

VESSELS OF HONOR MINISTRIES INTERNATIONAL

# FOUNDATIONS

QUARTERLY NEWSLETTER

## READY TO BUILD SOME... VOH MENTUM?!

Everywhere you go, people at this time of year are preparing for end-of-the-year festivities and beginning-of-the-year commitments. From holiday parties to planning for change in the New Year, this season bustles with family gatherings and great food. This is also the time when we see companies having annual business meetings and friends hosting vision-board parties. Simply put, everyone's trying to figure it out!

Furthermore, as we look upward to God for purpose and vision, and at the same time look inward to find inspiration, it is important to make sure that our vision has clarity. For instance, when we go to the eye doctor, his or her goal is to help make our vision clearer. To do so, the doctor will initially check the level of accuracy of what is currently seen, and then makes adjustments. They may even give a prescription to help us continue to see clearly when we leave. One of the instruments used in this evaluation is called a phoropter. You know the one! It's the big, multi-lens contraption that clicks different lenses into your field of view to see which lens will give you the most clarity.



As you think about your vision for the coming year, take some time in prayer to gain clarity. Allow the presence of God to show you direction and strategy you may not have seen previously. Then, once you begin to see a clearer vision, feel inspired, or realize which next steps you should take, write it down and catalog the journey. When you do this, not only will you become more energized and excited, but it will also help and allow others to see themselves in the vision too. *Receive it, see it, feel it, write it, do it!*

#VOHmentumBuilders

**LEON HINES, JR.**  
vessels of honor ministries int'l  
senior pastor



*"Be cheerful no matter what; pray all the time; thank God no matter what happens!"*  
1 Thessalonians 5:18 MSG

Complaining can be easy, and truth is, no one wants to be considered as a "complainer," but statistics show that on average, an individual person can complain at least 30-40 times a day - often without even realizing it! The good thing is that God has already built in a way for us to complain less through practicing three familiar habits: 1) Be cheerful; 2) Pray all the time, and; 3) Be thankful.

For thirty days, we are challenging our VOH family and friends to build *VOHmentum* in this area of their lives by identifying at least one thing they are thankful for each day. Thankfulness has an uncanny way of changing our daily outlook on life and can also help others find joy in a time when there are so --

*(continued on page 3)*

### SHARE SOME LOVE



Share some love for Vessels of Honor Ministries by going on to YELP & GOOGLE and submitting a review. All you have to do is just click on the icons to help others who are looking to know more about our vision, services, bible studies and ministry in the community! That's it and thank you in advance!



"Our fathers, partners, brothers and friends are facing a health crisis, yet it's rarely talked about. Men are dying too young. We can't afford to stay silent."

In 2003, Movember was launched to help bring greater awareness to issues specifically affecting men's mental and physical health. The Movember movement looks at mental health through a male lens, focusing on prevention, early intervention and health promotion.

For the past several years, Pastor Leon has teamed up with a group of men to help bring awareness to the issues plaguing many men, both physically and mentally. The goal is to encourage one another to get regular health check ups and also seek help when needed.

**BOTH MEN & WOMEN CAN HELP**

Pastor Leon would like to challenge men and women to partner with him in bringing greater awareness to the Movember movement. Whether you are a "MO-Bro" or a "MO-Sister," everyone can take part in this cause.

**WAYS YOU CAN PARTICIPATE**

1. Start a push-ups challenge to help bring awareness to issues surrounding suicide and mental health issues among men and veterans. Complete 22 push-ups for twenty-two days, and each day invite someone to join the challenge with you.
2. Grow your 'stache!! No beards or goatees allowed and you must start clean shaven. (Pastor Leon said men and women can both participate :) Click below for the rules: [us.movember.com/get-involved/moustaches](http://us.movember.com/get-involved/moustaches)
3. Visit [us.movember.com](http://us.movember.com) to make an online donation.

