



THE VIEW

FROM MOUNT PISGAH

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

2023

FALL

Celebrating one of our Seniors!



Ms. Claudia Hammond



A VERY MERRY
CHRISTMAS
and Happy New Year!

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Just A Reminder

Masks are no longer mandatory.
If you are sick, please stay home and
join us on Livestream or Facebook



Message from our Pastor Reverend Jay B. Broadnax

A NEWLY Opened Mount Pisgah

I am excited that God has brought us to a new season for our ministry. While the **COVID** pandemic meant **CLOSING OFF** our church to most of our disciples and to the community, I believe that for Mount Pisgah the post-pandemic season means not so much **RE-OPENING**, but **NEWLY OPENING**, that is, opening our church in **NEW** and **EXCITING** ways!

The isolation that we experienced during the pandemic created a hunger and thirst, a yearning for the kind of fellowship that we had grown used to experiencing in years past. Now that we have returned to the building, we are trying to make the most of **EVERY** opportunity that we can for connection, fellowship and strengthening our spiritual bond. However, we are also trying to **“OPEN UP”** in new ways – ways that meet the needs of the community around us and create opportunities to embrace and include individuals and families that might not be familiar with our special bond as “The Mighty Mount Pisgah.” God is giving us the opportunity to **OPEN UP!**

I believe that this is imperative for our continued existence as a church. No longer will people come through our doors simply because we are **AME**, or even because we have good music, good teaching, or good preaching. People are looking for a sense of belonging, a place to find community, as well as encountering, hearing, and growing in God. I think that when we are at our best, Mount Pisgah has a very special atmosphere and character as a church, and if people are given the opportunity to be exposed to it, they will feel the warmth and want to be included.

As many have heard me say, I don’t just want us to be “a church in the community”, but rather **“A COMMUNITY CHURCH”** – a church that embraces the community, is an integral part of it, and that is valued **BY** the community. Thus, we are constantly rethinking our worship experience to make it more user friendly, seeking to launch new ministries that meet new needs, and working to make our building more accessible and open to community members and groups. These efforts are making a difference. New disciples are joining, and God is sending us opportunities to host gatherings that empower both church and community.

Let’s do everything that we can to **KEEP THIS GOING!!** The doors of the church are not just **“OPEN AGAIN,”** but they are **“OPEN ANEW!!”** I welcome you to the **NEWLY OPENED MOUNT PISGAH!!**





Message from the Editor Keith W. Arrington, Sr.



put your outdoor work in order
and get your fields ready;
after that, build your house.
~ Proverbs 24:27

For me, the captioned Proverb brings to mind the whirlwind of activity that comes with preparing one's house for company. Whether it's a family gathering or some sort of celebration, we want to make sure that everything is neat and tidy. Out comes the lawn mower, the weed whacker, and the rake. Or, maybe you just need to break out the hose and the broom and clean your stoop! Indoors, you get to vacuuming and dusting, washing, and wiping. Everything is put in its proper place. You get your house in order, ready to receive company!

In this year of 2023, Mt. Pisgah A.M.E. Church proudly embraces 190 years of being a blessed edifice of God! Though we revel in our longevity, we do so with our eyes fixed and our minds set on our greater glory! Yet, to attain that glory, we have to continue getting our house in order!

Recently at Mt. Pisgah, we embarked on the Expanding Our R.E.A.C.H. Capital Campaign. We are striving to enhance our Relevance, Excellence, Accessibility, Capacity, and Holistic Approach. To do all of those things, we have to make sure the church is in order! Come by Mt. Pisgah in this moment, and we will say pardon our appearance while we get our outdoor work in order! We will soon begin paving the grounds for our parking lot! We will say pardon our appearance while we enhance our house by restoring our basement and upgrading our audiovisual equipment to optimize our worship experience!

Keep the faith Mt. Pisgah as we continue to build our beautiful House of God! We are building to expand our reach in ministry! We are building, not for company, but to usher more worshippers into the Family of God! Glory be to God for 190 years Mt. Pisgah! As we build, we remain confident in this: The best is yet to come!





190TH ANNIVERSARY CHURCH PICNIC EVENT



CHURCH PICNIC CONTINUED



Mt. Pisgah at its best. Family, Fun, Praise and Fellowship. A great time had by all with games, food and joy.

GREETINGS FROM MT. PISGAH CHURCH SCHOOL!



Our Church School is one of which we can all be proud of. We have dedicated, faithful leaders and the most lovable group of disciples ever! We have learned much about our Lord and ourselves through the studies we have covered in Precepts for Living. I again want to thank you all for your patience as we sampled the Bible Expositor. We treasure all we learned from the Standard Lesson Commentary, but Precepts for Living has helped us move into the future in a new way.

MANY THANKS TO OUR TEAM OF DEDICATED AND FAITHFUL TEACHERS AND STAFF:

Rev. Lisa Richardson	Ingrid Broadnax	Evan. Angela Ryans
Rev. Phyllis Harris	Dara Broadnax	Bro. Horace Ryans
Evangelist Sandy Geathers	Sister Patricia Brown	Paulette Thompson
Sister Elaine Gleaves	Sister Dolores Clinton	
Sister Jannie Weeks	Brother Adesina Jaiyeola	

I am very proud of our challengers who diligently prepare their responses. Cheryl Hammond-Hopewell's in-depth presentation of Juneteenth, the love letters written for Father's Day: Rev. Donna Minor's note of thanksgiving to God, Sister Ingrid Broadnax's letter from a wife's heart, and Sister Cherie Ryans' letter from a mother's heart were all very moving. We truly honored the men in our lives as well as our Main Man, The Lord our God!

