

The **Good News** Letter

A publication of Today's Ministry Achieving Tomorrow's Triumphs

Spring 2011 Volume 8 Issue 1

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*Elder Damon Mack
Musician, Minister,
Visionary*

*The Spirit of the Lord is on me,
because He has anointed me to preach
Good News to the poor. He has
sent me to proclaim freedom for the
prisoners and recovery of sight for the
blind, to release the oppressed, to pro-
claim the year of the Lord's favor.*

Luke 4:18-19 (NIV)

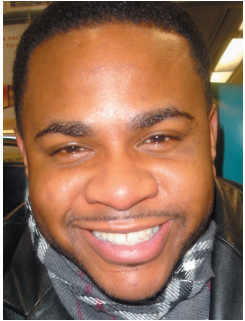
Today's Ministry Achieving Tomorrow's Triumphs (TMATT) is a faith based non-profit organization geared toward the betterment of men, women and children. Our commitment is to love, encourage and empower through various charitable programs. There are several programs in place including Iron-2-Iron, Stay in Shape Saturdays, The Sisterhood Brunch, In His Image and The Good Newsletter.

The views expressed in TGNL are those of the writers and do not necessarily reflect the positions of TMATT. Also, please use discretion when purchasing any products advertised or following any advice (medical or otherwise) given in TGNL.



Today's Ministry Achieving Tomorrow's Triumphs
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CONTRIBUTORS



G. Morris Coleman
Contributing Writer

"Let me win, but if I cannot win, let me be brave in the attempt."

Special Olympics
Motto



L. Ayanna Brown
Contributing Writer

"A woman's heart should be so hidden in Christ that a man must seek Him first to find her."

Anonymous



Michael Moody
Contributing Writer

"Where there is no struggle, there is no strength."

Oprah Winfrey



Vonnetta Hughes
Contributing Writer

"Love talked about is easily turned aside... Love demonstrated is irresistible."

Dr. Stan Mooneyham



Tracylee Coleman
Editor-in-Chief

"Intelligence plus character - that is the true goal of education."

Martin Luther King, Jr.

The GALs (God's Anointed Ladies in Service)
of
Emmanuel Pentecostal Faith Temple
present a

Total Wellness Luncheon

Psalm 34:8 O taste and see that the Lord is good:
blessed is the man who trusteth in him.

Saturday, March 19, 2011
11am - 2pm

Donation: \$10 in Advance
\$15 at the Door

Location:
Catherine Dixon Founder's Hall
344 South Fifth Avenue
Mt. Vernon, NY 10550

Discussions concerning
Spiritual and Physical Wellness:
Various Speakers and Health Officials from the
Mount Vernon Neighborhood Health Center

Registered nurses will be on duty for various tests
including blood pressure screening and more...

For more information, please contact:
Tracylee Coleman at 917-749-7133
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Kay Brown 646-316-0396

Come and Join Us for a Day of
Physical and Spiritual Uplifting!

ANNOUNCEMENTS

Congratulations to G. Morris and Tracylee Coleman on the birth of their daughter. Best Wishes!

Cogratulations to Tanika Mercurius on the birth of her daughter. Best Wishes!

Happy Birthday to all those born in March, April and May!

UPCOMING EVENTS

3/5 *Stay in Shape Saturdays Resume* **3/19** *Total Wellness Luncheon*
Call (917) 749-7133 for details

Call (917) 749-7133 for details
4/17 *The Voices Anniversary*

3/13 *Family and Friends Day* Call (914) 668-7292 for details
Call (914) 668-7292 for details

5/8 *Happy Mother's Day*

detach here

Prayer Requests. Announcements. Upcoming Events.

A MESSAGE FROM THE EDITOR-IN-CHIEF

TRACYLEE COLEMAN

Wow!!! What a difference a year makes!

My husband and I recently welcomed a new addition to our family. We are the proud parents of a beautiful baby girl.

Although we've talked about children in our courtship, it's totally different to watch it come to fruition.

Through this experience, I have seen a new level of God's greatness. He is truly an AWE-SOME GOD!!!

It is so surreal even after having experinedced the whole nine moths and the actual labor and delivery, that God allowed life to be birthed through my body.

When I look into the face of this precious human being that is a part of me and my husband, I am still in awe.

God continues to show me that there is nothing too hard for Him. What He sets in motion, will come to pass. No matter what obstacles we may encounter along the way, He will always come through.

Not only did God create life, He also restored life. I've watched the miraculous healing of so many, including my mother. Just to see what He did in a matter of a few short months, God is truly worthy of all praise.

