

Beacon of Light

March 2020 • Volume 3 • Issue 1

"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



Jesus Christ, Our Passover Lamb

In a few short weeks on the church calendar, Easter will arrive. Yet, in this current year of the coronavirus, it may be difficult to imagine an Easter celebration when the land is still cloaked in the darkness of a global pandemic. Our churches and other places of social gathering are closed, and social distancing is the new norm. As I write this, California and Illinois have issued “shelter in place” orders, and New York’s governor has issued his own “stay at home” order. No doubt, other states and municipalities will soon have to consider similar extreme measures to keep the pestilence of COVID-19 from overwhelming our communities and our public health system.

Still, Easter appears as a historical phenomenon on our church calendars. Nothing in over 2000 plus years of church history has been able to remove it. Plagues, wars, pandemics, and any number of other human tragedies have taken their toll on human history. Yet, just as the sun still rises every morning in the east, Easter still maintains its place every year on our calendar.

In the Lenten season we prepare ourselves for the yearly celebration of Easter, not merely because it shows up with regularity on our church calendar. During Lent we prepare ourselves for Easter because Easter is, in fact, “real”, and nothing else in the course of

human history has been able to wipe away its meaning, diminish its impact, lessen its power, or change its outcome.

While the Israelites were in the process of commemorating the Jewish tradition of the Passover, when an angel of mercy passed over their households marked by the blood of an unblemished lamb in an act of deliverance from their oppressors in Egypt; Jesus was preparing himself to become the unblemished Passover lamb for all of humanity. At his final meal with his disciples, a Passover meal, Jesus presented himself as the Passover lamb. Luke’s gospel records those iconic words captured in the Church’s communion liturgies: **“Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them saying, ‘This is my body which is given for you. Do this in remembrance of me.’ And then he did the same with the cup after supper, saying, ‘This cup that is poured out for you is the new covenant in my blood.’”**(Luke 22:19-20)

Inside This Issue

Inspirational Thoughts and Encouragement	Page 3
Ebenezer in Pictures—Notable Events	Page 4
Remembering Sis. Shirley Hopkins	Page 6
Accomplishments of our Ebenezer Youth and Young Adults	Page 8
Black History Month	Page 10
Keeping You Informed	Page 13
♦ SCA and Heart Attack	Page 13
♦ Coronavirus Disease 2019 (COVID-19)	Page 18
Birthdays and Anniversaries	Page 23
From the Newsletter Coordinator	Page 25

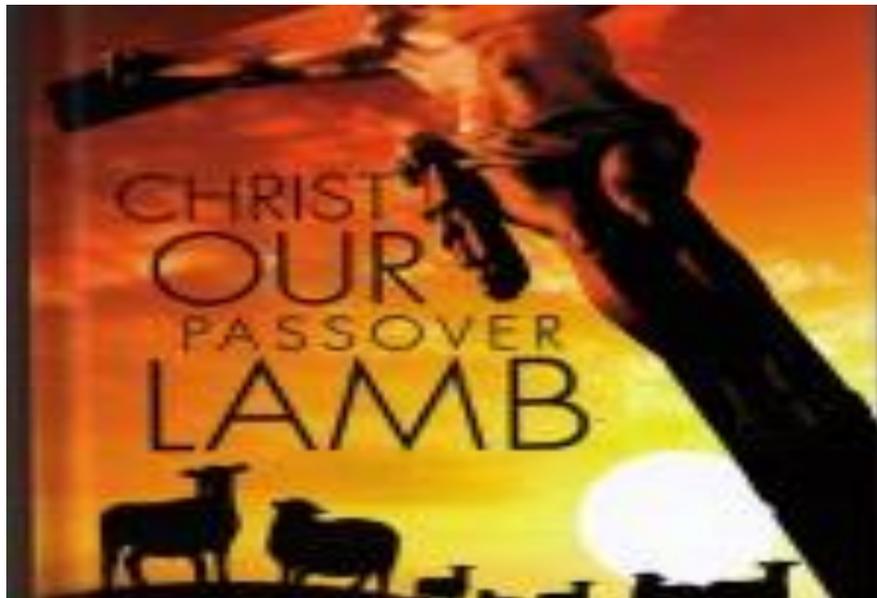
Beacon of Light

Pastor's Corner (Continued)

On Holy Thursday Jesus shared this final meal with his disciples and, in doing so, memorialized this special moment in remembrance of what he was preparing himself to do. And then on Good Friday, Jesus offered himself on the cross as the final and ultimate sacrifice, providing a means of escape to all who would believe in his name. On Good Friday, Christ, our Passover Lamb, unblemished and uncontaminated by sin, made possible our deliverance from all things oppressive—including the fear and reality of death itself. And this is why, on the third day

following his death, when Christ arose undefeated by death and victorious over any and all challenges to the human condition, we celebrate Easter. And this is why each year Easter remains a fixture on the church calendar, undefeated by time and victorious over all things oppressive to the human spirit. So, once again, in the alleged year of the coronavirus, we celebrate Easter not because of its appearance on a church calendar, but because of its staying power as an act of deliverance by our Passover Lamb.