THANK YOU, THANK YOU TO OUR BIRTHDAY SOLOISTS:



Sister Gloria Geathers
Sister Denise Ruffin
Sister Darlene Foreman
Evangelist Bernadine Devose-Walls
Sister Tiffany Fauntleroy
Evangelist Sandy Geathers



A SPECIAL SHOUT OUT TO OUR GRAMMY-AWARD WINNING

Church School songstresses:

Sister Tiffany Fauntleroy
Sister Gloria Geathers
Sister Elaine Gleaves
Sister Kimberly Mouzon

SUPER★

Special words of appreciation are extended to all those who go above and beyond to support the work of the Church School:

Brother Keith Arrington (our 2023 man of the hour)

Sister Carrie Yon

Brother Wade Fauntleroy

Sister Elaine Gleaves

Brother Rick McCarter

REV. PHYLLIS A. HARRIS

Heart-felt gratitude to Rev. Phyllis A. Harris for your steadfast support and guidance. I could not manage without the strength and wisdom you provide. You are indeed a much needed and deeply appreciated resource. I thank God for placing you in my life!

Congratulations
Sister Pamela Hammond

Sister Pam will represent Mt. Pisgah at the Philadelphia Conference Annual Unsung Hero Awards Luncheon October 7, 2023. She gives of herself both inside and outside of the church, without any need or desire to be recognized, which is the true definition of being an Unsung Hero!



Dear Pastor Jay,

I want to say thank you for giving me the opportunity to serve you and this historic church. I am indeed both honored and humbled. My prayer is that I serve you all well. My desire is that God be glorified, the people edified and our enemy, the evil one, be petrified. Thank you again for the privilege and for your awesome leadership!

I want you all to know what an honor and pleasure it is to serve as your superintendent. I ask your prayers as we continue learning and growing together.

WORD OF ENCOURAGEMENT:

Let us continue to work with each other, side by side, and let love rule the day. For they'll know we are Christians by our love.



4th Annual Christmas Presentation in December
4th Annual Easter Presentation in the Spring

Peace and Love

Valerie Ives, Church School Superintendent

Reverend Jay B. Broadnax, Pastor

Technical Help



BRIDGING THE GAP EVENT!

Presenter-Mr. Wayne Hunter



Talking Tech w/ Wayne, Inc.

*A technical Solitions Company that provides free technical information
particulary for those 65 years and older
A great time was had at our Bridging the Gap. The Tech session for the
seniors was informative and enlightening. They had plenty of
help from our young adults.
This has fostered growing relationship between the two.
Plenty of fun and learning by all.*



HOME SAFETY FIRE PREVENTION SEMINAR PRENTER-RALPH ROBERTS.



Chief Ralph Robert's presented Home and Safety Prevention for your home. He is a retired Fire Chief and lives in New Jersey. We learned a lot on "Fire Safety" and "Fire Education".

Chief Roberts demonstrated how to use a residential fire extinguisher and explained why we should have smoke detectors, carbon monoxide detectors and fire extinguishers in our homes.

He explained that the most difficult to rescue in a fire are children and seniors, and they are the most targeted in fires.

HOME SAFETY FIRE PREVENTION SEMINAR CONTINUED

He provided us with some great tips and true facts.

***Carbon Monoxide:** You can't see it, taste it, or touch it.*

***Heater Generator:** Creates carbon monoxide.*

Smoke alarms and smoke detectors are different:

Smoke alarm alarms you, and smoke detectors detect the smoke.

We were also shown a short video giving fire safety tips when cooking.

Never walk away from your stove when you turn on the pilot. Bring a wooden spoon with you to notify yourself that you are cooking. It is also good to have a timer to time your food.

Don't wear long or flowy clothes when cooking, if you do that, you can cause a fire and would possibly burn your skin. If your clothes catch on fire: Stop, Drop and Roll.

Rethink kitchen tools: Wear a mitten so you won't burn the back of your hand when taking food out of the oven. Have a lid that fits your pan handy. When you turn off the pilot to your stove, leave your pan on the stove until it cools.

Great questions were asked, and Chief Robert's provided clear and straight to the point answers.

Submitted by Alese Fauntleroy



My Love Letter to God.

Good morning God, good morning, Jesus, good morning, Holy Spirit.,

I'm writing this letter to share my feelings. My love for you is indescribable. It flows deeper than deep. My love for you runs so wide that it exceeds the expansion from shore to shore. There is none like you and there is none who will ever take your place. I love you Jesus with my total being. Those times in my life when I didn't even acknowledge you, you were right there with me and I'm grateful. When I finally acknowledged you as the lover of my soul, it allowed the words to depart from my lips, "I never knew love like this before." Father, you are one of a kind.

God, I know that nothing can escape you. When I'm feeling lonely most days, you remind me that you are right there to draw me close, and You wrap me in Your loving arms. That's why I love you. When the stressors of life get the best of me, Holy Spirit, you tenderly whisper, "I am your Helper, and I am your Keeper." That's why I love you so much, Lord.

Daddy, I just want to say these words from my lips to your heart: I love you, Lord. For Your mercy never fails me. All my days, I've been held in Your hands; From the moment that I wake up; Until I lay down my head; Oh, I will sing of the goodness of God. And all my life You have been faithful; And all my life You have been so, so good; With every breath that I am able; Oh, I will sing of the goodness of God.

With much love and gratitude, your daughter, Donna 😊



Welcome

to our

New Members



Davier Jones-Harris

William Every

L'Oreal Johnston

Tyson Every

Derrick Ross

Dorothy Mickens

Tyree Whitney

Charlotte G. Wright

Jeffrey Daniels

Malcolm Ranas

Kamalludin Colaïre

Timothy Oliver

Dominique Thompson

Brother Steve Shaffer

Welcome
we're glad you are here!





