



THE VIEW

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

FROM MOUNT PISGAH

2024

FALL

GOD'S COVENANT



Photo taken by Alese Fautleroy



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Special Thanks to our Photographers
 Tiffany Fauntleroy, Cheryl H. Hopewell
 Sharon Lovett

Just A Reminder

If you are sick or not feeling well,
 please take care of yourself and join
 us on Livestream or Facebook



Message from our Pastor. Reverend Jay B. Broadnax



The SACRED Act of VOTING Pastor Jay Broadnax

We have entered into one of the most consequential and contentious election seasons in American history, where much of what we value is at stake. Themes such as women's rights, voting rights, immigration and economic policy and even our very democracy as we know it are at stake. While as a pastor I cannot tell people FOR WHOM to vote, it is MY RESPONSIBILITY as a pastor to seek after justice, and to advocate for positions and policies that will improve the quality of life of the people in my care. It is also my responsibility to "spur believers on to good works" (Hebrews 10:25) that turn their faith into action. With that in mind, I offer this word of encouragement.

In the book of Romans, The Apostle Paul tells us to "be subject to governing authorities" (13:1). This scripture was written in the context of the Roman Empire, in which citizens had a responsibility to be loyal to specific individuals who possessed the power to rule. However, we live in The United States which is a REPUBLIC. The word "republic" is a generic term (unlike the political party whose name comes from it) that means "governed by the PEOPLE." In other words, the "governing authority" that we are to be subject to IS THE PEOPLE, and the Constitution upon which the government is built. Therefore, OUR submission and obedience is not to kings or emperors or even public officials, but rather to the COMMON GOOD, and the set of values that we hold in common, i.e., the Constitution.

What does this mean? It means that our government works properly if, and ONLY if, the voice of ALL of the people is heard. The only way for a Christian to obey this scripture is through CIVIC ENGAGEMENT, or by actively participating in the processes through which policies are developed, enacted, and enforced. We do this through our advocacy and speaking out on issues, but the PRIMARY way in which we make our engagement concrete is through THE VOTE. Our VOTE is the voice that we have that enables us to influence the common good and submit to the authority of the constitution.

God has called us to be "the light of the world" (providing hope in darkness) and "the salt of the earth" (adding preservative and spice to dying world). Thus, we as Christians must NEVER grow apathetic and lifeless about our engagement in society. We have a SACRED RESPONSIBILITY to lift up our prophetic voice and SPEAK GOD'S MIND to the issues that affect the people that God loves, especially during times where oppression is rampant. We must USE OUR VOICE and VOTE like our lives depend on it, BECAUSE THEY DO!!

I implore you to declare that "as for me and my house, we will CAST OUR BALLOT!"

VOTE! VOTE! VOTE!





Message from the Editor Keith W. Arrington, Sr.



The generous soul will be made rich, & the person who waters will also be watered. ~ Proverbs 11:25



Bishop Samuel Lawrence Green, Sr.
Credit: Cheryl Hammond Hopewell

On Saturday, September 21st, several of the Mt. Pisgah faithful traveled to New Brunswick, NJ for a worship service and reception to welcome the new Bishop for the 1st Episcopal District, The Rt. Rev. Samuel Lawrence Green, Sr. Bishop Green preached with power and conviction from the subject, *"No More Dry Places,"* taking his text from John 7:37-39. At the core of Bishop Green's message was the thought that we the people, we the disciples of Christ, are the vessels through which the Lord will eradicate those dry places.



The Bishop's message from that glorious Saturday was a call to ministry! It was a call to be of service to God and to God's people. Being of service to God's people is manifested through the sharing of your gifts. When you give of yourself - of your time, your talent, and yes, your treasure - you are demonstrating acts of generosity. Proverbs 11:25 offers the promise that *the generous soul will be made rich!* There is a blessing in being a blessing!



"The person who waters will also be watered." Dry places are eradicated through the abundant application of water. So, how do we water dry places? We bring water to dry places through being active in ministry. Whether your gift is in singing, or liturgical dance, or exhortation, the water that you share might just uplift someone's spirit. You may be called to be an usher and brighten someone's day just with a smile. You may be called to gaining and then sharing a deeper understanding of the

church and the God that we serve, so you might consider joining Church School or the Lay Organization. You may be called to missions: the Women's Missionary Society, or the DVA, or the YPD for our youth and young adults!

There are a host of ministries that you can get involved with at Mt. Pisgah to help the church carry out its mission to be a beacon of hope in West Philadelphia and beyond! Won't you help us to ensure that we are doing our part to advance the Gospel and to eradicate all dry places?! Then, the Lord will send down showers of blessings just because of our obedience to doing His will!



As we water, we will also be watered! Hallelujah, Amen!



LAY ORGANIZATION

First Episcopal District Lay Organization Annual Meeting A Momentous Occasion for Mt. Pisgah



The First Episcopal District Lay Organization (FEDLO) came together on July 26 - 27, 2024 for its Annual Meeting. Oh, what a joy to be back in person and back in fellowship at the Annual Meeting as we gathered at Bethel AME Church in Wilmington, Delaware. It truly was a momentous occasion for Mt. Pisgah, most notably because the meeting represented the crescendo of the impressive, impactful, and inspiring 8-year tenure of our very own Dr. Cheryl Hammond Hopewell as President of the 1st District Laity. How momentous was the occasion? Not only was our Bishop, the Rt. Rev. Julius H. McAllister, Sr. there but we were also blessed to have Connectional Lay President Matikane Abednego "Abe" Makiti and Connectional 1st Vice President Dr. Dorothy Henderson with us for the entire meeting!



Throughout the meeting, there were a number of opportunities to pay homage to our outgoing president. Still, there was a meeting to be held, and Dr. Cheryl made certain that it was conducted with the utmost decency and order. The theme for the meeting was, *"Reporting for Accountability with a Commitment to Results."* Workshop presenters on that theme were host pastor Rev. Dr. Stanley Hearst, II, followed by Dr. Henderson. As to the business, each officer and each committee chairperson shared their activities for the prior year, with just about every report also included a testimonial to President Cheryl!