Rev. Mark V. Venson



Inspirational Thoughts and Encouragement



God Doesn't Force Us; He Gives Us A Choice

Source: Rick Warren, January 2020

"Today I am giving you a choice. You can choose life and success or death and disaster. I am commanding you to be loyal to the LORD, to live the way he has told you, and to obey his laws and teachings. You are about to cross the Jordan River and take the land that he is giving you. If you obey him, you will live and become successful and powerful" (Deuteronomy 30:15-16 CEV).

A lot of people have a big misunderstanding about God. They know God planned their existence and has a purpose for their lives. But they have the wrong idea that every detail of life is preplanned. They think they have no choice. In fact, the Bible teaches the exact opposite. Yes, God has a plan and a purpose for your life, but it's not automatic. You can miss it.

That's because God won't force you to enjoy the plan he has for you. He gives you the choice to accept or reject his salvation. He gives you the choice to obey or disobey his directions. He gives you the choice to follow or ignore the purpose for which you were created. Far too many people miss the purpose of their life because of their poor choices. The Bible says repeatedly that God will not force you to do his will.

When Moses led the Jews out of Egypt and into the desert after 400 years of slavery, he told them about a land of milk and honey—a land of great, bountiful blessing—that God had promised them. It would be so different from their years of slavery. But before they went into the Promised Land, God, through Moses, said to the people the same thing he says to you: *"Today I am giving you a choice. You can choose life and success or death and disaster. I am commanding you to be loyal to the Lord, to live the way he has told you, and to obey his laws and teachings. You are about to cross the Jordan River and take the land that he is giving you. If you obey him, you will live and become successful and powerful"* (Deuteronomy 30:15-16 CEV). God was giving them a choice. God wanted his people to enjoy the bounty of the Promised Land. But he didn't make them accept it. The choice was theirs.

This is a picture of salvation—of coming out of slavery to sin into freedom in Christ. In order to enjoy life in the Promised Land, the Israelites had to choose to obey God. You, too, have to choose whether you'll accept God's salvation and the good things he's planned for you. God could have made you a puppet, but he didn't. He gives you the ability to choose. If you choose poorly, that choice is your greatest curse. If you choose wisely, it's your greatest blessing. Today God gives you a choice between life—choosing salvation and his path—or death. Which path will you choose?



Ebenezer In Pictures—Notable Events



Ebenezer Church Family Goes Caroling, December 22, 2019

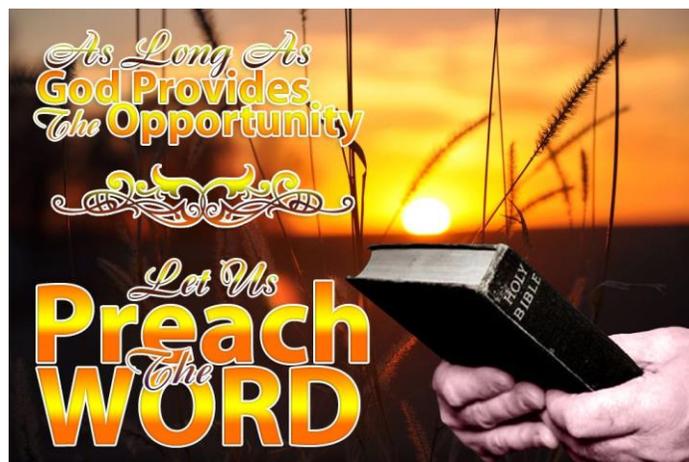
The Ebenezer Church family visited the homes of Sis. Alfreda Taylor, Sis. Christine Fashion Gamble (Eddimae's mother), Sis. Ellamae Atkinson, and Bro. Lynn and Sis. Edna Pittmon. and serenaded them with some Christmas carols and presented them with gifts.



