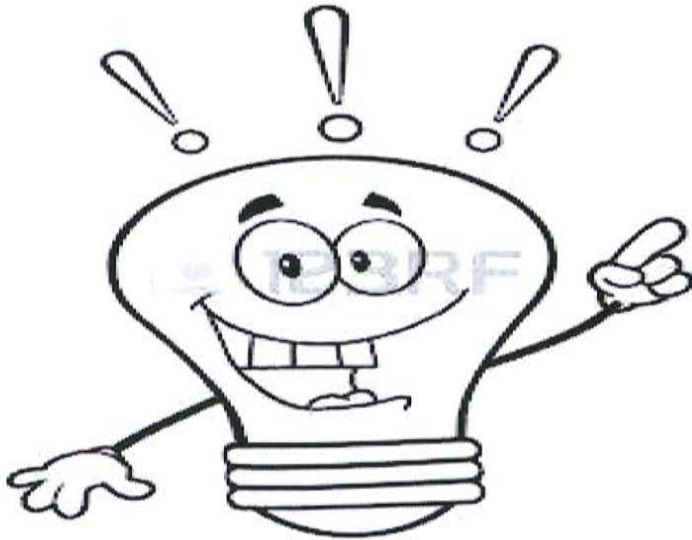
nbcwc2008@gmail.com

Like us on Facebook

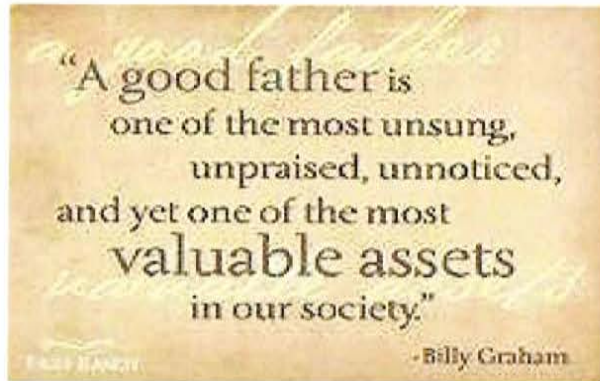
Value Statement

People will receive salvation through the gospel of Jesus Christ, and become more positive members of the community and society in general. The community of believers will learn how to properly study the Bible, identify undesirable attitudes and behaviors, and receive the transforming authority and power to change. Our youth will develop Christ like character that will lead them to become mentors and minister to other youth who are struggling through their journey in life. The community will have more opportunities to get academic assistance, vocational coaching and improve their level of education. Higher levels of education and new skills training will assist the efforts to decrease unemployment rates. Assist those who need food, domicile, child care and employment, receive the appropriate transitional services available (County, State and Federal) until able to become re-stabilized in the community

**-Irene Davis-Secretary
Dec. R. Payton
DIT: B. Jones
DIT: R. Valree
DIT: B. Davis**



“NUFF SAID”



If you have any inspirational thought or story or simply
Would like to be put on our mailing/e-mail list please
email beverlynedd@yahoo.com



Editor: Beverly Nedd

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Selena Covington

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Amari Gandy (puzzle)

Elisha Graves (cartoon)

Rolling with the Valrees:

Ron & Rebecca Valree

Love They Neighbor: Ben Davis

Think About It:

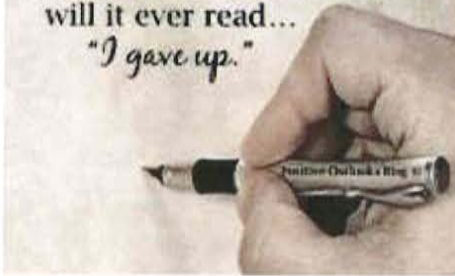
Donna Byrnes

“Cuz Shirlee’s Recipe Collection”:

