

# The Watchman

*Cornerstone Quarterly Church News*

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## **Cornerstone FGC**

p. 410-327-7007

e. [contact@cornerstonefgc.com](mailto:contact@cornerstonefgc.com)

a. 401 N. Patterson Park Ave. Baltimore, MD

w. [cornerstonefgc.com](http://cornerstonefgc.com)

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## **An Atmosphere in Which the Holy Spirit Dwells**

On March 30th, Pastor Rose Banks hosted a conference centered around identifying how worshipping the Lord in spirit and truth prepares our heart for the Holy Spirit to dwell not only during our worship services but within our hearts. In fact, if you have attended our worship services you may not know a lot goes on behind the scenes in preparation for the movement of the Holy Spirit to abide with us. We can not go before the throne of God any kind of way, requesting and making petitions before Him or expecting Him to dwell with us. It takes some requirements.

Think of an atmosphere. We know the Earth to contain air with a healthy oxygen level, water, and food for

humans to habitate Well, worship creates an atmosphere where God moves in with His presence and power drawing people to be touched, healed, forgiven, saved, and delivered from situations that have them in bondage.

God desires an atmosphere of true worship. Not just during worship service but at home, every day. This is when we are asked, what is the posture of our hearts? Our inward man. We are to fear the Lord. Reverence Him. Do things that honor Him. Love what He loves and hate what He hates.

If you need God to intervene Worship Him. This means at home, in the office, car, wherever and whenever. Do this by reading and meditating on scripture, singing and listening to worship music. Do the things you listen to and watch honor God? If not, cut them out.

Some days there are so many distractions. In those moments find a quiet place, prepare your heart and mind. Pray scriptures and present your body as a living sacrifice. Start paying attention to where you are depositing your time and how much time is being used.



Sometimes our environment can be chaotic. When so, stop and worship. Reset the atmosphere. Allow God's presence to permeate where you are and His peace and power to rectify your situations. Be mindful to love God with your emotions, come to Him with a pure heart and humble spirit, surrendering every part of our lives to God.

When you need God to abide with you, abide with Him. Be thankful, obedient, faithful, and humble. God has called us to be bold and courageous. Do so by declaring prophetic scriptures, praying in the spirit and sharing the gospel. Bind the enemy in your home and cast out demonic spirits in. Jesus name. Stay steadfast, immovable, always abounding in the word of God and see God's presence abide.



## Quick Recipe Mediterranean Falafel

**Level: Moderate**

**Yield: 24 Patties**

**Total Time: 50 mins**

<https://www.themediterraneandish.com/how-to-make-falafel/>

### INGREDIENTS

- 2 cups dried chickpeas (Do NOT use canned or cooked chickpeas)
- ½ tsp baking soda
- 1 cup fresh parsley leaves, stems removed
- ¾ cup fresh cilantro leaves, stems removed
- ½ cup fresh dill, stems removed
- 1 small onion, quartered
- 7-8 garlic cloves, peeled
- Salt to taste
- 1 tbsp ground black pepper
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tsp cayenne pepper, optional
- 1 tsp baking powder
- 2 tbsp toasted sesame seeds
- Oil for frying

### Falafel Sauce

- [Tahini Sauce](#)

### Fixings for falafel sandwich (optional)

- Pita pockets
- English cucumbers, chopped or diced
- Tomatoes, chopped or diced
- Baby Arugula
- Pickles

1. Add the chickpeas, herbs, onions, garlic and spices to the large bowl of a food processor fitted with a blade. Run the food processor 40 seconds at a time until all is well combined forming a the falafel mixture.
2. Transfer the falafel mixture to a container and cover tightly. Refrigerate for at least 1 hour or (up to one whole night) until ready to cook.
3. Just before frying, add the baking powder and sesame seeds to the falafel mixture and stir with a spoon.
4. Scoop tablespoonfuls of the falafel mixture and form into patties (½ inch in thickness each). It helps to have wet hands as you form the patties.
5. Fill a medium saucepan 3 inches up with oil. Heat the oil on medium-high until it bubbles softly. Carefully drop the falafel patties in the oil, let them fry for about 3 to 5 minutes or so until crispy and medium brown on the outside. Avoid crowding the falafel in the saucepan, fry them in batches if necessary.
6. Place the fried falafel patties in a colander or plate lined with paper towels to drain.
7. Serve falafel hot next to other small plates; or assemble the falafel patties in pita bread with tahini or hummus, arugula, tomato and cucumbers. Enjoy!
8. **VIEW THE LINK ABOVE FOR TIPS AND VIDEO**

- 02 1. (One day in advance) Place the dried chickpeas and baking soda in a large bowl filled with water to cover the chickpeas by at least 2 inches. Soak overnight for 18 hours (longer if the chickpeas are still too hard). When ready, drain the chickpeas completely and pat them dry.