The Friday evening Worship Experience was a high time in the Lord and Mt. Pisgah was well represented, yes, just for the sake of worship and yes, to support President Cheryl, but also because our Pastor, the Rev. Jay B. Broadnax was the preacher of the hour! During the program, our Lay president, Bro. Keith Arrington, read the Old Testament and then Dr. Cheryl introduced Bishop McAllister. When it was preaching time, Pastor Jay preached with Holy Ghost power from the subject, "I Need Your Report!"



Much of Saturday was spent feting our President. Still, there was the matter of the election of a new slate of District Lay Officers! Sis. Linda C. Gant of the New England Conference is the newly elected FEDLO President. Though Mt. Pisgah can no longer claim the president, we are proud to proclaim that Bro. Keith Arrington is now the FEDLO Corresponding Secretary!



LAY ORGANIZATION

When it was time for the President's report, Dr. Cheryl was effusive with her praise! Sure, she shared the activities and accomplishments for the past year, but she spent the bulk of her time just giving thanks. President Cheryl expressed her appreciation with thoughtful and personal words and showed her appreciation through



tangible gifts and mementos. Then, it was time for others to give expressions of love to Dr. Cheryl. The extensive list included FEDLO officers, the young adults that Dr. Cheryl hold so dear, esteemed members of the clergy, cherished friends, and other component heads. Pastor Jay was sure to give his remarks and share how much Dr. Cheryl means to Mt.

Pisgah! We were also blessed to hear from our former Pastor and native son, Rev. Harvey Sparkman, who also happens to be Dr. Cheryl's

godfather! Of course, we also heard from the family, starting with beloved son, Kyle Hopewell, and culminating with dutiful husband and faithful chauffeur, Bro. Irvin Hopewell!



After the closing of the meeting and the singing of the Lay Benediction, we stayed on for a *Service of Celebration* for Dr. Cheryl Hammond Hopewell, followed by a reception! Though this meeting closed out Dr. Cheryl's tenure as President, it certainly is not the end of her work for the Lord nor for the Laity! Dr. Cheryl continues to serve as the Connectional Lay Organization Corresponding Secretary! Now with just a little bit more time on her hands, it remains to be seen just how else the Lord intends to use her!





Lay Organization Congratulates

Kimberly C. Mauzan

Unsung Hero

Unsung Hero



For it is God who works in you to will and to act in order to fulfill his good purpose. Philippians 2:13 (NIV)

Welcome
to our
New Members



Chaeanna Davis

Rosalind L. Rowl

Welcome
we're glad you are here!



*We celebrated with
Sis. Ingrid Broadnax,
Dara Broadnax and
Wade Fauntleroy as
they Ministered in Dance
and Mime with Grateful
City-Wide Praise Dance'
We Had Church!*

GRATEFUL CITY-WIDE PRAISE
DANCE MINISTRY PRESENTS ...
"SAY YES"



AN UPLIFTING & SPIRIT-FILLED DANCE PRODUCTION!

 GRATZ COLLEGE THEATER
7605 OLD YORK ROAD
MELROSE PARK, PA 19027



DATES TO REMEMBER

Our Social Action Agenda met on Zoom on Thursday, Sept. 5, 2024 @ 7 p.m.

Our Topic of Discussion: Responsibilities of the President and Vice President.

Our next meeting will be Thursday, Oct. 3, 2024 @ 7 p.m. on Zoom.

Our Topic of Discussion:

THE PA GENERAL ELECTION BALLOT.

Rev. Phyllis Harris, POWER Coordinator

Sis. Kimberly Mouzon, Commission Chairperson.

FOUR SUNDAYS OF ADVENT:

December.1, 8, 15 & 22.

Board of Christian Education is sponsoring **FREE** Africana Studies with Professor Kelly Harris from the University of PA.

August 3, we studied the New World

August 17, we studied 19th Century Black Leaders

Sept. 7, we studied COINTELPRO

OUR CLASSES ARE FROM

3:30 p.m. - 5 p.m.

Sept. 28 we will study the Nadir and its aftermath

Oct. 12 Your Vote Matters

Oct. 19 African Study

Nov. 2 African Study

PLEASE JOIN US & INVITE OTHERS

Rev. Phyllis A. Harris, Director

Rev. Jay B. Broadnax, Pastor

BOARD OF CHRISTIAN EDUCATION!

Board of Christian Education
Distributed 30 Bags of Back-to-School
Supplies to Youth from Pre-K-College.
We Still Have Supplies to Give Out.

Blessings

Rev. Phyllis A. Harris

OUR JOURNEY BACK TO THE BEGINNING

On Saturday, Sept. 14, our group of 12 took Our Journey Back to the Beginning of our African Methodist Episcopal Church.

We toured St. George's United Methodist Church (formerly St. George's Methodist Episcopal Church) and Mother Bethel African Methodist Episcopal Church. Everyone said it was a great learning experience and we want to have the trip again next year. We have an **AWESOME HERITAGE!**



Rev. Phyllis A. Harris, Director
Evang. Angela Ryan's, Commission Chairperson
Rev. Jay B. Broadnax, Pastor

BOARD OF CHRISTIAN EDUCATION!

Christian Education was celebrated on
Sunday, Sept. 22 @ our 10:45 a.m. Service.

Our Theme was:

"Stand Firm in God's Word".

Our Scripture was 2 Timothy 2:15

Our preacher was Rev. Tiffany Lett Martin.

She is the pastor of Bethel A. M. E. Church in West Chester, PA
and Chair of the Philadelphia Conference Board of Christian
Education.

She preached from 2 Timothy 2:14-26 declaring that we have the
Master Key that will unlock every door. His name is Jesus.

It was a Blessed Worship Experience.



Rev. Phyllis A. Harris, Director
Evang. Angela Ryan's, Commission Chairperson
Rev. Jay B. Broadnax, Pastor

A red, jagged-edged speech bubble graphic with the word "ATTENTION!" written in bold, yellow, sans-serif capital letters with a black outline.

GED Program Resumed

Every Monday, 12-noon-3:00 p.m.

See Sis. Sandra Crooms

or call the Church Office for more Information

GREETING FROM CHURCH SCHOOL!



Wow, it's been another quarter!!! We've come this far by faith, leaning on the Lord. How time flies. We have accomplished much, by the grace of our loving Lord. I continue to rejoice over the increased knowledge we gain through our study of Precepts for Living. Thank you, Father, for those who rightly divide your Word and impart knowledge and wisdom. May we, likewise, share the good news of Jesus Christ!!!

