

UNISOCIAL

Reaching out to those in need

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The Unisocial works tirelessly from coast to coast, providing both physical and spiritual assistance to those in need. This time, people in Ohio and Pennsylvania received support through this special outreach effort.

MIRACLES

Between life and death after spine surgery

SUNDAY
10 AM



UNIVERSAL NEWS



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Anxiety is rising

But why and how to get over it?

Anxiety disorders are the most common mental health condition in the U.S., affecting over 40 million adults annually, which represents 19.1% of the adult population.

(Source: <https://mhstats.org/conditions/anxiety/>)



Get to know the life story of young Katheen on page 6



She struggled with anxiety attacks

MESSAGE



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Bishop Edir Macedo

Do not be anxious...



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NOT TO BE SOLD

| IN THIS EDITION |

The rise of anxiety

We have all experienced that feeling of butterflies in the stomach before a big event, when meeting someone new, or doing something for the first time. That feeling is called anxiety.

According to cognitive behavioral psychologists, there is such a thing as healthy anxiety. It helps us recognize danger and protect ourselves. It is connected to fear, which, when balanced, helps with self-preservation, keeps us alert, and even pushes us to achieve goals. But when does anxiety become unhealthy?

Anxiety becomes unhealthy when it causes intense and disproportionate emotional and physical reactions. Feeling your heart race before a job interview or an unfamiliar situation is normal. However, when excessive fear, negative thoughts, and constant nervousness begin to interfere with daily life, anxiety can become a serious condition that requires attention and treatment.

According to the National Institute of Mental Health, around 19 percent of Americans suffer from an anxiety disorder. That is nearly 1 out of every 5 people. Anxiety affects people of all ages, but children and teenagers account for a growing number of cases, and the problem continues to rise.

Several factors can contribute to intense anxiety, including insecurity, violence, financial struggles, feelings of emptiness, excessive pressure on oneself, low self-esteem, and even guilt.

Some common signs of anxiety include fatigue, trembling, numbness, shortness of breath, a choking sensation, sweaty hands, constant nervousness, obsessive negative thoughts, irritability, insomnia or excessive sleeping, nausea, eating disorders, and dizziness.

If you are experiencing one or more of these symptoms, know that there is hope. Anxiety does not have to control your life, but it is important to seek help. The Bible says, "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own" (Matthew 6:34). Worry produces fear, and fear feeds doubt. Doubt often becomes the root of anxiety. Faith, however, is the opposite. The Bible defines faith as "the assurance of things hoped for, the conviction of things not seen" (Hebrews 11:1). When a person develops a relationship with God, their faith grows stronger, and that faith helps them face anxiety with strength and hope.

If you need help overcoming anxiety, you are invited to attend our Sunday services at 10 am, where we seek God's strength and the power of the Holy Spirit.

| 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.

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



Bishop Edir Macedo

Do not be anxious...



No, no, and no! Worry, anxiety, and fear are feelings that come from doubt. Many people may not realize it, but these feelings can become obstacles that delay personal goals and dreams.

That is true.

The Holy Spirit has been with me, but throughout the past 55 years since I gave my life to the Lord Jesus, I have never received His help while holding on to worry, anxiety, or fear.

God responds to faith. In other words, He responds when a person truly believes that He will fulfill what He promised according to His will.

It does no good to be religious, charitable, faithful, or devoted while still holding on to worries, anxieties, and fears about not achieving what you are praying for.

These are signs of doubt. And the person who doubts is like a wave of the sea, never steady.

Here is the secret: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." Philippians 4:6

1. Do not be anxious about anything, not even about receiving the Holy Spirit.
2. Present your requests to God through prayer and supplication.
3. Wait and believe without demanding an answer from yourself or from God.



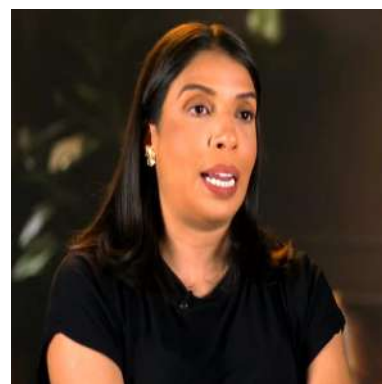
4. After doing these things, put your faith into action. Picture yourself receiving the answer. Thank God and praise His Name. Stay joyful as if the answer has already come.

If you do your part, the Lord Jesus will do His. If He has not answered yet, He will answer soon. If not soon, then later. If not later today, then tomorrow. If not tomorrow, then the day after tomorrow.

This is how you should continue waiting, with confidence. As you do this, anxiety, worry, and fear will begin to disappear.

