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# The Truth of God Times



DECEMBER 2018

Official F.C. International Newsletter Vol.1 No. 6

WORLD NEWS

HEALTH & WELLNESS

LIFESTYLE

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## TOP STORY

### SOCIAL MEDIA :A GIFT OR A CURSE

Unless you have lived under a cardboard box, you have heard of or used some form of social media. According to Statista, an online market research business portal, it is estimated that there are 2.77 billion people who use some form of social media. According to Pew Internet Research, 29% of internet users with college degrees use Twitter. YouTube reaches more 18 to 34 year olds than any cable network in the U.S. Facebook is the most widely used social media platform by Americans who are online. Facebook comprises 79% of American internet users; Instagram comprises 32% of users, Pinterest 31%, and LinkedIn and Twitter comprises 29% and 24% respectively. Most social media sites do not have the best reputation for decency and morality. It can be used as powerful tool to express messages of hate. The power of one's voice or expression of an idea can have a powerful impact on a broad audience especially when he or she is in a position of power.



*Continues on Page 4*

## TESTIMONIES



### A ROAD TRAVELED ALONE...

**My transition into TRUTH** was a challenging period for me. In October 2001, I repented of my sins, received the SWEET HOLY GHOST, and was baptized. "My new life without any effort" automatically disassociated me from most of my worldly friends. I had this one friend who would not go his own way and continued to call me on the regular. Around 2003, he contacted me and asked, "James who is the man on TV?" I tuned in and replied, "I don't know and I'm not watching no Muslims." As God would have it, FCOOLJC flashed across the screen while I was in position to change the channel.

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## POETRY



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## HEALTH & WELLNESS



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## Lifestyle

# Essential Oils and Aromatherapy: Not Just a Pretty Smell

The study and usage of aromatherapy has been ongoing for thousands of years for the various health benefits that it has provided. Many essential oils have been used in aromatherapy for the reduction of stress, anxiety, depression; prevention of headaches and respiratory infections; aid in sleep; indigestion and stomach issues including nausea, decrease inflammation; function as decongestants, and as stimulants for the mind. Some aromatherapy oils that have been used include lavender, eucalyptus, ginger grass, peppermint, wintergreen, lily oil, silver fir, palo santo, and chamomile. Essential oils are known to have antibacterial and antifungal properties and can be used on the skin in combination with a carrier oil, [such as olive, coconut, or jojoba oil](#). The focus of this article is the benefit of essential oils that have demonstrated pain relief and anxiety reduction. Using a systematic review research article by Lakhan, Sheafer, and Tepper (2016), we were able to evaluate many ways that aromatherapy and essential oils have been effective in pain management. *Rose oil* via aromatherapy demonstrated a significant reduction in pain in addition to conventional therapy for renal colic (kidney stone pains). *Ginger oil* applied to the back with a traditional Thai massage showed long term improvement of back pain and mobility. Also, it improved chronic knee pains and function compared to control groups. *Eucalyptus* aromatherapy reduced post-operative knee replacement pains and reduced blood pressure significantly compared to control groups. *Lavender* acupressure sessions improved chron-

ic neck pain including increased range of motion and reduced neck stiffness compared to patients receiving traditional treatments. *Lavender* aromatherapy was also effective for women experiencing labor pains and cesarean sections. *Lavender, clary sage, and marjoram* essential oils helped prevent menstrual pains when used with massage therapy. The systematic review article by Lakhan, Sheafer, and Tepper (2016), also identified the beneficial purposes of aromatherapy in pediatrics, hospice and cancer pain; hemodialysis pain, Guillain-Barre syndrome, and multiple sclerosis pain. In addition to its proven effectiveness for pain relief, *lavender* has also been known to help reduce anxiety when used as an aromatherapy. Many studies are available documenting the beneficial properties of lavender as it relates to anxiety. One of the studies by Wotman et al. (2017), evaluated the impact of lavender aromatherapy in reducing anxiety in patients prior to surgery. Patients in the study felt calmer after receiving the aromatherapy treatment and they felt that it provided a pleasant scent. In comparison to many prescribed anxiety medications, lavender aromatherapy is a less costly option and is generally regarded as safe. In addition to anxiety, lavender has also been associated in reducing stress, insomnia, and depression via its soothing aroma that provides mental relaxation. If you have not tried using essential oils and aromatherapy, it is worth considering. In many cases it is a cheaper and safer alternative in comparison to many over the counter and prescription medications for some of our common

