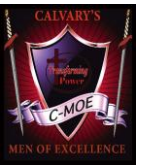




CALVARY'S MEN OF EXCELLENCE



Winter Edition 2010

Visionary and Establishmentarian, Bishop Terence M. Sykes

Bishop Terence M. Sykes is a native of Portsmouth Va. He began his musical journey at the age of five and also gave his life to the Lord at an early age. He completed his early education in the Portsmouth Public School System and later added to what God had already given him by attending and completing further academic instruction at Norfolk State University in Norfolk, VA. He holds a Bachelor of Science Degree in Public School Music Education with a major in piano and a double minor in voice and organ. Bishop Sykes also has academic credits toward completing studies in a Master of Divinity at Beacon University in Columbus, GA.



and Liberty University in Lynchburg, VA.

Bishop Sykes accepted the call of God into the Ministry in 1983 and was licensed in 1984. In May of 1987, upon hearing the voice of God, he ventured out and established a non-denominational church called Shekijah Preparation Assembly. Shekijah in the Hebrew tongue, God had said, means, "I DWELL HERE!!!" The True Vine Churches of Deliverance, Inc. (Winston-Salem, NC), under the leadership of Apostle Sylvester Davis Johnson, consecrated him into the Bishopric in September 1997. Currently, Bishop Sykes and Shekijah is an active affiliate of the Mt. Calvary Holy Church of America, Inc., which has its headquarters in Washington, DC.

Bishop Sykes has recorded several CD projects including his first L-I-V-E Solo Project entitled "Real Worship"

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Project entitled "Real Worship", recorded at the Greater Mt. Calvary Holy Church in Washington, DC where his pastor and apostolic covering, Archbishop Alfred A. Owens, along with Co-Pastor Susie Owens, minister. He has also had some of his original music recorded by internationally renowned Gospel artist Donald Lawrence.

In addition to being an accomplished musician, songwriter, and psalmist, Bishop Sykes is an anointed preacher and teacher of God's Word. His gifts have truly made room for him. Along with his pastoral duties, he is also the State Bishop of the Virginia District for the Mt. Calvary Holy Church of America. Bishop Sykes has done revivals, workshops, concerts, seminars, and guest appearances alone, with his wife, and with his church, in a number of cities in the Continental United States, as well as internationally.

Bishop Sykes has a heart of compassion and love for God's people and exemplifies **true qualities** of being saved in today's world. Bishop Sykes has a heart of compassion and love for God's people and exemplifies **true qualities** of being saved in

today's world. He is very much concerned about "MEN" being whom God has called and ordained them to be in the Twenty-First Century Church.

Bishop Sykes has a heart of compassion and love for God's people and exemplifies true qualities of being saved in today's world.

Much of his time is geared towards praying, mentoring and reaching Men of all ages within the community and church. He is the founder of Shekijah's Men's Ministry "Mighty Men of Valor" and challenges each member to carry the vision of the church

and reach out to the community. His ultimate desire is to please the **ONE** for whom he lives and loves, His Majesty, **King Jesus!**Life,"



A Look At Diabetes

By Elder Damon Green, MD, MS
Greater Mount Calvary Holy Church
Washington, DC

If you are a man over twenty years of age, feeling unusually and persistently tired, noticing a gradual loss of weight without doing anything in particular to lose weight, with a seemingly unquenchable thirst, having to urinate – to pee, that is – more often than what is normal for you, and perhaps some slightly blurred vision, or maybe a sudden change in vision if you already wear glasses, then you may be experiencing the first signs and symptoms of Diabetes Mellitus. Some may just call it Diabetes, and others will simply say, "I got sugar." Whatever your terminology may be, it all describes the disease where your blood sugar level is repeatedly higher than the normal range.