You have no idea how quickly your dream can become reality.

May your life be fulfilled in the Name of the Lord Jesus Christ.



"Nothing could heal the pain inside me"

ways returned. No matter what I did, nothing truly changed inside me.

As time passed, some areas of my life started getting better. My mother slowly recovered from depression, I got a job, and I met my husband. I entered a healthy relationship that gave me stability and security. But even then, I still felt like something was missing inside me.

I had friends, I was married, I had a job, and I had everything I thought I wanted, but none of it could heal the pain inside me. After going through the trauma of my parents' separation when I was around 18 years old, everything changed. I watched my mother struggle with deep depression, and I started questioning where God was in all of it. I also began questioning everything I had learned when I had the opportunity to attend church in the past.

That was when I started looking for happiness in the world. While I was in college, I got involved in parties, raves, clubs, drinking, and eventually drugs. In the moment, everything felt exciting and fun. I felt accepted, surrounded by people, and distracted from the pain inside me. But once the parties ended, the emptiness al-

Then came what should have been one of the happiest moments of my life. I was preparing for my wedding and honeymoon, but instead of feeling joy, I started having severe anxiety attacks. I ended up hospitalized and was eventually admitted to the ICU. Doctors said it was anxiety caused by wedding stress, but deep inside, I knew it was something much deeper. I felt emotionally and spiritually overwhelmed.

While I was in the hospital, two assistants from the Universal Church came to visit me. They told me something I will never forget: "God is closer to you than the clothes you are wearing." At that moment, I realized God had never abandoned me. He had always been near, but I needed to draw close to Him.

After leaving the hospital, I made the decision to return to church. There, I started hearing a lot about the Holy Spirit. One day, I asked my sister, "What is the Holy Spirit?" because I truly wanted to understand. When people explained that the Holy Spirit brings peace, joy, and fulfillment from within, regardless of circumstances, I immediately thought, "That is exactly what I want for my life."

From that moment on, I fully dedicated myself to seeking God. I prayed, fasted, read books about the Holy Spirit, and sought Him with all my strength. In 2020, during the pandemic, while attending an online service alone in my living room, I received the Holy Spirit. In that moment, I felt an indescribable joy and a complete certainty that I belonged to God. There was no pastor physically beside me and no crowd around me, but God was there with me.

Today, I am completely renewed. Before, even when things around me improved, I still felt empty inside. But now I carry peace within me. Even during difficult moments, I have the certainty that God is with me, and that changes everything.

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

Mark 9:23

Between life and death after spine surgery

After years of suffering from herniated discs, 67-year-old Jeonice underwent spine surgery hoping to finally live without pain. Doctors inserted eight titanium screws into her lower back, but only a few days after she was discharged, fluid started leaking heavily from the incision.

When she returned to the hospital, tests revealed a severe antibiotic resistant infection. She underwent another surgery to clean the area, needed a blood transfusion, and doctors warned that she could become paralyzed or even lose her life.

What was supposed to be a short hospital stay turned into a month-long battle. During that time, Jeonice held on to her faith. Her sister brought her water dedicated in prayer, which she drank and also applied to the surgical incision while praying for healing and asking God to stop the infection.

Eventually, doctors found an antibiotic that worked, the infection cleared, and today Jeonice says she is completely healed and free from the pain she once lived with.



“No more diabetes or high blood pressure”

I suffered from diabetes for 31 years. I used my faith and followed the instructions, drinking the Blessed Water regularly. A few months ago, I went in for blood work, and they took four blood samples. I kept wondering why they needed so many.



In July of this year, I went back to the doctor to review the results. The doctor told me, “Your X rays look normal, your sugar levels are normal, and you no longer have high blood pressure.”

I felt so happy hearing that news because I had been taking so many medications for years. Today, I feel good.

Ms. Angelina



“The eye problem is gone”

I had been dealing with cataracts for a few years. They were still small, but I already needed glasses for reading and using the computer. I also started seeing floaters in my vision. I used the Blessed Water with faith. I prayed, washed my face with it, and even held it over my eyes. When the floaters kept appearing, I said, “No, I rebuke this.” I continued using the water faithfully and refused to give up. Today, I want to share something amazing. Everything is completely gone. My vision is now clear and bright. I thank God for this blessing and for giving me the faith to keep using and drinking the Blessed Water. Miss Jennifer



RECEIVE THE BLESSED WATER
THIS SUNDAY
at your nearest Universal Church

- DISCLAIMER -

The Universal Church does not claim to heal anyone. It believes that God can heal through the power of faith. Always follow your doctor's advice.



| MESSAGE |

Bishop Joshua

The feeling of being trapped



Life can sometimes lead us into deep and painful situations that feel impossible to escape. Like a grave, these moments can leave a person feeling trapped, exhausted, and without hope.

