



THE VIEW

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

From Mount Pisgah

2022

Winter Edition



Beginning back in the sanctuary
A New Year.

Praising God in a new way, walking, talking, thinking,
singing a new song to Jesus.

Let our light shine for Christ in a new way.

Thank God for giving us a new chance. Brand new mercies
in a brand-new year!



A New Beginnings



How often we wish for another chance to make a fresh beginning,
A change to blot out our mistakes and change failure into winning
And it does not take a new year, to make a brand-new start,

It only takes the deep desire, to try with all our heart

To live a little better, and to always be forgiving,

To add a little "Christian love." to the world in which we are living

So never give up in despair, and think that you are through,

For there is always a tomorrow, and a chance to start anew.

Helen Steiner Rice





Message from our Pastor Reverend Jay B. Broadnax

HAPPY NEW YEAR, MOUNT PISGAH FAMILY!

I celebrate with you as God invites us together into this new season! During this moment, a time for new beginnings, we pray that God will refresh your spirit and grant you new strength for the road ahead!

We have just entered into the season that immediately follows the Twelve Days of Christmas (or “Christmastide”) known as EPIPHANY. The word Epiphany means “manifestation,” “appearance,” or “revelation.” An Epiphany can be thought of as a new idea that God shows us that gives us new hope and new motivation.

In Eastern Orthodox Christian traditions, Epiphany is an annual remembrance of the Baptism of Jesus, during which He was revealed to be God’s Christ, GOD THE SON, through the voice of God The Father and the descending of The Spirit in the form of a dove (see Matthew 3:13-17). This Baptism was a confirmation of Christ’s Divinity. Additionally, according to both Catholic and Protestant traditions, Epiphany represents the manifestation of The Messiah (The Christ and Savior of the world) to the Three Wise Men. These men were Gentiles (i.e., not Israelites), yet they recognized who He was (see Matthew 2:1-12). The Wise Men’s worship was a sign that it does not take being of a particular background to recognize who Jesus is.

If we combine these two ideas, it gives us reasons to celebrate as we launch out into the New Year. Jesus came WITHIN a culture, but “WHO HE IS” (the fulness of God) cannot be contained BY a culture. That means the word CHRISTIAN is not a “western” word or an “eastern” word. It is not a Black word or a White word. Politically it is not a “right” word or a “left” word (no matter what FOX News or CNN would have you believe). Christ can find a way to reveal Himself to ALL PEOPLE and transcends every culture.

No matter where you’re from, where you are, or what you are dealing with, God through Christ can find a way to manifest Godself to you. Jesus can appear to you in a way that speaks YOUR language and speaks to YOUR specific circumstances. If you’re lost, He can find you, and no matter who wants to prevent you, He can include you. Let’s celebrate the Epiphany, the “great idea” that God is not just available to some, but to ALL!!

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PLEASE REMEMBER



WE ARE NOT IN THE CLEAR YET!

Message from the Editor Keith W. Arrington, Sr.



The Wayside Pulpit: An Inspirational Story A Fitting Legacy

On Sunday, October 3, 2021, after Morning Worship, a few of the Mt. Pisgah faithful gathered on the corner of 41st and Spring Garden Streets as our pastor, Rev. Jay B. Broadnax, dedicated our majestic new Wayside Pulpit. At Mt. Pisgah, we often talk about being a beacon in our community and now, we have an electronic marquee that is symbolic of that earnest mission. Yet, we cannot possibly give mention to the Wayside Pulpit without also reflecting fondly on our beloved and dearly missed brother, Richard R. Minor, Jr. Indeed, Bro. Richard was the inspiration behind the Wayside Pulpit. Though he was not able to see inspiration become reality, Brother Richard planted those very seeds of inspiration in his devoted wife – our dynamic associate minister – Rev. Donna M. Minor, who became unwavering in her commitment to bring the project to fruition. I had the pleasure of speaking with Rev. Donna to learn just how the Wayside Pulpit went from Inspiration – to Adoption – to A Legacy Fulfilled.

A little more than a decade ago, Bro. Richard and Rev. Donna would drive around and see churches with electronic wayside pulpits. One church in particular that struck Bro. Richard was our sister church, Shorter A.M.E. in Morton, PA. Bro. Ricard would declare, if Shorter and other small churches can do it, then why can't we do it at Mt. Pisgah? So, Bro. Richard began his research. He talked to pastors and leaders of other churches. He helped to form an exploratory committee. In their travels, he would have Rev. Donna write down the phone number of the companies who installed the marquees they came across. Though Rev. Donna was unsure what Bro. Richard ever did with all those numbers he collected, and though it could not have possibly been known then, it was through that process that seeds of inspiration were planted from husband to wife.

"If smaller churches can do it, then why can't we do it at Mt. Pisgah?"

Rev. Donna didn't know but God in His infinite wisdom knew that He would have Rev. Donna live out her

Habakkuk 2:2-3 ~ ² Then the Lord replied: "Write down the revelation and make it plain on tablets so that a herald may run with it. ³ For the revelation awaits an appointed time; it speaks of the end and will not prove false. Though it linger, wait for it; it will certainly come and will not delay.

