



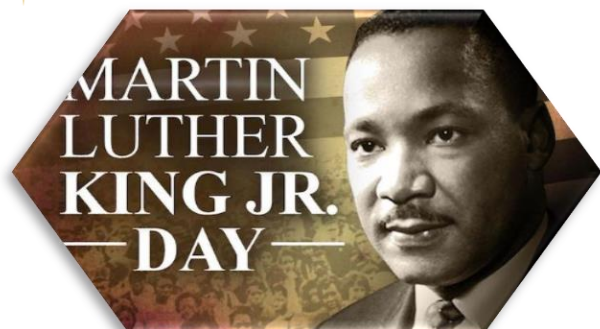
THE VIEW

Mt. Pisgah A. M. E. Church
428 N 41st Street
Philadelphia, PA 19104
Rev Jay B. Broadnax, Pastor

FROM MOUNT PISGAH

2023

WINTER



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JUST A REMINDER

We are still in Covid, so please wear your mask!



We are still not in the Clear!



Message from our Pastor
Reverend Jay B. Broadnax

Open Wide

January 2023

For some of us the phrase “Open Wide” does not conjure up good memories. Some of us might be taken back to images of an otherwise loving parent holding a spoon in one hand and some weaponized object like a belt the other. What was in the spoon was something that they thought was “good for us” but that made us question why on earth such a nasty concoction was ever created. In that moment in our minds, we quickly compared the horrible but temporary distastefulness of putting that spoon in our mouths versus the much longer lasting scorn and backside pain we’d have to endure because of our resistance, and we usually chose the former. We took the medicine, albeit with jaws clenched as tightly as we could, ever looking for a chance if our parent took their eyes off of us to spit it out into some receptacle. While some today might argue for the health benefits of such medications, most of us still wonder what sick mind came up with them.

*Sometimes we feel as though life treats us like that parent, forcing us to ingest a distasteful dose of disappointment, pain, trouble, and aggravation. But if we can get beyond our bad memories for a moment, there is a much better picture for “open wide.” The One saying it holds no belt, but instead pours into us a healthy dose of **MERCY** and **FORGIVENESS**. This concoction guarantees a better healing prognosis than any home remedy or chemical formula – its properties are proven to get to the root of what ails us – the fear, guilt, stress, and anxiety that sidelines us and keeps us from moving forward. Then, if we stay around for long enough, another spoon comes out, and that same voice says again, “open wide.” A heaping spoonful of **GRACE** gushes into our inmost being. Such grace enables us to experience a kind of favor and blessedness that helps us to be our best selves, and to do the very works of God.*

*God is saying in 2023, “Don’t be afraid...**OPEN WIDE!** What I want to pour into you may not taste good at first, but it will bless your life beyond measure. **OPEN WIDE**, for I have lots for you to do, and greater things in store than you can imagine.” In 2023, **OPEN WIDE!***



Message from the Editor Keith W. Arrington, Sr.



¹¹ For I long to see you, that I may impart to you some spiritual gift to strengthen you— ¹² that is, that we may be mutually encouraged by each other's faith, both yours and mine. ~ Romans 1:11-12



Renewing Ministry in the New Year

"For I long to see you, that I may impart to you some spiritual gift to strengthen you." What a joy it has been to encounter one another in the virtual sanctuary throughout the COVID-19 pandemic, praising the Lord even in the chat. Yet, we could not possibly sing together, nor could we clap together! And seeing each other in a Zoom window is a poor substitute for being in one another's presence! Praise the Lord, as we step into 2023, we do so with tiptoe anticipation! Choirs singing – Ushers ushering – Dancers dancing, it all indicates Mt. Pisgah's renewed focus on ministry in the New Year!

"...that is, that we may be mutually encouraged by each other's faith, both yours and mine." When we minister together, we help to grow each other's faith. When we minister together, we strengthen each other's walk. When we minister together, we are equipped to be a blessing to the Lord's people. Praise the Lord for the 2023 New Year as we renew our call to active ministry and renew our commitment to the building up the Lord's Kingdom!



As the Lay Organization of Mt. Pisgah renews its commitment to Ministry in the year 2023, we must pause to show our love and appreciation for Sister Margaret Miller, our cherished President. As the year 2022 drew to a close, Sister Margaret closed out her time in Philadelphia/New Jersey and relocated to Florence, SC. Sister Margaret's commitment to the work of the Laity never wavered. Faithfully, we gathered on the 4th Monday evening of each month, even over Zoom for the last couple of years! Under Sister Margaret's leadership, the focus of our ministry was steadfast! We came together to learn – about the church and about the things that mattered to us as Christian men and women. We also came together to embrace evangelism and outreach, ministering to the needs of the Lord's people.

Thank you, Sister Margaret Miller, for imparting your spiritual gifts to strengthen the laity! We are encouraged by the sincerity of your faith and wish to you the Lord's richest blessings in South Carolina, the beautiful Palmetto State, as you continue walking humbly with the Lord and proclaiming 2023 as the year of the Lord's favor!





Margaret Miller, PCLO Director of Lay Activities
President of Mt. Pisgah Lay Organization

Workshop Presentation

Meeting Dates

Calendar

January 21, 2023

Rev. William Christian Gipson, Chaplain, Alpha Phi Alpha Fraternity Rho Chapter, Philadelphia, PA Associate Vice Provost for Equity and Access at the University of Pennsylvania. Rev. Martin L. King Jr. was a member of Alpha Phi Alpha Fraternity.

February 18, 2023

Catherine Hicks, President of the Philadelphia NAACP. She is the first woman elected president of the Philadelphia NAACP Chapter.

March 18, 2023

Delegates Report Mid-Year Meeting

April 15, 2023

Starsha Frierson, 1st V.P. PCLO presenter for workshop “Church Hurt”

May 18, 2023

*Meeting held in person. We are touring Bartram Garden and having the PCLO meeting. Lunch served by the host church, Ward Emmanuel AMEC.

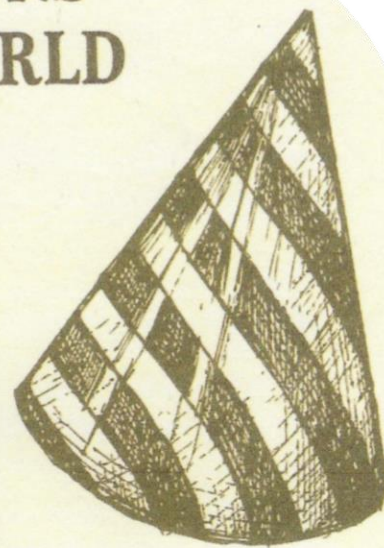
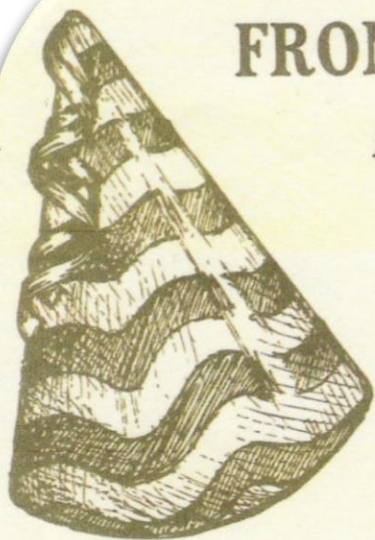
Submitted by Margaret Miller, Philadelphia Conference Lay Organization Director of Lay Activities and President, Mt. Pisgah Lay Organization



NEW YEAR'S TRADITIONS

NEW YEAR'S TRADITIONS FROM AROUND THE WORLD

How to Have a Happy New Year Anywhere!



Many New Year's traditions that we take for granted actually date back to ancient times. This year, ring out the old and ring in the new with a new New Year's tradition—or two!

Make Some Noise

Making a lot of noise—from fireworks to gun shots to church bells—seems to be a favorite pastime around the world.

