



THE VIEW

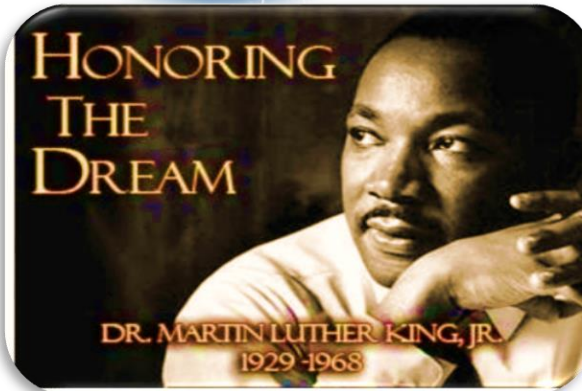
Mt. Pisgah A. M. E. Church
428 N 41st Street
Philadelphia, PA 19104
Rev Jay B. Broadnax, Pastor

FROM MOUNT PISGAH

2024

WINTER

Happy
New Year



BLACK
HISTORY
MONTH



Valentine's Day

He is
RISEN

Inside this Issue

1. The View Cover	19. Health Corner
2. Inside this Issue/Just a Reminder	20. Health Corner continued
3. Message from our Pastor	21. Beware of Phone Scams
4. Message from our Editor	22. What's Cooking
5. January	23. Christian Education
6. January continued	24. Christian Education continued
7. Honoring Dr. King	25. Children's Corner
8. Valentine's Day	26. St. Patrick's Day
9. Black History	27. Origin of Easter
10. Black History continued	28. Palm Sunday
11. Black History continued	29. Ash Wednesday
12. Woman's Day	30. Good Friday/Easter Sunday
13. Church School	31. Announcement
14. Church School continued	32. A Time to Healed
15. Welcome New Members	33. Birthday
16. Praying God's Word	34. In Loving Memory
17. Health Corner35.	35. Attention
18. Health Corner	Special Thanks to our Photographers
	Tiffany Fauntleroy, Cheryl H. Hopewell Sharon Lovett

Just A Reminder

FACE MASK



REQUIRED

Masks are mandatory.
If you are sick, please stay home and
join us on Livestream or Facebook



**Message from our Pastor
Reverend Jay B. Broadnax**



MORE IN 2024

Happy New Year, Mt. Pisgah Family and Friends!

I am so grateful for another year of life, and of loving service to God with God's people!

Last year was filled with ups and downs, ebbs and flows, and blessings and challenges. We were blessed to be able to return to some semblance of normalcy after being upended for so long by the pandemic that literally rocked our world, but we returned to discover that the obstacles had not stopped piling up while we had stepped away for a time. In an attempt to face these obstacles head-on, we established the "Expanding Our REACH" campaign. Our focus is preparing ourselves, in spite of the obstacles, to be able to expand our capacity to do 21st century ministry. In the past God has blessed us to do a lot with what we have, but in my heart of hearts, I believe there is MORE! That is what I am looking for: MORE IN 2024!

More LOVE – Expanding our REACH means reinforcing our foundation of love. Building our bond of unconditional love for one another and for others is the "sweet spot" into which God pours God's Holy Spirit of empowerment. Nothing will be impossible when we are committed to loving one another through every victory, every obstacle and every bit of adversity.

More FAITH – Expanding our REACH means taking steps of faith and believing God for things that exceed logic. While every plan that we make should make good sense, we must never forget to leave room for the "God Factor" – the belief that God will intervene and expand our ministry in ways that we had not considered. Our case for every course of action must include "the evidence of things not seen."

More JESUS – Expanding our REACH requires that each of us has a relationship with JESUS that is growing and expanding. The more of JESUS that we are exposed to, the more JESUS we should crave. The "greater works" that Jesus promised that we would do are predicated upon our greater knowledge of the heart of The Savior. Our commitment is to a RELATIONSHIP, and that relationship is enhanced only through time spent in The Lord's presence. This year, our appetite for God's Word should be ever increasing. Our yearning to pray ought to be growing stronger daily. Ultimately everything that we endeavor must be an outgrowth of that growing relationship. Through KNOWING JESUS BETTER, our capacity for REACHING is expanded and we are more aligned with God's will.

This year, let us echo the cry of Eliza Hewett that we find in our hymnal:

More about Jesus let me learn, more of His holy will discern;

Spirit of God, my teacher be, showing the things of Christ to me.

More, more about Jesus, more, more about Jesus;

More of His saving fulness see, more of His love who died for me.

MORE IN 2024!





Message from the Editor Keith W. Arrington, Sr.



The Living Stone and a Chosen People

As you come to him, the living Stone—rejected by humans but chosen by God and precious to him—⁵ you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ. ~ 1 Peter 2:4-5



Mt. Pisgah, we continue to encounter circumstances that challenge us to reimagine the way we do ministry! Most recently, we have been displaced from the beautiful edifice that is known as Mt. Pisgah! In recent weeks, we have been blessed by the opportunity to gather for worship at Paul Robeson High School. Yet, I am confident in saying that for those who have been able to join us, if you were to close your eyes and focus solely on worship and the

fellowship, you would think that you

were still on the corner of 41st and Spring Garden Streets.

You might even have visions of the beautiful stained-glass windows and the blinking stars in the Sanctuary's ceiling.

What I am saying is this: The worship is still the same, and the Spirit of the Lord still moves in the same way, from breast to breast! What we come to realize is that it all feels

the same because the church is still the church! No matter the physical building, Mt. Pisgah is still Mt. Pisgah.



But how can that be so? Well, the scripture tells us... we the disciples, we the holy priesthood, we are Mt. Pisgah! We are the Spiritual House, built on the foundation that is the Living Stone, our Lord & Savior Jesus Christ. No matter where we gather, we gather as Mt. Pisgah! We worship Mt. Pisgah! We praise Mt. Pisgah! As you move

into the year 2024, continue to walk in your authority, knowing that you were chosen by God and always precious to Him! The Lord's vessel! The Lord's Spiritual House!



JANUARY

*Named for the Roman god Janus, protector of gates and doorways.
Janus is depicted with two faces, one looking into the past, the other into the future.*

NEW YEAR TRADITIONS

HOW DID THE TRADITION OF NEW YEAR'S RESOLUTIONS START?

From the Babylonians who resolved to return borrowed farm equipment to medieval knights who would renew their vow to chivalry, New Year's resolutions are nothing new. See this brief history—and compare the top 10 resolutions from the 1940s to today! Are you surprised?

HISTORY OF NEW YEAR'S RESOLUTIONS

New Year's resolutions actually go back to ancient times! So, before you pooh-pooh the idea, let's explore the history behind this tradition.

In 2000 B.C., the Babylonians celebrated the New Year during a 12-day festival called Akitu (starting with the vernal equinox). This was the start of the farming season to plant crops, crown their king, and make promises to pay their debts. One common resolution was the returning of borrowed farm equipment (which makes sense for an agriculturally based society).

The Babylonian New Year was adopted by the ancient Romans, as was the tradition of resolutions. The timing, however, eventually shifted with the Julian calendar in 46 B.C., which declared January 1st as the start of the new year.

January was named for the two-faced Roman god, Janus, who looks forward for new beginnings as well as backward for reflection and resolution. The Romans would offer sacrifices to Janus and make

promises of good behavior for the year ahead.