Today, many people experience this kind of “grave” through financial struggles, overwhelming debt, unemployment, or constant instability. Others battle depression, anxiety, addiction, or emotional pain that creates a deep sense of loneliness and despair. Relationship problems, the loss of a loved one, serious illness, chronic pain, and many other situations can also feel like places of darkness.

When you cannot see a way out and your strength feels almost gone, do not lose hope. The Bible says:

Therefore prophesy and say to them, ‘Thus says the Lord God: “Behold, O My people, I will open your graves and cause you to come up from your graves, and bring you into the land of Israel.”’ Ezekiel 37:12

God has the power to bring a person out of every grave, no matter how impossible the situation may seem. But the first step is surrendering your life to Him and seeking His presence.

Allow the Almighty to lift you out of the pit and transform your life, so you too may become a living testimony of His power.

May the God of the Bible bless you.

BIBLE READING - MAY 2026 						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				¹ MARK 1 ✓	² MARK 2 ✓	³ MARK 3 ✓
⁴ MARK 4 ✓	⁵ MARK 5 ✓	⁶ MARK 6 ✓	⁷ MARK 7 ✓	⁸ MARK 8 ✓	⁹ MARK 9 ✓	¹⁰ MARK 10 ✓
¹¹ MARK 11 ✓	¹² MARK 12 ✓	¹³ MARK 13 ✓	¹⁴ MARK 14 ✓	¹⁵ MARK 15 ✓	¹⁶ MARK 16 ✓	¹⁷ HEBREWS 1 ✓
¹⁸ HEBREWS 2	¹⁹ HEBREWS 3	²⁰ HEBREWS 4	²¹ HEBREWS 5	²² HEBREWS 6	²³ HEBREWS 7	²⁴ HEBREWS 8
²⁵ HEBREWS 9	²⁶ HEBREWS 10	²⁷ HEBREWS 11	²⁸ HEBREWS 12	²⁹ HEBREWS 13	³⁰ MALACHI 1/2	³¹ MALACHI 3/4



“The tragedy destroyed our family”

experience shook me deeply, and after that, I became afraid to even sleep.

I had another aunt who already attended The Universal Church, and she saw how much my mother and I were suffering. She invited me to come to church, and I accepted the invitation. The first time I went, I came back home and was finally able to sleep peacefully. That day, I found the peace I had been searching for.

As I continued attending the services, I listened to the Word of God and started putting it into practice. I realized I needed help beyond my own strength. I understood that by myself I would never overcome everything I was facing. I truly needed the Holy Spirit.

During one of the services, I opened my heart completely to the Lord Jesus. I asked Him to forgive me, change my life, and not look at my past or my mistakes. At that moment, I

“The pain consumed me. I cried constantly, suffered emotional breakdowns, and felt completely lost.”

Everyone has that one person they are closest to, and for me, it was my aunt. She struggled with depression, and I was her favorite niece. I was the only person who could get her out of her room because she would spend days locked inside without showering or eating.

One Monday, we received the news that my aunt had taken her own life. I was devastated because I blamed myself. I had seen her that Friday before she disappeared, and after she left early Saturday morning, everything changed. The tragedy destroyed our family, and I became deeply disturbed by it. I started seeing my aunt asking me for help, and I carried so much guilt because I believed I could have done something to save her.

That pain consumed me. I cried constantly, suffered emotional breakdowns, and felt completely lost. My parents did not know how to help me. I started seeing shadows, hearing voices, fainting often, struggling with terrible headaches, insomnia, and severe anxiety attacks. Many times, I felt short of breath, my heart would race, and my family would take me to the hospital so I could receive medication to calm down. But nothing worked because the pain was inside my soul.

Trying to escape everything I was feeling, I started going to clubs, drinking alcohol, and using drugs like marijuana and inhalants. I was searching for relief and happiness in the wrong places, but the emptiness inside of me only grew deeper. On top of that, I began experiencing terrifying episodes of sleep paralysis. Many times, I felt evil spirits trying to suffocate me while I slept.

During one of those episodes, I remembered the Lord’s Prayer and started praying. The moment I prayed, that evil presence left me. That

experienced His forgiveness and His love. For the first time, I understood that He was not looking at me with judgment, but with the love of a Father.

All the sadness, guilt, fear, and emptiness I carried inside me were replaced by peace and joy. It was as if the Lord Jesus was telling me, “You are not alone anymore. I am with you.”