Editor message continued

favorite Scripture: that she would be the herald to take those numbers, to take that inspired idea of a Wayside

Pulpit for Mt. Pisgah and run with it! One day, as Rev. Donna was traveling home, she came across a church that had a wayside pulpit. She recalled that it was affixed with one of the numbers that Bro. Richard had her write down. Sitting at that traffic light, the Holy Spirit spoke to Rev. Donna and said, “You’re going to get Mt. Pisgah a Wayside Pulpit.”

“Ask not, have not!”
~ Favorite saying of
Bro. Richard Minor.

Rev. Donna enlisted the help of Mt. Pisgah’s Board of Trustees, particularly Sis. Dolores Clinton. Rev. Donna then reached out to family and friends and asked them to give simply whatever they could. The response was tremendous! Then, Rev. Donna wrote a letter to Corporate Facilities, Inc. (CFI), Bro. Richard’s employer for about two decades. The owner pledged to match whatever the employees raised – they raised \$1,200 – resulting in a matching gift of \$1,200!

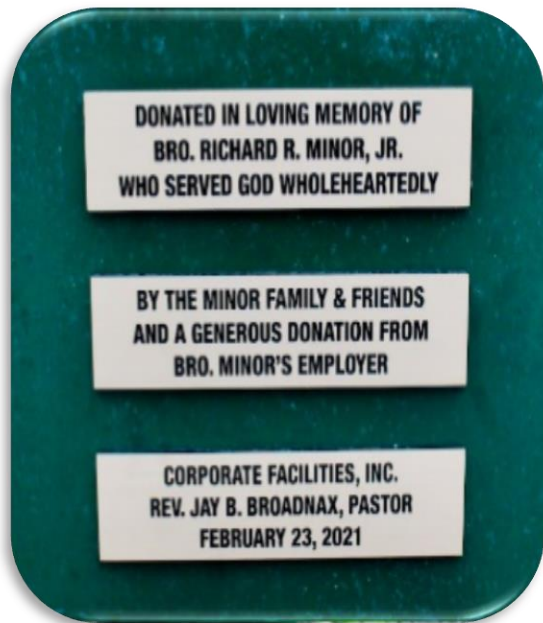
“Though it linger, wait for it; it will certainly come and not delay!” There were some bumps in the road along the way, from funding to battles with the zoning board. Yet, Rev. Donna remained certain of this, that if God said it, then it would be so! On, October 3rd, we celebrated God’s promise! Understandably, Rev. Donna was filled with mixed emotions. She was excited that the day had finally come, yet she was saddened that Bro. Richard was not here to see it. Still, Bro. Richard was with us in spirit! Bro. Richard was all about presentation. Rev. Donna heard his voice as she fretted over the grounds that surrounded the sign. Led by Bro. Steven and Sis. Gladys Patterson, the Wayside Pulpit was beautifully landscaped with fresh flowers. Two peace plants, one from Bro. Richard’s funeral and one from Sis. Ruth Maddox’s funeral were also on display.

Looking back on the day, Rev. Donna was excited to be joined by her family, and to see some of her church family and dear friends. She expresses her heartfelt appreciation to everyone who contributed in any way. She appreciates everyone who prayed!

Rev. Donna reflects with pride every time she passes the sign. Sometimes, she will go the “long way around” just so that she can see it. She was excited to stand at the sign with her nephew, Bro. Maurice Earl, the one who is carrying on his uncle’s legacy in the church balcony at the sound board. Rev. Donna drove her dad by the church just to see the sign. Rev. Donna’s enduring commitment is that the Wayside Pulpit remain a

Editor message continued

fitting beacon for Mt. Pisgah. She is excited for the coming of Spring when fresh flowers will bring new life to the Wayside Pulpit!



PHILADELPHIA CONFERENCE LAY ORGANIZATION

Margaret Miller

President of Mt. Pisgah Lay Organization
Philadelphia Conference Director of Lay Activities

MEETING AND WORKSHOP PRESENTATION SCHEDULE

Rev. Jay Broadnax, Pastor of Mt. Pisgah AME Church is scheduled to do a workshop presentation on Dr. Martin Luther King and the AME Justice Update on Saturday, January 15, 2022 at 12pm.

The Workshop presentation for the Lay meeting on Saturday, February 19, 2021 will be a Biblical Black History Presentation directed by Elizabeth Fisher from Bethel AME Church, Bryn Mawr, Pa.

All church members are invited to attend these meetings.

The Zoom information for the meeting is
Meeting ID 83053225059 password 511547
Telephone 3017158596 or 9294362866.

WHAT IS LENT?

Begin: March 2, 2022 - End: April 14, 2022

Lent is a time of fasting and prayer in preparation for Easter. For some Christians this is a special time to think about one's life choices and mortality, as well as reflect on life directions. It serves as a wakeup call for some Christians.

THERE ARE THREE MAJOR COMPONENTS TO THIS SEASON:

ASH WEDNESDAY

This marks the beginning of the Lenten discipline for observant Christians. Minister's place blessed ashes in the form of the cross on individuals' foreheads to remind them of mortality, sorrow for sins, change and forgiveness. While the ashes symbolize penance and contrition, they are also a reminder that God is gracious and merciful to those who call on Him with repentant hearts.

