



"I would wake up and go to sleep wanting to kill myself!"

Read page 5

What's happening at

A life marked by abandonment and abuse

For many years, Jessica carried deep suffering and searched for relief in many different ways. Read her story on page 6 for more details.



UNIVERSAL NEWS

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Healing of the Soul *Event*

International Women's Day

Sunday, March 8, at 10 AM

On March 8, the world celebrates International Women's Day. Yet many women are facing family struggles, carrying childhood trauma, battling depression, and longing for inner healing. If this is you, please read this edition to learn how you can participate in a meeting that can truly transform your life.



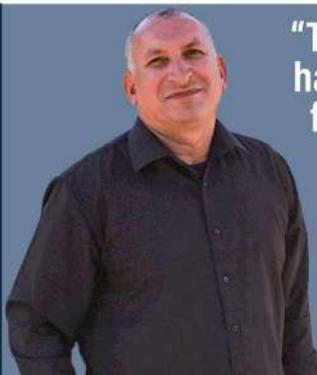
SCAN ME



Page 2

Bishop Edir Macedo

How much are you willing to pay?



"The doctor said I would have to take medication for the rest of my life."

See what Carlos did when he personally felt the effects of an autoimmune disease considered incurable.

SUNDAY 10 AM



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NOT TO BE SOLD

| IN THIS EDITION |

Healing of the soul

On March 8, the world observes International Women's Day. It is a time to recognize and celebrate the achievements of women throughout history in social, economic, cultural, and political areas. Yet for many women, instead of feeling empowered, the day can highlight frustration and disappointment when they look at their own lives.

While we celebrate visible accomplishments, we cannot ignore the struggles many women face internally. And I say internally because when we are not well inside, it becomes very difficult for anything on the outside to truly go well. Many women struggle with insecurities, carry deep pain and trauma, battle anxiety or depression, and lose their sense of self-worth. Some appear happy on the outside, but inside they carry sorrow and long for healing.

When these internal issues remain unresolved, negative patterns tend to repeat. Failure becomes more likely, and destructive cycles can continue from one generation to the next.

Inner healing is similar to a construction project. Before building a new structure, workers must prepare the ground. They remove rubble and debris so they can lay a strong and stable foundation. Only then can they build something new that will last.

Rebuilding your life works the same way. Inner healing requires removing the emotional debris within you. That includes sorrow, resentment, trauma, insecurities, and everything else that weighs down your soul. In other words, inner cleansing must come before true rebuilding can begin. This process does not happen overnight. Laying a foundation takes time, effort, and commitment. Rebuilding your inner life requires the same. But with God's help, what once seemed impossible can become possible.

Make a decision to invest in your soul. Visit a Universal Church near you on Sunday, March 8th, at 10 AM. Just as a single word can impact someone's life for good or for bad, allow the Word of God to shape your path, guide your decisions, and lead you toward complete healing of your soul.

I encourage you to continue reading this edition and learn how you can take part in a meeting that has the power to truly transform your life.



Bishop Edir Macedo

How much are you willing to pay?



We all know that when a product costs more, it usually offers better quality. Price often reflects warranty, durability, usefulness, and even exclusivity. When something is very cheap, we question it. We wonder if it is really worth it. Sometimes we buy it anyway, but deep down we already expect that we will need to replace it soon.

Everything in life has a price. This applies not only to material things, but also to personal achievements. The price you are willing to pay will determine the quality of what you receive.

How much would you pay for a stable marriage? For a successful career? For strong health? For inner peace?

Some people choose to deny their impulses, seek the right partner, and follow God's guidance. Others do whatever they feel like doing. They rush into relationships and follow their emotions without thinking about the consequences.

A few invest in education, build their skills, and work hard with integrity. Many look for shortcuts. They deceive their employers, accept bribes, or step on others to get ahead.

Some people commit to exercise and maintain a balanced diet. Others avoid discipline and refuse to give up unhealthy habits.

The same happens in spiritual life. Some follow God's Word faithfully. Others claim to follow Him, but only in their own way.



That is why we see lasting marriages and broken ones. We see respected professionals on magazine covers and successful businesspeople behind bars. We see healthy individuals and those suffering from preventable illnesses. We see people strong in faith and others who remain religious yet miserable. The difference lies in the price each person chose to pay.

In this world, lies often seem easier than truth. Lies can bring quick results, while truth requires time, effort, and perseverance. But remember this: the level of difficulty in achieving something often reflects the value of what you gain. What comes easily can also disappear easily.

So the question remains. How much are you willing to pay? The high price of truth or the low price of lies? The choice is yours. And once you make it, you cannot complain about the outcome you accepted.

| Beating Depression |

Sometimes life's struggles can be so intense that it feels like the world has turned gray. All joy, anticipation and excitement fade, giving way to a profound sense of weariness. This is what depression does. It weighs down the soul with sorrow. It brings hopelessness, drains motivation, and makes even the simplest tasks feel impossible. And unfortunately, in the most severe of cases, it can even take away a person's desire to live.

