



the ENCOURAGER magazine

July 2025



GOD'S REST

COLUMBIA COMMUNITY CHURCH



ON THE COVER

Long-time congregant and usher Sandra Jordan seems to usher in the love of Jesus with her bright eyes and warm smile during her photoshoot on September 21, 2025.

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TABLE OF CONTENTS

PAGE **1** A Word from the Word

PAGE **3** Are You Resting?: Carolyn Fleming, RN

PAGE **4** Christian Comedy Corner

PAGE **5** Let Us Pray: Angela Hunt Bonitto

PAGE **7** Family Focus: Crystal A. Hood

PAGE **9** Getting to Know: Sandra Jordan

PAGE **19** Never Toil Again: Taylor Landrum

PAGE **21** The Librarian's Desk: Kelsey Hood

PAGE **23** Featured Article: Kim Odoms-Bolden

if you declare with your mouth,
"Jesus is Lord," and believe in your heart that God
raised him from the dead

you will be saved

Romans 10:9, NIV

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page01

theENCOURAGERmagazine



A WORD FROM **THE WORD**
PASTOR REGINALD L. ELLIOTT

There
remaineth
therefore a

Rest

to the

People of God

Hebrews 4:9, KJV



THE REST OF GOD

The idea of resting in God is one that appears in a number of places in the Bible. To fully appreciate what the rest of God is we must examine what it means, and to do that we must focus on the manner in which it is used. In Hebrews, it is used in the context of describing the experiences of the ancient children of Israel as they journeyed from Egyptian captivity to the promised land of Canaan.

The idea of entering God's rest is directly related to faith in God and obedience to God. The idea of resting in the Bible is first introduced when describing God's creation of the world. The Bible tells us what God did on each day of creation and then tells us that on the seventh day He rested. Now God did not rest because He was tired but rather because His work was completed. So, the idea of rest as used in creation speaks of acknowledging that God had finished His work and it was perfect, there was no need to do anything else.

The experience of resting in God consists of coming to a place where we recognize the completeness of what God has done and ceasing

from trying to do what God has already done for us. Faith comes into play because we must believe/accept what God has already done and move in obedience to it. Israel did not possess the land God said was theirs because of unbelief, which led to disobedience.

God has given us victory in life through the finished work of Calvary, that victory provides rest for the believer. In Jesus God has provided a perfect solution to the struggles of life. There is no need to worry or try to succeed in our own power, just know that Jesus paid it all and rest in that knowledge. The victory that God has provided in Jesus is complete and all encompassing, He is our Shepherd and we need not

GOD
has provided
a perfect
solution to
the struggles
of life.

Pastor Reginald L. Elliott

want. We serve a big God, rest by faith in the knowledge that He will supply all your needs through Christ Jesus. Yes, there is an eternal rest waiting for us when we get to Heaven, but there is also a rest in this life that comes from believing that God will supply all your daily needs through Christ Jesus. So cease from your labor trying to earn the blessing of God and by faith rest in what He has done as revealed in His word. 



ARE YOU **RESTING?**

CAROLYN FLEMING, RN

Come unto me, all you that labour and are heavy laden, and I will give you rest

Matthew 11:28, KJV

Rest refers to a state of relaxation and quiet where you stop to recover strength and energy. Rest is a period of inactivity; a time to cease action, a time to sleep. Too often though, real restorative rest escapes many people. Lives filled with demanding jobs, raising families, financial burdens, health issues, etc. rob many of a true consistent mental and physical shut down.

Spiritual Rest

God himself rested on the 7th day after He had completed creation of the world (Genesis 2:2).

Spiritual rest requires surrendering burdens to God and

gaining peace and security through a relationship with Christ. It is an act of trust, believing God will take care of the situation. My favorite scripture is, "Be still and know that I am God..." (Psalm 46:10, KJV). Sometimes our lives move too fast, and we must make ourselves slow down and truly embrace the fact that **God's Got Us!**



Physical Rest

Physical rest is necessary to restore the body's energy. Restoration might be passive such as sleeping or active such as stretching, exercise or massage. Physical rest allows muscles to repair, improves circulation, and reduces fatigue and discomfort.

Mental Rest

A racing mind may cause one to take a long time falling asleep. When you don't get a good night's sleep; it is hard to function effectively the next day.

A couple simple ways to allow the mind to rest would be scheduling a little break every 2 hours while working. Set an alarm on your phone if you need a reminder that it is break time. At bedtime, write down the things that are keeping you awake and ask God to help you with those.

Rest is critical for our spiritual, physical, and emotional well-being. The plaque above my bed reads "**Give it to God and Go to Sleep**". Advice that we must all strive daily to achieve. 🙏

"...My presence shall go with thee, and I will give thee rest." (Exodus 33:14, KJV)



CHRISTIAN COMEDY CORNER

COLLINDUNLAP

REMEMBER

"A merry heart doeth good like a medicine"

Proverbs 17:22 (KJV)

An atheist scientist came to God and said, "We've figured out how to make a man without you." God said, "OK, let me see you do it." So the atheist bent down to the ground and scooped up a handful. But God stopped him and said, "Oh, no you don't. Get your own dirt!"

Three boys on the playground were bragging about their dads. One said. "My dad scribbles a few words, calls it a song and they pay him \$50." "Oh, yeah. My dad scribbles a few words, calls it a poem and they pay him \$100." "That's nothing," said the third kid. My dad scribbles a few words, calls it a sermon and it takes six people to collect all the money in the room!"



One day, a teacher was talking to her first grade class about whales when a little girl had a question.

Little Girl: "Do whales swallow people?"

Teacher: "No, even though they are much bigger than a person, they have throat pleats that filter their food of krill and plankton.

Little Girl: "But Mrs. Thurston says Jonah was swallowed by a whale."