FASTING

Often, the focus of fasting is on the lack of food. However, the purpose of fasting is to take our eyes off the things of this world and instead focus on God. Fasting is a way to show that we are serious about our relationship with Him.

PRAYER

This is a relationship where we humbly communicate, worship, and sincerely seek God's face, knowing that He hears us, loves us and will respond, though not always in a manner we may expect or desire. Prayer can encompass confession, praise, adoration, supplication, intercession, and meditation.

Department of Christian Education
Rev. Phyllis A. Harris, Director
Rev. Jay B. Broadnax, Pastor

GREATER WORKS MINISTRY

The El Shaddai Greater Works Ministry

Octavia Dandridge Women's Missionary Society

Preparing for the Greater Works October 23, 2021



WORDS OF INSPIRATION



*Sing to the Lord a new song,
for he has done marvelous things;
his right hand and his holy arm
have worked salvation for him.*

Psalm 98:1

8-POWERFUL WORDS

FOR THE DAY

BELIEVE IN YOURSELF

BELIEVE YOU CAN AND YOU WILL

STAY STRONG

DREAM, BELIEVE, ACHIEVE

NEVER GIVE UP

A LITTLE PROGRESS EACH DAY ADDS UP TO BIG RESULTS

BE GRATEFUL

A GRATEFUL HEART IS A MAGNET FOR MIRACLES

WORK HARD

GOOD THINGS COME TO THOSE WHO WORK HARD

STAY HUMBLE

WORK HARD IN SILENCE, LET SUCCESS MAKE THE NOISE

BE KIND

KINDNESS MAKES YOU THE MOST BEAUTIFUL

KEEP SMILING

BECAUSE OF YOUR SMILE, YOU MAKE LIFE MORE BEAUTIFUL

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. Brown girl dreaming by: Jacqueline Woodson
3. A Promised Land by: Barack Obama
4. The Truths We Hold by: Kamala Harris
5. Walking with the Wind by: John Lewis
6. Equipping the Saints for Service by: Gregory G. M. Ingram
7. The S. A. T. of African Methodism by: Gregory G. M. Ingram
8. The Audacity of Hope by: Barack Obama
9. Tears We Cannot Stop by: Michael Eric Dyson
10. What Truth Sounds Like by: Michael Eric Dyson
11. Christians Against Christianity by: Rev. Obrey M. Hendricks, Jr.
12. Becoming By: Michelle Obama
13. The Politics of Jesus by: Rev. Obrey M. Hendricks, Jr.
14. Jesus and the Disinherited by Howard Thu



FEBRUARY IS BLACK HISTORY MONTH



Lift Every Voice and Sing

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

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

MOUNT PISGAH A. M. E. CHURCH

KNOW YOUR HISTORY AND BE PROUD!

Black History

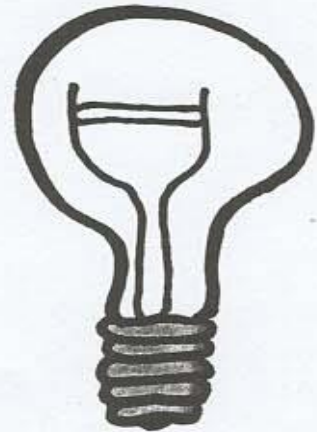
Every time you use these things...



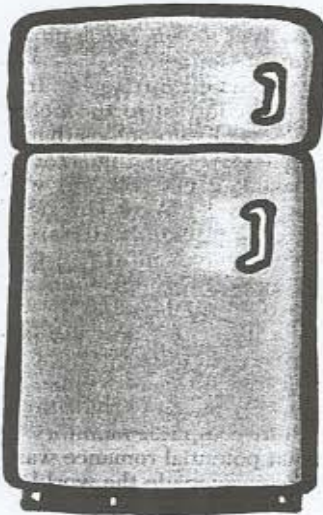
Mailbox - Philip B. Downing
His design incorporated the hinged door opening that is a common feature on U.S. mailboxes.
Patent #462,093 - October 27, 1891.



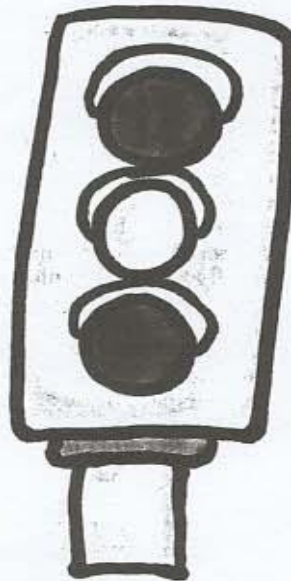
Golf Tee - George F. Grant - Prior to Grant's invention of the golf tee, golfers used their hands to mold a hitting surface from dirt or sand.
Patent #638,920 - December 12, 1899.



Electric Lamp with carbon filament
Lewis Latimer - He developed key innovations in the electric lamp design resulting in improved durability. These improvements increased effectiveness and lowered cost.
Patent #247,097 - September 13, 1881.