health problems. You can purchase a small aromatherapy diffuser and several essential oils and carrier oils for a reasonable cost. Also, be aware that all sellers do not have the same quality of essential oils. Look for credible and reputable sellers that sell pure and organic essential oils. Be careful when first trying new essential oils and use them sparingly to see if you develop any adverse reactions (especially when applying to the skin). As with any medication, the overuse of essential oils can also cause allergic or toxic reactions. The usage of any essential oil should be stopped immediately if developing any type of allergic or adverse reactions. The focus of this article is for the usage of adults. Children should see their pediatrician for consultation before trying essential oils. Pregnant women and patients with medical conditions should also seek advice from their physician prior to using essential oils.

*By: Bro. Renauld Williams  
Nurse Practitioner  
Philadelphia Headquarters Temple*

Lakhan, S.E., Sheafer, H., and Tepper, D. (2016). The Effectiveness of Aromatherapy in Reducing Pain: A Systematic Review and Meta-Analysis. *Pain Research and Treatment*, vol. 2016, Article ID 8158693, 13 pages. <https://doi.org/10.1155/2016/8158693>.

Wotman, M., Levinger, J., Leung, L., Kallush, A., Mauer, E. and Kacker, A. (2017). The Efficacy of Lavender Aromatherapy in Reducing Preoperative Anxiety in Ambulatory Surgery Patients Undergoing Procedures in General Otolaryngology. *Laryngoscope Investigative Otolaryngology*, 2:





## Law

# Reasonable Accommodations in the Workplace

*Employees do have rights ...*

In the U.S. workplace, it is not hard to recognize that employers have great latitude in their treatment and supervision of employees. However, employers' authority in the workplace is not absolute. Under federal law, covered employers may not discriminate against employees on the basis of race, gender, religion, age, disability, pregnancy, or national origin. These characteristics are protected under the law and an employer may not treat an employee differently because of them.

Furthermore, if an employee requests an accommodation based on pregnancy, religion, or a covered disability, the employer must work with the employee to provide the accommodation if it is reasonable and would not pose an undue hardship on the employer. For example, a pregnant employee may ask her supervisor for an accommodation to pump breast milk while at the workplace. If there is a clean, lockable, private room available (cannot be a restroom), then the employer must accommodate the employee's request if it would not pose an undue hardship.

Some employers, in an attempt to accommodate a pregnant employee, may reduce her job responsibilities or transfer her to a less strenuous position without request. No matter how well-intentioned the employer may be, changing an employee's job

duties because of her pregnancy may expose the employer to a lawsuit if the employee did not ask for the change.

Requests for religious accommodations follow the same paradigm. If an employee who holds a sincere religious belief against wearing pants requests to wear a dress instead, the employer must honor that request if it does not pose an undue hardship. Similarly, if the company dress code specifies a particular hairstyle and the employee's religious conviction requires her to wear a headscarf, the employer must accommodate the headscarf if it

should not be afraid to assert this where appropriate. Note that requests for accommodations are not required to be in writing but a written request would prove very useful in the event that the employer denies ever receiving the request (when it comes to employment, recording everything in writing is generally a good rule of thumb).

If you suspect that you were unjustly denied a reasonable accommodation or otherwise discriminated against in the workplace because of your race, gender, religion, disability, or other protected characteristic, you

should immediately seek assistance from an employment attorney.