Janus was also the guardian of gates and doors. He presided over the temple of peace, where the doors were opened only during wartime. It was a place of safety, where new beginnings and new resolutions could be forged.

If you think about the land and the seasons, the timing of early January makes sense for most of Europe and for North America, too. The active harvest season has passed. The holiday frenzy is ending.

As our founder, Robert B. Thomas, said, this is a time "of leisure to farmers ... settle accounts with your neighbors ... now having been industrious in the summer, you will have the felicity of retiring from the turbulence of the storm to the bosom of your family."

A Boston newspaper from 1813 featured the first recorded use of the phrase "New Year resolution." The article states:

"And yet, I believe there are multitudes of people, accustomed to receive injunctions of new year resolutions, who will sin all the month of December, with a serious determination of beginning the new year with new resolutions and new behaviour, and with the full belief that they shall thus expiate and wipe away all their former faults."

JANUARY

HOW RESOLUTIONS HAVE CHANGED

In the United States, New Year's resolutions are still a tradition, but the type of resolutions have changed. As a legacy of our Protestant history, resolutions in the early 1900s were more religious or spiritual in nature, reflecting a desire to develop stronger moral character, a stronger work ethic, and more restraint in the face of earthly pleasures.

Over the years, however, resolutions seem to have migrated from denying physical indulgences to general self-improvement, like losing weight. While it may seem superficial, medical sociologist Natalie Boero of San Jose State University suggested that today's resolutions are also a reflection of status, financial wealth, responsibility, and self-discipline—which isn't that different from how the New Year's resolution tradition began.

See the difference:

Resolutions From 1947 - Gallup Poll

1. Improve my disposition, be more understanding, control my temper
2. Improve my character, live a better life
3. Stop smoking, smoke less
4. Save more money
5. Stop drinking, drink less
6. Be more religious, go to church more often
7. Be more efficient, do a better job
8. Take better care of my health
9. Take greater part in home life
10. Lose (or gain) weight

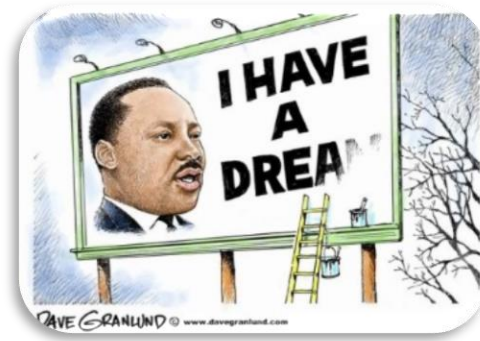
Today's Resolutions

1. Lose weight
2. Get organized
3. Spend less, save more
4. Enjoy life to the fullest
5. Stay fit and healthy
6. Learn something exciting
7. Quit smoking
8. Help others fulfill their dreams
9. Fall in love
10. Spend more time with family

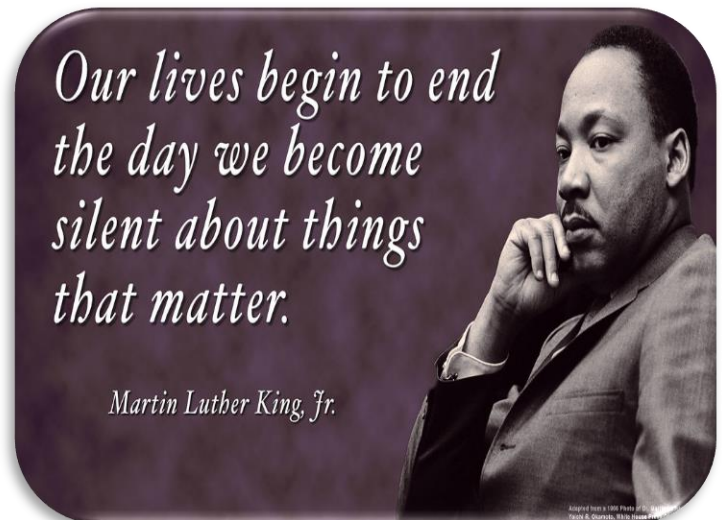
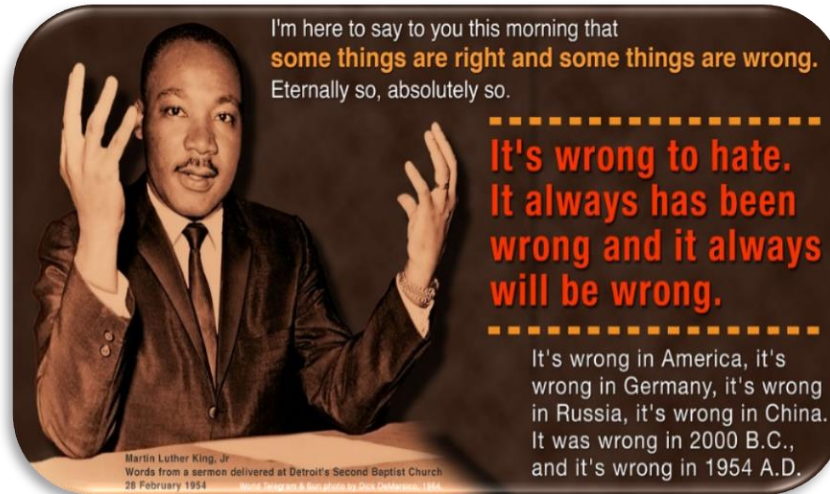
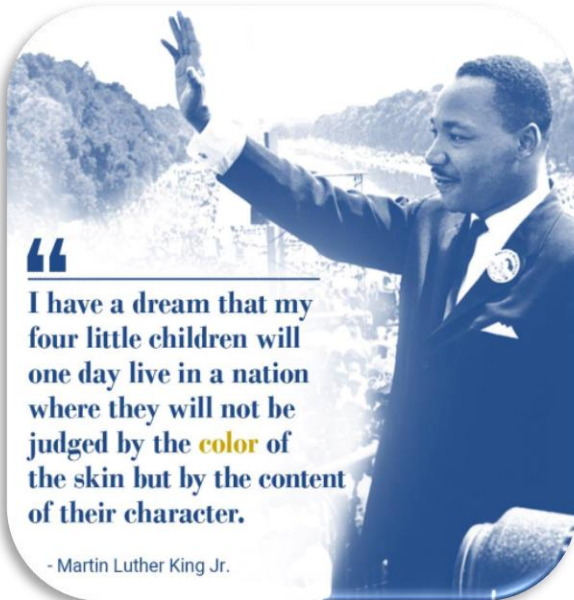
Whether we resolve to return borrowed farm equipment (as the Babylonians did) or drop a few pounds, we're tapping into an ancient and powerful longing for a fresh start by setting resolutions!



Honoring Dr. Martin L. King, Jr.



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The History of 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 to day. Most sources feel this was done to Christianize many of the pagan courting rituals and festivities celebrated during the month of February.



Richard Allen

Richard Allen (February 14, 1760 – March 26, 1831) was a [minister](#), educator, writer, and one of the United States' most active and influential black leaders. In 1794, he founded the [African Methodist Episcopal Church](#) (AME), the first independent Black denomination in the United States. He opened his first AME church in 1794 in [Philadelphia](#).

Elected the first bishop of the AME Church in 1816, Allen focused on organizing a denomination in which free black people could worship without racial oppression and enslaved people could find a measure of dignity. He worked to upgrade the social status of the black community, organizing Sabbath schools to teach literacy, and promoting national organizations to develop political strategies. Allen 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 a fancied advantage for a season." The AME Church proliferated among the freed blacks in the Southern United States.