Depression is more than just feeling sad or a state of mind, it is a sickness of the soul. Yet, hope is not lost. With faith, it's possible to restore what has been lost and recover the joy, strength, and purpose that was stolen. The Lord Jesus, has the power to heal the soul and restore color into your life.

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

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



When others shape who we are

Abuse, addiction, anger, and endless suffering led Carmen into a deep emotional abyss. Yet through God's grace, she found inner restoration and rebuilt her life.

"It all started in my childhood, when my parents separated. My father gained custody of me and my siblings, but he sent us to an aunt to raise us. It was during that time, while staying with my aunt, that the abuse began. An older cousin first abused my sister, and then he began abusing me. The abuse lasted for two years.

When I was around 12 or 13, my father brought me to live with him in France. I thought things would get better, but some of my worst moments happened there. I carried enormous anger toward my family. I became very vengeful and mean.

To cope with the pain and fill the emptiness I felt, I started stealing, which gradually became an addiction. I couldn't sleep, suffered from panic attacks, and had thoughts of self-harm by cutting myself."

An invitation

"During my time with my father, depression consumed me. I later traveled abroad again to live with my mother, but things didn't improve. I still carried so much anger and was very rebellious toward her. I went out late at night with friends to steal and was arrested several times. My depression deepened, as did my desire for revenge against those who hurt me.

One day, while I was outside, a young man who was already attending the Universal Church invited me to go with him. I had nothing to lose, so I decided to visit."

Understanding

"After my first service, I was curious to come back. As I continued attending, I began to understand why I had gone through everything I did.

I realized the origin of my suffering and recognized the many mistakes I had been making. I understood that change had to happen within me. I didn't have to keep carrying all the negative emotions I had been holding.

I had to let go of grudges, resentment, and the desire for revenge if I truly wanted to move forward. I could no longer bear living in darkness, so I fought for my liberation. I began going to church every day, seeking the fulfillment of God's Word from the inside out. I applied everything I was learning and pursued God with all my heart and strength.

That is how I achieved true freedom. The Holy Spirit healed me internally and gave me a dignified life as a daughter of God. Today, I am free from depression, addictions, and trauma. I have a beautiful family and a successful career. I work for myself, my family lives in God's presence, and most importantly, the Holy Spirit guides us."

Carmen

BEAT DEPRESSION
BEATING DEPRESSION THROUGH THE POWER OF FAITH!

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

“If you can believe, all things are possible to him who believes.”

Mark 9:23



In 2017, Carlos's life took an unexpected turn.

He was used to working under the sun and spending time at the beach where he lived. Then he began to notice strange spots on his body. “It started with itching, and then sores appeared that oozed fluid. I scratched so much that pieces of skin came off under my nails,” he says. Concerned, he went to the hospital and underwent a biopsy. The results brought a frightening diagnosis: lupus, an autoimmune disease that, according to the doctor, had no cure and could affect vital organs such as the heart, kidneys, and brain. “Hearing that was a shock. The doctor told me I would have to take medication for the rest of my life.”

The treatment required ointments, medication, and daily wound care. The expenses quickly added up, and the emotional toll was even heavier. “Many people avoided me because they thought it was leprosy or something contagious. I felt ashamed. I was in constant pain and had so many wounds that I could not even lie down. I slept sitting up on the couch,” he remembers. On Sundays, during prayer at the

Universal Church, members would present a bottle of water to God. “I would drink the water and also wash my wounds with it, asking God for healing. I went to church covered in bandages. I looked like a mummy. But I went in faith,” he says. Today, eight years later, Carlos lives a normal life. “The doctor said I would need medication forever, but I never had to take it again. I work, spend time in the sun, go to the beach, and feel completely healthy,” he shares.



Carlos before.



“Now the blood is circulating very well.”

In 2020, I started feeling pain in my thighs. During a routine visit to my podiatrist to trim my toenails, he noticed something unusual and referred me to a vein specialist. The specialist ran tests on my legs and told me that the veins on the back of my feet were twisted and that my blood was not circulating properly. At that moment, she recommended surgery. But I refused. I was already attending church and drinking the blessed water every morning and night. I chose to pray and trust God instead of going through surgery. After undergoing several follow up tests, the results showed that everything was normal. There were no blood clots, and my blood is now circulating very well. Eva Knight



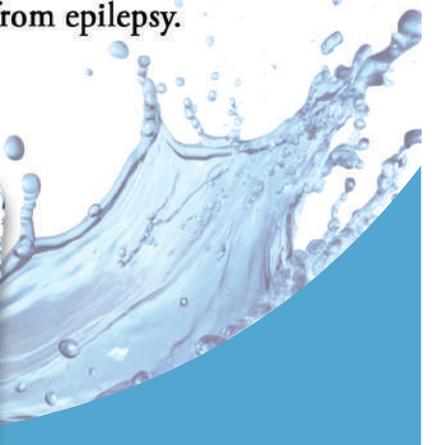
“My daughter has no more seizures.”

