



THE VIEW

From Mount Pisgah

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

2022

Summer



Summer Fun Tips

#1 in the BACKYARD

Whether it's a sprawling expanse of grass or something closer to the size of a postage stamp, your backyard is a tried-and-true summer venue that allows you to entertain at home with less risk. The secret to the success of any food-focused backyard event is a great grill. A folding worktable set up near the grill gives you instant counter space to work on.

#2 in the PARK

Pulling off a family gathering at a park or campground is easier than you think. Use a portable grill. Have family members and friends bring a favorite dish. A good organizer will ensure that games will be fun and entertaining. Have a cooler to keep those drinks ice cold. To protect against insects and ticks, take insect repellent along.

#3 at the BEACH

A feast at the beach requires a little bit of planning, but the extra logistical lift is worth it. There's something about the combination of sunshine and swimming that makes even great food taste better. A cooler is key to safely transporting and storing the ingredients you bring and keeping drinks cold. Remember that uncooked meat, fish, and other perishable foods you'd usually store in a refrigerator can be left out for only 1 hour on a 90-degree day. (Any longer and you run the risk of food poisoning.) Be sure to bring along a good sunscreen too, and reapply often.

Excerpts from June 2021 Consumer Reports





Message from our Pastor Reverend Jay B. Broadnax

The Blessing's In The Wrestling

One of my favorite stories in scripture is the story of Jacob's "wrestling match" with a heavenly being in Genesis 32. In this story, circumstances required that Jacob return to his homeland where his brother lived, whom he had wronged. Jacob had come to a place in his life where he was forced to face up to a past that he was ashamed of, and not run from it anymore. He had to stop and deal with it. Out of fear, Jacob did everything possible to put it off (including sending his family ahead of him), but the facing it was inevitable.

Many of us have things from our past that we would rather not stop and deal with. We would rather stay busy, keep preoccupied, and drown out the thoughts of it with life's "noise." Sooner or later, however, God brings us to a point in life where we have to face up to it, either because the ramifications from it begin to affect our present, or because someone else has been affected by it. These things may not be "deep dark secrets", but perhaps unresolved conflicts, or unsettled matters that are still in our spirits that God is telling us it's time to deal with. Like Jacob, we may try to put it off, but often our procrastination in dealing with such matters can adversely affect those close to us.

Before Jacob encountered the issue that he knew he had to face, however, Jacob had another encounter. The Bible says it wasn't a comfortable encounter – it was a wrestling match. Interestingly enough, it's not clear until AFTER the fact exactly WHO Jacob is wrestling with, or why. They just began struggling.

Sometimes we feel like we're in a wrestling match that seems to come out of the blue. There's a struggle going on, and but we're not quite sure with whom we are struggling. Is it Satan on the attack? Is it God who I'm struggling with? Is it ME who I'm struggling with? We are struggling with questions, wrestling with issues, grappling with decisions. We feel like they have us in a head lock and we're not sure why.

In the midst of the struggle, something inside Jacob tells him that there's something special about this wrestling match. This is not just a random attack. Something on the inside tells him that if he NEEDS TO wrestle with this! He's at one of the most vulnerable points of his life, alone, away from his family, and fearing for his life, and all of the sudden, he's under attack, but something tells him that if he holds on to this man, if he keeps on wrestling, if he doesn't let go, there's a blessing in store for him. If he aborts the struggle and lets it overcome him, he's going to miss out on an opportunity. Jacob made up his mind to hold on through the struggle, and God transformed Jacob into Israel. Israel then could then deal with the issues of Jacob's past from a new perspective.

Sometimes THE BLESSING IS IN THE WRESTLING! You might not understand what you're going through or why you're going through it, (children acting up, spouse acting crazy, household in disarray, and you're wrestling) but I want to encourage you to hold on to God through the wrestling. Don't let go. If you hold on through the wrestling, God can and God will use it to transform you, and "a transformed you" will be much better able to face and address the unresolved issues of your past.

INSIDE THIS ISSUE

<i>1. The View</i>	<i>17. Health Corner continued</i>
<i>2. Message from our Pastor</i>	<i>18. What's Cooking</i>
<i>3. Inside this Issue</i>	<i>19. Department of Christian Education</i>
<i>4. Message from our Editor</i>	<i>20. Department of Christian Education Graduates 2022</i>
<i>5. Message from our Editor continued</i>	<i>21. Department of Christian Education Graduates 2022</i>
<i>6. Philadelphia Lay Organization Luncheon</i>	<i>22. Philadelphia School of Dance</i>
<i>7. Summertime Tips for Vacation</i>	<i>23. Meet Mabel Wilson</i>
<i>8. Speedy Trips Through TSA Screening</i>	<i>24. Birthdays</i>
<i>9. Speedy Trips Through TSA Screening continued</i>	<i>25. Sick and Shut-In</i>
<i>10. Praying God's Word</i>	<i>26. Calling all Worshippers</i>
<i>11. Prayer Calendar</i>	<i>27. Ministries of Mount Pisgah</i>
<i>12. Church School</i>	<i>28. Ministries of Mount Pisgah continued</i>
<i>13. Words of Inspiration</i>	<i>29. Ministries of Mount Pisgah continued</i>
<i>14. Health Corner</i>	<i>30. Just a Reminder</i>
<i>15. Health Corner continued</i>	<i>31. Forever In Our Hearts</i>
<i>16. Health Corner continued</i>	<i>32. Important Announcement</i>

PLEASE REMEMBER



WE ARE STILL NOT IN THE CLEAR!

Message from the Editor Keith W. Arrington, Sr.

“I long to see you so that I may impart to you some spiritual gift to make you strong—that is, that you and I may be mutually encouraged by each other’s faith. I do not want you to be unaware, brothers and sisters, that I planned many times to come to you (but have been prevented from doing so until now) in order that I might have a harvest among you, just as I have had among the other Gentiles.” ~ Romans 1:11 – 13



We Long to See You!