Teacher getting angry: "Blue whales cannot swallow people."

Little Girl: "Well, when I get to heaven I'll just ask Jonah if he was really swallowed by a whale."

Teacher, still red with anger: "What if Jonah went to hell?"

Girl: "Well, then you can ask him."



REST IS A WEAPON

Let's be honest – most of us are tired. Not just tired in our bodies, but tired in our souls. We're tired from carrying responsibilities, from fighting battles that seem invisible, from showing up strong when we feel weak inside. But here's what God has put in my spirit lately:

Rest is not weakness. Rest is a weapon.

In this culture where hustle and grind are celebrated, rest feels countercultural – like we're falling behind. But Heaven sees rest differently. God isn't measuring our worth by our productivity. He isn't applauding our burnout. He calls us to **rest**, not just as relief, but as resistance. Resistance to what the world equates to productivity – working nonstop, burning the candle at both ends.

The enemy uses exhaustion to cloud our discernment, strain our relationships, and make us question God's presence. But rest clears the fog. Rest repositions our hearts. Rest reminds us that **we are not God – and we don't have to be.**

Psalm 23:1–3, NIV says, “The Lord is my



shepherd, I lack nothing. He makes me lie down in green pastures...he refreshes my soul.” Sometimes God doesn't ask us to rest – He makes us. Why? Because He knows we can't fight effectively when we're spiritually depleted.

Even in professional sports, coaches know that rest is part of the strategy for victory called *load management*. NBA stars like LeBron James and Kawhi Leonard have been strategically rested – not because they were weak, but because they needed to be strong when it mattered most. In the same way, God calls us to rest – not as a sign of defeat, but as preparation for greater purpose. Rest isn't quitting. It's part of your comeback.



**Prayer is where we lay it all down –
and rest is how we receive the
strength to keep going.**

Here's your invitation: Pause. Breathe. Release. Even if it's just five minutes in silence with God, let Him quiet your soul. Because rest isn't just what you do *after* the breakthrough – rest is what helps *bring* the breakthrough.

When we embrace rest as part of our walk with God, we're not quitting the fight – we're reloading. Rest resets our focus, renews our strength, and repositions us to hear clearly. Rest is also deeply spiritual. It's a declaration of trust. When we rest, we're saying, "God, I believe You're working even when I'm not." That's powerful faith. Jesus Himself modeled this. He healed, taught, and led multitudes, but He also withdrew to quiet places to pray. He even slept during a storm. That wasn't just rest; it was a revelation.

Rest says: I know Who's in control.

If you're worn down today, spiritually or emotionally, I want to encourage you with this: You don't have to earn rest. You don't have to apologize for needing it. And you don't have to carry what God never meant for you to carry.

Let Us Pray...

*Father, in the name of Jesus, thank You for being our Shepherd. You see how tired some of us are – how long we've been pushing, praying, and pressing forward. Today, we choose to lay it down. We give You our fatigue, our fears, our frustrations. We release the heavy loads we've been silently carrying. Teach us that prayer is not performance, it's partnership. And in that partnership, we find rest. You said in Your Word that You give sleep to those You love. So, we receive that gift – rest for our minds, rest for our bodies, rest for our souls. Strengthen us as we rest. Speak to us while we rest. Restore what has been depleted. Remind us that You are not just God in the storm; You're also God in the stillness. In Jesus' name, **Amen!*** 

REST IN HIS PRESENCE

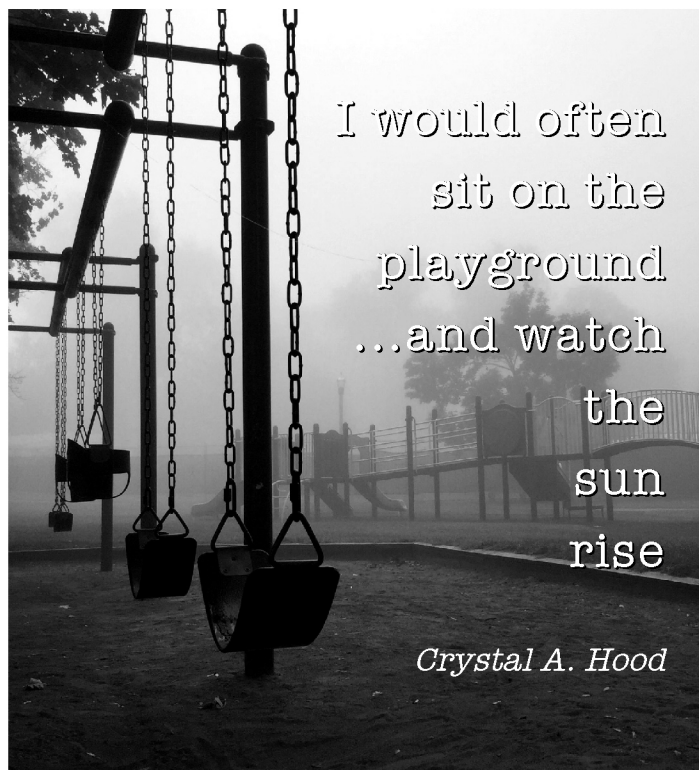
FAMILYFOCUS
CRYSTAL A. HOOD

"And God looked upon all that He had made, and indeed, it was very good...Thus the heavens and the earth were completed in all their vast array. And by the seventh day God had finished the work He had been doing; so on that day He rested from all His work." *Genesis 1: 31, 2:1-2, BSB*

I recently received the blessing of being able to retire from my job. As such, many people have asked me, "What do I plan to do?" My answer has consistently been the same, "I am going to sit." I have shared on numerous occasions that I accepted Jesus as my Savior when I was twelve and away at summer camp. When I returned home, I would often sit on the playground next to my house and watch the sun rise. I would praise God and just be in His presence. That summer, I spent most of my time alone. I did not want to tell anyone about what happened to me at camp. I wasn't ready to hear others' opinions about my experience or my relationship with Jesus. I just wanted to hold on to Him and allow the Holy Spirit to speak to me.