My daughter used to suffer from seizures. Because we were living in different countries, I could not be physically close to her, but I used my faith and the blessed water on her behalf. She went through many tests, including an MRI and an ECG, but the doctors could not find the cause of the problem. I prayed and said, Lord, she is far from me, but she is not far from You. You can do what is impossible. You can heal her from whatever is causing this.

One day, on her way to school, she fainted. It was a frightening moment for all of us. After more tests, the results showed that there was nothing wrong. Today, she is free. She no longer has seizures and no longer suffers from epilepsy.

Ms. Charmaine

**RECEIVE THE BLESSED WATER
THIS SUNDAY**
at your nearest Universal Church



When childhood scars follow you into adulthood



parties, drinks, travel, and luxury—but nothing filled her inner emptiness.

Despite always being surrounded by friends, the conflicts from her childhood remained alive. “I couldn’t feel fulfilled. Many times, during parties, I would cry and say, ‘I shouldn’t be here. This isn’t my place,’” she remembers.

With the accumulation of frustrations and failed relationships, feelings of incapacity and worthlessness grew, along with the onset of anxiety and depression.

Thaynara lost seven kilos, sought only dark environments, avoided any social interaction, and began to nurture a desire to die. As she recounts: “I thought that if my life ended right there, my problems would cease. I remember asking my mother to have me hospitalized because, sedated, I wouldn’t see the day go by.”

Tired of suffering, she remembered the teachings she had heard in childhood. After



I carried childhood wounds for years without realizing how deeply they shaped me.



Parties, drinks, travel, and luxury could not fill my inner emptiness.

receiving an invitation from the church, she decided to return to the presence of God after 21 years away. Thaynara describes how she was at the time: “I was tired of placing my heart in the hands of people. I wanted to be different. So I started attending the meetings again. The Word of God began to enter me and transform my inner self.”



She set aside pleasures and the need to meet others’ expectations and gave her life to God. “I gave up trips, friendships, and parties. I sought to learn more about the Word of God and to receive the Holy Spirit. When I

experienced the New Birth, I found the peace, strength, direction, confidence, and approval I had been searching for.”

Today, free from depression, anguish, and the scars of the past, Thaynara says she is truly happy: “I have peace, joy, and a sense of purpose. Everything has become new in my life, and today I want to offer to those who need it—just as I once did—what I received from God,” she concludes.

Digital marketing professional Thaynara Carvalho, 34, says she had a financially comfortable childhood, but family turmoil left deep scars. “My father drank a lot and threw parties several times, which caused fights with my mother. In addition, there was aggressive behavior and they worked a lot, which resulted in a lack of love and emotional presence in my life,” she recalls.

At the age of 7, she began accompanying her mother to Universal Church meetings and, until she was 13, heard about faith and the Will of God. However, her internal struggles and emotional wounds prevailed.

During adolescence, consumed by rebellion, she sought relief and approval in friendships and by frequenting environments that distanced her from her true identity. “I had a very rebellious and aggressive behavior. I dealt with many intrusive thoughts and held deep grudges. And from hearing so many discouraging words, I developed several insecurities and low self-esteem. I became a difficult person to deal with,” she confesses.

A life full of luxury, but empty of peace

In an attempt to prove her worth—even to herself—she went through successive relationships, constantly changed her appearance, and resorted to provocative clothes and makeup to attract attention. After moving to another state to study, she met people who introduced her to a lifestyle that allowed her to show off—



| MESSAGE |

Bishop Joshua

A soul in sorrow



Have you ever had a day when everything looked fine from the outside, yet something deep inside felt heavy—almost too heavy to describe? We smile for photos, show up for work, and keep conversations polite... but underneath, our hearts carry a different story. Many of us know what it’s like to live with an inner sorrow that doesn’t always match the face we present to the world.

The Bible shows us that Jesus understands this kind of pain. In Matthew 26:38, on the night before His crucifixion, Jesus says, “*Then He said to them, ‘My soul is exceedingly*

sorrowful, even to death.’” Even the Son of God felt a grief so deep it reached the very core of His being. He didn’t hide it. He didn’t minimize it. He spoke about it and brought it before God.

“*There is no surgery to fix a broken soul—but healing begins in the presence of God.*”

This reminds us that healing doesn’t begin on the outside. Sure, there are remedies for physical pain. But there is no surgery to fix a broken soul. It begins with bringing our sorrow into the presence of the One who already sees it.

Jesus heals from the inside out.

He doesn’t just polish the surface of our lives; He reaches into the parts that no one can see. When we come to Him with the same honesty He showed in Gethsemane, we are met not with judgment, but with comfort and restoration.

Your inner sorrow is not too much for Him. This Sunday, find The Universal Church nearest you and trade your sorrow for true joy.

May the God of the Bible bless you!

