

**UPCOMING  
EVENTS**

- ◆ MARCH 04  
2:00 PM PASTOR PERKIN'S  
BIRTHDAY CELEBRATION
- ◆ MARCH 12  
6:00 PM  
EVENING WORSHIP SERVICE
- ◆ MARCH 19  
3:00 PM  
VICTORIOUS APOSTOLIC  
MINISTRIES, WARRENTON  
PASTOR RADCLIFF'S  
ANNIVERSARY
- ◆ MARCH 26  
FIRST QTR. BIRTHDAY  
CELEBRATION

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**Who Knew!  
History of St. Patrick's Day?**

Patrick's story as a bishop to the Irish began oddly: kidnapped by pirates at age 16, he was taken from Britain to Ireland. Sold into slavery. It was under these conditions that Patrick learned to pray constantly. He miraculously found a way from Ireland back to Britain.

Patrick missed a formal education. He later spent time training for the priesthood, therefore, when he finally went back to Ireland to work with the Irish people, his lack of training became a strength. When he came up against pagan kings, it was Patrick's prayer life that impressed them.

Patrick's belief that all the world belonged to God became part of his power. An example of his confidence in God's world was his legendary use of nature to teach about the Holy Trinity.

According to legend, Patrick would take up a three-leaf clover and ask, "Does it have one leaf or three?" Those listening would respond, "both." Patrick then explained, "And so it is with the Trinity; Father, Son, and Spirit are one God. Three persons in one.

St. Patrick's Day is celebrated annually on March 17, the anniversary of St. Patrick's death in the fifth century. In Ireland, St. Patrick's Day is observed as a religious holiday, with Christian families attending church in the morning and celebrating in the afternoon. According to [history.com](https://www.history.com), since St. Patrick's Day falls during the season of Lent, all bans were waived for the holiday, allowing the Irish to dance, drink, and feast.

Dawson, R. (2022, March 17). *Who Was St. Patrick? (And Why Should Christians Celebrate St. Patrick's Day?)*. Crosswalk.com. <https://www.crosswalk.com/special-coverage/saint-patrick/who-was-st-patrick-and-why-should-christians-celebrate-st-patrick-s-day.html>

# VTC's Who's Who, Life in Pictures



Someone said, every life has a beginning, a middle, and an end, and how one has lived one's life should be of great interest to those who are still at the beginning. It is always enlightening to know how people handle crises in their lives, however, Quentin King is living his best life! He was born with cerebral palsy, but that does not define him. Quentin is truly a testimony of whatever God's will is for your life; you have the power to live it to the utmost.

Quentin Tracy King is the grandson of our Mother Ruth King and nephew of Brother William (Meatball) King and Sister Dorothy Morgan of the VTC choir. Quentin is 39 years old and is a graduate of Enloe Magnet High School. He works and attends Wake Enterprises, INC. a private, nonprofit organization whose mission is to assist people with disabilities to achieve the maximum level of independence. He loves the church, learning, and working. During Quentin's downtime, he likes relaxing at home and watching tv. Jeopardy and Wheel of Fortune are his favorite tv shows. You can also find him watching his favorite team, UNC play and enjoying his favorite foods, spaghetti, and broccoli, not necessarily together!

Quentin loves life and people. He has even allowed a few Celebrities to share the spotlight with him! Pam Saulsby, a local news reporter and Bob Barker from the tv show, The Price Is Right. Quentin thanks God for letting him live and walk.





# That's Your Business

M&S Cleaning is a local business that strives to deliver quality cleaning services. M&S Cleaning offers professional cleaning, specializing in cleaning carpet, upholstery, tile, grout cleaning, power washing, and water extraction. M&S extends services

to commercial, industrial, and residential cleaning. M&S Cleaning is owned by Mark Smith. You can often find him making sure Victory Tabernacle Church is disinfected and sanitized, floors, carpet, and pews are cleaned, trash is removed, and restrooms are spotless. Mark has 20 years of experience in professional cleaning and has been in business for himself for 3 years. Early in his career, he realized he had a passion for cleaning. He one day decided, why not have my own business doing what I love? Mark stated, "I have such joy doing this, it doesn't feel like work for me." His reward in all of this is when he leaves a customer

and they express their gratitude and amazement for a job well done and tell their friends about his services, M&S gets 5 stars! Mark has been a member of VTC for 24 years. He is a Deacon and is married to Sholanda Smith, a Choir member and a Pastor's Aide member of VTC. They have 3 children and 2 grandchildren. Aside from his business, he is a self-proclaimed master grill and singer! Mark thanks God for strength, and health to go about doing his job everyday. He also thanks God for a chance to minister to people while he is rendering services for his clients. He goes further than cleaning, he creates relationships and customers for life.



**BALD SPOT?**

**THIN FRONT?**

**THINNING ALL OVER?**

DHT is produced in the body as a byproduct of testosterone. While usually associated with men, women need testosterone too. When levels of DHT become too high, it can cause the hair follicles to shrink. This results in brittle, thin, delicate hair that is likely to fall out. This leads to issues with hair thinning and hair loss. DHT is a hormone that causes hair loss in both men and women. Hormones are the primary cause of hair loss.

