

Beacon of Light

December 2020 • Volume 3 • Issue 4

"I am the light of the world. Whoever follows me will never walk in the darkness but will have the light of life." John 8:12

Pastor's Corner

Why We Rejoice



The hymn, "O Come, O Come, Emmanuel", is a staple of our Advent preparations for Christmas. It is an expression of both invitation and longing for the One who has been foreshadowed in scripture, promised to us by prophets, and eagerly anticipated by people of faith in all generations. Millenia before Christ, the people of God longed for someone in the flesh who would usher them out of the dark shadows of human existence and into the bright light of God's presence. God heard and continues to hear this invitation of the human heart to enter into a deeper relationship with God.

"O Come, O Come, Emmanuel, and ransom captive Israel,
that mourns in lonely exile here, until the Son of God appear."

On the church calendar, we begin our Advent period of preparation four Sundays prior to Christmas. When we employ the Church tradition of lighting an Advent candle each Sunday leading up to Christmas, we typically sing a stanza or two of this familiar hymn. Each week as the number of lighted candles increases, we share in a communal remembrance of the multitude of gifts that only a Savior can bring love, joy, hope, and peace. As we progress through this Advent period towards the celebration of our Savior's birth, our appreciation for what these gifts mean for us individually and collectively is magnified. God has, in Jesus Christ, fulfilled God's ultimate promise to us: to take on human form and dwell among us in the flesh.

As the hymnwriter's refrain suggests, we do have a valid reason to rejoice with people of faith of every generation. God is faithful and has delivered on God's promise, once and for all, to send us a Savior! In sending us His son, Emmanuel, God has reminded us once again that "God is with us."

"Rejoice! Rejoice!
Emmanuel shall come to thee,
O Israel".

May all of the gifts of a loving Savior be yours, once again, in this holy season of Christmas and beyond!

Rev. Mark D. Venson



Inspirational Thoughts and Encouragement

If You're Breathing, You Have a Purpose

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago."--Ephesians 2:10 (NLT)

God didn't create anything without a purpose. If you're breathing, you have a purpose. In Christ, you have something to offer the world.

When God made you, he wired you in a certain way and uniquely shaped you for a contribution. Nobody has been you in the past or will be you in the future. God doesn't create clones or copies. Even identical twins are different in thousands of ways.

Your thumbprint, voice, footprint, heartbeat, and eyes are unique. You're not one in a million. You're one in *trillions*. God custom-made you. And he wants you to be *you*.

You may have heard all your life, "Why can't you be more like [your brother or sister or friend]?" But if God hadn't wanted you to be *you*, then you wouldn't exist.

And, yet, you may spend your life trying to be somebody you're not. When you do that, you miss your whole purpose.

God did not make you and put you here on this planet just to breathe air, take up space, and die. If you're here, there's a contribution that only you can make.

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago" (Ephesians 2:10 NLT).

You are God's masterpiece. Before you were born, God planned the good things he wanted you to do with your life. In other words, he gave you a ministry.

Everybody has a ministry. You can find your ministry by looking at how God shaped you. He gave you unique spiritual gifts, abilities, and experiences to help other people.

When you see how you are shaped and use that shape to bless others, then you will find your ministry. And you will find your purpose.

To love like Jesus,

- Become more *mindful*—less detached;
- Become more *approachable*—less exclusive;
- Become more *graceful*—less judgmental;
- Become more *bold*—less fearful;
- Become more *self-giving*—less self-absorbed.



Kidz Corner!!

Zooming in to Sunday School

By Aaron Ware Jr.



Even though the pandemic has kept us from meeting in person, the EUMC Children's Sunday School is still going strong! Through the magic of Zoom, classes have been taking place since early August on Sundays at 12:30 pm. As many as 10 children have logged on to join in the fun! The teachers who have led the charge are Sis. Terri Ware, Sis. Linda Jones, Sis. Kathleen Jones, Bro. Howard Branch, and Sis. Taylor Ware. Each session features a few prayers, praise songs, or dances from YouTube, that day's lesson, a "What made you happy this week" discussion and, the always interesting, homework.

With the creativity of the teachers involved, you never know where a particular lesson may take you. So far, the class has gotten to do a variety of word puzzles, take a highly informative "Beginners Bible Challenge", and even take a virtual tour of a few of our nation's Zoos. In the most recent lesson, the class learned about the season of advent and what it meant for us as Christians. In honor of the occasion, Sis. Terri Ware (safely) lit the first two candles on her advent reef for the class to see.