- In ancient Thailand, guns were fired to frighten off demons.
- In China, firecrackers routed the forces of darkness.
- In the early American colonies, the sound of pistol shots rang through the air.
- Today, Italians let their church bells peal, the Swiss beat drums, and the North Americans sound sirens and party horns to bid the old year farewell.

Eat Lucky Food

Many New Year's traditions surround food. Here are a few:

- The tradition of eating 12 grapes at midnight comes from Spain. Revelers stuff their mouths with 12 grapes in the final moments of the year—one grape for every chime of the clock!
- In the southern U.S., black-eyed peas and pork foretell good fortune.
- In Scotland—where Hogmanay is celebrated—people parade down the streets swinging balls of fire.
- Eating any ring-shaped treat (such as a doughnut) symbolizes “coming full circle” and leads to good fortune. In Dutch homes, fritters called *oliebollen* are served.
- The Irish enjoy pastries called bannocks.
- In India and Pakistan, rice promises prosperity.
- Apples dipped in honey are a Rosh Hashanah (Jewish New Year) tradition.
- In Swiss homes, dollops of whipped cream, symbolizing the richness of the year to come, are dropped on the floors—and allowed to remain there!

NEW YEAR'S CONTINUED

Have a Drink

Although the pop of a champagne cork signals the arrival of the New Year around the world, some countries have their own beverage-based traditions.

- Wassail, a punch-like drink named after the Gaelic term for “good health,” is served in some parts of England.
- Spiced “hot pint” is the Scottish version of Wassail. Traditionally, the Scots drank to each other’s prosperity and also offered this warm drink to neighbors along with a small gift.
- In Holland, toasts are made with hot, spiced wine.

Give a Gift

New Year’s Day was once the time to swap presents.

- Gifts of gilded nuts or coins marked the start of the new year in Rome.
- Eggs, the symbol of fertility, were exchanged by the Persians.
- Early Egyptians traded earthenware flasks.
- In Scotland, coal, shortbread, and silverware were traditionally exchanged for good luck.

Put Your Best Foot Forward

In Scotland, the custom of first-footing is an important part of the celebration of Hogmanay, or New Year’s Eve day. After midnight, family and friends visit each other’s home. The “first foot” to cross a threshold after midnight will predict the next year’s fortune. Although the tradition varies, those deemed especially fortunate as “first footers” are new brides, new mothers, those who are tall and dark (and handsome?), or anyone born on January 1.

Turn Over a New Leaf

The dawn of a new year is an opportune time to take stock of your life.

- Jews who observe Rosh Hashanah make time for personal introspection and prayer, as well as visiting graves.
- Christian churches hold “watch-night” services, a custom that began in 1770 at Old St. George’s Methodist Church in Philadelphia.
- The practice of making New Year’s resolutions, said to have begun with the Babylonians as early as 2600 B.C., is another way to reflect on the past and plan ahead.

New Year’s Folklore

Some customs and beliefs are simply passed down through the ages. Here are some of our favorite age-old sayings and proverbs.

- On New Year’s Eve, kiss the person you hope to keep kissing.
- If New Year’s Eve night wind blow south, It betokeneth warmth and growth.
- For abundance in the new year, fill your pockets and cupboards today.
- If the old year goes out like a lion, the new year will come in like a lamb.
- Begin the new year square with every man [i.e., pay your debts!].
–Robert B. Thomas, founder of *The Old Farmer’s Almanac*

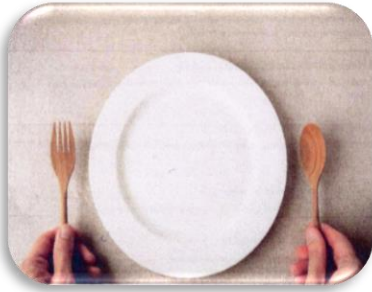
So, whether we resolve to return borrowed farm equipment (as did the Babylonians) or drop a few pounds, we’re tapping into an ancient and powerful longing for a fresh start!



PRAYER CALENDAR

<p>1 SALVATION Lord, I pray that I will obtain the salvation that is in Christ Jesus, with eternal glory. <i>2 Timothy 2:10</i></p>	<p>2 GOD'S GRACE I pray that I may grow in the grace and knowledge of our Lord and Savior Jesus Christ. <i>2 Peter 3:18</i></p>	<p>3 LOVE Father, grant that I will learn to live a life of love, through the Spirit who lives in me. <i>Ephesians 5:2</i></p>	<p>4 INTEGRITY Lord, may integrity and uprightness protect me because my hope is in you. <i>Psalms 25:21</i></p>	<p>5 SELF-CONTROL Father, help me not be like many others, but to be alert and self-controlled in all they do. <i>1 Thessalonians 5:6</i></p>	<p>6 LOVE FOR GOD'S WORD Lord, may I regard your Word as more precious than gold and sweeter than honey. <i>Psalms 19:10</i></p>	<p>7 JUSTICE God, help me to love justice as You do and act justly in all I do. <i>Psalms 11:7 & Micah 6:8</i></p>
<p>8 MERCY Oh Father, grant that I would be full of mercy and compassion as you are, Lord. <i>James 5:11</i></p>	<p>9 RESPECT Lord, help me to show proper respect to everyone, as your Word commands. <i>1 Peter 2:17</i></p>	<p>10 SELF-ESTEEM God, help me develop a strong self-esteem rooted in the realization that I am Your workmanship. <i>Ephesians 2:10</i></p>	<p>11 FAITHFULNESS Let faithfulness never leave me, but bind this virtue around my neck. <i>Proverbs 3:3</i></p>	<p>12 COURAGE Lord, may I always be strong and courageous in my character and my actions. <i>Deuteronomy 31:6</i></p>	<p>13 PURITY Create in me pure hearts, O God, and let that purity of heart be shown in my life. <i>Psalms 51:10</i></p>	<p>14 KINDNESS Father, I pray that I would be kind to others and good to everyone. <i>1 Thessalonians 5:15</i></p>
<p>15 GENEROSITY Lord, I pray I will be rich in good deeds, generous and willing to share. <i>1 Timothy 6:18</i></p>	<p>16 PEACE LOVING Father God, help me make every effort to do what leads to peace. <i>Romans 14:19</i></p>	<p>17 JOY Heavenly Father, grant that I will be filled with the joy given by the Holy Spirit. <i>1 Thessalonians 1:6</i></p>	<p>18 PERSEVERANCE Lord, teach me to persevere in all I do, and help me to run with perseverance the race set before me. <i>Hebrews 12:1</i></p>	<p>19 HUMILITY God, please cultivate in me the ability to show true humility toward all. <i>Titus 3:2</i></p>	<p>20 COMPASSION Holy Father, I pray that You would clothe me with the virtue of compassion. <i>Colossians 3:12</i></p>	<p>21 RESPONSIBILITY Lord, grant that I would learn to be responsible, for each one of us should carry our own load. <i>Galatians 6:5</i></p>
<p>22 CONTENTMENT Father, teach me the secret of being content in every situation, through Him who gives me strength. <i>Philippians 4:12-13</i></p>	<p>23 FAITH Lord, help me to fight the good fight of faith, taking hold of the eternal life to which I am called. <i>1 Timothy 6:12</i></p>	<p>24 A SERVANT'S HEART God, help me develop a servant heart that I may serve wholeheartedly. <i>Ephesians 6:7</i></p>	<p>25 HOPE God of hope, grant that I may overflow with hope and hopefulness by the power of the Holy Spirit. <i>Romans 15:13</i></p>	<p>26 PATIENCE God, strengthen me with all power, so that I may have great endurance and patience. <i>Galatians 5:22</i></p>	<p>27 PASSION FOR THE LORD Lord, I pray my soul would pant for you as the deer pants for streams of water. <i>Psalms 42:1</i></p>	<p>28 WISDOM Father, I pray I would ask and that you would generously give wisdom to me as you promise. <i>James 1:5</i></p>
<p>29 PRAYERFULNESS I ask that I will be committed to prayer, and not faint, lose heart or give up. <i>Luke 18:1</i></p>	<p>30 GRATITUDE Lord, help me to live a life that over-flow with thankfulness, always giving thanks to You. <i>Ephesians 5:20</i></p>	<p>31 BOLDNESS I pray that I will fearlessly make known the mystery of the gospel of Christ Jesus. <i>Ephesians 6:19</i></p>	<p>Prayer Changes Things! May God Bless You and Your Family with a Healthy, Happy and Prosperous New Year!! Use this calendar as a guide each month.</p>			

10-BIBICAL PURPOSES FOR FASTING



Throughout the Bible we most often find God's people turn to fasting as the natural, inevitable response to a grievous sacred moment in life, such as death, sin, and tragedy. But other times a fast is not a spontaneous reaction and we have time to prepare to respond both physically and spiritually.