What's happening at Universal

I just wanted to die



A victim of violence from a young age, Andrea looked for the love she desperately wanted outside her home. Instead of finding love, she went down a path filled with pain and suffering until she met the Lord Jesus.

"As a child, I suffered aggression, violence, and humiliation from my own father. Sadly, my mother did not give me the affection or protection I longed for. She was emotionally absent. Because of that, I grew up sad, unhappy, and deeply troubled. I saw no reason to live. I constantly thought about suicide and even tried to kill myself three different ways. I would wake up and go to bed wanting to die."

Her anger and her need to escape that hostile environment led her to get married at 17 to a 27-year-old man she barely knew. She believed marriage would free her from her suffering.

"Two months after we got married, I became pregnant. During that time, my husband started abusing me. He was extremely jealous, and I endured his abuse for two years. Eventually, I found the courage to leave him and ran away with someone else. Later, I found out he was an addict. We had a child together, but we eventually separated. I was left alone to raise my two children and had to figure out how to support them."

That was when Andrea completely changed her appearance and started going to parties to get men's attention. "I believed my happiness depended on a man and on relationships. I dated six different men, from drug dealers to addicts, and none of those relationships worked. In front of others, I looked happy. But when I was alone, I cried and wanted to die. I did not take my life because my two children depended on me. Still, I felt empty. It seemed like I only attracted bad things."

New life

Her last relationship was the worst of all. After they broke up, she had to move into her sister's house with her two children, but she was given a deadline to leave.

"At that time, while I searched for a place to live and a job, my children and I stayed in just one room. That was rock bottom for me. During that period, a friend invited me to the Universal Church. We went, and that very same day I went to sleep and woke up without the desire to kill myself. For the first time in years, I wanted to live.

I decided to keep attending and learned more about the Word of God. I began to practice what I learned. When I heard about the Holy Spirit, I felt a deep desire to have an encounter with God. I chose to surrender my entire life into God's hands so He could truly transform me from the inside out. After that complete surrender, my life changed. I received the Holy Spirit, who is my greatest treasure.

God made me a better mother. I learned how to truly love my children. I forgave my father, my mother, and my ex-husband. God transformed me inside and even blessed me with the man I had always dreamed of. Today, I have a happy marriage and a peaceful family. I also started my own business. I own a successful ice cream and pastry shop. God blessed me with another baby." - Andrea

A true pain



With her life in complete disorder, both inside and out, Mary felt like she had reached the end. "For me, only death seemed like an option," she admits. She constantly thought about divorce, even though deep down she did not truly want it. Eventually, the marriage ended, but the problems did not.

Her ex-husband began writing bad checks in her name, and even the inheritance her parents had left her was eventually mortgaged. She could not sleep, not only because of the financial stress but also because she began seeing shadows and hearing voices. These experiences eventually started affecting her son as well.

Transformation

Mary first heard about the Universal Church through a program on TV. "There, I found everything I needed. The peace and calm were undeniable, and soon after, I was free from the addiction. I kept going because I found the God of my salvation."

Her life was completely transformed. Peace returned to her family. She was healed physically and emotionally. She gained inner strength. Receiving the Holy Spirit became the most important moment of her journey and the greatest treasure of her life.

Mary was 21 when she decided to get married, believing, like many do, that it would be the beginning of a happy life.

But the man she married was addicted, unfaithful, and drowning in debt. "There was no financial support at home. My children and I suffered. Inside, I was a complete mess," she recalls. Looking back, she remembers having a happy childhood, so she never imagined she would experience such unhappiness after getting married.

"Just my bad luck"

That is how Mary described her husband's addictions. "Because of that, I fell into deep depression. He simply lived his life outside the house. We had no peace, no rest," she says. Desperate, she began searching for solutions in places like witchcraft and making vows, but nothing worked.

She turned to smoking as a way to cope with the pressure, but the depression and all the other problems remained.

Today, she is happy and fulfilled. She has recovered everything she once lost, including her good name.

Daily struggle

YPG NEWS
YOUTH POWER GROUP

The YPG transforms lives

"My name is Destiny. I am 19 years old, and before I started coming to the YPG, I was really struggling. I felt depressed, hurt, angry, and alone. I would get upset easily and shut down because I felt emotionally drained. Even though I have always tried to treat people well, I carried a lot of pain from things I went through.

When I started attending the YPG, everything began to change. I felt welcomed, accepted, and never judged. I have grown into a better version of myself. I no longer react the way I used to, and I am learning how to handle situations in a healthier way.

After I got baptized, I felt lighter and more at peace. I still have hard days, but now I pray, talk to God, and reach out for support instead of keeping everything inside. I am finally finding the peace I have been praying for."

Destiny
YPG Member



Verse of Reference:
Philippians 1:6



Nursing Home visit

YPG New Jersey - Week of creative evangelization: Nursing home edition

The YPG took creative evangelism to a local nursing home, and the atmosphere quickly turned into a moment of praise.

Through dance, heartfelt prayers, and sincere conversations, the youth reminded the residents that they are seen, valued, and never forgotten. Smiles returned. Hope was renewed. Faith was strengthened.