Refrigerator - John Stanard - He patented an improved refrigerator design with a water cooler and faucet for the dispensing of cold water.
Patent #455,891 - July 14, 1891.



Traffic Light - Garrett A. Morgan - His invention of the three-way automatic traffic signal helped make the roads safer for all of us.
Patent #1,475,024 - November 20, 1923.



Fountain Pen - W. B. Furvis - He designed a simple, durable and inexpensive fountain pen which was ideally suited for general use.
Patent #419,065 - January 7, 1890.

... you're celebrating Black History.

McDonald's® salutes these African American innovators and joins in the celebration of Black History throughout the year.



A TRIBUTE TO BLACK ATHLETES

THE BARRIER BREAKERS

<p>Jackie Robinson (1919-72)</p> <p>The first black man to play in Major League Baseball in the Modern era, starting at first base for the Brooklyn Dodgers in 1947</p>	<p>Willie O'Ree (1935 -)</p> <p>The first Black player in the National Hockey League and the subject of the 2019 documentary Wille, now streaming on Peacock.</p>	<p>Jesse Owens (1913-80)</p> <p>The winner of four gold medals at the Berlin Olympics in 1936, which put the lie to Hitler's assertions of white supremacy</p>
<p>Pele (1940-)</p> <p>Soccer's first Black global superstar, helping Brazil win the '58 World Cup</p>	<p>Fritz Pollard (1894-1986)</p> <p>The first African American head coach in the National Football League, playing and coaching for several teams before 1926, when all Black players and coaches were removed</p>	<p>Wendell Scott (1921-90)</p> <p>The first Black driver to win a race in the NASCAR Grand National series in Jacksonville, Florida in 1963</p>
<p>Wilma Rudolph (1940-94)</p> <p>The first American woman to win three Olympic gold medals, in 1960 in track and field</p>	<p>Michael Jordan (1963 -)</p> <p>The first Black NBA star to negotiate a mega-endorsement deal</p>	<p>Debi Thomas (1967-)</p> <p>The first African American to win a medal at the Winter Olympics in 1968</p>
<p>Jack Johnson (1878-1946)</p> <p>The first Black world heavyweight boxing champion in 1908</p>	<p>Althea Gibson (1927-2003)</p> <p>The first Black American to win a Grand Slam tennis title- the French Open in 1956</p>	<p>Charlie Sifford (1922-2015)</p> <p>The first Black golfer to play on the PGA Tour, in 1967</p>
<p>Arthur Ashe (1943-93)</p> <p>The only Black tennis player to win men's singles championships at Wimbledon, the U.S. Open and the Australian Open.</p>	<p>Condensed article from the June/July 2021 AARP magazine</p>	<p>submitted by Dolores M. Clinton</p>

The First Black Watch Night Service in America



Many of you who live or grew up in Black communities in the United States have probably heard of “Watch Night Services,” the gathering of the faithful in church on New Year’s Eve.

The service usually begins anywhere from 7:00 p.m. to 10:00 p.m. and ends at midnight with the entrance of the New Year. Some folks come to

church first, before going out to celebrate. For others, church is the only New Year’s event.

Still, it seemed that predominately White Christians churches did not include Watch Night services on their calendars but focused instead on Christmas Eve programs. In fact, there were instances where clergy in mainline denominations wondered aloud about the propriety of linking religious services with a secular holiday like New Year’s Eve.

However, there is a reason for the importance of New Year’s Eve services in African American congregations.

The Watch Night Services in Black communities that we celebrate today can be traced back to gatherings on December 31, 1862, also known as “Freedom’s Eve.” On that night Black slaves and free Black people came together in churches and private homes across the nation, anxiously awaiting news that the Emancipation Proclamation actually had become law. Then at the stroke of midnight, it was January 1, 1863, and all slaves in the Confederate States were declared legally free.

When the news was received, there were prayers, shouts, and songs of joy as people fell to their knees and thanked God. Black folks have gathered in

The First Black Watch Night Service in America

churches annually on New Year's Eve ever since, praising God for bringing us safely through another year. This celebration takes many American descendants of slaves into a new year with praise and worship.

It has been over a century and a half since that first Freedom's Eve and many of us were never taught the African American history of Watch Night, but tradition still brings us together at this time every year to celebrate "how we got over."



