

The Lamp Newsletter International

I Can't Take It!



WHEN MY HEART
IS OVERWHELMED
LEAD ME TO THE
ROCK THAT IS
HIGHER THAN I

@teamd2d | PHOTOGRID



**When my heart
is overwhelmed,
lead me to the
rock that is
higher than I.**

Psalms 61:2





Dear Readers,

I AM OVERWHELMED! I AM SO PUSHED TO THE EDGE OF LIFE!

Things and people are making me...frustrated... upset....and angry!

Too much is going on...in the world...our country...with my family and with my friends' LIVES! WOW! I regret that I just can't even go there now!

I AM OVERWHELMED!

We must be careful and prayerful about letting things get the best of us. Life is full of trouble and upsetting situations that can overwhelm every fiber of YOU! Everything and everybody can...MAKE YOU ANGRY!

IS it wrong...to get ANGRY? As people of God...what are we to do? What does the BIBLE SAY?

Help, Lord!



Be ye angry, and sin not: let not the sun go down upon your wrath:



27 Neither give place to the devil.



28 Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth.





29 Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.





HOLY GHOST FIRE

³⁰ And grieve not the holy Spirit of God,



whereby ye are sealed unto the day of redemption.



31 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:





**FOOLS GIVE FULL VENT TO
THEIR RAGE, BUT THE WISE
BRING CALM IN THE END.**

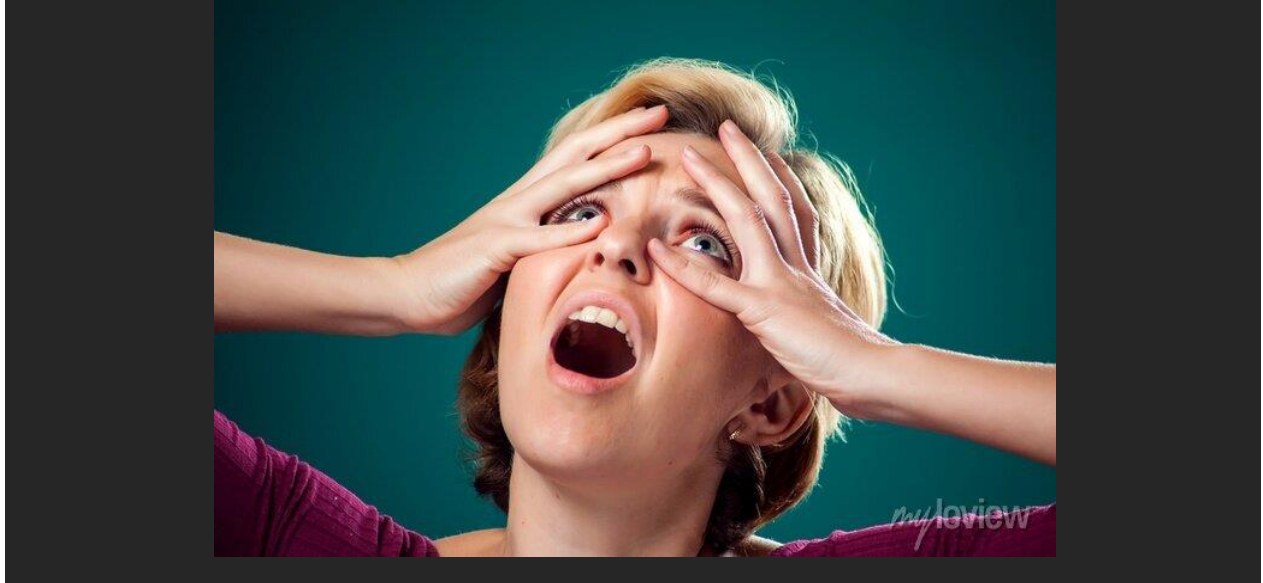
PROVERBS 29:11

32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.



**MY DEAR BROTHERS AND
SISTERS, TAKE NOTE OF THIS:
EVERYONE SHOULD BE QUICK TO
LISTEN, SLOW TO SPEAK AND
SLOW TO BECOME ANGRY.**

JAMES 1:19



Ephesians 4:26 says, “In your anger do not sin’: Do not let the sun go down while you are still angry”.

As humans, we all get angry from time to time.

However, the Bible reminds us that we should always try to resolve our anger before the end of the day.

If we choose to go to bed angry, we’re more likely to carry that negative feeling into the next day. And oftentimes, unresolved anger leads to bitterness and further conflict with others.

In short, whenever you’re feeling angry, take a step back. Don’t let your temper rule you.

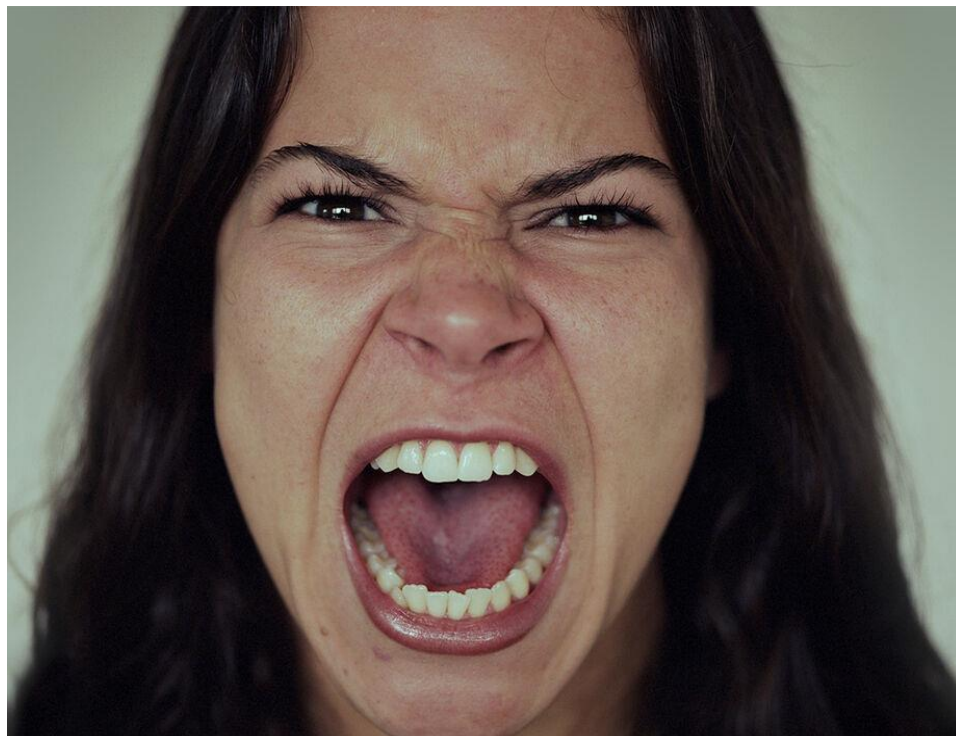
Instead, seek to forgive others as you also seek forgiveness, in humility and grace.

