



May 1, 2026

Volume 1, Issue 4

CEWC NEWS

Truth for the Journey

WOW!!! The Children's Ministry leveled up this Resurrection Sunday. This year's presentation was impactful because it demonstrated human characteristics we can all relate to. The guilt that came with Barrabas' freedom, I think we to some degree carry a little of the penalty Jesus Christ, our Savior endured for us. But by God's gift of grace- unmerited favor, we don't have to, Hallelujah! It's hard to conceptualize the torture and brutal crucifixion because it was over 2,000 years ago and we don't practice this form of capital punishment. If you think about your anguish (Mary mother of Jesus) and physical pains and maximize them, it still wouldn't suffice. The wonderful part of it is, this was God's plan before the foundations of the world. Which indicates the Good Shepherd that He is. Bishop posed a question that we should ponder, "what is the system of God? Love, forgiveness and reconciliation." God knew the end from the beginning (Is. 46:10). He orchestrated the way and He guides us. He leads us beside the still waters (Ps 23:2). His rod and His staff protect us (vs.4). To benefit from His protection we must choose Him, to engage. To grant Him access to our hearts, souls and minds. God wants us to desire Him, (Jer. 29:13), daily and frequently (1Thes 5:16). God is community property. He wants everyone to be saved (1 Tim 2:3).

+ OUTDOOR EVENT - SATURDAY, MAY 2, 2026 +

LET'S CONNECT EXTRAVAGANZA

Connecting you to employment, health & community resources
— activities, vendors, food & so much more!

DATE
Saturday, May 2, 2026

TIME
10:00 AM – 2:00 PM

Community Resources

Fun Activities

Food & More

Local Vendors

WHAT TO EXPECT

- Open to the community
- Health resources
- On-site hiring & resources
- Fun activities for all ages
- Employment opportunities
- Career guidance & resources

CEWC Outreach Ministry

CEWC Parking Lot - 1072 W Bartlett Ave, Las Vegas, NV 89106

outreach@cewcvegas.org

ROAD TO CONSECRATION

GRACE COMMUNION OF CHURCHES INTERNATIONAL SYNOD

ACCOMMODATIONS

HOLIDAY INN & SUITES ATLANTA AIRPORT NORTH
RATES STARTING AT \$139/ PER NIGHT

EMBASSY SUITES BY HILTON ATLANTA AIRPORT
RATES STARTING AT \$165/ PER NIGHT

MARRIOTT GATEWAY - ATLANTA AIRPORT
RATES STARTING AT \$209/ PER NIGHT

GROUND TRANSPORTATION
TO AND FROM THE SERVICE - PROVIDED BY CEWC

CAREY CONNER MTH
BISHOP DESIGNATE

JULY 29 - AUG 1

WHY WE DO WHAT WE DO

Sacraments and Ordinances

Baptism

Christian baptism is the immersion of a believer in water. It is an act of obedience symbolizing the believer's faith in a crucified, buried, and risen Savior. The Lord's Supper is a symbolic act of obedience whereby members of the church, through partaking of the bread and the fruit of the vine, memorialize the death of the Redeemer and anticipate His second coming.

The Ordinance of Baptism is a symbol of the believer's identification with Christ in His death, burial and resurrection (Romans 6; Colossians 2:12). Baptism means to be entirely immersed or submerged in water (Mark 1:5; John 3:33).

Believers must know that:

1. Baptism was commanded by Christ (Matthew 28:19).
2. Jesus tells believers that they must be baptized in the name of the Father, Son and Holy Spirit.
3. Baptism does not save. (Mark 16:16) Belief in Christ saves, not baptism. Baptism is the outward expression of a believer's willingness to follow Christ.
4. Water is used to perform baptism. (Acts 10:47-48; 1Peter 3:21)
5. Water is a cleansing agent and is used symbolically as the washing away of sin.