Fasting is not an end unto itself, but a means of focusing our minds and bodies for a spiritual reason. Whenever you fast, do so

for a reason that is mentioned or modeled in the Bible. Here are ten primary purposes for fasting mentioned in Scripture:¹

1. To strengthen prayer (e.g., see [Ezra 8:23](#))

Numerous incidents in the Old Testament connect fasting to prayer, especially intercessory prayer. Fasting does not change whether God hears our prayers, but it can change our praying. As Arthur Wallis says, "Fasting is calculated to bring a note of urgency and importunity into our praying, and to give force to our pleading in the court of heaven."

2. To seek God's guidance (e.g., see [Judges 20:26](#))

As with prayer, fasting to seek God's guidance isn't done to change God but to make us more receptive to his guidance.

3. To express grief (e.g., see [1 Samuel 31:13](#))

Expressing grief is one of the primary reasons for fasting. Ever notice that when you're moved to tears by grief you lose the urge to eat? When we grieve, our family and friends often have to plead with us to eat because our body's appropriate response to grief is to fast. A prime example occurs in [2 Samuel 1:12](#), where David and his men are described as having "mourned and wept and fasted till evening" for their friends, their enemies and their nation.

4. To seek deliverance or protection (e.g., see [2 Chronicles 20:3 - 4](#))

Another common reason for fasting in the Old Testament was to seek deliverance from enemies or circumstances. In Scripture, this type of fast is generally carried out with other believers.

5. To express repentance and a return to God (e.g., see [1 Samuel 7:6](#))

This type of fasting helps us to express grief over our sins and shows our seriousness about returning to the path of godly obedience.

6. To humble oneself before God (e.g., see [1 Kings 21:27 - 29](#))

"Remember that fasting itself is not humility before God," reminds Donald Whitney, "but should be an expression of humility."

7. To express concern for the work of God (e.g., see [Nehemiah 1:3 - 4](#))

As with Nehemiah, fasting can be a tangible sign of our concern over a particular work God is doing.

8. To minister to the needs of others (e.g., see [Isaiah 58:3 - 7](#))

We can use time we'd normally spend eating too fast and minister to others.

9. To overcome temptation and dedicate yourself to God (e.g., see [Matthew 4:1 - 11](#))

Fasting can help us focus when we are struggling with particular temptations.

10. To express love and worship for God (e.g., see [Luke 2:37](#))

Fasting can show, as John Piper says, that "what we hunger for most, we worship."⁴

How should we equip ourselves when God calls us to "declare a holy fast"? Here are some things to consider as you prepare for fasting:

Pray and confess your sins

A necessary step before fasting is to humble yourself before God (see [Psalm 35:13](#)) and confess your sins (see [1 Samuel 7:6](#)). Prayer should be our sustenance throughout the fast, but it is imperative we begin the fast with a contrite heart.

Turn to Scripture

Spend additional time meditating on God's Word, before and during the fast.

Keep it secret

Fasting is unbiblical and even spiritually harmful when we do it to show off our spirituality (see [Matthew 6:16 - 18](#)) or when we focus more on our own fasting than on the clear needs of others (see [Isaiah 58:1 - 11](#)). Don't boast about your fast; tell people you won't be eating only if necessary. Fasting should not be done when imposed for false motives (see [1 Samuel 14:24-30](#)).

Prepare your body

Fasting, especially for days or weeks, can have unexpected and even detrimental effects on your health. There is no scriptural warrant for harming yourself to undergo a fast. Be sure to consult a doctor before starting any fasting regimen to make sure you can fast in a healthy manner.

Fasting is an appropriate bodily reaction to the grievous state of our soul. If it is done correctly you can expect many results, including growing closer to God, feeling more solidarity with those who suffer, and increasing self-control.

For Reflection

Rather than wondering whether you should fast, ask why you would want to miss out on the Father's reward.

¹Donald Whitney, *Spiritual Disciplines for the Christian Life* (Colorado Springs, CO: NavPress, 2014).

²Arthur Wallis, *God's Chosen Fast* (Fort Washington, PA: CLC Publications, 1993).

³Whitney, *Spiritual Disciplines*.

⁴John Piper, *A Hunger for God* (Wheaton, IL: Crossway, 1997).

HANDLING IT GOD'S WAY

Jesus and His Prayer Life

Jesus would withdraw to desolate places and pray (Luke 5:16)

John the Baptist taught his disciples to pray and as a result one of Jesus' disciples also wanted to learn to pray (Luke 11:1). It would seem that today's Church is in a similar situation. We talk about prayer, we study prayer and we say our prayers but how many of us are earnestly asking God to help us and teach us to pray?

As John tells us at the end of his Gospel, "All of the things that Jesus did are not written here" (John 21:25). Scripture does give us glimpses of Jesus' prayer life however.

Some may ask why Jesus, the second person of the Trinity, God, had to pray?

- Jesus prayed as an example to His followers;
- Jesus was the Incarnation-fully Divine and fully human. From His human nature, it was natural for a Jewish Believer to pray; and
- The nature of the Trinity allows for communication between its members. As God, the Son, Jesus, could pray to God, the Father.

How Did Jesus Pray?

- Jesus prayed for others (Matthew 19:13)
- Jesus prayed with others (Luke 9:28)
- Jesus prayed alone (Luke 5:16)
- Jesus prayed in nature (Luke 6:12)
- Jesus prayed regularly (Luke 5:16)
- Jesus' prayers were heartfelt (John 17)
- Jesus prayed based on His knowledge of God and His truths (John 4:24; John 8:32)
- Jesus taught persistence in prayer (Luke 18:1)
- Jesus knew that not all of His prayers would be answered as expected (Matthew 26:36-44).

Jesus submitted to the Will of God

When Jesus submitted to the Will of God in the Garden of Gethsemane He offered a tremendous yet simple insight into prayer: God is in charge!

We have much to learn when we examine the prayer life of Jesus. We can learn the truths of the Lord's Prayer (Also known as the Model Prayer) and so much more.

DEFINITION OF DISCIPLE

Merriam Webster Dictionary

One who accepts and assists in the spreading of the doctrine of another, as one of the twelve in the inner circle of Christ's followers.

Easton Bible Dictionary:

A scholar, sometimes applied to the followers of John the Baptist (Matthew 9:14) and of the Pharisees (Matthew 22:16) but principally to the followers of Christ.

A disciple of Christ is one who-

- (1) Believes his doctrine;
- (2) Rests on his sacrifice;
- (3) Imbibes his spirit; and
- (4) Imitates his example.

(Matthew 10:24, Luke 14:26, 27, 33 and John 6:69)

HANDLING IT GOD'S WAY CONTINUED

A Dose of Gratitude: Being Thankful Can Keep You Healthy

Studies show that people who regularly practice giving thanks are happier.

What if there was a solution to stress so simple that it involved nothing more than feeling thankful for the good things in your life? In fact, there is. That solution is called gratitude.