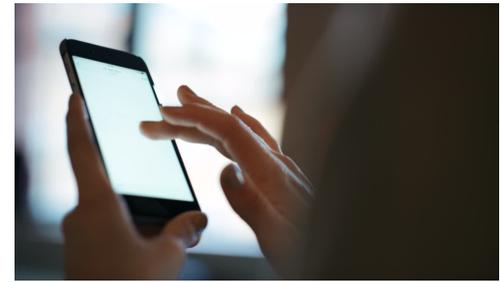
**NEED HELP? HERE'S WHERE TO START.**

**Prostate Cancer Resources**  
Contact the Prostate Cancer Foundation at: 1.800.757.CURE (2873). Or go online to [www.pcf.org/patient-resources/](http://www.pcf.org/patient-resources/)

To speak with someone immediately, contact:  
**National Suicide Prevention Lifeline**  
1-800-273-8255 (1-800-273-TALK)

**National Alliance on Mental Illness (NAMI)**  
1-800-950-6264 or Text NAMI to 741741.

If you're ever worried that someone's life is in immediate danger, call 911 or go directly to emergency services.



**YEAR-END STEWARDSHIP BEST PRACTICES FOR 2022**

By Corey Saxton  
Guest Contributor

Building greater financial health takes both planning and prayer. Here are a few tips to help you start off your 2023 with confidence and a healthier, balanced outlook for the new year.

1. Plan your financial 2023 today. Get proactive in your finances. What would you like to see happen financially next year?
2. Do you have debt? Set a goal to tackle your debt.
3. Set a savings goal.
4. Set an investment goal.
5. Look back over the last 90 days (Bank statements and credit cards) You will be able to track your money. See what's preventing you from advancing financially and cut it off or reduce it.

You have to take inventory of your finances. If you don't know how you arrived where you currently are, you'll never be able to move forward to where you'd like to go.

**Spiritual advice:**

Invite God into your financial life. Give Him access and control. He'll never steer you wrong.

**Practical Advice:**

If your finances have been a challenge for you to tackle on your own then seek professional help. Most people don't change their own oil or paint their own houses, they get a professional to help them. Find a professional that can help you with your finances.



COREY SAXTON is the Senior Pastor of Foundation Christian Ministries in Palmdale, CA. Corey is also an avid proponent of "The Blueprint," a spiritual and life game plan to help others find identity and purpose in life. This plan includes lessons from what he calls the five F's: Faith, Family, Finance, Fitness, and Focus.



**VESSELS OF HONOR'S COMMITMENT TO COMMUNITY GIVING THIS DECEMBER**

One of the core values at the heart of Vessels of Honor Ministries (VOHo) is our passion and commitment toward serving our local communities.

Since our "VOHo 2.0" relaunch, we have actively worked to provide gifts and groceries to individuals and families both within our church and the surrounding community during the holiday season. For the past two years, however, with the onset of the pandemic, operations were postponed. But we are back this year and we want your help! This December we are asking our VOHo family and friends to help us collect donated goods and groceries for the Christmas season.

Starting Sunday, December 11th, come worship with us at 11:30a service and be sure to pick up

a specially designated VOHo toy and grocery collection box to take to your workplaces, neighbors, family churches, friends and loved ones.

We are asking for donations of either non-perishable foods/canned goods or new, unwrapped, toys/gifts for students ages 0 - 18 years of age. All donations will be collected for 12 days beginning December 12 through December 24 and we will distribute on Christmas Eve.

For any questions or for monetary donations, call (818) 835-5345 or go online to [vohchurch.com](http://vohchurch.com) and click **GIVE ONLINE**.



**BOX DIMENSIONS:**  
3' X 3'X3'

**THIRTY DAYS OF THANKFULNESS**

*(continued from p.1)*

(con't) -- many uncertainties and frustrations in life that seek to convince us otherwise.

Therefore, each day this month, we invite you to share one thing for which you are grateful. Be sure to tag @VOHChurchLA on Instagram and Facebook so that we can celebrate with you!

Need help with your "thankful" list? No worries! Below is a list of "thankfulness" to get all of us off to a great start each day.

