

Devotional with Pastor Garrison Hayes

Check out this quick and powerful devotional from Pastor Garrison Hayes of Community Praise Church in Alexandria, VA. Based on Jeremiah 29:11,13 Pastor Hayes talks to us about everything from washing our hands to seeking God. We know you'll be blessed. Like. Comment. Share.

#WhatsTheMessage EP 009: The Psychological Effects of a Pandemic

In this episode, Carmela and Claudia welcome psycho-therapist Shivon Massenburg to discuss some of the positive and negative affects this pandemic is having on so many of us. They discuss best practices during quarantine, how you can connect your psychological coping mechanisms with your spiritual practices, and even provide resources for those struggling with anxiety, depression, OCD, or those who are quarantined in abusive and unsafe environments. This is an amazing and important episode that you do not want to miss!

Check out the article they mentioned entitled "Pandemic Spending" by Ruthven Philip by clicking on this link:

<https://www.messagemagazine.com/articles/pandemic-spending/>

Here are some of the mental health resources Shivon Massenburg mentioned:

Crisis Text Line: <https://www.crisistextline.org/>

Disaster Distress Helpline: 1-800-985-5990

Domestic Violence Helpline: <https://www.thehotline.org/help/>
1-800-799-SAFE (7233)

Make sure you're getting our weekly newsletter and our bi-monthly print magazine. You can subscribe for both at our website www.messagemagazine.com

Follow us on Facebook, Instagram, and Twitter @Message1898

#WhatsTheMessage EP 008: Coronavirus, The Honey Pot, and Vulnerable Communities

In this episode Carmela and Claudia discuss the coronavirus COVID-19 pandemic, Target and the Honey Pot commercial, black owned businesses, and a recent report from Homeland Security on the vulnerability of faith-based communities to violence. This episode is jam packed with a lot of good stuff you absolutely do not want to miss. They discuss everything from washing your

hands, to whether or not support businesses affiliated with varying forms of spirituality, and even the Emmett Till Anti-Lynching Act. Make sure you tune in to this episode as we know you're gonna enjoy it.

Follow us on Instagram and Twitter @Message 1898

Subscribe to our Youtube channel

at <https://www.youtube.com/channel/UCUIdIXPJttzqgr831DqNyHg>

Make sure you're getting our weekly newsletters and our bi-monthly print issue by subscribing on our website at www.messagemagazine.com

#WhatsTheMessage EP: 007 What Black History Month Means to Me

In this episode Claudia and Carmela talk about Black History Month: why we should celebrate it and how. They focus on Michael Polite's debut article about epigenetics and transgenerational trauma. Tune in as they discuss their own personal family histories, as well as explore the importance of knowing and understanding history in general.

Click here to read Michael Polite's article "[The Trauma in My Veins: Transgenerational Trauma and the Need for Black History Month.](#)"

Make sure you're following us on [Instagram](#) and [Twitter](#) @Message1898

Click the link to subscribe to our [YouTube Channel](#)

And make sure you're receiving our weekly newsletters and getting your copy of our bi-monthly print issue, right here at Message Magazine Online.

Get Message On Your Smart Speakers

Message magazine continues to find ways to reach our community with the gospel. The latest way is via Amazon's Alexa enabled devices. If you have an Amazon Echo, Dot or other Alexa-enabled device you can now hear the Message Daily podcast on that smart speaker. All you have to do is say "Alexa, enable the Message Daily Skill" and the podcast will be added to your flash briefing. Then get your daily dose of God's word with Message Daily on your Amazon smart speaker by saying "Alexa play the Message Daily podcast." As you enjoy Message Daily on your smart speaker, please share your experience with us and others.

#WhatsTheMessage EP 006: Black Love & Hate (Valentine's Day Special)

We're so excited to share a bonus episode with this week special for Valentine's Day. In this episode Carmela and Claudia talk "Black Love & Hate." Tune in as they talk about Valentine's Day and the consumerism

surrounding the day, Black Love, relationships, and dating. They also talk about the love people have for Kobe Bryant and how that love has turned into intense hate against award winning journalist, Gayle King. Towards the end they turn to discussing Dwayne Wade and Gabrielle Union's son who has just recently come out as a Transgender girl. This is a fun, powerful, and inspiring episode that you do not want to miss. Make sure you check it out. Make sure you're following us on Facebook so you can watch #WhatsTheMessage every Thursday at 11am.

#WhatsTheMessage EP 005: Trump, Faith, and Evangelicals

In this episode Claudia and Carmela discuss President Trump and the Evangelicals supporting him. To help them in this conversation, they welcome Orlan Johnson, the Director for Public Affairs and Religious Liberty for the North American Division of Seventh-day Adventist. In addition to his work for PARL, he also served on former President Obama's campaign staff, and practiced law for over 20 years. Join us in this conversation as we seek to understand this presidency, the impeachment, and why Evangelicals are supporting him.

Make sure you're following us on Facebook to watch #WhatsTheMessage every Thursday at 11am.

#WhatsTheMessage EP 004: Mothering While Black

In this episode, Carmela and Claudia discuss black motherhood in America. Taking the shape of a more interview focus, Claudia picks Carmela's brain about what it truly means to be a black woman in America and be pregnant, give birth, and ultimately raise a black child. Delving into black maternal death rates, the wholistic health of black mothers, and the burden many have of raising black children as a social and political responsibility, Carmela and Claudia dive into the hard truth of mothering while black.

Make sure you're following us on Facebook to watch #WhatsTheMessage every Thursday at 11am.

#WhatsTheMessage EP 003: Two Kings With a Cause

In this episode, Carmela and Claudia talk about the life and legacy of Dr. Martin Luther King, Jr, the importance of churches continuing the work of social justice, and the importance of the Bible in continuing that work. They discuss how Christ and Dr. King are two Kings who sacrificed their lives for

the cause of justice.

Make sure you're following us on Facebook to watch #WhatsTheMessage every Thursday at 11am.

Message Daily: Holiday Break

Message Daily is our daily devotional podcast hosted by Pastor L. David Harris. Because of Pastor Harris' diligence and consistency we've published 108 devotionals to you since we began in August. Wow! I'm so excited that we've reach **OVER 100 Episodes in 3 months!**

This most recent series entitled, "Power!" has truly been a blessing. It is season 2 of the podcast and has 84 life changing episodes. God has truly blessed and has shown up in really powerful ways in each and every episode. We know many of you have been tremendously blessed by each 15 minute segment, and we are grateful for your support.

This update is to let you know that Message Daily will be on a break until the new year. And we are excited about starting season 3 in January bringing you a whole new series for the new year. We know you're going to be blessed. But until then, please keep Message and all of us here in your prayers as we continue to curate and create new content for you for 2020. Also, please rate the podcast. The more people that rate the podcast the easier it is to find and promote. So rate! Share! Comment!

I encourage you to spend the holidays catching up on many of these awesome episodes. They've been so transformative in my own life and I know they will be for you as well. Take this time to reflect on God's love and how He is dedicated to enacting His power in our lives.

Merry Christmas and Happy Holidays!

Claudia M. Allen