

# Hope Newsletter

HOPE RESTORATION MINISTRIES WORLD WIDE INC.



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**VOL. 6**

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## PTL

By: Tiffany Young

Friday night, November 17<sup>th</sup>, 2017, there were flashing lights, loud music and a crowd of mostly young people having a good time at an event. By the sounds of it, one would think that this is a recipe for disaster. Except, this occasion was not the usual Friday night mix-up that young people would attend. This was PTL, which is short for the Praise The Lord. This is an extraordinary event that takes place 6 times yearly, usually on the last Friday every other month. PTL is a place where many young talented young people from diverse backgrounds come together to Praise The Lord!

At PTL, music, spoken word, dance, drama and step, just to name a few things, is what one can expect. Guest artist such as Christian Rapper Richie Righteous and Saxophonist Tyrone Benjamin have performed at PTL. There is always a chance to win a flat screen 32 inch TV. Check the schedule of services for dates of this event. You don't want to miss it. Come out and mingle with us as we Praise The Lord. Please like us on Facebook [@PTLPraise](#)



## Breast Cancer Awareness Seminar

By: ~~Ogechi-Amadi~~ Mitchell

Hope Restoration Women's Ministry hosted Melisa Michelle, who was the keynote speaker and Deborah, her assistant for the seminar on October 29<sup>th</sup>, 2017. The audience included health care professionals, who contributed to the discussions of the importance of knowing your body and caring for it with specific reference to breast care, routine test/check and yearly mammogram test. Melisa spoke from experience as a breast cancer survivor, as she provided in details general information on the warning signs and the prevention.

The health care professionals helped to address some questions that the audience asked in relation to the cause of breast cancer and nutrition guide. A key take-away was the importance of self-care, early detection and action to take rather than delayed response to cure. Paying close attention to any unusual changes that might occur in the breast tissue is critical to avoiding breast cancer. The seminar was summed up in 7 warning signs of cancer with the acronym:

C: Change in bowel or bladder habits

A: A sore not healed in a normal amount of time

U: Unusual bleeding or discharge from the vaginal area

T: Thickening of breast tissue or a lump

I: Indigestion

O: Obvious changes to moles or warts

N: Nagging cough



## Medical Mission

By: Ifeyinwa Ifemesia, RN, MSN

The Medical mission team took off on November 9<sup>th</sup>, 2017 to Nigeria West Africa. We landed in Abuja capital of Nigeria and immediately boarded a local flight to Enugu State where the mission started. Our first outreach was to the widows of Akpakwume Nze in Udi Local Government Enugu State. There, over two hundred widows were provided with medical care including free medications, checking their blood pressure, blood sugar, temperature and they consulted with the Medical Doctors who were on ground. In addition, they were given food, clothes and their children as well were attended to. The day ended with singing and dancing with thanksgiving to God.

On Monday November 13<sup>th</sup>, 2017 we proceeded to Nkerefe a village in Nkanu LGA in Enugu State where we provided medical care and toiletries e.g. Toothpaste, bathing soap, deodorant and so on to the entire community. After resting for one day, we left for Madalla Abuja to conduct yet another medical program in Miracle of Assembly Church. There also, the turnout was over a hundred, the people were given free medications, toiletries, and the entire mission ended on November 15<sup>th</sup>, 2017 with prayers.



## Restoration Fitness

By: Pascal Messavussu

Started in October of 2017, every last Saturday of the month has been dedicated to exercise classes, as part of our church's ongoing initiative to encourage one another to take care of the vessels God has blessed us with. This has helped to turn exercising into a fun and exciting fellowship that the congregation looks forward to every month! Led by two of the ministry's own youth, Chidi and Pascal, this is an interactive fitness class that gets people to exercise by teaching them popular dance moves that work out their whole body. This fun way of working out as a group is motivating church members to sow seeds into their physical health and reap the best physical condition that will enable them to be more energetic and productive in the kingdom.

Members are now taking fitness restoration to the next level by training to run as a team for charity in local marathons leading up to next year's TSC New York City Marathon in November! We encourage everyone to join us for future classes and train with us to run in future marathons! We can do all things through Christ who strengthens us!