Studies have shown that people who regularly practice feeling thankful have a leg up when it comes to their health. Robert Emmons, a psychology professor at the University of California at Davis, has been a leading researcher in this growing field, termed “positive psychology.” His research has found that those who adopt an “attitude of gratitude” as a permanent state of mind experience many health benefits. Emmons findings, along with those from other researchers such as Lisa Aspinwall, a psychology professor at the University of Utah, suggest that grateful people may be more likely to:

- Take better care of themselves physically and mentally
- Engage in more protective health behaviors and maintenance
- Get more regular exercise
- Eat a healthier diet
- Have improved mental alertness
- Schedule regular physical examinations with their doctor
- Cope better with stress and daily challenges
- Feel happier and more optimistic
- Avoid problematic physical symptoms
- Have stronger immune systems
- Maintain a brighter view of the future

With that list of benefits, who wouldn't want to try? To get started giving thanks, consider integrating some of the steps below into your daily life.

Focus Attention Outward

Your attitude plays a large role in determining whether you can feel grateful in spite of life's challenges. According to Emmons, gratitude is defined by your attitude towards both the outside and yourself. He suggested that those who are more aware of the positives in their lives tend to focus their attention outside of themselves.

Be Mindful of What You Have

You may assume that those with more material possessions have more to be grateful for. However, research suggests otherwise. Edward Diener, a psychology professor at the University of Illinois, found that a percentage of affluent people in Japan report low levels of life satisfaction, just as those living in poverty in India do. These findings suggest that it's not how much you have, but how you feel about what you have that makes the difference.

Keep a Gratitude Journal

Recording what you feel grateful for in a journal is a great way to give thanks on a regular basis.

Emmons found that those who listed five things they felt grateful for in a weekly gratitude journal reported fewer health problems and greater optimism than those who didn't.

A second study suggests that daily writing led to a greater increase in gratitude than weekly writing.

HANDLING IT GOD'S WAY CONTINUED

Reframe Situations as Positive

It's not actually a challenging situation that is upsetting. It's how you perceive the situation. The next time you find yourself complaining about life's hassles, see if you can mentally "flip the switch" to frame things differently. For example, rather than getting down about missing an opportunity, try to see the positive side. You might now have more time to direct towards other priorities.

Choosing the Power of a Positive Mindset

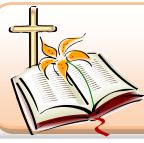
Simple exercises to turn negative thoughts into positive ones.

It's pretty simple: Our thoughts affect the way we live. Throughout any given day, we have thousands of them going through our brains. They inform our mood and can interfere with awareness.

As we interpret each thought, some turn positive, and some turn negative. Negative thinking can translate to low self-worth. It's also has been linked to depression, anxiety, chronic worry and obsessive-compulsive disorder, according to the Cleveland Clinic. However, the health institution also cites the flipside: "Developing positivity can influence the ways we choose to behave, leading us to feel better and to experience better outcomes in our lives." So, how do we spin a negative thought into a positive one? Here are four steps to help alter the way we think.

1. **Notice Negativity.** While it may seem counterintuitive, the first step is to identify negative thoughts when they bubble up. Simply recognize and acknowledge them. Jot them down if that helps.
2. **Let Go.** Rather than letting the negative emotions hang on, use a tool to let them go. Practice deep breathing, walking or meditation to pull yourself away from those thoughts.
3. **Choose Positivity.** After letting go of negative thoughts, decide to be positive. In an article by professional coaching school Evercoach, we are reminded that being positive isn't something that just happens to us; it's a choice. "You're not born 'negative' or 'positive,' although your surroundings and life circumstances can certainly influence your outlook," it states. "The most important thing to remember is this: thinking positive is a decision. And it's an important one. When you choose to think positive, you are deciding to take control of your thoughts and your life. And that's always a good thing."
4. **Be Hopeful.** Once you've "chosen positivity," so many good things come with it. "A sister trait of positive thinking is hope." Evercoach says, adding that persistence, courage, responsibility, adaptability, and success are also linked to this positive mindset.

Simply choosing positivity quickly breaks the cycle of negative thinking and worry. That habitual act of worrying is a practice that gets stringer over time, a cycle that like most bad habits, need to be broken. "It's estimated that approximately 94% of the time, what we worry about doesn't happen," reported psychologist Scott Bes from the Cleveland Clinic. "What does happen is usually something we've never worried about." Retraining the mind to focus on the opportunities – not the obstacles – sets us up for a successful future. It opens the heart up to dreaming and the mind up to the idea that anything is possible.

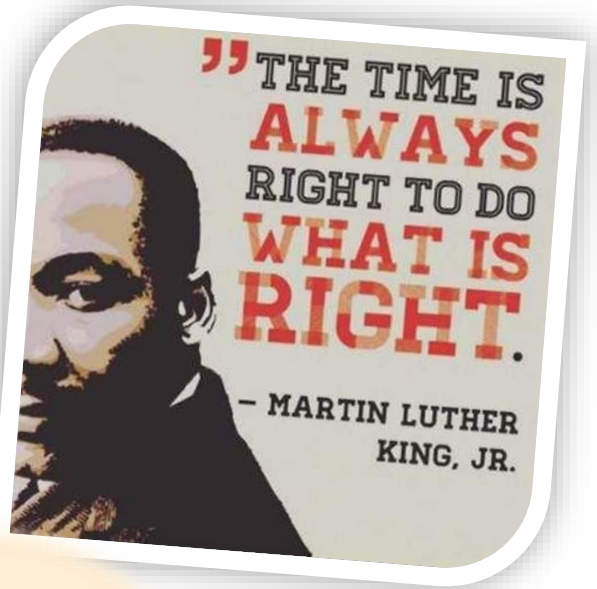


**Hate has 4 letters,
so does Love.**

Enemies has 7 letters, so does
Friends. Lying has 5 letters, so does
Truth. Negative has 8, so does Posi-
tive. Under has 5, so does above.
Cry has 3 letters, so does Joy. Anger
has 5 letters, so does Happy. Right
has 5 letters, so does wrong. Hurt
has 4 letters, so does Heal. It means
life is like double edged sword... so
transform every negative side into
an aura of positivity... We should
choose the better side of the life.

REMEMBERING DR. MARTIN L. KING, JR. ON HIS BIRTHDAY, JANUARY 15

SOME OF DR. KING'S QUOTES

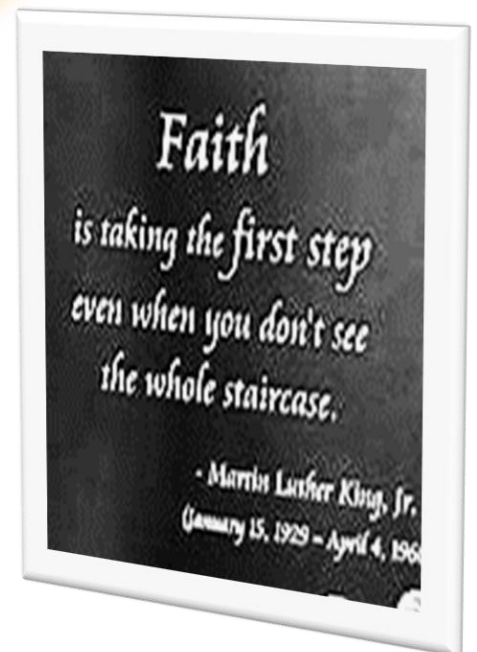


There is some good in the worst of us and some evil in the best of us.

— Martin Luther King Jr.

I HAVE DECIDED TO STICK WITH LOVE. IS TOO GREAT A BURDEN TO BEAR.

— MARTIN LUTHER KING, JR.



DR. KING'S QUOTES CONTINUED

"I say to you today,
my friends,
that in spite of the
difficulties and
frustrations
of the moment,
**I STILL HAVE
A DREAM.**"

Martin Luther King Jr.

If I cannot
do great things,
I can
do small things
in a great way.