HOW I GOT OVER

as sung by Mahalia Jackson

How I got over

How did I make it over

You know my soul look back and wonder

How did I make it over

How I made it over

Going on over all these years

You know my soul look back and wonder

How did I make it over

Tell me how we got over Lord

Had a mighty hard time coming on over

You know my soul look back and wonder

How did we make it over

Tell me how we got over Lord

I've been falling and rising all these years

But you know my soul look back and wonder

How did I make it over

But soon as I can see Jesus the man that died for me

Man that bled and suffered, and he hung on Calvary

And I want to thank him for how he brought me

And I want to thank God for how he taught me

Oh, thank my God how he kept me

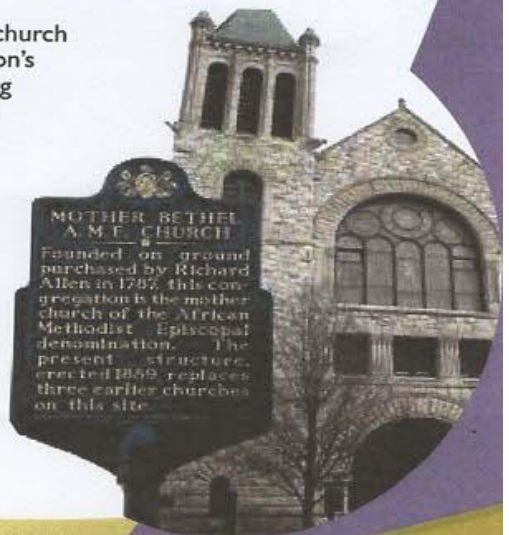
Black History

THE HISTORY OF BISHOP RICHARD ALLEN FOUNDER OF THE AFRICAN METHODIST EPISCOPAL CHURCH

- 1760** February 14th, Richard Allen born into slavery in Philadelphia to the family of Chief Colonial Justice, Benjamin Chew. Allen and his family are later sold to a plantation in Delaware belonging to Stokely Sturgis.
- 1777** Allen converts to the Christian faith and becomes a Methodist. His commitment to the Methodist faith was in large part due to the anti-slavery feelings of founder, John Wesley in England and the openness to Black worshippers by early Methodists in America.
- 1780 to 1783** Allen works in his spare time and raises enough money to purchase his freedom, \$2,000 Continental currency. Allen's freedom comes, ironically, just about the same time the United States wins the Revolutionary War.
- 1786** Allen returns to his native Philadelphia and begins preaching at the 5 a.m. service at St. George's Methodist Church in Philadelphia. His success, however, quickly leads to rising tensions with White leadership in the congregation. Allen is heartbroken over newly instituted "segregated pews" in worship, especially in light of his previous positive experiences with the Methodists in the earlier years.
- 1787** Tensions continue to rise in St. George's until many of the Black members, led by Allen and co-laborer Absalom Jones, walk out to form their own congregation. Jones and the majority would later decide to become a part of the Church of England's new Episcopal Church in America while Allen remained a Methodist. Also during this year, Allen and Jones co-found the Free African Society, a mutual aid group that fills many important social needs for the rising Black community.
- 1791** Allen purchases land at 6th and Lombard Streets as the location for the new congregation. ***This land is now the oldest, continuously owned property held by African Americans in the United States.***
- 1793** Building plans for a new church are interrupted by the Yellow Fever Epidemic in Philadelphia, a crisis that leaves 10% of the city population dead. As the Founding Fathers fled the then nation's capital, Allen, Jones, and others are credited as heroes during the epidemic. They stay and serve as nurses, burying the dead, and doing whatever they can to alleviate the suffering of Black and White Philadelphians.
- 1794** Allen completes construction on the first Mother Bethel edifice. The church meets in a converted blacksmith shop; explaining the denomination's long standing attraction to the anvil as an iconic symbol. The building was dedicated by Methodist Bishop, Francis Asbury. The importance of this space as a place to worship and to organize around issues important to the community becomes a template that continues to inspire to this day.
- 1799** Allen becomes the first ordained African American in the Methodist Church in the United States.
- 1790's to 1816** Allen and the members of his congregation are engaged in a prolonged, often acrimonious relationship with the Methodist Church.



Mother Bethel A.M.E. Church
(Left) in 1794 and (Right) today.



MOTHER BETHEL
A.M.E. CHURCH
Founded on ground
purchased by Richard
Allen in 1791, this con-
gregation is the mother
church of the African
Methodist Episcopal
denomination. The
present structure,
erected 1859, replaces
three earlier churches
on this site.

Black History

THE HISTORY OF BISHOP RICHARD ALLEN. . .continued

1790's
to
1816

At times, the bitterness is so high, that there are threats of violence as Mother Bethel asserts its independence while the Methodist denomination simultaneously exerts its claim that the congregation belongs to them. The fight with the Methodist Church ultimately lands in the highest court in the state. In early 1816, the Pennsylvania Supreme Court rules in favour of Allen and Mother Bethel that they are indeed independent of the Methodist denomination, capping off a near 30-year struggle for independence.

1816

Allen calls together members of similar Black Methodists from around the country who also experienced the sting of discrimination in segregated pews and were likewise seeking independence.

In April, the delegates met in Philadelphia and agreed to form the African Methodist Episcopal Church denomination. Richard Allen was elected and consecrated the first African American bishop in the United States.

Pictured right are: The Four Horsemen of the AME Church: Bishop Richard Allen, Bishop Daniel Payne, Bishop Henry Turner and Bishop Paul Quinn.



