

4TH

OF JULY

YPG MEETINGS EVERY
SUNDAY AT 1PM



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 "I overcame depression
and found happiness
through the Holy Spirit."
 What's happening at

UNIVERSAL

UNIVERSAL

NEWS

SCAN ME

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Depression?

Yes, it is possible
to overcome it!

Sunday, July 27

The day to overcome
DEPRESSION

They were yet another
victim of depression.

Read the stories of Chrissy
and Larrice, who struggled
with it for a long time.

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Edir Macedo
 A message
for the
depressed

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PROSPERITY

Does your
financial
life feel
like it's
spinning out
of control?
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She heard,
"You're
healed!"
and she
believed it.
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MIRACLES

| IN THIS EDITION |

There is a cure for depression

Yes, you read that right—depression can be cured. It's possible to overcome it, and we want to show you how.

Depression is a serious illness that affects millions of people around the world. But even among those millions, there are thousands of people who have successfully overcome it. Sadly, we often hear more about the ones who didn't make it—those who continue to live with depression or, in some tragic cases, lost their battle with it entirely.

Many people see depression as a life sentence. They get used to coping with it, managing it, and eventually lose hope of ever being truly free. Despite trying everything—therapy, medication, and countless other methods—nothing seems to work.

But have you ever considered giving God a try?

Maybe you or someone you love has been dealing with depression for so long that it feels like there's no way out. But at the Universal Church, we've seen time and time again that God can transform lives—no matter how deep the pain, no matter how long the struggle. We have thousands of testimonies from people all over the world who have found complete healing and freedom.

No matter your past, your situation, or how long you've been suffering, don't lose hope. There is a permanent solution. You can live a happy, peaceful, and fulfilled life.

Visit a Universal Church near you or call our helpline. We're here to support and guide you. Remember—asking for help isn't weakness. It's a sign of strength.

| BEATING DEPRESSION |

Depression is more than just feeling sad—it's a deep, overwhelming sorrow that weighs down the soul. It brings feelings of hopelessness, drains motivation, and makes even the simplest tasks feel impossible. In severe cases, it can even rob people of their will to live. Depression isn't just a state of mind—it's a sickness of the soul. But what remedy can be used to heal the soul? Only the Savior, the Lord Jesus, has the power to restore a troubled heart.

Every Sunday, The Universal Church opens its doors to those who are battling depression. If you need support, we invite you to visit a nearby branch. Join a Chain of Prayer—a seven-week commitment where you'll receive spiritual strength through powerful prayers, practical guidance, and one-on-one counseling.

You are not alone in this battle. Thousands around the world have found hope and transformation through faith, proving that a Chain of Prayer can truly make a difference. You can be the next success story. You can overcome depression!



**Call 1.888.332.4141
Text 1.888.312.4141
For more information
SEE PAGE 12 FOR LOCATIONS**



Bishop Edir Macedo



A Message for the Depressed

The greatest depression treatment center in the world is the Altar of God!

The descendants of Jacob in Egypt had no hope for their future. That's one of the signs of depression—feeling stuck, hopeless, and defeated. They didn't smile. Their heads were bowed low. They had lost faith in themselves and in others.

But God hadn't given up on them—just like He hasn't given up on you.

"I have surely seen the oppression of My people who are in Egypt, and have heard their cry because of their taskmasters, for I know their sorrows. So I have come down to deliver them out of the hand of the Egyptians and to bring them up from that land to a good and spacious land, a land flowing with milk and honey..."
—Exodus 3:7-9

God saw their pain, heard their cries, and came down to rescue them.

On Mount Sinai—God's Altar—more than three million people were set free. No medication. No therapy. Just the power of faith and a deep connection with the living God. Their bod-



ies were freed from slavery, but more importantly, their souls were freed from anguish and depression.

When there is true faith at the Altar, a connection with life is made—and depression is broken.

If you're ready to end depression, write down this address: the Altar of the Universal Church near you. There, you'll find help, healing, and hope.



My name is Audrey Hansa. I'm 46, and my battle with depression started a few years ago, after something that no mother should ever have to go through. My daughter was murdered—along with my friend and her boyfriend—in a triple homicide inside my own home. She was just 16 years old. That tragedy broke me.

I cried all the time. The depression got so bad that I started hearing voices in my head telling me that if I took my own life, I would be reunited with her—and the pain would finally stop.

One day, I went to a bar. Drinking helped me forget everything for a moment. But when I left and started driving, I remember stopping at a red light on the 135th Street Bridge in Miami, near Bal Harbour. As the bridge was rising, I heard a voice—now I know it was the devil—whisper, "Jump. If you jump, all your problems will end." Then I thought of my younger child. "What will happen to my baby?"

"I thought committing suicide would ease my pain."

I asked myself. And another voice answered, "Your sister will raise him. You're suffering too much. It's time. No more pain." That day, I almost died—not from jumping, but from losing control. As the light stayed red, I suddenly hit the gas. Cars behind me started honking, and I panicked. That snapped me back to reality. I stopped. I didn't take my life, but I was drowning in depression.

