

"You are all sons of God" through faith in Christ Jesus, for all of you who were baptized into Christ have clothed yourselves with Christ."

Galatians 3:26-27



Xwbfwb Yog Employee Los Employer?

By: Kl. Xeev Ntxawg Kwm

Muaj cov ntseeg coob tug totaub yuamkev txug xwbfwb lub luag (role) kws nyob huv pawg ntseeg. Qho tug xaav has tas xwbfwb yog ib tug employee, pawg ntseeg yog employer vim pawg ntseeg them nyaj hli rua xwbfwb. Qho tug xaav has tas xwbfwb yog employer vim kevcai lijchoj tso xwbfwb ua tug president huv pawg ntseeg (Uniform Constitution for Accredited Churches, Article IX, Section 1). Nyob rua huv nqai kevcai lijchoj nuav, nwg saamfwm kuas xwbfwb ua tug saib taag nrho pawg ntseeg, nwg yog tug tswj rooj ntawm lub rooj tsaavxwm tsuas tshwj has tas nwg xaiv tsi kaam tswj maam le nrhav ib tug txwjlaug lug tswj lub rooj tsaavxwm xwb.

Txawm le ntawd los thaum cov ntseeg tuaj uake saablaaj, xwbfwb yeej tseem yog tug tswj rooj rua pawg ntseeg hab xwbfwb yeej tseem yog tug president ntawm pawg ntseeg. Tug txwjlaug kws tswj rooj tsuas muaj fwjchim sau lub rooj tsaavxwm xwb. Dlhau kev saablaaj ntawm lub rooj tsaavxwm lawm, nwg zoo tsi txawv ntawm lwm tug tsaavxwm. Xwbfwb yeej tseem yog tug cob dlejnum rua cov tswvcuab txhua tug.

Yog muab piv lawv le kev tswjfwim ntawm saib nqaj tawv, pawg ntseeg zoo le lub organization, xwbfwb zoo le tug president, cov tsaavxwm zoo le cov board of directors, cov ntseeg zoo le cov members ntawm

lub koomhum. Tabsis yog peb muab saib rua ntawm saib ntsujplig, huv Vaajtswv Txujlug qha has tas pawg ntseeg yog Yexus lub cev, Yexus yog lub taunhau (Efexaus 5:23, 1 Kauleethaus 12:12-27). Thaum xwbfwb yog ib tug tswvcuab, xwbfwb yog ib feem ntawm lub cev (a part of the body); tabsis thaum xwbfwb yog xwbfwb, xwbfwb yog tug saib lub cev lawv le Tswv Yexus tau tso cai rua Petus kuas saib Nwg paab yaaj (Yauhaas 21:15-17).

Yog zoo le nuav, leej twg yog employer hab leej twg yog employee? Kuv xaav has tas Tswv Yexus txhaj yog employer. Xwbfwb yog manager. Cov ntseeg yog employee.

Regular Schedule

Hmong Service Sunday

9:00 AM

English Service Sunday

11:30 PM

Youth 4 PM every Sunday

Mid wk Svc - Wed

6:30 PM

AW - 1st week Sunday

1PM

Board meeting

1st wk Sunday 2 PM

Individual

Highlights:

Alert for Women	2
Love Remains	2
Feb. Anniversary	3
Recipe of Month	3

February is American Heart Month

"Heart disease includes conditions affecting the heart, such as coronary heart disease, heart attack, congestive heart failure, hypertension and congenital heart disease. Heart disease is the leading cause of death for men and women in the U.S. Keys to prevention include **quitting smoking, lowering cholesterol, controlling high blood**

pressure, maintaining a healthy weight, eating healthy and exercising.

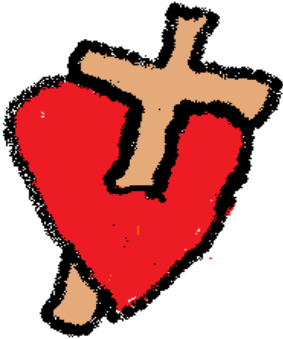
Alert for Women

Heart disease is sometimes thought of as a man's disease. Approximately 36% of women surveyed by the CDC did not see themselves at risk. Yet each year in the United

States, slightly more women than men die of heart disease. This shows that education is needed.