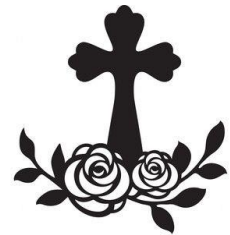
A Dose of Gratitude: How Being Thankful Can Keep You Healthy

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

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

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

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



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

Focus Attention Outward

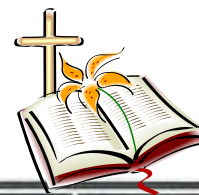
Your attitude plays a large role in determining whether you can feel grateful in spite of life’s challenges. According to Emmons, gratitude is defined by your attitude towards both the outside and yourself. He suggested that those who are more aware of the positives in their lives tend to focus their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

Be Mindful of What You Have

You may assume that those with more material possessions have more to be grateful for. However, research suggests otherwise. Edward Diener, a psychology professor at the University of Illinois, found that a percentage of affluent people in Japan report low levels.



PRAYER CALENDAR



1 SALVATION Lord, I pray that I will obtain the salvation that is in Christ Jesus, with eternal glory. <i>2 Timothy 2:10</i>	2 GOD'S GRACE I pray that I may grow in the grace and knowledge of our Lord and Savior Jesus Christ. <i>2 Peter 3:18</i>	3 LOVE Father, grant that I will learn to live a life of love, through the Spirit who lives in me. <i>Ephesians 5:2</i>	4 INTEGRITY Lord, may integrity and uprightness protect me because my hope is in you. <i>Psalms 25:21</i>	5 SELF-CONTROL Father, help me not be like many others, but to be alert and self-controlled in all they do. <i>1 Thessalonians 5:6</i>	6 LOVE FOR GOD'S WORD Lord, may I regard your Word as more precious than gold and sweeter than honey. <i>Psalms 19:10</i>	7 JUSTICE God, help me to love justice as You do and act justly in all I do. <i>Psalms 11:7 & Micah 6:8</i>
8 MERCY Oh Father, grant that I would be full of mercy and compassion as you are, Lord. <i>James 5:11</i>	9 RESPECT Lord, help me to show proper respect to everyone, as your Word commands. <i>1 Peter 2:17</i>	10 SELF-ESTEEM God, help me develop a strong self-esteem rooted in the realization that I am Your workmanship. <i>Ephesians 2:10</i>	11 FAITHFULNESS Let faithfulness never leave me, but bind this virtue around my neck. <i>Proverbs 3:3</i>	12 COURAGE Lord, may I always be strong and courageous in my character and my actions. <i>Deuteronomy 31:6</i>	13 PURITY Create in me pure hearts, O God, and let that purity of heart be shown in my life. <i>Psalms 51:10</i>	14 KINDNESS Father, I pray that I would be kind to others and good to everyone. <i>1 Thessalonians 5:15</i>
15 GENEROSITY Lord, I pray I will be rich in good deeds, generous and willing to share. <i>1 Timothy 6:18</i>	16 PEACE LOVING Father God, help me make every effort to do what leads to peace. <i>Romans 14:19</i>	17 JOY Heavenly Father, grant that I will be filled with the joy given by the Holy Spirit. <i>1 Thessalonians 1:6</i>	18 PERSEVERANCE Lord, teach me to persevere in all I do, and help me to run with perseverance the race set before me. <i>Hebrews 12:1</i>	19 HUMILITY God, please cultivate in me the ability to show true humility toward all. <i>Titus 3:2</i>	20 COMPASSION Holy Father, I pray that You would clothe me with the virtue of compassion. <i>Colossians 3:12</i>	21 RESPONSIBILITY Lord, grant that I would learn to be responsible, for each one of us should carry our own load. <i>Galatians 6:5</i>
22 CONTENTMENT Father, teach me the secret of being content in every situation, through Him who gives me strength. <i>Philippians 4:12-13</i>	23 FAITH Lord, help me to fight the good fight of faith, taking hold of the eternal life to which I am called. <i>1 Timothy 6:12</i>	24 A SERVANT'S HEART God, help me develop a servant heart that I may serve wholeheartedly. <i>Ephesians 6:7</i>	25 HOPE God of hope, grant that I may overflow with hope and hopefulness by the power of the Holy Spirit. <i>Romans 15:13</i>	26 PATIENCE God, strengthen me with all power, so that I may have great endurance and patience. <i>Galatians 5:22</i>	27 PASSION FOR THE LORD Lord, I pray my soul would pant for you as the deer pants for streams of water. <i>Psalms 42:1</i>	28 WISDOM Father, I pray I would ask and that you would generously give wisdom to me as you promise. <i>James 1:5</i>
29 PRAYERFULNESS I ask that I will be committed to prayer, and not faint, lose heart or give up. <i>Luke 18:1</i>	30 GRATITUDE Lord, help me to live a life that over-flow with thankfulness, always giving thanks to You. <i>Ephesians 5:20</i>	31 BOLDNESS I pray that I will fearlessly make known the mystery of the gospel of Christ Jesus. <i>Ephesians 6:19</i>	<h2>Prayer Changes Things!</h2> <p>May God Bless You and Your Family with a Healthy, Happy and Prosperous New Year!!</p> <p>Use this calendar as a guide each month.</p>			



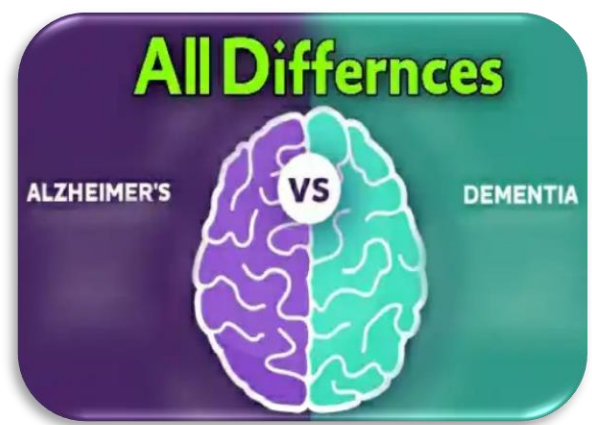
PRAYING GOD'S WORD

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.