Yes, this isn’t always easy to do in the spur of a heated moment. But it will surely produce a far better outcome than staying mad.

Be patient and practice this in your daily life, step by step.

**BETTER A PATIENT PERSON
THAN A WARRIOR, ONE WITH
SELF-CONTROL THAN ONE
WHO TAKES A CITY.**

PROVERBS 16:32



**BUT THE HOLY SPIRIT PRODUCES
THIS KIND OF FRUIT IN OUR LIVES
LOVE, JOY, PEACE, PATIENCE,
KINDNESS, GOODNESS,
FAITHFULNESS, GENTLENESS,
AND SELF-CONTROL.**

GALATIANS 5:22-23



**FLEE THE EVIL DESIRES OF
YOUTH AND PURSUE
RIGHTEOUSNESS, FAITH, LOVE
AND PEACE, ALONG WITH
THOSE WHO CALL ON THE LORD
OUT OF A PURE HEART.**

2 TIMOTHY 2:22



**DO NOT MAKE FRIENDS WITH A
HOT-TEMPERED PERSON,
DO NOT ASSOCIATE WITH ONE
EASILY ANGERED,
OR YOU MAY LEARN THEIR WAYS
AND GET YOURSELF ENSNARED.**

PROVERBS 22:24-25



Now Readers, before I close my article on BEING OVERWHELMED, I must share a powerful and anointed poem with you, "A Team of Angels for the Overwhelmed." It was written in 1998 by my dear friend... the renown MRS. PATRICIA GALLAGHER pictured here with an armful of beautiful flowers. That's another story about her mission to daily give away hundreds of colorful and glorious bouquets to people...strangers... who need to be loved and lifted in spirit.

Before I printed a copy of her poem in this newsletter, I emailed her for permission to do so. Patricia replied back

in delight with comments. She stated, "The Team of Angels for the Overwhelmed," was by far the most popular poem that I created in the summer of 1998 when I was personally overwhelmed."

Here is more from Mrs. Patricia Gallagher...

Submitted by Patricia Gallagher

Our Family Needs a Team of Angels!

Some people say that I tried to pin the world together, one radiant angel pin at a time. What I was really trying to do was pin my own family back together, one earnest prayer at a time.

At times of frustration and despair, I often leaf through the yellowed sheets of poems I authored long ago. I still feel God's presence in the words. They were written back when I was caring for my busy family; making beds, preparing dinner, making doctors' appointments, shoveling the snow or polishing furniture. Most days, I was running to keep up with long strides of four active children and an ill husband. Now the four kids are in their 30's. I remember those busy days with such love and fondness.

A Team of Angels? Where did the thought even come from? I began the Send a Team of Angels to Help Movement quite by accident in 1998. Or perhaps, it was by divine providence that I began giving the pins to shut-ins, lonely people in nursing homes, the homeless that I met in the City of Brotherly Love (Philadelphia that is, for those not familiar with the North East), and countless other folks who were overwhelmed like I was. People who would face turmoil and anxieties seemed to find me to request a Team of Angels pin, and I seemed to find them.

During the months prior to my husband's accident, I penned poems. I sat in a monastery chapel or in my living room scribbling poems on napkins and scraps of paper. I kept a notebook in my car in case an inspirational thought popped into my mind while I was driving. I jotted my thoughts and worries down on the blue-lined pages and then rhymed the words into verses. Once, I even scribbled a verse in the sand while on the beach at the New Jersey shore and another time on a paper plate.

My ideas for the poems sometimes came to me while watching my kids under the warm sunlight at sporting events, sitting in a doctor's office, perched on the edge of a pew in church, or while making a weekly shopping list for cheese, milk, ice cream and laundry detergent. I filled several Dollar Store notebooks with poems about seeking joy and help for my hurting heart.

I didn't know much about the computer. So everything was done the old- fashioned way-by long-hand.

I called them Team of Angels poems. I crafted a little trio-of-angels pin from safety pins, raffia and little gold charm angels purchased at a flea market. I attached the homemade-on-the-kitchen-table angel pins to pieces of cardboard bearing my first poem.

Writing the poems and making hundreds of the little pins were my way of coping with the uncertainty of my own life at that time and seeking God's guidance. The verses of the poems were my connection to heaven-simple little prayers.

The first poem was titled "A Team of Angels for the Overwhelmed," which aptly described my feelings. I added others such as "A Team of Angels for a Troubled Loved One," "A Team of Angels for Taking One Day at a Time," "A Team of Angels for Raising Good Kids," and "A Team of Angels to Protect My Loved Ones." The little verses expressed the confusion in my own life and the anguish of a frightened wife dealing with a husband suffering with depression.

I wanted God to restore my husband to good health ASAP. The poems continued to come to me and by the end of the year, I had written 300 Team of Angels poems for all occasions and needs.

I never had any intention of "Mom's Little Angel Pin Project" becoming a ministry or business. The fact that over 125,000 Team of Angels pins have traveled worldwide is a surprise to others and mostly to me. Please visit the website below for free download of Patricia's poems.