As I have come to the end of my career, I find in some ways, I feel the same. I just want to sit and hear what the Lord wants to say. I want to rest in His presence. Like many, I have experienced various circumstances in my life that have impacted

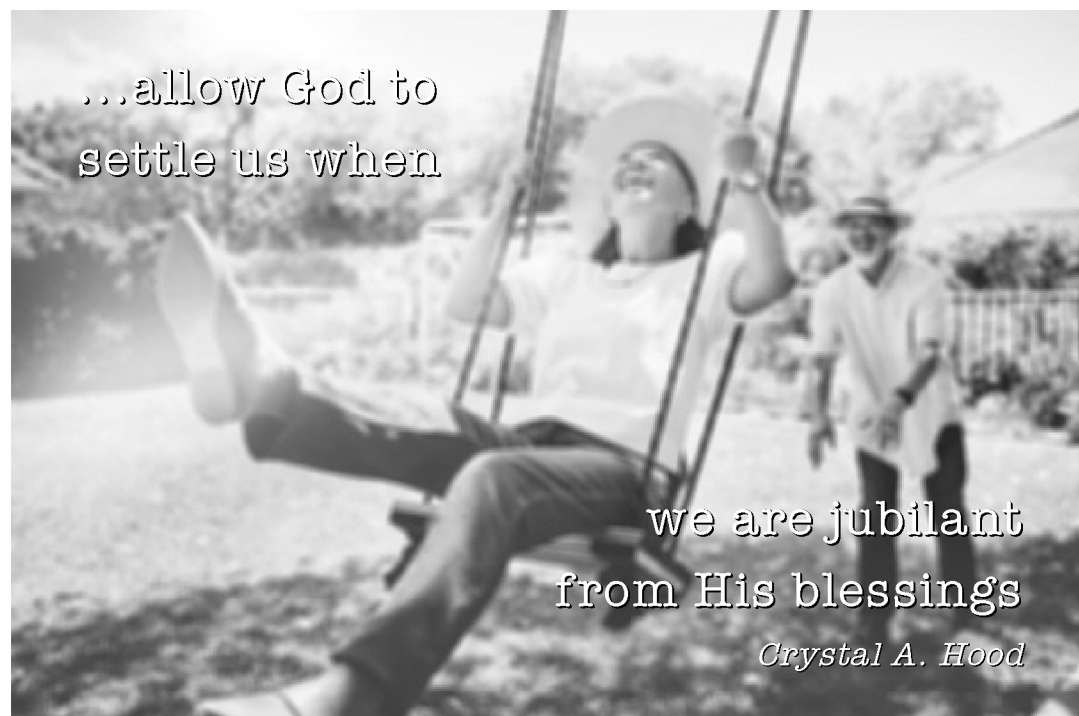
me as I have sought to live as my Father would have me. It is taking the time to pause and reflect during those moments that has allowed God to lay in me the foundation, guidance, and strength necessary for my next adventure.



Life has a way of rolling over top of us if we do not take the time to pause, breathe, and renew ourselves. Rest is necessary, whether we are ending an amazing event or clawing our way through a terrible experience. In Scripture, God tells us how

Elijah, who had just finished doing miraculous things in the name of the Lord, was now worn down and fearful. He ran into the wilderness, lay down under a tree, and prayed that he might die. "... 'I have had enough, LORD,' he said. 'Take my life, for I am no better than my fathers.' Then he lay down under the broom tree and fell asleep" (1 Kings 19:4-5, BSB). The Lord allowed him to sleep, but twice He sent an angel to wake him and give him food and water. After he ate the second time, he was "... Strengthened by that food, he walked forty days and forty nights until he reached Horeb, the mountain of God" (1 Kings 19:8 BSB).

Our Heavenly Father cares about us. Our moments of distress and feeling worn down do not shake Him. He tells us to rest. Jesus slept deeply, lying in a boat engulfed by waves from a violent storm (Matthew 8:23-27). The challenge we face is to sit still, rest, and let our Heavenly Father feed us. We



need to take a moment and allow God to give us spiritual nourishment for the journey ahead, or settle us when we are jubilant from His blessings.

God is the Almighty Creator of everything, and He demonstrated to us the importance of pausing to appreciate or contemplate what has transpired before plunging forward into what is to come. He created the world, saw that it was good, and rested.

Please pray for me and my family as I transition into this next phase of life. I also pray that, wherever you may be in your journey, you take time to rest and allow God to fill you with all that you need for what is to come. 🦋

SANDRA *jordan* GETTING TCKNOW ASSISTANT PASTOR LINWOODCHILDS



Rest and energy are best friends. While we need energy to accomplish all the things we do in life, there are daily reminders that rest is an essential part of restoring our necessary energy. There may be no better person to personify this synchronous dichotomy of energy and rest than our own Sister Sandra Jordan. We spoke recently about her life and God's rest.

Linwood Childs (LC): Sandra, among other things, is a sports *enthusiast*. We started our conversation about the Baltimore Orioles, but moved quickly and more extensively to the Baltimore Ravens, particularly about this season's second game.

Sandra Jordan (SJ): We were hoping that during the 2nd game there would not to be a repeat of the 4th quarter foul-ups of the season opener. It is something that we have a tendency to do. Fortunately, there weren't any, we won and we're happy!

LC: I think after that first loss, the team got a wake-up call and realized that it's not enough to only focus on putting up points, but you have to protect the score!

SJ: Hey, you should tweet that to the team, that's a good point.

