

Shorter Community
African Methodist Episcopal Church

Rev. Dr. Timothy E. Tyler, Pastor



2011 Lenten Season

*Seeking to Serve
through
Committed Consecration*

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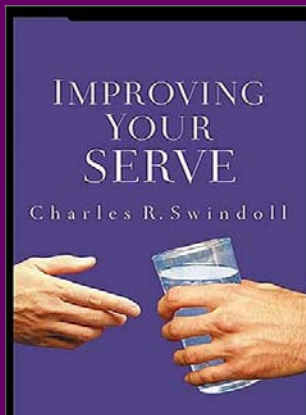


Season of Service

“...If anyone wants to be the first, he must be the very last, and the servant of all.”

Mark 9:35 NIV

CONGREGATIONAL READING



Please see Shorter's Servant Circle Leaders in the Narthex to purchase your copy, \$11 each.

February 27, 2011

Dear Shorter Community Family,

Once again, we are coming before God as a church family committing the fast for God's presence and favor. This experience will help us to focus on God's powerful hand on our lives, as we seek to be good servants for the Kingdom. This year, Shorter's season of prayer and consecration will begin on Ash Wednesday, March 9, 2011 and conclude on Resurrection Sunday, April 24, 2011. The consecration season will consist of three components: the 21 day Daniel Fast, the congregational reading of *Improving Your Serve* by Chuck Swindoll, and the Daily Prayer Conference Call. I believe that all of these approaches, working together, will add to our spiritual growth and holy boldness as citizens of the Kingdom.

The Daniel Fast will begin on Ash Wednesday, March 9th and conclude on Wednesday, March 30th. This document has all types of helps, recipes, and other references to help you as you give up certain foods to gain a closer walk with Christ. The Conference call prayer time will begin at 7AM each morning beginning on Ash Wednesday. The call can accommodate 200 people, so let's join together each morning as we pray for God's guidance and protection. Finally, everyone is encouraged to purchase your copy of *Improving Your Serve* by Chuck Swindoll. I am asking every ministry, servant circle group and Bible class to take a few moments at each gathering to reflect on the thoughts in this book during the Lenten Season.

I don't know if you can feel it or not, but I sense that God is up to something. I believe that as the Shorter Community family attempts to be faithful to this call for consecration, God is going to meet us and bless us beyond our wildest expectations.

Thank you again for your prayers, dedication, and participation. We are "Seeking to Serve through Committed Consecration."

Blessing to you on this spiritual journey.

Dr. Timothy E. Tyler Pastor



P.U.S.H. PRAYER MINISTRY

**PRAYER CONFERENCE CALL
DIAL IN INFORMATION**

1-605-477-2100

**Participant access code
929775#**

Although the phone number
requires long distance
access, this is a free service.

*“The Conference Call prayer
time will begin at **7AM**
each morning beginning
on Ash Wednesday. The call
can accommodate 200
people, so let’s join together
each morning as we pray for
God’s guidance and
protection.”*

*Prayer Conference Calls
will not be held on Sunday
morning. Join us in
Corporate Prayer at Sunday
Morning Worship.*