It has been well over two years since the COVID-19 pandemic changed all of our lives in such a drastic way. For sure, the way in which we worship has also been greatly impacted. Let us be clear, though worship has changed, it has far from stopped. We have become experts at Livestream worship services, Zoom meetings, and Church School by conference call. We even learned how to get our praise on right there in the chat box! Still, when we moved to a hybrid form of worship a couple of months ago – continuing to broadcast worship service while also opening the doors to a limited number of in-person congregants – something immediately became very clear. We really longed to see one another, so much so that we had to really condition ourselves to keep in mind our safety protocols, No Holy Hugs!!

In Paul’s letter to the Church in Rome, he captured the very essence of how I suspect most of us feel at Mt. Pisgah; we long to see one another, to share with one another our spiritual gifts, and to encourage each other in the faith. There’s just something about being in the presence of voices lifting up praises in song, something about hearing the unfiltered sound of the instruments. There’s just something about the mighty move of God that takes place when the unadulterated preached Word is able to bounce from disciple to disciple like pinball in a pinball machine! We long for that kind of dynamic energy! We long for the hallelujah praise! We long for the Amen corner! We long to see you!

Message from the Editor continued

Just as Paul said to the Romans, I know that some of you have planned to come many times before, but you were prevented. It could have been persisting apprehension about venturing out or, quite frankly, the pure convenience of just staying in and worshipping virtually. We so love our virtual church, and we will continue to do our best to enhance it to the fullest. Yet, no matter how great a virtual service we present, it cannot begin to compare to the absolute vibe that comes from the gathering of the saints!

So, we encourage you saints, it's time to come back! It's time to meet each other's countenance, even if it's still just from the eyes up! We want to see you sway and maybe even do a holy dance. We want to hear you clap, stomp, and shout hallelujah! Won't you join us at Mt. Pisgah? We'd so love to share in the harvest among you! Oh, how we long to see you!





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

THE PHILADELPHIA CONFERENCE

Saturday, October 1, 2022

Springfield Country Club

400 W. Sproul Road

Springfield, Pa.

11-3-pm.



**Our Lay Unsung Hero being honored from
Mount Pisgah AME Church is**

BROTHER KEITH ARRINGTON SR.

CONTACTS FOR TICKETS

Sister Margaret Miller
609-932-7566

Brother Keith Arrington
215-803-7000

TICKET COST: \$55.00





ESSENTIAL ITEMS:



YOUR SUMMER TAKE-ALONG KIT

Whether you're doing a nearby activity or taking a trip, the following items may come in handy.

MASK. Many places may still require them. If you're going on an overnight or multiday trip, be sure to pack enough to wear a fresh one each day.

HAND SANTIZER. Cleaning your hands often and well is critical for preventing all kinds of infections. Soap and running water are best, but hand sanitizer will also do the job.

VACCINE CARD. Have a photo of both sides of your COVID-19 vaccination card on hand in case you need it for entry to a venue.

MEDICAL INFO. If someone in your group starts feeling ill, you may need to contact their doctor or seek help. So be sure everyone has their insurance card, doctors' contact info and a list of their current medications. In fact, a copy of regular prescriptions is a good idea for travel.

FIRST AID KIT. It's wise to have one in your car or travel bag. Make sure your kit includes a thermometer and fever-reducing medications.

GETTING TO YOUR AIRPLANE

Here's a 9 step guide to boarding

1. **Booking your trip.** Research whether you'll have to provide proof of a negative COVID-19 test prior to arrival at your destination. Go to covid19.state.gov, then click on Country Specific Information.
2. **Checking in from home.** Print your boarding pass at home or download it to your smart phone to avoid touching airport kiosks.
3. **Setting a schedule.** Leave extra time for coronavirus safety procedure and screenings at the airport. Allow a minimum of two hours for a domestic flight and plan for three hours if you're going on an international trip.
4. **Riding to the airport.** If you can, take a taxi or a ride-booking service such as Uber or Lyft so you won't have to use the multi passenger shuttle bus from the parking lot to the terminal.
5. **Entering the terminal.** Put on your mask. Passengers are required to wear one except when eating or drinking.
6. **Reaching the line.** Scan your own boarding pass at security checkpoints and show it to the TSA officer for visual inspection, instead of handing it over. Place personal items in your carry-on bag, rather than in a plastic bin.
7. **Making it through security.** Remove food from carry-ons and put it into a separate plastic bin for screening. Liquid restrictions have been eased for hand sanitizer (you can bring up to 12 ounces); remove it from your bag for separate screening.
8. **Boarding the plane.** Show your proof of a negative COVID-19 TEST, if needed.
9. **Taking your seat.** Sanitize the tray table and armrests.

Veronica Stoddart
AARP Magazine



Speedy Trip Through TSA Screening

By Christina Ianzito, AARP (<http://www.aarp.org>)
Updated May 13, 2022

The Transportation Security Administration (<https://www.tsa.gov/>) (TSA) is asking the public for patience, courtesy and compliance as it adjusts to the growing number of passengers passing through security. The numbers have skyrocketed in the past few months – more than 2.02 million people passed through airport security on May 11, for example. That’s nearing the approximately 2.34 million who did so on May 11, 2019, pre-pandemic, and a huge leap from the 1.42 million who flew on the same date last year.

The agency recently issued a statement on the growing demand for air travel, noting that it “is prepared for a busy summer travel season with anticipated passenger volumes that will match and may occasionally exceed those of 2019 for the first time since the pandemic began.”

Passengers are no longer required to wear a face mask in the airport and on the plane ([travel/travel-tips/onfo-2022/masks-on-planes.html](https://www.tsa.gov/travel/tips/onfo-2022/masks-on-planes.html)), since a federal judge overturned the COVID-related order last month (It’s not yet clear whether the Justice Department will appeal the ruling). The U.S. Centers for Disease Control and Prevention (CDC), however, is recommending that travelers continue to wear masks covering their nose and mouth “in indoor areas of public transportation (including airplanes) and indoors in U.S. transportation hubs (including airports).”

If you are wearing a mask, the TSA screening officer at the travel document checker station will likely ask you to briefly lower your face mask to verify your identity.

At a media briefing this week the TSA described some of its new high-tech tools including computed tomography (CT) units, which can provide detailed rotating 3D images of a carry-on bag’s contents, giving more accurate pictures than the old-school X-ray machine – and the TSA hopes, speed the screening process by reducing the need for physical searches. They’ve been installed at 163 airports around the country. It has also begun using Credential Authentication Technology (CAT) for ID authentication and reservation verification in some airports, and is testing facial-recognition technology.