MONITOR BLACK HISTORY

Americans have recognized Black history annually since 1926. First as Negro History Week and later as Black History Month.

What you might not know is that Black history had barely begun to be studied or even documented when the tradition originated. Although, blacks have been in America at least as far back as colonial times, it was not until the 20th century that they gained a respectable presence in the history books.

We owe the celebration of Black History month and, more importantly, the study of Black history to Dr. Carter G. Woodson. Born to parents who were former slaves. He spent his childhood working in the Kentucky Coal Mines and enrolled in high school at age twenty. He graduated within two years and later went on to earn a PhD. from Harvard.

He decided to take on the challenge of writing Black American into the Nation's history. History books had largely ignored Black Americans unless they referred to them in inferior special positions assigned to them at the time.

In 1926 he launched Negro History week as an initiative to bring National attention to the contributions of Black people throughout American History

Submitted by:
Arthean Wicks





LIFT EVERY VOICE AND SING

Often referred to as "The Black National Anthem," *Lift Every Voice and Sing* was a hymn written as a poem by NAACP leader James Weldon Johnson in 1900. His brother, John Rosamond Johnson (1873-1954), composed the music for the lyrics. A choir of 500 schoolchildren at the segregated Stanton School, where James Weldon Johnson was principal, first performed the song in public in Jacksonville, Florida to celebrate President Abraham Lincoln's birthday.

At the turn of the 20th century, Johnson's lyrics eloquently captured the solemn yet hopeful appeal for the liberty of Black Americans. Set against the religious invocation of God and the promise of freedom, the song was later adopted by NAACP and prominently used as a rallying cry during the Civil Rights Movement of the 1950s and 1960s.



HAPPY WOMEN'S DAY

***She's fearfully & wonderfully made
Psalms 139:14***

***She is more precious
than jewels
Proverbs 3:15***

***God is within her, she will not fall;
God will help her at break of day.
Psalm 46:5***

***She has fire in her soul &
grace in her heart***

***Woman ! you are the chosen one
of the Lord !***

Happy Women's Day

MT. PISGAH CHURCH SCHOOL

GREETINGS FROM CHURCH SCHOOL AND HAPPY NEW YEAR!!

Wow, 2024 has arrived! What an experience 2023 has been. Covid impacted some of us again, but thanks be to God our Healer, we are all recovered/recovering. Our boiler presented a challenge to us, but: Neither snow nor rain nor heat, nor gloom of night stays these disciples from our continued and steadfast worship of our God. A cold church building proved to be no match for our determination to gather in the name of the Lord. How grateful we are to the principal of Paul Robeson High School for welcoming us into the building. Each week we get to enjoy a warm and friendly environment that evokes childhood memories.



WE CONTINUE TO EXTEND OUR GRATITUDE TO OUR TEAM OF DEDICATED TEACHERS:

Rev. Lisa Richardson, Rev. Phyllis Harris, Evangelist
Sandy Geathers, Sister Elaine Gleaves
Sister Jannie Weeks

Evangelist Sandy Geathers has stepped down from our roster of adult teachers. Thank you, Evangelist, for years of insightful teaching and your willingness to share your insights with us. We are all the better for your participation.

Our church school challengers always make us proud. Of particular note is Cheryl Hammond-Hopewell's response to what it means to have a spouse or significant other who expresses their feelings and what we could learn from Solomon's bride. She reminded us of all that it is vitally important that those in relationship must be able to communicate and share their thoughts and feelings with their significant other. We learned that it is vital that we "like" our mate. We are all aware that things change as time marches on. We gain weight, get gray hairs, and encounter all the other effects of aging. If we use physical attraction as the primary motivator for involvement, we will not be able to sustain a healthy marriage.



MT. PISGAH CHURCH SCHOOL CONTINUED

CONGRATULATIONS TO OUR ESTEEMED CAST:

On December 17, 2023, we had a Christmas presentation worthy of pride. Our production of Perspectives on Christmas was a delight to all.

Sandra Crooms, Keith Arrington, Kim Mouzon, Denise Ruffin
Timothy Oliver, Adrienne Bailey, Mary Collins, Ingrid Broadnax
Dara Broadnax, Rev. Phyllis Harris, Rev. Lisa Richardson
Clarence Weeks, Jannie Weeks, Sharon Lovett,
Paulette Thompson, Dolores Clinton

On December 24, 2023, we had a lively discussion of the classic Christmas film, It's A Wonderful Life. We all need to be reminded of the value each of us brings to the lives of others. We do well to remember (words rearranged) what the angel wrote in his note to George Bailey: no man who has friends is a failure!

GRATITUDE ALWAYS FOR OUR YOUTH TEACHERS:

Sister Ingrid Broadnax, Sister Dara Broadnax
Sister Patricia Brown, Rev. Phyllis Harris
Brother Adesina Jaiyeola, Rev. Lisa Richardson



We are sorry to announce that Sister Elaine Gleaves has stepped down from her role in youth CS. We are indebted to her for her staunch support and enthusiastic support and preparation.



LOOKING AHEAD

4th Annual Easter Presentation

March 31, 2024

WORD OF ENCOURAGEMENT:

Although none of us can go back and undo what's been done, we **can** all start today and make a new beginning.

Peace and Love,
Valerie Ives, Church School Superintendent
Reverend Jay B. Broadnax, Pastor

Welcome to our **New Members**



I want to take a moment to welcome our new members. We're glad you're here, so glad you're here. You are now a member of our family, and we are delighted to have you with us.

New Members Church School

Tempy Small

Kamalludin Colaïre



Full Membership, October 8, 2023

Dara J. Broadnax

Tyson Every

Loreal Johnston

Dorothy Mickens

William Every

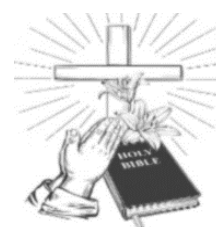
Stephen Mayo Shaffer

Welcome
we're glad you are here!





PRAYING GOD'S WORD



The Best Teacher Ever

By Nancy Sutton

Jesus had many followers who saw Him do miracles and heard Him teach. Do you know what they most wanted to learn from Him? They asked Jesus to teach them to pray. Jesus answered them with an *example*, which we now call The Lord's Prayer (Matthew 6:9-13). When you pray the Lord's Prayer, it will probably be a little different each day, because you will go through different things in your life. Here are some ideas on how to make **Jesus' prayer** your own!