FATHER'S DAY 2024!!!

On June 16, 2024, we celebrated all dads and honored them with yellow roses/flowers and letters of love and appreciation. Special recognition was given to:

OUR SAGES:

Leroy Foreman, Clarence Weeks, Robert Taylor, Sr.
And of course, we extend gratitude and love to our lead sage and faithful shepherd:
REV. JAY B. BROADNAX



Congratulations!

Congratulates The 2024 Man of the Year

BROTHER WADE FAUNTLEROY

Thank you, for being one of Mt. Pisgah's Church School super men!!!

CHURCH SCHOOL @ HOME INITIATIVE

Let us keep this ministry in prayer!!!

WORD OF ENCOURAGEMENT:

When you speak, God listens. When you listen, God speaks. When you believe, God acts.

CHURCH SCHOOL!

LOOKING AHEAD

CHRISTMAS PRESENTATION

Sunday, December 22, 2024

Peace and Love,

Valerie Ives, Church School Superintendent

Reverend Phyllis A. Harris, Christian Education Director

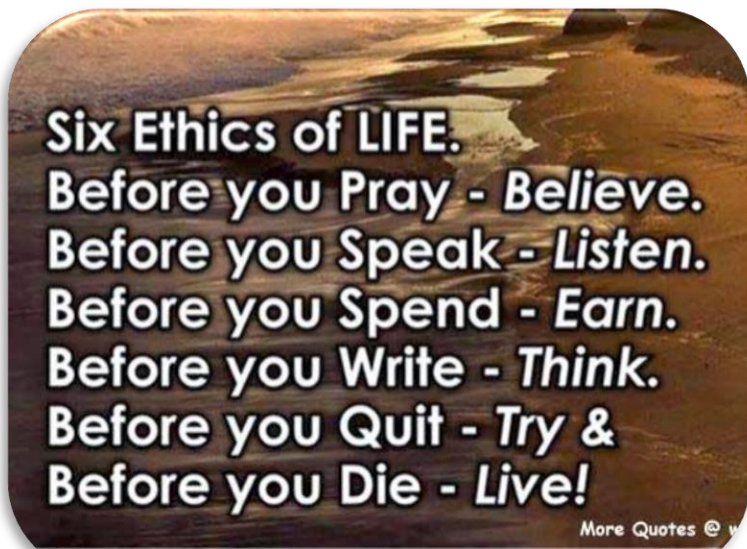
Evang. Angela Ryans, Christian Education Commission Chairperson

Reverend Jay B. Broadnax, Pastor

INSPIRATIONAL QUOTES



DO WHAT IS RIGHT,
NOT WHAT IS EASY.



INSPIRATIONAL



CHRISTIAN STEWARDSHIP

(Bible Summary)

Christian Stewardship at its essence is being faithful Stewards of the gospel of Jesus Christ. A key component of Christian Stewardship is being a Spiritual leader.

Christian Stewardship also consist of being a diligent follower of Jesus Christ. The ultimate purpose of Christian Stewardship is to glorify God. Christian Stewardship consists of we are being the Stewards and God being the Master

Scripture Reading

1 Corinthians 4:1

Matthew 20:26

John 12: 26

Colossians 3:23

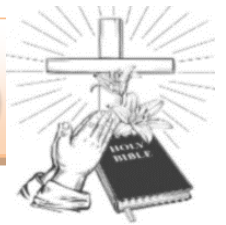
CAN YOU NAME THE BODY PARTS

1. A type of Macaroni _____
2. Part of an apple _____
3. Crown and cornstalk _____
4. What we can think with _____
5. A Place of worship _____

Submitted by Arthean Wicks



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.



You spoke, We heard

Your voices highlighted **cancer** as a top **congregation community concern**, and the Lazarex Cancer Wellness HUB is here for you and ready to bring you **programs tailored** to your wishes.

- ### What we offer
- **Cancer education** and risk reduction programs **at our church**
 - Connections to cancer **screening**, treatment, and clinical trials
 - Survivor and Caregiver **support programs** and services
 - Cancer information **pop-up tabling** events

Contact

✉ cancerwellnesshub@drexel.edu

☎ HUB: 215 542 3242



Mt. Pisgah



MEET **D'Nae Jackson**
YOUR FAITH HEALTH
AMBASSADOR

Your **congregation's connection** to the cancer education programs, and the **Lazarex Cancer Wellness HUB**. Please direct any inquiries to her!

Mt. Pisgah AME Church
Rev Jay Broadnax, Pastor
428 North 41st St. Philadelphia Pa. 19104
215-386-6181

Let's screen it, treat it, beat it!
Stay tuned for programming updates.



HEALTH CORNER CONTINUED

PINKTOBER

Workshop

Bound by Hope: Conquering Breast Cancer as One

*"Knowledge is power
for your health"*

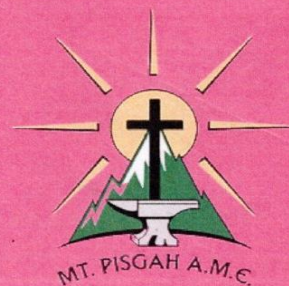


JOIN THE TRUSTIES MINISTRY FOR:

- Breast cancer education and Risk Reduction Workshop
- Learn how to administer a self-breast exam
- Cancer Resources
- Interactive games and activities
- Raffles and Giveaways

**Oct 27, 2024
After Church**

MT PISGAH A.M.E CHURCH
428 N 41st St.
Philadelphia, PA 19104
REV. DR. JOE NOCK, PASTOR



**Screen It!
Treat It!
Beat It!**



DREXEL UNIVERSITY
College of
Nursing and
Health Professions



Lazarex
CANCER FOUNDATION
www.lazarex.org

CONTACT US AT CANCERWELLNESSHUB@DREXEL.EDU



HEALTH CORNER CONTINUED

COLON CANCER IN THE AFRICAN AMERICAN COMMUNITY

Colon cancer is the type of cancer that develops in the large intestine, also known as the colon. This type of cancer typically affects older adults, though it can happen at any age. Colon cancer usually begins with a small polyp (noncancerous clumps of cells) that grow on the inside of the colon. According to research, when compared with whites, African Americans get colon cancer more often and die from it more often. The reason for the increase is complex but can be attributed to the differences in risk factors in healthcare access for this population. African Americans often experience greater barriers toward early prevention, detection, treatment, and survival.