When young people serve older generations, heaven rejoices. We did more than just visit. We shared the love of Christ in a real and meaningful way.

Join our meetings every Sunday at 1 pm in a city near you.

IG Follow Us @ YPG.USA
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Your voice matter: 1 888 332 4141





Rock bottom was the beginning of change

Thaynara grew up learning about Christian faith and values. As a child, she attended meetings at the Universal Church with her family. Even so, she still suffered because of the choices she made later in life.

She wanted to experience what she had never known

As a teenager, influenced by friends, she became curious about things she had never experienced. At 14, she started going to parties and nightclubs. What seemed like harmless fun at first opened the door to future suffering.

At those parties, she was introduced to drugs. She began with cigarettes but soon felt trapped by marijuana. Alcohol also became part of her daily routine.

Unhappiness and aggression

At 16, hoping to find love, she started a relationship. What she thought would be a dream come true quickly turned into a nightmare.

“It was a completely abusive relationship. We fought constantly. He became physically aggressive. I went to work with a black eye more than once. Other times, I had cuts on my hands from a knife that was involved during our arguments.”

Feeling used and hurt, she decided to use others as well.

The relationship lasted four years. During that time, in addition to the emotional scars she already carried, Thaynara went through another traumatic experience. A relative attempted to sexually and

emotionally abuse her.

Even while living through that pain, she continued getting involved with different men, but with a clear mindset.

“I just wanted distractions and then I would walk away. Every weekend it was someone different. I thought I was getting revenge for the abuse I suffered, but in reality, I was only hurting myself. I even sold intimate photos. At parties, I danced to seduce men so I could use



“

There were moments when I thought about taking my own life.

them,” she admits.

The scars followed her

Deep down, she wanted freedom from the pain and longed to be truly happy. She believed that would finally happen when she met the man who is now her husband, someone she describes as kind and respectful.

However, the wounds from her past followed her into that relationship. Arguments became part of their daily life and grew worse after she betrayed him. When her husband decided to end the relationship, she fell into depression.

“There were moments when I thought about taking my own life. I could not handle the pain anymore. Then I remembered what I had learned in church. I knew that was where I would find the answer. So in 2023, I decided to return to the arms of Jesus.”

Healing through the Holy Spirit

She arrived at church feeling hurt and lost. Through the Word of God, she received the opportunity to begin again. Even though she faced criticism and opposition after choosing to get baptized, she stood firm in her decision.

Everything changed when she received the Holy Spirit.

“I began to experience a peace so deep that even when everything around me seems to be falling apart, I remain calm. Today I am faithful to my husband. I am free from addictions and from the marks of my past.”

A life marked by abandonment and abuse

Jessica's afflictions began in early childhood, when she witnessed a crisis in her parents' marriage. “At a very young age, I experienced my father's absence and his abandonment to be with another family,” she says. She recounts that her mother's suffering due to her father's infidelities led her to develop feelings of rejection and neediness. “Since I was little, I suffered from insomnia, anxiety, and panic attacks, but everything worsened in adolescence when my parents' definitive separation occurred. At age 11, I was molested by a man close to me,” she reveals.

In addition to sexual abuse, she suffered mistreatment at the hands of her mother's partner, including being forbidden from having leisure time. “I thought everything that happened was my fault, and my neediness and inferiority complex intensified. So, my style became about attracting the attention of boys, especially at school,” she says.

At 14, she suffered a second instance of sexual abuse at the hands of the same man, who was under the influence of drugs. “Because of the suffering and neediness, I gave myself completely to someone. When they found out, my mother and her partner kicked me out of the house, and I went to live with my father, but my problems continued,” she recalls.

Jessica explains that the resentment she harbored against her father complicated their relationship and generated several conflicts. All these difficulties led her to depression: “I started having frequent crying spells and anxiety attacks. I no longer had any perspective on life; my only desire was to stay locked up and alone in my room.”

After some time, Jessica faced rejection once again when she was told she could no longer live with her father. That's when

she decided to move in with her then-boyfriend, who is now her husband. At first, she felt relieved, but later, the inner emptiness and sadness intensified.

Looking for something to ease the pain in her soul, Jessica proposed to her partner that they have a child. So, at 17, she became pregnant. However, this new attempt to fill the void didn't work, as she says: “Over time, I got used to the problems and normalized certain behaviors, like hurting myself and mistreating my husband.”

A different decision

At 20, tired of trying to find solutions using only her own strength, Jessica went to a meeting at the Universal Church, determined to change her life. “I understood it was time to stop playing the victim, and I surrendered my life to God. It wasn't easy, but I decided that my story would be different from then on,”



she says.

Since then, her story has taken a different turn, especially internally. She affirms that faith has given her the confidence that God is with her and, through His Word, neediness and sadness have been replaced by comfort and joy. “Today I have peace within myself and in my home. Now I can be a good wife and mother. I am happy regardless of the circumstances and situations, all thanks to the Holy Spirit,” she concludes.