I am basking in the greatness of our God! So does that mean He is finished performing the impossible?

Far from it!

I believe He has only just begun to show what

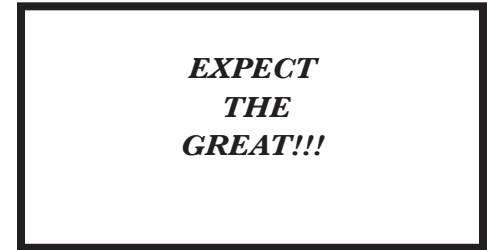
He is really capable of doing once we truly believe that He is who He says He is.

I've declared from the beginning of the year that I am Expecting the Great! And I am determined to hold on to that affirmation.

Join me as I expect the great! Break free from doubt and fear. If there is something that you are truly in need of, trust and believe God for it. He won't fail you or let you down.

Tried and true...God is the REAL deal!

Stay tuned...



Just Push Play
G. Morris Coleman

Philippians 3:13-14, *Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.*

As I thought about this scripture, I realized that so many of us live in the wrong tense of our lives. We dwell on our past and we worry about our future... We regret the experiences of yesterday and we fear the unknown of our tomorrows. The joy of our present is lost in the reliving of our past and the uncertainty of the future of our lives.

“The will of the Father is that we would allow our lives to simply **PLAY** the way in which He designed it...”


In many ways, our lives can be compared to some of the modern day electronic devices that most of us use daily. You see...the goal of a Tape Player, DVD player, or DVR box (for those of us who have upgraded) is to watch your favorite movies or shows at your own pace, at your own time. Each device has the capability to pause...to stop...to rewind...

to fast forward...to record... But the overall purpose is for it to JUST PLAY whatever it is you choose to watch. In the same sense, WE also have these capabilities. But for the children of God, the will of Father is that we would allow our lives to simply PLAY the way in which He designed it...no interruptions...no rewinds...no fast forwards...just let it play!

Pause

For many of us, the pause button of life is our button of preference. At first, it seems to be harmless. What could be the real harm in stopping momentarily? We need a break...we DESERVE a break! But the creator of these devices often adds a built-in function so that if the device is paused too long, it automatically stops. In the same regard, what many of us thought to be a temporary break still continues today. We have lost our focus... We've lost our vision... and ultimately, we have lost our will to succeed! Many of us know people who temporarily stopped coming to church and it morphed into an unexpected permanency.

Somebody Prayed For Me...



City of Mount Vernon	Kelley Thompson	Letitia Hughes
The Obama Family	Onika Slocum	Vonnetta Hughes
US Government	Boys & Girls Club of MV	Ingrid McKenzie
Denise Matthews	Morris & Tracy Coleman	The Adison Family
Edna Holliday	Mr. & Mrs. Bradberry	Erica Slocum
Tanika Mercurius	Tina & David Cousart	Barbara Pierce
Sara Cesare	Tamara House	The Pone Family
Philip Hughes, Sr.	The Davis Family	The Brown Family
Keith Price	John Lewis	Edna Robinson
Kimberly Crawford	EPFT	Sharon Taylor
Ana Curley	The Moody Family	Union Baptist Church

Our Father...

Dear Heavenly Father, we come before You, honoring You, for who You are. We acknowledge Your greatness, for You alone are The One and Only True and Living God. Lord we thank You for all things, knowing that You do all things well! Lord God we ask that You continue to fill us with love, Love for You and love for Your people. Lord, help us to love You the way we should, so we won't sin against You. Help us to obey You and Your Word. Lord, we understand every time we disobey Your will for our lives, we separate ourselves from You. And Lord we realize when we are separated from You, we are allowing the devil to come and roam free, to do as he pleases. Lord, restore us once again. Let nothing separate us from You. We pray from this moment on that we walk according to Your will only and not our own. We pray that You be Lord of our lives. We realize Lord, if it were not because of Your grace and Your mercy, we wouldn't be here. Lord because of Your love for us, and because of what You see in us, what we cannot yet see in ourselves, You have given us several chances and for that, we are eternally grateful. We know with Your help and Your strength, we can do it. We will make it! We ask these things in Your Precious Son Jesus' name, Amen! VH

In His Presence...