LC: All the prep, execution and concentration to get

ahead in scoring only to let it slip, ugh!

SJ: You're so right.

LC: God's Rest. Are you a person who feels as though you get enough physical rest on a daily basis? (Before Sandra said another word, she requested we first pray, which I enthusiastically agreed with and engaged)

SJ: Thank you. I am and have been working on getting rest through the assistance of my doctor. My health insurance sends me information that they say will help you sleep. You see it on TV ads all the time: turn off electronic gadgets an hour before bed; go to bed at the same time each day, some say don't exercise before going to be bed... so I'm still working on it.

LC: At my last annual physical, my doctor recommended I get more exercise...hint...hint. In reading about it I understand that modest exercise helps you rest!

SJ: When I'm in the garden, the next day I feel as though I've had a workout.

LC: I do, too, because sometimes I'm out there for multiple hours and do get a workout.

SJ: I'm in the garden only a couple of hours, but yard work is *work*! I'll do both my dad's house and my house. Then the next day I feel as though I've

(Continued on Page 11)

Reading
**GOD'S
WORD**

over time
and with
age, I
have more
peace

Sandra Jordan



had a real workout. I pick and choose when to do gardening, often I work it in during my daily breaks. The fresh air and sun are refreshing and a bit restful. I'm still working on getting all the rest I need. I've gotten into a bad habit of checking emails *later* into the day and spending more time on them than I should. I'm trying to do the things that are recommended.

When we talk about God's rest, it makes me think about God's peace. Because I feel like if I have peace, then it helps me rest better. I really take that to heart. God's peace helps and gives me rest.

LC: Yes, it's so important to have His peace. You can be inactive but not have peace.

SJ: There was a time, early in my career; I would exercise a lot, because my job was *very* stressful. I would work out 5, sometimes 6 days a week, yet when I would go and lay down for bed, my mind would still keep working, often all night long. I would sleep, wake up, go back to sleep and wake up and then go to work. Because I was stressed, I didn't have good rest. However, when I started to have *God's* peace in my life, and less stress, I actually rested much better. Although I'm still working on it, it's definitely better than it was in my younger days when I was stressed more. Yes,



sir.

LC: When and why did you get involved in your sorority?

SJ: When I was in high school, I was the very active: Cheer Leaders' captain, I kept the statistics for track, I played basketball and was the team captain. When I went to Morgan for college, I was not recruited for basketball, but I thought about playing. I went to watch the girls' basketball practice, but say, oh, that's not for me. I began looking around campus at organizations I wanted to be involved with. One group caught my eye, the AKAs, the Alpha Kappa Alpha. They did service on campus and in the community, they carried themselves well and had high grade point averages. I said, that's the group for me. So, I just watched them, but I did not know even one AKA at that time. I soon found out that there was one student in



my accounting classes that was an AKA, so I began to inquire. With her support I completed the application and when it became time I was accepted and invited in. That became a blessing. It was kind of unusual when you don't know anybody, whether older person or younger, not one. That's what attracted me to the AKAs, their standards and how they conducted themselves. To this day it's about the community service we do. We have fun together of course, but it is still about the community service for the most part.

LC: Excellent. That's been a few years.

SJ: Yes, it has been many years, a lot of service hours, a lot of friendships, a lot of conferences and travel. It has impacted different parts of my life.

LC: Do you find that you engaged in those parts of yourself that you enjoy most.

SJ: Yes. I've always enjoyed serving, that's one reason I serve as an usher at church. Also, I've planned several affairs, including some major fundraising events, which I like to do, because I'm a planner. I get the opportunity to plan events like small community events or fundraisers. I did have the opportunity for two years to plan our largest fund raiser for my chapter. We had over 800 guests in attendance at Martin's West. So, I do get to use my talents.

LC: That is really great. It's good to see God bring out someone's talents.

SJ: Sometimes there are those you don't see yourself Min. Childs, because I didn't volunteer for hardly any of those things.

LC: Some years ago, while working in the Men's prison ministry in Jessup, an inmate, a lifer took the lead as inmate Pastor. He became a Christian after being incarcerated for life. He said if he truly wanted to serve the inmates then he had to do more than just ask them to bring their bibles. He said he had to discover what they do, what each of their
(Continued on Page 13)

talents are, what motivates them and then put them to use in this fellowship.

SJ: That's pretty awesome.

LC: He said, God never throws anyone away.

You mentioned the connection peace has with rest. Who outside the Bible is an example of peace for you?

SJ: (after an elongated pause) Now I'm going to have to be emotional.

LC:okay...

SJ: (slowly, halting a bit) Although my mom passed away so long ago...the way she lived her life... it was all for her family. She was a blessed

woman and could have done *so* many other things. People were drawn to her. She was elevated and worked in the NSA, had a very good position when not many black women professional worked in the NSA in the 1960's. She could have had many things and gone many places. But she wanted to spend her time with her children and family. She found *peace* in that. I'd like to think that I got some of that peace from her. She was at peace being around her family most of the time. I like to go, go, go, go but there are times when I just want to be home with my family. When I do travel, I like go with my family. She found peace in her family and that's why I think I found such peace with my family.

*God's plan
is always better
than our plan*
Sandra Jordan





something that was very small, but I tell you what, I remember those words, “give me a minute”.

LC: Is there some phrase that reminds you of her?

SJ: Coming home from work at the NSA we would all come running to meet mom and start talking about *our* day’s events. She would say gently, “Give me a minute.”