From that day on, everything changed in my life. Today, I no longer see shadows or hear voices. I no longer suffer from insomnia, fear, anxiety, sadness, or spiritual torment because today I have the presence of the Lord Jesus in my life.

Today, my life has been restored. I have a happy marriage, fulfillment in my personal life, and, above all, the peace that only God can give.

ONE COMMUNITY ONE VISION |

YPG IN YOUR NEIGHBORHOOD |

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YPGNEWS

YOUTH POWER GROUP



THIS WEEK, YPG IN YOUR NEIGHBORHOOD VISITED BEDFORD BRANCH IN NEW YORK, WHERE YOUTH GATHERED TO RECEIVE AN IMPACTFUL MESSAGE. AN ILLUSTRATION WAS GIVEN OF A YOUNG PERSON TRYING TO WALK ACROSS A NARROW PATH WHILE CARRYING HEAVY LUGGAGE. THIS DEMONSTRATED THAT IN ORDER TO ENTER THROUGH THE NARROW GATE, ONE MUST LEAVE ALL BURDENS BEHIND AND MAKE A FIRM DECISION. MANY YOUNG PEOPLE TODAY STRUGGLE TO LET GO OF THEIR "BAGGAGE," SUCH AS SMOKING, DRINKING, PARTYING, AND PERSONAL OR FAMILY ISSUES. AS A RESULT, THEY OFTEN CHOOSE THE WIDE GATE, WHICH LEADS TO DESTRUCTION. THE MESSAGE ENCOURAGED YOUTHS TO MAKE A CHANGE AND CHOOSE A BETTER PATH.

Go BFA EXPERIENCE

My BFA experience helped me learn about things I hadn't really taken into consideration before, especially when it comes to music. I used to listen to rap and thought it was fine because I didn't actually do what the lyrics talked about. But even if it sounded good, the content was still filled with all kinds of sin. Something really stuck with me when I saw a message on the board at church that said, "Lyrics can hurt your soul or save your soul." That made me realize I won't be saved by listening to the kind of music I used to. I need to cut it off and either listen to more wholesome, pure music or no music at all.

I don't need music to live, I need God and the Holy Spirit. I also learned that I shouldn't have idols or glorify them. I don't believe I have idols, but it's something important to keep in mind, especially when it comes to celebrities. I also appreciated the atmosphere in the church. It's energetic and positive. I'm not usually the type to express myself by dancing like others do, but it's still nice to see such positivity.

Another important lesson I learned is not to be my own master. There should only be one Master, and that is Jesus Christ. Instead of listening to myself, I should listen to God and allow Him to use me, so I can be His servant rather than living for myself.

— BUZZ, MD



Anxiety is rising. But why and how to get over it?

“Anxiety in the heart of man causes depression...” Proverbs 12:25 A person who lives with anxiety constantly feels pressured by expectations, fears, and worries about the future. They desperately want to achieve something, solve a problem, or reach a certain goal. Naturally, that person needs strength to keep moving forward, but anxiety does the opposite. It drains energy, weakens the mind, and leaves a person emotionally exhausted.

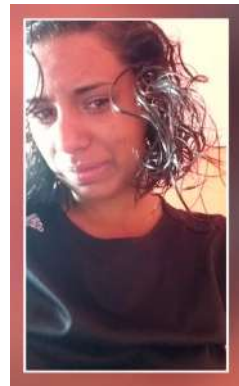
Anxiety works against us. The more anxious a person becomes, the harder it often feels to achieve the very thing they desire. That is why many people feel discouraged, mentally drained, and lost, without knowing what to do next. Anxiety consumes both emotional and physical strength. But the verse continues with good news: “...but a good word makes it glad.”

If negative words, fears, and bad thoughts feed anxiety, then the Word of God has the power to overcome it. God’s Word brings peace, confidence, security, and strength. It helps a person remain calm even during difficult moments and gives rest in the middle of tribulation. The Word of God reaches deep within a person, removing fear, worry, and anxiety while strengthening the soul, much like food strengthens the body.

The psalmist said: “I wait for the Lord; my soul waits, and in His word I do hope. My soul waits for the Lord more than those who watch for the morning, more than those who watch for the morning.”
Psalm 130:5-6

This is the right way to direct that longing within us. Instead of feeding anxiety, use that desire to seek God and His presence. God never fails to fulfill His promises. When a person turns to Him sincerely, they begin finding the peace and strength their soul truly needs. To overcome anxiety, it is also important to distance yourself from influences that increase fear and worry. Be careful with the information you constantly consume and with the people who feed anxiety into your mind. Instead, fill your heart with the Word of God, because it strengthens, sustains, and renews a person from within. Little by little, anxiety loses its power. Life begins to look different. A person starts living with peace, confidence, security, and the certainty that God is in control.