The Difference Between Dementia and Alzheimer's All Differences

The Difference Between Dementia and Alzheimer's: Dementia and Alzheimer's are both disorders that cause significant memory loss and trouble with reasoning and problem-solving, but they are not the same thing.

Although it may be common to hear these two terms used interchangeably, they actually represent different types of brain deterioration that can have different symptoms and treatments. If you or someone you love has been diagnosed

with either dementia or Alzheimer's, it can be helpful to know the differences between Dementia and Alzheimer's so you can make informed decisions about your health care options.

What is the Difference Between Dementia and Alzheimer's?

In this post, I'm going to share with you all the Exact Differences between Alzheimer's and Dementia. let's get started with: Differentiating features.

The main distinction between dementia and Alzheimer's disease is that dementia is a broader term referring to a set of symptoms experienced by those who suffer from any of a number of different diseases. The most common form, however, is Alzheimer's.

These two terms are commonly used interchangeably, but they don't mean the same thing: while they share some characteristics, dementia represents a broad category of ailments while Alzheimer's is one specific type.

Similarities

- Both dementia and Alzheimer's are caused by problems with a protein in your brain called tau.
- They also share some symptoms, including loss of memory, confusion, impaired judgment, mood changes, and personality changes.
- But that's where the similarities between dementia and Alzheimer's end.
- Let's look at what distinguishes these two conditions from one another.

When to get help

If you have any concerns about your loved one's behavior, it's important to speak with their doctor immediately. Keep in mind that a diagnosis of Alzheimer's Disease can take between six months and two years, so act quickly. The sooner a treatment plan is started, the better your loved one will fare in terms of both comfort and quality of life.

What kind of help is available?

HEALTH CORNER CONTINUED

If you're worried about your memory, there are many things you can do to get a better sense of your mental health. The first step is to make an appointment with your primary care physician.

Your doctor can run a few tests to see if there are any issues. If they recommend further investigation, they will likely refer you to a neurologist who specializes in diagnosing brain diseases like dementia or Alzheimer's disease. This is one of the differences between dementia and Alzheimer's.

Finding out your risk factors

Having a risk factor doesn't mean you'll get Alzheimer's, but knowing what puts you at risk is essential to effectively managing your health. Some of the biggest risk factors for developing dementia include.

Do You Know: [The Difference Between Vitamins and Supplements?](#)

How do I talk about it?

The difference between dementia and Alzheimer's is that dementia is not specific to memory loss. If you forget where you left your keys, then it's possible you might have some form of early-stage dementia, but if you forget how to use your keys then it's likely that you have a form of early-stage Alzheimer's disease.

Where can I get support?

Both Alzheimer's disease and dementia are progressive diseases, meaning they continue to get worse over time. If you think a loved one may be showing signs of dementia or Alzheimer's, it's important to seek help right away.

Visiting a doctor is an important first step toward getting your loved one diagnosed as early as possible so that they can receive treatment. For more information on what signs to look for, see [What are Memory Loss and Forgetfulness?](#).

Article by (Differencesbetween.org)

HEALTH CORNER CONTINUED

NUTRITION KNOW-HOW

Eat for a Better Memory

These simple strategies may help keep your mind sharper longer



DOING PUZZLES, PLAYING memory-boosting games, taking classes, and reading are activities that we often turn to for help keeping our brains sharp. But more and more, research is showing that what you eat, how often you exercise, and the type of exercise you do can help lower your risk of dementia to a greater extent than previously thought. Although more studies are needed, “there’s a lot of data that suggests exercise and diet are good for the brain and can prevent or help slow down [cognitive changes],” says Jeffrey Burns, MD, co-director of the University of Kansas Alzheimer’s Disease Research Center in Fairway. And living a healthy lifestyle can produce brain benefits no matter what your age.

The Big Diet Picture

If you’re already eating in a way that protects your heart—plenty of whole grains, vegetables, and fruit and little saturated fat, sodium, and ultra-processed “junk” foods—good news: You’re also protecting your brain. A healthy cardiovascular system keeps blood vessels open, allowing good blood flow to the brain and reducing the risk of high blood pressure, stroke, and dementia.

Research suggests that two specific dietary approaches, the Mediterranean diet and the MIND diet (the Mediterranean-DASH Diet Intervention for Neurodegenerative

Delay—essentially a combo of two heart-healthy eating plans), may help stave off cognitive decline. In both diets, you eat mostly plant foods (fruits, vegetables, whole grains, beans, nuts), olive oil, fish, and poultry. The main difference between the two is that the MIND diet emphasizes specific fruits and vegetables, such as berries and leafy greens.

Studies show that people who most closely follow either diet have a reduced risk of dementia compared with those who don’t. For example, people eating the Mediterranean way had a 23 percent lower risk of dementia in a nine-year study of more than 60,000 men and women published in 2023 in *BMC Medicine*. The original MIND diet research, first published in 2015 by researchers at RUSH University in Chicago and still ongoing, found that older adults who adhered most closely to the diet had a 53 percent lower risk of developing Alzheimer’s disease. Even those who followed the MIND diet moderately well saw a 35 percent reduced risk.

Brain-Boosting Foods

“Simply focusing on one food won’t magically improve cognitive functioning,” says Puja Agarwal, PhD, an assistant professor at the RUSH Alzheimer’s Disease Center. “We found that it’s a combination of foods that are associated more with overall brain health.” Still, within the context of

a healthy diet, including the following on your plate regularly may give your brain some extra protection.

➤ **Healthy fats.** The mono- and polyunsaturated fats found in foods like avocados, olives, nuts, seeds, and olive oil protect against heart disease and stroke—both risk factors for Alzheimer’s disease. Omega-3 fatty acids, a type of polyunsaturated fat found in seafood, as well as walnuts and chia and flax seeds, may slow brain aging.