*"Do everything readily and cheerfully—without complaining and no second-guessing allowed! Go out into the world uncorrupted, a breath of fresh air in this squalid and polluted culture. Provide people with a glimpse of good living and of the living God, and appear among them as shining lights in the world."  
Philippians 2:14-15*

**I Am...**

- Thankful that God loves us at all times
- Thankful for the ability to thank God
- Thankful for peace and joy
- Thankful that God helps us when we need it.
- Thankful for God's Grace
- Thankful for strength
- Thankful that I have another chance to live my life
- Thankful for rest
- Thankful for salvation
- Thankful for my health
- Thankful for having friends and family
- Thankful for normal bodily functions
- Thankful for grace and hope
- Thankful for healthy relationships
- Thankful for the ability to use the fruits of the spirit to help people
- Thankful for the my gifts and blessings
- Thankful for having Holy Spirit's presence with me when I need it
- Thankful for being able to enjoy music
- Thankful for feelings such as joy
- Thankful for God giving me the voice I have to proclaim His word
- Thankful for Your presence being with me
- Thankful that what happens in my life today matters to God
- Thankful for good friendships and relationships
- Thankful that God's word will help get me through
- Thankful for a place to rest
- Thankful for food that God provides
- Thankful for God being my comfort
- Thankful for remembering what I've forgotten
- Thankful for my freedom and deliverance
- Thankful for wholeness and healing
- Thankful for the strength to be disciplined



**EASY HOLIDAY SPICED APPLE CIDER RECIPE**

Try this easy-to-make holiday cider to warm your soul and delight your palate!

**Appliance needed:**  
Slow cooker (may also use a large pot on the stove and cook on med-low heat).

**Ingredients (4 servings)**

- 1 orange
- 1 tsp whole clove
- 1 apple
- ½ tsp whole allspice
- 2 cinnamon sticks
- 64 oz. apple juice or cider
- ¼ cup honey or brown sugar (optional)
- ½ tsp nutmeg (optional)

**Preparation**

- Peel orange, set aside peelings.
- Insert whole cloves into the flesh of peeled orange.
- Insert whole allspice orbs into the washed apple (leave on skin).
- Put the juice, orange, apple, cinnamon sticks, brown sugar and nutmeg into the slow cooker/pot.
- Turn on high for 2 hours\*, then keep warm on low until you're ready to drink.

\*\* If using stove method, bring all ingredients to a boil then simmer for 45 min to 1-hour.)

Optional: Top with whipped cream for an added richness.



**HOLIDAY FOOD SAFETY**

Keep your holidays happy by handling food safely. The [foodsafety.gov](https://www.foodsafety.gov) website from the U.S. Department of Health and Human Services provides some valuable holiday food safety tips:

- Wash your hands frequently
- Keep raw meat away from fresh produce
- Use separate cutting boards, plate and utensils for uncooked and cooked meats to avoid cross-contamination
- Use a food thermometer to make sure meat is cooked to a safe temperature
- Refrigerate hot or cold leftover food within two hours of being served
- When storing turkey, cut the leftovers in small pieces so they will chill quickly
- Thanksgiving leftovers are safe for three to four days when properly refrigerated

**EVERYDAY WELLNESS TIP**



**THE BENEFITS OF LAVENDER**

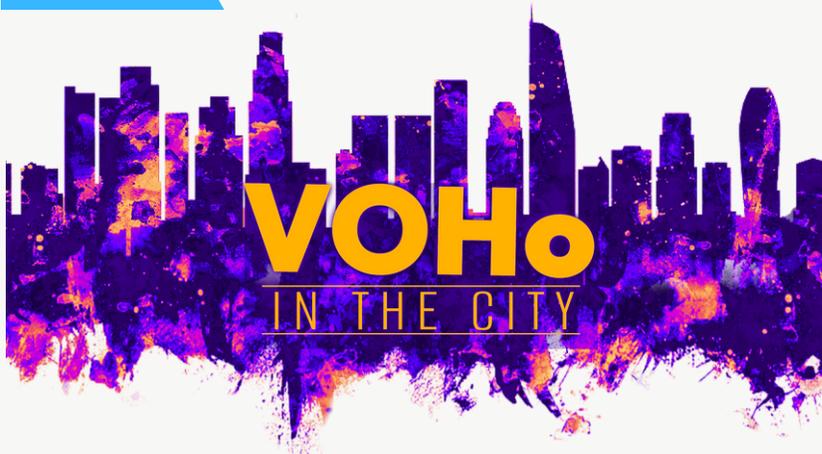
Lavender has many everyday benefits. Not only does it provide greater calm and tranquility, but lavender also has anti-bacterial properties and can help decrease acne flare ups. Additionally, if you have a special "green thumb" touch with growing plants, Lavender acts as an insect repellent in our out of the home. Here are a few more benefits to using Lavender below:

