



## CFEC: SAY WHAT NOW???

### July 2025 [Vol 18]

*Christian Fellowship Evangelistic Church, Inc is a house of worship for congregants, a beacon of hope and support for the community, and a safe haven for community members, the disenfranchised, and members of the congregation.*

#### Message From Pastor Michael Kea

Grace and peace be multiplied to you from God our Father and the Lord Jesus Christ. I wanted to mention the profound and beautiful choice to please God in every aspect of our lives. It's a journey, not a destination, and it's one we embark on together, leaning on His grace.

We will always face decisions in life, from the small forgettable moments, to the large life-changing choices. Life is going to challenge us with decisions. The things we say, how we react (or hopefully respond) will all show themselves as opportunities to align our will with His. Thankfully the Holy spirit will guide us in the path towards pleasing God, that is, if we allow him. (John 16:13)

The blessing of begin guided while we choose is that we get to know the mind and personality of God as he provides direction. Our relationship with Him thrives as we intentionally and consistently take everything to God. Remember that He already knows our hearts and the way we take. But more importantly he wants to walk with us in the cool of the day, just as he did with his first children. When we stumble, as we inevitably will, His grace is there to lift us up, to forgive, and to guide us back onto the path. He delights not in our flawless performance, but in our desire to pursue Him as we follow Christ.

Think of it this way: pleasing God is never a burden. In fact, it is an invitation to live a life of purpose, peace, and true fulfillment. When our choices reflect God's character - love, kindness, justice, humility, integrity - we reflect His light in a world that desperately needs it. Consider the perspective that these scriptures bring:

- Colossians 1:10 (NIV): "...so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God..." It's about bearing good fruit through our actions.

So, I encourage you to pause before each decision, big or small, and ask: "Lord, how can I honor You in this moment? What choice would bring You glory?" Let us pray for one another, that we might grow in discernment and courage to consistently choose the path that pleases our Heavenly Father. May we always remember that choosing God is never the wrong decision!

# SPOTLIGHT

Summer is here! There will be plenty of picnics, cookouts, splash (pool) parties, trunk parties, and other fun events. This month's spotlight is all about making these next couple of summer months as easy on yourself as possible.

Women usually spend time at the pool, beach or walking in summer months. Most women are extremely conscious of their hair. For this reason, we asked **Dee Hairston** to share her thoughts on the purpose of **PROTECTIVE HAIRSTYLES** and the most popular styles.

## 1. What is the purpose of protective hairstyles?

The purpose of protective hairstyles is to try to safeguard hair, in particular, natural hair. It's designed to minimize daily styling. Natural hair is very fragile and sometimes needs a rest from daily manipulation.

## 2. How long is it recommended for people to leave protective styles in?

You usually leave protective styles in for 4-6 weeks. I don't recommend leaving in longer than 8 weeks because the hair can become damaged and break off.

## 3. Should people take a breather between protective styles (alternating between protective styles and normal hairstyles)?

People should definitely take a break between protective hair styles so that the scalp and hair get a chance to recover from tension and product buildup. Too much of anything can be harmful.

## 4. What are the names of some popular styles?

Some popular protective styles are, Feed-In Box Braids, Two Strand Twist, Faux Locs, Bantu Knots, Cornrows, Crochet Braids, Flat Twist, Wigs, Knotless Braids and many more.

## 5. Are there beauticians who specialize in protective styles?

There are many beauticians that specialize in protective styles. I highly recommend that you choose someone that is familiar with what you want to get done and that they also specialize in Healthcare for natural hair.

6. Do you have any particular words of wisdom regarding the pros and cons of wearing protective styles?

Pros of protective styles are that they prevent over manipulation of hair follicles leading to hair growth. Cons of protective styles are if not done professionally, it can cause hair to break off and even fall out permanently. The type of hair that an individual has should always determine the style. Just because someones hair seems thick and coarse does not mean that it is strong. ALL hair follicles are fragile and should be handled with care. And everyone should always keep in mind that everything is NOT for everybody.

### FOOD FOOD FOOD

Though a lot of people are vegans and vegetarians today, many people still enjoy succulent meat. **Beef brisket** prepared in a smoker is a great meat to enjoy in summer months. **Deacon Terraance Bolden** is an expert at smoking meat. We asked him to share some of his secrets to smoking meat and we were fortunate enough to have him share some photos of his finished product with us.

“For any type of meat you are going to smoke, you definitely want low and slow with the temperature around 225 to 250 Fahrenheit until the meat reaches the desired internal doneness. For me, when I cook my brisket, I don’t trim it because the excess fat gives it a lot of moisture. Once it reaches an internal temperature of 170, I take it off the grill and I put beef tallow which is nothing but rendered fat from the brisket that I pour back over top of it and then I wrap it in peach baker’s paper until it reaches internal degree of 204. Finally, I let it rest for hours until it is time to slice it.” [Photo credit Terrance Bolden]



## Fruit

Fresh fruit or fruit salad is both delicious and refreshing. Any type of melon can be cut up and added to the salad. Actually, any type of fruit can be added (berries, pineapple, grapes, etc.). Pictured below is watermelon, cantaloupe, honeydew, and blueberries. Once the melons are cut up and the blueberries added, the salad will be refrigerated. Once it is chilled it is going to be spooned into a bowl and thoroughly enjoyed!



[Photo credit Denise Tucker]

## DESSERT

**Jackie Cordery**, CFEC Music Director, bakes delicious snacks (assorted cakes, cupcakes, pies, etc.). She shared her recipe with us for cupcakes that are a summer favorite. [Flyer submitted by Jackie Cordery]



# Vanilla Cupcakes with Buttercream Frosting 🎵

## 🎵 Cupcake Ingredients:

- 2½ cups all-purpose flour (sifted)
- 1 tsp baking soda
- ¼ tsp salt
- 2 cups sugar
- 1½ cups buttermilk
- 1 cup vegetable or canola oil
- 1 tbsp vanilla extract or vanilla bean paste
- 2 eggs



## 🎵 Vanilla Buttercream Frosting

- 2 sticks unsalted butter, room temperature
- 4 ntrp whipping cream (as needed)
- ¾ of a 2-lb bag powdered sugar
- Beat an additionl :4 minutes for extra fluffiness

🎵 Preheat oven to 350°F.

2. Sift together flour, baking soda, and salt.
3. In a separate bowl, whisk together sugar, oil, buttermilk, vanilla, and eggs.
4. Slowly beat the wet mixture into the dry ingredients for about 1 minute until just combined.
5. Use an ice cream scooper to prtion batter into cupcake liners.
6. Bake for 14–16 minutes, or until a toothpick comes out clean.
7. Let cool completely before frosting.

## ANNOUNCEMENTS

O **Donations** in the form of special assessments are still being collected for CFEC's Building Fund. These donations do not take the place of your tithes. They are in addition to your tithes. Whatever you can spare will be greatly appreciated. It is only through God's continued grace and working together that CFEC can continue to complete dominion projects. You need not be a member to contribute. All contributions are greatly appreciated. [REPRINT]

**\*\*\*Contributions to our newsletter are encouraged. If you would like to include something in *CFEC: Say What Now???* email your copy to [top1sg1@gmail.com](mailto:top1sg1@gmail.com) NLT the 20<sup>th</sup> of the month. Community events, accomplishments of members, etc. **CFEC honored several graduates in June 2025. It isn't too late to submit a photo and tell us a little about them in the August newsletter.** We would be pleased to publish all uplifting copy. If possible, please include a photo, your name, and a number where you can be reached with all copy. It takes a village to make *CFEC: Say What Now???* a success!**

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