Pastor Venson Delivers Message at Christ Community Church



On Sunday, February 23, Pastor Venson was invited to deliver the message at Christ Community Church, Springfield, VA. Christ Community Church is the parent church of the “La Vida” congregation—currently sharing space with us at Ebenezer. The Pastor of this congregation is Pastor Lisandro Zavala who was brought the message on our last International Sunday service. Several Ebenezer members were in attendance to support Pastor Venson.



*Remembering
Shirley Jane Hopkins*

March 28, 1944–January 14, 2020



The Celebration of Life for Shirley Hopkins was held at Ebenezer on January 23rd. Sis. Shirley lived and labored in this church since the early 1980's, joining under the pastorship of the late Rev. John R. White. During the years, she was a devoted and dependable member serving the Lord. Touching many people's lives during her lifetime, Shirley was devoted to her family and her church. Her good deeds glorified the Lord.

Sis. Shirley loved the Lord with every fiber of her being and learned to apply the word of God in her daily living. She never neglected to be present to do what God had her to do. She regularly attended Sunday Worship Services and Bible Studies. She

was always well dressed and stylish with coordinating shoes and hats.

Sis. Shirley faithfully served on numerous committees and held various leadership roles in the church giving her all to each. However, she will be most remembered for her love and dedication to the Witness Ministry, the Prison Ministry, and the Usher Board. She was a familiar voice on the phone arranging bus rides for various occasions and checking on absentee and former members. Her love for serving God, His people and sharing the Gospel didn't stop inside Ebenezer. She actively participated in church outreach activities by demonstrating and telling people about the love of Jesus Christ and inviting them to Ebenezer. She reached out to our visitors demonstrating her friendly loving spirit and humble heart.

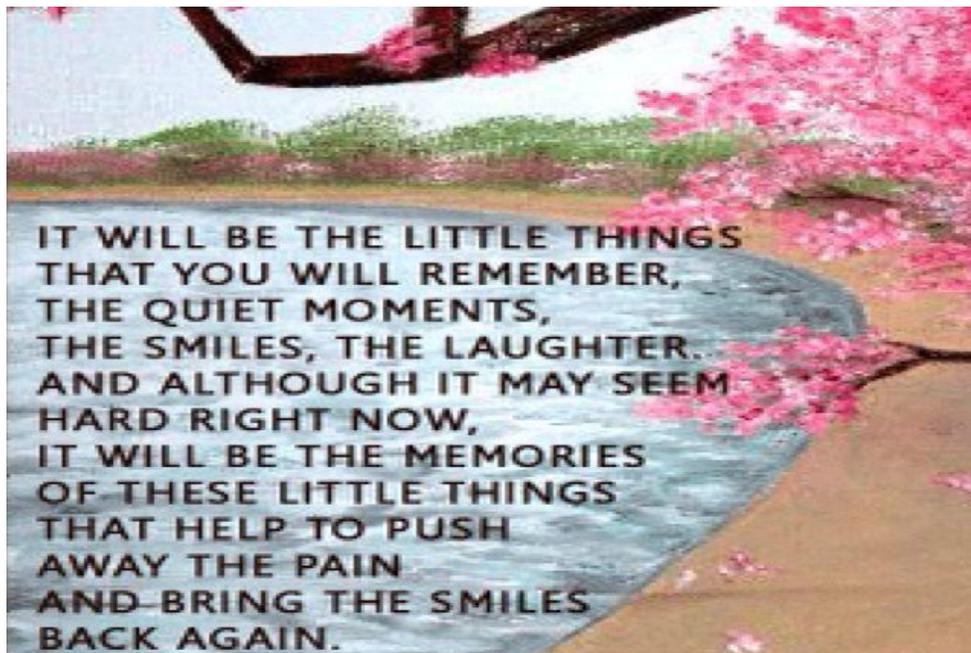
In addition, Sis. Shirley was noted to lend a helping hand to anyone in need. She regularly visited the sick and shut-in and provided any comfort and help she could. Despite her personal life's heartaches, pains, trials and troubles, she had a zest for life and tried to enjoy it to its fullest. She formed many lasting friendships with fellow church members, talking with them two or three times during the week and some every day.

More important than anything to Sis. Shirley was her spiritual relationship with the Lord Jesus Christ. She possessed the fruits of the spirit—love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, and self-control. She was fully committed to the task at hand and demonstrated perseverance. Sis. Shirley made it a point to give to others words of encouragement, being supportive, showing concern, inspiring, and uplifting others. She never failed to give praises and compliments to others for whatever task done.