The Children's Sunday School class is always accepting new students to come join, so please do so if you can! We look forward to having you with us!



Sasha Bruce and Ebenezer Unite!

By Aaron Ware Jr.



The EUMC Children's and Youth ministries are partnering with the Sasha Bruce Foundation for a Holiday Donation Drive. The Sasha Bruce Foundation is an organization that helps homeless families and youth in the DC area. Through a \$5 donation (or whatever sized donation is given) from each family, the Youth and Children of Ebenezer are looking to help provide winter gloves, hand sanitizer, face masks, socks and more to the individuals Sasha Bruce works with. Over \$200 has been raised for this effort.

When Sasha Bruce gives out the gifts that are purchased, the recipients will also receive a card colored and designed by our youth and children. The cards will come in the shapes of angels, Christmas trees and more. Our hope is that these cards and gifts can work, even in a small way, to make someone's Christmas truly special, especially in a year such as this.



SUNDAY SCHOOL TRIVIA

- 1) What happened to Daniel in the Lion's Den?
- 2) Why was the King mad at Daniel?
- 3) Why is the Advent Wreath round?
- 4) What and who made you happy this week?
- 5) Who is the "Kid President"?
- 6) Who created the colorful "Thankful Poster"?
- 7) A _____ is a person inspired by God to preach and teach his word.



- 8) Who got swallowed by the big fish?
- 9) Was Jonah told to go to Nineveh or Bethlehem?
- 10) Jesus visited the home of two sisters, _____ and _____. Which sister would not help to cook?
- 11) Which party did Mrs. Ware have on a crown – The "Back to School Bash" or the "Hallabaloo Harvest Party"?
- 12) In the Ultimate Bible Challenge, we learned the Bible was translated into over _____ languages?



Submitted by Sis. Terri and Bro. Aaron Ware



AMERICAN HISTORY MADE BY BLACK PEOPLE

Cory Bush

Source: "Because of Them We Can"; Photo Credit: Variety



This month we are featuring Cori Bush from my hometown of St. Louis, Missouri. She got involved in politics after a policeman killed Michael Brown and the Ferguson protest. She just became the first Black woman elected to represent Missouri in Congress.

During what may be one of the most nerve-racking election seasons this country has seen, Progressive Democrat Cori Bush has made history. She was elected as the first Black congresswoman from the state of Missouri. She will be representing the 1st District, which encompasses the city of St. Louis. Bush (D) received 84.3% of the vote over Anthony Rogers (R), who received 13.9%, according to *The Associated Press*.

Bush's first victory came during the Democratic primary in August when she surpassed longtime Rep. Wm. Lacy Clay (D) by more than 4,000 votes to make it on the November ballot. As previously reported, Bush has been active in the political landscape of Missouri since 2014, following the death of Michael Brown. She is a minister and nurse, a member of the

Congressional Progressive Caucus, an advocate of Medicare for All and a supporter of the Green New Deal.

In 2018, Bush ran for office, losing by just 20 points to her now-defeated incumbent Rep. William Lacy Clay. Clay has served in the House of Representatives since 2001, succeeding his father who occupied the seat since 1969. Bush's win represents the changing of a guard and the upset of a political dynasty with Jason Rosenbaum, a St. Louis Public Radio political correspondent calling it "one of the most significant moments in the history of St. Louis politics."

She was flanked by her family and team as she got ready to make her acceptance speech. Her dad, Errol Bush, spoke to constituents first wearing a purple tee-shirt emblazoned with "Nurse, Activist, Mother: Bold Leader for Congress."

"I am Cori's dad, thank you for being here this evening on such a wonderful evening. The day was so beautiful. [We] got a chance to get out to vote and even for those who didn't want to vote, they didn't have any excuse not to go out."

Cori addressed her fellow activists from her Ferguson community, "To all the Ferguson Front Line activists... We talk about everybody else and every other group when we talk about supporting and fighting for Black lives. We don't talk about the Ferguson Front Line that put their bodies on the line for more than 400 days for this movement. Let's lift them up right now. For every single person that's listening that's a Ferguson Frontliner, this is for you and this win is for you."

We can't wait to see what you do in Congress, Cori! Congratulations!

