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# CEWC NEWS

## Truth For The Journey

During the recent Don't Lose Yourself series, Bishop opened with DMX's "I'm About to Lose My Mind" — a reminder that life will test our composure. Rooted in **2 Timothy 1:7**, we are empowered with love, courage, and a sound mind. We are called to guard our hearts (**Proverbs 4:23**), discern our influences (**1 Corinthians 15:33; Proverbs 13:20**), and respond with maturity, knowing not every challenge is demonic. Truth is meant to free us, not break us. May we value our witness, run our decisions by God (**Luke 22:39–42**), and refuse to lose ourselves in moments that cannot change our calling. Our next cannot tolerate who we have been.

## WE ARE IN PREPARATION FOR GREATNESS

## THE COVENANT NAMES OF GOD

It is through our experiences and moments with God, that HE will reveal his attributes and produce a name we were not familiar with.

Jehovah (Yahweh) “I AM WHO I AM” Exodus 3:14

Jehovah Jireh – “The Lord Will Provide” Genesis 22:14

Jehovah Rapha – “The Lord Who Heals” Exodus 15:26

Jehovah Nissi – “The Lord Is My Banner” Exodus 17:15

Jehovah Shalom – “The Lord Is Peace” Judges 6:24

Jehovah Tsidkenu – “The Lord Our Righteousness” Jeremiah 23:6

Jehovah Shammah – “The Lord Is There” Ezekiel 48:35

Elohim— A general title for God, emphasizing His might, creative power, and sovereignty Genesis 1:1

El Shaddai – “God Almighty” Genesis 17:1

El Elyon – “The Most High God” Genesis 14:18-20

El Olam – “The Everlasting God” Isaiah 26:4

## WHAT WE DO AND WHY WE DO IT

### Exaltation

During Exaltation, the Pastor invites everyone to stand, lift their hands, and give praise to the Lord. Exaltation is a sacred form of communication with God expressed through both our words and our physical posture. Our posture becomes a nonverbal offering—an outward sign of inward reverence. Because this moment is dedicated to honoring God, it should remain free from unnecessary movement, conversation, or distractions.

(1 Kings 8:22-23; 1 Chronicles 23:30)

### Praise and Worship

Praise and worship often occurs during Exaltation, but understanding the difference between the two deepens the way we honor the Lord.

### Praise

Scripture calls angels, the heavenly host, and all creation to praise the Lord. We praise God through singing, shouting, dancing, and playing musical instruments. Praise is the joyful expression of gratitude—recounting all God has done for us. It is closely connected to thanksgiving as we offer appreciation for His mighty works on our behalf.

### Worship

Worship, however, flows from a deeper place within our spirit. Worship is reserved for God alone (Luke 4:8). It is the act of losing oneself in the adoration of the Lord. While praise can be part of worship, worship goes beyond praise. Praise celebrates what God has done; worship responds to who God is.

### WAYS TO GIVE

**Primarily, God wants us to give because it shows that we recognize he is truly the Lord of our lives. (James 1:17)**

**There are two ways to give Electronic and Plated (cash or checks only)**

Whichever way you choose to give please ensure you include your full name and indicate the destination of your giving (e.g. Tithes, Offering, Youth Ministry, Planted for Purpose, Women’s Ministry, etc.) and the amount you designate for each.

The electronic platforms utilize the Givelify Mobile App, the cashapp \$CEWCVEGAS, or you can text to GIVE 855-906-4930, or use our [www.CEWCVEGAS.ORG](http://www.CEWCVEGAS.ORG) website . White envelopes are used for plated giving and fulfill several functions. These funds may be directed toward tithes, offerings, the Pastor’s love offering (referenced in 1 Corinthians 9), benevolence for those facing financial hardship, building projects, or any other contributions you choose to designate. The Blue envelope is for building purchase, upkeep, or other special designated campaign and the gold envelope is for your personal giving to Pastor.