*If you suspect that you were unjustly denied a reasonable accommodation or otherwise discriminated against in the workplace because of your race, gender, religion, disability, or other protected characteristic, you should immediately seek assistance from an employment attorney.*

*Udunna Abara is of Counsel to Abara Law Firm*

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does not pose an undue burden. The employer cannot later transfer the employee to a position that has no customer contact out of fear for how customers would react to the headscarf. Note that reasonable religious accommodations apply not only to dress code but also to prayer in the workplace, schedule changes and/or leave for religious observances.

The above examples are just a few of the types of accommodations available. There are many more that may be requested and vary on the type of protected characteristic the employee claims. At the very least, employees must be aware that they have the right to ask for reasonable accommodations. They

**By Udunna Abara, Esquire Philadelphia, PA**

**The information provided is general information for informal purposes only. It is not formal legal advice. Consult with a licensed attorney in your state before relying on any information found in this article.**



## SOCIAL MEDIA: A GIFT OR A CURSE?

*(Continued from cover page)*

That's why, in my opinion, since President Trump took office, the expression of hate has increased tremendously. His callous, racially-insensitive, and misogynistic remarks towards people of color, women, and immigrants via Twitter, has stirred hate groups at an alarming rate. The number of hate crime incidents reported to the FBI increased about 17 percent in 2017 compared with the previous year, according to the Uniform Crime Reporting (UCR) Program's Annual Hate Crime Statistics report, released today. Seven thousand, one hundred and seventy-five (7,175) hate crimes were reported to the UCR in 2017; up from six thousand, one hundred and twenty-one (6,121) in 2016.

In essence, this technological highway shares all types of information with people all over the world. A perfect example was a young man used Facebook to share an excerpt from the Truth of God's broadcast # 1138 to stir backlash but turned out to be a blessing in disguise. The excerpt went viral reach-

ing over 10 million viewers. The viral uproar caused people - from celebrities to media outlets - to share their opinions on their various platforms.

Afterwards, many people asked the questions: Who is this Pastor Gino Jennings; and what is this message of Holiness? This drove many people to the Truth of God website and even more to Truth of God YouTube channels where they could hear and see full episodes of the messages.

Many guests have testified that they ran up on the message of truth in many ways: YouTube by mistake (so they think); googling random word searches that led them to a message; and word of mouth. Many pastors (men/women) have torn up licenses and/or wanted their congregation to be a part First Church. Pastor Jennings has travelled to locations where the entire congregation were YouTube viewers: Chicago, Illinois; Detroit, Michigan; Harrisburg, Pennsylvania; and most recently Houston, Texas where a record-

breaking 156 souls were baptized in just two (2) days. God has blessed First Church through YouTube. Groups gather to view the message in places where Pastor Jennings have not visited. A minister in California who now works with First Church has baptized over 137 people. Pastor Jennings plans a visit there soon.

As you can see, social media can be used as a tool to promote God and awake society from its spiritual sleep. As Pastor Jennings has stated many times: the messages are not for entertainment but for the salvation of the human family.

The Truth of God is grateful that YouTube can be used to reach people in the greatest way.



*Bro. Ricky Johnson  
Philadelphia, PA.*

## FOOD, DIET, EXERCISE & RISK

### THE IMPORTANCE OF DRINKING WATER

Water is a very important nutrient of the human body. About 60% of an adult male's; and about 50% of an adult female's body is water. To maintain a balanced level of hydration on a day-to-day basis, one must drink at least 40% of their body weight of water per day. For example, a male who is 6'1 (approx. 1.85 m) weighing 180 pounds (approx. 81.65 kg),  $180 \times 40\% = 72$ ; which has to be put in liquid ounces (i.e. 72 fl. oz). Water can help flush out the body of toxins, assist in weight loss, and much more. Adding exercises can reduce the

amount of water & electrolytes the body needs. As a person exercises, the body gets hot. So, the human body cools itself through sweating. Lack of water can cause dehydration, dizziness, headaches, fatigue, and other symptoms. A properly hydrated body can perform more complex tasks than a dehydrated body. It helps in improving the mood, boosting memory, reducing the frequency of headaches, and improving brain function. If the body experiences fluid loss, it can lead to anxiety and excessive fatigue. So, it is very important to consume water on a daily basis.