After that, I finally reached out for help. I saw doctors. They referred me to a psychologist. They offered me advice and medication, but I never took the pills. Instead, I started to pray. I begged God to take those feelings away, because they were unbearable. I used to question Him: "Why, God? Why would You let this happen?", "Why my daughter?", "Why so cruelly?" The grief was heavy, and the anger was real.

Then one day, I met someone who invited me to a service at the Universal Church. When I got there, the pastor's wife welcomed me with kindness and asked how I was doing. Everyone there received me with warmth and love. It touched me. And what truly amazed me was when my son looked at me and said, "Mommy, we have to come back here."

The pastor encouraged us to say the

Lord's Prayer every day at 12 noon. I took that seriously. Day after day, I said the Lord's Prayer. And something changed. I felt a weight slowly lift off of me. To this day, I don't even know exactly when or how the depression left—but it did.

Now, I look forward to going to church. My life has changed—my smile, my appearance, the way I treat others. I'm happy. I shine from the inside. I'm not depressed anymore. And I no longer blame God. I understand things differently now. I'm healing. I'm growing. I have peace. I'm free. If I ever met the man who killed my daughter, I would say, "I forgive you." But sadly, he took his own life two months after the murders. I just pray God has mercy on his soul. As for me, I've forgiven him.

To every mother, to every family member who has lost someone, I want you to know—I feel your pain. My daughter was taken from me at just 16. But I found peace when I sought God. Sometimes, we suffer because we make the wrong decisions or carry burdens we weren't meant to bear. God is the answer. He said, "Bring your burdens to Me, and I will give you rest." I didn't understand that before. I carried it all on my own. But once I gave it to Him, I was finally free.

Experience the Power of God this Sunday

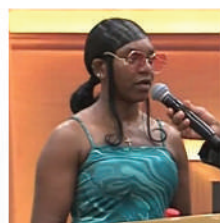


**“I had
stomach
problems for
three years”**

I had stomach problems for three years. Every time I ate something, I felt a burning sensation, and my food wouldn't digest properly. I struggled to sleep and spent many nights wide awake. During that time, I kept going to church every Sunday. I drank the blessed water and used my faith, trusting that God was with me. And He was—because now, my stomach doesn't bother me anymore. I can eat anything without that painful burning, and my digestion is completely normal.

I thank God and my faith for the miracle. Drinking that blessed water truly changed my life. To God be the glory—He has done great things for me. —Mrs. Princess

**“The unsettled feeling I
carried for so long started
to fade.”**



Before I started drinking the blessed water, I struggled with sleepless nights and a lot of anxiety. At first, when I was introduced to the water, I didn't really take it seriously. I just thought, “It's just regular water—like the kind you drink at home, right?” But then I stopped and thought about it. The same way we put our faith into prayer, we should also put our faith into the blessed water. So I decided to try—one day at a time. Each night, I took three small sips. Little by little, I began to notice a difference. I felt more relaxed, more balanced, and at peace. That unsettled feeling I carried for so long started to fade. Every night, I kept putting my faith into it, believing that God's power was at work—and He healed me.

Praise God! —Shanae



**"You are healed!"
— and she
believed.**

In 2019, Valdete started feeling pain in her right breast. At first, she thought it was something minor, but after some tests, doctors found two lumps and a severe, inflamed wound. Even with all the pain, she didn't panic. Instead, she leaned on what had always been her foundation: her faith.

During a church service, she heard a message from the Altar that changed everything: “Go and take the test, because it will show nothing. You are healed.”

She took those words to heart. Even though she hadn't seen the results yet, she believed. Even through the pain, she held on to her faith, and experienced a true miracle.

After 20 days of antibiotics and a drainage procedure, the biopsy results came back: negative. No lumps. No disease. Just a woman completely healed, and full of gratitude.

“This is just one of many victories God has given me,” Valdete said. “At the Universal Church, I learned how to use faith with intelligence, and that changed everything.”



**RECEIVE THE
HEALING WATERS
THIS SUNDAY**
at your nearest
Universal Church





| MESSAGE |

Bishop Joshua

Does it sound like you?



Many people today are wandering through life like sheep without a shepherd—lonely, depressed, frustrated, lost, and unsure of where to go next.

The pressures of this world, the weight of personal struggles, and the confusion of our times leave countless souls feeling abandoned and overwhelmed.

Does that sound like you? You don't have to stay that way.

"The Lord is my shepherd; I shall not want." (Psalm 23:1)

One decision—to make the Lord your personal Shepherd—changes everything.

Sheep are vulnerable animals. Without guidance, they get lost easily. They walk into danger and struggle to find food or rest. Spiritually speaking, many people live just like this: confused, spiritually hungry, anxious, and exposed to harmful influences.

Psalm 23 shows us how God takes care of those who belong to Him. He provides all that is needed. He gives peace and rest and calms our storms. He protects us in the darkest moments—and above all, He saves.

God is ready to care for you, to lead you, and to protect you like a true Shepherd. He won't force you, but He's waiting with open arms, ready to lead you to peace, healing, and a new life.

Come to The Universal Church near you, and make the Lord your Shepherd—not just in words, but in daily life. You don't have to wander lost anymore.

May the God of the Bible bless you!

"Drowning in emotions I couldn't name"

Sadness is temporary, but depression is deeper—it comes with a flood of emotions. You feel angry, you want to cry, and sometimes you don't even know why.