Anxiety is a real struggle affecting millions of people every day. Many have tried specialists, motivational messages, positive thinking, and other methods, yet they still continue suffering internally. However, countless people have testified that they overcame anxiety through the power of the Word of God and the Holy Spirit. Through faith, they found true peace and a new life. Use your faith and seek help through the power of God. A real change is possible for your life as well. Attend this special meeting for spiritual strengthening every Sunday at 10 am at the Universal Church closest to you. See page 12 for the nearest address.



Anxiety took over my life after a heartbreak. Whenever I went out to parties or clubs, that is where the anxiety would hit the hardest. My legs would freeze, I would get extremely nervous, and my heart

would race. At home, I still had anxiety, but it was lighter. Even so, I could not sleep. I had terrible insomnia and a huge emptiness inside me. That emptiness pushed me to go out more and more, trying to find happiness and joy in parties and relationships.

Because of that, I would spend nights out and sometimes stay away for days without even letting my mom know where I was. At home, I was not a daughter who brought joy to my parents. I was very stressed, I used a lot of bad language, and I carried a heavy anguish inside me. Since I did not know how to deal with it, I ended up taking it out on my parents. I suffered a lot because I did not get the love back from the guy I had feelings for. So I tried to fill that void by getting involved with other people, hoping to get his attention, but nothing worked. Over time, that pain turned into anger and resentment toward him, and that is when I truly hit rock bottom. The anxiety attacks were deeply connected to those negative feelings.

Every time I thought about that frustration and disappointment, the anxiety would come back strong. It would hit especially when I was drinking, because I would be there, drinking and thinking about him. My heart would race, I would feel short of breath, and my whole body would hurt. One day, after a night out, I ended up sleeping on the bathroom floor at work. When I woke up, I asked myself, what am I doing with my life? I realized I needed help. That same day, I remember going around apologizing to people at work, even though they had no idea why.

Then I received an invitation from my aunt to go to

She struggled with anxiety attacks

church. It was a Friday, December 25. She told me, Kathleen, today is the day you need to truly look for a solution to this problem. I remember sitting in the back of the church, and a church worker stayed by my side that day. Honestly, I just needed someone to listen to me. When I went back home, I had already made up my mind to take a new direction in my life. That Sunday, I went back to church and got baptized in water. That was the beginning of a new chapter for me. The pain, the anger, and the heaviness started to leave. The anxiety attacks also began to fade.

Around that time, there was a youth group live stream, and it was during that moment at home that my life truly started to change. I needed to heal the wounds inside me, the anguish, the sadness, and the resentment. That is also when I had my encounter with God. After everything I had been through, I finally experienced a peace that I had never felt before. I understood that from that moment on, I could receive the Holy Spirit, and that was what I was missing.

One day, there was a night vigil at church. The pastor called people to the front and said, if you have not received the Holy Spirit yet, come now, you will receive Him today. I ran to the front. I remember the moment when they laid hands on us. In just a few seconds, something happened. I was blessed, and the Holy Spirit came upon me.

He came to bring me the peace I had been searching for. That day marked a turning point in my life. It was as if God was telling me, today you are My daughter, and from now on you will share this with others. From that moment on, I started talking more about Jesus and seeing people differently, with a new perspective. Today, thank God, besides having the Holy Spirit, I also have a great job. I bring joy to my parents. I am part of the Youth Power Group and the media team. Through this work, we are able to reach many young people through social media, and seeing the results brings me so much joy.

The Holy Spirit is my greatest treasure. Out of everything I have achieved and continue to achieve, He is, without a doubt, the greatest one.



“My anxiety became so intense that it caused hives all over my body”

how much I gained, the emptiness inside me remained the same. Even after exhausting myself physically and mentally every day, I still could not sleep peacefully.

I also started trying fertility treatments because I wanted to have

a child, but nothing worked. Later, I got a dog, and in many ways he became my emotional support. I treated him like a child because I was trying to fill the void that existed inside me.

Not long after that, the bank approved me for an unlimited black card. Looking back now, that was one of the lowest moments of my life. I thought that if I already had a good financial life, then maybe having more money and more luxury would finally satisfy me.

That card became a way for me to feed my emptiness. I started spending money excessively on expensive clothes, luxury restaurants, gifts, and material things. I bought expensive phones for family members and constantly searched for ways to feel fulfilled. But the more I had, the more I wanted.

