

TRUE WORSHIP MAGAZINE



**THE MARRIAGE ENHANCEMENT
CONFERENCE SEPTEMBER 11-13, 2020**

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THE NEWFOUNDLAND FOUNDATION, INC.
PRESENTS

THE MARRIAGE ENHANCEMENT CONFERENCE

A BEAUTIFUL LOVE STORY

FRIDAY, SEPTEMBER 11 TO SUNDAY,
SEPTEMBER 13, 2020

8:00AM TO 6:00PM

The Double Tree Hotel
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Registration

- Couples - \$200.00; and Singles - \$100.00
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Key Speaker:

**Dr. Mfon Cyrus-David, MBBS,
MS.,
Sugar Land, TX.**

Also Speaking:

**Dr. Faith Atai, MD.
Sugar Land, TX.**

**Love is demanding, yet truly fulfilling.
Come and discover, rekindle or
enhance the love in your marriage.**

Rethink Marriage: Sex, Food and Sports*

By Dr. Mfon Cyrus-David

A man was created in the image (i.e. the likeness) of God, which means that he is tripartite, being a spirit, having a soul, and living in a body. Each of these components of his being has its attributes, and contributes to his behavior. Thus, there is no way any one part can describe or summate who he is. That the world of men is mysterious to women is not new, however, it is important to note that it is also mysterious to them as well! They are not created to communicate as effectively as women, and are not encouraged to do so by their respective cultures. It is not unusual to hear a young man being told, "Keep quiet, you talk like a woman!" It is inferred that he should repress self-expression, and present an invincible persona. Thus, he tends not to be introspective, and sooner or later becomes lost on who he is, how he feels, and consequently emotionally naïve. No wonder that when a woman comes into this situation, and tries to be engaging, she eventually feels frustrated, as she tries to wrap her arms around this all-important relationship with her husband. So, what does she do now?

A caring wife wants to reach out to her husband, and keep him fulfilled. However, once frustrated, she may decide to disregard or dismiss what she cannot fathom or handle. The issue is that she has a world that must function effectively, and she thrives when this happens. But he is a giant "meatball" in her spaghetti and meatball dish, so she has to find a way to contain him. It is also important to note that some husbands completely exclude their wives, thus leaving them clueless about their needs, wants or desires except sex, food and sports! So, like a virtuous woman, she sets to work, to give him sex, make his dinners, acquire a big screen UHD TV, with his preferred sports package, while also taking control of her world and thriving in it. In spite of these, he often feels disrespected, and remains unhappy.

He is and will remain unfulfilled in the home front because he was created for so much more. As was stated earlier, he was created in the likeness of God, and fully endowed to bear rule (oversee, lead by example, etc.), be creative, manage, destroy, persevere (i.e. deal with interim failures), and to be victorious (i.e. overcome). Furthermore, he is perhaps, the most brilliant of all of God's creation. While here on earth he is to be the good shepherd who fights against the principalities and powers (i.e. the fallen angels), and their underlings. And, in heaven, he is to sit with God

(i.e. the 24 elders), and judge the angels (Revelations 4:4; 1 Corinthians 6:3),



and human beings. He was made to be majestic, to operate under God, and as such with divine potency. When Jesus Christ was to face the crucifixion, it is certain that many angels ministered to him. However, God sent Moses and Elijah to meet with Him at the mount of Transfiguration—godly men who died in righteousness. This is where godly men are in the God's scheme of things (Matthew 17:3). Even fallen angels have a problem with this (see below).

Hebrews 2:6-8 (NKJV)

⁶ But one testified in a certain place, saying: "What is man that You are mindful of him, Or the son of man that You take care of him?"

⁷ You have made him a little lower than the angels; You have crowned him with glory and honor, and set him over the works of Your hands.

⁸ You have put all things in subjection under his feet." For in that He put all in subjection under him, He left nothing that is not put under him. But now we do not yet see all things put under him.

Hebrews 2:11-12 (NKJV)

¹¹ For both He who sanctifies and those who are being sanctified are all of one, for which reason He is not ashamed to call them brethren,

¹² saying: "I will declare Your name to My brethren; In the midst of the assembly I will sing praise to You."