November was declared American Diabetes Awareness Month – how curiously appropriate to highlight a disease that is so closely



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associated with weight status and diet, during the month that begins the season when for many of us diet and weight control is thrown out the window, only to be replaced by days of eating. But awareness of this disease cannot be overstated. The number of people being diagnosed with diabetes is increasing annually, especially in the African-American community.

To be a bit more technical, Diabetes is a chronic disease, meaning long-term or lifetime illness, marked by high blood sugar (i.e. hyperglycemia), affecting multiple systems in the body. About 24 million people in the United States have it, with men and women being equally affected. It is listed as the seventh leading cause of death in this country. And just to be clear, eating too many “sweets” does not directly cause Diabetes. Although the exact cause is unclear, we recognize that genetics play a significant role. There are two types of Diabetes, both of which center around your body’s use of insulin – the hormone that causes the sugar in your blood to decrease by moving it into the necessary areas of your body where it will be used for energy. Type 1 Diabetes generally occurs in persons under twenty years old, who make no insulin. The vast majority of Diabetics have Type 2, where persons are over 20 years of age, overweight, make

some insulin, but either do not make enough, or the body does not respond to the insulin that is there (i.e. insulin resistance).

The devastation of Diabetes occurs in its complications. It is the most commonly reported reason for kidney failure in the U.S.A., and the major cause of blindness among adults. Diabetes can cause severe damage to the heart and circulation leading to heart attacks, strokes, and nerve damage. Symptoms of nerve damage include numbness, tingling, or pain in arms and legs; impotence (erectile dysfunction); slow digestion in the stomach and reflux; loss of sensation that allows other illnesses to go unchecked because the pain they would normally cause has been dulled by the Diabetes, leading to grossly out-of-control infections, or sudden death. Other complications include poor wound healing, decreased ability to fight infections such as pneumonias, amputations, gum disease, and coma. All of which can ultimately lead to the most overwhelming complication – especially to men – the loss of income (need I say more?).

Treatment, therefore, cannot only focus on lowering the blood sugar, but must by necessity have as its final goal the prevention of disabling and deadly complications. The major risk factor of Diabetes is being overweight or obese, which lowers

your body’s ability to make insulin or use it correctly. Other risk factors include family history, belonging to a racial minority group, high blood pressure or cholesterol, and physical inactivity. Lifestyle changes are the cornerstone of treatment and prevention - basically eating less, and exercising 30 minutes, 5 times per week (just enough to cause heavy breathing is adequate). Losing just 5-7% of your body weight is enough to delay or prevent this disease. You cannot change your genetics, but you can become educated about your health and talk openly with loved ones for support and your doctor to help control co-existing medical conditions. If these changes do not help, then medicine becomes a consideration – pills and/or insulin. If you must use insulin, do not think of it as a failure or a death sentence. Think of it as the best way, when necessary, to tightly maintain your blood sugar at normal levels, and prevent the development of nasty complications.

This is an effort to add strength to strength. So, take this little exercise in awareness, MAN, and use it to practice living rather than dying. Remember, you can do all things – anything that must be done – through Jesus Christ.

By Elder Damon Green, MD, MS
Greater Mount Calvary Church
Washington, DC



Director's Corner

International Director of
Men's Ministry
Pastor Cleveland E. Bates
Rose of Sharon Revival Center
Norfolk, VA



Set Apart

By Pastor Cleveland E. Bates
Rose of Sharon Revival Center
Norfolk, VA

When I think back over my life and begin to reflect on where God has brought me from, two words come to mind, "set apart." God, Himself, did not allow me to be consumed by frivolous things of the world, did not allow me to get caught in the snares the devil designed for me – even though I deserved it to be so. I freely gave into the whim of sexual lusts and other impurities. God, though, in His infinite wisdom knew that in order to be able to use me for His glory, I would need to be set apart. These powerful two words are important for many

Set apart can further be defined as "cleaned up," "purged for a purpose," "refined," "revived," "reassured," "rescued," and "released for a work in the Kingdom of God."

reasons, but in particular, they give meaning to perfecting work of the Holy Spirit and our own pursuit towards sanctification.