Sis. Shirley's season here on earth came to an end on January 14th. Her unexpected death brought sadness to a host of church members, family and friends. A new beginning with the Lord is now in season for her. We know in our hearts and can hear with our ears, God saying "Shirley, well done My good and faithful servant."

Submitted by Sis. Gabrielle Patrick

Tributes and reflections from the Ebenezer family can be found in the Supplemental Issue to this newsletter.



Accomplishments of our Ebenezer Youth and Young Adults

Taylor Ware

Source: Congressional Black Caucus Foundation



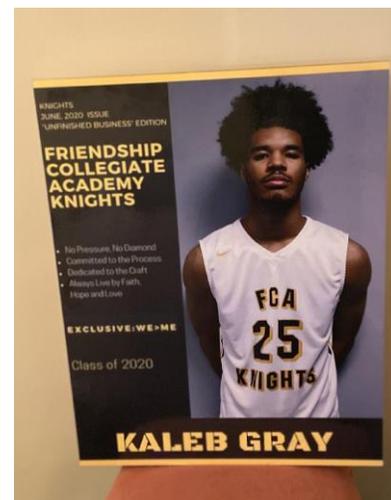
Taylor Ware serves as the Congressional Black Caucus Foundation Legislative Fellow on the House Committee on Education and Labor, where she works on accreditation, Minority Serving Institutions (MSIs), TEACH Grants, and Youth Workforce Development. Previously, Taylor served in the office of Congresswoman Alma S. Adams, Ph.D. (NC-12), where she was responsible for analyzing and advancing legislative proposals in the Small Business, Health, Workforce Diversity and HBCU Caucus portfolio. In addition to her legislative portfolio, Taylor supervised policy

interns and cultivated mentoring relationships between CBCF Interns and Fellows.

Kaleb Gray

Kaleb Gray is a 17 year old senior at Friendship Collegiate Academy in Washington, DC. On February 11, 2020, Kaleb was celebrated by his Basketball team family along with the other senior teammates on Senior Night. Along with the recognition of his athletic abilities, Kaleb was honored for his academic achievements two days later on February 13, 2020, at the school's 1st Semester Awards Ceremony. He received three awards: Honor Roll (Cum Laude), Dual Enrollment Success, and perfect attendance awards.

Kaleb has received five university acceptances—South Carolina State, Virginia State, Lincoln, Alabama State and Norfolk State. He has not made his decision at this time. His mother Kendra Freeman, father Norris Gray, grandmother Christine Freeman, and uncle Kevin Freeman are very proud of all his achievements and know that he will be successful, with the Lord's help, in all that he will do. He is thankful for the love and support of his natural and spiritual family. He is very blessed to have so much love and support from his parents and the Ebenezer United Methodist Church family.

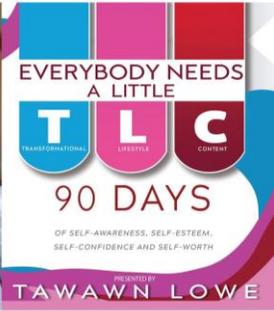


Submitted by Sis. Kendra Freeman (mother)

Angela (Angie) Brown, Collaborative Author



Angie Jewel Brown



Angela Brown, daughter of Bro. Angelo and Rev. Caprice Brown collaborated with Tawawn Lowe, a minister and life coach, in writing a book, *Everybody Needs a Little TLC*. This book, 90 days of devotional thoughts and affirmations, includes 3 devotional thoughts and affirmation written by Angie. The book can be purchased from Amazon or Barnes and Noble. Please support this project.

Kaniyah and Kristian Harris

Kaniyah and Kristina Harris, granddaughters of Bro. Kendall Harris, lead Flowers High School to back to back County championship.

Read more about C.H. Flowers girls basketball state semifinals in the Washington Post article at

<https://www.washingtonpost.com/sports/highschools/kaniyah-harris-pushes-ch-flowers-girls-basketball-into-state-semifinals/2020/03/06/bceb0048-5fe1-11ea-b014-4fafa866bb81?story.html>

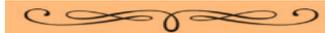


Submitted by Bro. Kendall Harris



Black History Month

Ebenezer Choirs Observe Black History Month in Praise and Songs



12 Modern-Day Black Women Who Became the First to Do What They Did!

African American women have always made huge contributions in civil rights, science, technology, business, politics and even sports. Some of them are well-known like Harriet Tubman and Coretta Scott King, but too many others have gone unnoticed over the years. Their accomplishments, however, have dated back into the early 1800's and continue into modern day.

