

A SEASON OF RENEWAL



As the earth wakes up and the first blossoms appear, we are reminded that spring is more than just a change in weather, it's a celebration of new life. Just as the gardens around our church begin to bloom, we invite you to join us in a season of spiritual growth and fresh starts. Whether you've been away for

a while or are looking for a place to plant your roots, our doors are wide open. Come grow with us this spring!



"For behold, the winter is past; the rain is over and gone. The flowers appear on the earth, the time of singing has come."

Song of Solomon 2:11-12

Spring Wellness

A Season of Renewal and Restoration

1. Refresh Your Spirit (Mental & Spiritual Health)

The Digital Sabbath: As the weather clears, spring is a great time to unplug. Try a "15-minute porch sit" without your phone to listen to the birds and reset your nervous system.

Practice Gratitude: Start a "**Spring Buds**" journal. Each day, write down one new thing you see blooming: whether it's a flower in the yard or a kind gesture from a neighbor.

Scripture Meditation: Spend time with verses of renewal, like

Isaiah 43:19: *"See, I am doing a new thing! Now it springs up; do you not perceive it?"*

2. Rejuvenate Your Body (Physical Health)



Step Into the Light: Aim for 15 minutes of morning sunlight. It helps regulate your circadian rhythm and boosts Vitamin D levels after a dark winter.

Seasonal Eating: Incorporate "spring greens" like spinach, asparagus, and peas. These are packed with antioxidants and fiber to help you feel energized.

The Prayer Walk: Instead of a stationary prayer time, take it outside. A slow walk through the neighborhood can be a powerful way to connect with God while getting your heart rate up.

Why Ginger This Spring?

As we shake off the winter chill, a ginger wellness shot acts as a natural "spring cleaning" for the body. Its powerful anti-inflammatory properties jumpstart your immune system during unpredictable weather, while naturally stimulating digestion to help you feel lighter and more energized. It's a caffeine-free way to clear away winter "brain fog" and boost circulation, giving you the natural vitality needed to enjoy the longer, sunnier days ahead.



Spring Cleaning for the Soul

The earth is waking up, shaking off the frost, and reaching for the light. As we witness this natural resurrection, we are called to a deeper, more transformative renewal. This season, we aren't just tidying our homes; we are exhaling the heaviness of winter and clearing the spiritual clutter that has crowded our hearts. It is time to emerge from hibernation.

The Forgiveness Fast

Winter often leaves us huddled around old grudges for warmth. This spring, we invite you to a "Forgiveness Fast." Bitterness is a heavy coat you no longer need to wear. By intentionally releasing old frustrations and silent resentments, you aren't just letting someone else off the hook, you are unshackling your own soul. Make room for the peace that only healing can bring.

Declutter for a Cause

Our physical surroundings often mirror our internal state. A cluttered room can lead to a clouded spirit. As you reclaim your space one drawer or one closet at a time, it transforms your chores into an act of worship. By donating your "extra" to local mission partners, you turn the act of letting go into a life-giving seed for someone else. Lighten your load to brighten theirs.

Revitalize Your Inner Landscape

True spring cleaning requires us to pull the weeds of the mind. Examine the thoughts that took root in the dark of winter. Replace the thorns of worry with the roots of trust; swap the frost of resentment for the warmth of grace. Invite God's renewing presence to sweep through your inner life, replacing a spirit of scarcity with a harvest of abundance.



*Winter is over
The invitation is open
Your soul's spring cleaning
starts right now.*

Your Blueprint for Renewal

(Try This Throughout the Spring Season)

Quiet the Noise: Set aside 30 minutes each week for prayerful reflection. Listen for the "new thing" God is doing in you.

Release the Weight: Identify one specific relationship where forgiveness is overdue and take one brave step toward reconciliation.

Live Lightly: Commit to donating at least one bag of items to charity this month.

Cultivate Gratitude: Every morning, name three new "blooms" of grace in your life to shift your focus toward God's goodness.