Just considering the definition of set apart causes my heart and soul to bow to the awesomeness of God. In the English dictionary, set apart is defined as "brought out of something for something or purposely separated for the work at hand."

Set apart can further be defined as "cleaned up," "purged for a purpose," "refined," "revived," "reassured," "rescued," and "released for a work in the Kingdom of God." I now know that all that I was before the Lord claimed residence in my life could not fit into the Kingdom, which God has called me to. I

needed to be set apart so that the light of His Glory would shine through me to

men – that God might be glorified. Then and only then would men recognize whose I was, not by what I say but whom I have become through Him.

I have been set apart from trouble to triumph, from indiscretions to integrity, from a liar to a leader, from abused to anointed, from beaten and battered to broken for the cause of Christ. Men, God had this set time, before the foundation of the world, that we may be set apart as mighty men of God, professing and proclaiming God's love for all. We acknowledge that the "set apart" status was neither earned nor deserved, but God's favor once again bestowed upon us "freely" what we could never purchase. We have been called to a work, Men of Excellence and God is expecting a return on the deposit He has made in us.

In His Service,
Pastor Cleveland E. Bates
Director, IDMM
Rose of Sharon Revival Center
Norfolk, VA





Mission

Godz Youngstaz Foundation is an organization comprised to guide, motivate, as well as educate the minds of our Youth on a spiritual level.

Business Concept

Godz Youngstaz Foundation publishes a spirit filled graphic novel designed to reach and minister to our youth.

G.U.T.S. (God Understands Teen Struggles) will provide a doorway to help youth develop a spiritual awareness, promoting positive decision-making and pro-social skills. This message will establish a forum for GUTS facilitators to speak and promote the vision of ministry through the arts within a variety of youth events. [Youth Events: Parties, concerts, talent shows, etc.]

Proceeds from marketing tools will provide funding to assist in acquiring a building for ministry.

Competition

The concept of the media attacking

our youth, mentally and spiritually, with negative and conflicting messages, challenges our mission to relate to teens within their surroundings.

Our advantages for competition:

- We provide a new and attractive alternative to the youth.
- We provide relatable topics to teens containing solutions to challenging youth issues from a Godly perspective.
- We provide a collection of activities for our youth as an alternative to hanging out on the streets which in many cases lead to juvenile activities.
- Most importantly, we approach the life's troubles and challenges with a familiar urban style that will increase the trust levels of our youth.

Reasons for a Christian Graphic Novel:

- **GUTS** brings kids, teenagers, and even adults, to God.
- Reduces stealing, killing, hate, and

all evil things in the world.

- Teenagers will not always run to what's accepted, but what is right.
- People will learn Bible scripture in every issue.
- There will be a website for comments by the teens.
- The site gives kids someone to talk and ask questions to.
- It get kids back reading rather than watching TV all the time.
- The comic book brings laughter with certain scenes to keep the reader interested.
- **GUTS** allows kids to relate to characters as themselves.
- Shows teens how to handle situation the proper way.
- An activity for youth ministries.
- Most importantly, it shows youth the understanding of God's laws and the loving ways of Jesus Christ.





About the Founder

On April 23, 1981, Rosean Lindsey was born in Brooklyn, New York. Later he and his family moved to Norfolk, Virginia where he was raised in Park Place community. As an adolescent he grew up in the streets experiencing broken innocence and was constantly exposed to all types of drugs. Rosean found himself participating in criminal activities as a part of the normality of his culture.

While in grade school, Rosean lost both his mother and father from long term drug addictions. Despite the high truancy and dropout rate expected from the youth within his demographic, he managed to stay focused long enough to complete his high school education. Rosean Lindsey graduated from Maury High School (2000).