**DISCLAIMER: We acknowledge the existing overlap in the envelopes and note that the procedures may be revised as we continue to optimize our fiscal operations, processes, and policies.**

## MENTAL HEALTH AWARENESS

Stress is something we all experience, but how we respond to it makes a difference. A therapeutic stance on stress management begins with learning to identify personal stress triggers. Triggers can be external (work demands, family conflict, financial pressure) or internal (self-criticism, fear of failure, unrealistic expectations). Paying attention to patterns when your body feels tense, when your thoughts race, when your mood shifts, helps you recognize what is happening before stress takes over. Awareness is not about judgment; it is about understanding. When we can name what is stressing us, we are better positioned to respond intentionally rather than react impulsively.

Once triggers are recognized, we can practice calming the mind and body. Mindfulness and relaxation techniques help regulate stress in real time. This may include slow, deep breathing, grounding exercises (noticing five things you see, four you feel, three you hear), brief moments of stillness, prayer or meditation, or gentle movement such as stretching or walking. Maintaining a healthy lifestyle also supports stress management such as consistent sleep, balanced meals, hydration, physical activity, and healthy boundaries all strengthen our ability to cope. These daily habits are not about perfection; they are about building stability so that when stress comes, we are not already depleted.

Building resilience means developing confidence that we can handle challenges and recover from setbacks. Part of resilience includes challenging stigma. Many of us grew up hearing messages like “you’re crazy if you go to therapy” or “what goes on in this house stays in this house.” These beliefs can create shame around seeking support. A healthier and more accurate statement is this; Seeking therapy is not a sign of weakness or instability; it is a sign of courage, growth, and self-awareness. Talking about what hurts does not betray your family; it breaks unhealthy cycles and creates space for healing. Support is not exposure; it is empowerment.

## COMMUNITY OUTREACH

### Senior-Focused Events & Activities

- Golden Groceries – First Friday of the Month

### Westminster Presbyterian Church

4601 W. Lake Mead Blvd., Las Vegas, NV 89108

- Three Square’s Golden Groceries program offers supplemental groceries to adults age 60+, including fresh produce, proteins and pantry items. Call ahead to confirm dates/times and eligibility (702-765-4030)

### Las Vegas Job Fair (General Hiring Event)

[Wednesday, March 11, 2026](#)

11:00 AM – 2:00 PM

Palms Casino Resort

4321 West Flamingo Road, Las Vegas, NV 89103

### Women Veterans Conference

[Saturday, March 14, 2026](#)

- A focused event addressing healthcare access, support services, provider outreach and community resources specifically for women veterans.

### Nevada’s Largest Spring Job Fair — Free Hiring Event

[Friday, March 13, 2026](#)

10:00 AM – 3:00 PM

Las Vegas Convention Center

West Hall 300 Convention Center Dr.

Las Vegas, NV 89109

### Living Well Senior Spring Carnival

Santa Fe Station Hotel & Casino — Las Vegas, NV

[Friday, March 20, 2026](#)

- Senior-friendly cultural celebration with community exhibitors, activities and entertainment geared toward older adults and caregivers.

### Career Fair at Hampton Inn & Suites

[Friday, March 20, 2026](#)

9:30 AM – 12:30 PM

Hampton Inn & Suites Las Vegas

Convention Center

755 Sierra Vista Drive

Las Vegas, NV 89169

### US Veteran & Military-Connected Community Events

[Saturday, March 28, 2026](#)

10:00 AM – 1:00 PM

Veterans Town Hall and Resource Fair

North Las Vegas VA Medical Center —

6900 N Pecos Rd, North Las Vegas

- A free community resource fair featuring veteran support services (healthcare enrollment, benefit resources, caregiver support)