Submitted by Sis. Barbara McIntosh



Keeping You Informed

5 Things to Know About Herd Immunity and the Coronavirus

What it is, how it works, and why a COVID-19 vaccine is considered the key to slowing spread

by Rachel Nania, October 20, 2020

With cases of COVID-19 continuing to climb in the U.S. and throughout the world, policymakers and health experts are clamoring for ways to gain control over the spread of the coronavirus and to minimize its fallout.

One idea that's made headlines recently is the concept of herd immunity. But what exactly *is* herd immunity, and how does it work? Here are five things you need to know:

1. Herd immunity is protection for the whole population

Herd immunity is achieved when a significant portion of a population becomes immune to a contagious disease, typically through vaccination, thereby slowing its ability to spread in a community. With nowhere for a disease to go, even those who aren't immune (such as newborns or people who have compromised immune systems) gain protection because you “cut off the channels that allow this thing to spread and take hold,” explains Jeff Levin, an epidemiologist, and professor at Baylor University.

Measles, mumps, and polio are examples of diseases to which Americans have developed herd immunity. All three were once common, but with the majority of Americans now vaccinated against them, outbreaks in the U.S. are rare, or in the case of polio, nonexistent.

2. The threshold to reach herd immunity varies

The percentage of people who need to be immune to a disease in order to achieve herd immunity varies, depending on the disease and the physical and social environment, Levin says. Herd immunity against measles, for example, requires about 95 percent of the population to be vaccinated, according to the World Health Organization (WHO). For polio, the threshold is closer to 80 percent.

Experts still aren't sure what the sweet spot for herd immunity to COVID-19 will be, but Ali Mokdad, professor of global health at the Institute for Health Metrics and Evaluation (IHME) at the University of Washington, predicts it will be higher than 70 percent. That estimate is based on infection rates in areas of the world where the virus is still spreading, even though a high percentage of those populations have had COVID-19.

3. Herd immunity can be achieved through natural infection

While vaccines are the most common way to achieve herd immunity, they aren't the only route. Immunity can also be acquired through natural infection. When a person is exposed to a virus, the body produces antibodies that help protect against future infections from the same pathogen. So, if enough people in a population recover from a disease and mount an immune response, herd immunity can eventually be reached. But there is still more to learn about immune responses developed after a coronavirus infection.

But what's often seen in the absence of a vaccine — and was the case for diseases such as chickenpox before a vaccine was developed — is that even if many adults develop immunity from a past infection, “the disease can still circulate among children and can still infect those with weakened immune systems,” Gypsyamber D'Souza and David W. Dowdy, professors at the Johns Hopkins Bloomberg School of Public Health, write.

A common misconception, Mokdad says, is that herd immunity for COVID-19 has already been reached in areas where infection rates have declined. But “that's not immunity,” he argues. Rather, it's the cyclical nature of the spread of the virus. “That is, you took out some of the key spreaders in that community,” but then “it's going to move to somebody else and somebody will replace them,” he explains.

In the case of COVID-19, studies show only about 10 percent of the global population has been infected with the coronavirus (SARS-CoV-2); U.S. estimates are about the same, meaning many more people would need to get the disease to achieve herd immunity through natural infection. And remember: We don't yet know what that threshold is.

Even in the most optimistic scenario, we'd see about 13 million deaths globally and 1 million deaths in the U.S. from the coronavirus before herd immunity is reached in the absence of a vaccine, IHME predicts. To date, more than 220,000 Americans have succumbed to COVID-19.

4. Striving for vaccine-free herd immunity is problematic

Even still, some argue that obtaining herd immunity through natural infection is a strategy worth considering, especially if those at high risk for severe illness from COVID-19 are shielded from the virus as it tears through the population. However, opponents of the strategy — and there are many — contend that at this stage in the pandemic, allowing the virus to run rampant “could potentially be a disaster,” Levin says.

For starters, the share of the population at risk for severe illness from COVID-19 is significant, and putting measures in place to protect everyone would be difficult. Plus, Levin points out, researchers are still learning about the new virus and the populations most vulnerable to the disease it causes.

So far, it's known that age increases risk for coronavirus complications: Eight out of 10 deaths from COVID-19 have occurred in adults 65 and older, and more than 54 million Americans fall into this age group, according to the latest census data. Chronic health conditions such as heart disease, type 2 diabetes, and kidney disease also increase an individual's risk for severe illness from COVID-19. Currently, 6 in 10 U.S. adults have a chronic disease; 4 in 10 have two or more, further elevating that risk. And obesity, which affects more than 40 percent of U.S. adults, has been shown to exacerbate a SARS-CoV-2 infection.