- Decreases intensity of migraines.
- Protects against fungal infections.
- Is rich in antioxidants.
- Lavender leaf tea improves metabolism.
- Improves mood.
- Helps fight depression and anxiety.
- Improves sleep quality.
- Helps stimulate hair follicles.

For more information on the benefits of lavender, visit: <https://www.healthline.com/health/what-lavender-can-do-for-you>

# COMMUNITY RESOURCES

## VOHO IN THE CITY



## IN "THE NEIGHBORHOOD"

VOH YOUTH & YOUNG ADULT MINISTRY IS GAINING VOHMENTUM TO SPREAD GOD'S LOVE IN THE COMMUNITY

Our Fall study focus for The Neighborhood has been on ways in which we can water and sow seeds of God's heart in the community. In the months ahead, keep an eye out for these following community events: Art-in-the-City Mural, Sundae Service, VOHo Escape Room, Community Sidewalk Chalk Art, video game tournament, and more!

To volunteer or for more information, email [support@vohchurch.com](mailto:support@vohchurch.com).



WHAT IS THE THIRD WORD IN THE BOOK GENESIS? \_\_\_\_\_

WHAT DID GOD CREATE ON THE THIRD DAY? \_\_\_\_\_

WHO WAS THE THIRD SON OF ADAM AND EVE? \_\_\_\_\_

WHAT WAS THE THIRD PLAGUE IN EGYPT WHEN PHARAOH REFUSED TO LET THE ISRAELITES GO? \_\_\_\_\_

WHAT IS THE THIRD OF THE TEN COMMANDMENTS? \_\_\_\_\_

WHAT DID QUEEN ESTHER ASK FOR AT THE 3RD BANQUET SHE PREPARED FOR THE KING? \_\_\_\_\_

SUPPLY THE MISSING WORDS FROM THE THIRD CHAPTER OF PROVERBS. "TRUST IN THE LORD WITH ALL YOUR \_\_\_\_\_ AND LEAN NOT ON YOUR OWN \_\_\_\_\_"

ON THE THIRD DAY AFTER JESUS DIED, WHO WAS THE FIRST PERSON TO VISIT HIS TOMB? \_\_\_\_\_

## EMOTIONS ANONYMOUS

Los Angeles County recently launched a program promoting emotional wellness for those in need of emotional support at no cost to you.

Emotions Anonymous is an internationally recognized, 12-step program that walks individuals through toward achieving greater emotional health.

EA meetings are virtual and meet weekly for for the purpose of working toward recovery from emotional difficulties. Participants come from many walks of life and are of diverse ages, economic statuses, social and educational backgrounds.

The only requirement for membership is a desire to become well emotionally.

To find out more information, Dial 211 in the Los Angeles area. If you live outside of the Los Angeles area, visit Emotions Anonymous online for more information at [emotionsanonymous.org](http://emotionsanonymous.org).

## NATIONAL RESOURCES

### DOMESTIC VIOLENCE RESOURCES:

LA County Domestic Violence Hotline:  
1-800-978-3600

National Domestic Violence Hotline  
1-800-799-7233

### HOMELESSNESS/HOUSING RESOURCES:

LA County Housing Authority : (213) 225-6581

- Hours of Operation: Monday - Friday
- 7:30 a.m. to 4:30 p.m.

National Suicide Prevention Lifeline:  
1-800-273-8255

## BE SAFE AT HOME

- Be extra cautious about locking doors and windows when you leave the house, even for a few minutes.
- Leave a radio or television on so the house looks and sounds occupied.
- Large displays of holiday gifts should not be visible through the windows and doors of your home.
- When setting up a Christmas tree or other holiday display, make sure doors and passageways are clear inside your home.
- Never place wrapping paper in your fireplace.