A Prayer for the Emerging Soul

Heavenly Father,

As the earth stirs from its long winter sleep, I hear Your invitation to wake up alongside it. Help me to **quiet the noise** of my busy life. In the stillness of this season, give me the ears to hear the "new thing" You are planting in my heart. Let me not rush past the quiet work You are doing in the soil of my soul.

Lord, I ask for the strength to **release the weight** I have carried for too long. Give me a heart of brave forgiveness. Where there is bitterness, plant peace. Where there is a wall, give me the courage to build a bridge, trusting that Your grace is sufficient for every reconciliation.

Teach me to **live lightly**. As I clear the physical clutter from my life, help me to let go of my grip on material things. May my "extra" become a blessing for someone else, and may my heart feel the freedom that comes from a life of generosity.

Finally, Lord, help me **cultivate gratitude**. Open my eyes every morning to the "blooms" of Your grace—the small mercies I so often overlook. Shift my focus away from what I lack and toward the abundance of Your goodness.

I am coming out of hibernation, Father. Renew me, refresh me, and lead me into the light of Your love. **Amen.**

"The Lord bless thee and keep thee.

The Lord make His face shine upon thee, and be gracious unto thee." (KJV)

Numbers 6:24-25



This month, we celebrate the lives of those who bring light and renewal to our community. Just as the first flowers of spring begin to show their colors, we thank God for the unique beauty each of you adds to our church family. May your new year be filled with abundant grace, fresh hope, and the warmth of His love.

Happy Birthday

Devryck Newell Jr. – March 1st

Kristyn Dorsey – March 18

Talisha Brown – March 25th

Bruce Brown – March 28th

Member Spotlight: Sister Elnora 30 Years of Faithful Service

Sister Elnora is a living testament to the strength that comes from serving the Lord. At 67 years old, she possesses the tireless energy and strength of a youth, working as if she were 30.

A Heart for Service



The Food Pantry: She is a pillar of our outreach ministry, showing up to unload trucks, fill boxes, and serve the community once a month.

Spiritual Covering: You will find her in the sanctuary for 5:00 AM prayer two days a week, standing in the gap for our ministry.

Investing in the Future: She dedicatedly assists with our after-school program, pouring into the next generation.

Humble Stewardship: When it comes to the house of God, no task is too small; she joyfully scrubs sinks and toilets to ensure the sanctuary is pristine.

Led by a Dream

Sister Elnora's journey to Center of Hope Deliverance Ministries was divinely orchestrated. Though she did not want to leave her previous church, God gave her a dream and led her here. God knew her former pastor was "going home to be with the Lord," and He provided her with a new covering so she would never be without a spiritual home.

A Divine Standard

Sister Elnora's beliefs are, *"The Pastor and First Lady should never have to lift a finger to do nothing. We must show our love by serving God and being of service to them"* (Sister Elnora). She serves because she loves God, and if you are in a service with her, you will undoubtedly see her giving Him the highest praise. She knows that if it were not for Him, she would not be here today.

Urbana: Our New Home

A Season of Renewal: Moving into Our New Home

As the earth wakes up and the first blossoms appear, we are reminded that spring is a celebration of new life. At COHD Ministries, we are experiencing our own spiritual resurrection as we transition into a sanctuary, we can finally call our own.



The Transition Schedule

Please mark your calendars for these historic dates as we move from Champaign to Urbana:

Final Service (Champaign): Sunday, March 8th at **1109 N. 4th St, Champaign, IL.**

Consecration & Prayer: March 11th – 13th at **7:00 PM** at the new location.

Inaugural Service (Urbana): Sunday, March 15th—our first service in our new home!

Our New Location:

1409 W. Dublin Street, Urbana, IL

A Tribute to Our Leadership

We bless God for His unmerited favor and the guidance of our Architect and Matriarch. We honor our leaders, **Chief Apostle, Dr. Robert L. Smith** and **First Lady, Cassandra K. Smith**, for their bold and authoritative vision.