<http://www.teamofangels.com>

<http://www.happyflowerday.com>



A Team of Angels for the Overwhelmed

*I need a Team of Angels, Lord
I don't think one will do.
Please send me all the help from High
For what I am going through.*

*Guardians to watch over me
And help my soul to cope,
I'll do the best I can to pray,
And cherish gifts of faith and hope.*

www.patriciausa.com

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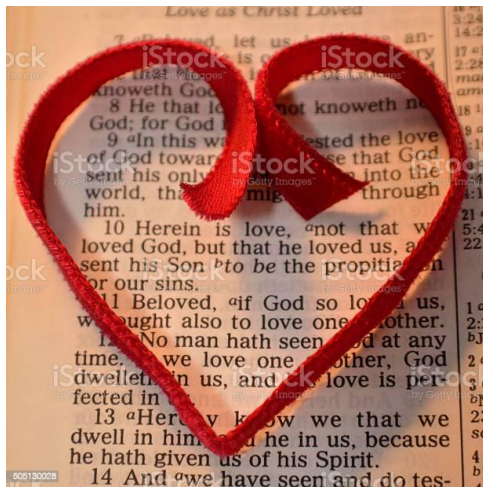
Our Youth Staff Writer...

DONNA R. BROOKS

VERSES ON LOVE

1 Corinthians 16:14

"Let all that you do be done in love."



John 3:16

"For God so loved the world, that he gave his only Son, that whosoever believes in him should not perish but have eternal life."

I John 4:8

"Anyone who does not love does not know God, because God is love."

Most of all is...

John 14:15:

"If you love me, you will keep my commandments."

I LOVE YOU ALL!

Please keep me in your prayers for the days, months and years to come.

Blessings

Ms. Donna R. Brooks

God Answered Your Cry

By Ramelle T. Lee © 2023



Meditation Scripture: Psalm 34:15 (KJV)

*"The eyes of the LORD are upon the righteous, and his ears
are open unto their cry."*

God is watching over you 24/7. You are never alone. You may feel like no one hears you when you cry. But, God knows every tear that you will ever shed.

Reach out to God in prayer. Give Him the opportunity to show you exactly what He can do to help you. Don't be ashamed to admit that you need help dealing with situations you may be facing.

Stop being frustrated and trying to handle every matter on your own.

God is right here, in the middle of your situation, waiting for you to Come to Him.

God is watching your every move. He has the right course of action for you. Right in this moment, Your Heavenly Father is looking at you and He sees your need. He sees your crisis. He sees your hurt.

- God wants to give you rest in His loving arms of protection.
- God wants to carry you to a place of peace.
- God wants You to release everything to Him that is troubling you.

Here's how You and I can let go of the difficulties and challenges that have come to disturb our peace and life:

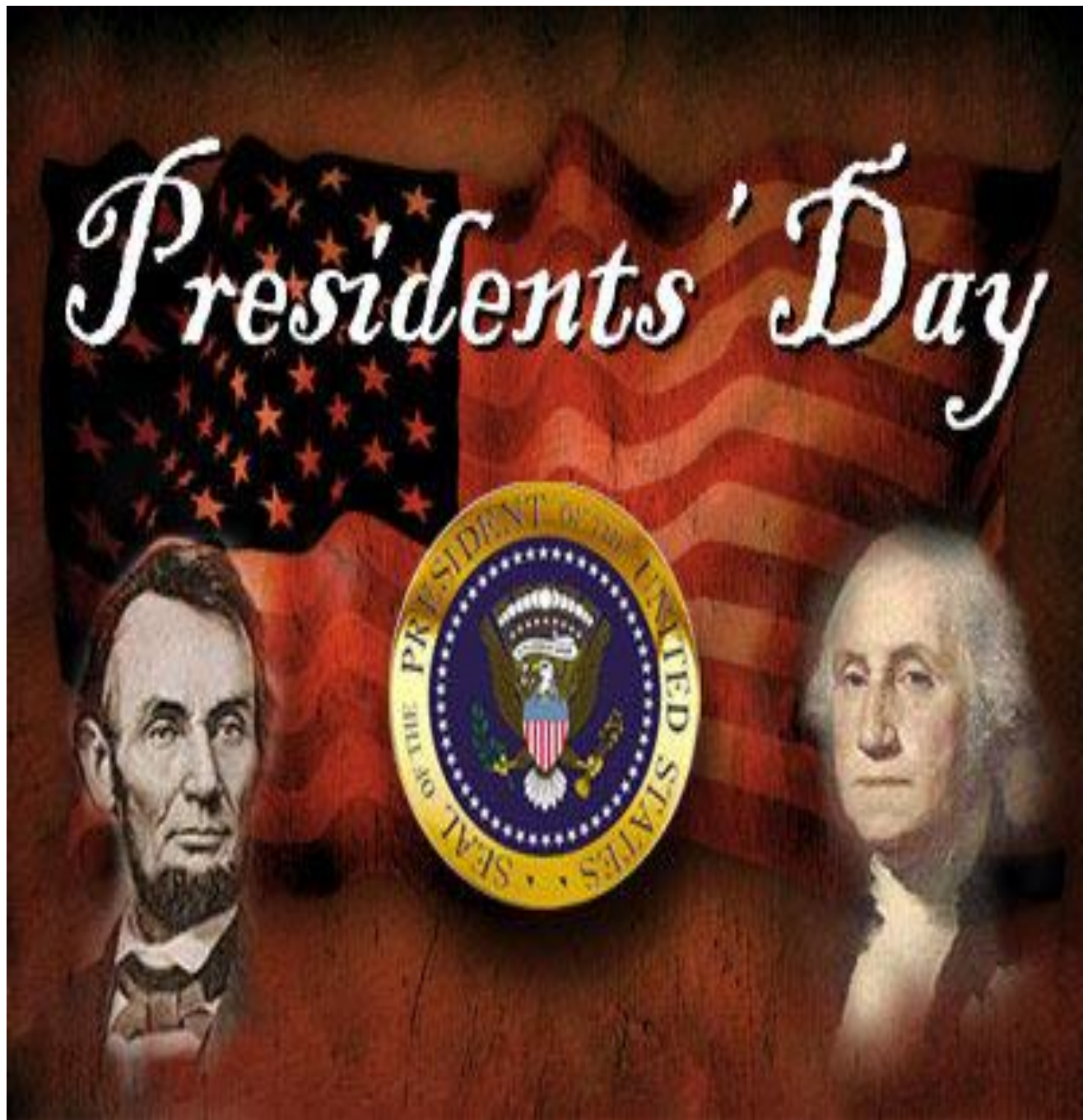
1. As you pray, don't be ashamed to admit to God that you need His help.
2. Don't be afraid to admit you have flaws.
3. Confess your sins and shortcomings.
4. Tell God the ugly truth about your situation. Come clean and admit you can't fix this situation on your own. You need God to step in.
5. Freely surrender everything that is causing you to feel burdened, overwhelmed, nervous, fearful and uncertain.
6. As you cry out to God in prayer, know He is listening.
7. Stay humble and wait for God to work on your behalf.
8. Ask God to send His Comforter, The Holy Spirit. to give you peace and needed strength in this moment.
9. Give God praise and glory for listening to your prayer.
10. Thank God for hearing your prayer.