### BENEFITS FROM WALKING, JOGGING, AND RUNNING

Ever take the time out to walk, jog, or run for 30 minutes at least 3 days out the week? Many of us may have jobs where we sit down a lot and eat unhealthy foods which can cause one to become lazy. Power walking (or speed walking) can be a great benefit to the heart, weight loss, blood flow, and much more. In some cases, walking can be a person's only exercise option due to certain medical conditions. Anything that can help you is a great step. Jogging is the next step up





## Food, Diet, Exercise & Risk

Jogging and running can slow down the heart rate which is a great thing. As you run, your heart rate increases in order to meet the oxygen demand to fuel your working muscles. Your heart responds to the intensity of your run, progressively increasing its rate as you increase the intensity of your workouts, until it hits a plateau. Many people do not like running because in the beginning it is very tough. As time goes on, you will get the hang of it. If you add a balance diet, you will definitely see positive results if you stay on the course of exercising. Personally, I recommend a person incorporate either of these three conditioning exercises to their weekly schedule.

### IS SOUL FOOD GOOD OR BAD?

A lot of us love soul foods such as cornbread, neck bones, candy yams, fried chicken, ox tails, pig feet, chitterlings, and collard greens. We have to ask ourselves, "Is this type of food good for our health?" The answer is soul food isn't a good idea to eat often. Once in a while is okay. Soul foods can have high levels of sodium, sugar, and cholesterol that increase your chances of sickness and disease. Some common health issues for those who overeat soul foods are: high blood pressure, diabetes, high cholesterol, and heart diseases. Soul foods may taste very good but as a person who is concern about his/her health you should think about the long run. Isolated ingredients of a soul food diet do have pronounced health benefits. Collards and other greens are rich sources of several vitamins (including vitamin A, B, folic acid or vitamin B and C), minerals (manganese, iron, and calcium), fiber, and small amounts of omega-3 fatty acids. They also contain a number of phytonutrients, which are

thought to play a role in the prevention of ovarian and breast cancers. However, since traditional-style cooking of soul food vegetables requires high temperatures or long time periods, the water-soluble vitamins (e.g., Vitamin C and the B complex vitamins) are either destroyed or leaked out into the water in which it is cooked.

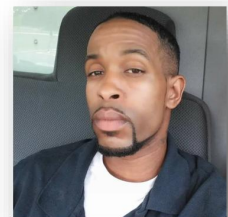
### CANCER

One of the major causes of death is cancer. Cancer is when abnormal cells divide in an uncontrolled way. Some cancers may eventually spread into other tissues. Diet can also directly affect cancer risk. Some foods, such as processed, red meat, and salt-preserved foods can increase the risk of cancer. While others, such as fruits, vegetables, and other foods high in fiber can reduce the risk of cancer. Processed meat is defined as any meat preserved by smoking, curing, salting, chemical preservatives; examples include bacon, salami, sausages, hot dogs, or deli or luncheon meats. Processed foods are usually loaded with added sugar or high fructose corn syrup. It is well-known that sugar, when consumed in excess, is seriously harmful. As we all know, sugar is "empty" calories - it is not an essential nutrient except for energy. In general, we cannot stop cancer, but we can do things that can reduce the chances of getting it: Through a healthy diet and exercising. If you are diagnosed with cancer, there are things you can do to keep it from getting worse; or to get cured altogether. These days, technology and new medicines are helping to cure strong diseases such as cancer. It is a process and you have to look out for your diet.

### OBESITY

One of the biggest problems in the World is "obesity." A common factor in obesity is many people have slower metabolisms than others. In other words, a person can eat five cheeseburgers from McDonald's and not gain any weight. On the other hand, another person could eat those same burgers and gain some pounds. Eating at fast food restaurants, snacks, processed foods, and so on is not a good thing for overweight people. Obesity carries a lot of health risk factors such heart attacks, diabetes, trouble breathing, and clogged arteries. The hardest thing to fight off are cravings. As a person who is overweight, you got to think to yourself, "Will the cravings benefit my health in a positive way?" Try eating more fruits and drink smoothies. Please stay away from fast foods (excluding the healthy items). Start exercising not only physically but mentally. Set a goal for a much healthier lifestyle. I know it is a tough thing to do, but it can be done.