On a Monday morning in April, a New Jersey woman, experienced what some doctors call "female **heart attack** symptoms;" a feeling of **indigestion** and extreme **fatigue**. Later, she had **nausea, vomiting** and **fainting**.

continue...[Alert for Women](#)



But she never had **chest pain**-a "typical" male **heart** attack sign. When she got to the emergency room, doctors couldn't find any sign of heart attack. The woman says, "They would have sent me home." As her experience shows, many doctors-and women themselves--still don't realize that female heart attack symptoms can look very different than those of men. In fact, according to a study of women's early heart attack signs published in *Circulation*, women have more unrecognized heart

attacks than men and are more likely to be, "mistakenly diagnosed and discharged from emergency departments."

Be aware of the importance of taking care of your physical **heart**. **Love Life--- Don't Miss A Beat."**

A quote from "**The Heart of Something Big**", Molina Healthcare of Michigan.

As I was reading this, I thought about the Hmong Community. We always procrastinate about taking care of our heart, even our

health in general. We always put other priorities before our health. We don't get check up because that is part of our culture; and if we do it is consider "not normal." But take **heart** because we fall short of the Glory of God. Under grace we are save through Christ spiritually. Physically, He gives knowledge and wisdom to doctors and researchers to find cure for the body, so, get regular **Check Up** and stay **Healthy**.

By: *The Editor*

Love Remains During Persecution

By *Mr. & Mrs. Feng Yang*

"During the persecution, as hurtful and lonely as it was to be a Christian, I reminded myself that God promised to never put us to shame if we follow him."

When Feng and I got married ten years ago, Feng was not a Christian. Not only was it a period of transition and adjusting to married life but we struggled with a lot of family persecution. Feng's family said a lot of hurtful things to us and even forbidden us to attend church. His friends mocked Feng all the time and eventually excluded him from gatherings. This made us feel very uncomfortable around them and very hard to fully embrace.

During our first few years of marriage, we were always reminded of God's truths in the Bible. We meditated on verses like: Matthew 5:43 " ⁴³"You have heard that it was said, 'Love your neighbor^[n] and hate your enemy.'⁴⁴ But I tell you: Love your enemies^[l] and pray for those who persecute you, ⁴⁵that you may be sons of your Father in heaven", Matthew 5:11 which says, "¹¹"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because

of me. ¹²Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you and Romans 10:11 that says "Anyone who trusts in him will never be put to shame." During the persecution, as hurtful and lonely as it was to be a Christian, I reminded myself that God promised to never put us to shame if we follow him. Even to this day, God has kept His promise.

However, there was one verse that I have made my life song which is in 1 Corinthians 16:13-14. It said, "¹³Be on your guard; stand firm in the faith; be men of courage; be strong. ¹⁴Do everything in love". It's easy to give up and give in but it takes a courageous person to take a different stand. God has given us that courage, reminding us that we are not alone in this matter, that Jesus too was rejected but overcame the world. I didn't understand how verse 14 (Do everything in love) flowed with verse 13

until a few years ago when I finally understood what Jesus' love for me was. It was then that I began to see Feng's family through the eyes of Jesus and allowed the love of Christ to flow through me. That didn't mean that we would compromise our belief. It meant that regardless of what they said or did, we are called to love them regardless, and in everything that we did, it had to be done in love.

Feng and I don't have the best relationships yet with his family but we are slowly starting to rebuild that relationship. Our prayer is that one day; Feng's family would come to know the Lord. The Lord is always faithful and already we have seen his faithfulness through the conversion of some of his nieces and nephews. It's amazing to see God's love transform people's lives. It's transformed our lives. May Feng's family see God's love through Feng and my life and may we use our lives to bring glory to God alone.



February Anniversary

Congratulations!!!

to the following couples. They have been married for many years and are still very much in love. May God continue to bless them and their journey together as husband and wife for many more years to come.