There was a greed inside me that could never be



satisfied.

Eventually, I ended up with nearly a million dollars in debt. That was when I completely lost hope. I felt like I had tried everything and nothing had worked. I reached the point where I wanted to end my life.

One day, I walked out onto the sidewalk and tried to throw myself in front of a car, but the car stopped before hitting

me.

At that moment, I noticed there was a church right across from the pharmacy. It was The Universal Church. Desperate for help, I decided to walk in.

That day, I poured out everything that was inside me. I always say that I did not sit down with a pastor that day, I sat down with Jesus. When I left the service, I felt lighter. I was not completely transformed yet, but something inside me had already started to change.

That same week, I stopped taking medication and started sleeping peacefully again. Through the meetings, I began learning about faith, forgiveness, and the Holy Spirit. One of the hardest things for me was learning how to forgive because I carried a lot of pride inside me.

At that time, I had not spoken to my father for three years because of painful words exchanged during an argument. Even though I missed him, my pride would not allow me to forgive him. But one day, I decided to let go of all the resentment. I went to him and asked for forgiveness.

“

During those attacks, I would feel pain in my stomach and immediately think I had some serious illness, like cancer.

As I continued seeking God, I started hearing more about the Holy Spirit. I realized that I had spent years sacrificing everything for money, success, and material things, but none of it gave me peace. So I made a decision within myself: if the Holy Spirit was real, I

wanted to know Him for myself.

I followed every direction I received in the church. Then one day, while praying at the altar, I cried out to God with all my heart. I told Him that I had already done everything I had been taught to do, but something was still missing inside me. I said that if He did not truly come into my life, sooner or later I would go back to being the same person I used to be.

In that moment, I received His confirmation inside me. When I opened my eyes, everything looked different. I felt a peace I had never experienced before. My body felt light, and inside me there was a strength and certainty that I cannot fully explain.

For the first time in my life, I felt complete. After spending years searching for happiness through money, relationships, success, and material things, I finally found what my soul had always needed, which was the Holy Spirit.

Today, my life is stable and blessed. I no longer live chasing luxury, glamour, or material things because I discovered something far more valuable. My greatest treasure now is the presence of God within me.

Today I have peace, a blessed marriage, and true joy. My happiness no longer depends on money or possessions. My greatest desire now is to share with others what God has done in my life and help people understand that there is an answer, there is a way out, and that the Holy Spirit is what truly transforms a person from the inside out.

Godlywood

The Godlywood Self-Help meetings was created to help you rediscover and strengthen yourself and uncover your true value. In a world that continually demands more from women—whether as mothers, wives, professionals, or daughters—it is easy to feel overwhelmed by pressures and insecurities. You don't have to carry this burden alone.

For many years, I lived with constant torment in my mind. At night, I would experience sleep paralysis.

Sometimes I would wake up and see a man dressed in black standing near the door. Other times, I would see a black pit bull jumping on top of me while I was lying in bed. Those experiences left me completely paralyzed with fear.

I also suffered from severe panic and anxiety attacks. There were moments when I could not even leave my house. My anxiety became so intense that it caused hives all over my body, especially on my back, leaving marks that looked like I had been whipped. During those attacks, I would feel pain in my stomach and immediately think I had some serious illness, like cancer. I became so afraid of hearing bad news from a doctor that I avoided medical appointments altogether.

As I entered my teenage years, my mother invited me to work with her at a pharmacy. Even then, I constantly felt an emptiness inside me. I believed that maybe what I lacked was financial success. Around that same time, I met a man and thought that having someone by my side would finally complete me. I decided to get married very quickly, but after getting married, I realized the relationship was empty. We barely spoke to each other and lived more like strangers inside the same house.

During that period, we were able to buy the pharmacy, and financially my life started improving. Money was coming in, and I began achieving many things I had always wanted. But no matter

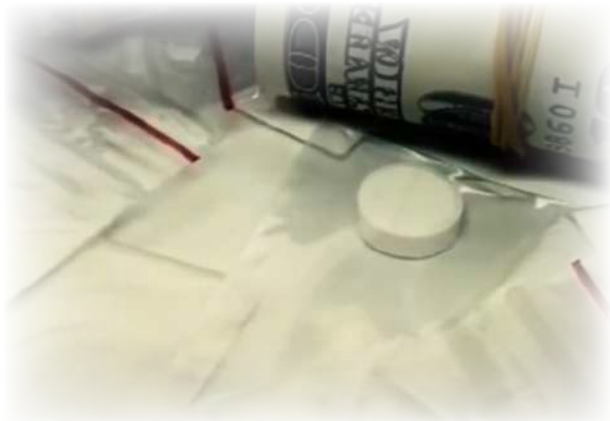


UNIVERSAL BEYOND BARS

You are not alone!