What led to my depression was the absence of my mother. She had a child with special needs and had to spend a lot of time in the hospital. I was left in the care of my father and grandparents, and because of this, I felt alone and abandoned. I was so sad that even when I was with my family, I just wanted to get away. I didn't know how to remove the deep sadness I felt inside. When I saw others happy, I couldn't understand why.

As time went by, I stopped caring about anything.

I only wanted to be alone. As a child, I turned to drawing. I'd draw people crying without faces, or children passing away—because that's how I felt inside.

Along with the depression, I suffered from headaches and insomnia.

In high school, I had a professor who allowed us to write journals. One day, I wrote a letter saying I



calm. It was as if God was saying, "It's okay. I'm here for you."

I asked God to help me forgive—something that was very hard for me. Over time, I realized I was truly forgiving those who had hurt me. God showed me how to forgive by showing me what Jesus Christ endured and how He still forgave. I began to realize how much I loved my mother—and I learned to love myself too.

I began attending chain of prayers on Fridays for complete deliverance.

As a child, I'd draw people crying without faces, or children passing away—because that's how I felt inside.



wanted to commit suicide because I felt like I would just be one less person for my family to worry about. The teacher gave the letter to the principal, and my parents were called. I was taken to the hospital and given medication. Every time I looked at those pills, I felt tempted to overdose—just to end it all.

My mother began attending the Universal Church and started making a chain of prayers for our family. She invited me to come with her. At first, I refused—all I wanted to do was stay in bed. I had no friends, I was isolated, and I didn't want to go anywhere. I felt abandoned—even by God.

But I noticed a change in my mother, and because of that, I decided to accompany her to church. When I got there, I opened myself up to God and poured out my soul to Him. I told God everything I was feeling—it was like talking to a best friend. After that prayer, I felt different. I felt



into practice, God started working on me from the inside out. I was able to look in the mirror and smile—something I hadn't found joy in for a long time. I began to respect and care for others. I grew to love my parents deeply, recognizing they were the core of my existence. I am now completely free from depression, suicidal thoughts, insomnia, and headaches. I have a new life, and I never want to go back.

Today, I'm firm in the church and a part of the youth group. I enjoy helping other young people, knowing that many are going through what I once experienced. I show them that there is a way out—through God. The Holy Spirit is the source of my strength. With Him, I feel secure and no longer worry about the future. The happiness He gives is not temporary. With Him, you always have joy inside. No matter what challenges I may face, I know the Holy Spirit will show me the solution.

- Carmen

JULY BIBLE READING 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 GENESIS 15 ✓	2 GENESIS 22 ✓	3 GENESIS 37 ✓	4 GENESIS 39 ✓	5 GENESIS 40 ✓
6 GENESIS 41 ✓	7 JOSHUA 2 ✓	8 JOSHUA 6 ✓	9 JUDGES 6 ✓	10 JUDGES 7 ✓	11 JUDGES 11 ✓	12 RUTH 2 ✓
13 RUTH 3 ✓	14 RUTH 4 ✓	15 1 SAMUEL 1 ✓	16 1 SAMUEL 2 ✓	17 1 KINGS 3 ✓	18 1 KINGS 17 ✓	19 2 CHRONICLES 32 ✓
20 ESTHER 3 ✓	21 ESTHER 4 ✓	22 ESTHER 6 ✓	23 JOB 1 ✓	24 JOB 2 ✓	25 JOB 3 ✓	26 JOB 42 ✓
27 DANIEL 1 ✓	28 DANIEL 2 ✓	29 DANIEL 3 ✓	30 DANIEL 4 ✓	31 DANIEL 6 ✓		

What's happening at the Universal Church

A Family ravaged by depression



A curse that spanned generations and seemed to have no end

"I lost the person I loved the most—my father—to depression. He was the first in our family to suffer from it, and for many years, he battled silently. Shortly after I got married, at just 20 years old, I also began to show signs of depression.

My father spent most of his life in and out of hospitals. He made several suicide attempts that failed—until one day, he took a cocktail of pills, slipped into a coma, and passed away. I was 30 years old when he finally ended his life."

To cope, Christiane threw herself into Brazil's Carnival culture and samba classes. "I used the music, colors, and excitement as a distraction. For a moment, I could pretend to be happy. That went on for two or three years."

A hereditary evil
By then, Christiane was already a mother—and still receiving treatment for her own depression. But nothing prepared her for what would come next.

"The final blow came when I started noticing strange behavior in my daughter. She cried all the time. Eventually, she was diagnosed with depression too. And so began a new, painful journey—with my 5-year-old daughter. As the years went by, her condition only worsened. Then, she began self-harming. I had to bandage her legs almost every day, from her knees down. She walked to school on tiptoe because her feet were covered in cuts. I tried everything—spiritualism, healing rituals, different centers—but nothing worked. She just kept getting worse," she recalls.

A glimmer of hope
Then one day, during a conversation with a friend, Christiane received an invitation to attend a meeting at the Universal Church Cathedral.

"I remember it like it was yesterday. I arrived at church on a Friday at noon. I sat in the front row, staring at a cross, watching people walk by. I didn't understand what was going on.

But something happened that day—something changed in me. I left the meeting different. So different that I started going back on my own, three times a week."