The major signs and symptoms of colon cancer include persistent changes in your normal bowel habits, blood in your stool, abdominal pain that will not go away, weakness, or an unexplained weight loss. Some people do not experience any of these symptoms in the early stages of colon cancer. Notify your primary doctor if any of these symptoms persist. When you reach the age of 50, your doctor may start to screen you for colon cancer. Early detection increases your survival rate. It is also important to inform your doctor if there is a history of colon cancer in your family.

Doctors are not certain what causes colon cancer. There are some risk factors that can increase your chances of developing colon cancer. Some of these risk factors are your age (over 50), race (African Americans have a greater risk than do people of other races), history of polyps, family history of colon cancer, diet (low fiber, high fiber diet close), diabetes, smoking, alcohol consumption, obesity, physical inactivity, radiation therapy to treat cancer, and inflammatory intestinal conditions (Crohn's disease). You can change some of these factors to help reduce your risk of developing colon cancer. Start eating a variety of fruits, vegetables, and whole grains, avoid excessive consumption of alcohol, stop smoking, exercise, and maintain a healthy weight.

Treating colon cancer depends on the size of the tumor, location, and if the cancer has spread to other parts of the body. Treatment for colon cancer may include surgery, chemotherapy, and/or radiation therapy.

CONSUMER REPORT



HOW TO BE A SAFE DIGITAL CITIZEN



PROTECT YOUR INFORMATION

Keep private information safe and avoid sharing it with strangers online.

MONITOR FINANCIAL STATEMENTS:

Regularly check your bank, credit card, and investment statements for unfamiliar transactions.



AVOID UNSOLICITED CONTACTS:

Do not engage with unexpected calls, emails, or letters. Always verify by reaching out through official channels.

REGULAR CREDIT REPORT CHECKS:

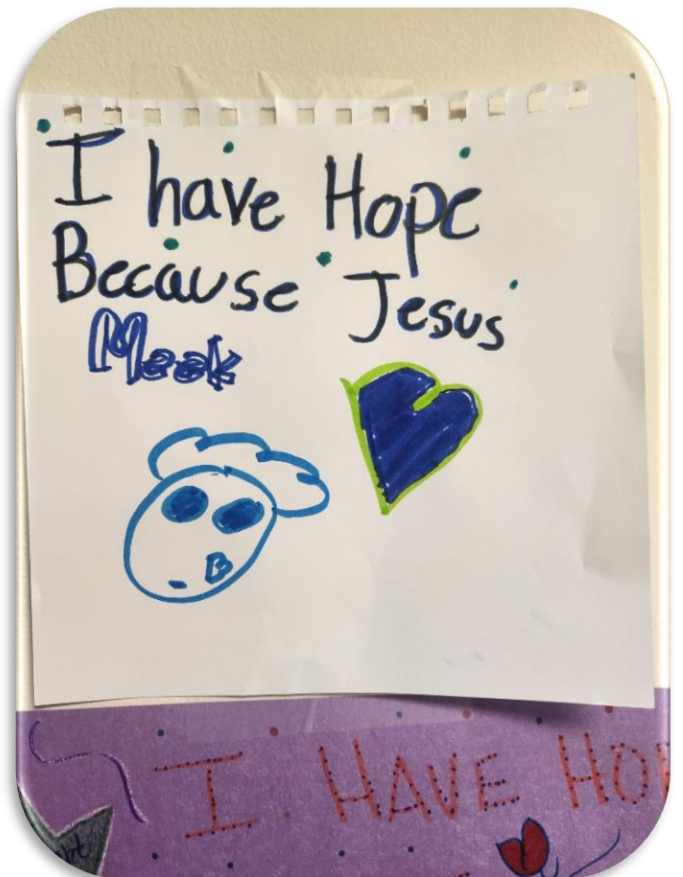
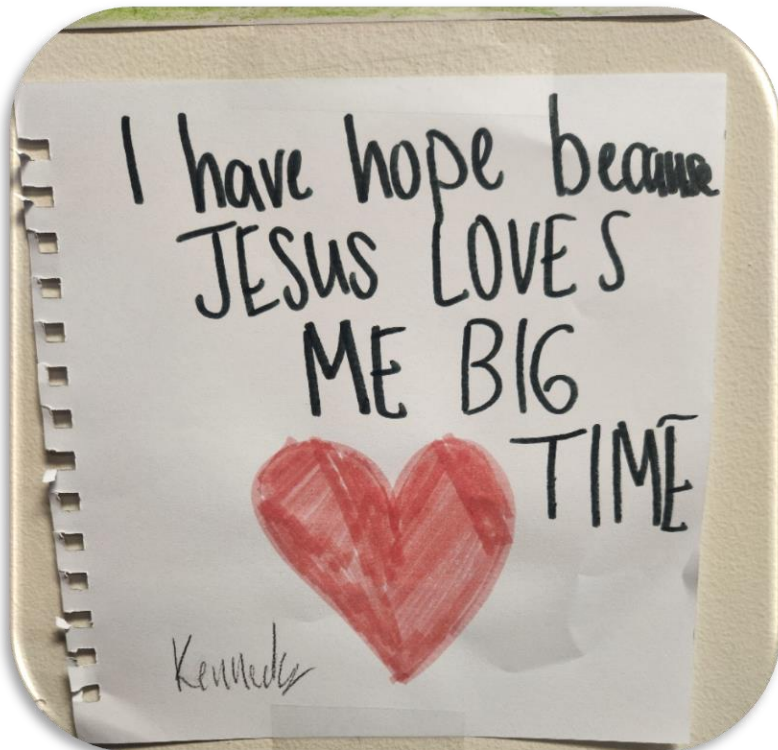
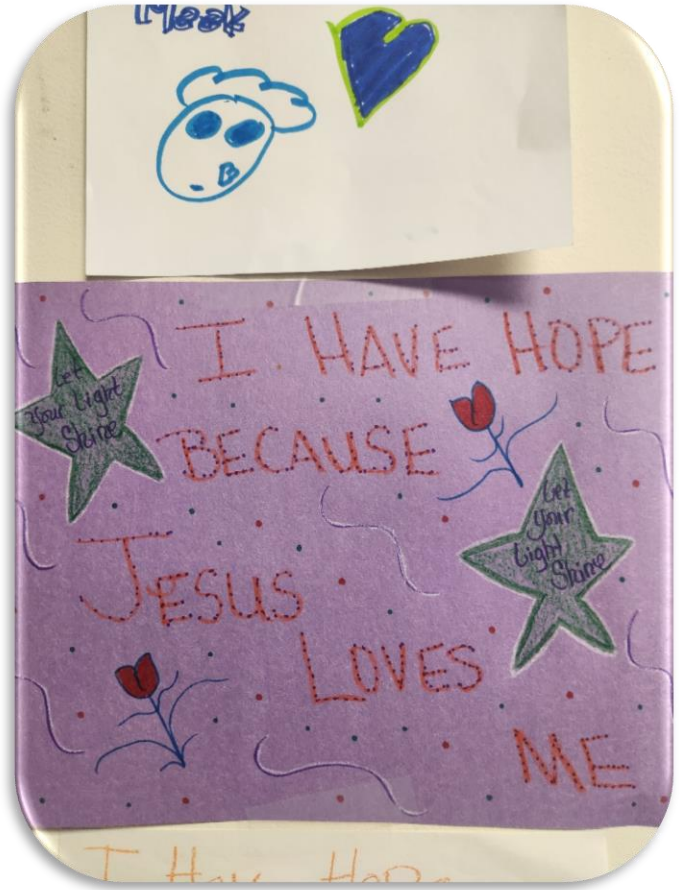
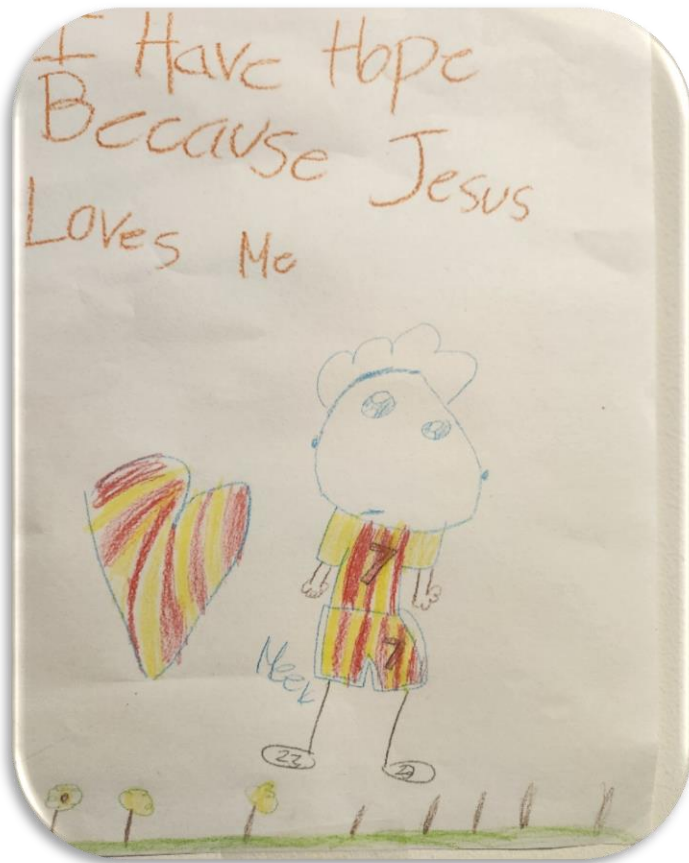
Periodically review your credit report for unfamiliar loans or activities.