## Let Us Fellowship With One Another



The sermon illuminated six pivotal aspects that each individual needed to integrate into their lives to embody this newfound identity in Christ:

1. **YOU ARE WHAT YOU "EAT"**: The importance of feeding one's soul with Kingdom content rather than worldly content.
2. **THERE MUST BE A CHANGE IN ME**: Like a fruit-bearing witness to the tree from which it springs.
3. **DON'T GIVE THE DEVIL A CHANCE**: Vigilance against the subtle snares of the enemy was highlighted.
4. **RUN FROM IDLENESS**: God calls His children to be active participants in His work, both within and beyond the walls of the church.
5. **SPEAK LIFE NOT DEATH**: The power of words can shape reality
6. **GODLY CHARACTER**: As bearers of God's image, those who profess faith in Christ are called to embody His character.

### Blossom & Becoming: A NEW YOU

In a cozy corner of Cornerstone Church, amidst the heavy rainfall, a group of women gathered on Saturday, March 23rd, to delve deeper into their spiritual journey.

Sis Kara Banks brought the message of the day, titled "A New You," drawn from **Ephesians 4:17-32**, which resonated profoundly with each attendee. The rainy weather, seemingly a mere coincidence, was revealed to symbolize the cleansing of the "old self," paving the way for the emergence of the new. It was a reminder that every aspect of creation, even the weather, can serve as a canvas for divine revelation.



The gathering provided a space for fellowship and camaraderie among the women. Through fun games and shared laughter, bonds were

strengthened. Armed with the insights gleaned from the day's message, the women embarked on a journey towards a renewed self, trusting in the guiding hand of the One who makes all things new.

### Manpower 4

On March 23rd, the men of Cornerstone Church gathered to delve into the depths of **Genesis 12:10-20**, but what began as a study of scripture soon transformed into a profound witnessing event. As the saying goes, "We can make our plans, but the LORD determines our steps", for the Lord had different intentions for this gathering.

With wisdom gleaned from their own journeys of faith and a deep understanding of scripture, they engaged with the young

man, addressing his doubts and fears with gentleness and humility. Seeds of truth were sown, and the men of Cornerstone Church stood as faithful witnesses to the grace and mercy of their Savior.

We extend our heartfelt gratitude to the men of Cornerstone Church who, in their steadfast commitment to defending the faith and sharing the love of Christ, exemplified the true essence of discipleship. May the seeds planted during this divine encounter take root and flourish, bearing witness to the transformative power of the gospel in the life of the young man and beyond.

# From Deacon to Minister: Kenneth Robinson

In a heartfelt celebration of faith and dedication, Cornerstone Full Gospel Church witnessed a remarkable milestone in the spiritual journey of Kenny Robinson. Once a devoted Deacon within the congregation, Kenny has now been licensed as a Minister of the gospel, entrusted with the profound responsibility of preaching and teaching the Word of God.

The joyous occasion was marked by an encouraging sermon delivered by Kenny himself, emphasizing the importance of heeding God's voice and obediently following His commands.

Kenny's message resonated deeply with the congregation, echoing the sentiment that when



God speaks, it is imperative to move with faith and conviction. His words stirred hearts and inspired a renewed sense of purpose and commitment among those present.

As Kenny embarks on this new chapter of his spiritual journey, the congregation of Cornerstone Full Gospel Church stands united in support and anticipation, eager to witness the incredible work that God will continue to do through his servant.

## Cornerstone's Birthday

As the dawn of a new year unfolded, so too did the jubilant celebration of a significant milestone at Cornerstone Full Gospel Church. This cherished congregation marked its 7th anniversary, a testament to its unwavering commitment to serving as a beacon of light in the heart of Baltimore City.

Since its inception, Cornerstone has stood as a steadfast bastion of faith, embodying the core principles of a saving, healing, and deliverance ministry. With a clear purpose to promote Christianity, the church provides not just a

physical space but a nurturing community where individuals can gather collectively to worship God, forge meaningful relationships, and find solace in the strength of their faith in God's promises.

Amidst the challenges and triumphs of the past seven years, Cornerstone has remained resolute in its mission to spread the message of hope, redemption, and unconditional love. Through its various ministries, outreach programs, and worship services, the church has touched countless lives, offering spiritual guidance and support to those in need.



# CELEBRATIONS & TESTIMONIALS



## GOD WILL GIVE YOU THE VICTORY!

The goodness of GOD, and how HE answers prayers. GOD gives us promises and HE keeps them all in HIS time. We however have to listen and OBEY HIS instructions. We must wait on HIM, don't give up on HIS promises, be steadfast in the midst of the valley because the mountain is ahead. Boots up, buckle down and STAY the course. This too shall pass. REMEMBER we DON'T fight against flesh and blood, but against principalities, against powers, rules of darkness of this world, spiritual wickedness in high places. Eph 6:12. Above all DON'T ARGUE or fight with your love ones. Give GOD a radical praise 🙌🙌🙌 at the top of your lungs 🗣️, and confuse the enemy. Praise is an AWESOME tool against the enemy. Watch as GOD fights your battles, and gives you the VICTORY... GOD be praised. --Prophet Patricia Bunch

## GOD PROTECTS! 🙌

When you're on assignment from God, He will protect you and see you through to the end. On Sunday, March 10th as we were driving to Church, we were almost in a head-on collision with 3 reckless drivers driving on the wrong side. It was a miracle we didn't collide. The first driver had a smile on his face. When they passed us, we looked in the rearview and they were nowhere to be seen. God is good! The enemy is defeated!