From a prison cell to a transformed life

Growing up was not easy. I was one of twelve children, and my father drank heavily. We lived in misery. There were days when we barely had food, and to me, the streets seemed like the only escape. That path eventually led me to prison, where I spent 15 years behind bars. I still remember the small cell where I slept.



I started drinking alcohol and using drugs such as cocaine and marijuana—pretty much anything I could get my hands on—to numb the voices. Not long after, I began trafficking drugs, and my life of crime grew deeper and more consuming. Eventually, I turned to stealing, and my “freedom” was short-lived. I was caught and sent to prison, where my life became filled with suffering.

faces. One day, pastors and volunteers from Universal Beyond Bars (UBB) came to the prison for outreach. The officers announced the meeting, and I decided to attend. The room was crowded, and I could barely see the pastor, but I could hear the Word of God, and that was enough for me.

After the meeting, I went back to my cell thinking deeply about everything I had heard. Sitting by the window, I asked God, “What do You want me to do with my life?” In that moment, I understood that God wanted me to follow Him.

the people there that I did not even want to leave prison because I wanted to continue helping the inmates who were suffering like I once had.

I continued living by faith and depending completely on God. People around me could clearly see the change in my life. I became a light in that place.

Then one day, I heard an officer call my name: “Jair!” I walked over, and he told me, “You should not be here anymore. It is time for you to go.” After leaving prison, my life continued to move forward. I even returned to volunteer with Universal Beyond Bars so I could help others the same way I had been helped.

Little by little, I started achieving things I never imagined possible. Before, I could not even afford a small apartment. Today, I have my own homes, my cars, my wife has her cars, and our daughter does too. We own a business, and our family is blessed in every area.

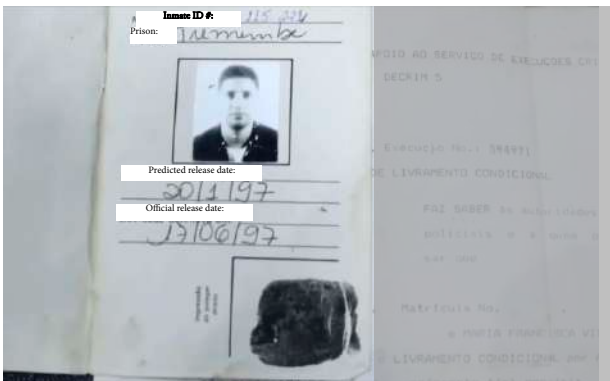
But above all those things, I thank God for the UBB, because it was there, inside prison, that I received the greatest blessing of all: The Holy Spirit.

He is the reason I am where I am today. I will never forget what God has done for me. If it were not for Him, my life would have ended very differently.

“

Right there in prison, I surrendered my life to God. I decided to leave behind everything that had destroyed me, trafficking, drugs, alcohol, prostitution, and the life I had been living. Even inside prison, I still had access to drugs, but I chose to walk away from all of it. I also let go of the negative thoughts I had carried for years.

There were around 20 men crowded into that space. Even getting sunlight was difficult. We had to sit near the window and take turns just to feel the sun on our



Soon after, I had the opportunity to be baptized inside the prison. To this day, I remember being baptized in Cell 23. That moment marked the beginning of a completely new life for me.

After my baptism, I developed a strong desire to receive the Holy Spirit. I had heard so much about Him, and one night around 2 am, while still in prison, I began seeking Him with all my heart. I did not pray for money, freedom, or anything else. I only wanted a real encounter with the Lord Jesus.

I poured out my soul before God, and at that moment, I received the Holy Spirit. From then on, my greatest desire became helping others. I cared so much about



Jair today, with his wife and daughter. “God has truly blessed our lives.” Says, Jair.

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Micronesian community in action

Universal Church brings hope and comfort to nursing home residents in Tennessee

Members of the Universal Church in Tennessee recently carried out a heartfelt outreach at a local nursing home, dedicating their time to bring companionship, care, and spiritual encouragement to elderly residents.

comfort and joy. The elderly residents had their nails done, received stress balls to help them relax, and enjoyed moments of fellowship and laughter with the volunteers. The atmosphere was filled with affection, gratitude, and genuine care.

Beyond the nursing home outreach, the church also continues its missionary work among the Micronesian community in Kentucky and Tennessee.

Monthly services and special prayers are being held to offer spiritual support, guidance, and encouragement to families in the region.