Water Baptism

Jesus commanded His disciples to baptize: Matthew 28:19 – Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son and of the Holy Spirit. Mark 16:15-16

Baptism was practiced in the early church: Acts 2:38; Acts 8:38 ; Acts 9:18; Acts 10:48; Acts 22:16

Water baptism is a sign of Spirit baptism: 1 Corinthians 12:13

Jesus was baptized: Matthew 3:13; Mark 1:9; Luke 3:21

Baptism is a symbol of identification with Christ's death, burial and resurrection: Roman 6:3-5; Colossians 2:12

COMMUNITY OUTREACH

Upcoming Career Fairs

Living Well Women Expo – Grace & Growth

Saturday, May 2, 2026

10:30 AM – 1:00 PM

West Las Vegas Library

861 N Martin Luther King Jr Blvd., Las Vegas, NV

Las Vegas Job Fair

Thursday, May 7, 2026

11:00 AM – 2:00 PM

Tuscany Suites & Casinos

255 E Flamingo Rd., Las Vegas, NV 89169

Las Vegas Career Fair

Thursday, May 21, 2026

11:00 AM – 2:00 PM

Santa Fe Station Hotel

4949 N Rancho Dr., Las Vegas, NV 89130

Community Events (Las Vegas, NV)

Living Well Senior Expo: Family Community Festival

Thursday, May 7, 2026

Durango Hills Community Center

3521 N Durango Dr., Las Vegas, NV 89129

10:00 AM – 1:00 PM

Health & Wellness Fair – Adult & Community Expo

Tuesday, May 19, 2026

10:00 AM – 1:00 PM

Suncoast Hotel and Casino – 9090 Alta Dr., Las Vegas, NV

• Community event focused on health, wellness, and

community resources — free admission and open to the public.

Living Well Senior Expo: Super Bingo Festival

Friday, May 29, 2026

The Orleans Hotel & Casino –

4500 W Tropicana Ave, Las Vegas, NV 89103

10:00 AM – 1:00 PM

MENTAL HEALTH AWARENESS

Strength, Psychological Load, and the Modern Mother/Woman

As I write this, my youngest, Christian (our sweet Bella), is four months old today. Nearby, my five-year-old, Christin (whom we affectionately call Gummy), is a whirlwind of non-stop energy/life. Between them, my full-time job, my Master of Divinity studies, and my roles as a wife, daughter, friend, First Lady, and Elder, my "mental tabs" are always open.

If you are a woman reading this—whether you are a mother, a sister, an auntie, a spiritual mother, mentor, etc.—I know your tabs are open, too.

Understanding the Mental Load

In psychology, we discuss **Cognitive Load**—the mental energy required to juggle multiple complex tasks. As women in our community, we don't just manage schedules; we carry the emotional and spiritual weight of our families and our church. We are the "show-up" people. We are the ones people rely on to be the bridge, the prayer warrior, the strategist, and the solution.

But even the strongest bridge needs a solid foundation. From a psychological perspective, acknowledging the weight you carry isn't a sign of struggle; it is a sign of high emotional intelligence. This concept is also identified in scripture as God's strength being made perfect in our weakness (II Corinthians 12:9). It's recognizing that while your capacity is great, God as your source is much greater.

The Myth of the Perfect Balance

We often think of balance as a 50/50 scale. In reality, balance is a dynamic adjustment. Some days, being an "Auntie" or a sister requires 90% of your energy. Other days, your professional calling or your studies take the lead.

You are not failing when things feel heavy. You are simply navigating the "all things" mentioned in Philippians 4:13. However, "all things" doesn't mean doing them all *alone* or *at once*. The key is to know that the, "ALL THINGS," that scripture refers to only happen, "Through Christ!"

- **To the Women:** Whether you are raising your own children, helping raise someone else's, or leading in the workplace, YOU ARE SEEN. Your value is not defined by how much you do, but by who you are in Christ. You are the heartbeat of our village.
- **To the Men:** To truly value the women in your life, you must understand their "invisible labor." When a woman manages a career, ministry, and a household, she is navigating a complex psychological landscape. Your greatest gift is to be her "safe place"—the place where she can set her burdens down. The place where she receives encouragement and uplifting when the world is providing the opposite.

I have learned through the years that God's strength is perfected in our transitions. Whether you are navigating motherhood, supporting your family as a sister or friend, you are capable of excellence.