Shirley Morris

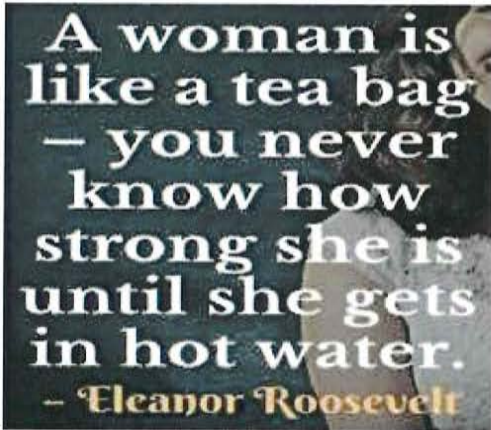
Heart Beat: Rev. Graves

I don't know how my
story will end, but
nowhere in my text
will it ever read...
"I gave up."



THINK
ABOUT
IT!!!!!!!

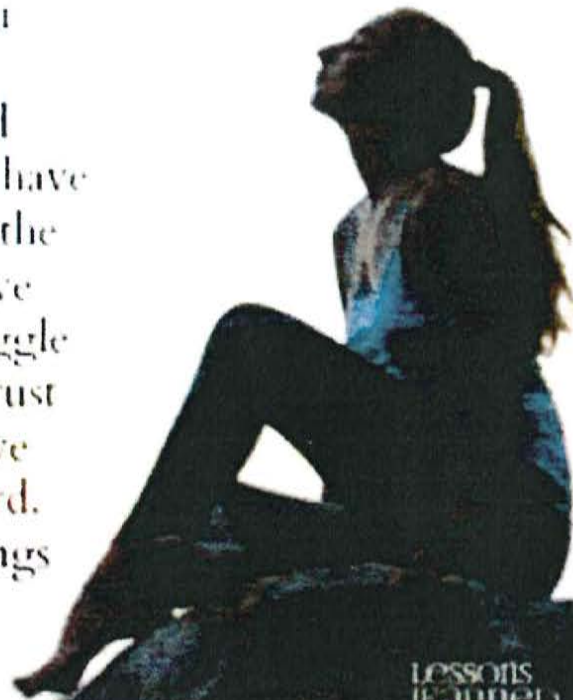
**A woman is
like a tea bag
– you never
know how
strong she is
until she gets
in hot water.
– Eleanor Roosevelt**



Breathe.

All of the times you felt this anxious and this overwhelmed. All of the times you felt this level of pain. And remind yourself how each time, you made it through. Life has thrown so much at you, and despite how difficult things have been, you've survived. Breathe and trust that you can survive this too. Trust that this struggle is part of the process. And trust that as long as you don't give up and keep pushing forward, no matter how hopeless things seem, you will make it."

Daniell Keopke



LESSONS
LEARNED
Life

Submitted by Donna Byrnes

THIS IS US



Kids Corner

Do not say things that
You are not supposed
to say and do not do
anything you are not
supposed to do!