Church leaders shared that many people from the



Volunteers spent quality time with residents through music, conversation, and activities designed to uplift their spirits.



Understanding the emotional challenges many seniors face while living away from family and loved ones, the volunteers focused on making sure no one felt forgotten or alone. Throughout the visit, they spent time talking with the residents, listening to their stories, singing songs together, and creating a warm and uplifting environment.

The group also organized simple activities to bring



During the visit, Pastor Victor shared a special prayer with the residents. He spoke about the importance of surrendering one's life to God and letting go of grudges, bitterness, and past hurts. He explained that



emotional wounds can affect not only the body but also the soul, and that forgiveness and faith play an important role in spiritual healing and inner peace.



community have already been baptized in water as a public decision to surrender their lives to God. They also emphasized that this missionary effort is still growing, with the goal of reaching even more people who are in need of spiritual care, hope, and support.

**“And He said to them, “Go into all the world and preach the gospel to all creation.”
Mark 16:15**



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**FIGHTING THE UNSEEN
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with Bishop David

**AT THE EDGE OF DEATH
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GENESIS | 9PM

BOOST OF FAITH | 10pm



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Unisocial outreach brings hope to the streets of Philadelphia



The outreach provided food supplies and assistance for individuals and families who needed extra support. Many expressed gratitude for the help they received, especially at a time when so many are dealing with financial pressure, loneliness, and uncertainty about the future.



Recently, Unisocial volunteers carried out a special community outreach event on the streets of Philadelphia, reaching out to people and families in need with practical support, encouragement, and faith.

In addition to meeting physical needs, the volunteers focused on listening to the community and reminding people that they are not alone. Through conversations, prayers, and words of faith, many left feeling strengthened and encouraged to keep moving forward.

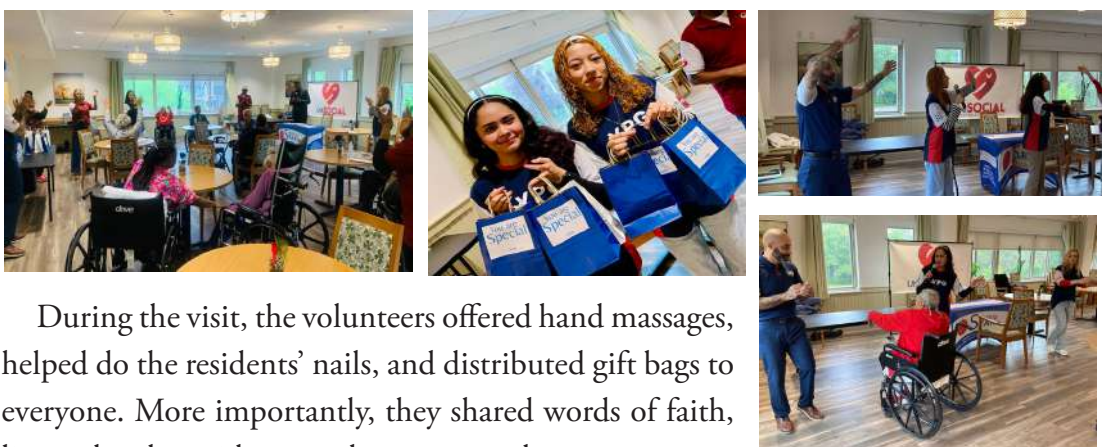
Throughout the day, volunteers welcomed those passing by with kindness and compassion, offering not only physical food, but also a message of hope and a sincere prayer for their lives. Many people stopped to talk, share their struggles, and receive spiritual encouragement during difficult moments they have been facing.



Actions like these have become an important part of the work carried out by Unisocial across the United States. Through community outreaches, food distributions, and spiritual support, volunteers continue reaching people from all walks of life, bringing comfort, practical help, and hope to those who need it most.

Bringing care and encouragement to nursing home residents

Recently, volunteers from the Caleb Group and the YPG visited a nursing home in East Cleveland, Ohio, to spend time with the residents and bring them a moment of care, joy, and encouragement.



During the visit, the volunteers offered hand massages, helped do the residents' nails, and distributed gift bags to everyone. More importantly, they shared words of faith, listened to the residents, and gave personal encouragement to many who often feel lonely and forgotten.

Simple acts of kindness made a big difference. Many residents became emotional during the conversations and were grateful for the attention and affection they received throughout the day.



This type of outreach has been taking place in nursing homes across the United States through the work of The Universal Church. Volunteers have been reaching out to elderly residents with practical support, companionship, prayers, and messages of hope. Through these visits, many people have found comfort, strength, and spiritual support during difficult moments in life.



SCAN ME

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