Beyond these high-risk groups, young, healthy people can still get very sick with COVID-19, and some people who recover from it are left with lasting effects of the illness. Abandoning all prevention measures put in place to slow the spread of COVID-19 could “massively overburden” hospitals and create “an enormous surge” in demand for medical care, Levin says.

What's more, experts don't fully understand the immune response people develop after a SARS-CoV-2 infection, including how strong it is and how long it lasts. (A few rare cases of reinfection have already been reported.)

For these reasons, leading health experts have voiced their opposition to the approach.

"Never in the history of public health has herd immunity been used as a strategy for responding to an outbreak, let alone a pandemic. It is scientifically and ethically problematic," WHO Director-General Tedros Adhanom Ghebreyesus said in a recent media briefing. "Herd immunity is achieved by protecting people from a virus, not by exposing them to it."

The country's top infectious disease expert, Dr. Anthony Fauci, has pointed out the flaws of a vaccine-free herd immune strategy, and Mokdad echoes a similar sentiment. "In my opinion, herd immunity [without a vaccine] basically is a surrender and a failure of the public health system and the medical system by assuming that we give up, that everybody gets infected," he says. "That's not acceptable."

5. Until a vaccine, prevention efforts are the best way forward

So then what is the best way to stop the coronavirus from transmitting until a safe and effective vaccine is widely available? "Masks," Mokdad says. "For the first time in our history as humans, we have the chance to save so many lives by simple, cheap, non-pharmaceutical [masks]."

Other prevention efforts such as social distancing and avoiding large crowds are also key, Levin adds. "We, as a society, have to take measures that help protect people," he says.

In early September, Mokdad's IHME projected that nearly 770,000 lives worldwide could be saved by Jan. 1 through proven measures such as mask-wearing and social distancing. The Centers for Disease Control and Prevention (CDC) also recommends frequent hand-washing and routine cleaning and disinfecting as ways to help curb the spread of the virus.

"It requires people to not just think of themselves and to think of what we can do to help be mindful and responsive of other people's needs," Levin says. "And if we can do that, I think we can hang on until the point that we have some good primary prevention or we have a treatment that works for everybody."



How to Build Resilience From the Stress of the Coronavirus

In an anxiety-laden crisis, overcoming your worries can provide a path forward
by Jessica Migala, with Kimberley Rae Miller

One day in March, you woke up and your entire life had changed — your work was disrupted, your loved ones' health suddenly in peril, your movements restricted, your home turned into a pressure cooker.

But what if you could turn all this negativity and adversity into something positive — to become stronger and more resourceful, and to build toward a healthier future? “That's what resilience is,” says Froma Walsh, co-director of the Chicago Center for Family Health and author of *Strengthening Family Resilience*. “It's not simply coping with the situation, but it's turning difficult times into a growth experience.”

Situations like the coronavirus pandemic can trigger the classic signs of anxiety: elevated heart rate and shortness of breath. But studies show that when you see a situation like this as a challenge — something you are able to rise to and overcome — the heart becomes more efficient, blood vessels expand, and you're more effective and productive. When you see it as a threat, however, blood vessels contract, the heart works less efficiently, and decision-making is impaired. In the long term, viewing difficult episodes as unmanageable threats is associated with accelerated brain aging.

Here are some common situations many older Americans face during the crisis, as well as some ideas for turning threats into challenges and challenges into teaching moments.

If you are at greater risk because of your ethnic group or health condition

“The anxiety of knowing that you're more vulnerable to COVID-19 can make you feel like a walking time bomb,” says Elizabeth Lombardo, a Chicago-based psychologist. “You may then exist in a constant state of stress and worry, which, ironically, can make it harder for your body to fight off pathogens.”

TAKE CONTROL: There are two constructive ways to approach any challenge, Lombardo says: problem-focused coping and emotion-focused coping. They are equally important. Problem-focused involves following guidelines, like social distancing and isolation. If you have been doing this, stop for a moment, and recognize the work you've been doing. That's called taking control, and that's great.

Emotion-focused involves taking measurable action to reduce stress, which helps boost your immune system. Meditation is perfect for this, she says. For free 20-minute guided meditations, visit <https://stayingsharp.aarp.org/activities/meditation-stress/>.