DAILY PRAYER FOCUS

March 9	Thanksgiving	Psalm 100:4; Philippians 4:6
March 10	Praise/Worship	I Chronicles 16:29; John 4:24; Psalm 4:1
March 11	Intercession	1 Timothy 2:1; Romans 8:26
March 12	Adoration	Song of Songs 1:4
March 13	Sunday Morning Worship	
March 14	Repentance	Jeremiah 15:19; Matthew 4:17, Acts 17:30
March 15	Divine Providence	1 Timothy 6:17-19
March 16	Devotion	1 Chronicles 28:4
March 17	Holiness	Romans 6:19
March 18	Obedience	2 John 1:6
March 19	Emptying	Galatians 2:20
March 20	Sunday Morning Worship	
March 21	Fasting	Joel 1:14
March 22	Commitment	Psalm 37:5; Acts 20:32, 1 Peter 4:19
March 23	Wisdom	Psalm 111:10; James 1:5
March 24	Guidance	Psalm 58:11; John 16:13
March 25	Hungry Heart	Psalm 31:7, 9; Deuteronomy 6:5; Psalm 51:10
March 26	Total Surrender/Trust	Psalm 37:3, 56:3; John 14:6
March 13	Sunday Morning Worship	
March 28	Courage	Deuteronomy 31:6
March 29	Attitude/Humility	Judges 4:9; Proverbs 15:33; 1 Peter 5:5
March 30	Healing	Matthew 4:23; 9:35
March 31	Families	Jeremiah 31:1
April 1	Nation(s)	Genesis 17:3, 15
April 2	Peace	Exodus 14:14; Job 13:5; Psalm 29:11
April 3	Sunday Morning Worship	
April 4	Unity	Psalm 133:1
April 5	Forgiveness	Ephesians 1:7, Colossians 1:14
April 6	Media	Galatians 3:20; 1 Timothy 2:5
April 7	Youth	Psalm 71:5, 17, 103:5; 1 Timothy 4:12
April 8	Educational System	Acts 4:13
April 9	Economy	Deuteronomy 28:11
April 10	Sunday Morning Worship	
April 11	President/Advisors/Elected Officials	2 Kings 25:19
April 12	Supreme Court & Judges	Exodus 18:17; Ezra 7:25
April 13	Legal System	Leviticus 18:1; 19:37, Deuteronomy 16:18
April 14	Prisons/End Crime	Matthew 25:44
April 15	Military	2 Samuel 20:8; 2 Chronicles 32:6; Mark 6:21
April 16	Shorter Community AME	Matthew 16:18; 18:17; Ephesians 1:22
April 17	Palm Sunday Worship Service	
April 18	Service	Romans 15:1; Revelation 2:19
April 19	Missions	Acts 12:25; 1 Samuel 15:20
April 20	The Body of Christ/All Churches	Romans 16:16; Revelation 3:6
April 21	Souls/Backsliders	Psalm 125:1; Acts 2:47
April 22	Church Ministries	Acts 6:4; 20:24; Romans 12:7;
April 23	Gospel to be Spread	Mark 1:15; 13:10; Romans 1:16
April 24	Resurrection Sunday Worship Service	

Seeking to Serve through Committed Consecration

Daniel Fast Overview

The Daniel Fast is a plant-based partial fast. It is based on the Prophet Daniel when he was under the rule of Babylonian kings for their personal service. Daniel recorded three occasions of fasting, though he likely fasted many more times since he was a man of God.

Daniel 10:2, 3 is where we find the model for the 21-day Daniel Fast. From this passage, a guideline has developed over the years, primarily by Christians who use this as a form of fasting. The Daniel Fast has grown in popularity over the last 3 or 4 years

No Pleasant Food: This would include breads, sugars and sweet foods.

No Meat: All animal products are restricted on the Daniel Fast. That includes meat, poultry, fish, and dairy products (milk, eggs, cheese, butter, etc.)

No Wine: This restriction, coupled with previous fasts where Daniel drank only water (which is typical for biblical fasting), is where today's Daniel Fast finds its roots for water only. Fruit and vegetable juices are acceptable.



"In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled."

Daniel 10:2,3

CONSECRATION / LENTEN THEME:

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WHO: The entire Shorter Community AME Church membership is encouraged to participate in the Daniel Fast.

WHEN:

Wednesday, March 9th – Wednesday, March 30th

WHAT:

The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. We will focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid.

*If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.

HOW:

There are multiple online resources available on the Daniel Fast. One thing you'll notice is that there are many ways to do the fast. This is, in part, due to the lack of clarity in the bible as to exactly what Daniel did during his fast. However, to keep it simple, we have included in this packet what the congregation of Shorter Community AME Church will be doing during the fast and some of the resources we will be using. This fast will require preparation as most meals will be made from scratch. We will have some recipes available online.

DANIEL FAST ONLINE RESOURCES:

www.shorterchurch.org

www.christ-web.com/missions/farho/daniel-fast

www.danielfast.wordpress.com/

www.hacres.com/recipes/recipes.asp

www.adatum.com

<http://daniel-fast.com>

www.healingdaily.com/juicing-for-health/juicing-recipes.htm

Foods to include in your diet during the Daniel Fast...