IMMEDIATE REPORTING:

If you suspect a scam or fraud, report it immediately to trusted authorities or family members. Don't be ashamed or embarrassed.

CHILDREN'S CORNER



CHILDREN'S CORNER



The Wise Old Owl

*A Wise Old Owl
Sat On an Oak*

*The more he saw
The less he spoke
The less he spoke*

The more he heard

*Why can't we be like that
Wise old bird?*



*Submitted by Tamara Brown
Dolores Clinton Granddaughter*



THE WISE OLD OWL

Proverbs 10:17-21

**He who restrains his
lips is wise.**

—Proverbs 10:19

THE BIBLE IN ONE YEAR
Song of Solomon 6–8
Galatians 4

There is a connection between wisdom and limiting what we say. Proverbs 10:19 says, “In the multitude of words sin is not lacking, but he who restrains his lips is wise.” We are wise to be careful about what we say or how much we say in certain situations. It makes sense to guard our words when we are angry. James urged his fellow believers, “Be swift to hear, slow to speak, slow to wrath” (James 1:19). Restraining our words can also show reverence for God. Solomon said, “God is in heaven, and you on earth; therefore let your words be few” (Eccl. 5:2). When others are grieving, our silent presence may help more than abundant expressions of sympathy: “No one spoke a word to him, for they saw that his grief was very great” (Job 2:13).

Although there is a time to be quiet and a time to speak (Eccl. 3:7), choosing to speak less allows us to hear more.

—Jennifer Benson Schuldt

*Dear Lord, please grant me wisdom to
know when to speak and when to listen.*

*I want to encourage others and to care
for them as You have cared for me.*

**Let your speech be better than silence;
otherwise be silent.**

CHILDREN'S CORNER

FUN WITH NUMBERS

Find the numbers in the list below the grid. The numbers can be in any direction inside the grid area.

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9	6	5	4	9	8	7	2	5	2	0	6	8	0	1
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Puzzle # : 17

Puzzles-to-print.com

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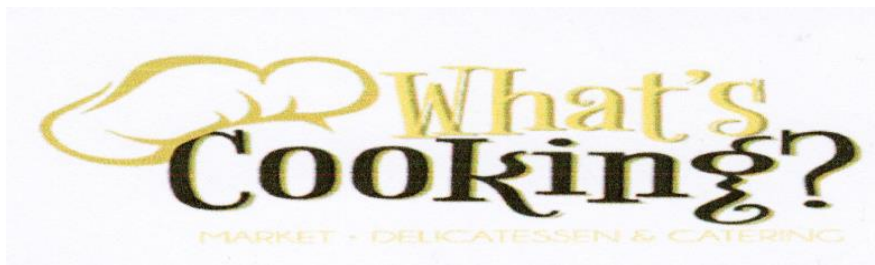
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APPLE PIE