Thus, a man is much more than sex, food, and sports. But a woman may exclaim in exasperation, "My

husband is not like this at all! I am the one who kills the snakes, while he jumps up and runs up the stairs!” My response to this is that this is an opportunity to help him get there, rather than to subordinate and streamline.



The best plan of action is to align with God’s purpose, and as such help Him repair, otherwise, you destroy (Luke 11:23). Get yourself founded on the rock of wisdom by trusting in the Lord, praying, meditating on His word and obeying His commands. Seek to understand--as you should be a vital part of his world, and respect his preferences--as you persevere by continuing to engage him beyond sex, food and sports. Love Strong.

4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres.
(1 Corinthians 13:4-7)



* Please, bear in mind that the passages of scripture cited here are nor gender specific, but do reflect the context appropriately.

Over the Wall

We Shall Behold Him

by

Dr. Mfon Cyrus-David

Jesus Christ is coming soon! Often, having heard this over and over again, it becomes boring, and to some even threatening. However, it is a fact, and it is a very important one. In an effort to explain man’s relationship with God to my daughter, I once held out a teacup filled with water. Then, I placed a matchstick in it, held it steadily, and then shook it. I did this to show her that while floating in the water with the teacup held steadily, the matchstick may feel autonomous, and perhaps invincible. However, the power is not with the poor matchstick nor the teacup, it is with the hand that holds it. Thus, if God upholds all things by the word of His power (Hebrews 1:3), then, if He says that He is coming soon, we would do well to take heed.

This foundational Christian truth was prophesied by the Prophet Joel, as stated below in Acts 2:16-21 (NKJV).

16 But this is what was spoken by the prophet Joel:

17 'And it shall come to pass in the last days, says God, that I will pour out of My Spirit on all flesh; your sons and your daughters shall prophesy, your young men shall see visions, your old men shall dream dreams.

18 And on My menservants and on My maidservants, I will pour out My Spirit in those days; And they shall prophesy.

19 I will show wonders in heaven above and signs in the earth beneath: Blood and fire and vapor of smoke.

20 The sun shall be turned into darkness, and the moon into blood, Before the coming of the great and awesome day of the LORD.

21 And it shall come to pass that whoever calls on the name of the LORD shall be saved.'

It was reaffirmed by Christ Himself and the apostles (see below).

Luke 21:25-28 (NKJV)

25 "And there will be signs in the sun, in the moon, and in the stars; and on the earth distress of nations, with perplexity, the sea and the waves roaring;

26 men's hearts failing them from fear and the expectation of those things which are coming on the earth, for the powers of heaven will be shaken.

27 Then they will see the Son of Man coming in a cloud with power and great glory.

28 Now when these things begin to happen, look up and lift up your heads, because your redemption draws near."

1 Corinthians 15:23 (NKJV)

23 But each one in his own order: Christ the firstfruits, afterward those who are Christ's at His coming.

Then, we are reminded by John's Revelations in the Isle of Patmos:

Revelation 1:7-8 (NKJV)

7 Behold, He is coming with clouds, and every eye will see Him, even they who pierced Him. And all the tribes of the earth will mourn because of Him. Even so, Amen.

8 "I am the Alpha and the Omega, the Beginning and the End," says the Lord, "who is and who was and who is to come, the Almighty."



One of the most devastating tendencies that a Christian can harbor is the feeling of insignificance. While, we may not be the type that deserve a second look from this world's perspective, we are not only precious in God's eyes, but are His handymen or handywomen, who bear the burden of this gospel, and will walk with Him to closeout this age. The failure to understand this explains the tendency to conform to this world, rather than to be transformed (Romans 12:1-2). Noah and his family were world transformers. While others went about their worldly cares, they listened to God's heart, felt His pain, and obeyed His commandments, and by doing these, they condemned their world (see Luke 17:26-27 [NKJV]).

26 And as it was in the days of Noah, so it will be also in the days of the Son of Man:

27 They ate, they drank, they married wives, they were given in marriage, until the day that Noah entered the ark, and the flood came and destroyed them all.