## A MENTAL HEALTH MOMENT

### PUT SELF-CARE INTO PRACTICE:

**Rest in holy.** Sleep and downtime aren’t laziness; they’re obedience.

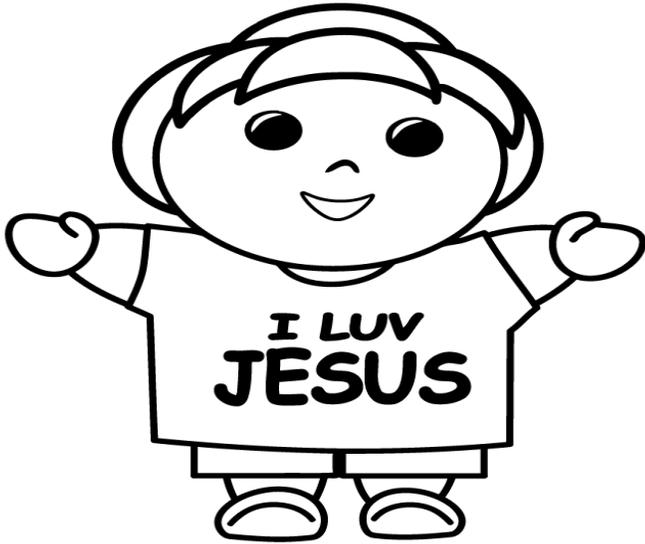
**Boundaries are biblical.** Learn to say no when your plate is full. Setting boundaries and managing your commitments can prevent becoming overwhelmed. **(Luke 5:16)**

**Joy matters.** Laughter, gratitude, and positive moments are healing. **(Proverbs 17:22)**

**Prayer and reflection reduce anxiety.** Prayer guards our hearts and minds with peace. **(Philippians 4:6-7)**

# CHILDRENS CORNER

## COLOR ME



Unscramble each word. Use the hints if you need help!

1. SESSUJ (God's Son) \_\_\_\_\_
2. ELBIB (God's Word) \_\_\_\_\_
3. EVOL (What God shows us) \_\_\_\_\_
4. ROFIVGE (What we should do for others) \_\_\_\_\_
5. HITFA (Trusting God) \_\_\_\_\_
6. HAONJ (Swallowed by a big fish) \_\_\_\_\_
7. VADID (Shepherd boy who became king) \_\_\_\_\_
8. YAMR (Mother of Jesus) \_\_\_\_\_
9. ESOMS (Led Israel out of Egypt) \_\_\_\_\_
10. LPAU (Wrote many NT letters) \_\_\_\_\_

## YOUTH AND YOUNG ADULT

### Scholarships Available for Graduating High School Seniors

The Black Community Organizations Network (BCON) is excited to announce our 48<sup>th</sup> Annual BCON Baccalaureate Ceremony, scheduled for Tuesday, May 19, 2026, beginning at 6 pm at the Thomas and Mack Center. The mission of BCON is to bridge and unify community support in celebrating high school graduates of African American heritage. Our ceremony is grounded in community pride and celebratory traditions that are deeply rooted within the greater Las Vegas African American community. This year, we are honored to welcome Ms. Carmelita Jeter, Head Coach for UNLV Track & Field/Cross Country, as our keynote speaker.

If you know of any graduating seniors who meet the minimum requirements listed via the application link below, please encourage them to apply for the \$500 scholarship. The purpose of this scholarship is to provide additional financial assistance to young adults during their freshman year at a college or university of their choice. (Scholarships are not offered to graduates entering any Military Academy).

All completed application packets are to be postmarked to the **BCON Scholarship Chair**

**by Friday, April 10th at 5:00 pm.** Please visit <https://bconlv.org/scholarship> for the scholarship application.

Additional information on the Black Community Organizations Network can be found at <https://bconlv.org/>

**2026 DELTA SCHOLARS SCHOLARSHIP**

The Delta Scholars Scholarship Committee of the Las Vegas Alumnae Chapter, of Delta Sigma Theta Sorority, Incorporated, is dedicated to supporting graduating Black, African American high school seniors in the Las Vegas Metropolitan area by providing financial assistance to help further their post-secondary education.

Scan the QR code to apply TODAY!

Application Time Frame:  
February 9, 2026 - April 10, 2026, with a submission deadline of 11:59 p.m. PST on April 10, 2026.

**Baccalaureate 2026 is fastly approaching!**  
**If you or your child is advancing academically, or if they just had a stellar year i.e., honor roll, etc. we want to honor them. The form is available on our website at [WWW.CEWCVEGAS.ORG](http://WWW.CEWCVEGAS.ORG)**