Making God a priority

Little by little, Christiane began listening to the Word, praying, and making personal faith commitments.

"I realized that I had to put God first. Up until that point, I was only focused on my daughter's healing. I had forgotten about myself. I didn't even think about my own depression anymore." After she decided to get baptized in water, something deeper began to shift within her.

"When the Campaign of Faith came around, I gave it my all—body, soul, and spirit—because I wanted to receive the Holy Spirit. I walked up to the altar with my whole life in my hands. I had reached the extreme. I just wanted to show God that He was now my number one priority. There at the altar, I left the old Christiane behind. I walked down with peace and confidence. I stopped worrying. My entire focus was on God. When I got home, I locked myself in the bathroom, started praying and seeking Him. Suddenly, I was filled with overwhelming joy. Tears rolled down my face, and the first words that came out of my mouth were, 'The Lord saved me.'"

Her daughter's healing

The next step was to claim God's promise over her family. "I asked God to heal my daughter completely. And God, in His perfection, did even more than I asked. She was cured of depression and OCD—completely, all at once. She went on to study at one of the top psychology schools. And today, the one who used to be a patient is now a professional in the field. God has blessed me in every area. He's given me so much more than I ever imagined," Christiane says.

- Christiane Garcia



Christiane's family

Daughter's graduation from college



"I overcame depression and found happiness through the Holy Spirit."



Thousands of people live with trauma, depression, and rejection without realizing there's a real way out. Gislene's story is a powerful reminder of how faith in God can heal even the

deepest wounds and turn them into a testimony of victory. From a young age, Gislene carried a heavy but invisible weight: depression, rejection, sadness, and loneliness. Her heart bore the scars of a childhood without love or affection.

"Depression started when I found out my mother had tried to end her pregnancy with me. The abortion didn't work, but I was born prematurely with several health problems. After that, she left me in an orphanage. For my mom, having me wasn't a joyful moment, it was painful.

During my teenage years, I carried that sadness and depression with me. I couldn't find a way to break free from it. I often asked myself, 'Why do I even exist?' I didn't have a family and never knew what love felt like. I didn't have a father, and my own mother didn't want me. I grew up believing that ending my life was the only way out.

When I became an adult, I started working and figuring life out on my own. But the pain from my past never left. I was filled with insecurity. I couldn't sleep well at night, and because of that, I struggled to focus. Nothing I planned ever worked out. Nothing in my life seemed to go right. Eventually, I got into a relationship and dated a man for two years. But then I found out he had been in another relationship for four years and was already engaged. He never really loved me. That was the moment I hit rock bottom. I felt like all I'd done since birth was suffer, carrying a void nothing could fill."

From rock bottom to first light

With no answers and no hope, she seriously thought about ending her life. The pain felt endless. But in the middle of all that darkness, her uncle kept inviting her to visit the Universal Church. One day, just to please him, Gislene finally agreed to go.

"My uncle saw how much I was suffering. He kept inviting me to church, but I always said no. Still, he didn't give up. After three years of his persistence, I finally decided to go and see what it was all about."

A new beginning

"On that very first visit, something unexpected happened. Gislene noticed the empty cross on the altar and asked the pastor why it was empty. His answer left a mark: 'It's empty because He is alive. Jesus is risen.' That moment changed everything. I prayed and told God, 'If You're real, I want to see You in my life.' That same night, I slept peacefully for the first time in years. Something had shifted. That's when my journey of faith began. I kept going to church and started to understand that change was part God's work and part mine. I realized I had to apply what I was learning. I followed the pastors' guidance day by day. Eventually, I accepted Jesus and got baptized. I was free from the sadness and trauma of my past.

But the real transformation happened the day I received the Holy Spirit. It was on a Sunday, while I was praying and seeking God's presence. I heard a voice inside me—clear, loving, and impossible to ignore—say: 'I chose you. You exist because I chose you. I loved you first. You exist to be a testimony in this world so others can see there is a way out. My death was not in vain. I died for you.' Those words changed everything. For the first time, I knew I wasn't a mistake. I wasn't rejected by God. I wasn't alone. I have a Father. And in that moment, a new woman was born."

A life transformed

Today, I live fully. My smiles are genuine. I've forgiven my mother. I have peace. I've built a blessed family and home. But most importantly, I found the Holy Spirit. The Holy Spirit is free and available to anyone. All it takes is a decision.



Gislene's mother and family





4TH

OF JULY

YOUTH POWER GROUP

YPG MEETINGS EVERY SUNDAY AT 1PM

WHAT DOES YPG MEAN TO YOU?

"As a new youth coming into YPG, I didn't know what to expect. But from the moment I walked in, I felt welcomed, seen, and accepted. It's more than just a group—it's a family that pushes you to grow, overcome your struggles, and discover your true worth. Being part of YPG has given me a new sense of purpose and direction. I've let go of the pain and negativity I used to carry, and now I'm surrounded by people who inspire me to become better every single day. My life is being transformed—spiritually, emotionally, and mentally."

—Jessica Joseph

REACH OUT NOW: 1 888 332 4141





SCAN ME



@YPG.USA



YPG USA



Y MUSIC



Sunday, July 27th
"THE DAY TO OVERCOME DEPRESSION"



BEAT DEPRESSION
 WITHOUT MEDICATION

THERE IS A **SOLUTION!**

This event is for all those who are ready to take back control of their mental health and life but don't know how.