What Jesus prayed:	What it meant:	What you can pray:
"Our Father in heaven"	God is your Father in heaven. No matter what your relationship is with your dad here on earth, you can have a great relationship with your heavenly Dad. Your relationship will grow by talking and listening to Him.	Talk to God about what kind of relationship you'd like to have with Him.
"Hallowed be your name"	God's name is holy and should be praised. He is awesome!	Praise God for who He is. Go on and brag about Him!
"Your kingdom come"	God's kingdom comes when people believe in Jesus as their Savior and want what He wants.	Ask for all people to love, worship, and obey God.
"Your will be done"	God's will is done when we want what God wants for us. God won't force His will on us, but He is happy to tell us when we ask Him.	Let God know you do want His will. Ask Him to show His will to you.
"On earth as it is in heaven"	Heaven is exactly the way God wants things to be. There is beauty, joy, order, and peace. Best of all, God is worshiped by everyone—day and night—as King! We can pray for earth to be more like heaven.	Think of people and situations that need a touch of heaven. Ask God to be King in those lives and situations.
"Give us today our daily bread"	God is your Father in heaven who loves you and will take care of you. He wants to take care of your needs for today so you don't have to worry about the future.	Share your needs with God for today.
"Forgive us our debts"	We are not perfect. We sin and do wrong things. But God is willing to forgive us when we sin, if we just ask Him.	Confess your sins, both the ones you know about and the ones you might not see.
"As we also have forgiven our debtors"	When people hurt you and do wrong things to you, it doesn't mean you should try to get even. Instead, treat them the way God treats you. God forgives us, so we need to forgive others.	Ask God who you need to forgive, and forgive those people.
"And lead us not into temptation"	We need God's protection and strength to avoid temptation. We need His help to lead us away from temptations and to stay far away from them.	Tell God the temptations you have and ask Him to show you the way out.
"But deliver us from the evil one"	We can't fight Satan on our own. We need help. Don't be afraid. God has given us weapons and armor to use: prayer, praise, and the Scriptures.	Ask for and rely on God's help to know which weapons and armor to use in today's fight against the enemy.

Your Guide to Feel-Good Joints

The activities, foods, and other lifestyle steps that can really make a difference



IN RECENT YEARS, you may have noticed that you feel stiffer and your joints are achier when you roll out of bed in the morning or get up from sitting. Joint pain is a common part of aging: About 75 percent of people ages 65 to 80 experience it, according to a University of Michigan poll from last fall. And the discomfort can make it more difficult to do everything from going up and down stairs to taking a walk to getting dressed.

Most joint pain in older adults is due to osteoarthritis (OA), a progressive condition that occurs when the cartilage that cushions and protects the ends of bones wears away—causing bones to rub together.

Two-thirds of adults between ages 50

and 80 turn to over-the-counter pain relievers such as ibuprofen (Advil, Motrin, and generic)—nonsteroidal anti-inflammatory drugs, aka NSAIDs—or acetaminophen (Tylenol and generic). While these drugs ease discomfort, they can carry risks if used chronically, especially in older adults, says Heidi Prather, DO, a physiatrist at the Hospital for Special Surgery in New York City.

So consider the following lifestyle steps (and see “Using Meds the Right Way,” on the facing page, for tips on medication use).

Move This Way

For joint pain, and slowing the progression of OA, physical activity “is at the very top of the list,” says Jennifer Hankenson,

MD, a specialist in physical medicine and rehabilitation at Yale Medicine in New Haven, Conn. One reason: Exercise helps increase the body’s production of synovial fluid, which helps reduce friction between joints. But pain may make it hard to want to exercise. “It hurts to move, so people become more sedentary, which causes them to stiffen up even more,” Hankenson says.

In this case, she recommends starting with a pool-based workout (check local fitness or community centers). Another option is a recumbent stationary bike. “Since you’re leaning back, it’s less pressure on your knees,” Hankenson says. Or consider trying tai chi (check local recreation, fitness, and senior centers). A study published in 2022 in the journal *Frontiers in Aging Neuroscience* found that older women with knee OA who did this gentle exercise three days a week for 12 weeks reported less pain and better physical function than a control group.

If you’re in a lot of discomfort, ask your doctor to prescribe physical therapy. PT can improve flexibility and strengthen the muscles around joints, so there’s less pressure on them, and ultimately less pain, says Sherri Betz, DPT, a clinical specialist in geriatric physical therapy in Monroe, La. “We can also teach you better ways to move, so you can do everyday activities with less discomfort,” she says.

Eat to Beat Inflammation

Some research suggests that inflammatory substances in your body can worsen OA, Prather says. What you eat may help. A 2022 review of 14 studies, published in the *European Journal of Rheumatology*, found that a plant-based diet reduces OA pain and slows cartilage changes in joints, and lowers inflammatory “markers” in the body, such as interleukin-1 (IL-1) and IL-6.

“There’s definitely a benefit in following a diet rich in foods that decrease inflammation, like fruits, veggies, and

HEALTH CORNER CONTINUED

beans, and is low in fatty, processed, and fried foods, all of which promote inflammation,” Hankenson says. One good option: a Mediterranean-style eating pattern, which is rich in produce and beans, along with whole grains, nuts, and healthy fats like avocado and olive oil.

Seafood, especially fatty fish like salmon, is also a good move. It contains omega-3 fatty acids, which reduce joint inflammation and pain, says Julia Iafrate, DO, clinical assistant professor in the department of orthopedic surgery and the department of rehabilitation medicine at the NYU Grossman School of Medicine in New York City. Consume foods with vitamin K (which is important for cartilage), like kale and spinach, too.

Considering taking a supplement? The spice turmeric may have an anti-inflammatory effect, Iafrate says. A 2021 review published in the journal *BMJ Open Sports & Exercise Medicine* found that it improved knee OA pain compared with a placebo, and in some cases, was as effective as NSAIDs. If you decide to try it (ask your doctor), Iafrate recommends 500 mg daily.

Maintain a Healthy Weight

If you're overweight, losing even 5 or 10 pounds can significantly reduce joint pain. “Just 1 pound of weight puts 5 to 6 pounds of pressure on your hips and knees,” says Anthony DiGioia, MD, medical director of the Bone and Joint Center at the University of Pittsburgh Medical Center

Magee-Womens Hospital. But depending on your overall weight, losing more may be better. A study published in the journal *Arthritis Care & Research* found that obese and overweight people who lost at least 5 percent of their body weight reported less pain and could walk farther in a 6-minute test than those who lost less than 5 percent of their total weight.

Manage Sleep and Stress

Attending to both is key. Too little sleep heightens pain sensitivity and dulls your brain's pain-killing response, according to a 2019 study published in the *Journal of Neuroscience*. But too much may be a problem, too: A 2020 study published in *PLOS One* found that people who slept less than 7 hours, or 9 hours or longer, per night were more likely to report joint pain.

As for stress, a study published in 2021 in the *International Journal of Environmental Research and Public Health* found that it may be associated with chronic knee pain. “When you're stressed, your body releases hormones like cortisol that promote inflammation and lead to worse pain,” Prather says. Consider doing activities to help you relax, whether it's a minute or two of deep breathing to ease tension, or a formal stress-reduction class.



LEARN

For more on how to ease discomfort, go to [CR.org/pain](https://www.cro.org/pain).



WHEN JOINT REPLACEMENT CAN HELP

Hip and knee replacements can be quite effective and long-lasting, and some research suggests that even those in their 80s may benefit. But they are major surgical procedures, and often require weeks or months of recovery. So “they're truly only recommended for people who experience joint pain with every single activity, even just getting out of a chair, and have gone through physical therapy and other non-operative options,” says orthopedic surgeon Lee Rubin, MD, of Yale Medicine in New Haven, Conn. Talk to an orthopedic surgeon about the pros and cons. And get a second opinion. If you decide to move forward, it should be with a surgeon who does at least 25 hip or knee operations a year at a medical center where hundreds or thousands are performed annually.