Here's a list of 12 amazing Black women who recently made history as "the first":



#1. Tiffany Haddish: In 2017, she made a hilarious debut appearance on *Saturday Night Live* and became the first Black woman standup comedian to ever host the show in the show's entire history.

#2. Ava DuVernay: In 2016, she became the first Black woman to direct a film with a \$100 million budget when Disney hired her as director of *A Wrinkle in Time* based on the best-selling novel.





#3 Gwen Jimmere: In 2016, she became the first and only African-American to hold a patent for a natural hair care product. Her company, Naturalicious, produces an entire collection of popular all-natural hair care and skin care products.

#4. Angel Rich: In 2017, she became the first Black woman to develop a mobile app that was downloaded more than 200,000 times in two weeks. She also became the first Black woman ever that *Forbes* called "the next Steve Jobs".



#5. Essynce Moore: In 2017, she became the only African American teen author that has written three books that are mandatory readings for several school district curriculums. Her books are a part of a series that she created called *The Middle School Chronicles*.

#6. Tia Norfleet: In 2017, she became the first Black woman to be licensed by NASCAR as a professional race car driver. She is also the first Black woman to be licensed by ARCA, the Automobile Racing Club of America.



#7. Vanessa Braxton: In 2018, she became the first African-American woman to own a nationally distributed vodka. Her company, Black Momma Vodka, offers various unique flavors of handcrafted, gluten-free vodka for women... but still strong enough for any man.

#8. Maame Biney: In 2018, at just 18-years old, she became the first Black woman ever to join the U.S. speedskating team for the Winter Olympics. The competition took place in Pyeongchang, South Korea.



#9. Melissa Harville-Lebron: In 2018, she became the first Black American woman to own a NASCAR team franchise. Her team, E2 Northeast Motorsports, is the first multicultural team to race competitively in NASCAR.

#10. Esther Mahlangu: In 1991 and again in 2016, this South African artist and entrepreneur became the first non-Western and first Black woman to design artwork on a BMW car.



#11. LaToya Cantrell: In 2018, she set a significant milestone as the first woman ever to become the mayor of the city of New Orleans, Louisiana, in its entire 300-year history. She started out as a community organizer when the city was hit by Hurricane Katrina in 2005.

#12. Dr. Hadiya-Nicole Green: In 2016, this physicist and college professor became the first Black woman to ever win a grant of more than \$1 million dollars for science research. She used the funding to help develop laser technology that kills cancer cells.



Gwen Ifill Immortalized with Postal Service Forever Stamp

By Stacy M. Brown, NNPA Newswire Correspondent



The 43rd stamp in the United States Postal Service's Black Heritage series honors Gwen Ifill, one of America's most esteemed journalists. The stamp features a photo of Ifill taken in 2008 by photographer Robert Severi and designed by Derry Noyes, according to the Postal Service.

Among the first African Americans to hold prominent positions in both broadcast and print journalism, Ifill was a trailblazer in the profession.

Ifill was born on September 29, 1955, in New York. Her father, O. Urcille Ifill, Sr., served as an African Methodist Episcopal minister who hailed from Panama; her mother, Eleanor Husbands, was from Barbados.

According to Ifill's 2012 biography and interview with [The HistoryMakers](#), her father's ministry required the family to live in several cities in different church parsonages throughout New England. Those stops also included Pennsylvania, Massachusetts, and New York, where the family resided in federally subsidized housing.

Ifill's interest in journalism was rooted in her parents' insistence that their children gather nightly in front of the television to watch the national news, according to *The HistoryMakers*.

In 1973, Ifill graduated from Classical High School in Springfield, Massachusetts. Four years later, she received her B.A. degree in communications from Simmons College in Boston. "During her senior year, she interned at the Boston Herald American newspaper," the biography reads. She later worked at the Baltimore Evening Sun, the Washington Post, and the New York Times before moving over to NBC News. In 1999, Ifill became the first African American woman to host a prominent political talk show on national television when she became moderator and managing editor of PBS's Washington Week and senior political correspondent for The PBS NewsHour. Ifill died at the age of 61 on November 14, 2016.

"She was the most American of success stories," Sherrilynn Ifill, a law professor, director of the NAACP Legal Defense Fund, and Gwen Ifill's cousin told NBC News. "Her life and her work made this country better."



Keeping You Informed

SCA and Heart Attack: Understanding The Difference

By Mary Newman, Sudden Cardiac Arrest Foundation

Reviewed by Norman S. Abramson, MD, FACEP, FCCM, Joseph P. Ornato, MD, FACC, and Allan Braslow, PhD

It's a common misconception that sudden cardiac arrest (SCA) and heart attack are the same thing. In reality, they are quite different. Understanding the difference could save your life—or the life of someone you love.