It's for those who nearly every day experience...

- a constant depressed mood
- unexplained fatigue
- difficulty thinking
- recurring suicidal thoughts
- feelings of worthlessness, guilt and regret
- loss of interest in everything
- abnormal changes in their sleep
- slow down or restlessness
- longing for peace
- unintentional weight loss or weight gain
- a struggle to make it through the day
- doubts as to whether God still exists
- a lack of strength to keep fighting
- an endless cycle of financial problems

If you can relate to one or more of these points, the Beat Depression event is for you!

Take a moment to look at your life and write down the cause of your suffering on a piece of paper. Then bring it along to the nearest Universal Church where you will receive prayer and spiritual advice.

BEAT **DEPRESSION...**

You don't have to learn to live with depression or manage a mental health problem as though it's a life sentence.

Whether you fell into depression because of:

- a breakup
- a diagnosis
- losing a job
- the death of a loved one
- a failure
- a divorce
- a family feud
- a financial problem

...we're here to help you overcome it. You are not alone. In our experience, the power of God can transform a person's life so that depression and other mental health issues can become part of their past.

We have thousands of testimonials from people around the world who can attest to this. So no matter what your situation or past, never give up hope. There is a permanent solution where you can be free and lead a happy and fulfilled life.

...ONCE AND
FOR ALL!

FAQS

WHO CAN ATTEND?

Everyone! While the teachings are rooted in the Christian faith, people from all religions and walks of life are welcome.

HOW MUCH DOES IT COST?

It's completely FREE. Just bring yourself and your friends!

CAN I BRING CHILDREN?

Yes! We have a dedicated space for children where our CBC Sunday School teachers will organise activities and take care of them for you, while you attend the meeting.

WHEN AND WHERE?

Every Sunday at 10am at a Universal Church nearest you!

See the back page for locations.

"I had an irrational fear of death"

More than 300 million people around the world suffer from depression, according to the World Health Organization (WHO). The organization also warns that at least 30% of the global population will face some form of the disorder at some point in their lives. Christoulla Odyseos Boodram was once part of that statistic.

She grew up in a loving home, but by the age of 16, she began experiencing depression and panic attacks—triggered by an overwhelming,

irrational fear of death. "I was really shy and insecure. Even though I hadn't gone through any trauma or anything that would explain it, I started having these problems," she recalled. "I'll never forget my first panic attack. Only someone who's been through it understands how terrifying it is. I started shaking uncontrollably and screaming."

As the panic attacks continued, her self-esteem plummeted. "I developed complexes, gained a lot of weight, and started to hate the way I looked,"

she said. Her parents did everything they could to help—seeking medical advice, offering love, and trying to support her emotionally. But nothing seemed to work. Eventually, Chrissy, as she's also known, began pulling away from her family.

Living a double life

She made it through college without telling anyone what she was really going through. On the outside, she smiled and acted normal—but on the inside, she felt empty.

"I used to envy people who laughed for real," she said. "My smiles were fake. I was a complete mess inside."

Later, she met her now-husband, Michael. She thought maybe a relationship would help fill the void. But that wasn't the case. "There were good moments. We loved each other.



But I was so emotionally needy, and I became completely dependent on him," she admitted. "I turned obsessive. We argued constantly—and even got physical sometimes."

A sign from above

One day in London, a street sign caught her eye. It simply read: Is it worth praying? “I had already tried everything else, so I thought, why not try this to? What did I have to lose?” she said. She had no idea the sign was for the Universal Church. “I walked in still trembling from a panic attack I’d had the night before,” she recalled. “But I was welcomed with warmth. I felt at home right away. The person I spoke to really understood me—and more importantly, they believed I could change. They believed I could be happy. That meant so much because,

at that point, I’d nearly given up on myself.” As she followed the guidance she received, everything started to change. Her heart was healed, and with that, her marriage also began to improve. Having overcome so many personal struggles, Christoulla and her husband made a life-changing decision: they dedicated themselves fully to God’s work—determined to help others find the same freedom they did. “We know there’s a solution for depression—and for any problem in life,” she said. “So we can’t live just for ourselves while others are out there suffering.”

“I was taking 17 pills a day.”

Larrise: I was being molested—but no one knew. It was happening at the hands of cousins, family friends, even uncles. I was too young to understand. I was probably six when it started. It began with grooming—having me sit on their lap, touching me inappropriately. I remember feeling pain, but I didn’t know what to say or who to tell. When you’re a child, you don’t know any better. Eventually, I got sick. I had a nervous breakdown and was placed on medication. From that point on, I was in and out of hospitals, psychiatric wards, and day programs, trying to get my mind under control. I’d have episodes where I’d yell and scream—sometimes just because someone looked at me the wrong way. I couldn’t care for my kids. I was there physically, but I didn’t even know what they liked or needed. I became afraid of everyday things—going to the bank, riding in a car for too long, being in crowded places. If someone looked at me, I’d lash out. I hit rock bottom. I ended up homeless, taking more than 17 pills a day just to function. The worst part of my day was the morning—watching the sun rise. I hated it. I’d cover the windows just to keep the light out. I wanted to live in the dark. I didn’t understand why I was alive. Even when I looked at my kids, I thought, “Maybe they’d be better off without me. Maybe a different mother would give them a better life.”