If you are under intense marital stress

In China, where COVID-19 first emerged, the government enforced social distancing with an iron fist. But after infections fell and municipal services reopened in March, the country saw a record spike in divorce applications.

Even the best relationships are under physical, psychological, and economic pressures. Getting marital stress under control is crucial to your long-term health. In a 2017 study, researchers put couples in stressful situations, then took saliva samples. They found that couples who showed poor levels of dyadic coping — the ability to appreciate each other's stress reactions — had greater levels of interleukin-6, an indicator of inflammation, in their saliva. “Enhancing dyadic coping in couples may impact not only their mental health ... but also their risk of stress-related immune disorders,” the researchers reported.

TAKE CONTROL: In a time like this, it helps to see differences between the two of you as a strength, not a weakness, advises Irina Firstein, an individual and couples’ therapist in New York City. Maybe you are more focused on every bit of COVID-19 news or every twitch of the stock market, while your partner remains blissfully unaware. Embrace the difference. Dyadic coping, in this case, involves sharing goals and emotions, actively listening to your partner's worries, and being supportive, both physically and verbally. (Even if just one partner takes these actions, it will benefit both parties.) If arguments escalate, consider professional counseling. Many mental health professionals are seeing patients virtually during this crisis.

If you are a caregiver for someone who has been separated from you

If you have a loved one in a facility that you can no longer visit because of social distancing measures, it's normal to have conflicting — and confusing — feelings. “On one hand, you know what's best to protect them, but not having access to someone to ensure they're OK can leave you feeling fearful, frustrated, and guilty,” says C. Vaile Wright, director of clinical research and quality at the American Psychological Association.

TAKE CONTROL: First, don't underestimate the power of a simple phone call. “Research shows that even in one's final moments, the sense of hearing is the last to go,” says Lauren Wolf Weber, a geropsychologist in Tampa, Florida. “While this does not take the place of being physically present, the sound of your voice may provide your loved one great comfort.” Some facilities will arrange for residents to talk to you on the phone while they're standing near a window where they can see you outside. It sounds hokey, but you can stay close and still be physically distanced. Also, federal privacy laws have been eased, allowing facilities to take photos of Mom or Dad and send them to you electronically, adds nurse practitioner Barbara Resnick, a past president of the American Geriatrics Society. Small things like that can help you see they're OK.

Planning for the future makes us more optimistic—Robert L. Trestman, M.D.

Rate your personal reactions to COVID-19 — and use them to inspire change

- **IF you feel panicked**, plan something for the future, which increases optimism, says psychiatrist Robert L. Trestman of Virginia Tech Carilion School of Medicine.
- **IF you get sucked into a daily spiral of bad news**, then seek out and share the good that happened in your day, Elizabeth Lombardo says. Positivity is contagious.
- **IF you frantically hoard food and disinfectant wipes**, then flip your thinking to an altruistic mindset, focusing on doing something for someone else, Trestman says.
- **IF you have started snapping at loved ones**, then stop yourself when you reach a level 6 out of 10 on your own personal stress scale, disengage and take a breather.
- **IF you feel uncomfortable slowing down**, then consider that you might come out of this with a new appreciation for the simpler pleasures of life, Froma Walsh says.

If you are homebound and missing visits from your regular caregiver

“Isolation can have negative psychological effects,” Wright says. “Connection is critical for everyone, in particular older adults.” Assuming your physical needs are being met, you'll now want to think about your emotional health.

TAKE CONTROL: The best way to overcome isolation is to become a caregiver for yourself, as best you can. Then turn your attention to others: Check in regularly with old friends through phone conversations, video chats, cards, or letters, Walsh says. Refocusing your energies into concern for others can help you turn away from anxiety — and toward connection. And do the same for the caregivers who no longer can visit you. For instance, the group who brought meals to your door may not be able to do so anymore, but you can reach out to them to stay in close touch. Community faith leaders can also be a powerful resource for inspiration and suggestions on how to be of service to others.

If you are a caregiver, spouse, or parent who is struggling during this time

If you're used to relying on a network of friends, relatives, and professionals to help you care for your vulnerable loved ones, you may now feel as if you're carrying the weight of the world on your shoulders. In-home physical therapy appointments, bathing assistance, even just a reprieve so you can get out for a walk or to do some shopping — suddenly that help is gone, and it's on you, 24/7.