Using Meds the Right Way

Experiencing a worse-than-usual flare-up of osteoarthritis pain? First consider an over-the-counter topical treatment, such as Voltaren or Zostrix, says Martine Sanon, MD, associate professor of geriatrics and palliative medicine at the Icahn School of Medicine at Mount Sinai in New York City. For additional relief, you

can try an over-the-counter medication such as acetaminophen (Tylenol and generic). You can also rotate acetaminophen with an OTC non-steroidal anti-inflammatory medication such as ibuprofen (Advil, Motrin, and generic) or naproxen (Aleve and generic). But first ask your doctor if NSAIDs are safe and

appropriate for you. “We don't like to use them long-term in older adults, but for a few days, it's often fine,” says Anthony DiGioia, MD, medical director of the Bone and Joint Center at the University of Pittsburgh Medical Center Magee-Womens Hospital.

If you're still miserable, ask your doctor if one or two

glucocorticoid (steroid) injections is reasonable. Injections of hyaluronic acid may also help with mild to moderate OA, but the American Academy of Surgeons doesn't advise it for routine use. Platelet-rich plasma, an experimental treatment that uses your blood platelets, has shown only mixed effectiveness.

HEALTHCARE SAVVY

3 Vaccines You Need Right Now

These shots will help safeguard you from RSV, flu, and COVID-19 throughout the winter

VACCINATIONS FOR seasonal viruses are a key part of protecting your health. That's especially true later in life, when your immune system can have a more difficult time fighting off infections. This year you may be hearing about vaccines to reduce the risks of the flu and COVID-19, and even a new one for respiratory syncytial virus (RSV). Here's a rundown.

The New RSV Vaccine

RSV is a respiratory virus that usually causes mild coldlike symptoms but can be severe and even deadly for older adults and infants. Data indicates that about 8 to 10 percent of all hospitalizations for acute respiratory illnesses are due to RSV in older people, according to Angela Branche, MD, an infectious disease physician and an associate professor of medicine at the University of Rochester. Now, for the first time, there are two RSV vaccines available for people ages 60 and up (under the names Arexvy and Abrysvo).

WHO SHOULD GET ONE: At this point, health officials aren't definitively recommending it for everyone 60 and older. Instead, they advise talking with your doctor about your risk for RSV and whether the vaccine makes sense for you. People in their 70s or 80s, or those who have underlying health conditions that put them at greater risk—such as chronic heart, lung, or kidney disease, and diabetes—should seriously consider it, Branche says. Side effects that were reported in clinical trials, such as arm soreness and redness, headache, and fatigue, were generally mild (though a tiny percentage of

people developed atrial fibrillation or neurological problems).

EFFECTIVENESS: In clinical trials, Arexvy was 82.6 percent effective in preventing RSV-associated symptoms like coughs, difficulty breathing, wheezing, and a need for supplemental oxygen during the first RSV season following vaccination. Abrysvo was 88.9 percent effective.

TIMING: Since these are one-time shots for now (because they may protect you for more than a season), get it when it's convenient. You can have an RSV vaccine and flu shot at the same time, though you may experience worse side effects. You'll probably need to seek the vaccine out at a pharmacy, says William Schaffner, MD, an infectious disease specialist at Vanderbilt University Medical Center in Nashville, Tenn.

Your Annual Flu Shot

"This is a really good year to get vaccinated," Branche says. "Many people are several years from their last infection and maybe even their last vaccine." People 65 and older should look for one of the three vaccines recommended for them: Fluzone High-Dose Quadrivalent, Fludac Quadrivalent, and Flublok Quadrivalent. (If you can't find them, get the regular flu shot.)

WHO SHOULD GET ONE: Unless you have certain rare allergies, a flu shot is recommended for all adults every year.

EFFECTIVENESS: Data show that the vaccines recommended for people ages 65 and up are more potent than the regular flu shot. "In these older populations, they work about 20 percent better than the standard vaccine," Schaffner says.

TIMING: If you haven't already had the shot, get one as soon as you can. It can take

about two weeks to reach full effectiveness, according to the Centers for Disease Control and Prevention.

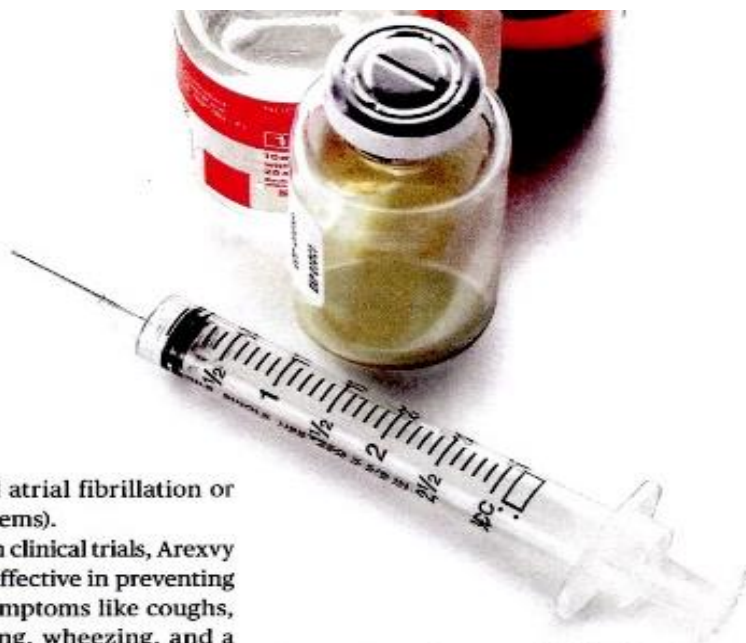
A COVID-19 Booster

This fall the COVID-19 vaccine has been updated to be a better match for the main circulating strains of the virus.

WHO SHOULD GET ONE: While a dose of the updated vaccine is recommended for anyone 6 months and older, "the greatest benefit is for people at increased risk for severe COVID-19 with respect to hospitalizations and deaths," says Jeffrey Duchin, MD, a professor of medicine in the division of infectious diseases at the University of Washington. That means adults 65 and older, and people with underlying medical conditions or weak immune systems.

EFFECTIVENESS: Data from past boosters suggests protection against serious COVID-19 may initially be as high as 70, 80, or 90 percent, Schaffner says. "A lot depends on how vigorous your immune system is." But that protection does wane over the months following vaccination.

TIMING: Wait at least two months after your last COVID-19 booster and at least three months after you test positive or symptoms start.



LEARN

Get more on the flu shots for older adults at [CR.org/fluadult](https://www.cdc.gov/flu/adult/).

FIT AFTER 70

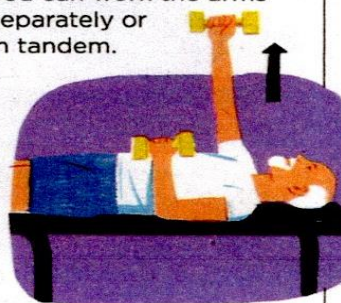
A fast workout to stay in the game

FIVE BASIC EXERCISES done at home can give you a solid strength-building workout, says William Yates of the YMCA in Washington, D.C. The payoff can be stronger muscles that improve bone density and help lift depression. Start with one set of 10 to 15 reps each. Use light weights at first, and concentrate on good form, says Chip Gay of the Mayo Clinic Health System.



▼ **CHEST PRESS** Lie on a bench or the floor. Start with the dumbbell by your chest, then push upward to full extension. You can work the arms separately or in tandem.

▲ **BICEPS CURL** Best to start with light weights. Let your arms hang at your side, palms facing out. Raise the dumbbells to shoulder level, bending only at your elbows.