When you have five kids, and you’re coming home from work, (and you know what kind of people she worked with at the NSA in the 60’s). She would come in the door and of course it would be one or two or however many of us kids, greeting her right at the door. Lol. She would say, “Give me a minute, when I come in the door. Let me just gather my thoughts and sit down for a minute”. I would tell my kids that, too. But guess what? My son recently said, “Mom, I now understand, when I come home from work I need to come in and sit, just for a moment and unwind.” So, it’s interesting to see what is told to us as a child we remember. Although we can’t relate to it at the time, we can relate to it 30 years later! Then *our* kids don’t get it, but they relate to it when they get grown. Things that seem insignificant are still impactful. That was

LC: She was just trying to say, I love you but give me a minute.

SJ: Yes, please, because you’ll get a better version of me!

LC: Lol.

SJ: If not, then what you’ll get won’t be so...hmm!

LC: Be grateful for those few minutes, instead of just losing it! In your career what gives you the most satisfaction?

SJ: My ability to help people! There were a few times when I was able to assist some children of my staff to get some internships or summer jobs, I even got my nephew a summer job. Although I am an accountant and I work for an agency that deals with foster care and adoption, it’s a privilege to work with this agency. I see the way that they help and support kids, it’s awesome. Even though I’m an accountant, it’s an absolute privilege to support them. It takes a special kind of person to be a social worker and my hat goes off to them! I am so thankful to be able to be a part of the team that
(Continued on Page 15)



helps kids.

LC: Absolutely, and I'm sure they are so glad to have you.

SJ: Thank you.

LC: What would say was the biggest change that brought in God's peace.

SJ: I would say maturity! That, along with reading God's word, over time and with age, I have more peace. Also, spending time with like-minded folk. When I looked at things around me and at things that happened to other people, as I read the Word, I see how these things work into His will. Not in the timeframe that I may want, but it unfolds in the way that it says in the Word. The more trust I put into my favorite scripture, Romans 8:28, then the more He gives me peace, which helps me really rest. I can say that I rest much better than I used to.

LC: Do you typically exercise early in the day or later?

SJ: It has changed over my life. When my kids were younger, I went to the gym, late, about 9:30 pm or 10:00 pm after they went to bed. Right after work and getting home was family time and

afterwards was my time. But now, I can go early. I try to be at the gym at 7:30 am and leave at 9:00 am. It is a joy to see Brother King coming into the gym to exercise at 9:00 am! At his age, it just warms my heart!! We greet each other as we pass.

LC: When he told me how often he worked out, I almost could not believe it. I said, "No, no!" He said "Yes!" He's a blessing.

SJ: I'm a witness! Yes, he does.

LC: What are your signals that tell you it's time to get some rest?

SJ: Physically, my body will tell me. I tend to do a lot especially with my busy schedule: work, church activities, sorority, family activities, so my body definitely tells me. On top of that my schedule tells me because I start to have conflicts in my schedules. So, I tell myself, "Wait a minute, you have to pull back." In order to meet my obligations, I have to stay up later at times, to review my plans, to write or rewrite something, to prepare for a meeting or event. As my schedule gets packed, I acknowledge I need to get more rest, so I work on



getting the rest that I need. Even my mind will tell me I need to rest, because my mind will get a little cloudy! I do have to pull back, clear my mind and go to the gym. Lol. As my schedule gets packed it affects my gym time!

LC: Do other people remind you when you're getting too busy?

SJ: Yes! When I'm getting too busy, my kids do tell me, with an ongoing conversation. The thing is people will pull you in various activities if you allow them. They'll see that you've done this or that successfully and attempt to put demands on your time. Sometimes you say yes too quickly and other times you learn to *think* before you respond. My family, particularly my kids, will remind me, "Mom, I thought you said you needed to pull back a bit and rest up", and I say, "Thanks", and get some rest so I can later keep going.

LC: In the past you've given that same caution for your family; it's good to have them remind you that

you're important, too. Moms are notorious for putting themselves last.

SJ: It's nice because it shows that they care.

LC: Yes indeed. Have you reached that zone of balance, a sweet spot where the work and rest are just right?

SJ: I'd say I'm almost there. When COVID happened and we were all home bound, my balance was way out of synch. I would work late, sometimes 6:00 pm or 7:00 pm, up to 10:00 pm! I felt obligated to get the job done and possibly make up for breaks during the workday. However, I was giving back more time than I should have. I felt like I was just working *all* the time. I felt my life was completely out of synch. It took a while before I acknowledged it and made myself recalibrate my efforts: work, rest, exercise and balance. I still feel from time to time that I need to readjust my balance.

(Continued on Page 17)



LC: What is your favorite exercise?

SJ: My favorite exercise is swimming, but I don't get a chance to do it much. My go-to is the treadmill. I combine that with something else I love and that's music. So, I listen to music while I exercise on the treadmill. But I like to walk outside because I love nature. Now my family will tell their friends or family, when they travel together, to beware, because I *l-o-v-e* to walk and will walk everywhere. I will walk from one side of the city to the other. When traveling, we're going to see every sight and interest to be seen! Lol! I'll say, it's not that far, but 5 miles later, they'll say, "It's too far!" My reality and theirs clash. That's why I can get on the treadmill and walk for miles, 4 and 5 days a week. It's not outside, but I get to listen to music *and* I'm on the treadmill.

One time when my family went to Rome, Italy. my brother said, "Ok, enough!" Yeah, I wore them out. We went to the Colosseum, Trevi fountain, Spanish Steps, their MetroRail, and Basilica all in one day!

LC: Do you have to come back and get a rest from your vacation before going back to work?

SJ: I never knew until recently that people did that. I don't go on vacation to rest. I could literally come

back from traveling on vacation and go to work the next day.

LC: At the end of the day, I can sit down in exhaustion but then think of a song and strength just seems to come from nowhere. I can play a few songs on the piano and what seems like 30 minutes has really been hours, and I'm not tired at all – even if it's late at night.

SJ: I believe that's where our rest starts, with things that give us peace. You asked about what exercise I love, it's swimming; the treadmill is my go-to, but swimming gives me that peace.