All fruits: These can be fresh, frozen, dried, juiced or canned (watch for added sugar).

- Apples
- Apricots
- Avocados
- Bananas
- Berries
- Blackberries
- Blueberries
- Boysenberries
- Breadfruit
- Cantaloupe
- Cherries
- Coconuts
- Cranberries
- Dates
- Figs
- Grapefruit
- Grapes
- Grenadine
- Guava
- Honeydew melons
- Kiwi
- Lemons
- Limes
- Mangoes
- Melons
- Mulberry
- Nectarines
- Oats
- Olives
- Oranges
- Papayas
- Peaches
- Pears
- Pineapples
- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangelos
- Tangerines
- Watermelon

Vegetables: These can be fresh, frozen, dried, juiced or canned (watch salt content).

- Artichokes
- Asparagus
- Beets
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chili peppers
- Collard greens
- Corn
- Cucumbers
- Eggplant
- Garlic
- Ginger root
- Kale
- Leeks
- Lettuce
- Mushrooms
- Mustard greens
- Okra
- Onions
- Parsley
- Peppers
- Potatoes
- Radishes
- Rutabagas
- Scallions
- Spinach
- Sprouts
- Squashes
- Sweet potatoes
- Tomatoes
- Turnips
- Watercress
- Yams
- Zucchini
- Legumes:
- Dried beans
- Black beans
- Cannellini
- Pinto beans
- Split peas
- Lentils
- Black eyed peas

- Green beans
- Green peas
- Kidney beans
- Peanuts (includes natural peanut butter)
- Beans
- Lentils
- Lupines
- White
- Peas

Seeds:

- All nuts (raw, unsalted)
- Sprouts
- Ground flax
- Cashews
- Walnuts
- Sunflower
- Sesame
- Almonds
- Natural Almond Butter

Whole Grains:

- Whole wheat
- Brown rice
- Millet
- Quinoa
- Oats
- Rolled Oats
- Plain Oatmeal-not instant
- Barley
- Grits (no butter)
- Whole wheat pasta
- Whole wheat tortillas
- Plain Rice cakes
- Popcorn (see recipe in FAQ's)



COMMON FAQ'S

What about prepared foods? Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware about just what is in there.

What about pasta? Make sure the label says whole grain pasta with no additives (watch for sugar). Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

I know it says raw, unsalted nuts, but what about roasted nuts? The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.

How do I get enough protein in my diet while on the fast? The following are protein-rich foods that are allowed on the Daniel Fast... almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

What kind of peanut butter is allowed? A natural peanut butter with no additives...watch for sugars including molasses. Smucker's creamy natural peanut butter has nothing but peanuts in it.

What about popcorn? Corn is listed in the vegetables to eat list. You can use a pot on the stove...here is a recipe.

1) Put two tbsp. of olive oil in the bottom of a large pot. 2) Add enough popcorn to cover the bottom of the pan. 3) Turn heat to medium high. Look for the first popcorn kernel to pop. 4) Put the lid on the pot. Using potholders shake the pot over the burner. 5) Continue shaking until you no longer hear kernels popping. Remove from heat.

How can I identify whole grain foods? Typically if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the nutritional facts information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. "Wheat flour" is not a whole grain and therefore does not indicate a whole grain product.

What about salad dressing? Olive oil and lemon or lime are an option.

Do I need to eat organic foods while on the fast? No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

Where can I go out to eat? Well, we think you can go anywhere and order cautiously, asking lots of questions to the wait staff, knowing ahead of time that you may be ordering a salad with olive oil and a baked potato with no extras.

What about bread? We are recommending the Ezekiel bread found in the freezer section of your grocery/health food store.

How much can I eat?

As long as they are the appropriate foods, we are recommending eating until satisfied with no limits.



Foods to avoid on the Daniel Fast...