We all must faithfully stand on the Word of God and believe our situation is turning around. Trust God to see you through times of uncertainty. He will be that source of strength to carry you when you feel weak, hopeless and weary.

So, dry up those tears running down your face. Don't go through another sleepless night. Give God all your cares and burdens. Watch God work out everything for your good. You will shout and say, *"Look what God has done He has answered my prayer as only He can do!"*

**God will come to your rescue.
He will come to YOU!**

IN THE UNITED STATES OF AMERICA

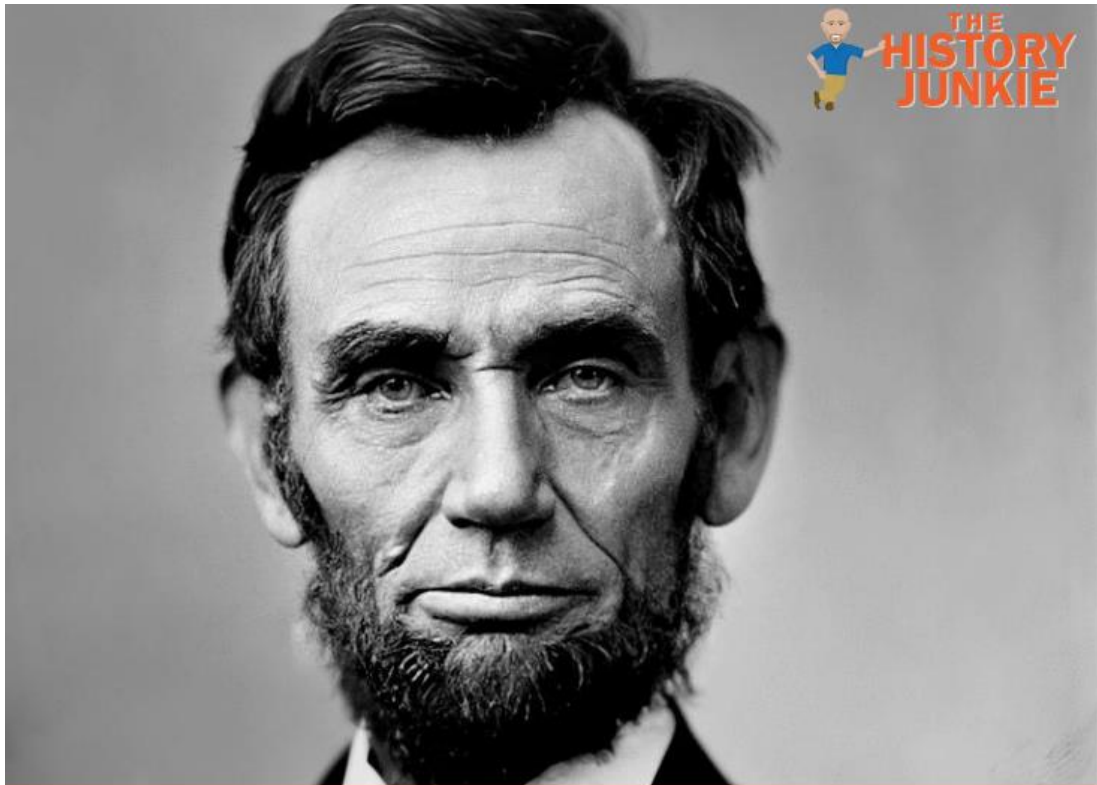


MONDAY, FEBURARY 20, 2023



George Washington Facts

- Known as the Father of His Country
- King George of England said he was the greatest man of his era.
- "First in war, first in peace, and first in the hearts of his countryman"
- Put down the Whiskey Rebellion that threatened the Federal Government
- Was the only President to be elected unanimously.



Abraham Lincoln Quick Facts

- Was president during the Civil War
- Passed the Emancipation Proclamation that freed all the slaves in the United States.
- Passed the 13th Amendment that ended slavery.
- Suspended Habeus Corpus during the Civil War
- Is often considered the greatest President
- Assassinated by John Wilkes Booth



Pastor Sammy L. Jackson of Florida invites you to...

NATIONAL DAY of PRAYER GATHERING

God is calling us to UNITE in PRAYER!

