

GENERAL INFORMATION

L&U Membership – Please help us serve you better: Please complete a contribution envelope each Sunday morning or evening you attend services, even if you don't contribute on that day.

If you are out of church ill or if you have any kind of tragedy in your life, including death in your family, please contact the church office-310-604-5900.

If you have been away from the ministry for a while, and you are not receiving mail or telephone calls from your church, please complete a Membership Update Card. (available in the north lobby)

Announcements for Sunday Bulletin must be submitted to the church office **NO LATER THAN 12 NOON WEDNESDAY.**

Baby Dedications are done on the 2nd Sunday of each month at the 11:30 a.m. service (unless changed by the office). An application must be given to the church office by Wednesday prior to dedication date. Applications are located in the north lobby. Once the form has been completed, it can be left in the **INCOMING TRAY** or turned in to the church office.

Water Baptism: If you have received Christ as Savior, and you need to get baptized in water, please sign up for baptism. Applications and instructions are available in the north lobby. **MUST BE 12 YEARS OF AGE OR OLDER.**

Transportation: Please contact the church office Mon -Wed. by 2:00 p.m. for Wednesday night service and Thursday - Friday by 2:00 p.m. for Sunday service.

All literature (flyers, cards, etc.) must be submitted to the church office before being placed on the information table.

Thinking About Getting Married? If you are planning to get married, and would like for Pastor Hill to participate in or perform the wedding ceremony, you must receive premarital counseling prior to setting your wedding date. To begin premarital counseling, contact the church office.

Do you have biblical questions? Submit them to the church office along with your name and Pastor Hill will address them on Wednesday night.

Looking for Employment? See our Employment Information Stand in the north lobby.

Lost and Found -- If you have lost items and would like to check the **Lost and Found**, please see one of the ushers or greeters after any of the Sunday services or Wednesday night Bible Study.

L&U STAFF DIRECTORY

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FASTING UNTIL 3:00 P.M.



Beginning Monday, January 7th - Friday, February 1st, we will be fasting until 3:00pm each day except Sunday. On Sunday, we will break our fast after morning worship service.

Pastor Hill is asking the entire congregation to participate in this special time of consecration.

Attention: Love and Unity Men!!



Pastor Hill is asking all men to help with the new carpet going into the sanctuary. Volunteers are needed to help move furniture on the following days and times:

- **Tonight,** immediately following the 6:30pm service - 25 men are needed.
- **Saturday, January 12th** immediately following Saturday morning Bible Study - 25 men are needed.

Men if you can help on either of these dates and times, please sign up in the North Lobby.

Please know that dates and times are subject to change, depending on how long it takes for the carpet to be put in. If the times do change, a text message will be sent.



Please join us for **Street Witnessing** Saturday, January 19th @ 10:15am. We will meet in the Meekness room promptly for prayer and instructions before leaving.

Elder Ray Branch, Outreach Coordinator



SHUT-IN

January 23rd - 25th

REVIVAL @ LOVE AND UNITY APOSTLE & LADY HILL

Thursday, January 31st – Friday, February 1st

L&U REAL PRAYER BREAKFAST

Saturday, February 2nd @ 9:00am/The Grand

FIVE SIMPLE TIPS TO BREAKING OLD HABITS & CREATING YOUR IDEAL LIFE

A habit is just something that each of us tend to do regularly. Each small habit accumulates into our general approach to life. So, changing our life is a matter of adjusting our habits, one small step at a time. Rather than focusing on 'breaking' old habits, put your energy into cultivating new habits or practices that are beneficial and nourishing.

This shift in mindset allows you to focus on positive change by staying committed to the life you want, rather than focusing on getting rid of something you don't want. Then, breaking old habits becomes a bi-product of progress towards creating your ideal life. They are easily dropped because you realize you don't need them anymore. With that in mind, if you are looking to "break a habit," here are some suggestions for you instead:

- 1. Add in the new habit:** First, create a new, beneficial habit or practice that you can put in place of the old one. If you're trying to break a habit without finding something useful to replace it with, then there's going to be a big gaping hole just waiting for you to fill it, which you might do by reverting to your old ways. By putting your energy into what you want to create and adding in more new habits that serve your highest good, you might just find that those behaviors you've been trying to get rid of naturally fall away. **Example:** Instead of sugary foods eat fruit.
- 2. Start small:** Once you've decided on your new habit, look at how big a leap it will be for you to achieve it. If your new habit seems almost impossible, you might want to chunk it down into manageable steps that you feel comfortable taking; something that won't threaten your mind too much. If the first step forward is simple and easy to do, then you're going to be more likely to take it than you would tackling the whole situation. Chunking the habit down and mastering one step at a time will create momentum and moving forward will become easier than you thought. **Example:** If you eat sweets daily, try 1 day/week with a likable fruit to eat for that day.
- 3. Do it now:** When it's time to act on your new habit, it can be easy to make excuses as to why you shouldn't start straight away. We can be so good at inventing justifications and excuses as to why now is not the best time to change. When you experience a thought like this, the best thing to do is turn the situation around. Intersect that thought by taking one action on the new habit. **Example:** Decide on what you can do right this very minute and implement it immediately.
- 4. Recommit:** Sometimes, despite your best efforts, you might falter and revert to your old ways. If this happens, there's no point beating yourself up over it or deciding that it's a sign not to continue. Instead, simply recognize where you have gone off the path, and then recommit to the new habit again. **Example:** You already know what steps you need to take, and it's likely that this time around it'll be easier for you to get started and maintain momentum.
- 5. Make it fun:** The more you enjoy the process of creating new, beneficial habits, the better. Be light about the process of change and get creative about how you can enjoy cultivating the life you want. You might like to add a social element, by having friends or family join you in your new and better ways of living. And celebrate your successes and acknowledge yourself for making progress towards living your best life. **Example:** Invest in an exercise video you like.