Heart Attack: A "Plumbing Problem"

The Person is Awake, and the Heart is Beating

Heart attack (the medical term is myocardial infarction or MI) occurs when part of the heart's blood supply is reduced or blocked, causing the heart muscle to become injured or die. The person is awake (conscious) and may complain of one or more of the signs and symptoms of heart attack.

Signs and Symptoms of Heart Attack

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back.

Some heart attack victims experience mild intermittent chest discomfort that comes and goes over a period of days. These are early "warning signs" that may precede a heart attack. (Some victims, however, do not experience any warning signs.)

Chest discomfort can feel like uncomfortable pressure, squeezing or fullness. It can evolve into crushing pain if nothing is done.

Other symptoms of heart attack include:

- Pain or discomfort in one or both arms, spreading to the shoulder, upper back, neck or jaw
- Shortness of breath
- Nausea, sweating, lightheadedness
- A general sense of anxiety
- A tendency to deny that anything serious is happening.

It's important to act right away if these symptoms occur to maximize the odds of survival and minimize potential permanent damage to the heart.

Signs and Symptoms of Heart Attack in Women

The most common symptom of heart attack in women is the same as it is for men: chest discomfort or pain. Women are more likely than men, however, to experience other common symptoms such as:

- Shortness of breath
- Fainting, nausea, vomiting
- Back or jaw pain
- Cold, sweaty skin, paleness.

Sometimes women experience additional symptoms including:

- Stomach or abdominal pain
- Weakness and/or overwhelming fatigue
- Swelling of the ankles and/or lower legs.

Lifesaving Actions

When someone experiences a heart attack, he or she is awake, and the heart is beating. There is no need to give cardiopulmonary resuscitation (CPR) or to use an automated external defibrillator (AED). Instead, the correct action is to call **9-1-1** immediately to get emergency medical services (EMS) on the way to help. The sooner the person is treated, the better the outcome.

How You Can Save a Life: Heart Attack

What to do:

- Call 9-1-1 immediately
- Have the person rest or lie down while waiting for EMS

What *not* to do:

- Refrain from driving the person experiencing symptoms of heart attack to the hospital. The only rare exception might be when the hospital is very close by and you expect EMS to be delayed significantly in getting an ambulance to the scene.

- Never drive yourself to the hospital if you are experiencing heart attack symptoms.
- Do not delay more than five minutes from the onset of symptoms to call 9-1-1.
- Do not hesitate to call 9-1-1 because you are embarrassed or don't want to bother anyone. EMS is there for you. And, it is better to be safe than sorry.

Are You at Risk for Heart Attack?

The risk factors for heart attack include:

- A family history of heart disease
- Smoking
- High blood pressure
- High cholesterol
- Obesity
- Diabetes
- A sedentary lifestyle
- Stress.

Sudden Cardiac Arrest: “An Electrical Problem”

The Person is *Not* Awake, and the Heart is *Not* Beating

Sudden cardiac arrest (SCA) is different from heart attack. While heart attack is described as a “plumbing problem,” SCA is more of an “electrical problem” that prevents the heart from functioning effectively. Heart attack can lead to SCA, but there are many other causes, such as congenital abnormalities, severe heart failure, electrocution and drug overdose.

Signs and Symptoms

When SCA occurs, the heart stops beating altogether. As a result, blood no longer is pumped throughout the body, including the brain. The person suddenly passes out, loses consciousness, and appears lifeless—except for abnormal “gaspings” which may last for several minutes.

Occasionally, SCA victims will experience 10-20 seconds of seizure activity (shaking of the arms and legs) at the onset of the event as the brain stops receiving blood and oxygen from the heart.

The SCA victim is *never awake* and needs immediate help. If nothing is done, the victim will die within minutes.

Lifesaving Actions

When SCA occurs, it is critically important that whoever is near the victim calls 9-1-1 immediately, checks for signs of life, and if there are none, gives CPR and uses the nearest automated external defibrillator (AED).

This is lifesaving care that any layperson can provide. It is best to be trained in CPR and the use of AEDs, but even without formal training, the rescuer can push hard and fast on the victim's chest and follow the directions on the AED, while waiting for EMS to arrive.