For a smooth and safe screening process, follow the TSA’s current tips and protocols.

Abbreviated

- **Double check the list of banned items** (<https://www.tsa.gov/travel/security-screening/whatcanibring/all>) (no cattle prods, please)
- **Arrive at the airport early to make sure there’s sufficient time to make your flight** in case lines are long due to increased passenger volume and TSA staffing shortages.
- **Organize your personal items before screening.** Remove your belt, keys and other items from your pockets and put them in your carry-on bag before lining up for screening. (This does not apply to TSA PreCheck members)
- **TSA officials no longer physically handle boarding passes,** so place your paper or electronic pass on the code reader and hold it for the officer to inspect.



Speedy Trip Through TSA Screening

If you're bringing food, it may need to be inspected, although in most cases, the TSA says, "food or snacks such as fruit, health bars and sandwiches can stay inside your carry-on bag," as can cakes and other baked goods.

- **Up to 12 ounces of hand sanitizer is permitted through security**, but the TSA asks that it be removed from carry-on bags before screening. You can also bring alcohol wipes or antibacterial wipes in carry-on bags.
- **Personal electronics devices larger than a cellphone need to be removed** from your carry-on bag and placed in a bin with nothing on or under them for X-ray screening.
- **The TSA will accept a driver's license or state-issued ID** up to a year after expiration for those who have been unable to renew theirs during the pandemic.

Passengers are asked to remain aware of and report suspicious activities ("If You See Something, Say something" is the motto of the public safety campaign) find out more at the Department of Homeland Security website.

- **Ask for help.** If you have any questions about the procedures, you can call the TSA's customer service center at 866-289-9673 or get in touch through Twitter (@AskTSA) or Ask TSA on Facebook. If you require assistance because of medical or disability issues, contact TSA Cares at least 72 hours in advance of your flight at 855-787-2227.

Another tip: BE NICE. Many people are tense when they travel, and TSA and airline staff are facing their own stresses. And have a great trip!

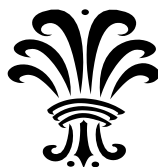
More on Air Travel

- [How to navigate the airport if you have a disability](#)

</travel/travel-tips/transportation/info-2022/flying-with-a-disability.html>

- [Rules for flying with your pet](#)

</travel/travel-tips/safety/info-2021/flying-with-a-pet.html>





PRAYING GOD'S WORDS



What exactly is the power of prayer? The power of prayer isn't in the words you say. It's not about what you pray or even how you pray. Prayer is defined as talking with God. Prayer is an act of worship that glorifies God and reinforces our need for Him. Through living a life of prayer, we communicate with the very source of and purpose for our existence.

It is our fiercest weapon against the enemy and all things in the world. Priscilla Shirer in her book, *Fervent: A Woman's Battle Plan to Serious, Specific and Strategic Prayer* says, "Prayer is the portal that brings the power of heaven down to earth. It is kryptonite to the enemy and to all his ploys against you."

According to the Bible, the power of prayer is quite simply the power of God who hears and answers prayer. In her book, *The Power of a Praying Woman*, Stormie Omartian says, "We have to put our expectations in the Lord and not in other things or people." There are many times we feel powerless in our lives, especially in the face of difficult circumstances. By ourselves, we can do nothing. In John 15:5 Jesus says, "Apart from me you can do nothing." The power of prayer is not the result of the person praying. It is not a magic formula. It is not keywords. Rather the power resides in the God who is being prayed to. 1John 5:14-15 tell us, "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us-whatever we ask- we know that we have what we asked of him."

Prayer emphasizes God's ability to make things happen. When we approach Him with an open, humble heart filled with awe of who God is, we admit we can't force others to come to Him, we open the door for God to accomplish what we could never do. The Lord God Almighty can do all things; there is nothing impossible for God. Prayer changes us first. In our busy lives, too often, we don't pray enough. Or we pray for our most pressing needs and treat God as a genie. When we close our eyes, get on our knees, have a deep intimate talk with him, we will hear the Father's voice and direction. We will see our flaws, be forgiven of our sins, allow Him to perfect us and change to become the people God wants us to be.

The Lord God Almighty answers prayer. "I call on you, my God, for you will answer me." (Psalm 17:6) Even when we lack faith or have very little faith, God assures us that if we have faith the size of a mustard seed, we can move mountains.

Have you prayed today? Do you pray every day? Do you pray when you get up in the morning and before you close your eyes at night? Be consistent in your prayer life. Set aside some time each day to pray. Let God know that you are grateful and thankful for all that He has done in your life. There is immense power in daily prayer. Jesus tells us that with the power of the Holy Spirit, we can do great things as He did. Jesus is our role model. Pray without ceasing. There is power in prayer!



PRAYER CALENDAR

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>	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>	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>	4 INTEGRITY Lord, may integrity and uprightness protect me because my hope is in you. <i>Psalms 25:21</i>	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>	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>	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>
8 MERCY Oh Father, grant that I would be full of mercy and compassion as you are, Lord. <i>James 5:11</i>	9 RESPECT Lord, help me to show proper respect to everyone, as your Word commands. <i>1 Peter 2:17</i>	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>	11 FAITHFULNESS Let faithfulness never leave me, but bind this virtue around my neck. <i>Proverbs 3:3</i>	12 COURAGE Lord, may I always be strong and courageous in my character and my actions. <i>Deuteronomy 31:6</i>	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>	14 KINDNESS Father, I pray that I would be kind to others and good to everyone. <i>1 Thessalonians 5:15</i>
15 GENEROSITY Lord, I pray I will be rich in good deeds, generous and willing to share. <i>1 Timothy 6:18</i>	16 PEACE LOVING Father God, help me make every effort to do what leads to peace. <i>Romans 14:19</i>	17 JOY Heavenly Father, grant that I will be filled with the joy given by the Holy Spirit. <i>1 Thessalonians 1:6</i>	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>	19 HUMILITY God, please cultivate in me the ability to show true humility toward all. <i>Titus 3:2</i>	20 COMPASSION Holy Father, I pray that You would clothe me with the virtue of compassion. <i>Colossians 3:12</i>	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>
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>	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>	24 A SERVANT'S HEART God, help me develop a servant heart that I may serve wholeheartedly. <i>Ephesians 6:7</i>	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>	26 PATIENCE God, strengthen me with all power, so that I may have great endurance and patience. <i>Galatians 5:22</i>	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>	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>
29 PRAYERFULNESS I ask that I will be committed to prayer, and not faint, lose heart or give up. <i>Luke 18:1</i>	30 GRATITUDE Lord, help me to live a life that over-flow with thankfulness, always giving thanks to You. <i>Ephesians 5:20</i>	31 BOLDNESS I pray that I will fearlessly make known the mystery of the gospel of Christ Jesus. <i>Ephesians 6:19</i>	<p>Prayer Changes Things!</p> <p>May God Bless You and Your Family with a Healthy, Happy and Prosperous New Year!!</p> <p>Use this calendar as a guide each month.</p>			