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*

LEMON POUND CAKE & GLAZE

3 c. flour
 ½ tsp. baking powder
 ½ tsp. baking soda
 ½ tsp. salt
 1 c. (2 sticks) unsalted butter,
 softened
 2 c. sugar

4 eggs
 ¾ c. buttermilk
 1 tsp. vanilla extract
 ½ tsp. almond extract
 Zest & juice of 1 lg. lemon,
 divided

Preheat oven to 325°. Grease a 12-inch cake or bundt pan, lightly coat with flour, tap out excess. In a medium-sized bowl, whisk together flour, baking powder, baking soda and salt. Set aside. In a large bowl, combine butter and sugar, beating with an electric mixer at medium speed for one minute or until light and creamy. Add eggs, one at a time, to the mixture, beating well after each addition. Gradually add in portions of the dry mixture and buttermilk until batter is well mixed. Stir in vanilla extract, almond extract, finely chopped lemon zest and 3 tablespoons lemon juice. Mix just until combined. Spread the batter evenly into your prepared cake pan and bake 55 to 60 minutes or until a toothpick inserted into cake's center comes out clean. Let cool for 10 minutes, then remove from pan. Brush the warm cake liberally with Lemon Glaze.

Lemon Glaze:

½ c. granulated sugar
 ½ c. water
 Juice & peel of 1 lg. lemon +
 reserved juice & zest from cake
 batter

1 c. powdered sugar

Combine sugar, water, lemon juice & peel in a medium saucepan and bring to a boil. Reduce heat and simmer for 10 minutes, stirring occasionally. Remove and discard lemon peel. When your syrup is ready, place the cake and cooling rack on a rimmed baking sheet to simplify cleanup. With a large culinary brush, generously coat your warm cake with the syrup, letting it drip over the sides of the cake. Set aside 3 tablespoons syrup to prepare the Lemon Glaze. To make your glaze, combine 1 cup powdered sugar and remaining lemon syrup in a medium-sized bowl, then drizzle it over the cooled cake.

*Sheila Johnson
 Philadelphia, PA*



Thanksgiving Day in the United States



The U.S. celebrates the holiday of Thanksgiving, which has been an official national holiday since President Abraham Lincoln, after a campaign by magazine editor Sarah Josepha Hale, declared it as such in 1863. In the modern consciousness, Thanksgiving is strongly associated with the near-mythological story of the Pilgrims at Plymouth (the

English colonists) and their Wampanoag Indian neighbors, who shared a meal to celebrate the harvest in 1621. However, days of thanksgiving on a variety of occasions have been celebrated throughout American history. Among them have been days for giving thanks to the Creator for the ending of droughts and wars or in celebration of other events, such as the promulgation of the Constitution.

After the establishment of the U.S. Congress, the designation of days of thanksgiving fell to the states, as the separation of church and state set out in the U.S. Constitution would be at odds with the celebration of a religious holiday at the national level. It took the Civil War—and with it the perceived need for a gesture to build national unity—for Lincoln to declare a day of thanksgiving for the U.S. in October 1863, to be celebrated the following month.

The story of the “first Thanksgiving,” however, is more complicated than that which is commonly taught in schools. The Wampanoag and Pilgrims did share a harvest feast in peace in 1621. Much of the food was provided by the Wampanoag guests, who included their leader Massasoit, the Pawtuxet interpreter and guide Squanto (who had lived in England after having been taken in slavery), and Massasoit’s son Metacom. Massasoit had established peaceful relations with the colonists that lasted for decades.

That state of affairs, though, deteriorated after his death as a result of tensions from the Europeans' poor treatment of Native Americans, cultural encroachment, and increasing desire for land. Metacom—called King Philip by the English—waged war against the colonists (King Philip's War, 1675–76) and was killed in battle. He was beheaded and quartered. His head was displayed on a spear at Plymouth for many years.

Given the eventual spread of Europeans and other nonindigenous peoples across North America that began at the colonies of Plymouth and Jamestown (Virginia) and the disastrous effects of that historical tide on the native peoples of the continent, Thanksgiving is not a day of celebration for many Native Americans. The United American Indians of New England mark the annual Thanksgiving Day in an alternative way, as a “National Day of Mourning.”

The Editors of Encyclopaedical Britannica





THE MEANING OF ADVENT

Therefore, the Lord himself will give you a sign: The virgin will be with child and will give birth to a son and will call him Immanuel. (Isaiah 7:14)

Advent" simply means "**coming**" as in Christ is coming, and for us know He has arrived. This refers to His birth in history and in humanity. It meant the welcoming or the arrival of a special king and for us; it is our King of Kings. This is what the Old Testament prophecies foretold concerning Jesus' Incarnation, the Word made flesh for our Hope and Atonement that brought us our deliverance.

Advent represents our expectation, anticipation, and preparation for who Christ is and what He has done for us. He arrived into the world as a human being, being fully God and fully man. He came to identify as one of us, as the *Son of Man*, as a baby born in a manger. He came for us; He came for us, and He comes into our lives and into our hearts. He is coming again in great power and glory to bring His Kingdom into fruition.

THE ADVENT WREATH

And again, Isaiah says, "The Root of Jesse will spring up, one who will arise to rule over the nations; the Gentiles will hope in him." May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit (Romans 15:12-13).

Traditionally, during the Christmas season we have an "Advent Wreath" in our Churches, and this is remarkably celebrated in all Denominations. The Advent Wreath is a venerable tradition that cuts across denominational and theological boundaries.

It dates to the beginning of the 19th century in Europe. This Advent Wreath is arranged with 4 or 5 Advent candles, 3 or 4 of which are in a circle, along with one in the center, all on a base of evergreens each has a powerful message for us about our Lord. This has prevailing imagery we should not take for granted or consider just another holiday decoration.

THE WREATH: The wreath itself means "victory" as Christ's victory over sin so He can save us. The Advent Wreath has 4 or 5 candles that are arranged in a circle symbolizing Christ's eternity, as a circle has no beginning and has no end, it is a symbol for God, who is eternal and thus without beginning or end. The evergreens mean He is "ever with us," they are usually pine branches or holly that are used as a base that represents anticipation, newness, renewal, and His everlastingness. The red berries of the holly represent the shedding of Christ's blood.