1824

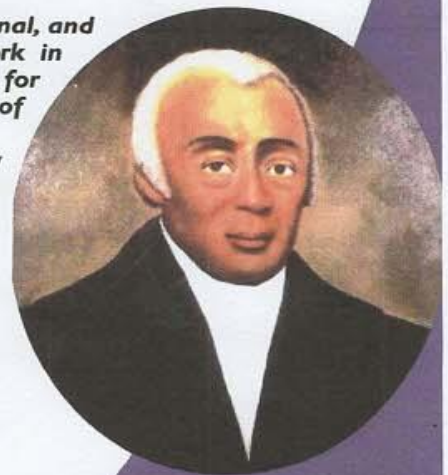
Allen sends members of the African Methodist Episcopal Church to Haiti to assist that nation in building an infrastructure, while attempting to get a foothold for the denomination in that country. From the beginning, Allen shows an international vision for the church.

1831

On March 26th, Allen passes away in his home on Spruce Street in Philadelphia. In his lifetime, he was perhaps the most well-known African American and was highly regarded as a force to be reckoned with.

He spent his life addressing the needs of his community: local, national, and international. His concern went far beyond his love and work in the church. He was an entrepreneur, having held the contract for his chimney sweep business to clean the Executive Mansion of President George Washington; he was an early and outspoken abolitionist calling for an end to slavery; he was a community organizer hosting two of the most important gatherings for free African Americans in 1817 and 1830; and many other notable accomplishments that are too numerous to list in this space.

Richard Allen
1760 ~ 1831



Early leaders of the
AME Church

Office of Violence Prevention

GROUP VIOLENCE INTERVENTION



The Group Violence Intervention (GVI) strategy is a multi-City agency initiative designed to reduce shootings and homicides and minimize harm to community. It elevates the role social services and community supports play in reducing gun violence.

Most importantly, it involves law enforcement partnering with the community while focusing on the small and active number of people driving the

group violence in our neighborhoods.

This is key. The research and data tell us much of the shooting and violence is driven by a small percentage of people in street groups who may need help getting out of “the life.”

We work with people to combine enforcement with deference and foster stronger relationships with law enforcement and the people they serve.

GVI shows that violence can dramatically reduce when a partnership of community members, law enforcement and social service provides directly engage with the small and active number of people involved in street groups.

QVI Service: Personalized case management

Connection to serves such as job placement, behavioral and mental support, education, substance abuse support, housing and mentorship

Assistance in building stronger relationships with community and law enforcement.

How to Reach Out: Community partners and leaders directly notify individual associated with the small groups that are known to be driving the most serious violence in the city. At these meetings the message to stop the violence is delivered and staff are available to offer services immediately if wanted. These meetings are done in partnership with the Philadelphia Police Department and local state and federal law enforcement agencies when necessary

Contact Us:

Office of Violence Prevention, OVPinfo @phila.gov or (215)686-0789

The team also includes Mothers who have lost sons/daughters to the senseless gun violence. I peak with the perpetrators and/or potential perpetrator about the after-effects of losing a child to gun violence. And ask them would you want your mother, or whoever takes care of you to suffer like this.

Submitted by: Cherie Ryans (mother of murdered son)



CITY OF PHILADELPHIA

Office of the Mayor
215 City Hall
Philadelphia, PA 19107
(215) 686-2181
FAX (215) 686-2180

JAMES F. KENNEY
Mayor

October 29, 2021

Cherie Ryans

Philadelphia, PA 19143

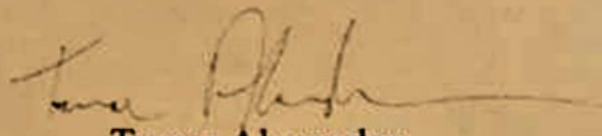
Dear Cherie:

We are writing to express our profound gratitude for your participation in the City's Group Violence Intervention Strategy. Your work with the Mobile GVI teams and your impassioned speech to the participants at our first Call-In are inspiring to us all.

We understand, as best we can as observers, how difficult it must be to discuss your son and his untimely death. Please know that your courage is an example to all who care about saving lives and stopping gun violence. We know that you are not new to this fight and appreciate your years of work in the community. You can be confident that Terance's name will be remembered and, because of your efforts, he will be associated with the noble fight to save lives and reduce the violence that plagues our city.

In Respect and Gratitude,


James F. Kenney
Mayor


Tumar Alexander
Managing Director

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.	Ministry Leader: Sis. Joyce Criss
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 sacraments are changed to the proper seasonal color.	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.	Ministry Leader: Sis. Joyce Criss
Ladies' Auxiliary	We greet and serve the needs of those who enter the church on the third Sunday of each month.	Ministry Leader: Sis. Joyce Criss
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	Ministry Leader: Bro. Eddie Pope
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 – 7:00 pm. Service ministry is the third Sundays of each month. New members are welcomed.	Ministry Leader: Sis. Dolores Clinton
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





HEART HEALTHY DIET

OVERVIEW | RESOURCES

Eat Heart Healthy

Following these nutritional strategies can help you reduce or even eliminate some risk factors, such as reducing total and LDL-cholesterol; lowering blood pressure, blood sugars and triglycerides; and reducing body weight. While most dietary plans tell you what you can't eat (usually your favorite foods!), the most powerful nutrition strategies help you focus on what you can and should eat. In fact, research has shown that adding certain foods to your diet is just as important as cutting back on others.