Disobedience is sin that separates us from God. In Genesis, Adam disobeyed God, and because of his disobedience, God cursed the ground and Adam was separated from the fellowship he once shared with God. When we are disobedient, we are yielding to our own self-will instead of surrendering to God and allowing His will to direct our lives. We open ourselves up to the attacks of the enemy. Jesus says in John 14:15, "If you love me, you will obey my commandments." We are rejecting God and rebelling against Him when we choose to disobey Him. The Word of God tells us in Deuteronomy 30:15, "See, I have set before thee this day life and good, and death and evil." When we make a conscious choice to disobey God, we are choosing death and evil. However, when we choose to obey God, we are choosing life and good. Obey the command and dictates of God and Choose Life!!!

March	April	May
<i>Obey</i>	<i>Disobedience</i>	<i>Obedience Brings Blessings</i>
1 Samuel 15:22	Ephesians 2:2	Exodus 19:5
Exodus 23:21	Ephesians 5:6	Deuteronomy 11:27
Acts 5:29	Colossians 3:5-7	Deuteronomy 28:1-2
2 Corinthians 10:5	Hebrews 2:1-3	Job 36:11
		Isaiah 1:19

Compiled by Vonnetta Hughes

Pause too long and your ability to move forward just might be hampered.

Stop

The stop button is one of the most dangerous buttons of all in that the actual device stops working as hard when it's pressed. On a CD player or DVD player, the disc spins in all modes except when the stop button is pressed. On a VCR, the television's regular program comes back on when the stop button is pressed. Much like the stop key on these devices, when our stop button is pressed, we too are unable to move forward. We lose our capabilities... our ability to function. Like a muscle that is out of use, we become weak and out of shape.

Fast Forward

There are many who have held down the fast forward button of life. Instead of waiting on God, we decide to take matters into our own hands. Instead of trusting that whatever our situation may be, He will work it out; we decide



to try to work it out ourselves. Philipians 4:6 says Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be known to God.

But the word wait is a verb, which means that it is a word of action. Most of us are not sure what to do while we wait, which is why we become so anxious. But your time of waiting should be your time of prayer... it should be a time of fasting... It should be a period of communion with God and thanksgiving to God for what He has ALREADY done, and what you KNOW He will do.

to try to work it out ourselves. Philipians 4:6 says Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be known to God.

Record

One of the buttons I find most interesting is the record button. On most devices, it is the only button that has a color to denote its function. The record button is always in red, warning us, so that we do not copy over something unintentionally. Unfortunately, in the church, we see much of this. We have lost our identity because we have copied the patterns of the world.

Colossians 2:8 says, “Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ. It is unfortunate that the things that are wrong, we now call right; and the things that were right, we now call wrong. We have recorded over our identity and taken on the image and ideals of the world.

But the interesting thing about the record button is that it’s not completely a wrong thing. Paul says in I Corinthians 11:1 Be followers of me, even as I am of Christ. We are to surround ourselves with Godly examples and duplicate the patterns we see. This is not to say that we should all be carbon copies of one another, but there is a pattern of holiness that all of our lives should exemplify as children of God. Record is great for inspiration and motivation, but there still can only be one Master Copy.

Rewind

Many of us can’t resist hitting the rewind button of life. Instead of forgetting the things of the past, as the scriptures tell us, we return to the former things of old. God delivers us from circumstances and situations and instead of rejoicing in that deliverance, we decide the coast is clear, and that it’s safe for us to go back to Egypt.

Many of us have forfeited our rights as children of the Most High God. We’ve been so concerned about the things of the past that we have missed opportunities that God has placed before us. The past has become our cause of paralysis as it relates to our success simply because we were not willing to let it go and trust in the promises of God.

Play

But with all of the options we have in life, the greatest button of all is the play button. The pace and timing is just as the creator intended. I press toward the mark for the prize of the high calling of God in Christ Jesus. The dictionary defines press as a steady weight or force against something. It’s not a rushed process... It’s the necessary effort needed to get the desired result.

Which button will you choose?

It is like the precious ointment upon the beard, even Aaron’s beard: that went down to the skirts of his garments; As the dew of the Hermon, and as the dew that descended upon the mountains of Zion: for there the Lord commanded the blessing, even life evermore.” There is a blessing from God when you gather together with brothers and sisters in Christ. There is unity in numbers and strength as well as the overflow of the anointing in the corporate presence of God.

Ecclesiastes 4:9-10 states, “Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.” We have to view fellowship (going to church) as an opportunity to uplift each other and not as a way to be pulled down. I encourage you reader to change your thinking. View the house of God as an opportunity to draw strength, to encourage your fellow brothers and sisters in Christ. Remember when your focus is on God, your expectation and experience in the house of God is one of being uplifted and strengthened.