So, one may wonder what we are missing today. We are missing two pertinent things. First, God is the One who calls the shots, and does so even now. He God, set up Nebuchadnezzar, the great Emperor of Babylon, and also ended it under Belshazzar's reign (Daniel 2:37; 5:25-31). He called the end of the Medo-Persian, and the beginning of the Grecian empires (Daniel 10:20). Guess what? He did these through Daniel and His angels. There were no conferences with any prominent man; He did it by Himself, for He is God alone! The most perturbing issue is the fact that the final benchmark for the closing out of the era is not a big blast, nor even the ascension of the antichrist, it is the preaching of the gospel to all men (Matthew 24:14; Mark 13:10). Once again, it will be done, and the rest of the world will not be privy to it. Second, God has gone to great lengths and is available to save us from the wrath to come, deliver us from bondage to Satan, and to guide us towards His return. The key question is, "Will thou be made whole?"

One may ask, "When is He coming back?" My response is, "who cares about the exact date?" What is important is that His return should be seen from two perspectives--as an individual, and as the world as a whole. As individuals, we have but 70 to 120 years on this planet, and a significant proportion of us do not make it to the lower margin. Since this life is where one can set the stage for eternity, Jesus Christ returns for you, the day your life on earth ends, because, it is clearly stated that after death comes the judgement. Dearly beloved, "Now is the time of salvation." As for the whole world, the date and time remain strictly with the Father (Mark 13:32). Not even Jesus Christ in His earthly body knew it.

He will come to judge the living and the dead, and to wrap up the era of sinfulness and rebellion towards God. This is pertinent, as He must keep His promises to those who have loved and laid down their lives for Him (Revelation 6:9-11). He will return! In view of this, "How should we live our lives today?" Mark 13:32-37 (NKJV) states:

32 "But of that day and hour no one knows, not even the angels in heaven, nor the Son, but only the Father.

33 Take heed, watch and pray; for you do not know when the time is.

³⁴ *It is like a man going to a far country, who left his house and gave authority to his servants, and to each his work, and commanded the doorkeeper to watch.*

³⁵ *Watch therefore, for you do not know when the master of the house is coming--in the evening, at midnight, at the crowing of the rooster, or in the morning--*

³⁶ *lest, coming suddenly, he finds you sleeping.*

³⁷ *And what I say to you, I say to all: Watch!"*

What we should do is to establish a relationship with God through the finished work of Christ on the cross of Calvary (i.e. be born again), and then to build a partnership with the Holy Spirit through God's word. By doing these, we can turn away from this world, and grow to maturity, where we know Him more, discover our place in His purpose, and diligently fulfill our calling.

²⁰ *He who testifies to these things says, "Surely I am coming quickly." Amen.*

Even so, come, Lord Jesus!

²¹ *The grace of our Lord Jesus Christ be with you all.*

Amen.

**(Revelation 22:20-21
[NKJV])**

Pure & Strong

We Know in Part, and There is a Lot to Know

By

Dr. Mfon Cyrus-David

One of the best gifts that the Creator gave to us is the gift of speech—the capacity to express one's self, verbally! It is so important that it literally controls one's whole being. Even He (the Creator) alluded to this when He stated in James 3:2, "...If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body." In verse 6 He stated, "...The tongue is so set among our members that it defiles the whole body, and sets on fire the course of nature; and it is set on fire by hell." Oh, how we love to express ourselves,

especially when we hang out with our family and friends! We also speak in order to communicate and set relational boundaries. I still see my little two-year-old niece stretching out her arm as she uttered the word "no!" She loved to set boundaries. In addition, we speak to showcase our brilliance, our capacity to orate, or to articulate facts. Apollos was such an eloquent speaker, yet, beyond all the benefits, it also brought factions into the Corinthian Church (Acts 18:24; 1 Corinthians 1:12; 3:4-7). It becomes clear that words are powerful and inspiring, but also quite deadly.