International Women's Day: The day of inner healing

Open wounds can be extremely painful, especially when left untreated. If we ignore them, they can become infected and lead to serious complications. That is why we quickly look for treatment to help the wound heal as soon as possible.

Over time, wounds turn into scars. Those scars become reminders of what happened. We might say, "I fell from a tree," or "I tripped and got hurt when I was young," or "It was an accident. I was not paying attention."

As the years go by, we experience both good and bad moments. The painful ones often leave deep marks that do not fully heal. We call them internal wounds.

Do you carry unresolved trauma that you want to move past but do not know how? Have

you experienced the pain of someone's unfaithfulness, an ongoing family conflict, an abusive relationship, or constant disappointment that leaves you exhausted?

Wounds in the soul can leave a person feeling broken, discouraged, and stuck.

Which of the following do you relate to?

- Rejection
- Verbal abuse
- Physical abuse
- Fear of the future
- Disappointment
- Loss of a loved one
- Betrayal
- Mistreatment

If this speaks to you, then the Healing of the Soul event is exactly what you need. Join us on Sunday, March 8 at 10 am at



1091 Fulton Street, Brooklyn, NY, or at any Universal Church nationwide.

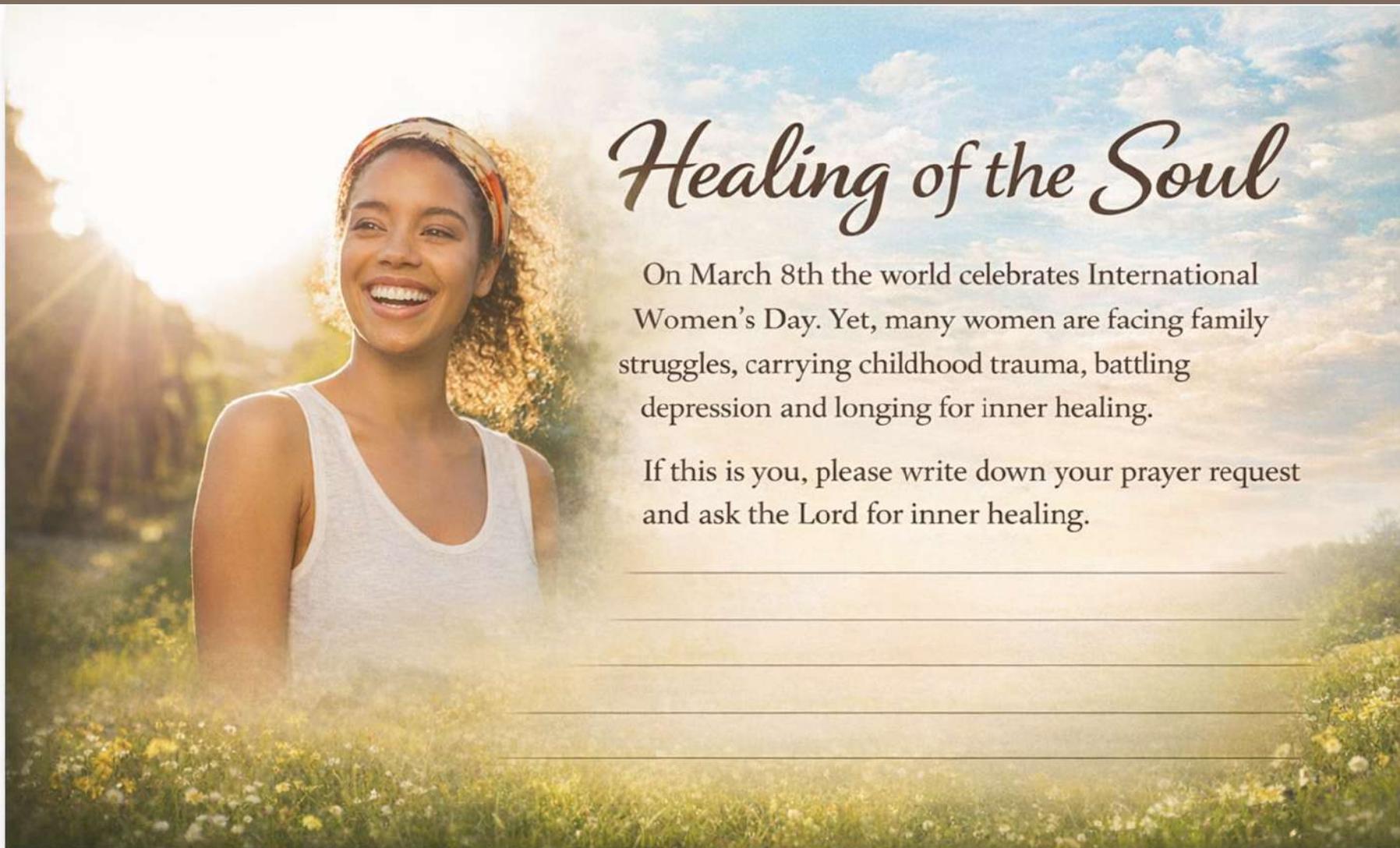
What to expect?