“Some studies show consuming omega-3 fatty acids [in food] may help lower levels of beta amyloid, a protein that forms in damaging clumps in the brains of people with Alzheimer’s disease,” says Lauren J. Gleason, MD, an assistant professor of medicine at the University of Chicago Medicine.

➤ **Berries.** All berries contain flavonoids, which are powerful antioxidant compounds. A large 2021 study, published in *Neurology*, found that people who had the highest intake of flavonoids were 19 percent less likely to self-report a decline in cognitive function than those who ate fewer flavonoid-rich foods. Berries in particular appear to protect brain cells from damaging oxidative stress and help boost memory, Gleason says. (Tea and dark chocolate also have flavonoids.)

➤ **Leafy greens.** “Green leafy vegetables are powerhouse, nutrient-dense foods,” says Agarwal. “They have carotenoids, vitamin K, and flavonoids, which have anti-inflammatory and antioxidant

HEALTH CORNER CONTINUED

properties.” Agarwal led a recent MIND diet study that found that people who ate seven or more servings of leafy greens (a half-cup cooked or 1 cup raw) a week had amyloid plaque levels similar to people who were 19 years younger.

➤ **Beans.** Legumes are rich in fiber. Per (cooked) cup, lentils have 16 grams, chickpeas about 13 grams, and kidney beans 11 grams. (The daily value is 28 grams.) A 2022 study of older adults in *The American Journal of Medicine* found that as fiber intake increased, so did scores on a brain function test that measured information processing, attention, and memory. (Fruits, vegetables, and whole grains are other good sources of fiber.) “Getting adequate fiber also helps you maintain a healthy weight, balances blood sugar levels, and improves heart health, all of which are linked with cognitive health,” Gleason says.

Fiber may help the brain in an unusual way. It supports a healthy microbiome—the collection of good bacteria that lives in your digestive system. Having enough of these good bacteria is crucial because their activity creates short-chain fatty acids that communicate with the rest of the body, including the brain. Some data shows that people with Alzheimer’s disease have a different microbiome makeup than those who don’t have it, says Burns. Researchers are looking into whether the balance of bacteria in the gut is a cause or a result of the disease. If it is a cause, then changing your



The Mediterranean and MIND diets, rich in produce, whole grains, beans, nuts, olive oil, fish, and poultry, may help stave off cognitive decline.

microbiome may be beneficial.

➤ **Eggs.** The yolks are rich in choline, a nutrient that is important for memory and other brain functions. In a 2019 study involving almost 500 men, published in *The American Journal of Clinical Nutrition*, every 50 mg intake per day of a type of choline called phosphatidylcholine was linked to 10 percent decrease in dementia risk. Eggs were the main source of phosphatidylcholine in the men’s diet. A large egg has 168 mg choline, about 70 percent of which is phosphatidylcholine.

How Exercise Helps

Regular physical activity may improve brain health in numerous ways, not least of which is reducing risk factors for dementia, such as diabetes and heart disease. A

2023 analysis of 21 studies, published in *The International Journal of Environmental Research and Public Health*, concluded that exercise (both aerobic and strength training) improved cognitive function in older adults regardless of their current cognitive status. Researchers speculate that physical activity helps by encouraging the growth of new neurons and blood vessels in the brain, fighting inflammation, and improving plasticity, the brain’s ability to change and adapt.

The World Health Organization recommends getting 150 to 300 minutes of aerobic exercise—such as walking, cycling, or swimming—a week and two or more strength training sessions.

“Activities that involve learning a specific sequence of movement may be particularly beneficial in slowing progression to dementia in someone who has mild cognitive impairment,” Gleason says. A small study of older adults with this condition, published in 2020 in *The Journal of Alzheimer’s Disease*, found that those who did choreographed aerobic dances (an hour twice weekly for 12 weeks) improved verbal recognition memory more than those who did physical therapy exercises. Activities like dancing and tai chi also challenge balance, a skill that declines with aging and the onset of dementia.



For more on protecting memory and brain health, go to [CR.org/brainhealth](https://www.cancer.org/brainhealth).

Foods to Steer Clear Of



Just as important as it is to eat more brain-friendly foods, you want to be sure to limit foods that have been shown to hinder cognitive health. One way to do this is to cut back on highly processed foods. These are foods that have ingredients like high-fructose corn syrup, emulsifiers,

colors, flavors, and preservatives, or are high in added sugars or sodium. Soda, packaged breads and baked goods, sugary cereals, and deli meats are examples.

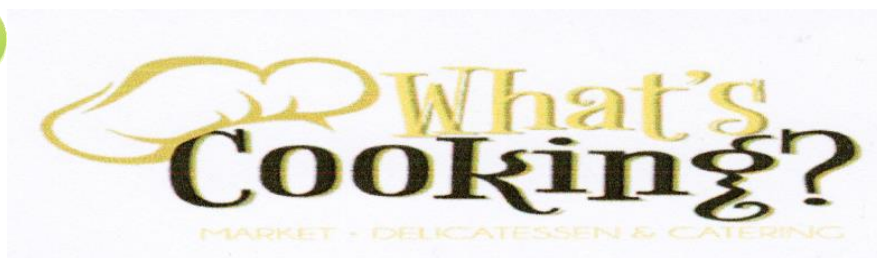
Getting just 20 percent of calories from highly processed foods was linked to a 28 percent faster rate of

cognitive decline compared with eating less. That’s according to an eight-year study of more than 10,000 men and women ages 35 to 74, published in 2023 in *JAMA Neurology*.

Another study, published in the journal *Neurology*, found that people ages 55 and older who ate a highly

processed diet were about 25 percent more likely to develop dementia than those who ate little of these foods.