It is wonderful to have an opinion, and we are raised to do so as an essential part of life. However, this has to be done with some thoughtfulness, as these opinions once expressed can set us on positive as well as negative trajectories. I remember as a medical student, shining in one of my internal medicine rounds, until I named the wrong drug as an antiemetic, to my shame. I just needed to keep my mouth shut. So, what does one do about expressing one's opinion, especially in a society, where this is seen as being smart? First, it is important to have one, in that one should never be mindless over pertinent issues. Second, know that our knowledge is limited. Often, it starts with a simple perception or feeling. Usually, these are crude data from our senses, and are neither tested nor refined, thus, in need of further review. How many times have we felt something, gone on to express our thoughts, only to find out that we were wrong? Thus, our perceptions have to be processed by additional information, until these become convictions—upon which important decisions can be made, including expressing these. Abraham loved God, and God knew this for a fact, however, when he lifted up the dagger to strike Isaac, God, said, "...now I know that you fear God." (Genesis 22:12). God was now convinced that Abraham will follow hard after Him, with all of his heart. Furthermore, there is the difference between just knowing something, and experiencing it. With experiential knowledge, the head knowledge meets with understanding, and when these are associated with some emotions, they stick so well that one does not only acquire real depth, but also retains these for a

lifetime. Third, knowledge is a function of time, in that it takes some time to acquire, process, and gain a deeper understanding of pertinent issues. Furthermore, in the real world, through technological advances, knowledge is always increasing, and the concepts and constructs change with these increments. And, in the Church, we are to be changed from glory to glory through the progressive revelation of the person of Jesus Christ, until we become like Him (2 Corinthians 3:18). Thus, we truly know in part, and there is a lot to know.

With respect to expressing one's opinion, being young calls for being circumspect, in that one is still developing, and ignorance is characteristic (1 Corinthians 13:11). The proper attitude should be like that of the butterfly's larva that consumes foliage avidly, knowing that it must get ready for the pupal stage in a short time (see Volume 1, Edition 3). Thus, since change is sure to come, and with thus one's opinions, then one should express oneself with thoughtfulness. Furthermore, at the pupal stage ahead, the Creator has placed trials and tribulations in order to foster one's sanctification, a deeper understanding, resilience, and oneness with Him, which would culminate into what is seen as maturity.

The Apostle Paul summarizes as follows.

1 Corinthians 13:9-12 (NKJV)

⁹ For we know in part and we prophesy in part.

¹⁰ But when that which is perfect has come, then that which is in part will be done away.

¹¹ When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things.

¹² For now we see in a mirror, dimly, but then face to face. Now I know in part, but then I shall know just as I also am known.

1 Corinthians 8:1-3 (NKJV)

¹ ... We know that we all have knowledge. Knowledge puffs up, but love edifies.

² And if anyone thinks that he knows anything, he knows nothing yet as he ought to know.

³ But if anyone loves God, this one is known by Him.

It is not so much about one's knowledge or the lack thereof, as it is about being known by God, and loving Him. For, when He knows you (i.e. you are born

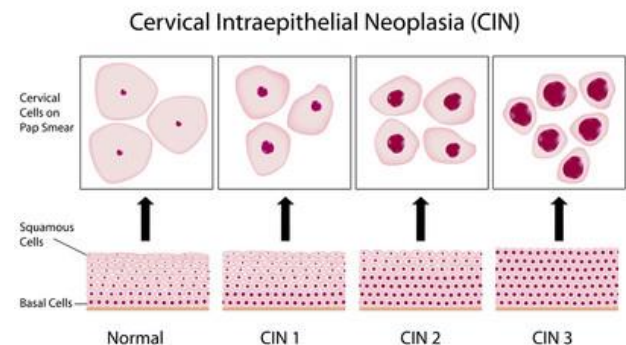
again), and you love Him (i.e. He is your Lord), then not only will your knowledge be relevant, but you will have the capacity to express your opinions in a Christ-like manner. Then, your opinions will not defile you, and you will be PURE and STRONG.

It's Preventable!

Preventable Cancers – Current Recommendations for Cervical Cancer Screening
by Dr. Mfon Cyrus-David

Cervical cancer is still a raging pandemic, more so in other countries than the United States. Despite the fact that it is underreported due to the stigma associated with having it, in 2018 it was estimated that 569,847 would be diagnosed with the disease, and 311,365 would die globally. The burden of this cancer is highest in the developing countries or resource-poor settings (e.g. the inner cities of the developed countries). Thus, it ravages the women in sub-Saharan Africa, where the rates are 7-10 times higher than in North America, Australia, etc.