CHURCH SCHOOL

Welcome

**New
Members!**

Brother Conniyah McKinney

YOU DESERVE GOOD THINGS!

***You're
exactly who
joy is
looking for!***

If you think big happiness only happens for other people, think again! Great things unfold for those who know they're worthy, and who welcome the abundance life has to offer. In other words...you! Blessings are already heading your way, and you're ready. Enjoy!

***This is your
time!***

Your time to take your time and mull things over, or your time to decide. Your time to dream and do. Your time to let go of the past, tap the power of the present and blast off toward a beautiful future. Your time to make some time for you. Your time to be you. Which means your time to shine!

***You are
worthy of
every
blessing
there is!***

Happiness, success and, of course, less stress! Beautiful surprises! Goals achieved because you believed! A fleet of angels at your side and behind the scenes, more than enough hope and faith to see you through and a surplus of love! Joys big and small—you deserve them all!

Submitted by Arthean Wicks

WORDS OF INSPIRATION

PSALM 23

1. The Lord is my shepherd; I shall not want.
2. He maketh me to lie down in green pastures; He leadeth me beside the still waters.
3. He Restoreth my soul: He leadeth me in the paths of righteousness for His name's sake.
4. Yea, though I walk through the valley of the shadow of death, I will fear no evil: For thou art with me; Thy rod and Thy staff they comfort me.
5. Thou prepared a table before me in the presence of mine enemies: Thou anointest my head with oil; my cup runneth over.
6. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.



- 1 The Lord takes good care of me and provides everything that I need.
2. His constant love, mercy, grace, and instruction will cause me to rest and have peace when the stresses of life cross my path.
- 3 God keeps me and fills my soul; His decisions are always rich and good. His laws give His name and who He is praise and glory.
- 4 Even if death surrounds or comes near me, I will not be scared and I won't stop trusting Him. The Lord is always with me and He is willing to handle all of my problems. His corrections are good for me. His rules bring comfort to me because I know that they will make me a better person if I obey His word.
- 5 When I am obedient to His word, He blesses me right in front of my enemies. The Lord gives me power to think and understand His thoughts. My life is filled and overflowing with God's blessings.
- 6 I can depend on God's goodness and mercy to follow me all the days of my life, plus I will go to heaven to live with The Lord for ever and ever (eternally)
AMEN



HEALTH CORNER

THESE ARE STRESSFUL TIMES!

If you are feeling stress, grief, or anxiety during this time, you are not alone.

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.

Impact of COVID 19 Pandemic

The COVID-19 pandemic has been stressful for many people. Some groups may be more affected than others. Studies about mental health found inconsistent effects of the COVID-19 pandemic on different racial and ethnic groups. One study found elevated depressive symptoms, and fear of COVID-19 among racial and ethnic populations (combined) compared with White people. Another study found symptoms of adverse mental or behavioral health conditions were more common among Hispanic and Black people compared with White people.

However, another study found that compared with White young adults (aged 18-30 years), Asian American young adults were less likely to report high levels of poor mental health symptoms, including depression, and both Asian American and Hispanic or Latino young adults were less likely to report high levels of anxiety. The effect of the COVID-19 pandemic on mental health may be influenced by the intersection of age, income, employment, and other social factors, in addition to race and ethnicity.

HEALTH CORNER CONTINUED

Grief and Loss

Many people are experiencing grief during the COVID-19 pandemic. Grief is a normal response to loss during or after a disaster or other traumatic event. Grief can happen in response to loss of life, as well as to drastic changes in daily routines and ways of life that usually bring us comfort and a feeling of stability. Some groups may be more likely to experience loss of a loved one due to COVID-19. Black people were found to be more likely to have a close relative who died from COVID-19.

Social Determinants of Health

Inequities in the [social determinants of health](#) increase the negative effects of the COVID-19 pandemic for some racial and ethnic groups. We need to work together to reduce the negative effects that COVID-19 has had on individuals and communities, including working to address inequities in the social determinants of health. Learn more about [what we can do to move towards health equity](#).

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.

HEALTH CORNER CONTINUED

- Increased use of [alcohol](#), illegal drugs (like [heroin](#), [cocaine](#), [methamphetamine](#)), and misuse of prescription drugs (like opioids).

Healthy Ways to Cope with Stress

Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient. You can help yourself, others, and your community manage stress in the following ways.

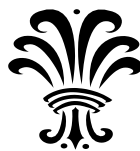
- **Take breaks from news stories, including those on social media.** It's good to be informed, but constant discouraging information can be upsetting. Consider limiting news to just a couple of times a day and disconnecting from your phone, TV, and computer screens for a while.
- **Take care of your body:**
 - Get vaccinated and stay up to date on your COVID-19 vaccines.
 - Eat plenty of fruits and vegetables, lean protein, whole grains, and fat-free or low-fat milk
 - and dairy products. Eating well also means limiting saturated fats, cholesterol, salt, and added sugars.
 - Going to bed at the same time each night and getting up at the same time each morning, including on the weekends, can help you sleep better (adults need 7 or more hours per night).
 - Move more and sit less. Every little bit of physical activity helps. You can start small and build up to 150 minutes a week that can be broken down to smaller amounts such as 20 to 30 minutes a day.
 - Take deep breaths and stretch.
 - Limit [alcohol](#) intake. Choose not to drink, or drink in moderation (one drink a day for women, two for men) on days that alcohol is consumed.
 - Avoid using prescription drugs in ways other than prescribed, taking someone else's prescription, or using illegal drugs.
 -