Submitted by

Akash Nedd

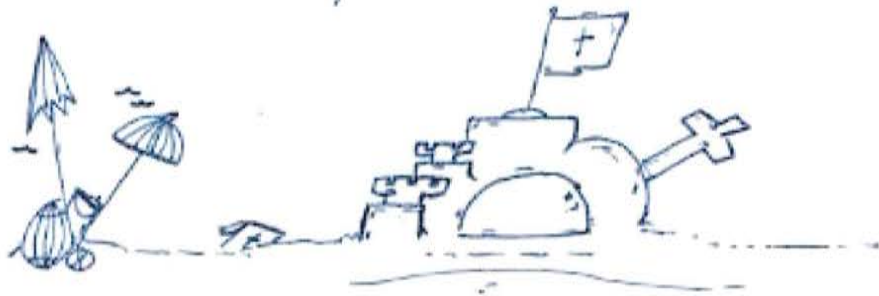
Mother's Day/Father's Day

YSZAREHTOMOHDNJAREHJ
RNEIBETDKGEAIXBEXRIO
AOIYZRBLLYVHHTBSESOM
MIVUDHAENIBAOEROLWLM
ITRBALHHDIEENKEVETDTU
PAOGGCCOALXASTNIRJRC
RNZJAVVARMHWZZODQQYI
OYIRGKYKLXQBLBMTHEYH
TNGWEYWUONOECVOKUBCN
EACKMNDTAIRDIRM EWLHH
CMUBCBTRSVAEOMXLSRZP
TFTYVCEHDCDBHGPDWOG E
FOQHZTNAPAEBYTNFVKCS
RRINRGYGDNDCAHAJKBUO
BEPEBMCAIGBAJBUFLXNJ
JHVTALARRV SQMYOSNOAH
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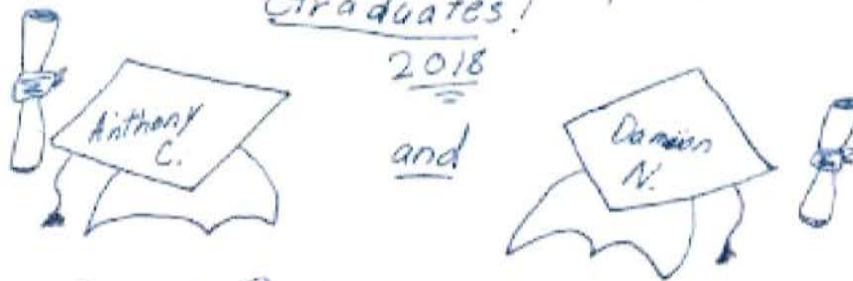
ABRAHAM
ADAM
DAD
DAVID
EVE
FATHER
FATHEROFMANYNATIONS
GOD
HAGAR
JACOB
JOSEPH
LEAH
MARY
MILITARY
MOM
MOSES
MOTHER
NOAH
PROTECT
RACHEL
REBEKAH
SARAH
SERVE
VERTERAN

By Amari Gandy,
Temple of Peace Church

It's Summer
&
Grab your Bibles



☀️ Congratulations
to our
Graduates! ☀️



• Seek God's will
in all that you do and
He will direct your path.
Proverbs 3:6

NBCWMC Florida Team



B.A.T.S. FOR VETERANS

Dear Friends of our community,

We would like to introduce to you, the 3rd annual 10k, 5K, and Kids mile run/walk race hosted by B.A.T.S. FOR VETERANS. This race will be taking place on Saturday, July 28, 2018 beginning at 9:00am. The race will begin and finish in Liberty. Our hope is that by bringing an athletic event of this caliber to our area, we will not only increase tourism in our towns, but also assist veterans who are homeless and in other housing crisis, in obtaining suitable residency and proper Support Services. (Service Those Who Have Service Us)

The goal of Begin Again Transitional Services (B.A.T.S.) for Veterans, is to provide a safe, caring, and spiritual domicile, conducive to the healing and productivity, and success of our U.S, Armed Forces Veterans, for readjustment into society.

We are offering multiple sponsorship opportunities, as indicated on the form attached. These opportunities include T-shirt sponsors, Race Bag Sponsors, Starter Line Sponsors, Mile Marker Sponsors, Finish Line Sponsors as well as Prize Sponsorship.

We ask that you support our race in any way you can. On behalf of the B.A.T.S for Veterans, participants, and community, we thank you in advance for your assistance and support.

If you have any questions or concerns, please feel free to contact us at (845) 747-8259 or via email: bats.nbcwc@gmail.com. For more information please visit us on batsforvets.org we look forward to hearing from you.