Martin Luther King Jr.

"EVERYBODY CAN BE
GREAT...BECAUSE ANYBODY
CAN SERVE. YOU DON'T HAVE
TO HAVE A COLLEGE DEGREE
TO SERVE. YOU DON'T HAVE
TO MAKE YOUR SUBJECT
AND VERB AGREE TO SERVE.
YOU ONLY NEED A HEART
FULL OF GRACE. A SOUL
GENERATED BY LOVE."

• DR. MARTIN LUTHER KING JR.

*Be the
PEACE
YOU WISH
TO SEE
IN THE
WORLD!*

— MLK, JR. —



University of Chicago graduate Carter G. Woodson introduced the first celebration of Negro History Week in Chicago in February 1926. As a historian, he believed that American history could not be fully understood without studying the contributions of African Americans. Negro History Week would provide the context in which to highlight their accomplishments and their central role in history.

“Father of Black History”



Carter G. Woodson, Ph.D.

He chose February for the commemoration to build on the pre-existing birthday celebrations of Abraham Lincoln (February 12th) and Frederick Douglass (February 14th). By doing so, he encouraged the extension of Black history beyond these two men to include the countless Black men and women who contributed to advance the nation specifically, and human civilization in general. Woodson’s idea was embraced across the country in schools and with the public. Teachers demanded materials to instruct their pupils, Black history clubs sprang up, and as Black populations grew in cities, mayors issued Negro History Week proclamations

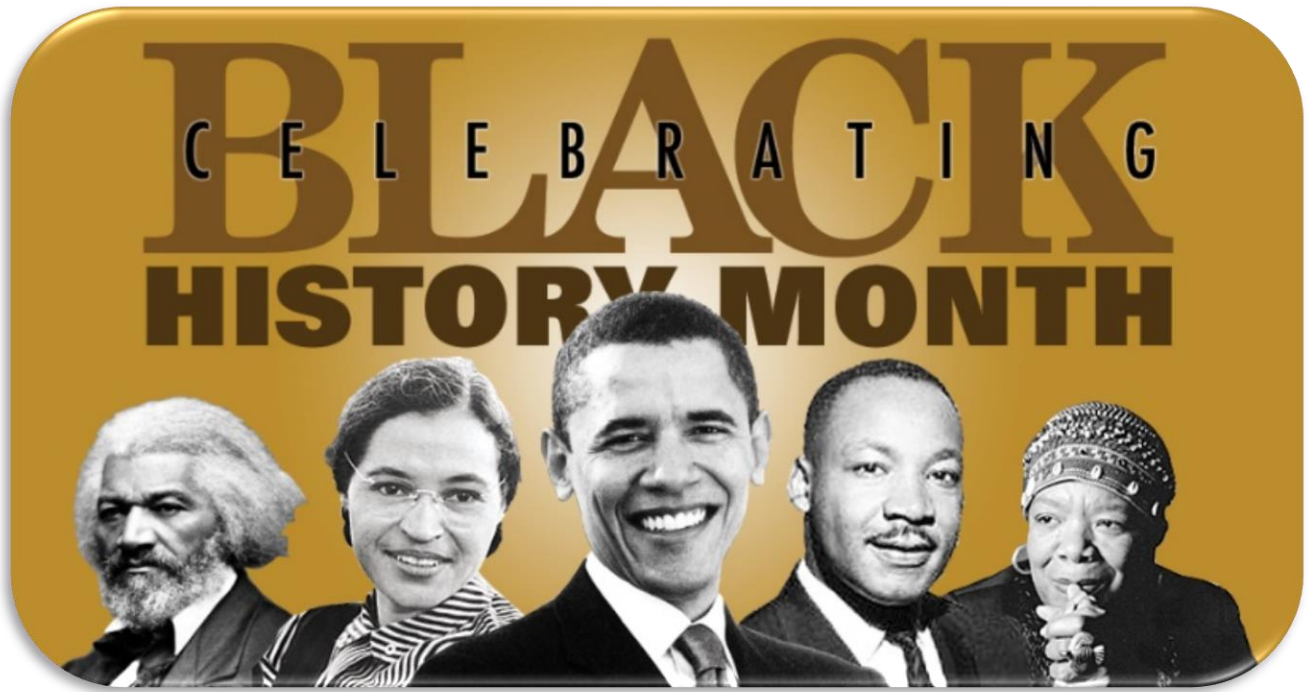
As Black pride and identity increased in the late 1960s and early 1970s, President Gerald Ford responded by officially recognizing Black History Month. He called upon the public to “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.” Today, this month-long celebration is embraced by other countries such as the Netherlands, Ireland, Canada, and the United Kingdom. Each nation joins America by recognizing and honoring African people’s contributions to their history.

Woodson’s effort provides a powerful example of two of the core values we embrace at Argonne, Impact and Respect. His work has significantly transformed the way people think about African American history and fostered appreciation and respect for the contributions of African Americans to our nation.

The original intent of this month-long commemoration has not been fully realized. That is because Woodson never viewed Black history as a one-week or one-month matter. Woodson believed that African American history was too important to America and the world to be crammed into a limited time frame. So, he pressed for schools to use Negro

History Week to demonstrate what students learned all year and established African American studies programs to reach adults throughout the year. Ultimately, his real intention was for there to be a time when an annual acknowledgment would no longer be necessary but rather, the study and celebration of African American history would be integrated into the fabric of our nation

In recognition of Woodson's real intent, the Argonne African American Employee Resource Group encourages everyone to regularly explore the contributions of all Americans to our national success story.



INVENTORS & INNOVATORS

Air conditioning unit	- Frederick M. Jones	- July, 1949
Almanac	- Benjamin Banneker	- Approx. 1791
Auto cut-off switch	- Granville T. Woods	- January, 1839
Auto fishing device	- G. Cook	- May, 1899
Automatic gear shift	- Richard Spikes	- February, 1932
Bicycle frame	- L.R. Johnson	- October, 1899
Biscuit cutter	- A.P. Ashbourne	- November, 1875
Blood plasma bag	- Charles Drew	- Approx. 1945
Cellular phone	- Henry T. Sampson	- July, 1971
Clothes dryer	- G. T. Sampson	- June, 1862
Curtain rod	- S. R. Scratton	- November, 1889
Door Knob	- O. Dorsey	- December, 1878
Dust pan	- Lawrence P. Ray	- August, 1897
Egg beater	- Willie Johnson	- February, 1884
Electric lampbulb	- Lewis Latimer	- March, 1882
Elevator	- Alexander Miles	- October, 1872
Fire Extinguisher	- T. Marshall	- October, 1872
Fountain pen	- W.B. Purvis	- January, 1890
Gas Mask	- Garrett Morgan	- October, 1914
Golf tee	- T. Grant	- December, 1899
Guitar	- Robert F. Fleming, Jr.	- March, 1886
Hair brush	- Lydia O. Newman	- November, 1800
Horse shoe	- J. Ricks	- March, 1885
Ironing board	- Sarah Boone	- December, 1893
Mail box	- Paul L. Downing	- October, 1891
Lawn mower	- L. A. Burr	- May, 1889
Motor	- Frederick M. Jones	- June, 1939
Spark plug	- Edmond Berger	- February, 1839

African interest in astronomy, astrology and even flight did not begin with their initial contact with Europeans. The interest already existed manifesting itself through history and the physical sciences.

When one visits Africa today, there appear to be few vestiges of the African inventive spirit. So it is important to find ways to unlock the current African potential. To begin the process of properly unlocking this potential Africans must bridge the gap between their past and their present, in order to realize that they have a tradition of inventions and innovations.

Let's begin to bridge that gap!