LC: There's nothing like it.

SJ: When my family went to Hawaii, we were in





the ocean, and I guess I went out a bit too far. My brother was motioning to me. I'm thinking he's simply waving "hi". It was moments later that I realized how far I had gone. Now I went that far out because it was just so peaceful to me. Back at shore, my brother said to me, "The next time I motion to you to come back in, come back in!" It's like when you said you play the piano, it was just so peaceful it seemed like minutes, when it was really much longer.

LC: We don't want to *ruin* things before we figure things out, so we need to be thankful even when we don't understand yet. Things are often good before we know what good is. Some people mess it up so badly, by the time they realize how good they had it, it's messed up so badly!

SJ: Yes, that is why Romans 8:28 stays with me every day. Because it also helps when you're in a bad place and you don't understand. It lets us know that this, too, will work for our good. We don't always understand nor like the place that we're in. However, we've got to be grateful. It could always be worse, we don't want it to be worse, but it could be. We've got to be grateful and know that all things will work for our good.



Now that's the truth. I've repeated this to my kids: the blessing that looked so good and so close may not be for you. God has something better coming! The blessing He has is better than what we had imagined. This takes me back to when we were trying to buy our first house. Actually, it was a condo, in Columbia, MD, not far from the church on Route 108. We had tried to buy a condo over there. But we got denied by the bank. We couldn't figure out why. We had good credit and could not figure out why we got denied. Well not even six months later, we were able to put a contract on a townhouse, brand new, and have it built. So, we were blessed with something bigger and better, even though we were denied by the bank for the condo. That disappointment did not last long. We were very thankful it worked out the way that it did. I always tell myself and my family, God's plan is always better than our plan.

LC: Always, it's hard to see, but it's always better. Rest and see! 🙌

NEVER TOIL **AGAIN**

TAYLOR **LANDRUM**



No matter who you are, or where you were born, or what you do for work, or how much money you have, or what race you are – there are certain aspects of life that are universal. We are all born from a woman, we are all totally dependent on others during the first few years of our lives, and throughout our lives, we all experience periods of both joy and pain.

There is an expression that says that if everyone dumped their problems into a big pile and had a choice of whose problems to exchange theirs for, everyone would reach in and grab their own problems right back out. At first glance, you might scoff at that notion, but would you really be willing to take that chance? None of us quite knows the depth of another person's problems, while at the very least we have an idea how to navigate the issues we are already familiar with.

As Christians we know that the fact that we live in a world full of problems is due to the Fall – Adam and Eve's "original" sin when they ate from the Tree of Knowledge. Our original condition was one of perfect harmony and bliss – God originally created us to live forever in the Garden of Eden, and our lives would be literally unrecognizable from the ones we live now.



In Genesis 3:16, God tells us that due to this original sin, women will bring forth children in pain, and in verse 17 it goes on to explain that rather than plucking fruit from trees and living in harmony with the world around us, we as people will now be forced to toil for food. By verse 19, we have lost our claim to eternal life, and are destined to return to the dust of the Earth from whence we came.

All of those truths are unpleasant, but we as Christians also know that our God is the God of love, and He will not only never leave us or forsake

us, but He will also always give us a way to return to Him.

God's rest comes only one way, but is The Way. Through Jesus Christ – whose death on the cross totally and irrevocably paid the price for our sin – we can once again seize hold of eternal life.

Life is hard. No matter how good of a night's rest you might get, eventually you will get tired once again, but God's rest is an eternal rest. When we enter into God's rest, we will never have to toil again. 🕊️



LIBRARY HOURS
Every 1st & 3rd Sunday
after service until 1pm

Location:
At the rear exit of
of the Old Sanctuary

THE**LIBRARIAN'S DESK** KELSEYHOOD

LIBRARY WEBSITE:

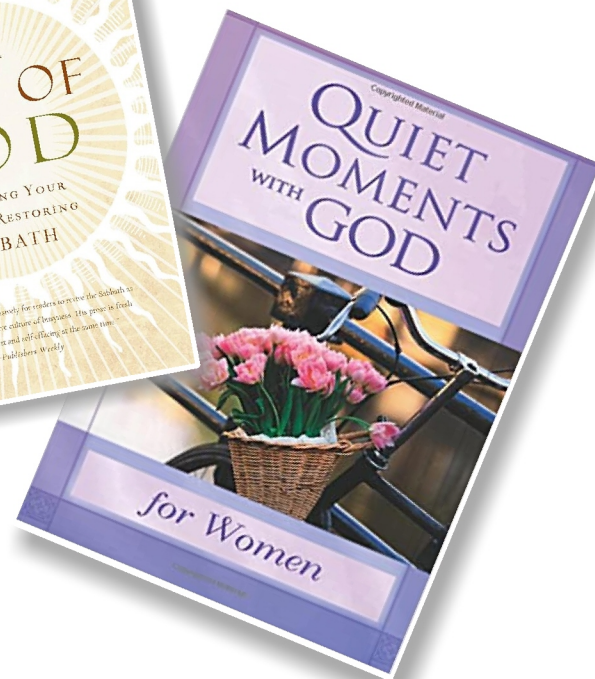
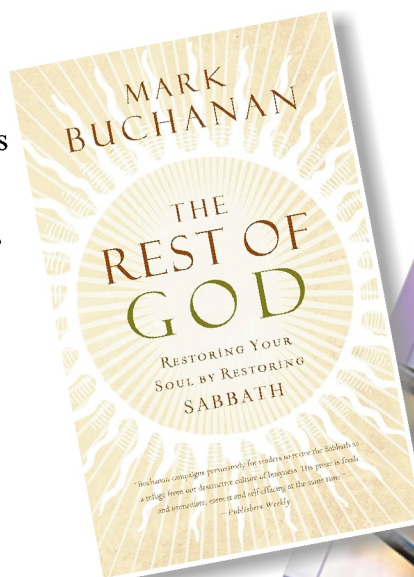
<https://columbiacommunity.library.site/>

"God's rest," is a rich biblical theme that points both to the completion of God's promises and to a pattern of peace, fulfillment, and holiness. It means rest from labor (as in God's own work in creation), rest from conflict and struggle (as in God's deliverance and promise-keeping), and rest that is sacred -- set apart, blessed, and holy. It points to God fulfilling His Word, creating peace, and inviting His people into a rhythm of rest that reflects His character. Below are some resources that reflect this concept and can help you gain a deeper understanding.