--A.P Dale C and Sis Kara Banks

## NOTHING IS IMPOSSIBLE FOR GOD!



## HAVE A CELEBRATION?

Send it here to feature in our next issue:

[https://bit.ly/celebrate\\_cfgc](https://bit.ly/celebrate_cfgc)



## BAPTISMS!

In February, December Wilkins and Kiera Baker were baptized, marking a profound moment in their spiritual journeys. The congregation of Cornerstone Body of Christ gathered in celebration, bearing witness to this sacred rite of passage. As they emerged from the waters, renewed and spiritually awakened, the atmosphere was charged with an overwhelming sense of grace and divine presence. It was a blessed occasion, fostering a deeper sense of community and faith among those in attendance.







# Speak to the Mountain

Sr. Pastor  
Rose Perkins-Banks

Jesus says:

*Have faith in God. For assuredly, I say to you, whoever says to this mountain, "Be removed and be cast into the sea," and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says.*

-Mark 11:22-23 NKJV

Some may say in their reasoning it's impossible to move a mountain into the sea. However, what we all must know and understand is with God, nothing is impossible.

We all have mountainous situations that we face in our daily lives. Situations such as sickness, chronic diseases, financial concerns, employment stressors, or estranged relationships. These obstacles hinder us from living our best life. Some say to overcome mountainous situations we must have a positive attitude, but the Lord tells *us* to move the mountainous situations that obstruct our daily lives.

To move forward in His purpose and plan for our lives, we must believe in Him, Yahweh, the Creator of heaven and earth; have unwavering faith; have a heart to forgive those who have wronged us; don't hold grudges; and our prayer requests must align with His Word.

It's also written in Luke 17:6 NKJV:

*... If you have faith as a mustard seed, you can say to this mulberry tree "Be pulled up by the roots and be planted in the sea". And it would obey you.*

The Lord is giving us His authority, His power, in the Name of His Son, Jesus, to speak to the mountainous life obstacles that are blocking our path. The Lord is giving us His authority in the Name of His Son Jesus, to pull them up by their roots and cast them into the sea. If you believe and have unwavering faith in the Name of Jesus according to the Word of God, the situation will obey you.

# MEMBER BUSINESS DIRECTORY

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## I CHOOSE ME

Latanya Wilkins  
latanyawilkins@gmail.com  
(240) 584-2092

I wrote a motivational memoir about overcoming obstacles with the help of Jesus. This book will inspire you to trust in God when you are feeling alone. It offers questions at the end of each chapter to reflect on.

Facebook: @ichoose2loveme  
Book: I Choose Me:  
<https://a.co/d/b4h6nGi>

## BUNDLES BY SHERNICE

Shernice Mundell  
couponingwithshernice@gmail.com  
(443) 527-6817

I provide household cleaning and personal items at discounted prices.

Instagram: couponingwithshernice  
Facebook: Bingo Bundles and Bundles by Shernice  
YouTube: couponingwithshernice

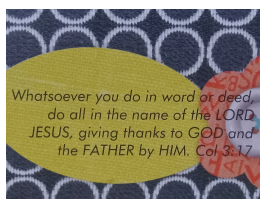


## BAKEANAN'S BAKERY

Erika Buchanan  
saphiredesigns1@gmail.com  
(301) 641-0345  
Bowie, MD

Cupcakes, Cakes, Cookies, and Pies.

IG and FB: bakeanansbakery



## MODEST APPAREL

Virginia Sherman  
Jva1@live.com  
(410) 736-1000

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## BELOVED.RADIATE

Krystal Moreland  
beloved.radiate@gmail.com

Photography, Videography, & Media Services.

Facebook: @ichoose2loveme  
Book: I Choose Me:  
<https://a.co/d/b4h6nGi>



## MAJESTIC HOME TEAM LLC

Sonya Lloyd  
sonyamyrealtor@gmail.com  
(443) 848-6692  
Bowie, MD

Sonya Lloyd is a Licensed Maryland Realtor and the owner and operator of Majestic Home Team LLC powered by Samson Properties. Sonya is a realtor representing sellers, buyers, renters, and investors throughout Maryland.

IG and FB: sonyamyrealtor  
[www.sonyalloydrealty.com](http://www.sonyalloydrealty.com)

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