The purpose of this event is to help you experience true inner healing. It is easy to treat an external wound. But when the pain is inside, how can someone heal their soul?

The Bible says, "For I will restore health to you and heal you of your wounds," says the Lord. Jeremiah 30:17.

If you are tired of holding on to the past and you are ready to let it go, take the first step. Attend the Healing of the Soul event and begin your journey toward real inner healing.

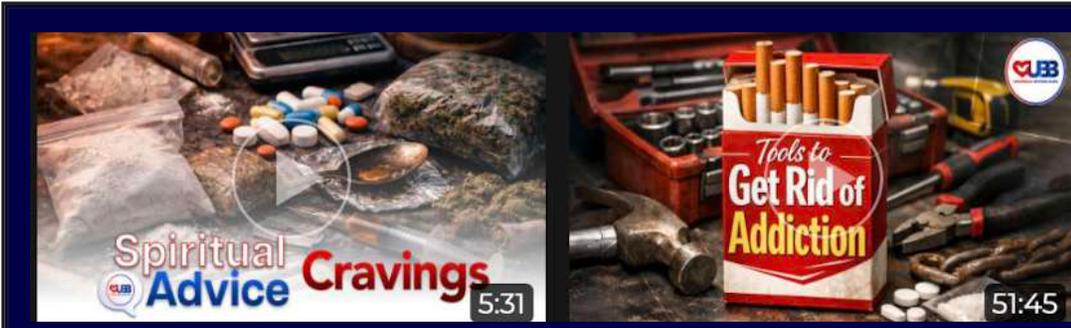
BRING THIS PAPER WITH YOU TO THE NEAREST UNIVERSAL CHURCH ON SUNDAY, MARCH 8TH AT 10AM



Healing of the Soul

On March 8th the world celebrates International Women's Day. Yet, many women are facing family struggles, carrying childhood trauma, battling depression and longing for inner healing.

If this is you, please write down your prayer request and ask the Lord for inner healing.



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



From the frontlines of crime to finding peace

the next day I would be arranging their funerals. My health also began to fail. I suffered from severe stomach pain that doctors could not diagnose. The pain left me dependent on weekly IV treatments. Even while living in



My life was deeply rooted in crime in the ghetto. I started at just 13 years old as a lookout, setting off fireworks to warn others when the police were coming. From there, I moved up quickly. I became a drug dealer, then a manager, and eventually a leader. By 17, I was carrying a 7.62 rifle and taking part in gang wars. I led invasions of rival territories and planned strategies. I got into shootouts with the police and survived several confrontations with rival groups. I still carry



crime, I was searching for something. Every year on my birthday, I threw big parties. I hired famous rap artists, but I also hired gospel singers and people who called themselves prophets. I spent more than \$20,000 dollars on these prophets, even though I knew many of them only wanted money. Deep down, I was trying to quiet the fear inside me.



a scar on my shoulder from a rifle shot I took during an attack.

A childhood friend who had become a Christian reached out to me. He saw that my physical illness had a spiritual root. His faith stirred something inside me. Still, I hesitated to go to church. I had a long criminal record and feared someone would recognize me.



weapons and equipment, and recorded a video. I told everyone that this life was over for me. I was giving my



and power. On a good weekend, I could make nearly \$12,000 dollars in personal profit across those territories.

At the height of it all, I controlled five different communities, including the one where I was born and raised. I had everything the criminal life promises. I had money, gold, women,

When I finally attended a service, everything changed. What touched me most was the bishop's message about the Holy Spirit. The thought that Jesus Himself could live inside me was exactly what I needed. I looked at the baptismal pool and made a decision. I wanted the old me to die.

But even with luxury and twenty rifles guarding my house, I had no peace. I struggled with depression, panic attacks, and a deep emptiness. Many nights, I lay in bed and cried from pure anguish. One day I would see men working under me, and

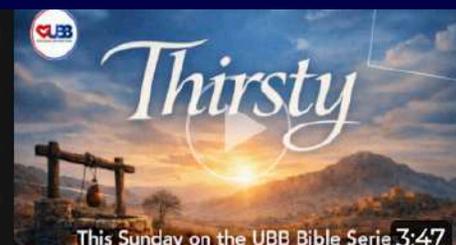
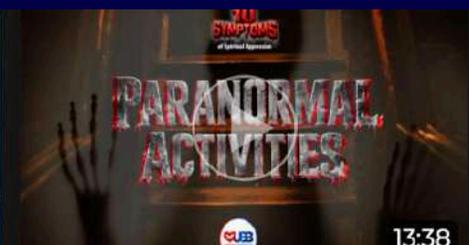


I went back to my community, gathered my



life to Jesus. I left the community and moved closer to the church. On July 16, 2024, during a service, I went to the altar and prayed sincerely. I said, I am not worthy of forgiveness, but if You do not give me Your Spirit, I will not survive. In that moment, I received the certainty of salvation. Today, the depression, anxiety, and stomach pain are gone. I no longer carry a rifle. I carry a desire to help save souls.