FOR ADULTS:

The Rest of God: Restoring Your Soul by Restoring the Sabbath

Many of us have endless demands and stifling daily routines. Learn why Sabbath is essential to our full humanity and faith, a rhythm of work and rest set by God that if restored to our lives will bring prolonged life, enriched relationships, increased fruitfulness, and abundant joy. Pastor Mark Buchanan believes that what we've really lost is the rest of God -- the rest God bestows and, with it, that part of Himself we can know only through stillness.



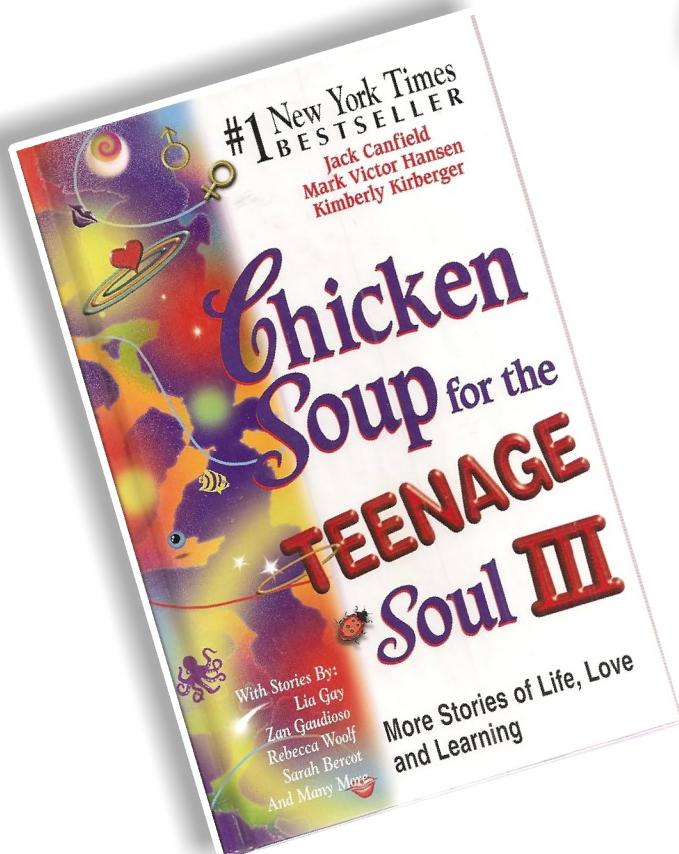
Quiet Moments with God for Women

Quiet Moments with God for Women features stories and verses women of all ages will find meaningful. This best-selling devotional series combines a favorite format that has sold millions with content focusing on the inspiration, encouragement, and peace God can give in quiet moments with Him. Each devotional -- over 50 in all -- contains a powerful scripture, a thoughtful quotation, and a short inspirational story and application of the scripture to contemporary life.

FOR YOUNG ADULTS:

Chicken Soup for the Teenage Soul III: More Stories of Live, Love, and Learning

The third volume in the Chicken Soup for the Teenage Soul series gives more love, support and inspiration for the series' loyal teen readers. More and more, life is a struggle for teens. Not just dealing with the tragedies that seem to plague them so often, but also handling the daily pressures that pervade their lives. This book, like the first two volumes in the series, will help them, and will serve as their guide and constant companion.



FOR KIDS:

I Can Be Happy Because God Blesses Me

Through familiar childhood experiences, this engaging title gently presents the message of the Beatitudes (Matthew 5:3-12). Each book helps young children understand the meaning of a key Bible verse or passage and puts it into the context of their own lives, using familiar childhood experiences to tell the story. 

UNTIMELY REST

FEATURED**ARTICLE** KIM ODOMS-BOLDEN

Over twenty years ago I began traveling to North Carolina to visit my Pastor and his wife that I met while living in England. At the time, due to my circumstances, I called their home my safe haven. I so looked forward to that place apart from the place I was living. I ate well, laughed heartily, sang gospel songs, took naps and rested well.

Recently, I visited North Carolina and into three days of my arrival, I tested positive for the new COVID virus. I thought, "Did I really travel all the way to North Cackalacki to get sick? Lord, what is going on?" My heart was heavy; I did not want to be the cause of the household becoming ill for them who were already battling immune issues. My prayer was Lord, "Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days. Make us glad for as many days as you have *[allowed affliction to come upon us]*, for as many years as we have seen trouble. May your deeds be shown to your servants...May the favor of the Lord our God rest on us; ..." (Psalm 90:14-17, NIV). I heard the voice of God answer, My daughter, "...do not let wisdom and