Decrease saturated fats and trans fats

The [American Heart Association and American College of Cardiology Lifestyle Management Guidelines \(2013\)](#) urge people to eat a healthy diet and decrease saturated fats and trans fats in their diet. Choose monounsaturated and polyunsaturated fats (from olive and canola oils, nuts, seeds, avocados, olives, flaxseed, soy and fatty fish).

Increase your intake of fruits and vegetables

Choose seven to nine -A-Day

Aim for a combined seven - nine servings of fruits and vegetables each day provides a variety of antioxidants, b-vitamins, dietary fiber and a host of additional plant chemicals known to help prevent disease.

One serving of fruit includes:

- 1 medium-sized piece of fresh fruit
- 1/2 medium banana
- 1/2 grapefruit 2 Tbsp dried fruit
- 1/2 cup canned fruit
- 1/2 to 3/4 cup most juices

One serving of vegetables includes:

- 1/2 cup cooked vegetables
- 1 cup raw or leafy vegetables

Eat a rainbow of colors

Eat a variety of orange carrots and oranges, red peppers, tomatoes, strawberries, raspberries, and peaches, purple plums, green celery, lettuce, and kiwis and

HEALTH CORNER CONTINUED

Eat more fiber

yellow peppers and bananas. Choosing a rainbow of colors helps ensure a diverse intake of nutrients.

Increase fruits and vegetables in your diet

- Buy pre-cut vegetables and fruit - fresh or frozen to save time – bag them up for a snack or to add to a dish.
- Have a vegetable-based soup or garden salad with light dressing with your usual sandwich at lunch.
- Instead of a cookie, enjoy a frozen banana or grapes dipped in 1 tsp of chocolate syrup.
- Keep fresh fruit on your desk or workspace.
- Try a homemade trail mix of your choice of 2 T dried fruit + 2T roasted nuts and/or seeds in a baggie to take with you if you predict you'll be missing a meal.

*If you have high blood pressure, a diet rich in fruits, vegetables, and grains is recommended.

As part of a healthy diet, fiber can reduce cholesterol. Dietary fiber is a type of carbohydrate that the body cannot digest. It's found primarily in whole grains, fruits, vegetables and beans. As fiber passes through the body, it affects the way the body digests foods and absorbs nutrients.

A diet rich in fiber has health benefits beyond cholesterol control: it helps control blood sugar, promote regularity, prevent gastrointestinal disease and helps in weight management.

There are two types of dietary fiber: soluble and insoluble. Each has a unique effect on health.

- **Soluble (viscous) fiber:** Provides the greatest heart-health benefit because it helps to lower total and LDL-cholesterol. Good sources of soluble fiber include oats, oat bran, barley, legumes (such as dried beans, lentils and split peas), psyllium, flaxseed, apples, pears and citrus fruits.
- **Insoluble fiber:** Generally referred to as "roughage." Insoluble fiber promotes regularity, adds bulk and softness to stools, helps with weight regulation and helps prevent many gastrointestinal disorders. Good
- **sources of insoluble fiber** include wheat bran, whole wheat and other whole grain cereals and breads, nuts and vegetables. Foods contain a mix of soluble and insoluble fiber. To receive the greatest health benefit, eat a wide variety of all high-fiber foods.

HEALTH CORNER CONTINUED

Overall, you should aim for a total intake of 25 or more grams of dietary fiber (soluble and insoluble) each day.

Substitute animal protein with plant protein

Increase plant sources of protein and start reducing your intake of animal protein. Eating more beef, pork, and chicken with skin, and whole milk cheeses and dairy products means more intake of high amounts of cholesterol and saturated fat, both of which contribute to weight gain and increased risk of heart disease. So, start replacing some animal fat meals with meatless meals. There are plenty of palatable nonmeat substitutes that provide good sources of protein but that also provide heart-friendly ingredients such as fiber, vitamins, minerals and antioxidants.

- Eat two to three vegetable protein meals weekly: split pea soup, garbanzo bean salad, bean-based meatless burgers, tofu stir-fry or textured vegetable protein.
- Red meat should be eaten at no more than one meal per week. Choose the leanest cuts of meat possible with skin and visible fat removed. Replace red meat with white.
- Eat two skinless poultry meals each week.
- Eat a minimum of six ounces (2 servings) of [omega-3-rich fish](#) weekly (cold-water fish such as tuna, salmon, trout, sardines, and herring). There are also [plant sources of omega 3 fatty acids](#).

Increase whole grains

Increase whole grains and limit processed or refined carbohydrate foods (e.g., white bread, white pasta, white rice). Whole grain breads, brown rice, oats, barley, bulgur [a form of whole wheat], quinoa [a grain-like product], whole wheat pasta, whole grain crackers and cereals are called unrefined or whole-grain carbohydrates.

These foods provide more vitamins, minerals, antioxidants and dietary fiber than refined carbohydrates.

Limit sweets, desserts, and sugary sodas

Foods such as sweets and sugar sweetened beverages should be limited. You don't have to eliminate them from the menu altogether to derive benefit—just don't make them part of your everyday diet. A couple times a month is better than a couple times a week.

Choose low fat or non-fat dairy products

The American Heart Association suggests two – three servings per day of dairy. This is good for heart, bone and blood pressure health. Such sources are skim milk or 1% milk, 1% or nonfat yogurt or cottage cheese, and reduced fat cheeses.