You can also move your body during Praise and Worship! Praise God and burn calories!

# Puerto Rico Disaster Relief

By: Pascal Messavussu

Since the passing of hurricane Maria, Puerto Rico has been in great need of provisions and prayers both of which Hope Restoration has contributed. As a church, we collected and donated bags filled with imperishable foods, water filters, clothing and personal hygienic items such as toothbrushes, toothpaste, soap, etc. The items were donated to the FDNY Engine 316 Fire House in East Elmhurst. The people of Puerto Rico are still in need of more provisions and prayers, so we encourage all of those who can to please give and be a blessing to others. You can donate relevant items to your local participating fire station.



## **Dorney Park Bus Trip**

By: Tiffany Young

Everyone that went on this memorable bus trip to Dorney Park had to meet up at church at 6am on Saturday, August 12<sup>th</sup>, 2017. Breakfast was served to all in attendance before take-off to Allentown, Pennsylvania. Once arrived, the children were separated into a group that had plenty of chaperones. There were so many rides to choose from, and the weather was excellent until the afternoon where it began to rain.



## **Hallow The Name Of God**

By: Tiffany Young

It is the last day of October in 2017, to many this is known as Halloween. At Hope Restoration, we Hallow the Name of God, where children played musical chairs, bingo and painted t-shirts. Food was served and goody bags were given to all the children.



## What Would The World Be Like?

By: Regina Nweke

What would the world be like without God? It will be void, without people, without plants, without animals, without any living things whatsoever. For God is the creator of all things and without him there will be no creation.

What would the world be like with Satan? Oh mine, heaven indeed. Peaceful, wonderful, trouble and problem free. All the evil and wickedness will not exist.

What would the world be like without you? The same way you left it, life will continue, your families will miss you but continue to live. All that you have acquired will be enjoyed by someone else. all the money that you forsook God to make will be eaten by another, your car another will drive, your house another dwell therein. All that are important now will mean nothing.

So as you live this life, don't forget that someday you will cease to live in this world and whether you believe it or not, there is life after you and there is life after death. Remember that life without God means eternity without God and eternity without God means eternity in hell fire.

## This Is Not My Home

By: Chidi Chizor

This is not my home, This place is unknown  
Looking out the window I feel alone  
Frozen, can't move, can't sleep  
Just eat, this is not my home  
Being down, drowning  
It's like I'm lying  
No smiling  
The essence of depression  
It's a trap!  
They say once your in, your in and that's a wrap  
Don't believe them  
Just seek him- Jesus  
Bigger than all problems  
I am strong  
The presence of the Lord is my home  
Today I declare I am free  
Free from fear  
Free from tears  
Depression doesn't live here



## **What Should You Expect As A First-Time Home Buyer?**

By: Daniella Dagrín, Real Estate Broker & James Onwodi, Real Estate Agent

DJP Multiple Services Inc. hosted a 1<sup>st</sup> Time Home Buyer Seminar at Hope Restoration on December 3<sup>rd</sup>, 2017. Present were: Daniella Dagrín – Broker – DJP Multiple Services, Inc. 1 (516) 312-0808, James Onwodi – Agent – DJP Multiple Services, Inc. 1 (347) 935-8766, Anita John - Banker, of FH Home Loan 1 (347) 458-1049, Nkwa Asonye – Attorney, of Asonye and Asonye, LLC 1 (516) 377-9656, Carnell Newsome - Credit Repair, Eustace L. Greaves Jr. – Insurance, Debra Monte - Home Inspection, Scott Einbinder – Facilitator.

Several topics were covered that influences ability to purchase a home. Emphasis was on:

- 1) Finding a good buyer broker who will represent your interest, not the seller.
- 2) Find a bank that will work with you, quickly and efficiently.
- 3) Find an attorney who will work with you, your agent, and your bank to make sure there are no issues with the house you are purchasing. He will ensure that there are no issues with Title, or things that would prevent you from being able have home without legal problems.