How You Can Save a Life: Sudden Cardiac Arrest

What to do:

- *Call 9-1-1 immediately*
- *Give CPR or at the very least chest compressions*
- *Use AED*

What not to do:

The worst thing for an SCA victim is to do nothing. Sometimes people hesitate to help because they are afraid they might do the wrong thing and hurt the victim. But the SCA victim is clinically dead and cannot get worse. Your actions can only help.

Are You at Risk for SCA?

How do you know whether you are at risk for SCA? Here are some risk factors:

- A previous heart attack
- A previous episode of cardiac arrest
- A low (<35%) ejection fraction or EF (the heart's ability to pump blood)
- Underlying heart conditions such as coronary artery disease, congenital heart disease (e.g., hypertrophic cardiomyopathy), electrophysiological abnormalities (e.g., Long QT syndrome, Wolff-Parkinson-White disease, Brugada syndrome)
- Severe heart failure
- Marked changes in electrolytes in the blood
- A tendency to faint
- Hyperthyroidism
- Electrocutation
- Drug abuse
- A family history of heart disease or stroke.

If you have one or more of these risk factors, you may be a candidate for SCA. If you think you may be at risk, you should see a cardiologist or heart rhythm specialist (e.g., electrophysiologist, or EP) for an evaluation. The specialist may recommend implantable cardioverter defibrillator (ICD) therapy, medications, or other measures to prevent sudden death.

Summary

	<i>Heart Attack</i>	<i>Sudden Cardiac Arrest</i>
Type of heart problem	Usually “plumbing” Heart muscle may be injured or die without immediate treatment. This could lead to SCA.	Usually “electrical” The person will die within minutes without immediate treatment.
Signs and symptoms	<ul style="list-style-type: none"> • Chest discomfort that may come and go or evolve into crushing pain • Discomfort/pain may radiate to shoulders, neck, back • Sweating, nausea, fainting • A general sense of anxiety • A tendency to deny anything serious is happening • The person is awake, and the heart is beating. 	<ul style="list-style-type: none"> • Sudden loss of consciousness • Breathing is absent or abnormal • No heartbeat • The person is not awake, and the heart is not beating.
Additional signs and symptoms in women	<ul style="list-style-type: none"> • Stomach or abdominal pain • Weakness, and/or overwhelming fatigue • Swelling of the ankles and/or lower legs. 	
What to do in case of an emergency	<ul style="list-style-type: none"> • Call 9-1-1 immediately • Have the person rest or lie down. 	<ul style="list-style-type: none"> • Call 9-1-1 immediately • Give CPR or at least vigorous chest compressions • Use AED.
What to do now	<ul style="list-style-type: none"> • Live a healthy lifestyle. 	<ul style="list-style-type: none"> • Find out if you or your loved ones are at risk for SCA • Find out about protective measures, such as implantable cardioverter defibrillator (ICD) therapy • Learn CPR • Learn how to use an AED.

Take action today. Share this information with everyone you care about. Lives are at stake and your actions can mean the difference between life and death.

Submitted by Ebenezer Parish Nurses



Coronavirus Disease 2019 (COVID-19)

Source: Centers for Disease Control and Prevention

How to Protect Yourself

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Know How It Spreads	
	<ul style="list-style-type: none"> • There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). • The best way to prevent illness is to avoid being exposed to this virus. • The virus is thought to spread mainly from person-to-person. <ul style="list-style-type: none"> ♦ Between people who are in close contact with one another (within about 6 feet). ♦ Through respiratory droplets produced when an infected person coughs or sneezes. • These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
Take Steps to Protect Yourself	
	<p>Clean your hands often</p> <ul style="list-style-type: none"> • Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. • If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. • Avoid touching your eyes, nose, and mouth with unwashed hands.
	<p>Avoid Close Contact</p> <ul style="list-style-type: none"> • Avoid close contact with people who are sick • Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.
Take Steps To Protect Others	
	<p>Stay Home If You Are Sick</p> <p>Stay home if you are sick, except to get medical care. Learn what to do if you are sick.</p>

	<p>Cover Coughs and Sneezes</p> <ul style="list-style-type: none"> • Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. • Throw used tissues in the trash. • Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
	<p>Wear a Facemask If You Are Sick</p> <ul style="list-style-type: none"> • If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider’s office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. • If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.
	<p>Clean and Disinfect</p> <ul style="list-style-type: none"> • Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. • If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection. <p>To disinfect: Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.</p> <p>Options include:</p> <ul style="list-style-type: none"> • Diluting your household bleach. To make a bleach solution, mix: <ul style="list-style-type: none"> ○ 5 tablespoons (1/3rd cup) bleach per gallon of water OR ○ 4 teaspoons bleach per quart of water Follow manufacturer’s instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted. • Alcohol solutions. Ensure solution has at least 70% alcohol. • Other common EPA-registered household disinfectants. Products with EPA-approved emerging viral pathogens pdf icon[7 pages]external icon claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer’s instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).