This month, I want every woman in our church to exhale. You are doing a work that is both psychologically demanding and spiritually significant. You are valued, you are appreciated, and through your faith, you are already excelling.

Happy Mother's Day to every woman who pours life and love into our CEWC Village.

A MENTAL HEALTH MOMENT

Your strength comes from where you're planted, not what you produce.

A Prayer for May:

Lord, help me bloom where You've planted me.

Make my heart soft, my spirit strong, and my life fruitful.

Grow in me what reflects You, and prune what keeps me from You.

Let this month be a season of renewal, beauty and godly purpose.

“STEWARDSHIP OF MIND, BODY, AND SOUL “

“Do you not know that your bodies are temples of the Holy Spirit...?” – 1 Corinthians 6:19-20

“Beloved, I pray that you may enjoy good health and that all may go well with you.” – 3 John 1:2

May is recognized as a month we focus on wellness, and it offers us a meaningful opportunity to reflect on what it means to care for the whole person—mind, body, and spirit. God calls us to stewardship, not only of our time and talents, but of our very selves. Caring for our health is not about striving for perfection—it is about honoring the life we’ve been given. When we tend to our thoughts, nourish our bodies, and rest in God’s presence, we live more fully in His purpose.

Stewarding the Mind: What We Dwell On “Renewing the Mind Daily”

Stewarding our mind goes beyond managing stress—it’s about intentionally shaping our thoughts. Scripture reminds us in **Philippians 4:8** — “**Whatever is true, noble, right... think about such things.**” to focus on what is true, noble, and praiseworthy. In a world full of noise, we are called to be mindful of what we consume and what we dwell on. Whether it’s taking a break from constant media, speaking kindly to ourselves, or committing God’s Word to memory, small daily choices can lead to a renewed and peaceful mind. As we care for our bodies and nourish our souls, let us also guard and guide our thoughts in a way that honors God. Our minds are constantly being filled through media, conversations, worries, and distractions. Stewardship of the mind means being intentional about what we allow to take root. Feed the mind with truth; anchor it in. What we repeatedly think about will eventually shape how we live. Just as our bodies benefit from rest, so do our minds.

Practical tie-ins: Limiting negative or draining inputs (news, social media overload), replacing worry with scripture or prayer, being mindful of self-talk, and digital fasting (this is a great, non-overlapping angle to encourage one day, or even one hour, a week to step away from screens and reconnect with God).

Nourishing the Body: Food is one way we honor the bodies God has given us with intention and gratitude.

Simple Mediterranean Chickpea Salad: A quick, wholesome dish to fuel your body

Ingredients:

- 1 can chickpeas (rinsed and drained)
- 1 cucumber (chopped)
- 1 cup cherry tomatoes (halved)
- 2 tbsp olive oil
- Juice of 1 lemon
- Fresh parsley (chopped)

Optional: crumbled feta cheese

Directions:

Mix all ingredients in a bowl, toss well, and chill before serving.

Movement for Every Generation “Honor God through Movement”

Exercise doesn’t have to be intense—it simply needs to be consistent.

- **Children & Youth:** Active play, sports, outdoor fun
- **Adults:** Walking, light strength training, stretching
- **Seniors:** Gentle stretching, chair exercises, balance movements



Literature for the Soul

Every wrinkle tells a story of a life lived—may we steward our mind, body, and soul with intention, so that our own lives reflect faithfulness, strength, and God’s sustaining grace.

The Beauty of *Elderly Hands*

Although the hands of the elderly may not be smooth, supple, and unblemished, they have a beauty all their own. Each line, each spot, each scar has its own tale to tell. Some are tales of tragedy, others are tales of triumph, but they all combine to tell the unique story of that treasured person’s life. and look with wonder at a life truly lived.

Honor their story— steward your own.

The hands we admire carry stories of endurance, sacrifice, and faith. They remind us that life leaves a mark—not only in years, but in how we care for ourselves along the way. As we honor those who have come before us, we are called to steward our own mind, body, and soul with wisdom and intention, knowing that one day our lives, too, will be read in the lines of our hands.