▲ **CHAIR SQUAT** Stand with your feet shoulder width apart. Bend forward slightly and slowly drop down until sitting, with your thighs almost parallel to the floor.

▼ **MILITARY PRESS** Stand or sit up straight, with the dumbbells positioned by your clavicle, then extend your arms skyward. You can work the arms separately or in tandem.



◀ **DUMBBELL ROWS** Stand with knees bent. Bend forward at the hips, back straight and parallel to the floor. Let your arms hang. Bending the elbows, raise the dumbbells to waist level.

4 Healthy Weight Steps to Take Today

MAINTAINING A HEALTHY weight as we age—not too heavy, not too lean—is crucial to maintaining our independence. Here are some simple strategies that will keep you in shape while making sure you get the nutrition you need.

Start your day with protein. Studies show that “protein timing”—eating 25 to 30 grams of protein in the morning and the same amount at lunch and dinner—helps people at midlife and beyond maintain muscle mass, which in turn reduces fat gain.

Choose farm foods over factory foods. That means fruits, vegetables, nuts, seeds, seafood, olive and avocado oils, low-fat dairy and lean meat throughout the day. The fewer

processed foods, the better. Foods in their natural form are the basis of the Mediterranean and



DASH diets, which are consistently rated as the best programs for weight management, heart health and longevity.

Move at least 30 minutes a day. Daily active living beats having a few weekly gym sessions and sitting around the rest of the time. Aim for a total of at least 150 minutes of movement per week—walking, swimming, biking, gardening—for car-

diovascular fitness, and at least two days a week of resistance training for muscular strength.

Cut down on simple carbs, especially sugar. Simple carbs like cookies and chips not only fill you up with calories while providing minimal nutrition, but a higher carbohydrate intake leads to water retention, making you look, feel and weigh heavier.



Beware of Phone Scams

What is “Slam the Scam”?

The Social Security Office of the Inspector General and the United States Attorney's Office for the Middle District of Florida want you to know about widespread phone scams where callers impersonate government officials, telling you about a Social Security-related problem, to gain your trust and steal your money. We want you to hang up on scammers—help us “slam the scam”!



What to Watch For

Social Security phone scammers may . . .

- Call to threaten you with arrest or legal action if you do not immediately pay a debt, fine, or fee.
- Claim your Social Security number has been used in committing a crime and you must send money to resolve this issue.
- Tell you that your Social Security number has been suspended or offer to increase your benefits or resolve identity theft problems in exchange for payment.
- Demand payment in retail gift cards, prepaid debit cards, cashier's checks, wire transfers, internet currency, or mailing cash.
- Demand secrecy, or tell you to make up a story to tell your friends, family, or store/bank employees.
- Send unsolicited texts to tell you about a problem with your Social Security number or benefits.
- Email you attached documents containing your personal information to convince you they are Social Security officials.

DON'T BELIEVE THEM!

What to Do

- Be cautious if you receive an unsolicited call from the government and you don't recognize the problem or issue they're calling about.
- Don't provide personally identifiable information over the phone.
- Double check with a trusted friend or family member.
- If you owe money to Social Security, the agency will mail you a letter with payment options and appeal rights.

If you receive a suspicious call:

- ✓ **HANG UP!**
- ✓ **DON'T GIVE THEM MONEY OR PERSONAL INFORMATION!**
- ✓ **REPORT SOCIAL SECURITY SCAMS AT [OIG.SSA.GOV](https://oig.ssa.gov)**
- ✓ **REPORT OTHER SCAMS AT [FTC.GOV/COMPLAINT](https://ftc.gov/complaint)**



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OLD FASHIONED RICE PUDDING

*1 qt. milk
½ c. arborio rice
½ c. sugar
½ tsp. salt*

*½ c. golden raisins, soft & fresh
1 tsp. vanilla extract
¼ tsp. ground nutmeg or whole,
grated*

Preheat oven to 300°. Mix rice, sugar and salt in a 6-cup buttered casserole and bake, uncovered, 2 hours, stirring mixture every half-hour. Add raisins, vanilla and nutmeg. Mix carefully. Bake pudding without stirring, about ½ hour longer. Serve hot or cold. Arborio rice is best to use for this recipe.

*Darlene Foreman
Mt. Pisgah A.M.E.C.*

APPLE PIE

*2 pie crusts for 9-inch baking pans
2 pears, peeled & cored, mashed
(canned pears are easiest to use)
¼ tsp. salt
¾ c. sugar
½ tsp. cinnamon
½ tsp. flour (dry tapioca pudding
can be substituted)*

*4 lg. apples, peeled & cored
(Granny Smith)
2 T. butter
1 tsp. sugar/cinnamon mix
1 egg white*

Heat the oven to 350°. Place pie crust on pie pan. Spread mashed pears on pie crust. Mix sugar, salt, cinnamon and flour in large bowl. Add sliced apples to the mixture. Place apple mixture over mashed pears. Sprinkle the butter over the pie mix. Lay the crust over pie and unite at edges with bottom crust and trim. Spread egg white on top crust and sprinkle with sugar/cinnamon mix. Make decorative cuts in crust. Bake for 40 to 50 minutes.

*Paul A. Turner
Zion Baptist Church
Philadelphia, PA*

DEPARTMENT OF CHRISTIAN EDUCATION



RECOMMENDED READING LIST DEPARTMENT OF CHRISTIAN EDUCATION SEPTEMBER 11, 2023



AGES: 1-3

- First Coloring Book (by Imagi Press)
- Where's Spot (by Eric Hill)
- My First Book of Emotions for Toddlers (by Orlena Kerek & April Hartmann)
- The Going to Bed Book (by Sandra Boynton)
- I Am Amazing (by Alissa Holder)



AGES: 4-8

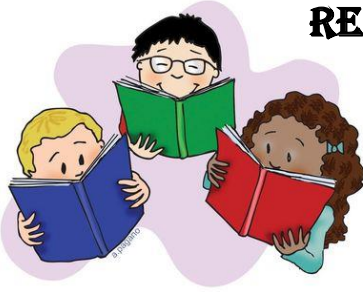
- Three Bears (by Igor Kraus & Arthur Kraus)
- Girls Like Me (by Valerie Thompson)
- I Am Enough (by Grace Byers)
- Brown Boy Joy (by: Dr. Thomishia Booker)
- I Am Smart, I Am Blessed, I Can Do Anything (by Alissa Holder)
- Brown Girl Brown Boy What Can You Be (by Dr. Temika Edwards)
- A Dolphin's Tale (by Dr. Natalie Kennedy)

AGES: 9-12

- ❖ Brown Girl Brown Boy (by Temeka Edwards)
- ❖ Dr. Neighborhood (by Dr. Natalie Kennedy)
- ❖ Black Birds in the Sky (by Brandy Colbert)
- ❖ The Davenports (by Krystal Marquis)
- ❖ Sitting in St. James (by Rita Williams Garcia)
- ❖ The Black Kids (by Christina Hammonds Reed)
- ❖ Inheritance (A Visual Poem) (by Elizabeth Acevedo)
- ❖ Punching the Air (by Ibi Zoboi & Yusef Salaam)

DEPARTMENT OF CHRISTIAN EDUCATION

RECOMMENDED READING LIST# (2023)