### **HERE ARE SOME SIMPLE STEPS TO TAKE IN PURCHASING YOUR FIRST HOME:**

1. First determine a budget / How much can you afford?
2. Start saving for your down payment early -
3. Budget for closing costs
4. How to save money? – Tax refund, sousou, gifts, budget, family, friends, etc.
5. Check your credit
6. Pause any new credit activity
7. What kind of property should you purchase based on lifestyle and plans for the future?
8. Where should you purchase?
9. Do tax planning – Don't take all the deductions if it will reduce your income
10. Find a good Buyer's broker/Know the difference between a Buyer's broker and a regular broker
11. Immediately after getting an agent, See Anita for your mortgage
12. Set aside more money for after move-in
13. Stay under your preapproval limit
14. Make the most of an open house
15. Buy a home for tomorrow
16. Let little things go
17. Be prepared to compromise
18. Make a strong offer
19. Avoid a bidding war that blows your budget
20. Negotiate
21. Know the limits of a home inspection
22. Buy homeowners insurance

## **Health Tips for 2018**

By: Ifeyinwa Ifemesia, RN, MSN

- 1 Exercise:** At least 2-3 times a week. You can start with walking 30 minutes a day or put on that praise dance from YouTube and get two for one; praise God and get your exercise done. Exercise boosts your heart health, builds muscle and bone strength, and wards off health problems. Take the stairs instead of an elevator. Park your car far away in the parking lot.
- 2 Diet:** Eat more fruits and vegetables. Choose whole grains. Try brown rice instead of white. Switch to whole-wheat pasta. Choose lean proteins like poultry, fish, beans, and legumes. Cut down on processed foods, sugar, salt, and saturated fat.
- 3 Visit your doctor:** Get regular checkups at least once a year. Women, visit your Primary Care Physician for yearly Physical. Also, see a Gynecologist for a yearly pap smear (whether sexually active or not). Get a Breast Examination and general checkup. Men, you should visit an Urologist for Prostate screening if you are age 50 and older.
- 4 Stress reduction:** Too much on your plate can cause stress and can lead to anxiety, depression, high blood pressure, infertility and other illnesses. Prioritizing is very essential to reduce stress. In addition, you do not always have to say yes to everything. Put God first in all that you do and He will help you direct and organize the rest.
- 5 Get sufficient sleep:** Sleep requirements vary from one adult to the next but the recommendation for adults is between 7 to 9 hours and more for children. Lack of sleep can lead to different health issues including heart diseases and psychological problems. When you do not get enough sleep, you cannot think well.

*From The Editorial Board*



*It is just like yesterday when we entered 2017, with so many plans, New Year resolutions and dreams for the New Year. It is hard to believe that the year is coming to an end!*

*Here, it has been an eventful year, with many ups and downs but in all things we give God all the glory and praise! We join the Psalmist to say: “If it has not been the Lord on our side” and we give God praise “for not giving us as prey to their teeth”.*

*From ours to yours, we wish you the absolute best this Christmas season and we pray that the perfect Gift of all- JESUS will envelope you and yours! May His coming never be in vain in your life. May the Peace and Joy HE brings be your portion this season and in the year to come!*

*Merry Christmas and a prosperous and groundbreaking 2018 in advance!*

## Schedule Of Services

Tuesdays 7pm - Intercessors

Wednesdays 7:30pm - Bible Study

Fridays 6:30pm - Youth Gathering  
1<sup>st</sup> & 3<sup>rd</sup> Fridays of  
every month

7:30pm - PTL 1/26/18, 3/30/18,  
5/25/18, 7/27/18,  
9/28/17 & 11/30/18

10pm - Night Vigil  
1<sup>st</sup> Friday of every month

Saturdays 6pm - Fitness Restoration  
Last Saturday of  
every month

Sundays 11am - Worship Service



## LAUGH

A Pastor was beginning to notice an ugly habit with his members. While he was preaching to them one day, he said, "For next Sunday, all of you should read Mark chapter 17." The next Sunday as he preached, he said, "The topic of the message today is lying. Now, how many of you read Mark 17?" The entire congregation raised their hands. He then said, "The book of Mark only have 16 chapters, I will now begin my message."