Tammie (sister): She stayed in her room all the time. She never came out. I used to ask her to go places with me, but she always refused. She didn’t take care of herself. Just walking into a store made her panic. One time, we were shopping and a woman and her daughter were laughing. My sister thought they were laughing at her. She waited until they left the store and asked them, “What’s so funny?” I think they were scared. That’s how bad things had gotten.

Larrise: I knew I had depression, panic attacks, and anxiety. They diagnosed me with bipolar disorder, said I had manic episodes and PTSD. I had therapists and psychiatrists come to my house. They’d sit and ask me about my past. I opened up—but there was no feedback, no comfort, no sense of safety. I’d relive all those moments of trauma, and then they’d just leave. It felt like they were opening doors in my soul and walking away. I started blaming myself—for the rape I experienced at 25, and the six times I’d been molested.



Tammie: She was also smoking a lot of marijuana at that time, just trying to cope.

Larrise: I didn’t even have a job. The doctors told me I would never be able to work again or be around people. One day, a doctor said, “Why don’t you find a church?” They couldn’t treat the pain I was carrying. Then my sister called and said, “I found a church. Do you want to come with me?” I said, “Yes—I’ll be on my way. I’ll meet you there.” That’s when I started coming to church and participating in the Chain of Prayer. On Tuesdays, I came to be free from the pain. Wednesdays, I prayed for my spiritual growth. Fridays were for deliverance. And on Sundays, I came to seek strength and direction. Just one week after I started attending, I was already doing four different things at my son’s school. For someone who used to be afraid to leave the house, that was huge. I could feel myself doing more, living more—and I wasn’t in as much pain. But what truly changed me wasn’t just being active again. I felt genuinely happy. Not the fake kind of happy I used to show on the outside—this was real joy on the inside. The pastor told me, “When you receive the Holy Spirit, you’ll have peace in your life.” And it happened. The day I received the Holy Spirit, I was reading the Bible. That same day, I decided to open my curtains and let the light in. I no longer wanted to live in darkness. My perspective changed completely. When I look in the mirror now, I don’t see that broken woman anymore. I see someone restored. I’m no longer on medication. I’m no longer seeing psychiatrists or therapists. My relationship with God has healed me—completely, from the inside out.

Today, by the grace of God, I even have my own business. The woman I am now is living proof that with God, full transformation is possible. There’s no other explanation. I overcame depression. I overcame anxiety. And I want you to know—it is possible. It happened to me, and it can happen for you too.

MAKE A CHAIN OF PRAYER IT WORKS!

A Chain of Prayer is when you attend a prayer meeting for a certain number of weeks without interruption in order to see a breakthrough in your life. Whether it is healing, a financial breakthrough or spiritual deliverance that you need, a Chain of Prayer helps you develop the faith and determination to overcome.

Monday - Strong Nation
7am, 10am, 4pm & 7pm



Learn the secrets to overcome financially. Receive direction to grow and become a successful person.



Tuesday - Prayer for healing
7am, 10am, 4pm & 7pm

Receive prayers for your physical, mental and spiritual well-being.

Wednesday - Night of Salvation
7am, 10am, 4pm & 7pm



A meeting will be held for those who want to invest in a genuine relationship with God.



Thursday - Family & Love Therapy
7am, 10am, 4pm & 7pm

The goal of the family meeting is to bring families together. No family is perfect, but they can be free from any hate, separation and other underlying issues.

Friday - Deliverance
7am, 10am, 4pm & 7pm



There is a root to every problem. No issue can be dealt with permanently without removing its root. Every Friday, strong prayers is provided for anyone who is facing a problem that is influenced by negativity.



Saturday - Impossible Cases
8am & 12pm

Have you ever looked at a problem or situation and thought, ‘this is impossible, there is no solution to this?’ If you want to see the ‘impossible become possible’, join us every Saturday.

Sunday - Gathering of Faith & Miracles
7am, 10am, 3pm & 6pm



These meetings aim to help people connect with God, to empower people and teach them how to use their faith to achieve what they want in their lives.

UNIVERSAL BEYOND BARS

You are NOT alone!

In prison I was set free

My name is Phillip, and my childhood was far from easy. I grew up watching my father abuse my mother. That left me traumatized and full of rage. I hated him. I wanted to ruin his life.

He cheated on my mom with other women, and I saw her cry all the time. I felt helpless watching everything unfold, unable to do anything. All that anger and pain started building up inside of me—and eventually, I looked for an escape. I got involved in crime. My goal? To get a gun and kill my father.

At the same time, I fell into addiction. It started with marijuana, just experimenting, looking for a buzz, trying to feel at ease. But weed wasn't enough for long. I wanted more. That's when I turned to cocaine—pure cocaine. I started snorting it regularly. I needed drugs, and I needed money to feed the habit. So I began dealing. Then I got into robbery. It was all about getting quick cash to stay high. Eventually, I got caught. It was my first run-



Felipe getting arrested.

in with the police. I figured I wouldn't be in for long. But days passed, and then came my sentence: five years. Just like that, depression hit hard. I cried at night, especially during holidays, birthdays, Thanksgiving—times that were supposed to be about family. But I was behind bars, on cold nights, alone. My first real contact with faith came through a moment I'll never forget. I was using drugs in prison and went to collect on a debt. That's when I asked God for a way out. Soon after, I heard a radio program from

the Universal Church. Before that, I had no idea the church even existed.