TAKE CONTROL: “It’s easy to fall into worst-case-scenario thinking,” Wright says. Don’t do it; it’s ineffective. If you feel yourself sinking into negativity, try practicing “controlled worry,” she adds. Schedule a 30-minute period to sit alone and ruminate or write down your fears and worries. This simple practice has the power to help you contain your worries and free you to take action. Now, think “challenge.” Each day review your schedule and all the tasks you need to accomplish. At the end of the day, congratulate yourself for meeting the challenge, then prep for tomorrow’s. You can find guides for caregivers and the latest updates on safety recommendations at aarp.org/caregiving.

If you have peers, friends, or family who are dying from the disease

Whether it’s a friend, a family member, or even a public figure who mattered to you, these losses are particularly scary, because it’s natural to see yourself in this group, too. But what makes this situation especially difficult is that we’re in a time when many funerals have been canceled or delayed indefinitely. That robs us of the time we need to mourn to gain closure and move on.

TAKE CONTROL: Some funerals are taking place online, and if you can watch the service on your computer, do so. Even if there’s no formal ceremony, Lombardo says, “It’s also important to reach out to loved ones to have the same conversation — sharing fond memories of the person who’s passed, telling jokes — that you’d actually have with them at a funeral.” These things all allow you to process what’s happened, honor their life and move on.

PREVENTION IS KEY.

Prevent the spread of Coronavirus (COVID-19)



WASH YOUR HANDS OFTEN with soap & water for at least 20 seconds or use an alcohol-based hand sanitizer.



AVOID TOUCHING your eyes, nose, & mouth with unwashed hands.
AVOID CLOSE CONTACT with people who are sick.



STAY HOME if you are sick.
CLEAN & DISINFECT frequently touched objects & surfaces.



COVER YOUR MOUTH & NOSE with a tissue or your sleeve (not your hands) when coughing or sneezing.



Tech Scanners Know You Are Home... and Online

Source: Kathy Stokes, AARP Fraud Watch Network

Two things have been certain during this pandemic: People have been home more than ever, and they've been using technology more than ever to stay connected to the outside world. Scammers are keyed into these facts and are taking advantage. It's the classic tech-support scam, and it is running rampant right now. When it comes to fraud, vigilance is our number one weapon. You have the power to protect yourself and your loved ones from scams.

How It Works

- You receive a phone call from what appears to be Microsoft or another big tech company, claiming they detected a virus on your device that requires your immediate attention
- Or you sit down to your device to find a pop-up message warning that your device is infected and you need to call the number in the message or click a link right away.
- A "technician" explains the severity of the issue, requests remote access to your device and then shows you "the problem."
- The "technician" can fix your problem for a fee, and then may offer you a monthly subscription to keep your device safe
- The "technician" often calls back months later, offers you a refund, and asks for your bank account information to deposit the money.

What You Should Know

- Big tech companies say they don't call customers to warn of problems on their devices
- The supposedly problematic files the "technician" shows you on your device are completely benign.
- The scammer may ask you to pay by credit card or may direct you to purchase a gift or reloadable card and provide the account number and PIN (this is always a red flag).
- The "technician" may install malware on your device while they have access to harvest usernames and passwords to exploit your accounts.

What You Should Do

- Screen phone calls with an answering machine or voicemail, and once you listen to the message, decide if it warrants a callback
- If the caller claims you have a problem with your device, don't believe it.
- If you think your device is infected, get it checked out by a reputable source; most big-box electronics retailers offer tech-support services.
- If you get a pop-up that freezes your screen, shut down your computer and restart it to make it go away.
- If you realize you've fallen victim to this scam and paid by credit card, contact your financial institution to dispute the charge and cancel any monthly fees you may have agreed to.



Christmas WORD SEARCH

Words are displayed vertically and horizontally, forwards and backwards.