HEALTH CORNER CONTINUED

- Avoid [smoking](#) and the use of other [tobacco](#) products. People can and do [quit smoking](#) for good.
- Continue with regular health appointments, testing, and screening, especially those for [cancer](#).
- **Make time to unwind.** Take a break from your routine to do activities you enjoy.
- **Connect with others.** [Talk with people](#) you trust about your concerns and how you are feeling.
- **Connect with your faith-based and community organizations.** If you can't take part in group activities right now, try connecting virtually/online, through social media, or by phone or mail.
- **If you are feeling overwhelmed or like you are about to lose control, contact someone or seek help immediately; or call 911. You are not alone and help is available!**

ARTICLE SOURCE: CDC Website, Topic Mental Health

Submitted by Rev. Lisa Richardson





Baked Linguine and Meatballs

Italian sausage is the simple secret to these flavorful bites

- 8 oz. linguine pasta
 - 3 links sweet Italian sausage, 8 oz., casings removed
 - 1½ cups vodka pasta sauce
 - ¾ cup shredded Italian cheese blend, 3 oz.
 - 1 Tbs. chopped fresh parsley
- Heat oven to 400°F. In large pot of salted boiling water, cook pasta according to package directions for al dente; drain. Return to pot.
- Divide sausage into 12 portions. Shape into 12 balls. Coat 12" nonstick skillet with cooking spray; heat over medium heat. Add sausage; cook, turning, until browned, 5–6 min. Reduce heat to low. Cover; cook until no longer pink in centers, 5–7 min. Add sausage and sauce to pasta; toss until combined. Transfer to baking dish. Top with cheese. Bake until hot and cheese is melted, about 10 min. Sprinkle with parsley.

Bacon-Cheddar Baked Potatoes

Buttery Yukon Golds ensure these cheesy spuds turn out extra-irresistible—all-purpose potatoes work just as well

- 4 large Yukon Gold potatoes
 - ¼ tsp. salt
 - ¼ tsp. pepper
 - 2 slices bacon, chopped
 - ½ cup grated sharp cheddar cheese
 - ½ cup sour cream
 - 1 tsp. chopped chives
 - 1 tsp. chopped parsley
- Heat oven to 400°F. Pierce potatoes all over with fork. Place on baking sheet. Bake until tender, about 1 hr. Meanwhile, in nonstick skillet over medium-high heat, cook bacon until crisp, about 8 min. Drain on paper towels.
- Heat broiler. Place potatoes on pieces of foil; crimp sides. Split potatoes; sprinkle with salt and pepper. Add bacon and cheese. Broil until cheese melts, 2–3 min. Mix sour cream and herbs. Top potatoes with sour cream mixture.

Submitted by Arthean Wicks

A SUMMER TREAT

Italian Ice Cream

- 1- Medium size cool whip
- 1- Can cranberry sauce
- 1- Can condensed milk
- 1- Can crushed pineapple
- Fruit of your choice
(Peaches, Strawberry)
- Mix all together, put in freezer until frozen



DEPARTMENT OF CHRISTIAN EDUCATION



RECOMMENDED READING 2021-2022 (GRADES: 5-8)



1. 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

RECOMMENDED READING 2021-2022 (GRADES: 9+)

1. The Hill We Climb by: Amanda Gorman
2. A Promised Land by: Barack Obama
3. The Truths We Hold by: Kamala Harris
4. Walking with the Wind by: John Lewis
5. The Audacity of Hope by: Barack Obama
6. Tears We Cannot Stop by: Michael Eric Dyson
7. What Truth Sounds Like by: Michael Eric Dyson
8. Christians Against Christianity by: Rev. Obrey M. Hendricks, Jr.
9. Becoming By: Michelle Obama
10. The Politics of Jesus by: Rev. Obrey M. Hendricks, Jr.
11. Jesus and the Disinherited by Howard Thu



DEPARTMENT OF CHRISTIAN EDUCATION

2022 GRADUATES



NAME: Chance C. Durham
PARENT: Roselyn Hammond
GRADE: 5TH **MOVING FROM:** Haverford Lower-Level School for Boys
SPECIAL RECOGNITION: He is on the Honor Roll, and he played chimes in the Music Department.
NEW GRADE: 6TH **NEW LEVEL:** Middle School
SCHOOL: Haverford Middle School for Boys

NAME: David N. M. Scott
PARENTS: Danita and David Scott
GRADE: 5TH **MOVING FROM:** Carr Croft Elementary School
SPECIAL RECOGNITION: He played soccer and his school recommended that he take all honors classes in middle school.
NEW GRADE: 6TH **NEW LEVEL:** Middle School
SCHOOL: P. S. DuPont Middle School



NAME: Cortez Calloway
PARENT: Veronica Elliott
GRADE: 8TH **MOVING FROM:** Samuel Gompers Elementary School
SPECIAL RECOGNITION: He is on the Honor Roll.
NEW GRADE: 9TH **NEW LEVEL:** High School
SCHOOL: Constitution High School



NAME: Tia Criss
PARENTS: Lynn and Wendye Criss
GRADE: 12TH **MOVING FROM:** Philadelphia High School for Girls
SPECIAL RECOGNITION: She is on the Honor Roll.
NEW LEVEL: College
COLLEGE: Cheyney University on a full scholarship majoring in Early Childhood Education



NAME: Jasmin Criss
PARENTS: Lynn and Wendye Criss
GRADE: 12TH **MOVING FROM:** Philadelphia High School for Girls
SPECIAL RECOGNITION: She is on the Honor Roll
NEW LEVEL: College
COLLEGE: Cheyney University of Pennsylvania on a full scholarship majoring in Early Childhood Education

DEPARTMENT OF CHRISTIAN EDUCATION

NAME: Sydni L. Townsend
PARENTS: Shelly and Haywood Townsend
GRADE: 12TH **MOVING FROM:** Downingtown East High School



SPECIAL RECOGNITION: She is on the Honor Roll, on the softball team receiving the Softball Letter and Pin. She was also a member of the Black Student Union.