I want people to know that there is freedom from a life of crime. I walk with my head held high because the Holy Spirit has given me real peace.



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Micronesian community in action



Eternal waves in Micronesia

This past weekend, the Universal Church on the island of Guam welcomed young people from across the island for a vibrant outreach event called the LUAU Event.

The program blended faith, culture, and fellowship and delivered a clear message. Just like the ocean that surrounds the islands, life brings both good and bad waves. These influences can either build a young person's future or destroy it.

“

Pastor Samuel spoke directly to the youth about the daily pressures they face in today's society. He encouraged them to choose positive influences and stay away from harmful paths such as addiction, pornography, and other destructive behaviors that continue to affect young people around the world.



The event also created space for emotional healing.

Leaders prayed for those who struggle with depression and other mental health challenges. They offered support and reminded the youth that they do not have to suffer in silence.

At the same time, the LUAU celebrated the heart of Micronesian culture. Young people expressed

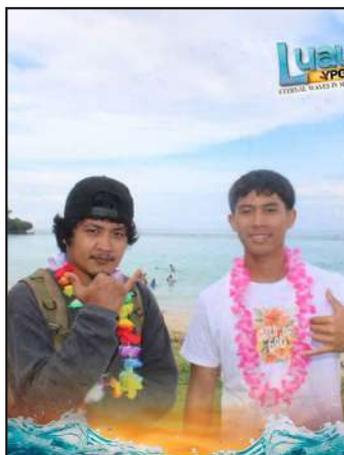


themselves through dance, music, and friendly competitions. The church became a place of joy, unity, and belonging. The Youth Power Group, known as YPG, played a central role in the event.

This group focuses on supporting and guiding young people. It provides friendship, mentorship, and a safe environment where youth can grow spiritually and personally.

Church leaders made it clear that the LUAU was not just a one-time event. It is part of an ongoing effort to reach and support young people.

Every Sunday, youth across the island gather at Universal Church locations for the YPG Hangout. These weekly



meetings help strengthen friendships and encourage a healthy and positive lifestyle. The message of the weekend was simple and powerful.



The world offers many waves, but each young person chooses which one to ride. One leads to destruction. The other leads to purpose. For many who attended, the decision became clear. They chose to ride the wave that leads to life.



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with Bishop David

**AT THE EDGE OF DEATH
4pm**

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SCAN ME



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Caleb Group visits nursing home in Montgomery, AL

The Caleb Group recently had the blessing of visiting the residents of John Knox Nursing Home in Montgomery. It was a special day filled with care, encouragement, and the presence of God.



During the visit, the team shared words of faith and hope with everyone who was present. Many residents opened their hearts, listened with attention, and gladly received prayer for divine healing. It was a touching moment as volunteers prayed individually, believing that God is still the same and continues to work in every stage of life.

The visit also included a health focused event called Nutry Day. Residents received helpful guidance about taking care of their health. Fresh fruit was distributed

to everyone, bringing a simple but meaningful touch of care.

To make the day even more special, each resident received a Bible as a gift. Many expressed their gratitude and joy, thankful not only for the gift itself, but for the time, attention, and love they received.

The Caleb Group continues to show that no one is forgotten. Through small acts of kindness and sincere faith, they are making a difference and bringing comfort wherever they go.



Angels of the Night bring hope to the streets of Houston

This past week, Angels of the Night, in partnership with Unisocial, went out into the streets of Houston with one clear mission: to bring hope, care, and the love of God to those who need it most.

Throughout the evening, volunteers met many people facing difficult situations. Some were living on the streets. Others were simply going through hard times and needed someone to listen. Each person was welcomed with kindness, a friendly conversation, and words of encouragement.

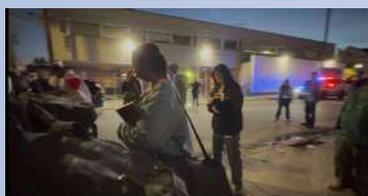


Food, water, and soft drinks were served with care and respect. But more than that, every person also received a Bible. It was beautiful to see how grateful they were. Many held their new Bible close to their chest. Others asked for prayer and shared personal struggles. There were moments of tears, hugs, and sincere smiles.

The team took time to pray with those who requested it, offering spiritual support and reminding them that they are not forgotten. The atmosphere was filled with compassion and faith. Even in the middle of busy streets, you could feel peace.

Initiatives like this show what the church is truly about: reaching out, serving others, and sharing the Word of God in practical ways. Angels of the Night and Unisocial were not just distributing food and Bibles. They were planting seeds of hope.

We are grateful for every volunteer who gave their time and heart to make this outreach possible. May God continue to bless this mission and touch many more lives through it.





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