A couple of UBB volunteers came in one day. They spoke with so much certainty and power. I had never heard anyone speak that strongly about the Holy Spirit and how God can restore and transform lives. Their words stuck with me.

Nearly five years later, I was released. And the first thing I did was go straight to the Universal Church. I began learning how to use my faith, alongside my wife. I told her, "Amanda, today I'm giving my life to the Lord Jesus, and I'm getting baptized. If the pastor invites people to be baptized, I'm going. If he doesn't, I'll ask him myself."

I was ready. I didn't go into the water dry and come out wet—I left my old life in that baptism tank. I buried the old Felipe. The aggression, the addiction, the hatred toward my father, even the way I mistreated my wife—gone.

Not long after, I received the Holy Spirit. That moment is forever burned into my memory. It was on my birthday. I locked myself in the bathroom and prayed, "My God, it has to be today. I need Your Spirit. What's the point of presents, cake, and celebration if I don't have You? None of it means anything without You."

Then came a peace unlike anything I'd ever felt. I didn't feel emotional right away—but I had this deep certainty that I wasn't alone anymore. I cried tears of joy afterward because I knew: something real had happened. I no longer felt hate toward my father. I wanted to

see him, to hug him.

The Holy Spirit replaced all that pain and bitterness with love. He healed me from the inside out. Before, I was full of anger and wrong ideas about people. But the Holy Spirit wiped all of that away and filled me with God's love. From that moment on, I couldn't stop talking



about Jesus—to everyone. My family, coworkers, even my boss. I had this deep desire to share what God had done in me. The Holy Spirit transformed my character. Today, I'm a faithful husband, a good son. My father and I reconnected. We have a strong relationship now. In fact, he even moved back to the same city to be closer to me. I see him with love now—not hate. My wife and I have our own business, and God continues to bless us. I'm



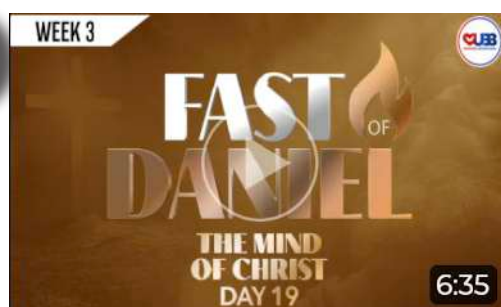
also a UBB volunteer, going into prisons to teach others about the Word of God—just like someone once did for me. The Holy Spirit means everything to me. Without Him, I know I'd be dead. I'd be lost. He's my strength—my Father, my Lord, my Counselor, and my closest Friend. Whenever I go through something, He's right there, reminding me that everything will be okay. All I have to do is persevere, and victory is certain.



I'm counting down the days...It feels like forever. I want to go home." You don't understand.

Speak out, I am all ears! If you want to be added to my E-Message list, send me a letter with the correct info to: 7075 SW. Fwy. Houston, TX 77074.

Include: Name/ID #, Facility, Complete Address, City/State, and the Zip code.

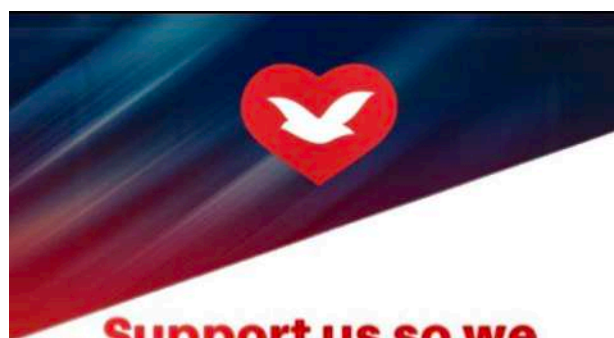


Every day the UBB has a new episode for you.

There is something for everyone! Do you need guidance about faith, family, sexual orientation, curses, dealing with loss, addictions etc.?

"¿Hablas español? En la aplicación de Pando puedes encontrar segmentos de la UBB ¡también en español!"

Is it time to wait or act? Here's how to know



Support us so we can support them!

Perhaps you ask, "How?" Well, your donation helps us support the work that the UBB does to assist those internally and externally in prison.

You allow us to conduct graduation ceremonies for the inmates, provide food, distribute hygienic kits occasionally, and much more. To donate, simply scan this QR code for Zelle or make a direct deposit in our Wells Fargo account!

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www.universalbeyondbars.org

Anxiety, constant comparisons, and the noise of too many opinions can make it hard to move forward. Should you take action—or is it better to wait? This question affects everyone at some point. Acting too quickly can lead to frustration. Waiting too long can mean missing out on something great. So how do you know what to do?

The answer lies in listening to the right voice—the voice of God.