Sincerely,

Anthony L. Covington Sr.
COO/Executive Vice President



B.A.T.S. FOR VETERANS

NO VETERAN SHOULD BE HOMELESS

HOSTED BY: B.A.T.S. FOR VETERANS

Race Date: Saturday, July 28, 2018

SPONSORSHIP FORM

Please make checks payable to: B.A.T.S. FOR VETERANS

And return by July 13, 2018 to:

15 Dixon Avenue, Liberty, NY 12754

- T-SHIRT SPONSOR - \$75.00
Sponsor name and logo will be printed on the back of the original B.A.T.S Race t-shirt Sponsor will receive ONE shirt - please select a size: S M L XL
- RACE BAG SPONSOR- \$100.00
Sponsor name and contact info will be printed on a 1½" x 3" spot on racer bags (E-mail logo to bats.nbcwc@gmail.com)
- START LINE SPONSOR - \$150.00
Sponsor name will be listed on a banner over the star line
- MILE MARKER SPONSOR - \$50.00
Sponsor name will be listed on a sign marking miles along race route
- FINISH LINE SPONSOR - \$150.00
Sponsor name will be listed on a banner over the finish line
- COMBO SPONSOR - \$350.00
Finish line, T-shirt and Racer Bag Sponsor (remember to select t-shirt size above)
- PARTICIPANTS MEDALS - \$50.00
- ITEMS FOR RACE BAGS (120 bags - we are happy to accept smaller amounts as well) (Please e-mail pick-up location, date and time to bats.nbcwc@gmail.com)

PLEASE SUBMIT ALL ADVERTISING ELECTRONICALLY TO bats.nbcwc@gmail.com

Business Name _____

Phone Number _____ Email _____

Amount Enclosed \$ _____



SUPPORT OUR VETERANS

Saturday, July 28th

RUN FOR VETS 2018

10K Run, 5K Run, and 1 Mile Kid's Fun Run

Race Timing by: Catskills Timing
USATF Certified Course

Awards | T-Shirts | Complimentary Lunch



on to Help Veterans

profit organization committed to raising
rans who are transitioning into civilian life.

n for Vets is the fundraising race by
e is set in the Village of Liberty,
ing closely with the local community to
rtiful town while helping our Veterans

bsite to learn more: www.batsforvets.org.

Race Day Information

DATE: Saturday, July 28th

START TIME: Registration Begins 7:30am
Race Start: 9:00am (Kids 9:10am)
Awards & Complimentary Lunch

LOCATION: 14 Darbee Lane,
Liberty, NY 12754

DISTANCE: 10K | 5k | 1 Mile (Kids)

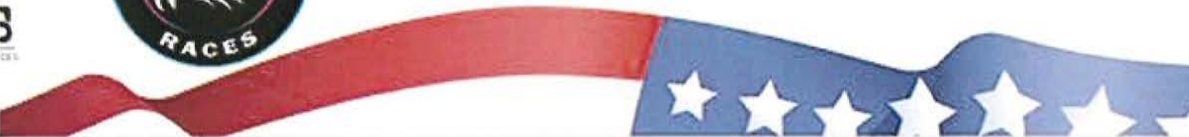
SIGN-UP FEE: 10K: \$40 | 5K: \$30 | Kid's: \$20
Before 7/1

SIGN-UP FEE: 10K: \$45 | 5K: \$35 | Kid's: \$25
On Race Day

ORGANIZED BY:



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*Everyone can benefit from an estate plan***PROTECTING YOUR FUTURE**

The term “elder law estate planning” may cause many people to think this area of law is not for them.

The word “elder” excludes many of us who don’t think of ourselves as senior citizens.

The words “estate planning” lead many to think you have to be wealthy.

In reality, elder law estate planning surprisingly also encompasses the young and people with few or no assets.

Part of elder law estate planning is disability planning - legally naming people who will make decisions for you in case of incapacity.

In a power of attorney, you name people who will make legal, business and financial decisions for you if you no longer can.

The power of attorney avoids a court proceeding called a guardianship, when a judge appoints a legal guardian for you. Guardianship proceedings are costly and time consuming.

Instead, you can protect your autonomy, appoint the people you choose, and keep the government out of your affairs.

Spouses do not have natural power of attorney over one another and must sign the power of attorney documents.

In addition, the “elder law power of attorney” includes unlimited gifting powers that can save money from nursing home costs in a crisis.

In a health-care proxy, you name people who will make medical decisions if you’re incapacitated.