# UPCOMING EVENTS & ACTIVITIES



## FAMILY LEGACY ORIENTATION



### FAMILY LEGACY ORIENTATION WEDNESDAY, DECEMBER 7, 2022

Family Legacy Orientation (FLO) is our new members' class that introduces those seeking a church home to VOH, its history and vision. To register, click here:

[REGISTER](#)

### 12-DAYS OF "GIFT-MAS"

STARTS: DECEMBER 12, 2022  
BOX PICK-UP: SUNDAY, DECEMBER 11, 2022

VOH is going into the community to share in the giving!  
To reserve your Community Gift-Mas Box, go to: [www.vohchurch.com/contact](http://www.vohchurch.com/contact). (Or click CONTACT US in the dropdown menu.).



### HAPPY BIRTHDAY JESUS PARTY! SUNDAY, DECEMBER 25, 2022 11:30 AM

This year, we have a once-in-28-year privilege (yes this only happens every 28 years ...give or take!) to celebrate and worship together on a Sunday that is also on Christmas Day!

Come comfortable, bring your families and let's get ready for a Happy Birthday Jesus worship celebration .

### NEW YEAR'S BRUNCH SERVICE SUNDAY, JANUARY 1, 2022 10:00 AM

Let's bring in the New Year together as we start off the day with breakfast-brunch and worship. Save-the-date and more details and ticket information to come!



# WEEKLY/MONTHLY EVENTS & ACTIVITIES



## SUNDAY WORSHIP SERVICE

11:30 AM - SUNDAYS  
WEEKLY

Vessels of Honor welcomes family, friends and loved ones to worship together every Sunday morning. Join in person or online to be refreshed in God's presence and with His Word!

Virtual service viewing available at [vohchurch.com](http://vohchurch.com)

## MORNING MANNA PRAYER

6:00 AM PST- THURSDAYS  
BY TELECONFERENCE  
WEEKLY

Let's pray together every Thursday morning as we believe God together for His will and purpose for our lives. To join the prayer line, call (727) 731-7830.



## COMMUNITY PRAYER WALK

2:30 PM - 1ST SUNDAYS  
MONTHLY  
(following morning services)

There is still power in prayer! Every first Sunday, we walk and pray in our city for families, schools, commerce and legislation. Join us as we walk and pray together and believe that God will give the city peace and success.

## WORD CAFE BIBLE STUDY

WINTER SESSION START DATE: DEC. 14TH  
7:20 PM PST - WEDNESDAYS  
VIRTUAL SERVICE

As our Fall session of Word Café Bible Study concludes on November 16, our Winter session will begin after the Thanksgiving holiday. Mark your calendars and let's get ready to dive into the word as we begin our new study series on Wednesday, December 14, 2022 at 7:20 PM PST.

Weekly sessions are virtual.



## MEN'S WEEKLY PRAYER

7:00 PM PST - THURSDAYS  
BY TELECONFERENCE  
WEEKLY

Calling all men! Connect and be refreshed in prayer each week as Pastor Leon and the men's prayer team gather to pray and seek God's presence.

# DO YOU HAVE **VOHMENTUM?**

The past few years have been exhausting in many ways to say the least. The uncertainties of life thrust the entire globe into an immediate slow-down that, for many, eventually led into a full and complete stop. But thankfully, right now, God is strengthening His body and we stand readied to see the goodness of the Lord in each of our everyday lives.