Romans 10:14 reads, “How then shall they call on him in whom they have not believed? and how shall they believe in him of whom they have not heard? and how shall they hear without a preacher?” The Lord knows that satan is crafty and there are many false and seducing doctrines and spirits. There is another place in the word where the Lord says, if it would be so the very elect of God would be seduced (paraphrased). Going to church is not just about the people, it’s also about hearing the word of God from the leader of God. How can you hear, or in other words get that greater revelation except there be a preacher; how do you hear the preacher unless you go to church?

Reader, I would say that your growth in Christ is connected both to your individual worship time and your corporate worship time.

If you have not accepted Christ in your life as personal Lord and Savior, we encourage you to do it now. Just simply say this prayer, “Lord, I am a sinner and I want you to come into my life. I believe that Jesus is your only begotten Son, and that He died to save me from sin. I repent of my sins and ask you to forgive me. Thank you for loving and saving me.”

Can you reach the same spiritual level worshipping at home as worshipping in a church? In church, you're influenced by others and their spiritual burdens.

This Christian walk and our spiritual growth is in both a vertical and horizontal direction. Some may say that was the purpose of the style of the cross. Jesus' arms outstretched represented our relationship with others and his body hung in a vertical direction representing our individual relationships with God. Whether or not you subscribe to that theory about the symbolism of the cross, our spiritual growth in God is still horizontal and vertical. God requires us to have a personal relationship with Him, to seek Him daily, to spend quality time with Him, get closer to Him, and learn His will for our lives. That is all of our personal time with Him.

The Word of God also admonishes us to get together with our fellow brothers and sisters in Christ. Why? We are not an island to ourselves. God created it that we should share our faith with others, that the word of our testimony encourages another and vice versa. He says that iron sharpens iron and when we gather together in fellowship before God, we gain strength. We are to bare the affliction and burdens of our fellow brothers and sisters in Christ. Sometimes it is your prayers that usher someone else into their deliverance and healing. There is a difference in allowing the spirits, attitudes or burdens of others influence you because you have made the people your focus versus attending church with various people who may have issues, but your focus is on the God who can deliver you.

Psalm 133 is made up of 3 verses that highlight the importance of dwelling together in unity, coming together as a congregation (or in laymen's terms as a church) and worshipping. "Behold, how good and pleasant it is for brethren to dwell together in unity!"



The Addict

By: Kefeana Brown

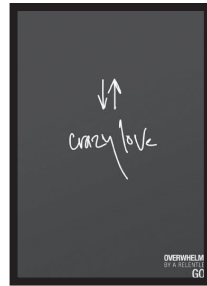
An addict never wants to admit to being an addict. They never want to face their addiction. Even as it tears them apart, destroys their lives, their families, and their futures, they fail to say, "I am an addict." Admitting they are an addict is the first step in their healing. The admission is an act of rebirth, the painful process of healing and recovery.

Today I declare to the world that I am an addict. I profess to the world that I am an addict and my declaration has cleansed me, it has purged me, mended me, covered my shame, saved me from sin, regenerated me and has given me the hope of a future. My declaration that I am an addict soothes my soul, gives me boldness to face the world, to journey to recovery and to incite others to shout aloud, "I am an addict."

I am empowered by my declaration that I am an addict. I go even further to declare that I am an addict and there is NO curing me from my addiction. In fact, it is my addiction that has cured me! For when I was in the valleys of despair, my addiction brought me through. When I journeyed through the darkness, my addiction gave me light. When I was left in the cold, my addiction provided me warmth. When I was rejected by all, my addiction took me in. When I was lost, I was found by my addiction. When I was dying, my addiction saved me.

My addiction is strong, there is no kicking this habit. My addiction overpowers me. It's stronger than crack, mightier than heroin, beats out all opiates, conquers more than alcohol, higher than ecstasy, burns more than meth, and causes me to soar higher than a kite.

My addiction overwhelms me, daily I seek after it, I thirst for it, I hunt for it, I am willing to forsake all for it. My addiction has taken over me, my addiction has become me. I can no longer live life without it, and never want to. This is no ordinary addiction. This is the best addiction. So today I admit, I confess, I profess and I declare to world that I am an addict. I am an addict of JESUS CHRIST.