In order to cope with the pain of his childhood and survive within his environment he chose a life style that

was hurting his health and ruining his future. Amazingly, God placed people in his life that could plant seeds of wisdom and show him that there was another way. In the fall of (2007) Rosean made the decision to surrender to a higher power and received a new life.

With hard work and diligence, Rosean received his Associate's degree, in Web/design (2002).

In a recent interview, Rosean was asked, "How are you able to produce such quality work?" With humility and confidence he responded, "God gave me an artistic ability that

allows me to minister the word of God." Rosean is sure to honor God for all that He has brought him through. He shares that God showed him in a vision to develop an illustration that was relatable and practical within the lives our youth.

In 2007, he was blessed with office space, a new graphic art design

position and pursued his own non-profit venture in order to make his

"Don't Have Miscalculated Sight" is a story from Godz Youngstaz Inc's Don't Get It Twisted series that provides young readers with a real picture of inner-city life. Stories will immediately engage youth facing issues of low self-esteem, insecurities, peer pressure and gang violence. Bring this collection to your family, school, church, or community to guide children where it can be difficult to face the realities of decisions we make.

sean founded Godz (2007).
ear, he completed a Christian comic content promoting the faithfully pursuing Place community, with the opportunity t class for youth. He operates in a forum es, and mentors community he

ster Rosean Lindsey





Salvation Emancipation

By Deacon Brad Walker
Greater Mount Calvary Holy Church
Washington, DC



The mere fact that salvation is *free* is a hard concept to grasp, because our forefathers instilled in us that nothing in life is free. Adam's defiance in the Garden of Eden required him to cultivate the ground (*work*) for what was freely given through obedience to God. The Apostle Paul also reminded the church at Thessalonica; "*the one who is unwilling to work shall not eat*" (2Thessalonians 3:10b). These aforementioned mandates conditioned men to equate rewards with actions. This concept is not totally incorrect; however, our search for emancipation (*freedom from our Father's directives*) has us rehearsing James' statement, "*faith, if it has no works, is dead, being alone.*" (James 2:17b).

Christ knew this dichotomy Christian's would face, as we are caught between apostle and disciple or commonly - leading and following. The definition of discipleship is one who has chosen to follow a leader. We usually are candidates for trouble when we move beyond the elevation of God and negate his destined time of promotion. Romans 10:3 states, "*they being ignorant of God's righteousness, and going about to establish their own righteousness, have not submitted themselves unto the righteousness of God*". As men, we abhor following instead of becoming sponge-like creatures and relishing the impartation of Godly guidance. The crux of this rebellion is Satan. He grew weary of adhering to God's timing and decided to create his own army to overthrow God. It is

recorded in Isaiah 14:13-14, Satan stated, "*I will ascend into heaven. I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north: I will ascend above the heights of the clouds; I will be like the most high.*" Reading the self deception of Satan is unimaginable that we think we can exist apart from God. Lucifer's diatribe of self exaltation ends with three important words – **THE MOST HIGH.**

Our bouts with leadership are not as foolish as the enemy's, but Isaiah 53:6a says, "*All we like sheep have gone astray; we have turned everyone to his own way*". This scripture prophesies of our human dilemma to be led by a father (perhaps a Pastor in the gospel). The world has created a judicial ruling where a child can remove him/herself from parental guidance. Thankfully God has saved us from ourselves in becoming the sacrificial lamb. His love is unconditional! God's love is toward those who love him and those who do not. There is essentially no way we can divorce ourselves from God's guidance. Despite our time away from God, "*Christ has once suffered for sins, the just for the unjust, that he might bring us to God, being put to death in the flesh, but quickened by the spirit*" (1 Peter 3:18).