NEW LEVEL: College

COLLEGE: University of Maryland Baltimore County Honors College, majoring in Environmental Sciences and Geology

NAME: Brandon Winfield
PARENT: Jasmine Winfield King
MOVING FROM LEVEL: Ursinus College
DEGREE: Bachelor's Degree in Music

SPECIAL RECOGNITION: Brandon received the Chapel Leader Award, the Ursinus Quest Award and the Robert Rifkin Prize for the Best Composition Either Published or Unpublished. Brandon is also on the Dean's List graduating Magna Cum Laude.

FUTURE PLANS: Brandon will be working in a Music Camp this summer and at Ursinus College as a Chapel Assistant in their Post Graduate Program in the fall.

NAME: Almondo Sean Clayton, II
PARENTS: Jacqueline Clayton and Almondo Clayton, Sr.
MOVING FROM LEVEL: West Chester University of Pennsylvania
DEGREE: Master of Science Degree in Computer Science

SPECIAL RECOGNITION: Sean graduated Magna Cum Laude, was in the top 10% of his class, on the Dean's List, was the head Ambassador for his college and participated in four internships. Sean is an advocate for student success and owns his own technology business: ASC Solutions Services, LLC.

FUTURE PLANS: Sean moved to Texas with a full-time offer from Texas Instruments. He will be working for two years as an Information Technology Analyst that includes: networking, cyber security, artificial intelligence, and machine learning.



Congratulations!

PHILADELPHIA SCHOOL OF DANCE ARTS TEACHER OF THE YEAR



**CONGRATULATIONS
DARA BROADNAX**

MEET MABEL WILSON

She's called Simpson House Home Since 2019



Focused on family values

Family comes first for Mabel Wilson, whose happiest memories are of family birthdays and Sunday dinners. After raising her family, Mabel moved into Simpson House in 2019. "I love that the location is close to center city, but it has a suburban feel – and I enjoy the people," she says. Mabel also believes that respect for other people and walking are the keys to aging well. At Simpson House, she also finds peace working in the garden and reading. She especially enjoys autobiographies—perhaps because she has such a rich life story of her own.

Call us today at 267-550-7192 or visit SimpsonHouse.org/PT-MW to see for yourself why Mabel and other role models choose Simpson House for retirement living.

SIMPSON


Trusted Since 1865

150 MONUMENT RD
SUITE 202
BALA CYNWYD, PA 19004

Submitted by Arthean Wicks

TO EVERYTHING THERE IS A SEASON AND
A TIME FOR EVERY PURPOSE

★HAPPY★
BIRTHDAY!
Shout Out!

BIRTHDAYS/BIRTHS

Happy
Birthday

TO ALL THE BIRTHDAYS IN THE MONTHS OF:



JUNE

*Chance Durham 5, Denise Ruffin 6, Roberta King 7, (Silver fox)
Angela Ryans 10, Mary Collins 12, Delores Lewis 12,
Claudia Hammond 15, (Silver fox) Sharon Lovett 25,
Australia Weaver 30*

JULY

*Josephine Johnson 5, Janie Weeks 13, Darrell Alston 20, Linda
Graham 21, Carrie Yon 22, Henrietta Stukes 25, (80's Lady)
Doug Clark 28, Catherine Stewart 28, (80's Lady)*

AUGUST

*Daphin Jackson, 1 Pastor Jay, Jasmin Criss, Tia Criss, 2
Donielle Warren, 3 Bruce Cunningham 11, Tyler Criss 13,
Stephen Patterson 22, Darlene Foreman, Gloria Geathers 25*



CALLING ALL WORSHIPPERS

Let them praise his name with dancing

Psalm 149:3

OPEN MEMBERSHIP IN BOTH GROUPS

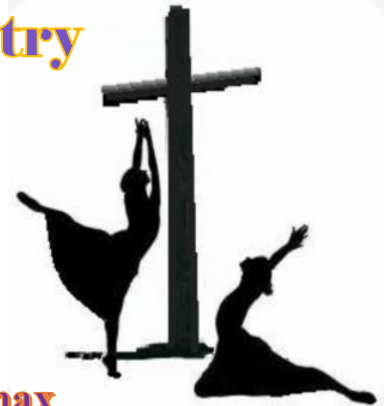
Angels of Praise Dance Ministry

(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





A TIME TO BE HEALED....

Sick & Shut-in



Darrell Alston	5121 Cedar Ave. (43)
Verbatine Alston	6212 Sansom Street (39)
Sheila Booker	118 E. Hortter Street (19)
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 No. 53rd Street (39)
Khalil Edwards	2401 Benson St., Phila, PA (19152)
Jackie Gardner	2133 S. 58th Street (43)
Vivian H. Gee	3600 Conshohocken Ave., Apt. 513(31)
Melvin Francis	1030 Belmont Ave., Apt 706, (04)
Therion Hudson	306 N. 41st Street (04)
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)
Roberta King	1366 S. 46 th St. (43)
Vincent Mercer	1345 71 st Avenue (26)
Felicia Olugbode	4131 Spring Garden St. (19104)
Eunice Patterson	1843 N 72nd Street, 19151
Arleatha D. Pierce	5524 Haverford Ave. Apt 413 (39)
Ida Pierce	5458 Locust Street (39)
Mildred McNeil	3901 Market St., Apt. 607 (04)
Maryetta Reid	4511 Walnut Street, Apt 220 (39)
David Rivers	5524 Haverford Ave. Apt 509 (39)
Florence Smith	1425 N Allison Street, 19131
Catherine Thompson	4400 Fairmount Ave, Apt.102, 19104
Valorie Toombs	50-1Revere Road, Drexel Hill, PA 19026
Audrey Washington	6213 Carpenter St (43)
Australia Weaver	3713 Mimi Circle, Phila, PA 19131
Mamie Young	4342 Pine Street, Phila, PA 19104
Marlene Winfield	3939 Conshohocken Ave. Apt. 521 (19131)

NURSING CARE, ASSISTANT LIVING

Verna Cox	Harston Hall RM# 324B 350 Haws Lane, Flourtown, PA 19031
Willie Hamwright	The Watermark Logan Sq., Apt. 812 2 Franklin Town Blvd. (03)
Madeline Logan	Manor Care, RM 24A, 14 Lincoln Ave., Yeadon, PA., (19050)

