



Robert Allen - February 1st

The Most

Chief Apostle, Dr. Rober L Smith

February 9th

The Strategic Health Report: Managing the "Silent Duo"

At Center of Hope, we believe your health is a part of your "finished work." To serve the community with a bold and authoritative spirit, we must ensure our "temples" are strong. Type 2 Diabetes and High Blood Pressure are two of the most common challenges our community faces, but through knowledge and lifestyle shifts, we can turn these struggles into opportunities for healing.

1. Understanding the Connection

It is no coincidence that these two conditions often appear together. High blood sugar (Diabetes) can damage the lining of your arteries, making them stiff. When arteries are stiff, the heart must pump harder, which leads to High Blood Pressure.

The Goal: We aren't just managing numbers; we are protecting our hearts, kidneys, and vision.

2. Strategic Nutrition: Eating for Vitality

As we talk about "leveling up" this Spring, that includes leveling up our plates. You don't have to give up flavor to find health.

The "Matthew 25" Plate: Focus on whole foods. Think of the colorful vegetables we distribute at our food pantry: greens, peppers, and onions.

The Salt & Sugar Shift: High blood pressure hates excess salt; Type 2 Diabetes hates processed sugars. Try seasoning with herbs and garlic rather than salt packets.

Hydration: Water is the "living water" for your cells. It helps flush out excess sugar and keeps your blood flowing smoothly.

3. Movement as Ministry

Moving your body is a form of praise! You don't need a gym membership to scale up your fitness.

The 15-Minute Rule: A brisk walk around your neighborhood in Champaign or Urbana after a meal can significantly lower your blood sugar levels.

Consistency over Intensity: God values the small, faithful steps. Walking, dancing to choir music, or gardening are all "strategic moves" for your heart.

The Sacred Return: A Poem on Loving Yourself

You have spent a lifetime building bridges for others, carrying stones to pave the paths they walk. You have been the shade beneath the summer sun, The steady hand, the heart that does not stop.

But look now at the garden of your own soul, it is time to turn the water toward your own roots. To love yourself is not a luxury or a task, it is the strategic soil that brings forth Kingdom fruit.

It is found in the quiet, before the world begins to call, In the choice to say "No" so your "Yes" carries weight. It is honoring the temple that carries your calling, and realizing that being "finished" means you no longer must wait. So, breathe in the Spring that is rising in your lungs, Forgive the version of you that was tired and small. For when you love the one God created you to be, you finally have the strength to stand up tall.

Featured Scripture:

"The Lord shall open unto thee his good treasure, the heaven to give the rain unto thy land in his season, and to bless all the work of thine hand..." Deuteronomy 28:12 KJV

Train up a child in the way he should go, And when he is old he will not depart from it. Proverbs 22:6 KJV

Special Announcement

A New Sound for a New Generation

We are thrilled to announce that the **Center of Hope Children's Choir** is coming soon! Leading this move is our newest member, **Kennyethia Robicheaux**.



Kennyethia brings a wealth of talent and a deep love for children to our ministry. As a gifted graphic designer and artisan creating everything from custom clothing to handcrafted purses—she understands how to nurture the creative spirit. Her heart for impacting women and children is a divine match for our mission. Stay tuned as we prepare our children to lead us in praise!

Youth Ministry
The Season of Renewal