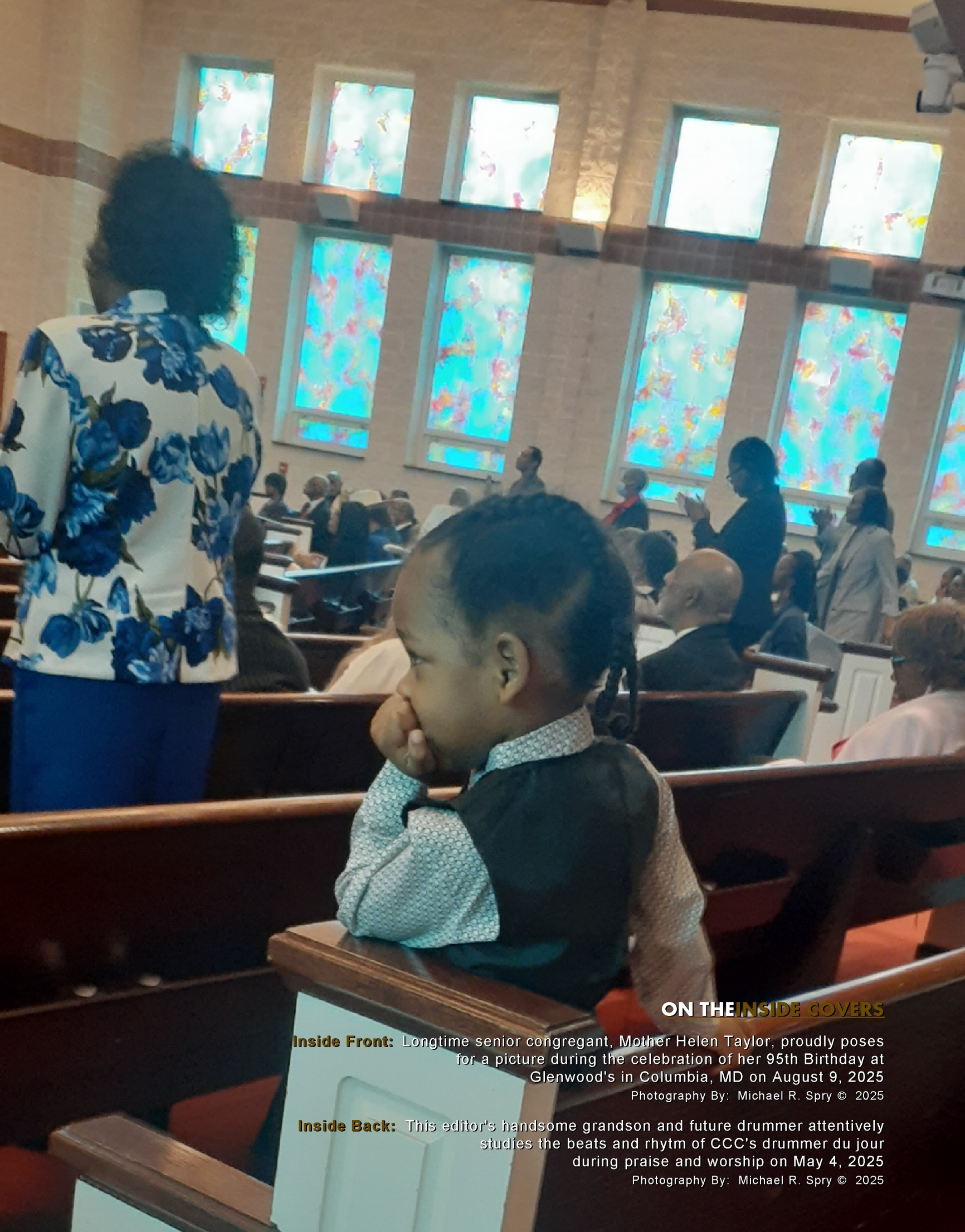
God harvested a
sweet peace inside
of me.

Kim Odoms-Bolden

understanding out of your sight, preserve sound judgment and discretion; they will be life for you...When you lie down, you will not be afraid; when you lie down, your sleep will be sweet" (Proverbs 3:21-22, 24, NIV).

I retreated to the basement. I was alone. But, in three days after much rest I tested negative, and after much Lysol I returned to the main level of the home.

God was clear. He told me, "Do not reject the process." In my time alone, in His rest, deep within my soul God harvested a sweet peace inside of me. His presence overwhelmed my current circumstance. We resumed to the good eats, hearty gut laughter, late nights, singing, sweet sleep, and His peace due to His untimely rest! 🌿



ON THE INSIDE COVERS

Inside Front: Longtime senior congregant, Mother Helen Taylor, proudly poses for a picture during the celebration of her 95th Birthday at Glenwood's in Columbia, MD on August 9, 2025

Photography By: Michael R. Spry © 2025

Inside Back: This editor's handsome grandson and future drummer attentively studies the beats and rhythm of CCC's drummer du jour during praise and worship on May 4, 2025

Photography By: Michael R. Spry © 2025

COLUMBIA COMMUNITY CHURCH

8516 Thomas Williams Way
P.O. Box 2292
Columbia, MD 21045

SCHEDULE OF SERVICES

EVERY SUNDAY:

10:00 AM Church School (All Ages)
11:00 AM Meditation & Prayer
11:15 AM Morning Worship

COMMUNION SERVICE:

1st Sunday of Every Month

EVERY WEDNESDAY:

Noon-Day Prayer 11:00 AM - 12:00 PM
Noon-Day Bible Study 12:00 PM - 01:00 PM
Evening Prayer 07:30 PM - 08:00 PM
Evening Bible Study 08:00 PM - 09:00 PM

1st & 3rd WEDNESDAYS:

Youth Bible Study 07:00 PM - 08:00 PM

GENERAL INFORMATION

CARE & COMFORT MINISTRY

Sis. Linda M. Byrd: 410-313-9673 / Sis. Donna Givhan / 410-997-3276
columbiamdcareandcomfort@gmail.com

CHURCH CONTACTS

Phone: 410-465-7040 / Fax: 410-465-0943
Church Website: www.columbiaccmd.org

CHURCH LIBRARY

Open every 1st & 3rd Sunday after service until 1:00 PM
Library Website: <https://columbiacommunity.library.site>