But there was also good news: Those who reduced their intake of highly processed foods by 10 percent during the 10-year study were 19 percent less likely to get dementia.



GRAB CAKES

<i>6 oz. lump crabmeat</i>	<i>2 tsp. fresh lemon juice</i>
<i>½ c. low-fat mayonnaise dressing or light mayonnaise</i>	<i>¼ tsp. ground seafood seasoning</i>
<i>2 T. minced scallions</i>	<i>¼ c. plain dry bread crumbs</i>
	<i>Vegetable cooking spray</i>

To make sauce: In small bowl, mix mayonnaise, creamy mustard, gherkins, capers and tarragon. Cover and refrigerate. **To make crab cakes:** In medium bowl mix crabmeat, mayonnaise, scallions, lemon juice, seafood seasoning and bread crumbs. Shape into 6 patties. Spray skillet with cooking spray; heat over medium heat. Cook crab cakes until browned, turning occasionally, about 10 minutes. Serve with Remoulade. Makes 6 medium-sized cakes.

*Vivian H. Gee
Mt. Pisgah A.M.E.C.*

PEACH COBBLER

<i>3 c. sliced peaches</i>	<i>1½ tsp. baking powder</i>
<i>½ c. sugar</i>	<i>¼ tsp. salt</i>
<i>½ tsp. cinnamon</i>	<i>1 T. sugar</i>
<i>2 T. butter</i>	<i>3 T. shortening</i>
<i>1 c. sifted flour</i>	<i>½ c. milk (about)</i>

Slice peeled peaches and combine with the ½ cup of sugar and cinnamon in a lightly buttered baking dish. Dot with butter. Sift flour once, measure, add baking powder, sugar and salt and sift again. Cut in shortening until the mixture resembles coarse meal. Add milk and stir until the flour is moistened. Knead lightly on floured board for ½ minute, then pat or roll to about ½ minute, then pat or roll to about ½-inch thickness or the size of the baking dish, cut slits in the top of the dough and fit over the peaches. Bake in a 400° oven for about 25 minutes or until lightly browned. Serve warm with cream or hard sauce. This will make 5 to 6 servings.

*Pat Thompkins
Philadelphia, PA*

DEPARTMENT OF CHRISTIAN EDUCATION

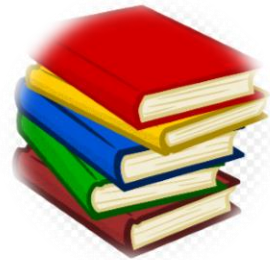


RECOMMENDED READING LIST DEPARTMENT OF CHRISTIAN EDUCATION SEPTEMBER 11, 2023



AGES: 1-3

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



AGES: 4-8

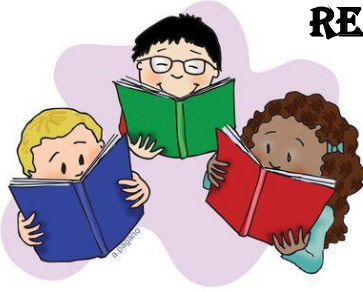
- Three Bears (by Igor Kraus & Arthur Kraus)
- Girls Like Me (by Valerie Thompsons)
- I Am Enough (by Grace Byers)
- Brown Boy Joy (by: Dr. Thomishia Booker)
- I Am Smart, I Am Blessed, I Can Do Anything (by Alissa Holder)
- Brown Girl Brown Boy What Can You Be (by Dr. Temika Edwards)
- A Dolphin's Tale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

AGES: 9-12

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

DEPARTMENT OF CHRISTIAN EDUCATION

RECOMMENDED READING LIST# (2023)



AGES: 13-17



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

ADULTS

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

Submitted by: Department of Christian Education.

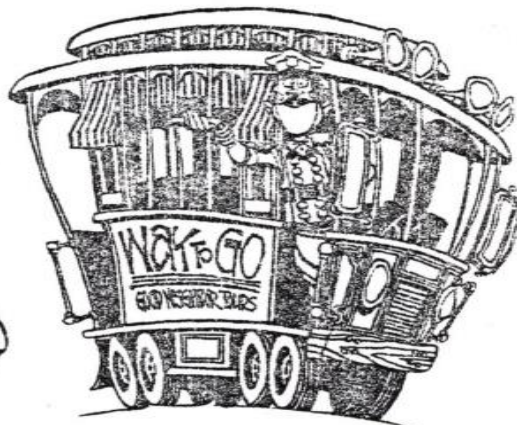
Rev. Phyllis A. Harris, Director

Sis. Shirley Moore Harris, Commission Chairperson

CHILDREN'S CORNER

TWO DISCIPLES AND JESUS Luke 24:13-35

Look across, down, and diagonally to find the words listed below. Circle the words.



CLEOPAS CONVERSATION
BREAD COMMUNION
DISCIPLES EMMANUEL
GOD HOUSE INVITE
JESUS EVENING HOSPITALITY

E	U	S	R	O	B	H	G	I	E	N	N
V	Y	N	N	O	I	N	U	M	M	O	C
O	S	T	R	O	A	D	M	S	I	I	G
L	C	I	I	N	B	A	T	T	S	T	O
U	R	N	W	L	U	R	C	B	E	A	D
O	I	V	A	S	A	E	O	S	L	S	A
S	P	I	Y	N	R	T	U	A	P	R	E
U	T	T	G	R	P	O	I	T	I	E	R
S	U	E	U	F	H	Z	W	P	C	V	B
E	R	S	C	L	E	O	P	A	S	N	X
J	E	R	U	S	A	L	E	M	I	O	L
R	S	E	V	E	N	I	N	G	D	C	H

LOVE RESURRECTION SCRIPTURES STRANGER WAY
JERUSALEM NEIGHBORS ROAD SOUL TWO

ANNOUNCEMENT

CALLING ALL WORSHIPPERS

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

OPEN MEMBERSHIP IN BOTH GROUPS

Angels of Praise Dance Ministry
(Ages: 6-18)