Inventors & Innovators

Garrett Morgan



Madam C.J. Walker



Benjamin Banneker



Daniel H. Williams



**Accomplishments of
Africans
Past & Present**

By: Garblana.com

The History of Valentine's Day



Richard Allen

He was a Black religious leader, founder and first bishop of the African Methodist Episcopal Church. Allen kept the church focused on elevating Black Americans, especially those in the South. As he said, "We will never separate ourselves voluntarily from the slave population in this country; they are our brethren, and we feel there is more virtue in suffering privations with them than fancied advantage for a season." The AME church proliferated in the South after the Civil War and today has a membership of more than 1.2 million. Richard Allen was born on Valentine's Day, February 14, 1760.

Valentine's Day



Every February 14, around the world, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. Valentine's Day is associated with sending cards and flowers or chocolates to special friends and loved ones. Whatever is sent, the message remains the same: love and friendship. But how did it all begin? We have to go back centuries to find the history and legends of Valentine's Day.

One legend tells of a wonderful priest named Valentine who lived during the reign of the Roman Emperor Claudius II, about 200 A.D. At this time, Rome was in desperate need of an army and Claudius believed that married men would make less reliable soldiers because they wouldn't want to leave their wives and families. So, Claudius forbids young men to get married. However, Valentine secretly defied Claudius and performed marriage ceremonies in the temple. Soon, he became known as the friend of those in love. Eventually, Claudius discovered what the good priest was doing, and the emperor's anger was so great that he had Valentine thrown in jail. During his imprisonment, Valentine is said to have cured the jailor's daughter of blindness. Because of this miracle, he was sentenced to die on February 14, 270 A.D. On the day he died, Valentine wrote the girl a note in which he spoke of bonds of affection between people. He signed the message, "From your Valentine." According to this legend, it is to honor St. Valentine that we celebrate Valentine's Day on February 14, in turn, we are celebrating love and marriage.

Another legend of St. Valentine exists....in this tale. Valentine was beloved by the village children because he always allowed them to play in his garden. He was placed in prison by the Romans for refusing to worship their gods. During his imprisonment, the children exchanged notes with him, attached to small bouquets of flowers, flung through the prison bars. Valentine was put to death on February 14th, and we commemorate his death by sending flowers, chocolates and love notes on this day each year.

Scholars and historians, the world over have yet to come up with a definite explanation for this day set aside for lovers. Pope Gelasius in the fifth century named Valentine as the patron saint of lovers and appointed it an official feast. Day. Most sources feel this was done to Christianize many of the pagan courting rituals and festivities celebrated during the month of February.

ST PATRICK'S DAY

ST. PATRICK'S DAY

Here are some fun facts about St. Patrick's Day.



Who Was St. Patrick?

Was there really a St. Patrick? Definitely. Did he really drive the snakes out of Ireland? Probably not, since snakes weren't native to Ireland.

St. Patrick was born in Britain as Maewyn Succat. At age 16 (around A.D. 400), he was kidnapped from his home on the west coast and carried off to Ireland to become a slave who worked as a shepherd. After 6 years, he escaped; upon returning home, he received his call (in a dream) to preach the gospel. He spent the next 15 or so years in a monastery, preparing for his missionary work. When he became a priest, his name was changed to Patricius, and eventually, Patrick. Although some Christians lived in Ireland at the time, it was Patrick who spread Christianity throughout the land and brought an organized church into existence.

The Shamrock

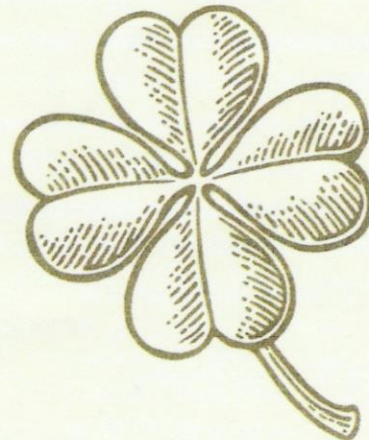
We wear a shamrock on St. Patrick's Day because, legend says, St. Patrick used its three leaves to explain the Holy Trinity. [The Trinity is the Father, the Son, and the Spirit as three divine persons who are one divine being (God).] The truth of the St. Patrick legend, however, is in question, as there is no direct record that the saint actually used the shamrock as a teaching tool.

St. Patrick's Day Facts, Fun, and Folklore

Blue was the color originally associated with St. Patrick, but green is now favored.

St. Patrick's Day, March 17, is the traditional day for planting peas.

Cabbage seeds are often planted today, too, and old-time farmers believed that to make them grow well, you needed to plant them while wearing your nightclothes!





About Mental Health

Mental Health Basics



What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Although the terms are often used interchangeably, poor mental health and mental illness are not the same. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of [physical, mental, and social well-being](#).



Why is mental health important for overall health?

Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like [diabetes](#), [heart disease](#), and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.



Can your mental health change over time?

Yes, it's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted. For example, if someone is working long hours, caring for a relative, or experiencing economic hardship, they may experience poor mental health.

Sadness, fear, worry, or other emotions can affect us during or after tough situations, like dealing with the COVID-19 pandemic, the loss of a family member or friend, or experiences related to [racism](#). Dealing with these challenges can weigh heavily on your mental health.

You Should Never Feel Ashamed About Needing Help With Mental Health.

How common are mental illnesses?

Mental illnesses are among the most common health conditions in the United States.

- More than 50% will be diagnosed with a mental illness or disorder at some point in their lifetime.³

HEALTH CORNER CONTINUED

-
- 1 in 5 Americans will experience a mental illness in a given year.
- 1 in 5 children, either currently or at some point during their life, have had a seriously debilitating mental illness.
- 1 in 25 Americans lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.



What causes mental illness?

There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as

- Early adverse life experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)
- Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes
- Biological factors or chemical imbalances in the brain
- Use of alcohol or drugs
- Having feelings of loneliness or isolation

Types of Mental Illness

People's can experience different types of mental illnesses or disorders, and they can often occur at the same time. Mental illnesses can occur over a short period of time or be episodic. This means that the mental illness comes and goes with discrete beginnings and ends. Mental illness can also be ongoing or long-lasting. For more information on mental illness, please see the CDC website and consult with a physician or medical professional.

Impact of Stress

It's natural to feel stress, anxiety, grief, and worry during challenging times. Feeling strong emotions or being stressed can have negative effects on your health. Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration.
- Changes in appetite, energy, desires, or interests.
- Problems concentrating or making decisions.
- Nightmares or problems sleeping.
- Physical reactions, such as headaches, body pains, stomach problems, or skin rashes.
- Worsening of chronic diseases and mental health conditions.
- Overeating or not eating enough.
- Increased use of [alcohol](#), illegal drugs (like [heroin](#), [cocaine](#), [methamphetamine](#)), and misuse of prescription drugs (like opioids)

HEALTH CORNER CONTINUED

Tools and Resources for Improving Mental Health

Many of us face challenges that can be stressful, overwhelming, and cause strong emotions. It is natural to feel stress, anxiety, grief, and worry. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

Healthy Ways to Cope with Stress

- Take care of your body.
 - Take deep breaths, stretch, meditate.
 - [Eat healthy, well-balanced meals](#)
 - [Be physically active](#)
 - [Get plenty of sleep](#)
 - Choose not to drink alcohol, or [drink in moderation](#) (2 drinks or less in a day for men; 1 drink or less in a day for women)
 - Avoid misusing prescription [opioids](#) and avoid using illicit opioids. Also avoid mixing these with one another, or with any other drugs.
 - Avoid smoking and the use of tobacco products, including e-cigarettes. People can and do [quit smoking](#) for good.
 - Continue with routine preventive measures including [vaccinations](#), [cancer screenings](#), and other tests recommended by a healthcare provider.
- Make time to unwind. Try to do activities you enjoy.
- Connect with others. [Talk with people](#) you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations.
- Take breaks from watching, reading, or listening to news stories, including those on social media. It's good to be informed but hearing about adverse events constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.

Getting Help

- Free and confidential crisis [resources](#) can also help you or a loved one connect with a skilled, trained counselor in your area.