- **THE CANDLES:** The Advent candles mean the light of God coming into the world through the birth of His Son. This refers to the significance that Christ is the Light of the world. When they are lit, the illumination is to symbolize the Christ of eternity and his coming as the "Light of the World" and our worship and honor of His most precious gift of His Grace and Mercy. These candles also have a color theme too, purple, blue, pink, or rose and white.

THE MEANING OF ADVENT

The first two or three are purple meaning royalty and this is also the color of suffering and the darkness of sin, connecting Jesus' birth and crucifixion and His triumph over sin. Blue means sky and life, pink means joy, and white means purity.

EACH CANDLE HAS A SPECIAL MEANING:



The First Candle (Purple): "CANDLE OF HOPE" means His promise and hope. We can have hope because God is faithful and will keep the promises, He made to us. Our hope comes from God. (Romans 15:12-13)

The Second Candle (Purple): "CANDLE OF PREPARATION" means His light and preparation. Preparation means to 'get ready'. "Help us to be ready to welcome YOU, O GOD!" (Luke 3:4-6)

The Third Candle (Pink or Rose): "CANDLE OF JOY" means the angels sang a message of JOY! (Luke 2:7-15)

The Fourth Candle (Purple or Blue): "CANDLE OF LOVE" symbolizes Christ love. God sent His only Son to earth to save us because He loves us! (John 3:16-17)

The Fifth Candle (white): "CHRIST CANDLE" symbolizes the incarnation, the heart and reason of the season, God giving light to the world. Its location is in the center as Christ's light is central and radiant. This reminds us that Jesus is the spotless Lamb of God, sent to wash away our sins! (*In wreaths that have 4 candles, it is in the circle among the rest of the candles*)

Each candle is lit during the worship services each week in progression until Christmas Eve or Christmas Day when the last candle is lit. Each week the new unlit candle for that week is lighted, and then the previous candles are re-lighted. A family, leaders or youth are sent up to do the lighting as a passage is read, a Christmas selection is sung and/or a prayer said.

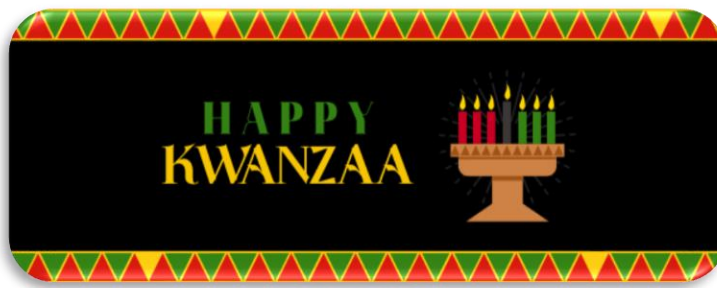
The four weeks are a period of waiting also signifying the four centuries of waiting between the last prophet Malachi and the birth of Jesus. All five candles should continue to be lighted in worship services through Epiphany on January 6th (*Epiphany means "to show," is the climax of the Christmas Season and the "Twelve Days of Christmas." It is observed to denote the coming of the wise men bringing gifts and their worship to Christ*).

Advent 2024

Begin: Sunday December 1

End: Tuesday, December 24

Submitted by: Rev. Phyllis A. Harris



KWANZAA

Is an annual celebration of life observed for seven days from December 26 to January 1 by Black people to honor their heritage. The week-long celebration may include songs, dances, African drums, storytelling, poetry reading, and a large feast on December 31, called a Karamu. A candle on the Kinara (candleholder) representing one of the seven principles on which Kwanzaa is founded, called the Nguzo Saba, is lit every one of the seven nights. Each day of Kwanzaa emphasizes a different principle. There are also seven symbols associated with Kwanzaa. The principles and symbols reflect the values of African culture and promote community among African Americans.

ESTABLISHMENT OF KWANZAA

Kwanzaa was created in 1966 by *Dr. Maulana Karenga*, professor and chairman of Black studies at California State University, Long Beach, to bring African Americans together as a community and help them reconnect with their African roots and heritage.



Kwanzaa celebrates family, community, culture, and heritage. As the Civil Rights Movement transitioned into Black nationalism in the late 1960s, men such as Karenga were searching for ways to reconnect African Americans with their heritage.

Kwanzaa is modeled after the first harvest celebrations in Africa, and the meaning of the name *Kwanzaa* comes from the Swahili phrase "matunda ya kwanza" which means the "first fruits" of the harvest. Although East African nations were not involved in the trans-Atlantic trade of enslaved people, Karenga's decision to use a Swahili term to name the celebration is symbolic of the popularity of Pan-Africanism.

Kwanzaa is celebrated mostly in the United States, but Kwanzaa celebrations are also popular in Canada, the Caribbean and other parts of the African Diaspora.

Karenga said his purpose for establishing Kwanzaa was to "give Blacks an alternative to the existing holiday and give Blacks an opportunity to celebrate themselves and their history, rather than simply imitate the practice of the dominant society."

In 1997 Karenga stated in the text *Kwanzaa: A Celebration of Family, Community and Culture*, "Kwanzaa was not created to give people an alternative to their own religion or religious holiday." Instead, Karenga argued, the purpose of Kwanzaa was to study Nguzo Saba, which were the seven principles of African Heritage.

Through the seven principles recognized during Kwanzaa participants honor their heritage as people of African descent who lost a great deal of their heritage through enslavement.

Nguzu Saba: The Seven Principles of Kwanzaa

The celebration of Kwanzaa includes an acknowledgment and honoring of its seven principles, known as Nguzu Saba. Each day of Kwanzaa emphasizes a new principle, and the evening candle-lighting ceremony provides an opportunity to discuss the principle and its meaning. The first night the black candle in the center is lit and the principle of Umoja (Unity) is discussed. The principles include:

1. **Umoja (Unity):** maintaining unity as a family, community, and race of people.
2. **(Self-Determination):** defining, naming, creating, and speaking for ourselves.
3. **Ujima (Collective Work and Responsibility):** building and maintaining our community—solving problems together.
4. **Ujamaa (Cooperative Economics):** building and maintaining retail stores and other businesses and to profit from these ventures.
5. **Nia (Purpose):** work collectively to build communities that will restore the greatness of African people.
6. **Kuumba (Creativity):** to find new, innovative ways to leave communities of African descent in more beautiful and beneficial ways than the community inherited.
7. **Imani (Faith):** the belief in God, family, heritage, leaders, and others that will leave to the victory of Africans around the world.