Volusia County
FLORIDA

Welcome to NATIONAL DAY OF PRAYER GATHERING

".....fervent prayer of a righteous man avails much"
James 5:16



In GOD We Trust Volusia
County

FOR MORE
INFORMATION
CALL 386.320.3834

Support your local churches by attending the 21 days
of Prayer <https://www.ndpvолusia.org>

ORDER YOUR STEPS IN THE LORD Psalm 37:23-24



Give to NDP Volusia
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NATIONAL DAY OF PRAYER
Volusia County, FL



NDP Volusia
Visit www.ndpvолusia.org Venmo
Checks To "Pastor's Prayer Gathering"

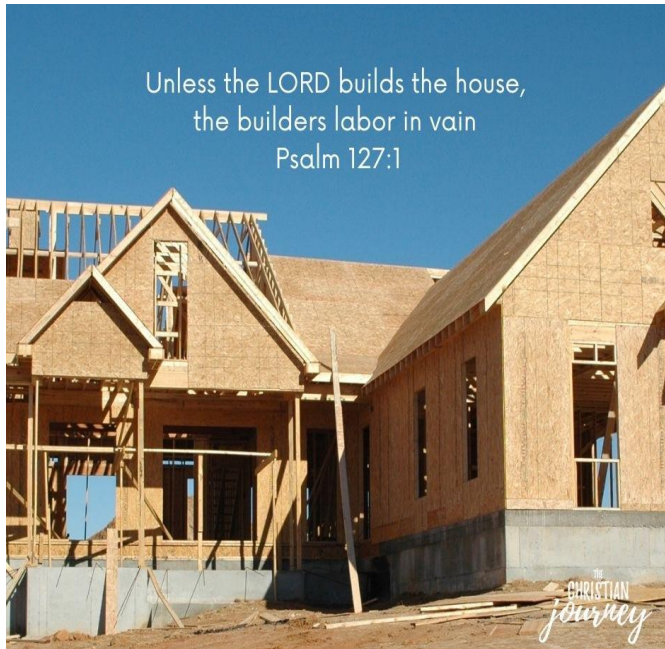


21 days of Prayer
April 13th - May 3rd
Appetizer will be delicious. Unity. Celebration
5:00 PM To 7:00 PM
Main NDP Event May 4th 2023
It's Praying Time 7:00PM



Calvary Christian Center, 1681 W. Granada Blvd,
Ormond Beach, Florida





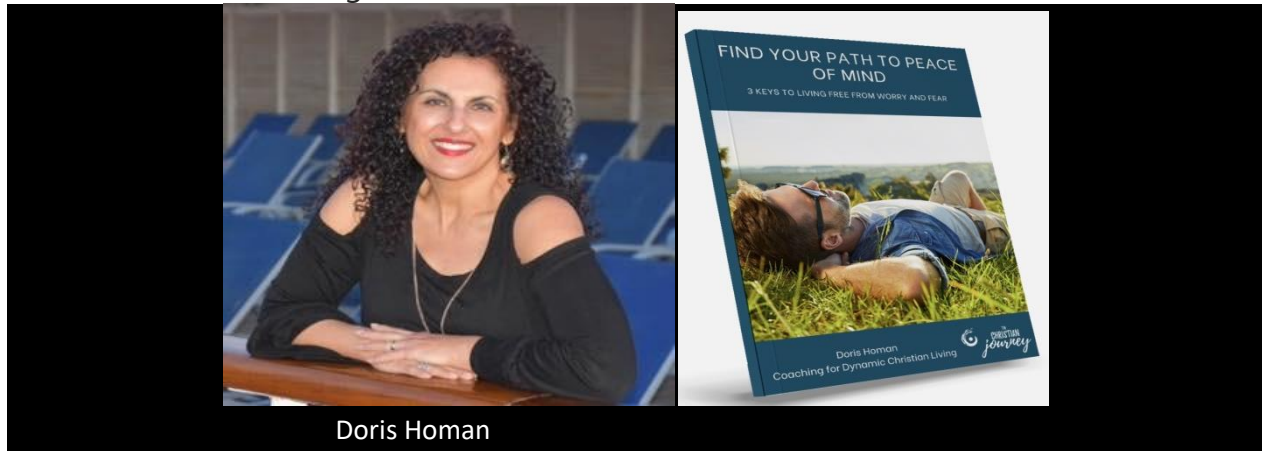
How Are You Building? By Doris Homan

No one wants to put effort and hard work to have it end up for nothing. Whether we work to build a good career, strong marriage, a beautiful legacy, we want our efforts to mean something and to count.

The Bible tells us that our labor is in vain if God is not in it. That's a sobering thought isn't it?! The lesson

for us is to acknowledge Him (check in) on everything we do and seek His guidance.

Child of God "Trust in the LORD with all your heart and don't lean on your own understanding, in all your ways, acknowledge Him and He will direct your path". Proverbs 3:5-6. He knows best and knows the end from the beginning; one of His names is the Alpha and Omega...who better to guide our steps so we make the best decisions in life. Talk about hindsight 20/20



Doris Homan

Doris Homan is an author, a spiritual, and relationship coach.

Ask for your free eBook at:

Coachdoris@greaterimpact.org

Contact information:

dorishoman.com.

Thank you!

BLACK HISTORY MONTH

Black History Month

Black History Month is the ancestor of “Negro History Week” which was started in 1926 by historian **Carter G. Woodson**. An intellectual of prodigious talent, Woodson attended such venerable institutions such as the University of Chicago (1907), the Sorbonne of Paris (1908), and received his Ph.D. from Harvard University in 1912. Through his research, he sought to recognize the accomplishments that Blacks had achieved in a variety of areas and was well-known for his work, ***The Mis-Education of the Negro (1933)***. Over the years, Black history month has begun to take on a wider scope by including Blacks of the Diaspora. The saying goes, “Every month is Black History Month.”

