



June 2009

The Year of Glory

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"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" (3 John 2)

Grace to the global family of Rhema Ministries and may the glorious blessings of God fill your life, through Christ our King!

Welcome to the month of June and the long awaited return of summer. I'm sure that you will agree with me that nothing beats the warm weather. As always the summer months are filled with numerous activities and this month is no exception. June is Glorious Health & Wellness Month, a time to reflect on how well we are taking care of ourselves. To stir your interest to the subject of good health, why not consider the following:

Wellness is Worship - Our physical bodies were designed by God to be temples or literal houses in which His Holy Spirit would take up residence. The maintenance of one's body is tantamount to maintaining God's house. The scriptures clearly teach that we are not our own, rather we have been bought with a price and thus we are to glorify God in our spirit and our body, (1 Corinthians 6:19-20).

Wellness is Work - Living a healthy life is easier said than done. As we all know physical fitness takes a lot of work and for many (myself included), it does not come easy. With our increasingly busy lifestyles the challenge of remaining fit requires great effort, however anything that is worthwhile comes at a price. It will take some work and some discipline to eat properly, to rest adequately and to exercise regularly, but it can be done, (Philippians 4:13).

Wellness is Worth It - The conclusion to the matter is simple, after all the hard work we will appreciate the fact that being healthy ensures both quality of life as well as quantity of life. Although we can never guarantee exactly how long we will live, we do have some control over how well we live, (Psalm 91:16).

This month I invite you to join with us each Wednesday evening as our Health & Wellness Team takes us on an explorative journey into God's promise of good health. Let us make sure that our physical houses are in good order in this the greatest year, **The Year of Glory**. See you in the gym!

With love while Changing & Affecting Lives,

Your Pastor, Orim M. Meikle



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PASTOR AND FIRST LADY ORIM M. MEIKLE & RHEMA MINISTRIES OTTAWA PRESENT...
NEXT DIMENSION CONFERENCE '09 - HEAVEN ON EARTH

Speakers...

JUNE 11- 7:30PM "BISHOP EDDIE L. LONG"

JUNE 12 - 7:30PM "PASTOR PAULA WHITE"

Location: Rhema Christian Ministries - Ottawa,
St. Patrick's High School, 2525 Alta Vista Drive, Ottawa, ON.

For more info: TEL. 613.321.1781

Building Strong Family Muscles



Contributing writer - © Dimitri Boweya-Ngombo

Scripture Reading: 1Timothy 4:8 & Ephesians 6:12 KJV

Scripture Focus: "For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come." 1Timothy 4:8 KJV. 'For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places' Ephesians 6:12 KJV.

Research in health studies continues to highlight the significant correlation between optimum health, longevity and the culture around us. One most famous study known as the Roseto Effect goes as far as to suggest that people are indeed nourished by other people. What is Roseto? This study looked at a 1960's close-knit Italian-American community. ... [more](#)

Destined 2B Daddy

Genesis 17:4-6 (NIV) 4 "As for me, this is my covenant with you: You will be the father of many nations. 5 No longer will you be called Abram; your name will be Abraham, for I have made you a father of many nations. 6 I will make you very fruitful; I will make nations of you, and kings will come from you.

My son, you have been clothed with the responsibility to father like your Heavenly Father. Being a father goes beyond depositing life into a child; it's about continually awakening greater life within them as they become their best. Fatherhood speaks about one who will groom another to become more like the person they were created to be.

To the gentlemen who have just awakened to this truth: I empower you in the spirit of the Father. Within you lies every resource required to produce and cultivate greatness. You are empowered to stand as a vessel of love as Christ illustrated. It is our job to train His children so that they can live effective lives today and stand strong as they grow older. There is no greater teacher than the life you lead. It takes a prudent father to raise prudent sons.

God has given you the responsibility to prepare His children with minds that are submitted to truth, spirits reflective of His character, hearts that are courageous, and vessels that are strong. Teach them to live passionately, love purposefully, give responsibly and fight for their destiny. Our children need to learn how to choose lifestyles that allow them to purposefully complete all that He has given them life to do.

Pope John XXIII said, "It is easier for a father to have children than for children to have a real father." We must not allow any of God's children to live without a sense of purpose, identity or direction. No matter what life has told you; remember it is your destiny to be a father to the great leaders of the coming generation. The power of God is within you to lead. Surrender pride and arise in the strength of humility as you lead with love.

Happy Father's Day!

Elder Brenton P. Alleyne

Rhema's Church Community Builder

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