A living will states your end-of-life wishes, such as resuscitation and other life-sustaining measures.

Everyone 18 years old and older needs a power of attorney and health-care proxy.

Trusts, as opposed to wills, avoid a court proceeding upon death called probate.

By avoiding probate, you save time, money and avoid family members fighting over the inheritance.

Trusts are no longer just for the wealthy. For protecting assets, such as the family home, the Medicaid Asset Protection Trust (MAPT) protects assets from nursing home costs after five years.

Young families with minor children often need a “young family estate plan,” consisting of wills, powers of attorney and health-care proxies/living wills.

Wills appoint legal guardians for the minor children and state that all assets go to the surviving spouse if one spouse dies.

Without wills, if one spouse dies, about half of the assets go to the minor children, which may be financially devastating for a surviving spouse who needs the money to manage the family’s affairs.

Powers of attorney and health-care proxies/ living wills, as always, provide disability planning and avoid guardianship proceedings.

Everyone, rich or poor, young or old, can benefit from an estate plan. *Bonnie Kraham is an attorney practicing elder law estate planning with Ettinger Law Firm, 75 Crystal Run Road, Middletown. She can be reached at 845692-8700, ext. 119 or bkraham@trustlaw.com. This column is intended to provide general information, not legal advice.*



Bonnie Kraham

Easy Shrimp and Broccoli Stir Fry

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

The easiest stir fry you will ever make in just 20 min – it doesn't get easier (or quicker) than that! 287.3 calories.

Ingredients:

1 tablespoon olive oil

1 1/2 pounds medium shrimp, peeled and deveined

24 ounces broccoli florets*

1 teaspoon sesame seeds

1 green onion, thinly sliced



For the sauce

3 tablespoons reduced sodium soy sauce

2 tablespoons oyster sauce

1 tablespoon rice wine vinegar

1 tablespoon brown sugar, packed

1 tablespoon freshly grated ginger

2 cloves garlic, minced

1 teaspoon sesame oil

1 teaspoon cornstarch

1 teaspoon Sriracha, optional

Directions:

In a small bowl, whisk together soy sauce, oyster sauce, rice wine vinegar, brown sugar, ginger, garlic, sesame oil, cornstarch and Sriracha, if using; set aside.

Heat olive oil in a large skillet over medium high heat. Add shrimp, and cook, stirring occasionally, until pink, about 2-3 minutes. Add broccoli, and cook, stirring frequently, until tender, about 2-3 minutes.

Stir in soy sauce mixture until well combined and slightly thickened, about 1-2 minutes.

Serve immediately, garnished with sesame seeds and green onion, if desired.

*24 ounces broccoli florets is equal to about 5 cups.

Nutrition Facts

Serving Size

Servings Per Container 4

t Per Serving

Calories 287.3
Calories from Fat 65.7

% Daily Value*

Total Fat 7.3g 11%

Saturated Fat 1.3g 7%

Trans Fat 0g

Cholesterol 321.7mg 107%

Sodium 1062mg 44%

Total Carbohydrate 16.2g 5%

Dietary Fiber 0.4g 2%

Sugars 3.7g

Protein 40.8g 82%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Cocina Latina

		Mediano	Grande
Pollo Guisado	Stew Chicken	\$ 7.00	\$ 10.00
Pollo al Horno.....	Baked Chicken	7.00	10.00
Pollo Frito.....	Fried Chicken.....	7.00	10.00
Bistec Encebollado.....	Steak and Onions	8.00	11.00
Bacalao	Codfish	8.00	11.00
Pernil	Roast Pork	7.00	10.00
Carne de Cerdo Guisada....	Stewed Pork.....	7.00	10.00
Chuleta Guisada.....	Stewed Pork Chop	8.00	11.00
Carne Guisada de Res.....	Beef Stew.....	7.00	10.00
Rabo.....	Oxtail.....	8.00	11.00
Chivo	Goat.....	8.00	11.00