HOSPITAL, SHORT TERM REHABILITATION

Robert Brown	Thomas Jefferson Hospital 909 Walnut St (07)
Alonzo Walls, Jr.	Caring Heart Rehabilitation, 6445 Germantown Ave. RM #538A 19119

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



THE MINISTRIES OF MT. PISGAH A.M.E. CHURCH

Pastor appointed & Elective Ministries

Class Leaders	Are appointed annually by the pastor to provide spiritual support and guidance to assigned members. Every member is assigned to a Class Leader. Meetings are on the first Saturday at 1:00 pm.	
Steward Board	Assist the Pastor with the spiritual growth of the congregation while offering support and comfort to the membership. They are also charged with making an accurate account of all monies collected and all expenditures of the church. Are appointed annually by the pastor.	Chair: Rev. Jay B. Broadnax, Vice-chair: Bro. Keith Arrington
Stewardess Board	Stewardesses care for the altar, prepare the Elements for Holy Communion, Holy Baptism and Love Feasts. They also make sure the altar is changed to the proper seasonal color. Are appointed annually by the pastor.	Ministry Leader: Sis. Gwendolyn Burnett
Trustee Board	Elected annually and manage all the properties of the church, making improvements as needed	Chair: Rev. Jay B. Broadnax Vice-chair: Bro. Steven Patterson

Discover Your Ministry

Ministries need people. All ministries need new members, new ideas, new hands, and feet to deliver the gospel and to care for God's people. Look at the ministries in our church and contact the leader about joining in the journey. Find one that is for you

Angels of Praise	To minister through dance to build Christ-like loving individuals: ages 5-17. Meet every Saturday at 1:00 pm.	Ministry Leader: Sis. Tiffany Fauntleroy Sis. Dara Broadnax
Board of Christian Education	Responsible for making a careful study of the Christian Education needs of our church and the means for meeting those needs.	Ministry Leader: Sis. Shirley Harris
Chancel Choir	We sing Psalms, Hymns, Anthems, and spiritual songs to teach and instruct persons about Jesus. Rehearsals are on Wednesdays at 10:00 am.	Ministry Leader: Sis. Darlene Foreman
Church School	Our church school is second to none, teaching the Word of God to all ages every Sunday. Adults and Urban Faith (Young Adults ages 18 – 24 years) meet at 9:30 am; Kingdom Connections (ages 4-14) at 12:15 pm; Kingdom Connections (teens 15-17) at 1:30 pm. We are an active participant in all West Mainline District and the Philadelphia Conference Church School activities.	Ministry Leader: Sis. Valerie Ives
Department of Visitation and Assistance (DVA)	The mission is to bring a word from the church to the sick and shut-in members during their illness; to pray with and read Scriptures; to inform them of what is going on at the church; to inquire about their health and offer services if needed, to send cards and offer words of encouragement. Meetings are held every other month on the first Saturday at 12:00 pm.	Ministry Leader: Sis. Margaret Miller
Divine Movement	Prophetic dance ministry comprised of men and women called of God to demonstrate through movement His power, His presence, and his unconditional love. Rehearsals are on Thursdays (except the 1 st Thursday of each month) at 6:30 pm.	Ministry Leader: Sis. Ingrid Broadnax
El Shaddai Greater Works	Was birthed in 1986, feeding the less fortunate population from the parking lot. Eventually we began to serve hot meals to our guests in our dining room. We continue to minister spiritual food and hot meals every Saturday (12:30 – 1:30 pm). We also distribute gently used clothing donated by church members and friends.	Ministry Leader: Sis. Gwendolyn Burnett

The Ministries Continued

Excelsior Choir	Has a mission to lift their voices in praise to the Lord and exalt the name of Jesus by ministering God's Word through song. Meets on the 1 st , 2 nd , and 3 rd Friday of the month at 6:30 pm.	Ministry Leader: Bro. Wade Fauntleroy
Excelsiorette Choir	Youth choir of children and teens 3 – 17 years old. Meets on the 1 st , 2 nd , 4 th , and 5 th Saturday at 1:00 pm.	Ministry Leader: Sis. Tiffany Fauntleroy
Gaskin, Hopkins, Pride Scholarship Committee	50 years in existence with the purpose to recognize and help with scholarships for the youth of Mt. Pisgah A.M.E. Church. Recipients must show acceptance of college, university, or trade school.	Ministry Leader: Sis. Arthean Wicks
Glory Beautification Ministry	A ministry that has the vision to beautify the church and its surroundings.	Ministry Leader: Sis. Gladys Patterson
Historical Committee	Collect and preserve all important artifacts concerning the history of the church for future generations.	
Hospitality Ministry	We extend personal greetings of welcome to all who enter the church from the door to the sanctuary every Sunday morning and during special church events.	Ministry Leader: Sis. Adrienne Bailey
Kingdom Connection	(Aka Children's Church) is partnering with the Church School to engage our children and youth in both a worship experience and biblical instruction. Pre-school and Juniors (ages 3 to 11); Youth (ages 12-14); Teens (ages 15-17).	Ministry Leader: Ingrid Broadnax
Junior and Young Adult Ushers	We greet those who enter the church with a smile and a warm welcome and direct them to comfortable seats. Youth ages 5 – 21 years serve on the fourth Sunday of each month.	
Ladies' Auxiliary	We greet and serve the needs of those who enter the church on the third Sunday of each month.	
Lady Ushers	Focuses on the meticulous care of the church family they have been called to serve. Beginning with their tender greetings and attentiveness throughout the worship service, they take pride in being the forerunners for their pastor. They serve on the first Sunday of each month.	Ministry Leader: Sis. Carrie Yon
Lay Organization	The mission is to provide teaching and training and to promote active involvement of the laity in studying the history of African Methodism, the African Methodist Book of Discipline, Christian Stewardship, Evangelism and Parliamentary Procedures. Meetings are on the fourth Monday of each month at 6:30 pm.	Ministry Leader: Sis. Margaret Miller
Married Couples	The goal of this ministry is to strengthen, encourage and pray for the family and for one another. We encourage each other to uphold our marriages according to biblical principles, praying and strengthening each other and looking to the Word of God for guidance. Our theme: <i>Therefore, what God has joined, let not man separate.</i> Matthew 19:6b	Ministry Leaders Bro. Tim and Evangelist Bernadine Walls
Men's Auxiliary	Men with a mission to stimulate Christian fellowship with each and other men of all ages and to perpetuate a relationship between Mt. Pisgah and the community. Meetings are the third Tuesday of every month at 7:00 pm	
Men's Choir	Our mission is to bring glory and praise to God in song; to bless souls with the ministry of song; to engage, activate and disciple men in the area of worship; and to reach beyond the walls of the church to win souls for Jesus Christ. Rehearsals are on the first and third Saturdays at 4:00 pm.	Ministry Leader: Bro. Billy Cash
Men's Ushers	Men who greet and serve those who enter the church on the second Sunday of each month.	Ministry Leader: Bro. Carl Wilson
Nursing Ministry	The ministry is composed of medical professionals and provides medical assistance to individuals during worship services and other church activities. Provides vital information on health issues affecting our members.	Ministry Leader: Sis. Sandra Geathers
Octavia Dandridge Women's Missionary Society	A structured and organized society of women of diverse socioeconomic, cultural and educational background of the African Methodist, Episcopal Church who endeavor to make possible opportunities and resources to meet the changing concerns of people throughout the world and within our community. We also provide spiritual encouragement with God's word. Meeting is held the 3 rd Saturday of the month at 12 noon.	Ministry Leader: Sis. Darlene Foreman
Praise Team	Our mission is to set the atmosphere for all to experience the presence of God. Rehearsal every Saturday @ 12:00 pm.	Ministry Leader: Sis. Tiffany Fauntleroy