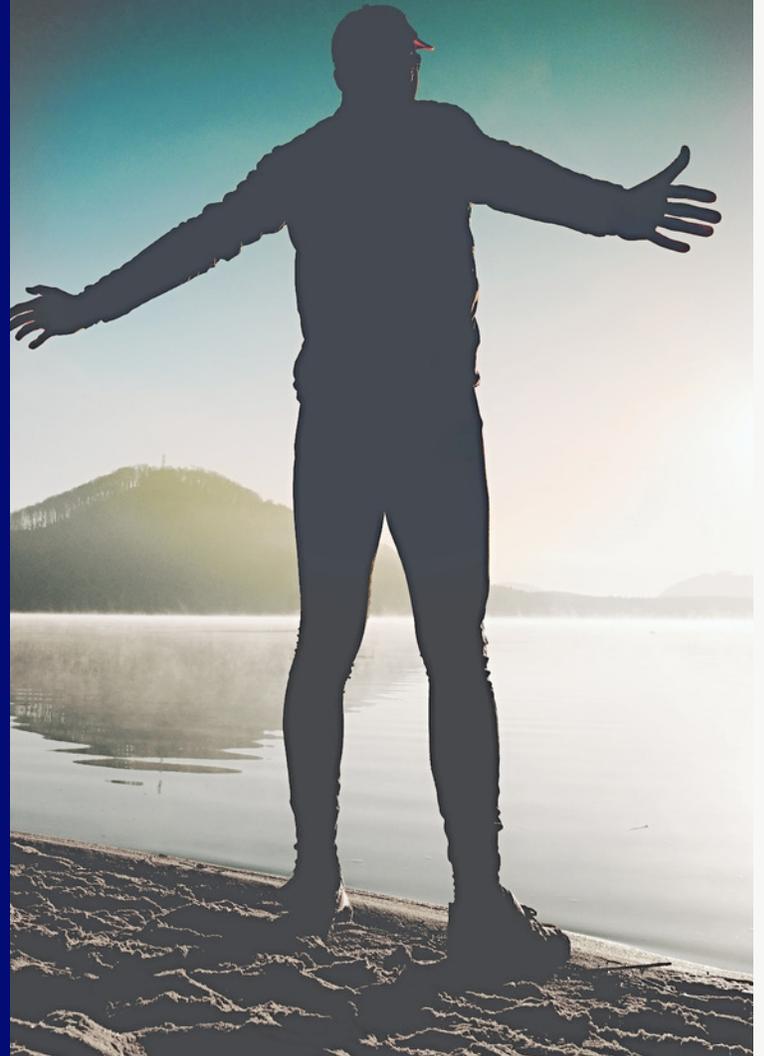
Likewise, here at VOH, in the months and years ahead, we look forward to actively working toward inciting greater excitement, momentum, strength and energy for God within our family of faith -- which includes our partners, legacy family and friends, and community connections (that means YOU :-). How might you ask? Through...VOHMENTUM!

VOHMENTUM is a concept that is two-fold. First, we take the initials of our church name and then match it with an electronics term (also called "voh") which is defined as a "charged up force or potential that produces high energy or strength."

Secondly, we then add momentum to that strength. The word "momentum" comes from the Latin word for 'moment,' which at its origin means "to influence motion." Then, when you put them together, you now have... VOHMENTUM.

VOHMENTUM is simply taking what each of us already possesses and we take our individual gifts, talents, skills and more, and then we use them to influence one another toward greater strength and energy so that we CAN be a FORCE of change in our communities, families, schools and workplaces. Basically, everywhere God chooses to send us!

We want to create moments of influence in our everyday lives to glorify God and show others how truly wonderful and loving He toward us all! Now, let's all go build some VOHMENTUM!!



**"GOD HAS CALLED US  
TO BE WORSHIPPERS,  
NOT CHURCH GOERS."**

**-PASTOR LEON**



13027 VICTORY BLVD., #500  
NORTH HOLLYWOOD, CA 91606



[www.vohchurch.com](http://www.vohchurch.com)

Learn Truth. **Receive Love.** Build Legacy.

**Prayer Requests:**

[www.vohchurch.com/contact](http://www.vohchurch.com/contact)

**Online Giving:**

Go to [www.vohchurch.com](http://www.vohchurch.com) and select GIVE ONLINE from the menu

**Mailing Address:**

13027 Victory Blvd., #500  
North Hollywood, CA 91606

**Sunday Worship Location:**

11110 Victory Blvd.  
North Hollywood, CA 91606

**Office Number:**

(818) 835-5345

**DOWNLOAD THE VOH APP  
FROM YOUR MOBILE STORE**