He loves me, He loves me not? The answer is a resounding yes! God indeed loves us all. The book, "Crazy Love" by Francis Chan poses the question, "How much do you really love God?" The book delves into the heart of "church-goers," as well as the "serious" Christian. It is a sobering look at how we've become "Christians" without God being the most important person in our lives. If you want to seriously return to your first love then read Crazy Love. AM



Flame releases the "Captured" album. A new release to hit the gospel stage. A Christian Rap CD with an eclectic sound and variety in every song; this album is sure to appeal to a wide audience. The song "Surrender" is just one of many that ministers to the listener and refocuses the attention back to God. This gospel rap artist is sure to take the world by storm ministering the gospel of Jesus Christ through creative lyrics and musical blends. AB



Deitrick Haddon's new album "Church on the Moon," is a new millennium gospel CD that will minister to every generation. An album that's destined to minister outside of the four walls, Deitrick Haddon does it again capturing the audience with not only his vocal ability but also diverse musical styles. His song "Show Stopper," reminds all who listen that the ministry is all about Jesus and no one else. AB

a difference in the world through the Kingdom or as a representative of the Kingdom. Let's really exhaust the will of God for our lives while we are here... let's be all that we can be. Let's enjoy life. Let's live. Enjoy the opportunity that God has given me to live life.

I really want to preach to the body of Christ that God has more for us, and the more does not just mean church. Very quickly, I tell young people all the time I believe God has an anointing and anointing and not just to preach, sing, play or direct a choir. I'm just crazy enough to believe that if you say you love the Lord and you play for the Knicks and there's five seconds left on the shot clock and you got the ball in your hand that God will anoint you to make the game winning shot. We just have to (with the help of God) bring it out. You can be whatever you want to be. God can anoint you to perform a surgery, conduct an orchestra, be an astronaut and know how to hit the right buttons at the right time. Go beyond what the training has taught you to illuminate your mind, and just believe God is big like that.

MORRIS: What do you say to the person who wants to get out of the box, but fears breaking the social norms of their society, church, etc.? How do they break free from that fear?



DAMON: Really it comes down to a trust in God and a competence in God and even in you. I can really say firsthand that has caused so much apprehension in me: fear of failing or coming out of my comfort zone. Really trust God. You have to build up strength, even mentally, because it starts in the mind. Ask God to help you free your mind from the comfortable... let me say it like this, comfort ensnares. Even if you have to come back home, at least you can say, "I tried." It's okay to try something different at any age, at any junction in life. God, I just believe, can really show us there's something more to us and don't be afraid, try it. You know, try to go out there, build up the strength and build up the courage. Most of all, sit down, pray, and write out a plan.

Academy of the Arts. It's going to be a school that will teach young people and children how to play and the importance of integrating their Christian faith into their music without limiting them to just the Church. The importance of that is to keep integrity or to bring integrity back to music because we lack as much integrity in gospel as we see in secular music.

MORRIS: With all the things that you mentioned, where are all these ideas coming from?

DAMON: It comes from stuff that I saw. It comes from inspiration, people that I've seen, people even recently that I've met. For some reason, I've been meeting a lot of young people in my age group and even younger that are really going for it. And they love God, but there are no restraints on their artistic or creative view, and they do it! And they're really maximizing their moments. I had a friend that recently passed away, 29 years old, and he was on his way! And that really jarred me to say, "maximize the time that you have," you know? And when I go, you know, I really want people to say, "Man, I remember this guy and all that he did." And I remember people like Brian Moore and Curtis Brown and Michele White, Hezekiah Walker, Eric McDaniel... Those were the people that as a young kid, gave me the opportunity, you know? So that's where I get all this inspiration and being exposed to other things that are really okay.

MORRIS: What message would you give if you could speak to the entire Body of Christ at large right now at one time and you only get one shot?

DAMON: I would tell them what Jesus said to Peter... "the devil desires to sift you as wheat"... and "when you have been converted strengthen your brother."

He said to Peter also that when he confessed Jesus as the Messiah, "thou art Peter and upon this rock I build my church." What am I trying to say? That at that time Peter was a liar, Peter cussed, and he would fight. But Jesus saw that there was more to Peter. And I think my message to us is that there is more to us than even where we are. Even in church, we tend to place unnecessary limits. What we aspire for (to me) is so minimal compared to the vastness and the greatness of God. We aspire to be auxiliary heads, preachers, pastors; I know that those things are in my future. However, I want to make

MULTIPLE MYELOMA

Vonnetta Hughes

Multiple Myeloma is a cancer of one's plasma cells, a type of white blood cell present in an individual's bone marrow. It's the most common type of plasma cell cancer and it's a disease that is seldom cured. Plasma cells are part of one's immune system, which helps protect the body from germs and other harmful substances. Plasma cells make proteins that are called antibodies, which aid to fight off infections. In multiple myeloma, a group of abnormal plasma cells (myeloma cells) multiplies, raising the number of plasma cells to a higher than normal level. Since these cells normally make proteins, the level of abnormal proteins in your blood also may go up. In time, myeloma cells collect in the bone marrow and in the solid parts of bone. When myeloma cells collect in several parts of the bone, it is called multiple myeloma.