*Always consult your physician before attempting any exercises or taking any supplement. This article is given strictly for information only. Feel free to email me TonyHarvin@yahoo.com for any type of health tips.*



**By: Bro. Tony Harvin**  
**(Jersey City / Bayonne, NJ USA)**





## A Road Traveled Alone

I said wait a minute I am in the CHURCH OF OUR LORD JESUS CHRIST. My attention was held as the choir began to sing and the HOLY GHOST began moving on the choir members. I said these people are not Muslims. The rest is history. I begin to tune in weekly, hungry, eager to hear Pastor Jennings teach even though he was destroying my pastor, my fellow parishioners and of course, me. Around 2003 I decided to come to HQ for a visit on a Tuesday evening.

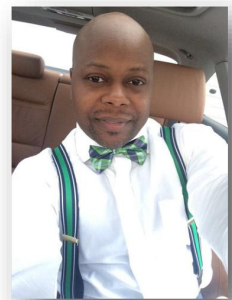
Although Pastor does not normally teach on Tuesday, he taught that night. I began to visit FC for conventions and became a Thursday-night familiar face. I tried to share the TOG with my COOLJC family. To my dismay most made unfriendly remarks or did not want to hear what PJ had to say. In January 2005, I decided to come to HQ on a Sunday morning for a visit. Brother Dan "was on the ticket" and taught well enough for me to return the next Sunday. The saints from my church begin to complain about my absence. Remarks were made like: *it's as if you're in a cult now; do you see the demons in Pastor Jennings's eyes; and one minister stated that if I keep it up I WOULD DIE UNDER PAS-*

TOR JENNINGS.

One third Sunday, I met with my former pastor and he attempted to persuade me to stay. He even told me that Pastor Jennings did not have the truth. He almost had me until I posed the question, "How did you know you were called to preach?" His answer made me run for my life. I left his office that third (3<sup>rd</sup>) Sunday morning in disarray. Not knowing what to do, I ended up at Headquarters on Frankford Avenue where I have been a member since January 2005.

It was a challenge to leave my friends and family to walk with the truth. Coming from a small unit of people who were close knit to a huge congregation where many don't even know your name was a lonely transition. That first year in truth felt like people were going their own way. I was just alone in a sea of people. I can remember sitting in the lot thinking, "Maybe I'll go back to COOLJC." I had a car accident that year, the pews hurt to sit on, and gas prices spiked. Everything pointed to, "James GO BACK." However, that lonely period drew me closer to GOD who comforted me, directed me, and who now has allowed 13.5 years to go by with my feet still planted in the truth - KEPT BY THE BEST!!!

In the latter part of 2005, God began to add friends unto me. I mean true friends, brothers, and sisters too. I am now overwhelmed with friends from HQ, branch temples, and even from abroad that I would not exchange. After much teaching and experience, I understand now why people are so careful with each other while obeying PJ's suggestion to, "GREET YOUR VISITORS." Thanks for reading. Pray for me.



Brother James R. McWhite  
Trenton, NJ

## World News

### Trapped and Exploited..

The increasing number of women being trafficked into prostitution, domestic servitude, begging, pick-pocketing, and even organ harvesting is hard to imagine in today's modern world! In 2005 when the scale of the problem first came into prominence, I was involved in a project to support, advocate, and provide safe accommodations (in London) to trafficked women. Women from specific countries have been lured into exploitative activities for various economic reasons (usually escaping poverty or debts). Once recruited, the traffickers would pay women to travel to the UK and other European cities. They organised the necessary documentation and false immigration papers to enter into the country. The debt becomes the leverage that is then used to entrap the women into bondage. If caught by the authorities for entering or attempting to leave the country using false documents, the trafficked women would face potential detention and prosecution. A multi-agency approach adopted in the UK, led by the Human Trafficking Centre (UKHTC) devised counter-trafficking strategies to target the prosecution of traffickers and identify victims. Let us continue to pray for the deliverance of women caught in the bondage of this lifestyle.