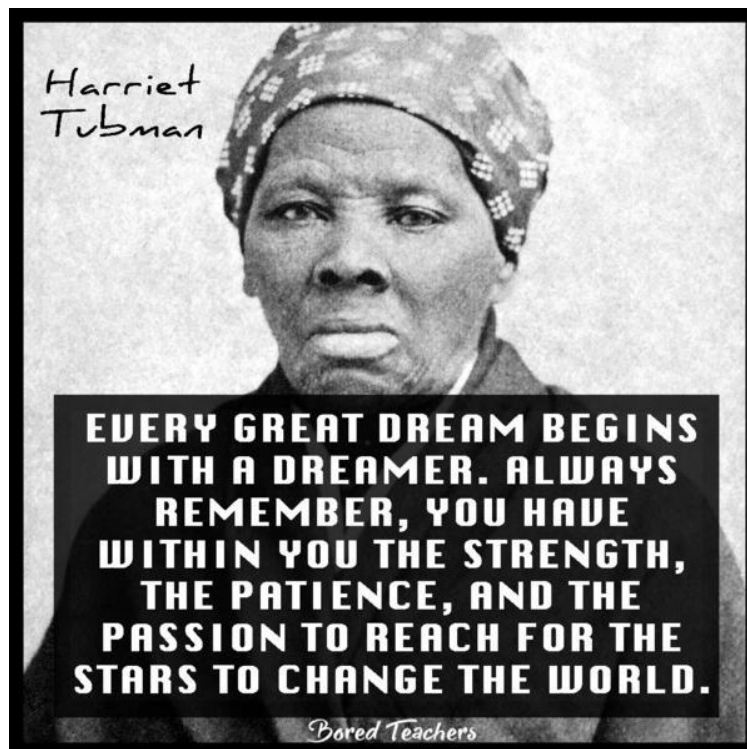


Black History Month facts

Also known as	African-American History Month
Observed by	United States, Canada, United Kingdom
Significance	Celebration of the African diaspora
Date	February (US and Canada), October (Europe)
Frequency	Every year

How did Black History Month Begin?

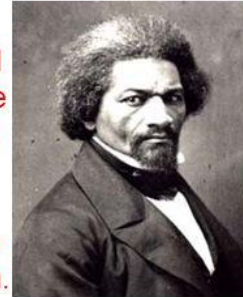
- Americans have recognized black history annually since 1926, first as "Negro History Week" and later as "Black History Month."
- What you might not know is that black history had barely begun to be studied-or even documented-when the tradition originated.
- Although blacks have been in America at least as far back as colonial times, it was not until the 20th century that they gained a respectable presence in the history books.



Sojourner Truth was born at the end of the 1700s and was important as both an abolitionist and promoter of **women** rights until the 1880s.



President Abraham Lincoln ended slavery with the Emancipation Proclamation and the 13th amendment to the Constitution.



Frederick Douglas was a former slave and an important abolitionist who spoke against the evils of slavery during the mid 1800s.

Booker T. Washington lived from the mid 1800s – 1915 and was famous as an educator, public speaker and advisor to presidents of the United States. During his time, he was the “dominant leader of the African American community.”



Harriet Tubman was an abolitionist in the early/mid 1800s, and a key leader in the Underground Railroad. After gaining her own freedom, she returned to the south 17 times to help over 300 slaves escape to freedom.



Little known Black history fact:

- In 1903, as chairwoman of the board for the newly founded St. Luke Bank and Trust, **Maggie Lena Walker** became the nation's first female bank president. She was said to have a "golden touch," and helped the Black community in many ways. She organized and served as president of the St. Luke Educational Fund, which helped Black children get an education; was national director of the NAACP; and was appointed by several Virginia governors to various posts.



Little known Black history fact:

- In 1939, the Daughters of the American Revolution banned **Marian Anderson**, who was known as the contralto of the century, from singing in Washington's Constitution Hall, which they owned. First Lady Eleanor Roosevelt resigned from the group in response and sponsored an Easter morning concert at the Lincoln Memorial. Marian Anderson gave one of her most memorable performances to a crowd of 75,000 people.



Little known Black history fact:

- **Jean Baptiste Pointe DuSable** founded the city of Chicago. At age 20, DuSable sailed to America where he settled in Illinois and became a fur trader. He married an American Indian woman and developed a very successful business. When traveling from Canada, where he trapped furs, DuSable would stop at a place the Indians called Eschikcago or "place of smelly waters." In 1779, DuSable decided this would be a great place to build a trading post which soon developed into the settlement now known as Chicago.





The CATHOLIC
Talk Show

The
Catholic
Talk
Show



The history of the holiday

St. Valentine's Day is a religious holiday. Do you know, who was St. Valentine? One of the legends says, he was a Christian priest, who had been thrown in prison for his teaching. On February, 14 Valentine was beheaded, not only because he performed a miracle—he cured the jailer's daughter from her blindness the night before he was executed—but he wrote a letter to the girl signing it «From your Valentine».





Staff Inspirational Leader.
JORDAN L'ECLUSE of Australia



*Dear friends,
let us love one another,
for love comes from God.
Everyone who loves has been
born of God and knows God.*

1 John 4:7

CrossCards



Sandra Hickman Leader and Staff Writer of Australia

I am in love with the Author of Love. this Author is God Himself. In John 3:3-8 Jesus speaks in truest love to Nicodemus, a man of great religious influence and power, yet does not understand the Truth.



Jesus Teaches Nicodemus

3 Now there was a Pharisee, a man named Nicodemus who was a member of the Jewish ruling council. **2** He came to Jesus at night and said, "Rabbi, we know that you are a teacher who has come from God. For no one could perform the signs you are doing if God were not with him."

3 Jesus replied, "Very truly I tell you, no one can see the kingdom of God unless they are born again.^[a]"

4 "How can someone be born when they are old?" Nicodemus asked. "Surely they cannot enter a second time into their mother's womb to be born!"

5 Jesus answered, "Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. **6** Flesh gives birth to flesh, but the Spirit^[a] gives birth to spirit. **7** You should not be surprised at my saying, 'You^[a] must be born again.' **8** The wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going. So it is with everyone born of the Spirit."^[a]

This is the nutshell account of the conversation between Jesus and Nicodemus. Because Nicodemus was a chief priest and leader amongst the Jews, you might say... "How did he NOT know this?" In those days, Jesus was rejected by His own people... the Jews did not believe who Jesus said He was. They condemned him as a heretic. Their dark obstinate hearts could not see the light which stood in front of them. But Nicodemus had his conscience pricked. He had seen and heard of so many testimonies about the teachings and miracles of Jesus. Eventually, his darkened heart was pierced by the light of God. Nicodemus was hooked! He didn't know why...or how, he just knew there was something more that he needed to know.

Little wonder Jesus called His disciples "Fishers of Men" ... they did as He instructed them. They casted a net of words downloaded from heaven and the fish came swimming in schools! This was a new kind of fishing, a new education if you like. There was nothing about how to steer a boat, how to set direction, or which side to cast your net from to catch the tides carrying the fish. No mention of how to mend nets or how to clean and gut the fish.