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

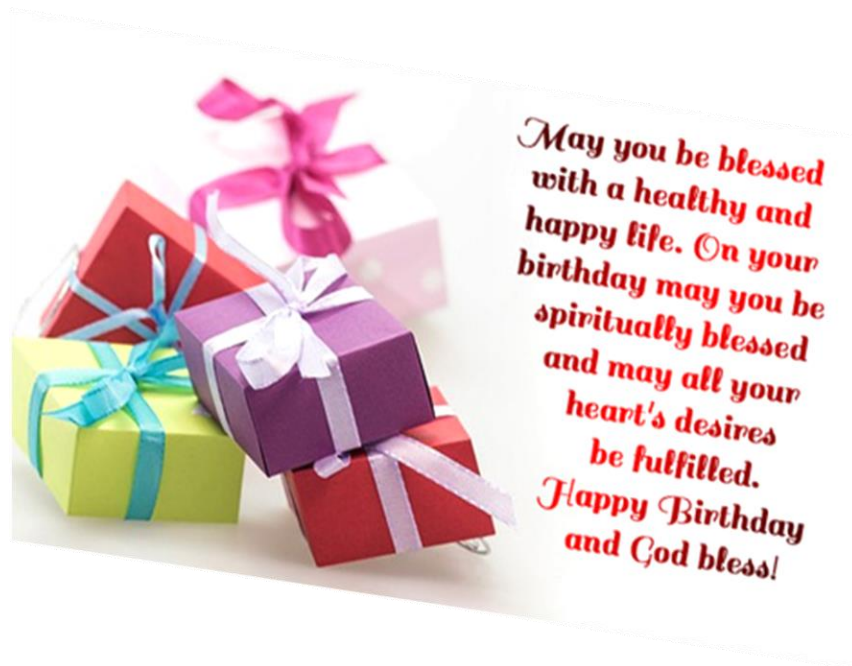
- | | | |
|----------|----------|----------|
| Advent | Giving | Music |
| Angels | Goodwill | Nativity |
| Beauty | Herod | Noel |
| Birth | Holiday | Pageants |
| Cards | Holly | Peace |
| Carols | Holy | Prayer |
| Census | Icicles | Santa |
| Children | Jesus | Season |
| Christ | Joseph | Shepherd |
| Church | Joy | Sleigh |
| Creche | Lights | Snow |
| December | Love | Star |
| Family | Magi | Stocking |
| Feast | Manger | Trees |
| Festival | Mary | Yule |
| Garland | Merry | |

BIRTHDAYS

October	
Maria Eric-Williams	1
Pershail Young	2
Peggy Dearing	2
Rev. Evelyn Manson	4
Ellen Watkins	13
Marilyn Davis	17
Ellalene Barnaby	18
Jasmine Barber	18
Earleen Johnson	20
Cylestine A. Laury	22
Boyd Poole	23
Thomas Brown	25
Asha Douglas	28
Helen Jackson	30

November	
Cynthia Clark	3
Charles Blackburn	4
Steven Gbelee	5
Kaleb Gray	6
Ina Fells	8
Anne Peterson	13
Emma Murdock	13
Larry Wilson	13
Tusani Jackson	13
Sally Parks	13
Manson Riley	14
Ebenezer A. Davis	14
Janay McIntosh	22
Joshua Stokes	24
Phil Clark	26
Angelo Brown	30

December	
David King	3
Olive Graves	9
Chinagirl Gbelee	10
Teta Neal	11
Ethel Barnard	13
Andrew Kamara	15
Pearl Stemley	21
Shirley White	21
Barbara Boone	23
Maxine Scott	29
Cleveland Jones	30
Franklin McIntosh	31



Anniversaries



From the Newsletter Coordinator



The year 2020 has brought so many changes we could not have imagined in our lives—a pandemic (COVID-19) that has resulted in stress, deaths, lockdowns, job loss, protests, storms, domestic violence, cabin fever, quarantine, and so much more. Despite the current circumstances, we hold on to the hope and faith that God, through His grace and mercy, will keep us safe. We thank God that He has brought us this far; and as we look to the dawning of 2021, let us continue to keep the faith. As the songwriter, William Hiley Bathurst wrote:

*Oh, for a faith that will not shrink,
Though pressed by every foe,
That will not tremble on the brink
Of any earthly woe!*

*That will not murmur nor complain
Beneath the chast'ning rod,
But, in the hour of grief or pain,
Will lean upon its God.*

*A faith that shines more bright and clear
When tempests rage without;
That when in danger knows no fear,
In darkness feels no doubt.*

*Lord, give me such a faith as this,
And then, whate'er may come,
I'll taste, e'en here, the hallowed bliss
Of an eternal home.*

*May the blessing of Christ be with you and your family through this
Holiday Season.*

Merry Christmas and a Happy New Year.



Sis. Ellalene Barnaby





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**Every day God
thinks of you.**

-Psalm 68:19

**Every hour God
looks out for you.**

-2 Thessalonians 3:3

**Every minute God
cares for you.**

-1 Peter 5:7

**Because every
second He
loves you.**

-Jeremiah 31:3