By: Sis. Peggy Beckford  
(London, England)





## Poetry

# The Beauty of a Virtuous Woman

*The Woman of Truth is a believer  
 One who will repent, humble herself and seek the Creator  
 She will desire to change,  
 Trying day by day, and step by step to obey*

*With growth she walks with confidence on her face  
 She talks with wisdom and understanding; how much she knows you'll be amazed  
 She is not loud and busy body, all over the place  
 And her dress is full of modesty, meekness and grace*

*She prefers simplicity over looking sexy  
 She is not about being hot, but more so being holy  
 She will choose modesty over makeup and jewelry  
 She will cover her shame and wear head gear – the only accessory*

*Her clothing and apparel are not to be seen  
 Her service unto the Lord is sincere behind the scenes  
 Her song of worship is not to be heard  
 But from the heart for God's glory, according to His Word*

*She can be bold, not afraid and strong  
 For her belief, she will fight, she will stand  
 She will defend the covering on her head  
 It's her power; it's her strength – honoring God, the angels and men*

*She is shamefaced and sometimes shy  
 Hiding her pain with a smile and rejoicing with a cry  
 When she is praised, she will humbly reply  
 When she is disgraced, she walks away to pray for awhile*

*She is wise, according to truth she strives  
 She is smart, according to the scriptures being taught  
 She is willing to learn and submit to the leader  
 an apostle of God, who sets things in order*

*He teaches her not to follow the world  
 But rather to love herself  
 Never to settle for less  
 But seek the Lord first, as He gives the best*

*She knows she has a King  
 The true definition of husbandman, protector and provider  
 He knows how to love her, correct her  
 And yes, He is her Comforter*

*The Woman of Truth knows she's a Queen  
 Her price is far above rubies and material things  
 She knows her worth, perfection is her ultimate goal  
 To be in the church, living for God unto the saving of her soul!!*



*Sis. Ester Williams  
 (Portmore, St. Catherine, Jamaica)*

## Trivia...



1. What was the total count of baptisms in Houston, Texas?
2. What was the last Anniversary the Mobile AI temple celebrated?
3. What city in Mississippi celebrated its first anniversary September 8 - 9, 2018? Who is the local minister?
4. Where are services held in Bronx, New York?
5. What radio station interviewed Pastor Jennings after the video that addressed the appearance of women looking like hoes went viral? What are the names of the two hosts of that radio station?
6. What was the first release date of the TOG International Newsletter?
7. What was the official date that First Church made settlement of its present Headquarters location?

**\*Hint: All answers may be found on official FC church social media sites: FB & IG.**

**Answer Key below.**

7.	June 29, 2016
6.	October 11, 2017
5.	100.3 / Quincy Harris & K. Foxx
4.	Lehman College
3.	Fayette Mississippi//Bishop Willie Ellis
2.	24th
1.	156
Answer Key:	





# Farewell 2018 and Welcome 2019

*This has been a year of epic proportions. We have been blessed to accomplish a lot in this past year. More than many have seen in their entire ministry. We have new work that have started in Houston TX, Sacramento CA, Detroit MI, Columbia SC, Harrisburg PA, and Chicago, IL. We have had some hard working and dedicated ministers come to work along with First church and this year we had a record breaking 2977 souls that were baptized in the name of Jesus Christ. We have been blessed to have Pastor Gino Jennings relentless and uncompromising stance to do everything according to the Holy Scripture along with his dedication to the work of the Lord through sickness, fatigue and stress to give the people what the whole world needs, The Truth Of God. God has truly blessed the Truth of God and proven that if He be lifted up, he will draw all men unto Him.*