No, this was all about the Word. Yes, the Word who became flesh. He is the Living, breathing, walking, and talking flesh. Jesus is the Living Theology. He taught them the beautiful principles of the New Testament, backing it up with wonderful truths of the Old Testament prophets and scribes who had already seen the future before it began.

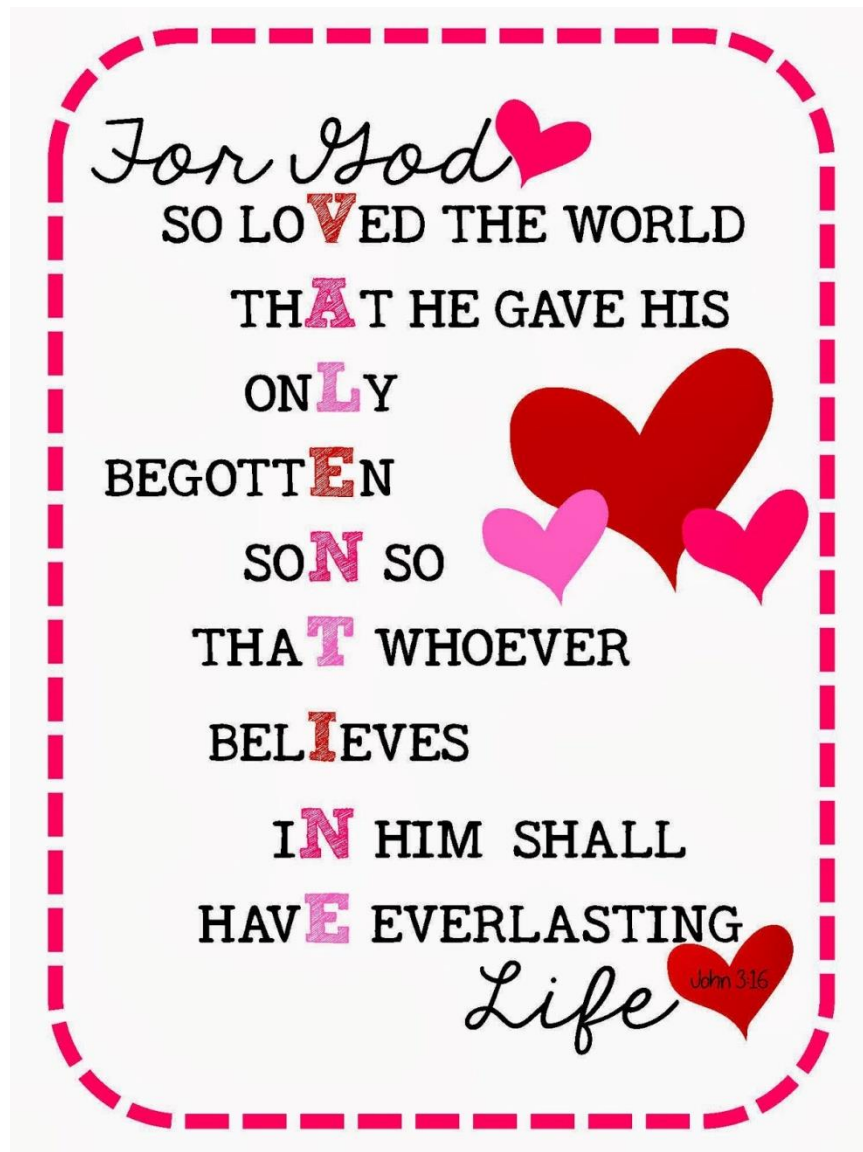
They had prophesied Jesus before He was ever physically on this earth. Imagine the courage it took to speak it out to high authorities. Imagine the even greater courage it took for the New Testament Twelve and those who followed them...following Jesus. They stood in the face of adversity and probable death for this person who took them out of the boats, out of the world, into a whole new way of life and thinking. Radical thinking to be sure! Yet they courageously followed HIM.

JESUS IS THE ONLY BEGOTTEN SON OF GOD. The One who told Nicodemus, "Truly, Truly, I say to you...you must be born again." Jesus left nothing to speculation with Nicodemus. He went straight to the core. His words entered the spirit of Nicodemus and the truth embedded itself into this troubled man's heart, and now he was faced with the decision of a lifetime! Sound familiar?

Yes, I also stood in the shoes of Nicodemus, a different person in a different time, but I wore the same shoes, the shoes of decision. By God's grace, I made the right decision and I've never stopped proclaiming the glorious words of this New Testament Truth!

John tells the story of eternal salvation by the One whose love is far greater than the emotional love of Valentine's Day. Even the most passionate human love cannot carry us into eternity, only God's Love did that on the cross. WE are called to cast the nets, discern the tide and to catch the fish for Christ.

Jesus is my Valentine © 2021 ><> SLH



Thank You for Your Financial Support!
Dianna and Carolyn...



Mrs. Dianna Winkler



Mother Carolyn Huff Thomas

Praise the Lord for these lovely ladies! They are an answer to our call for help concerning the debt owed to Ms. Linda Stafford for ministry items needed for people in 2022. We sincerely appreciate your concerns and help.

GOD BLESS YOU!

Readers,

Please help TREASURES from HEAVEN pay off our remaining balance owed on our many 2022 outreach projects for the needy and other outreaches. It is not too late to send your financial donation to Ms. Linda Stafford who is our supplier of merchandises and various products to bless others.