The Ministries Continued

Prayer in Motion	A liturgical mime group that ministers to the people of God using American Sign Language (ASL) and body language, silently acting out the message of the sacred songs and hymns of the church. Rehearsals are Fridays, 5:45 – 7:00pm. Service ministry is the 3 rd Sunday of each month	Ministry Leaders Bro. Wade Fauntleroy Sis. Briana Arrington-Dengoue
Pray Until Something Happens (PUSH)	The mission of the Prayer Ministry is to actively encourage all people to intentionally be involved in a lifestyle of drawing near to God and to move into a deeper relationship with God through prayer. PUSH joins to pray together on the second Sunday of the month from 8:30 – 9:30 am.	Ministry Leader: Evangelist Bernadine DeVose-Walls
Seasoned Saints	A ministry serving seniors and retirees with the focus of providing information in life, political and health issues. Meetings are on the third Tuesday of the month at 2:00 pm.	Ministry Leader: Sis. Arthean Wicks
Social Action Ministry	With Mt. Pisgah being a member of POWER Interfaith Organization, we are working with them to learn how to bring about change in our country. We are intentional about learning the “issues” that affect us and our community which includes governmental policies, laws and actions.	Ministry Leader: Rev. Phyllis Harris
Sounds of Joy Media Ministry	Our mission is our name: we are responsible for the joyful sounds of worship so that God can be praised, and God’s people can be blessed. Our mission is twofold: the Sound Board that controls all of the sound during the worship experience – the audio microphones, the instruments and the monitors are all connected to provide perfect syncopation. The Sound System -every piece of equipment is checked to assure it is fully functional. The Livestream – we broadcast each Sunday from the Sanctuary. The Projection Screens helps to enhance the worship experience by displaying the hymns, the Scripture and the liturgy, and video presentations.	Ministry Leader: Bro. Keith Arrington
Spice of Life	A ministry that manages the kitchen and pantry area and prepares the collations for special events.	Ministry Leader: Sis. Patty Layne
Young Adult Ministry	A ministry geared to encouraging, uplifting, and providing an avenue for the church to minister to men and women from the ages of 18 to 40.	Ministry Leader: Sis. Donielle Warren
Young Peoples’ Department (YPD)	Formed for the purpose of implementing a missionary program on the local church level for our youth. Meets every 3 rd Saturday at 1:00 pm.	Ministry Leader: Sis. Leslie Anderson
Youth Ministry Planning Team (YMPT)	Consists of the leaders of all youth ministries as well as volunteers who love young people. The goal is to plan activities that involve all children and youth, determine how we can best meet their needs and be a support for parents. YMPT meets as needed. Meeting dates will be announced in the church bulletin.	Ministry Leader: Sis. Ingrid Broadnax

Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. Colossians 3:23-24



JUST A REMINDER

HOW TO WEAR MASKS CORRECTLY

DO THIS



Handle mask by straps



Secure over nose
and cover chin



Secure tight fit
around nose and chin

DON'T DO THIS



Don't wear below mouth



Don't wear below nose



Don't have loose gaps

 AdvocateAuroraHealth®

Forever in our Heart

In Loving Memory of

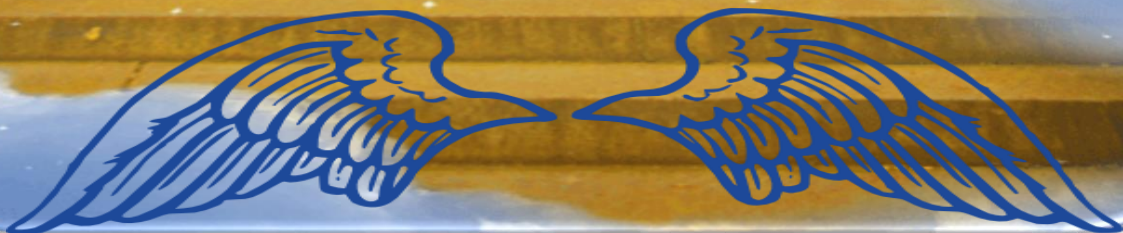
Our Brothers and Sister

EDDIE POPE

HORACE RYANS, SR

JOYCE CRISS

Gone But Never Forgotten!





IMPORTANT ANNOUNCEMENT

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

Mt. Pisgah Family and Friends

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

Send to: Dolores M. Clinton

clinton3962@gmail.com

or Betty Hammond

bhlolalou144@gmail.com

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

*Deadline for October issue is
September 12 2022*

Thank you!