Helping Others Cope

- Taking care of yourself can better equip you to take care of others. During times of stress, it is especially important to stay connected with your friends and family. Helping others cope with stress through visits, phone calls or video chats can help you and your loved ones feel less stressed.

People Seeking Help

The free and confidential resources below can help you or a loved one connect with a skilled, trained mental health professional.

HEALTH CORNER CONTINUED

Helplines

If you are in crisis, get immediate help:

- Call 911
- [988 Suicide & Crisis Lifeline](#)
(formerly known as the National Suicide Prevention Lifeline): 988 for English or Spanish, or [Lifeline Chat](#)
. TTY users can use their preferred relay service or dial 711 then 988.
- Crisis Text Line: Text SIGNS to 741741 for 24/7, anonymous, free crisis counseling
- [Disaster Distress Helpline](#)
: CALL or TEXT [1-800-985-5990](#) (press 2 for Spanish)

Abuse/Assault/Violence

- [National Domestic Violence Hotline](#)
: [1-800-799-7233](#) or text LOVEIS to 22522
- [National Child Abuse Hotline](#)
: 1-800-4AChild ([1-800-422-4453](#)) or text [1-800-422-4453](#)
- [National Sexual Assault Hotline](#)
: [1-800-656-HOPE](#) (4673) or [Online Chat](#)

LGBTQ+

- [Trans Lifeline](#)
: [1-877-565-8860](#) (para español presiona el 2)
- The Trevor Project's [TrevorLifeline](#)
: [1-866-488-7386](#)

Older Adults

- [The Eldercare Locator](#)
: [1-800-677-1116](#) – [TTY Instructions](#)
- Alzheimer's Association Helpline: [1-800-272-3900](#) (para español presiona el 2)

Veterans/Active-duty Military

- [Veteran's Crisis Line](#)
: 988, then select 1, or [Crisis Chat](#)
or text: 838255
- [U.S. Department of Veterans Affairs Mental Health Resources](#)
- [Help for Military Service Members and Their Families](#)

Finding Treatment

- [FindTreatment.gov](#)
Find a provider treating substance use disorders, addiction, and mental illness.
- [American Psychiatric Association Foundation](#)
Find a Psychiatrist
- [American Academy of Child and Adolescent Psychiatry](#)
Child and Adolescent Psychiatrist Finder
- [American Psychological Association](#)
Find a Psychologist

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DEPARTMENT OF CHRISTIAN EDUCATION



RECOMMENDED READING LIST#2 (2022-2023)



AGES: 0-5

My First Bible for Children of Color: By-Patrice Banks Lee
Jesus is the Reason for the Season: By- Gisele Quarterman
Goodnight Butterfly: By-Ross Burach
I Am Enough: By-Grace Byers
The Story of Ruby Bridges: By-Robert Coles
The Paperboy: By-Dav Pilkey
Clifford the Big Red Friend: By-Norman Bridwell
I Am Every Good Thing: By-Derrick Barnes & Gordon C. James
The Little Butterfly That Could: By-Ross Burach
A Little Story of Belonging: By-Diane Alber

AGES 6-8

My First Bible: By-Patrice Banks Lee
NIV Adventure Bible: By-Zondervan
Children of Color Storybook Bible: By-Victor Hogan
Jesus is the Reason for the Season: By-Gisele Quarterman
Fruit of the Spirit Stories: By-Darissa Williams
Destination DIG: By-B & H Editorial Staff
How Great Is our God: By-Louie Giglio
Me, Frida and the Peacock Ring: By-Angela Cervantes
The Little Butterfly That Could: By-Ross Burach
I Am Ruby Bridges: By-Ruby Bridges
High Score: By-Destiny Howell
Goodnight Butterfly: By-Ross Burach
I Am Enough: By-Grace Byers
Unlawful Orders: By- Barbara Binns
Diary of the Wimpy Kid #16 Big Shot: By-Jeff Kinney
Black Boy Joy: By-Kwame Mbalia
All Because You Matter: By-Tami Charles
A Little Story of Belonging: By-Diane Alber
The Paperboy: By-Dav Pilkey
Trouble Next Door: By-Karen English

DEPARTMENT OF CHRISTIAN EDUCATION

RECOMMENDED READING LIST#2 (2022-2023)

AGES: 9-12

NIV Adventure Bible: By-Zondervan
Engage Youth Bible NIV: By-Hodder & Stoughton
Children of Color Storybook: By-Victor Hogan
Jesus is the Reason for the Season: By-Gisele Quarterman
Fruit of the Spirit Stories: By-Darissa Williams

Destination DIG: By-B&H Editorial Staff
How Great Is our God: By-Louie Giglio
Bible Promises for Teens: By-B&H Kids Editorial Staff
Me, Frida and the Secret of the Peacock Ring: By-Ross Burach
High Score: By-Destiny Howell
Unlawful Orders: By-Barbara Binns
Diary of the Wimpy Kid #16 Big Shot: By-Jeff Kinney
Trouble Next Door: By-Karen English
A Good Kind of Trouble: By-Lisa Moore Ramee
Dear Black Girl: Equip, Empower, Enlighten: By-Kimberly Lowe Abad
Black Boy Joy: By-Kwame Mbalia

AGES: 13-18

Engage Youth Bible NIV: By-Hodder & Stoughton
Bible Promises for Teens: By-B&H Kids Editorial Staff
Their Eyes Were Watching God: By-Zora Neale Hurston
Carrie Soto Is Back: By-Taylor Jenkins Reid
The Lost Ticket: By-Freya Sampson
The Two Lives of Sara: By-Catherine Adel West
Black Cake: By-Charmaine Wilkerson
Memphis: By-Tara Stringfellow
Miss Pearly's Girls: By-ReShonda Tate Billingsley
The Stolen Daughter: By-ReShonda Tate Billingsley
Vanished: By-Stephen O'Neal
The Struggle: By-Johnny Franklin
God Forgives-The Streets Don't: By-Blake Karrington

AGES: 19+

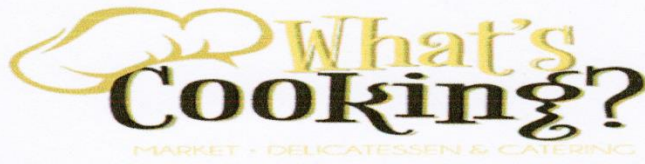
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DEPARTMENT OF CHRISTIAN EDUCATION

RECOMMENDED READING LIST#2 (2022-2023)

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Miss Pearly's Girls: By-ReShonda Tate Billingsley
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Vanished: By-Stephen O'Neal
The Struggle: By-Johnny Franklin
God Forgives-The Streets Don't: By-Blake Karrington
God Has Not Forgotten You: By-Dr. David Jeremiah
Take Back Your Family: By-Jefferson Bethke
The Scandal of Forgiveness: By-Philip Yancey
Christ-Centered Conflict Resolution: By-Tony Merida1. Brown Girl
Dreaming by: Jacqueline Woodson
2. Hidden Figures (Young reader Edition) by: Margot Lee Shetterly
3. Becoming (Adapted for younger readers) by: Michelle Obama
4. The Truth Be Told (Young reader's edition) by: Kamala Harris
5. Black Heroes by: Arlisha Norwood
6. Celeste's Harlem Renaissance by: Eleanora E. Tate
7. The Watson's Go to Birmingham by: Christopher Paul Curtis
8. The Girl Who Drank the Moon by: Kelly Barnhill
9. I Know My Rights by: Mysonne Linen
10. Amanda Gorman-The Biography
11. Jesus is the Reason for the Season by: Gisele L. Quarterman

Submitted by: Department of Christian Education.
Rev. Phyllis A. Harris, Director
Sis. Shirley Moore Harris, Commission Chairperson



*S*OUTHWESTERN VEGETABLE SOUP

- | | |
|---|--|
| <i>1 lb. lean ground beef</i> | <i>1 (15-oz.) can pinto beans,</i> |
| <i>5 c. water</i> | <i>rinsed & drained</i> |
| <i>2 (15½-oz.) cans Mexican-style</i> | <i>1 (15-oz.) can tomato sauce</i> |
| <i>stewed tomatoes (undrained)</i> | <i>1 (8-oz.) can cut green beans,</i> |
| <i>1 (16-oz.) can black beans,</i> | <i>drained</i> |
| <i>rinsed & drained</i> | <i>1 (1¾-oz.) env. chili seasoning mix</i> |
| <i>1 (16-oz.) can dark red kidney</i> | <i>1 lg. onion, diced</i> |
| <i>beans, rinsed & drained</i> | <i>1 green bell pepper, diced</i> |
| <i>1 (15¼-oz.) can whole kernel corn,</i> | |
| <i>drained</i> | |

Brown ground beef in a large Dutch oven, stirring until it crumbles; drain. Stir in 5 cups water and next 10 minutes; bring to a boil. Reduce heat and simmer, stirring occasionally, 2 hours. Serve with cheese. Yield: about 1 gallon.