To-Go Packages — *Meat ONLY* — No Sides included



Steak and Onions	15.00	30.00
Codfish	15.00	30.00
Roast Pork	12.50	25.00
Oxtail.....	15.00	30.00
Goat	15.00	30.00

Mofongo

Mofongo de Cerdò	Pork Mofongo	\$ 10.00
Mofongo de Pollo	Chicken Mofongo	10.00
Mofongo de Camarónes.....	Shrimp Mofongo	12.00

Chicharron de Pollo con Hueso..... **FRIED CHICKEN**..... 7.00 10.00

Sopa

		Pequeño	Grande
Sopa de Pollo.....	Chicken Soup (Mon-Thur)	\$ 5.00	\$ 8.00
Mondongo	Tripe Soup (Friday).....	5.00	8.00
Sancocho.....	Dominican Soup (Saturday).....	5.00	8.00

Sides • Lados

		Medium	Large
Arroz Blanco	White Rice.....	\$ 4.00	\$ 5.00
Arroz con Guandule.....	Rice and Peas	5.00	6.00
Habicheula.....	Beans	3.00	5.00
Pastelas en Hoja.....	Sheet Cake.....	5.00	
Ensalada Verde	Green Salad	4.00	
Ensalada de Papa.....	Potato Salad	4.00	
Tostones	Green Plantains	2.50	

EMPANADA

Stuffed Meat Pattie.....	Chicken.....	Beef.....	Cheese
	\$ 2.00	2.00	1.50

Eat In 🐾 Take Out

500 Broadway • Monticello, New York

845-707-4843

Monday — Saturday ~ 10 am — 9 pm • Closed Sunday



HEART BEAT!

(Word's from the Pastor)

"PRODUCTIVITY IN THE KINGDOM OF GOD"

3 John 1:2

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

HELLO MY BRETHERN IN CHRIST,

THIS IS THE DAY THAT THE LORD HAS MADE, I WILL REJOICE AND BE GLAD IN IT. WHATEVER THE SITUATION, CONDITION OR WHERE YOU ARE IN YOUR WALK WITH THE LORD; IF YOU ARE READING THIS MESSAGE FROM MY HEART THEN YOU ARE BLESSED TO DECLARE THIS WITH ME – DO IT NOW!...

I'M GOING TO LABOR DAILY TO DECLARE THIS PRAYER FOR MYSELF, FOR YOU AND FOR THE COLLECTIVE, CORPORATE BODY OF CHRIST (THE CHURCH). REMEMBER, WE MUST ALWAYS ENDEAVOR TO KEEP OUR PRIORITIES STRAIGHT AN IN LINE WITH THE WORD OF GOD AND HIS KINGDOM WILL. KEEP PRESSING FORWARD AND UPWARD TO THE THINGS THAT THE LORD HAS CALLED AND PROMISED YOU, KNOWING THAT GOD IS FAITHFUL AND ABSOLUTELY RELIABLE TO FINISH THE GOOD WORK THAT HE STARTED IN YOU. IT MUST BE GOD – THE HOLY SPIRIT WHO PERFORMS THE WORK, OTHERWISE IT WON'T BE DONE IN THE KINGDOM.

SPEAKING OF PRIORITIES, I WANT TO GIVE A SPECIAL SHOUT OUT TO OUR TWO GRADUATES (ANTHONY COVINGTON JR. & DAMEION NEDD). WE ARE SO-O-O-O PROUD OF YOU, AS WE KNOW YOUR FAMILIES ARE AS WELL. AS YOU CONTINUE ON TO HIGHER LEVELS OF EDUATION AND YOUR CAREERS, REMEMBER TO TAKE THE LORD WITH YOU EVERYWHERE YOU GO. KEEP THE LORD JESUS BEFORE YOU IN ALLL THAT YOU DO AND YOU WILL BE SUCCESSFUL AND BRING GLORY TO HIS NAME.

CONGRATULATIONS!!!

Peace & Love Family –

Pastor Norman Graves