CO-DIRECTORS

Tiffany Fauntleroy
215-436-0364

Dara J. Broadnax
610-551-3075

PRAYER IN MOTION MIME MINISTRY

(Age 7 – Adults)



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



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



CO-DIRECTORS

Wade Fauntleroy
267-971-6865

Briana Arrington-Dengoue
215-900-5655

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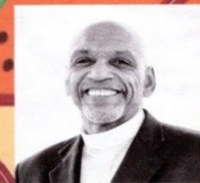
mtpisgahamecphilly@gmail.com



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PROFESSOR KELLY HARRIS, PhD
Center for Africana Studies
University of Pennsylvania



The Rev. Jay. Broadnax, Pastor

FOR MORE INFORMATION
Contact The Rev. Phyllis Harris
Christian Education Director
215-386-1606

Let's Learn OUR Story so NO ONE ELSE CAN REVISE IT!



A TIME TO HEALED...

Sick & Shut-in



Robert Brown	1420 Clearview Street, Apt. H-110 (32)
Billy Cash	1118 E Sydney Street, 19150
Elizabeth Cason Kamara	4928 N. Camac St (41))
Phyllis Covington	418 N. 53rd Street (39)
Brian Durkson	2363 N. 23 rd St. 19132
Veronica Elliott	5226 Arlington St, Philadel, Pa 19131
Jackie Gardner	2133 S. 58th Street (43)
Vivian H. Gee	1519 Paul Jack Dr, Hampton VA 23666
Deidre Greggs	1784 Forest Drive Williamstown, HJ 08094
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 Pennngrove St. (04)
Mildred McNeil	3901 Market St., Apt. 607 (04)
Vincent Mercer	1345 71 st Avenue (26)
Jeanette Nana	417 n 42 ND . Street, 19104
Eunice Patterson	1843 N 72nd Street, 19151
Joyce Patterson	6213 Walnut Street, 19145
Arletha D. Pierce	5524 Haverford Ave. Apt 413 (39)
Ida Pierce	5458 Locust Street (39)
Dyana Reid	1128 Yeadon Ave, Yeadon, Pa 19050
Maryetta Reid	4511 Walnut Street, Apt 220 (39)
Catherine Thompson	4400 Fairmount Ave, Apt.102, 19104
Paulette Thompson	69 Iroquois Court, Chesterbrook PA 19087
Audrey Washington	6213 Carpenter St., Phila 19143
Australia Weaver	3713 Mimi Circle, Phila, PA 19131
Marlene Winfield	3939 Conshohocken Ave. Apt. 521 (19131)
Mamie Young	4342 Pine Street, Phila, PA 19104

NURSING CARE, ASSISTANT LIVING

Willie Hamwright	The Watermark Logan Sq., Apt. 8122 Franklin Tower Blvd. 03
Therion Hudson	Ecumenical Nursing Home, 624 Wilhelm Rd. Bldg. 2 Rm118 Harrisburg, PA 17111
Madeline Logan	Manor Care, RM-24A14 Lincoln Ave., Yeadon PA 19050
Rev. Isaac N. Patterson IV	Centennial Nursing Home, 4400 W. Girard Ave. 19104
Florence Smith	Centennial Nursing Home, 4400 W. Girard Ave. 19104
Henriette Stukes	Simpson House Olde Main Bldg., 2101 Belmont Ave. 19131
Alonso Wall, Jr	Germantown Home, 6950 Germantown Ave., RM-227 19119

HOSPITAL, AND SHORT-TERM CARE

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

THE HISTORY OF THANKSGIVING!

*Why do we celebrate Thanksgiving Day in the United States?
Here's a brief history of this all-important American holiday/
(In Canada, thanksgiving is celebrated on the second Monday of October.)*

In a 1789 proclamation, President George Washington called on the people of the United States to acknowledge God for affording them “an opportunity peaceably to establish a form of government for their safety and happiness” by observing a day of thanksgiving. Devoting a day to “public thanksgiving and prayer,” as Washington called it, became a yearly tradition in many communities.

Thanksgiving became a national holiday in 1863. In that year, during the Civil War, Abraham Lincoln made his Thanksgiving Day Proclamation. He asked his fellow citizens “to set apart and observe the last Thursday of November next as a day of thanksgiving and praise....”

It was not until 1941 that Congress finally designated the fourth Thursday in November as Thanksgiving Day, thus creating a federal holiday.

Of course, Thanksgiving is not born of presidential proclamations. Native American harvest festivals had been celebrated for centuries, and colonial services date to the late 16th century. Thanksgiving Day, as we know it today, began in the early 1600s when settlers in both Massachusetts and Virginia came together to give thanks for their survival, for the fertility of their fields, and for their faith. The most widely known early Thanksgiving is that of the Pilgrims in Plymouth, Massachusetts, who feasted for 3 days with the Wampanoag people in 1621.

Why is Thanksgiving Celebrated with Turkey?

Turkey has become the traditional Thanksgiving fare because at one time it was a rare treat. During the 1830s, an 8-to-10-pound bird cost a day's wages. Even though turkeys are affordable today, they still remain a celebratory symbol of bounty. In fact, astronauts Neil Armstrong and Edwin Aldrin ate roast turkey in foil packets for their first meal on the Moon.

Folklore, Fun Facts & Traditions from The Old Farmer's Almanac



CHRISTMAS TRADITIONS

CHRISTMAS TRADITIONS

Here is a little bit about the history of Christmas traditions in America, from Christmas trees to greeting cards, that we all know and love today.