Risk Factors/Causes

Physicians are unsure about the exact cause of the disease. They cannot pinpoint why some individuals get the disease and some do not. What doctors are certain about is myeloma is not a contagious disease, it cannot be spread from one individual to the next. Causes and risk factors are:

- Over age 65
- Race
- Being a man
- Family history of multiple myeloma

Symptoms

- Bone pain, often in the back or ribs
- Broken bones
- Weakness or fatigue
- Weight loss
- Repeated infections
- Frequent urination
- Nausea or constipation
- Fever

Most often, these symptoms are not due to cancer. Other health problems may also cause these symptoms. Only a doctor can tell for sure.

Treatment

Individuals who have been diagnosed with multiple myeloma have several treatment options. The choice of treatment depends mainly on how advanced the disease is and whether the individual has symptoms. Treatment options are watchful waiting, induction therapy, and stem cell transplant. If individuals are without symptoms, doctors usually do not begin treatment right away; they wait and monitor the health of the individual (watchful waiting). Individuals with symptoms usually have induction therapy or stem cell therapy.

* If you have any symptoms and/or are concerned, please make an appointment with your primary care physician. If you would like more information on Multiple Myeloma, please visit http://www.medicinenet.com/multiple_myeloma



MORRIS: Hey all! I'm sitting with the man himself, Elder Damon Mack of the Allen Memorial COGIC in Mt. Vernon, NY and he's ready y'all! He's got some great perspectives to share with the body and also some exciting happenings in his personal life. Welcome, Elder Damon. Tell our readers a little about yourself.

DAMON: Well, I'm a little short guy from Mount Vernon, New York... I was born and raised here all my life. I've been in church all my life. I'm a third-generation preacher. My grandfather pastors and my biological father is a minister. My spiritual and adoptive father is a pastor (Pastor Carlton Spruill) and my grandfather is Bishop Ray Blake from White Plains Deliverance. I had ups and downs like everybody else, but I'm here.

I've been in music ministry now about 25 years. Currently, I'm the Director of Music at Allen Memorial COGIC (Mt. Vernon, NY). I've been here in that position the last six years. I also work at the Abyssinian Baptist Church with Reverend Calvin Butts. I'm an ordained elder. I've been preaching now about six years. And I've been blessed to do some traveling, and actually I'm embarking on... as an extension of Allen Memorial Church, my own Evangelistic Ministries, Damon Mack Ministries.

MORRIS: You talked about growing up in the church, and with 3 generations of preachers; we can say you were birthed in the church. How has growing up in the church influenced you positively and negatively (because we know it's never just going to be all good)?

DAMON: Well, I'll start with the negative... Growing up in church all my life had a negative affect because it closed my world views. I grew up in one culture and it wasn't until later on in life that I realized that there was really a world that it was okay to live in outside of "no pants," "no movies"...not being diverse. So really I've just come within the last 5 to 6 years of life experiencing just another culture... being around a lot black men and women that love God

and are world cultured.

Positively, it still kept me rooted. So even at times when I tried to get out there and do my own thing (and there was plenty of times), there was something already planted in me and it caught me and kept me grounded until I was able to mature into knowing how to have a relationship with Christ.

MORRIS: Let's talk about the music ministry. You are the minister of music at Allen (AMCOGIC), but you also are doing some things separately from that.

DAMON: Well we (Allen Memorial) just released our new project, "Deliberate Praise, Volume One" - Allen Memorial Music and Arts Ministry... so go and get it. Come to the church and get a copy or go to I-Tunes (cheap plug) LOL.

My baby is "Chosen" [his music group] and we've been on a hiatus because of the ministry and my workload, but we're coming back together to do



something really special this year.

I am actually currently exploring some plays and some other opportunities. I'm looking to get to do some off-Broadway. I just performed at the Apollo with Richard Smallwood and also with a lady by the name of Siedah Garrett. She wrote "Man in the Mirror" for Michael Jackson. So that was exciting for me.

So, musically, that's where I'm at and in two years (once I finish getting this degree in Music Education), I'm going to be opening up the AMCOGIC