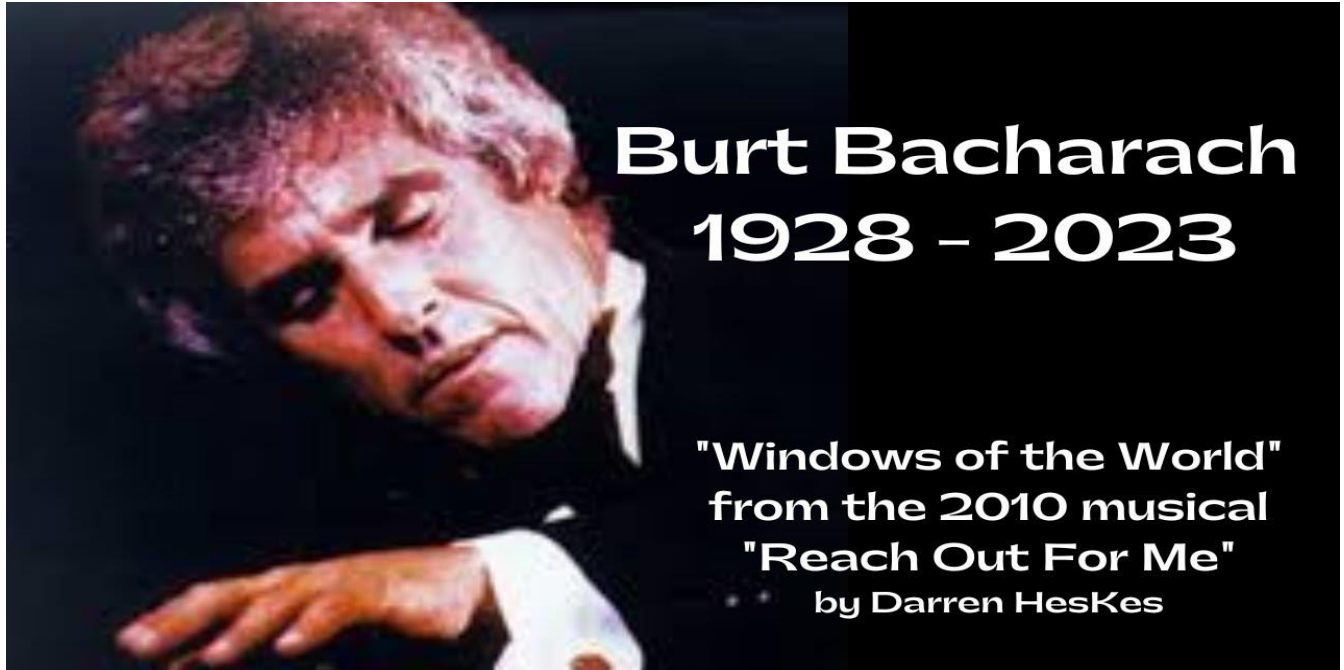


If you would like to give, please send your donation to Ms. Linda Stafford at her cashap at: \$Lsblessed.

THANK YOU SO MUCH!

Ms. Linda Stafford

THE LEGENDARY...



Burt Bacharach 1928 - 2023

"Windows of the World"
from the 2010 musical
"Reach Out For Me"
by Darren Heskies

Burt Freeman Bacharach (/ˈbækəræk/ *BAK-ə-rak*; May 12, 1928 – February 8, 2023) was an American composer, songwriter, record producer, and pianist who is widely regarded as one of the most important and influential figures of 20th-century [popular music](#).^{[4][5][6]} Starting in the 1950s, he composed hundreds of pop songs, many in collaboration with lyricist [Hal David](#). Bacharach's music is characterized by unusual chord progressions, influenced by his background in [jazz harmony](#), and uncommon selections of instruments for small orchestras. He arranged, conducted, and produced much of his recorded output.

Over 1,000 different artists have recorded Bacharach's songs.^[7] From 1961 to 1972, most of Bacharach and David's hits were written specifically for and performed by [Dionne Warwick](#), but earlier associations (from 1957 to 1963) saw the composing duo work with [Marty Robbins](#), [Perry Como](#), [Gene McDaniels](#), and [Jerry Butler](#). Following the initial success of these collaborations, Bacharach wrote hits for singers such as [Gene Pitney](#), [Cilla Black](#), [Dusty Springfield](#), [Tom Jones](#), and [B. J. Thomas](#).

Bacharach wrote seventy-three U.S. and fifty-two UK [Top 40](#) hits.^[8] Those that topped the [Billboard Hot 100](#) include "[This Guy's in Love with You](#)" ([Herb Alpert](#), 1968), "[Raindrops Keep Fallin' on My Head](#)" (Thomas, 1969), "[\(They Long to Be\) Close to You](#)" ([the Carpenters](#), 1970), "[Arthur's Theme \(Best That You Can Do\)](#)" ([Christopher Cross](#), 1981), and "[That's What Friends Are For](#)" (Warwick, 1986). His accolades include six [Grammy Awards](#), three [Academy Awards](#), and one [Emmy Award](#).

Bacharach is described by writer [William Farina](#) as "a composer whose venerable name can be linked with just about every other prominent musical artist of his era"; in later years, his songs were newly appropriated for the soundtracks of major feature films, by which time "tributes, compilations, and revivals were to be found everywhere".^[9] A significant figure in [easy listening](#),^[2] he influenced later musical movements such as [chamber pop](#)^[10] and [Shibuya-kei](#).^{[11][3]} In 2015, [Rolling Stone](#) ranked Bacharach and David at number 32 for their list of the [100 Greatest Songwriters of All Time](#).^[12] In 2012, the duo received the [Library of Congress Gershwin Prize](#) for Popular Song, the first time the honor has been given to a songwriting team.^[13]

February Birthday Memorial
ELDER MINOR PALM, JR.
February 5, 1926 - April 10, 2010

Sanctified Gospel Preacher, Husband, Father, Grandfather, Church Leader, Community Activist, Music Composer, Trumpeter, Award-winning writer, Bible Scholar and...more. He lived a committed holy life to the Glory of the Lord.



I really miss you dearest Daddy...I love you so much...

-Wanda J. Burnside, the Founder and Publisher

THE LAMP NEWSLETTER INTERNATIONAL



POLICE



In June, THE LAMP NEWSLETTER INTERNATIONAL will present special articles on THE POLICE. It is time to address some critical matters and situations that are happening in our society.

MUCH PRAYER IS NEEDED!

If you want to share your comments, please contact us:

wvision@hotmail.com

Thank you

"...THE EFFECTUAL FERVENT

PRAYERS OF THE RIGHTEOUS AVAILETH

MUCH!"

DON'T STOP PRAYING!

Contact Information:

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