Christmas Trees



- The first American Christmas tree can be credited to a Hessian soldier by the name of Henrick Roddmore, who was captured at the Battle of Bennington in 1776. He then went to work on the farm of Samuel Denslow in Windsor Locks, Connecticut, where for the next 14 years he put up and decorated Christmas trees in the Denslow family home.
- The first retail Christmas tree lot was established in 1851 by a Pennsylvanian named Mark Carr, who hauled two ox sleds loaded with Christmas trees from the Catskill Mountains to the sidewalks of New York City.
- The first president to set up a Christmas tree in the White House was Franklin Pierce, and the first president to establish the National Christmas Tree Lighting Ceremony on the White House lawn was Calvin Coolidge.
- In 1882, the first tree lights were sold in New York City.

Christmas Cards



- The first American to print and sell Christmas cards was Louis Prang of Roxbury, Massachusetts, who began publishing cards in 1875.
- President Dwight D. Eisenhower is given credit for sending the first "official" Christmas card from the White House. An art print also became the standard Christmas gift for the president's staff, a practice continued to this day.

Here Comes Santa Claus . . .

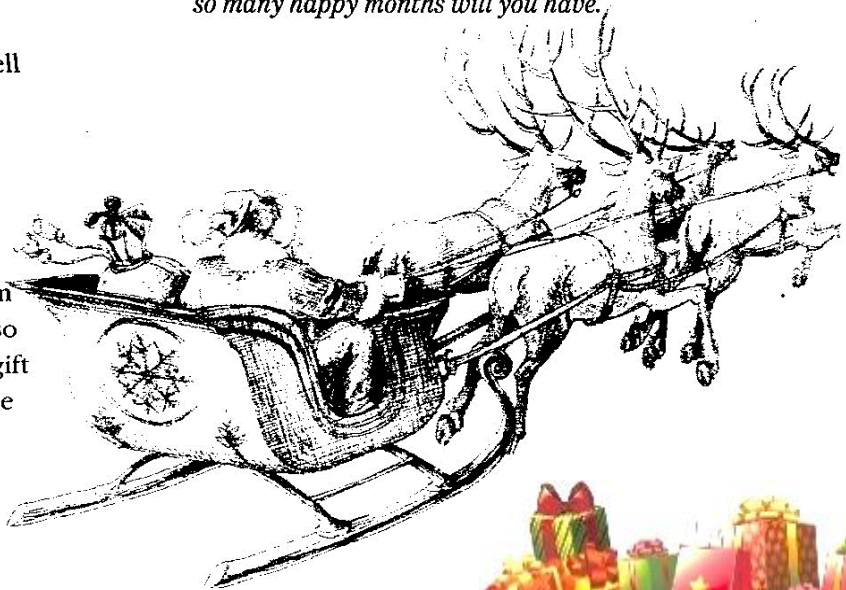
- The first department store Santa was James Edgar, who, during Christmas seasons beginning in 1890, would wander about his store (the Boston Store) in Brockton, Massachusetts, dressed as Santa Claus, talking to the children of customers.

Other Christmas Customs

Ever wonder how the custom of giving Christmas gifts originated?

- The ancient Romans gave each other gifts on the calends (first day) of January, and the practice spread throughout the Roman Empire.
- Eventually, Christians moved the custom to December 25, although many Christians still give gifts on January 6, the feast of the Epiphany, commemorating the manifestation of Jesus' divine nature to the Magi.

*As many mince pies as you taste at Christmas,
so many happy months will you have.*



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



BIRTHDAYS



September		October	
Shirley Harris	2	Valerie Ives	3
Wade Fauntleroy	3	Rev. Donna M Minor	11
Kevin Frazier	9	Brandon Winfield	12
Lydia Mike (80's)	12	Chris Joyner	14
Tim Walls	15	June Shorts	16
June Hayes	17	Crystal Lee	17
Arletha Pierce	18	Nashir Diggs	23
Crystal Moses	26	Mammie Young	23
Vivian Gee (80's)	29	Cherie Q. Ryans	27
Tiffany Fauntleroy	30	Madelin Logan (91)	



November		December	
Sandra Crooms	3	James Walden	2
Evang. Berndine Devote-Walls	7	Elizabeth Kamara	5
Rev. Phyllia A. Harris	11	Irvin Hopewell	11
Cheryl Hammond Hopewell	17	David Scott	13
Ingrid Broadnax	17	(Ryans) Hala, Hali, Horace III	14
Elizabeth Lavendar	24	Lois Barnes	16
Elizabeth Kamara	26	Paulette Thompson	17
Margaret Miller	26	Josephine Walden	22
Glady Patterson	27	Afrienne Bailly	24
		Kimberly Mouzon	24





Forever in our Hearts

In Loving Memory of

Brother Joseph Allen
(Rev. Donna 'M. Minor's Father)

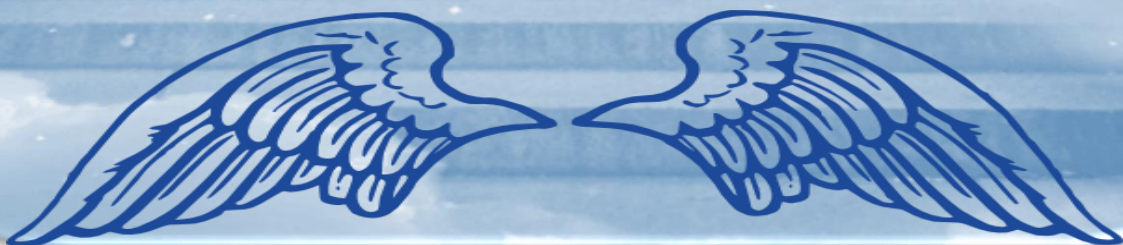
Verbatine P. Alston

Darrell Alston

Verna Evelyn Cox



Gone But Never Forgotten!





IMPORTANT NOTICE

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

bhloalou144@gmail.com

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

*Deadline for Winter Edition
December 20, 2023*

Thank you!