Satan illustrated the highest level of treason toward God by negating God's importance in every aspect of our lives. God gave us an illustration in the Prodigal Son (Luke 16). We are aware of this biblical story – how the son sought the worldly glamour discounting his father's love. Sound familiar? Just like the day we listened to the Holy Spirit and gave our lives to the Lord, Luke 16:17 states, "*And when he came to himself, he said, how many hired servants of my father's have bread enough to spare, and I perish with hunger!*" There are those that experience God's blessings, but it is the relationship we possess that differentiates us. "*Henceforth I call you not servants; for the servant knows not what his lord doeth; but I have called you*



Continued from page 5

friends for all things I have heard of my father, I have made known to you" (John 15:15). It is the relationships we develop with God, our Pastor, and brother's that are paramount in our Christian lives.

Jesus Christ counseled his disciples with this 'new intimacy' (as it is aptly subtitled in the bible) on the road to the Garden of Gethsemane. These words were spoken to his disciples as foreshadow of Hebrews 13:1 that says, "Let brotherly love continue". When Christ spoke these words, the disciples had not experienced any apostolic acts courtesy of the indwelling of the Holy Spirit. In fact, after Christ's crucifixion, Simon Peter led the disciples to return to the employment from whence they were called – fishing (John 21).

Knowing that men handle emotions through work, the bible is filled with parables (i.e. farming, fishing, carpentry, etc.) to illustrate Christ's wisdom toward those that follow His teachings. During this instance, Christ used spiritual knowledge to supersede the thoughts toward fishing the disciples held. This was His final act to encourage the disciples to wait in the upper room for the power of the Holy Spirit to change their conventional knowledge into spiritual wisdom. "For though you have many instructors in Christ, yet have ye

not many fathers: for in Christ I have begotten you through the father" (1Corinthians 4:15).

The disciple relationship is priceless when we glean from our fathers and brother's in the gospel. This impartation of wisdom is not solely for our growth, but as Christ asked Peter in John 21, feed my lambs/sheep.

By Deacon Brad Walker
Greater Mount Calvary Church
Washington, D.C.

It's Time To Get Fit!

Mt. Calvary Holy Church of America, Inc.
EMPOWERMENT CONFERENCE 2011
January 18th through 22nd in Orlando, Florida!
4 days and 4 nights of equipping and empowering church leaders and lay.
Theme: "Becoming Organizationally Fit"
— (Ephesians 2:21, 4:16)

HOSTED BY PERSONAL TRAINERS...
ARCHBISHOP ALFRED A. OWENS, JR. (INTERNATIONAL PERSONAL TRAINER)
and **CO-PASTOR SUSIE C. OWENS** (INTERNATIONAL FOOT LEAD)

Bishop Alfred A. Owens, Jr.,
Presiding Prelate

Bishop Hansel H. Henry,
Executive Vice Bishop

Bishop Harold I. Williams, Sr.,
Patriarch

BOOK OF THE MONTH

Psychoanalyst Guy Corneau traces this experience to an even deeper feeling men have of their fathers' silence or absence-sometimes literal, but especially emotional and spiritual. Why is this feeling so profound in the lives of the generation-men approaching middle age? Corneau says, this generation is in a phase in the initiation ritual that has ensured a manhood examination

ways this missing link manifests in men's lives, Corneau shows that, for men today, regaining the essential "second birth" into manhood lies in gaining the ability to be a father to themselves-not only as a means of healing psychological pain, but as a necessary step in the process of becoming whole.

One day I was in Kampala the capital city of Uganda – Africa. I went upstairs and started looking around the busy city. You can imagine any city you know because I believe Kampala is among the small cities in the world today.