AGES: 13-17



- *Christian Finance for Teens (by Cindy Kersey)
- *Are You There God? It's Me Margaret. (by Judy Blume)
- *The Astonishing of After (by Emily X. R. Pam)
- *The Book Thief (by Markus Zusak)
- *When Stars Rain Down (by Angela Jackson-Brown)
- *Lord of the Flies (by William Golding)
- *To Kill a Mockingbird (by Harper Lee)
- *The Catcher in the Rye (by J. D. Salinger)

ADULTS

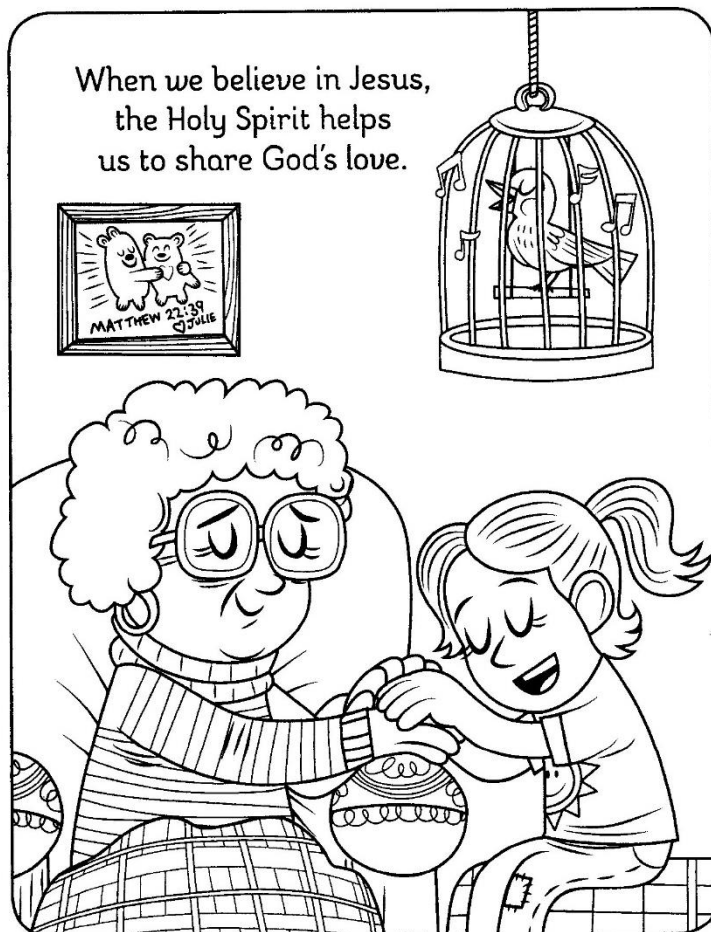
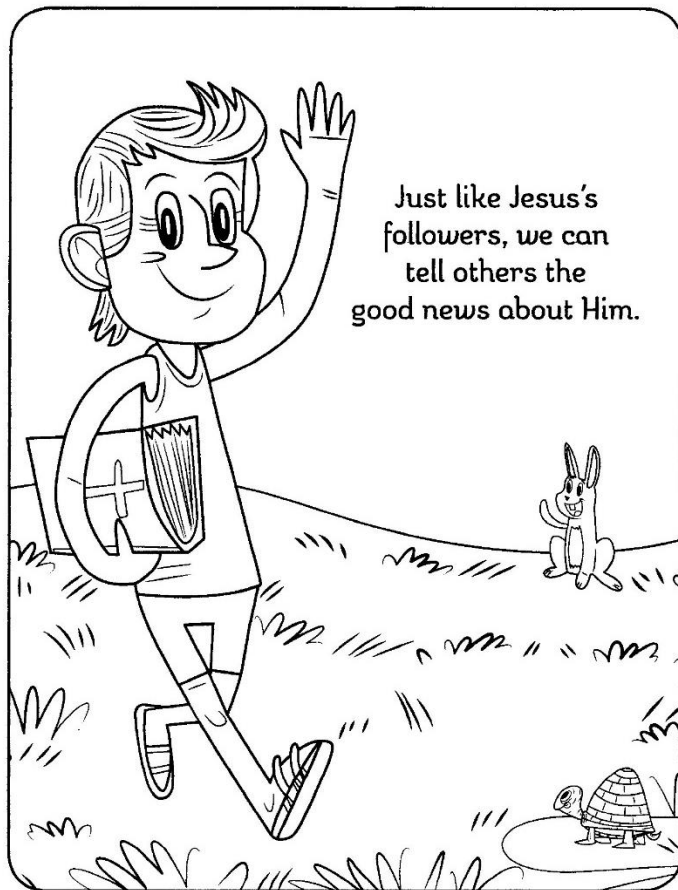
- Unleashed Voices (Poetry) (by Natalie Kennedy)
- The Shadow Cat (by Dr. Natalie M. Kennedy)
- If You Tell (by Gregg Olsen)
- The Magic of Ordinary (by Ann Howard)
- God's Destiny for People of Color (by Clarence Walker)
- Urban Apologetics (by Eric Mason)

Submitted by: Department of Christian Education.

Rev. Phyllis A. Harris, Director

Sis. Shirley Moore Harris, Commission Chairperson

CHILDREN'S CORNER COLORING PAGE



On Easter Sunday, we celebrate Jesus.
When we believe in Him, we belong to His family.



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

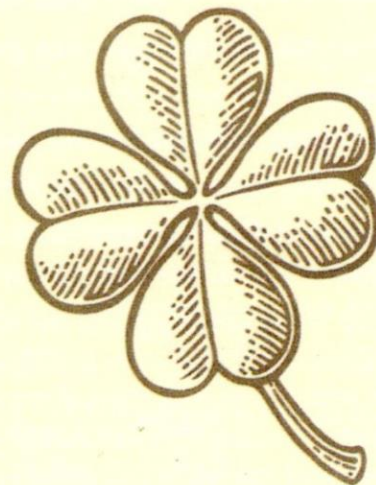
We wear a shamrock on St. Patrick's Day because, legend says, St. Patrick used its three leaves to explain the Holy Trinity. [The Trinity is the Father, the Son, and the Spirit as three divine persons who are one divine being (God).] The truth of the St. Patrick legend, however, is in question, as there 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!



THE SUPRISING ORIGINS OF EASTER SYMBOLS: FROM LAMBS TO LILIES

From lambs to lilies, there are many beautiful Easter symbols that have significance to us. But do you know why? The origin of the Easter egg is based on ancient fertility lore. The Easter bunny tradition came from the Germans (similar to Santa Claus). And then there are the Easter foods! Understand the symbolism and how Easter traditions began! Here's some table talk for your Easter dinner.

EASTER EGGS

The oval-shape egg has been a universal symbol in many religions across the millennia, symbolizing new life, rebirth, and fertility.

In Judaism, eggs are an important part of the Passover seder plate. For some Christians, the egg symbolizes the rock tomb out of which Christ emerged to the new life of his Resurrection. Among Orthodox Christians, the faithful present each other with crimson eggs in honor of the blood of Christ.

EASTER LAMB

Among the popular Easter symbols, the lamb is by far the most significant of this great feast. The lamb is said to symbolize Jesus, as it embodies purity and goodness, but also represents sacrifice. Jesus was crucified during Passover week and then made the ultimate sacrifice, his life. He is referred to as the "Lamb of God" and "our Passover lamb" in the Bible. During Easter, we celebrate Jesus Passover from death to life.