Mr. & Mrs. Cha Ya Hang - 43 Yrs.



Mr. & Mrs. Zoua Ya Hang - 58 Yrs.



Mr. & Mrs. Tong Chor Vang - 30 Yrs



Mr. & Mrs. Cha Xiong Kue – 34 Yrs

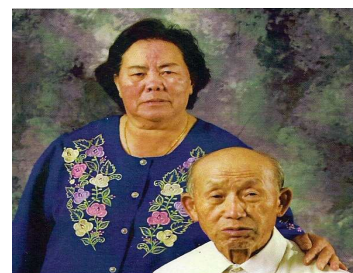
"Wives, submit to your husbands as to the Lord. For the husband is the head of the wife as Christ is the head of the church...."

Husbands, love your wives, just as Christ love the church and gave himself up for her".

Ephesians 5:22-23,25



Mr. & Mrs. Ya Yang – 12 Yrs



Mr. & Mrs. Chang Geu Hang - 51 Yrs.



Mr. and Mrs. Nha Toua Kue - 2 Yrs.

Mr. and Mrs. Joua Lue Hang - 20 Yrs.

*Alliance Women
Special
Valentine Svent!*

Please join us...

Sunday, February 14, 2010
From 1:00 to 3:00pm

We'll be having...

- Praise & Worship
- Three Romantic Guest Speakers
- A Pastor's Love Message
- Food and Fellowship

Bring your friends & family.
Happy Valentine's Day!

Recipe of the Month: Easy Chili

Warm up to a nice warm bowl of Easy Chili on a cold winter day. Enjoy this easy recipe.

- | | | |
|---|--|------------------------------------|
| 2 (16 oz.) cans red kidney beans, drained | 2 (16 oz.) cans chili beans | 2 (14 1/2 oz.) cans diced tomatoes |
| 1 tablespoon tomato paste | 2 lbs. coarsely ground chuck beef, browned & drained | 2 med. onions, chopped |
| 1 green pepper, chopped | 2 garlic cloves, crushed | 3 tbsp. chili powder |
| 1 tsp. black pepper | | |

1. Cook your garlic and onions in little oil in your pot and cook your beef until browned. How much you break up your beef will determine how chunky or fine your meat will be.
2. Drain the meat and put back in your pot.
3. Add the green pepper and mix
4. Add the Chili powder and black pepper to the pot and mix well
5. Now add your beans and dice tomatoes.
6. Cook for 30 minutes.

**Optional: Slow Cooker: Follow as above but put into your crock pot instead. Cook on low for 6 hours or high for 4 hours. You can always cook it longer. Just set on the low setting.

** Add a little fresh chopped white onions, sour cream or finely shredded cheese for an extra delight!



Lifetime Family Care

30229 Schoenherr Rd.
Suite 300
Warren, MI 48088

PHONE:
(586) 751-1177

FAX:
(586) 751-1180

E-MAIL:
lifetimfamily@lifetimfamily.net

Dr. Ia Kue



Services

Dr. Ia Y. Kue is board-certified in family medicine. She provides high quality compassionate, patient focused care for your entire family. Here are some of the health services that we offer here at our office:

- Family checkups, health screening, immunizations, sports and school physicals
- Treatment of conditions such as hypertension, diabetes, dyslipidemia, etc.
- Osteopathic Manipulative Treatment for: headaches, neck, shoulder, back pain
- Skin lesion removal, laceration repair, non-displaced fracture care and casting, joint injections, colposcopy and endometrial biopsy
- Office testing: EKG, X-ray, spirometry, lab draws

Call for Appointment

We're on the Web!

See us at:
www.lifetimfamily.net

Office Hours

Monday	8:00 AM	4:00 PM	
Tuesday	10:00 AM	6:00 PM	
Wednesday	8:00 AM	12:00 PM	(every other week)
Thursday	10:00 AM	6:00 PM	
Friday	8:00 AM	4:00 PM	
Saturday	9:00 AM	1:00 PM	(every other week)



**WARREN HMONG
ALLIANCE CHURCH**
30301 Gloede Dr.
Warren, MI 48088