Helen J. Williams
Mt. Pisgah A.M.E.C.

*V*EGETABLE SOUP

- | | |
|--------------------------------------|------------------------------------|
| <i>1 to 2 lbs. stew meat, cut up</i> | <i>Sliced carrots</i> |
| <i>1 beef bone</i> | <i>Potatoes, diced</i> |
| <i>Cabbage</i> | <i>Seasonings (such as pepper,</i> |
| <i>1 turnip, diced</i> | <i>seasoned salt, crushed red</i> |
| <i>1 lg. onion, diced</i> | <i>pepper, thyme, garlic,</i> |
| <i>1 lg. can tomatoes, squashed</i> | <i>Worcestershire sauce)</i> |
| <i>Sliced mushrooms</i> | |

Using Dutch oven, brown meat in 1 tablespoon oil about 5 minutes. Add cabbage, turnips, onion, tomatoes with liquid and mushrooms to Dutch oven with enough water to within 1 inch from the top. Add seasonings. Cook slowly for several hours. Add more seasonings, if necessary. About 1½ hours before serving, add carrots and potatoes.

Tammie E. Cox
Boynton Beach, FL

ANNOUNCEMENT

CALLING ALL WORSHIPPERS

Let them praise his name with dancing...Psalm 149:3

OPEN MEMBERSHIP IN BOTH GROUPS

Angels of Praise Dance Ministry

(Ages: 6-18)

CO-DIRECTORS

Tiffany Fauntleroy
215-436-0364

Dara J. Broadnax
610-551-3075



PRAYER IN MOTION MIME MINISTRY

(Age 7 – Adults)

Wearing a linen ephod, David was dancing before the Lord with all his might...2 Samuel 6:14

The young women will dance and be glad, young men and old as well.....Jeremiah 31:13

CO-DIRECTORS

Wade Fauntleroy
267-971-6865

Briana Arrington-Dengoue
215-900-5655



BIRTHDAY/BIRTHS

BIRTHDAY SHOUT OUTS!

JANUARY

FEBRUARY

2 - Leroy Foreman	6 - Arthean Wicks
11 - Tisha Arrington	8 - Kim Jordan
12 - Tanya Lone	11 - Alisa Williams
14 - Betty Hammond	13 - Adesina Jaiyeola
16 - Nia Warren	16 - Victoria Adeleye
17 - Clara Robinson	16 - Diane Wilson
23 - Antoinette Giles	17 Rochelle Jordan
25. Linda Gray	17 - Sharon Waller
27 - Doris Hargrove	

MARCH

1- Sandra Geathers
3 - Giselle Quarterman
18 - Carle Jackson'
23 - Rose Hammond-Durham
30 - Dolores Clinton
30 - Justin Joyner
30 - Doug Maddox
31 - Gwen Burnett
31 - Helen Smith



A TIME TO BE HEALED....

Sick & Shut-in



Darrell Alston	5121 Cedar Ave. (43)
Daphin Baker Jackson	1680 N. 56 th Street, 19131
Robert Brown	1420 Clearview Street, Apt. H110 (32)
Billy Cash	1118 E Sydney Street, 19150
Elizabeth Cason Kamara	4928 N. Camac St (41))
Phyllis Covington	418 N. 53rd Street (39)
Brian Durkson	2363 N. 23 rd St. 19132
Jackie Gardner	2133 S. 58th Street (43)
Vivian H. Gee	1519 Paul Jack Dr, Hampton VA 23666
Willie Holloway	4912 Osage Ave. 19143
Syreeta Jeter	411 N. 42nd Street (04)
Kathy Johnson	4751 Bingham St. (20)
Elizabeth E. Lavender	5917 Washington Ave. (43)
Elizabeth Kamara	2100 N. 49th St. Apt. 103 (31)
Corine McKeithan	4239 Pennsgrove St. (04)
Mildred McNeil	3901 Market St., Apt. 607 (04)
Vincent Mercer	1345 71 st Avenue (26)
Jeanette Nana	417 n 42 ND . Ststreet, 19104
Eunice Patterson	1843 N 72nd Street, 19151
Joyce Patterson	6213 Walnut Street, 19145
Arletha D. Pierce	5524 Haverford Ave. Apt 413 (39)
Ida Pierce	5458 Locust Street (39)
Maryetta Reid	4511 Walnut Street, Apt 220 (39)
Florence Smith	1425 N Allison Street, 19131
Catherine Thompson	4400 Fairmount Ave, Apt.102, 19104
Paulette Thompson	69 Iroquois Court, Chesterbrook PA 19087
Australia Weaver	3713 Mimi Circle, Phila, PA 19131
Marlene Winfield	3939 Conshohocken Ave. Apt. 521 (19131)
Mamie Young	4342 Pine Street, Phila, PA 19104

NURSING CARE, ASSISTANT LIVING

Vebatine Alston	St. Ignatius Nursing Home, RM 410, 4401 Haverford Ave.(04)
Verna Cox	Accela Rehab. Care 850 Paper Mill Rd. Rm. 224-A Glenside, PA 19038
.Willie Hamwright	The Watermark Logan Sq., Apt 8122 Franklin Town Blvd 03
Madeline Logan	Manor Care, RM 24A, 14 Lincoln Ave., Yeadon, PA 19050
Rev. Isaac N. Patterson IV	Hayes Manor, Unit 32, 2210 Belmont Ave. 19131
Alonzo Walls , Jr.	Germantown Home, 6950 Germantown Ave. RM 227 (19)
Joe Allen	Promedica, 1526 Lombard Street, Rm. 521 (19146)

HOSPITAL, SHORT TERM REHABILITATION CARE, ASSISTANT

Claudia Hammond	Kearsley Rehab Center, 2100 N 49 th St., RM 59 (19131)
Therion Hudson	Penn Presbyterian Hosp, Sheie Bldg, RM 320B, 51 N 39 th St. (19104)
Audrey Washington	Kearsley Rehab Center, 2100 N 49 th St., RM 35 (19131)

Please remember our Sick and Homebound with a card and or a phone call. Always keep them in prayers.





Forever in our Hearts



In Loving Memory of



Brian Crooms



Khalyl Edwards



Irwin Ezekiel

(Joan Coney Son)

David Rivers



Valerie Toombs



Gone But Never Forgotten!





IMPORTANT NOTICE

Please send us articles of interest, stories, birthdays, baby births, anniversaries, any celebrations,

Mt. Pisgah Family and Friends

upcoming events, anything you want to share with the church members and communities.

Send to: Dolores M. Clinton

clinton3962@gmail.com

or Betty Hammond

bhlofalou144@gmail.com

*Help us to help you stay informed
and to continue enjoying
THE VIEW from Mt. Pisgah*

Deadline for 3/12/2023

Thank you!