When I received Pastor Bates' letter seeking the article



Seeing The City With The Eyes Of God

By Pastor Rukundo Nathan

Uganda, Africa

Seeing The City With

writing, I chose to write “SEEING THE CITY WITH THE EYES OF GOD” My memory then went back to that day because I had come from the village and I was in the city upstairs seeing many buildings tall and short, busy streets and many others. Then a thought came in my mind,” Suppose Jesus was the one standing in that position, what would He have seen? Jesus would not only see the tall buildings and the busy streets only but His eyes would penetrate more than that and see what was being done inside there. He would see the corrupt banking systems in the banks. He would see the corrupt officers in many offices. He would see the broken hear-tesd and the weary driving and walking along the streets. He would see the healthy workers, doctors and nurses with the hopeless sick as their clients in need of some thing from them instead of having compassion and giving them love. He would see some of them busy aborting innocent souls. Jesus would see many manufacturers of



strong alcohol and others manufacturing drugs with aim to disturb the minds of God’s people. His eyes would go to the corrupt courts of law. His eyes would see the idolatry done in the houses called by his name. He would see Jehovah’s witness’ and many other cults. He would see the immoral teachings on Internets and computers known as pornography. He would see the abandoned children by their own mothers left to die, and the separated families living in prostitution. Jesus would see much beyond what I can write and even imagine because his eyes sees even the hearts and can see every wickedness.

Then Jesus would see the few chosen for his commission but very busy with their daily work; too busy to preach and more badly too busy to pray. He would see many

of them having no time for his work. Jesus one day saw the city of Jerusalem during his ministry on earth and cried over it (Matt.23: 37). Jerusalem was as busy as any city today. Jesus had preached for three years and the Jews had rejected him as the Messiah. His mission was about to be over on the cross and after his resurrection he gave you and I, THE GREAT COMMISSION (Matt. 18—19). Jesus brought the good news to the world. He gave us the commission to take this good news to cities and all nations. The good news is the solution to every man’s problem. Jesus is the city’s solution through you and I (Luke 8: 18—19). You and I have the therapy for every nation, and this therapy is Jesus who is in us. God is seeking for men and women who have his eyes and heart for cities and nations. He wants you and I to answer and say,” HERE AM I LORD” I am available for you send me (Isaiah 6: 8).

By Pastor Rukundo Nathan

Uganda, Africa

I don’t know why God does everything that he does, but I know he always gets it right. As evidence, He could not have chosen a better mother for me. She exemplifies Proverbs 31 and has always displayed Christ to



I Will Always Love My Mama...

By Minister Elgin Holston
Rose of Sharon Revival Center
Norfolk, VA



“She openeth her mouth with wisdom; and in her tongue is the law of kindness.” Living in a house with four males, certainly had to be difficult. There were times when testosterone ran ramped in our house. Yet my mom always had a kind, gentle word to speak that would ease the situation. As I grew older, I found my mother was actually quoting scripture, without quoting scripture. She has always been, and remains the glue holds our family together. **For that, I will always love my mama...**

“Favour is deceitful, and beauty is vain: but a woman that feareth the LORD, she shall be praised.” All of my life, I have known my mom to be a woman of who fears the Lord. It was common to find her kneeling at the side of her bed praying or worshipping in the sanctuary during service. During these times, no matter how hard I tried, she would not move or be

others and to me. She is the best mother in the world and my life is the better for it. **For that, I will always love my mama...**

“She riseth also while it is yet night, and giveth meat to her household...” Our two-income household required my mom to leave before dawn, before the rest of the house rose, to report to her employer. Yet, every day, without fail, I could count on several things. First, breakfast for everyone in the house lay on the kitchen counter. Second, each child would receive a phone call at the time they were expected to return from school. Finally, upon her return from a full day of work and in the midst of shuttling the neighborhood kids to and from soccer and basketball practice, she prepared a balanced meal for the family to sit down and dine together. **For that, I will always love my mama...**

“She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy.” Stepping outside of our own worlds to help those in need often goes overlooked. It is easy to get

disturbed, for she was in communion with the Lord. Through her example, I learned the importance of a personal relationship with our Lord and Savior Jesus Christ. **For that, I will always love my mama...**

I could go on and on about my mom. THANK YOU GOD! Thank you for giving me a mother such as this. A mother to love, honor and respect. Mom, you have always been there for me, loving me unconditionally. **And for that, I will always love my mama...**

Minister Elgin Holston





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