Knowing when to act or wait is one of the most important decisions you'll face in your walk with God. In times of pressure, it's easy to get confused. Your emotions pull you one way, your fears another. Social media tells you one thing, people around you tell you something else. But faith gives clarity. Jesus taught us to let our "yes" be yes, and our "no" be no (Matthew 5:37). In other words, clarity comes from God. Confusion and doubt do not.

The enemies of clear decisions

If you want to know whether it's time to move or wait, you need to silence the voices that go against God's guidance:

- Your own will – Our desires often run opposite to what God is leading us to do.
- Comparison – Looking at others can make it feel like you're behind

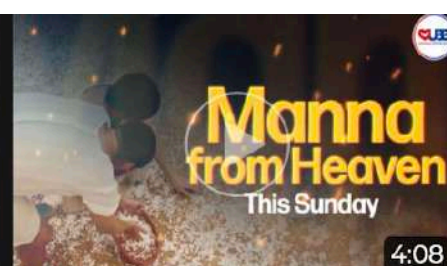
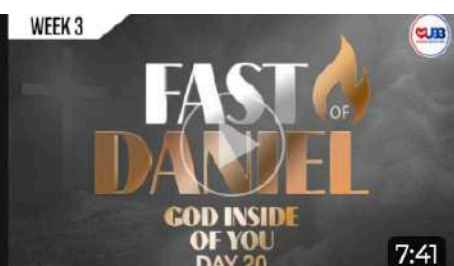
or missing out.

- The world's noise – Advice from culture, trends, or social media often offers empty solutions. But faith brings direction—not confusion.

Faith knows when to move

Jesus is our solid foundation. When you believe in Him and are guided by the Holy Spirit, you won't stay stuck in confusion. God speaks clearly. He can show you when to act, when to wait, and even when to move forward patiently while waiting for the full answer. That's real guidance—it comes from above.

If you want to live without hesitation or regret, learn to recognize God's voice. He never leaves His children in the dark. He strengthens, He leads, and He brings peace to every decision. So, is it time to wait or act? Ask in faith, and trust that He'll show you the way.



I'm going to the TOP, down with the UBB! Stay locked in for DAILY videos from the UBB.

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with Bishop Joshua

ULFN NEWS | 8am

THE AM SHOW | 10am

**BREAKING THE SILENCE
1pm**

**FIGHTING THE UNSEEN
ENEMY 2pm**
with Bishop David

**AT THE EDGE OF DEATH
4pm**

TEN COMMANDMENTS | 5pm

GENESIS | 7pm

JESUS THE SERIES | 9pm

BOOST OF FAITH | 10pm



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Does your financial life feel like it's spinning out of control?

A few years ago, businesswoman Adriana was earning \$500,000 a month from her business. Her husband and another partner handled the company's management. Despite the success, everything took a turn for the worse when Adriana discovered that her husband was cheating on her. "He left, and I just didn't have the mindset to keep the business going," she said. "He was the one in charge of the administrative side of the company."

To make things worse, she says her other business partner scammed the company. "Instead of paying the employees, our partner withdrew \$200,000. From there, everything started to fall apart." After her marriage ended and the business collapsed, Adriana left the city where she had been living. She opened two clothing stores in her new location, but both ended up closing within a year. For the next four years, she relied on financial help from her parents and friends.

"I was so anxious about needing money that I ended up putting the cart before the horse," she said. Her situation began to turn around when she attended a meeting called The Strong Nation at The Universal Church.

"I realized I hadn't been giving my best at work. I was doing things halfway," she said. "I understood that I needed to start over—with God. I had to put Him first and change the way I saw myself. I left that meeting feeling so confident that I decided to go back to cleaning work for a construction company. I even went to visit my first potential client right after." Adriana sought out the engineer leading a local project. She followed up multiple times until he finally agreed to meet

her. "He joked that he was hiring me just because I was so persistent," she said. After landing that first client,



Adriana began hiring employees and providing them with training. She also put together a detailed business

plan and began setting and meeting goals and deadlines. Today, her business is thriving. "I have 20 employees now. I work with fewer people than I used to, but the results are better and the quality is higher," she said. "I chose professionals who know what they're doing. We serve private companies, luxury homes, and commercial buildings—and I've never had a single complaint." Adriana says one of the biggest lessons she's learned is the importance of planning. "I plan everything before I act. You can't be successful by doing things randomly. I have a daily schedule, and I get it all done," she said.



FINANCIAL TIPS

PLAN

Define where the company is going, the goals and deadlines, and how and by whom the project will be executed. **01**

Control

account for the costs and expenses of producing and selling the product. Look for ways to improve processes and reduce costs. **02**

Customer focus

Research and talk to customers to understand their needs and whether your business meets expectations. **Maintain dialogue** - transparent communication must be cultivated between employees and everyone involved with the company. **03**

Empower

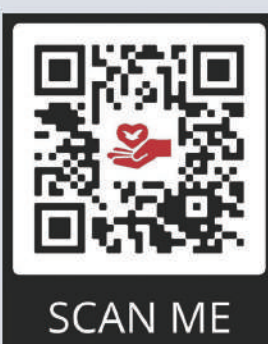
Define the profile of who you want to hire, train and invest in constant improvements. Keep the team engaged. **Monitor** - Periodically review goals and results. Improve processes and change what is necessary. **04**

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SCAN ME

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