The good news is that it is preventable, in that there are valid and reliable screening tests, and effective interventions on the precancerous lesions, which can prevent the progression to cancer. These tests include the Papanicolaou and the HPV DNA tests. The former studies the cellular changes in the cervical scapings for abnormalities that may range from inflammation through non-invasive low-grade abnormal growth to high-grade types (cervical intraepithelial neoplasia [CIN]). Like all viruses, the HPV generates its viral DNA inside the host, which can be detected through gene typing.



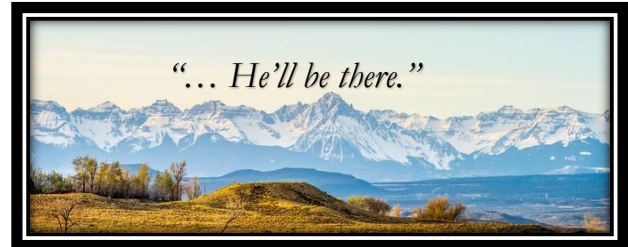
Various organizations work together or separately to develop and update the guidelines for cervical cancer screening. These include the American Cancer Society, the Society for Colposcopy and Cervical Pathology, the US Preventive Services Task Force, and a few others.

As of 2019, the recommendations were as summarized in the table below.

Age Category	Screening Test	Screening Interval
<21 years	No screening	None
21-29 years	Pap test (conventional or liquid-based)	Every 3 years
30-65 years	Pap test and HPV DNA test	Every 5 years (or 3 yearly with Pap test alone)
>65 years	Pap test and HPV DNA test	Every 5 years (or 3 yearly with Pap test alone)
Initiation of Screening		
This is by the age of 21 years.		
Termination of Screening		
For those who are >65 years of age, consider terminating if you have had ≥ 3 consecutive Pap tests, ≥ 2 consecutive HPV DNA and Pap tests within the last 10 years, with the most recent occurring in the last 5 years.		
All woman who have had a total hysterectomy should stop cervical cancer screening.		

There are things that one should bear in mind when considering seeing one's doctor. Firstly, these recommendations are based on the assumption of average risk for cervical cancer. However, the evidence shows that cervical cancer risk is largely behavioral, thus, there are low- and high-risk behaviors. For example, a low risk woman would tend to have limited life-time number of sexual partners, no history of immunosuppression due to HIV infection, or the use of immunosuppressive therapies, be a non-smoker, and have limited male sexual partner-related risk factor. Meanwhile, the alternative would be case for the high-risk woman. Obviously, the avid use of condoms, a history of screening, and/or HPV vaccination would be protective. Secondly, one's sexual orientation and practices should be communicated to the physician in order to ensure that the screening process is responsive to one's needs. For example, it has been reported that persistent HPV infections account for almost all of cervical cancers, 90% of anal cancers, 70% of oropharyngeal (i.e. oral and throat) cancers, and 60-70% of vaginal, vulvar, and penile cancers. It becomes obvious that sexual practices are a common thread here. Thus, your unique situation matters, and needs to be taken into

consideration, as there are other HPV-associated cancers. Lastly, with regards to having had a hysterectomy, it is necessary to ensure that your doctor knows which type of hysterectomy was performed (i.e. total or subtotal). If you still have a cervical stump, then you have to still screen as recommended.



FROM THE EDITOR'S DESK: This month's edition has articles from the four arms of our ministry, namely:

- The Marriage and Family Ministry - Love Strong
- The Christian Life Ministry - Over the Wall.
- The Young Adults/Singles and Campus-Focused Ministry - Pure and Strong.
- The Clinical Cancer Prevention program - It's Preventable!

These are designed to inform, motivate and revive our spirits, as we continue on our walk with the Holy Spirit.

ABOUT THE NEWFOUNDLAND FOUNDATION, INC.: Our mission is to live our lives and to carry out His commands in such a way that would demonstrate God's sovereignty through His interventions in the lives of individuals or nations; His unfailing love through the salvation of souls, and the meeting of various needs, and to prepare our world for His return by building the body of Christ unto maturity.

CONTACT INFORMATION: For further information, visit www.newfoundlandfi.org, or send an email to mscd@newfoundlandfi.org.

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