*Submitted By:  
Iris Triggs, Master Stylist, Level's Hair Design*

**The benefits of exercise will last as long as you continue exercising. Physical activity helps you control your blood pressure and maintain your weight, two important factors for heart health.**



*\*Always consult your doctor before starting a new exercise routine.\**

*Rona Prescott, RDH*

### **Faye's Creative Taste Homemade Spaghetti Sauce From my grandmothers notes from Bertie County dated 1975.**

You will need 10 to 12 tomatoes I like using roma or Cherokee purple ( note: my grandmother had in her notes homegrown large medium tomatoes out of the garden )and 2 cans of diced of tomatoes Italian mix (note my grandmother had tomatoe stew mix in her notes). I replace the tomatoes with what I like to use and replaced the seasoning with Italian seasoning , garlic powder and onion powder.

3 tablespoons of olive oil (Grandmother notes cooking oil). I prefer olive oil

1 large onion diced very fine any kind I use red they are stronger

2 teaspoon of soy sauce

6 cloves of garlic finely chopped

1 teaspoon of Italian seasoning

Basil leaves chop fine for your taste, I use at least 2 all from the garden

1 teaspoon of garlic powder, 1 teaspoon of onion powder

3 tablespoons of brown sugar

1 tablespoon of Kosher salt or to your taste ( grandmother notes table salt).

1 teaspoon of black pepper or add more to your taste.

Now the fun part.

Take the tomatoes put in a large pot heat only enough for the skin to get soft, remove and put in cold water. Then peel and chop, to put in a blender or a food processor whatever you have available to use.

Put in a bowl and add the 2 cans of tomatoes add in the onion powder, garlic powder, basil, Italian seasonings, brown sugar, soy sauce, salt, pepper

Cook the onions, garlic in the olive oil until soft, it is smelling so good now. After you cook add everything together. Stir, stir, stir add more things for your taste.

Now to cook on low you will be stirring a lot so that it will not stick. You will cook for at least 45 minutes to 1 hour. This s spaghetti sauce will yield at least 8 serving, if you are not going to use it all please put in container to freeze it will last 6 months in the freezer, if in the refrigerator it will last at least 3 months. The recipe has been made and tested for how long it will last. Any questions please call me.



**By Tyrena Faye Walthour  
Faye's Creative Taste**



Happy  
Birthday



Brenda Archible-Hill	Mar 2
Charles Wilkins	Mar 4
Veronica Brown	Mar 5
Shamya Prior	Mar 5
Hazel McClamb	Mar 6
Pastor James P. Perkins	Mar 7
Mintalee Robinson	Mar 11
Arlene Daniels	Mar 13
Robert Byrd	Mar 18
Cathy Wilkins	Mar 19
Carolyn Barrow	Mar 21
Alphonza Clark	Mar 22
Sophia Moody	Mar 22
Rona Prescott	Mar 27
Jermaine Byrd	Mar 27
Valarie Johnson	Mar 28
Taylor Rich	Mar 30

*Jonathan and Shavonna Perkins*  
*March 3*  
*Herald and Arlene Daniels*  
*March 24*  
*Robert and Jo Clark*  
*March 29*

## Services Sunday

Intercessory Prayer: 8:00 AM  
Morning Worship: 11:00 AM

## Services Wednesday

Intercessory Prayer: 12:00 PM  
Bible Study: 7:30 PM

## Virtual Live Stream

[www.vtcor.org](http://www.vtcor.org)

If you have a story to share, would like to list your business, or have any information you would like to submit for the newsletter, please contact

**Tonya Marlin at: 919-539-0865**

**Email: [Tonyamarlin.vtc@gmail.com](mailto:Tonyamarlin.vtc@gmail.com)**

1329 U.S. 70 Highway W Garner, NC 27529



Name of Business	Owner
<b>The Bougie Wealth Group</b> <i>Financial Counseling and Coaching</i>	Jonathan and Shavonna Perkins Contact: 919-673-3513
<b>Beauty By Deltese</b> <i>Fedora Hats</i>	Sholanda Smith Contact : 919-523-5159
<b>M &amp; S Cleaning</b> <i>Carpet Cleaning</i>	Mark and Sholanda Smith Contact: 919-522-2105
<b>Devine Design and Décor</b> <i>Design and Decorate Events/Parties</i>	Helen Crudup Contact: 919-606-5513
<b>Dezign4u, L.L.C</b> <i>Custom personalizing items</i>	Tracee Harrison Contact: 919-706-9146 Website: <a href="http://dezignz4ubytracee.com">dezignz4ubytracee.com</a>
<b>Bling Things</b> <i>Jewelry and Handbags</i>	Marylinn Thorpe Contact : 919-417-9014
<b>Faye's Creative Taste</b> <i>Homemade Goodies of Old Canning</i>	Tyrena Faye Walthour Contact: 919-797-7418
<b>Fine Art America</b> <i>Photos and Acrylic Art</i>	Rona Prescott Contact: Website: <a href="https://fineartamerica.com/art/rona+prescott">https://fineartamerica.com/art/rona+prescott</a>
<b>ML Spa Essentials</b> <i>Soap, bath bombs and bath salt</i>	Rona Prescott
<b>Gabriel Crudup Photography</b> <i>Portraits: Events, Conventions, Sports and a 360 Photo Booth.</i>	Gabriel Crudup Contact: 919-604-8850 Email: <a href="mailto:Gabrielcrudupphotography@gmail.com">Gabrielcrudupphotography@gmail.com</a>
<b>TK Productions</b> <i>Professional Music Entertainment</i> <b>Kinsey Computer Repair</b> <i>Computer Repair, parts and sales</i>	Terrence Kinsey Contact: 252-281-8488 Email: <a href="mailto:djtkinsey12000@gmail.com">djtkinsey12000@gmail.com</a>