- All animal products including all meat, poultry, fish...
- White rice
- White bread
- All deep fried foods
- Caffeine
- Coffee (including decaf b/c contains small amount of caffeine)
- Carbonated beverages
- Energy drinks
- Foods containing preservatives, additives
- Refined foods
- Processed foods
- Food additives
- Refined sugar
- Sugar substitutes
- Raw sugar
- Syrups
- Molasses
- Cane juice
- White flour
- Margarine
- Shortening
- High fat products
- Butter
- All leavened breads
- Baked goods
- All dairy
- Milk
- Cheese
- Yogurt
- Cream
- Eggs
- Alcohol
- Mayo

Brown Rice and Apple Breakfast

1 cup cooked brown rice
 fresh apple (cut up into bite size pieces – to taste)
 raisins (to taste)
 1/4 teaspoon salt
 1/2 teaspoon cinnamon
 1 teaspoon 100% pure edible coconut oil

Mix all the ingredients together in a microwave-safe bowl (except the oil), heat for 2 minutes. Add oil, stir and Eat! It is delicious!

White Beans and Sauteed Vegetables

2 cans white beans, drained
 2 tablespoons olive oil
 1/2 cup yellow onion, chopped
 2 cloves garlic, minced
 1/2 cup celery, finely diced
 1/2 cup carrot, finely diced
 1/4 cup virgin olive oil (to drizzle after beans are dished up)
 Salt and pepper to taste

Directions:

1. Drain the white beans and set aside
2. Heat olive oil and then add all the prepared vegetables to the pan and sauté for until just done.
3. Add beans and heat thoroughly
4. Dish up on serving plates, drizzle with extra virgin olive oil. Salt and pepper to taste.

Yield: 4 servings

Tip: It is best to cook with regular old pure olive oil – save the more costly extra virgin oil for salads, drizzling, and dipping. When cooked, extra virgin oil actually turns bitter and the great flavors are cooked away! So use the less expensive pure olive oil for sautéing and frying.

Whole Wheat Tortillas for the Daniel Fast

You can buy 100% whole wheat tortillas, but these are so easy and fun to make. Use these tortillas for a veggie wrap or for chips with salsa.

Ingredients:

2 cups whole wheat flour
 1/2 teaspoon salt
 2 tablespoons olive oil
 1/2 cup warm water

Preparation:

Mix flour and salt in bowl.

1. Add olive oil and stir until well combined.
2. Add warm water 1 tablespoon at a time until the mixture starts to pull away from the sides of the bowl.
3. Knead dough on floured board for about 3 minutes (20 folds).
4. Allow dough to rest for 15 minutes (this is called resting)
5. Roll dough into sausage-shape and then cut into 12 equal parts (cut in half, then in half again, then each part into thirds) and shape into little ball
6. With a rolling pin, roll each little ball into a tortilla (for best results, roll out from the center and outward).
7. Heat a skillet over medium heat. Fry the tortillas in a dry stick-free pan for about 30 seconds on each side for soft tortillas or longer for crisp tortillas.
8. Keep tortillas warm by placing in a tortilla holder or wrap in a kitchen towel

2011 LENTEN SEASON

Seeking to Serve through Committed Consecration

WEDNESDAY, MARCH 9TH - ASH WEDNESDAY

7:00 AM Early Morning Prayer and Application of Ashes

NOON Bible Study and Application of Ashes

7:00 PM Combined Worship Service and Application of Ashes
Shorter, Campbell, Jordan and Christ Our Redeemer will worship on one accord. Mark your calendar and plan to attend this special Worship Service.



APRIL 17TH PALM SUNDAY WORSHIP

FRIDAY, APRIL 22ND AND SATURDAY, APRIL 23RD

Creative Fine Arts Ministry presentation of *Jesus Lay your Head in DaWinda*



RESURRECTION SUNDAY LILY

IN HONOR OR MEMORY OF A LOVED ONE

Shorter Community members are encouraged to donate an Easter lily in honor/memory of a loved one. Lily's will be labeled and placed in the Pulpit on Resurrection Sunday. Make your contribution of \$14 using your Contribution envelope. You may pick up your lily following the 10:00 AM Worship Service

APRIL 24TH RESURRECTION SUNDAY

6:00 AM Sunrise Worship Service

8:00 AM Fellowship Breakfast

10:00 AM Morning Worship Service

Guest Preacher

Right Reverend Theodore Larry Kirkland
Presiding Prelate, Fifth Episcopal District
African Methodist Episcopal Church