Symbols of Kwanzaa

Symbols of Kwanzaa include:

- **Mazao (Crops):** these crops symbolize African harvesting celebrations as well as the rewards of productivity and collective labor.

- **Mkeka (Mat):** the mat symbolizes the foundation of the African Diaspora—tradition and heritage.
- **Kinara (Candleholder):** the candleholder symbolizes African roots.
- **Muhindi (Corn):** corn represents children and the future, which belongs to them.
- **Mishumaa Saba (Seven Candles):** emblematic of Nguzo Saba, the seven principles of Kwanzaa. These candles embody the values of the African Diaspora.
- **Kikombe cha Umoja (Unity Cup):** symbolizes the foundation, principle, and practice of unity.
- **Zawadi (Gifts):** represents parental labor and love. Also symbolizes the commitments that parents make to their children.
- **(Flag):** the colors of the Kwanzaa flag are black, red, and green. These colors were originally established as colors of freedom and unity by Marcus Mosiah Garvey. The black is for people; red, the struggles endured; and green, for the future and hope of their struggles.



Annual Celebrations and Customs

Kwanzaa ceremonies typically include drumming and varied musical selections that honor African ancestry, a reading of the African Pledge and the Principles of Blackness. These readings are followed often by the lighting of candles, a performance, and a feast, known as a karamu.

Every year, Karenga holds a Kwanzaa celebration in Los Angeles. In addition, the *Spirit of Kwanzaa* is held annually at the John F. Kennedy Center for the Performing Arts in Washington, D.C.

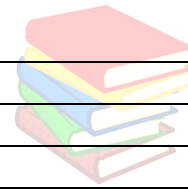
In addition to the annual traditions, there is also a greeting that is used every day of Kwanzaa called "Habari Gani." This means "What's the news?" in Swahili.



RECOMMENDED READING LIST



Little Leaders: Bold Women in Black History ((By: Vashti Harrison)	Ages: 4-9
Nate the Great (By: Marjorie Weinman)	Ages: 5-7
The Missing Key (By Sharmat)	Ages: 5-7
Juneteenth Is (By Natasha Tripplett)	Ages: 5-8
The Mouse and the Motorcycle” (By Beverly Cleary)	Ages: 5-9
A Kid’s Book About Juneteenth (By Garrison Hays)	Ages: 5-9
Charlotte’s Webb (By E. B. White)	Ages: 5-10
Nate the Great and the Lost List (By Weinman Sharmat)	Ages: 6-9
The History of Juneteenth (By Arlisha Norwood, PHD)	Ages: 6-10
Isaiah Is My Hero (By Kelly J. Baptist)	Ages: 8-10
Black Boy Joy (By Kwame Mbalia)	Ages: 8-11
Fast Pitch (By Nic Stone)	Ages: 8-11
WOKE: A Young Poet’s Call to Justice (By Mohogany L. Browne)	Ages 8-12
What Is Juneteenth (By Kirsti Jewel)	Ages 8-12
Life In Motion: An Unlikely Ballerina (By Misty Copeland)	Ages: 9-12
Little Legends: Exceptional Men in Black History (By Vashti Harrison)	Ages 9-12
Brown Girl Dreaming (By Jacqueline Woodson)	Ages: 9-12
From the Desk of Joe Washington (By Janae Marks)	Ages: 10-12
The Mystery at Blackhaven School (By CJ Laughty)	Ages: 12-16
Louder Than Words (By Ashley Woodfolk & Lexi Underwood)	Ages: 12+
Cool Awkward. Black (By Karen Strong)	Ages: 12+
Dear Justyce (By Nic Stone)	
The Girl in the Castle (By James Patterson)	Ages: 13-17
Christian Finance for Teens (By Cindy Kersey)	Ages: 13+
Courage to Soar (By Simone Biles)	Ages: 13+
Bone Black: Memories of Girlhood (By Bellhooks)	Ages: 15+
The Light We Carry: Overcoming in Uncertain Times (By Michelle Obama)	Ages: 15+
Swift River (By Essie Chambers)	Ages: 15+
A Calamity of Souls (By David Baldacci)	Ages: 15+
ADULTS	
A Black Theology (By James H. Cone)	
The Warmth of Other Sons (By Isabelle Wilkerson)	
Juneteenth (By Edward T. Cotham, Jr.)	
Twisted Love: Kind of-Sort of (By Natalie M. Kennedy)	



Rev. Phyllis A. Harris, Director
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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...

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Phyllis Covington	418 N. 53rd Street (39)
Brian Durkson	2363 N. 23 rd St. 19132
Jackie Gardner	2133 S. 58th Street (43)
Vivian H. Gee	1519 Paul Jack Dr, Hampton VA 23666
Claudie Hammond	2001 S 59 th Street, Phila, Pa. Apt. 406, 19143
Willie Holloway	4912 Osage Ave. 19143
Syreeta Jeter	411 N. 42nd Street (04)
Kathy Johnson	4751 Bingham St. (20)
Elizabeth E. Lavender	5917 Washington Ave. (43)
Elizabeth Kamara	2100 N. 49th St. Apt. 103 (31)
Corine McKeithan	4239 Penngrove St. (04)
Mildred McNeil	3901 Market St., Apt. 607 (04)
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Rose Davis Neal	2172 Schaefer Road, Abington, PA 19001
Eunice Patterson	1843 N 72 nd . Street, 19151
Joyce Patterson	6213 Walnut Street, 19145
Arletha D. Pierce	5524 Haverford Ave. Apt 413 (39)
Ida Pierce	5458 Locust Street (39)
Debbie Pompey	5623 Berks Street 19139
Maryetta Reid	4511 Walnut Street, Apt 220 (39)
Rhonda Gordon Simon	116 N. 61 st . Street (39)
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Upcoming Events

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Mt. Pisgah Family & Friends

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



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Send Information to:

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clinton3962@gmail.com*

*OR Betty L. Hammond
bhlolalou144@gmail.com*

*Help us to help you stay informed!
and to continue enjoying
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Deadline for Fall Edition

December 13, 2024



BUSINESS CORNER

"Commit to the Lord whatever you do, and he will establish your plans"
Proverbs 16:3



In Loving Memory



*There are places in the heart reserved especially for
those most Special to us. Rest in peace our beloved
We love you, But God love you best!*

Bro. Willie Hamwright

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