If you drink alcohol, drink in moderation

HEALTH CORNER CONTINUED

Drinking alcohol is not encouraged, but if you do – drink in moderation. Moderate alcohol use is defined as no more than one drink per day for women and no more than two drinks per day for men. Alcohol should be avoided with some medical conditions or medications. Talk to your doctor about drinking alcohol.

Practice portion control

When you are trying to follow an eating plan that's good for you, it may help to know how much of a certain kind of food is considered a "serving." The list below offers some examples.

- **1 cup cooked pasta or rice**
Serving Size: 2 starch
Reference Size: Tennis ball
- **1 slice bread**
Serving Size: 1 starch
Reference Size: Compact disk case
- **1/2 cup cooked vegetables or fruit**
Serving Size: 1 vegetable or fruit
Reference Size: Baseball
- **1 ounce low-fat cheese**
Serving Size: 1 medium-fat protein
Reference Size: Pair of dice
- **1 teaspoon olive oil**
Serving Size: 1 fat
Reference Size: Half-dollar
- **3 ounces cooked meat**
Serving Size: 3 protein
Reference Size: Deck of cards or cassette tape
- **3 ounces tofu**
Serving Size: 1 protein
Reference Size: Deck of cards or cassette tape

Do not skip meals - more frequent mini-meals are better

Skipping meals is not recommended. Small, frequent meals and snacks appear to promote weight loss and maintenance and give you an opportunity to consume important nutrients throughout the day. Skipping meals only lowers metabolism and deprives you of key nutrients. Researchers have found that people who balance their calories into four to six small meals each day have lower cholesterol levels., so divide your calories into 4 to 6 smaller meals throughout the day.

Submitted by Rev. Lisa Richardson

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

BIRTHDAYS

★HAPPY★
BIRTHDAY!
Shout Out!



TO ALL THE BIRTHDAYS IN THE MONTHS OF:

Happy
Birthday

OCTOBER
NOVEMBER
DECEMBER
JANUARY
FEBRUARY
MARCH



BIRTH



*Congratulations to our new arrival
Bellarose*

*And to the parents
Briana and Christian Dengoue
on your beautiful and adorable bundle of joy!*



GRANDPARENTS
fill the world
with LOVE

*Congratulations to the newest Grandparents
Keith and Juanita Arrington
On their first grand baby.
God's Blessings on all of you!*



A TIME TO BE HEALED...

Sick & Shut-in



Darrell Alston	5121 Cedar Ave. (43)
Verbatine Alston	6212 Sansom Street (39)
Sheila Booker	118 E. Hurter Street (19)
Robert Brown	1420 Clearview Street, Apt. H110 (32)
Billy Cash	1118E 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)
Elizabeth E. Lavender	5917Washington Ave. (43)
Elizabeth Kamara	2100 N. 49th St. Apt. 103 (31)
Corine McKeithan	4239 Pennsgrove St. (04)
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)
Eddie Pope	2338 W, Cheltenham Ave., Phila, PA 19150
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 Toomba	50-1Revere Road, Drexel Hill, PA 19026
Australia Weaver	3713 Mimi Circle, Phila, PA 19131
Mamie Young	4342 Pine Street, Phila, PA 19104
Marlene Winfield	3939 Conshohocken Ave. Apt. 521 (19131)

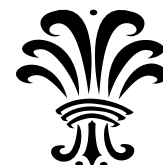
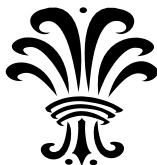
NURSING CARE, ASSISTANT CARE

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

Diane Pope	Abington Hospital 1200 Old York Rd., Abington, PA 19001 L381-ICU
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.



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)



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



Contact:

Tiffany Fauntleroy (Angels of Praise) 215-436-0364
Wade Fauntleroy (MIME) 267-971-6865)

DEPARTMENT OF CHRISTIAN EDUCATION
DATES TO REMEMBER



free
tax
Preparation

JANUARY 17- APRIL 18, 2022

@Mount Pisgah A.M.E. Church
428 north 41st Street
Philadelphia, PA 19104

Our hours are:

Monday: 11:00am/3:00pm
Friday: 10:00am/3:00pm
Saturday: 9:00am/3:00pm

FEBRUARY 26, 2022

@4:00-P.M.

An African American History Presentation
Sponsored by our Department of Christian Education



FOR THOSE WHO ARE GONE BUT NOT FORGOTTEN!



*The Octavia W. Dandridge Women's Missionary Society
of Mt. Pisgah A.M.E. Church celebrated
Elizabeth Hopkins 101 years old, October 27, 2021
Church family members and friends gave a card shower to the oldest
member of Mt. Pisgah Women's Missionary Society
Sister Elaine Gleaves and President Darlene Foreman represented the
Chancel Choir with prayer and song. Sister Elizabeth was a faithful member
of the Choir for many years. Sister Carrie Yon baked her the cake. Sister
Shirley Harris, a loving member was also present.*

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 April 2022 issue is

February 12, 2022

Thank you!