EASTER BREADS

Sweet breads are also a tradition, especially with the conclusion of Lent, a period when many people do not indulge in sweets. For Christians, the resurrected Christ is called "the bread of life" (John 6:35), in whom believers will find their daily spiritual sustenance.

HOT CROSS BUNS

Hot cross buns, hot cross buns! Traditionally, this delicious, sweet bun was served on Good Friday, the Friday prior to Easter. Good Friday marks the end of Lent and is the day that Jesus dies on the cross. The sweet bun is marked with a cross to help the bread rise and as a visible sign that the bread was "blessed."

EASTER LILY

The magnificent Easter lily, with its sheer white petals symbolizes life, purity, innocence, joy and peace.

In early paintings, the Angel Gabriel is seen handing a bouquet of white lilies to the Virgin Mary. In other paintings, the saints are bringing vessels full of lilies to Mary and the baby Jesus. It is said that beautiful white lilies sprang up in the Garden of Gethsemane, where Jesus wept in the last hours before he was betrayed by Judas. The lilies sprang up where drops of Christ's sweat fell to the ground in his final hours of sorrow.

Easter lilies grace homes and churches each spring as a symbol of new life.

THE EASTER BUNNY

The "Easter Bunny" who visits children on Easter morning was an invention of German Protestants; the *Osterhaus* or "Easter Hare," brought eggs and sweets to "good children" in the same way that Santa Claus brought gifts to well-behaved youngsters. Like Santa Claus, the Easter Bunny is something fun to do with the kids.

Excerpts from *The Old Farmer's Almanac*

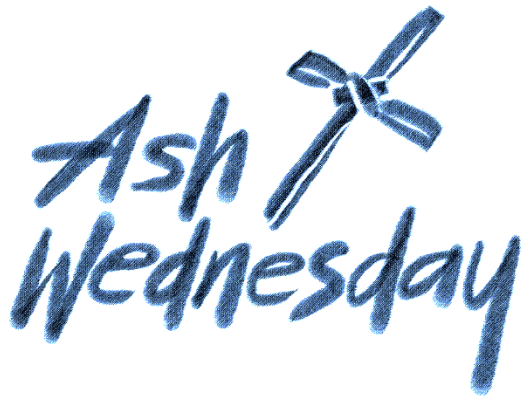


In the Christian tradition, the first day of [Holy Week](#) and the [Sunday](#) before [Easter](#), [commemorating Jesus Christ's](#) triumphal entry into [Jerusalem](#). It is associated in many churches with the blessing and procession of [palms](#) or twigs from locally available trees.

These special ceremonies took place toward the end of the 4th century in Jerusalem and are described in the travelogue *Peregrination Etheriae* (*The Pilgrimage of Etheria*). In the West the earliest evidence of the ceremonies is found in the Bobbio Sacramentary (8th century). During the [Middle Ages](#) the ceremony for the blessing of the palms was elaborate: the procession began in one church, went to a church in which the palms were blessed, and returned to the church in which the procession had originated for the singing of the [liturgy](#). The principal feature of the liturgy that followed the procession was the chanting by three deacons of the account of the [Passion](#) of Christ (Matthew 26:36–27:54). Musical settings for the crowd parts were sometimes sung by the choir. After reforms of the [Roman Catholic](#) liturgies in 1955 and 1969, the ceremonies were somewhat simplified in order to emphasize the suffering and death of Christ.

The day is now officially called Passion Sunday. The liturgy begins with a blessing and procession of palms, but prime attention is given to a lengthy reading of the Passion, with parts taken by the priest, lectors, and congregation. The palms are often taken home by the members of the congregation to serve as sacramentals (sacred signs of the [sacraments](#)), and some of them are burned the following year to serve as the ashes for [Ash Wednesday](#).

[*The Editors of Encyclopedia Britannica*](#)



Christian Holy Day

Ash Wednesday, in Western [Christianity](#), the first day of [Lent](#), occurring six and a half weeks before [Easter](#) (between February 4 and March 11, depending on the date of Easter). Ash Wednesday is a [solemn](#) reminder of human mortality and the need for reconciliation with God and marks the beginning of the penitential Lenten season. It is commonly observed with ashes and [fasting](#). [Eastern Orthodox](#) churches begin Lent on Clean Monday and therefore do not observe Ash Wednesday.

In the [early Christian church](#), the length of the Lenten celebration varied, but eventually it began 6 weeks (42 days) before [Easter](#). This provided only 36 days of fasting (excluding Sundays). In the 7th century, 4 days were added before the first Sunday in Lent in order to establish 40 [fasting](#) days, in imitation of [Jesus Christ's](#) fast in the desert.

It was the practice in Rome for penitents and grievous sinners to begin their period of public penance on the first day of Lent in preparation for their restoration to the [sacrament](#) of the [Eucharist](#). They were sprinkled with ashes, dressed in sackcloth, and obliged to “remain apart until...” they were [reconciled](#) with the Christian [community](#) on [Maundy Thursday](#), the Thursday before Easter. When these practices fell into disuse (8th–10th century), the beginning of the penitential season of Lent was symbolized by placing ashes on the heads of the entire congregation.



Why is Good Friday “good”?

He said, “It is finished,” and he bowed his head and gave up his spirit.

JOHN 19:30

The disciples watched as Jesus cried out, “it is finished.” But what was finished wasn’t Jesus’ life – it was everything separating us from God’s love.

“God with us” became “God for us” by giving up His life to rescue us.

Jesus suffered so that our suffering world could know God personally...that’s what makes Good Friday “good.”

A Good Friday Prayer

Jesus, I grieve that the torture and sorrow You endured on the cross were necessary to save humanity. You didn’t want us enslaved to fear, anxiety, or sin – so You sacrificed Yourself so that Love could win.

It’s Love that hung upon the cross and gave up everything to rescue us. “It is finished” was a cry of victory because You defeated everything that held us in captivity.

Because of Your Sacrifice, I can experience intimacy with You forever. Thank You! Show me how to share Your love today and every day.

Use me to reach the world You died to redeem. Amen.

Reprint from You Version



The angel said to the women, “Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay. Then go quickly and tell his disciples: ‘He has risen from the dead and is going ahead of you into Galilee. There you will see him.’ Now I have told you.” So, the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples. Suddenly Jesus met them.

“Greetings,” he said. They came to him, clasped his feet, and worshipped him. Then Jesus said to them, “Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me.” - [Matthew 28:1-10](#) NIV

ANNOUNCEMENT

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

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(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



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A TIME TO HEALED...

Sick & Shut-in



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Madeline Logan	Manor Care, RM-24A14 Lincoln Ave., Yeadon PA 19050
Rev. Isaac N. Patterson IV	Centennial Nursing Home, 4400 W. Girard Ave. 19104
Henriette Stukes	Simpson House Olde Main Bldg., 2101 Belmont Ave. 19131
Alonso Wall, Jr	Germantown Home, 6950 Germantown Ave., RM-227 19119

*Please, remember our Sick and Homebound with card and a phone call.
Always keep them in Prayers.*

To Everything There Is a Season and A
Time, For Every Purpose Under Heaven.

BIRTHDAY
SHOUT-
OUTS



And a Birthday Blessing

*To all who will celebrate their
birthday in the month of
January, February, & March.*



In Loving Memory of



Veronica Ann Robinson Elliott



Barbara Golden

Florence J. Smith

Catherine Stewart

Forever in our Hearts

Gone But Not Forgotten





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Deadline for Winter Edition
March 25, 2024

Thank you!