The Symptoms of Stroke

The most common symptoms of stroke are summarized in the acronym **BE FAST**.

Balance: Does the person have problems with balance, dizziness, or headache?

Eyes: Ask if the person has blurred vision or other problems seeing.

Face: Ask the person to smile. Does the face drop?

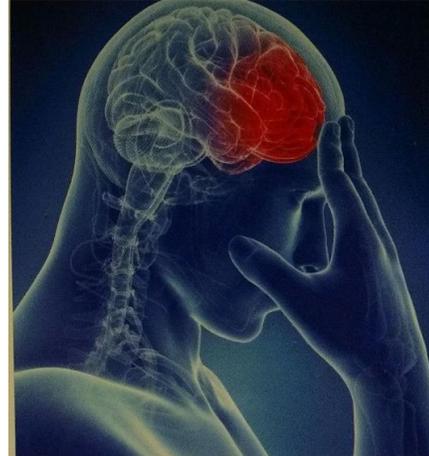
Arms: Ask the person to raise both arms. Does one arm drift downward?

Speech: Ask the person to repeat a phrase. Is speech garbled or slurred?

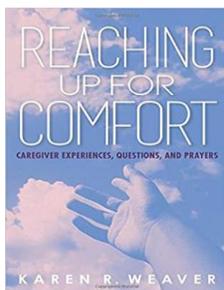
Time: If the person has any of these symptoms, call 911 immediately. For each minute that passes, blood flow is impeded, and brain damage can occur.

Other Symptoms that can occur:

- Numbness or weakness of the leg, arm, or face
- Confusion or trouble understanding
- Severe headache that starts out of nowhere



Submitted by Sis. Gloria Pickett



Reaching Up For Comfort: Caregiver Experiences, Questions, and Prayers

by Karen Renee Weaver (Author)

For more information and to purchase this book, see link below.

https://www.amazon.com/dp/173436940X?ref=ppx_pop_mob_ap_share

Book Reviews:

“It’s a quick easy read loaded with useful information! The author’s honesty about how being a “caregiver” is a roller coaster of emotions and experiences. How asking for help is not a bad thing because there’s no way you can do it alone”.—Sis Ina Fells

“Reaching Up For Comfort is the story of an extraordinary woman’s spiritual response to the call of caregiving. The author is at once clear-eyed and loving on the subject of human nature. Time and time again during chaos and great turmoil you hear the author call on God for strength with unwavering faith in his response. She shares the biblical scriptures that lit her path during these moments of darkness and invites you to reflect on how they might illuminate yours as well. Reaching Up For Comfort is like a much needed spa for the soul of caregivers. There are hard earned lessons learned and best practices to follow. Even for those who are not caregivers, it is a testimony to the beauty of the human spirit and the glory of God.”—Sis. Daphne Fuller



Ebenezer United Methodist Women’s Day (Date to be Determined)

We are pleased to announce that the 2020 Chairperson for Women’s Day is Falvia Coleman.

The 2020 Women’s Day theme is:

“Women with a Servant’s Heart - Called to Faith and Service.”

The colors are Red or Purple. These colors were chosen to honor our Sister Shirley Hopkins.

*While plans are being made for the activities that will occur during this Women’s Day season, the committee would like to inform you that the **pledge amount of \$100.00** will remain the same. If you choose to, your pledge may be paid in increments. Checks should be made payable to Ebenezer United Methodist Church. Pledge envelopes will be available before the end of March. They will be placed in the narthex and on the back of the pews.

Prayer Breakfast (Tentatively scheduled for June 20).



Women’s History Month—March

Women’s History Month is a celebration of women’s contributions to history, culture and society and has been observed annually in the month of March in the United States since 1987. The 2020 theme, **“Valiant Women of the Vote,”** pays homage to the 100 anniversary of the ratification of the 19th Amendment, which gave women the right to vote. The theme honors "the brave women who fought to win suffrage rights for women, and for the women who continue to fight for the voting rights of others." Women’s History Month 2020 takes place from Sunday, March 1-Tuesday, March 31, 2020.

Why Do We Celebrate Women’s History Month?

Women’s History Month is a dedicated month to reflect on the often-overlooked contributions of women to United States history. From Abigail Adams to Susan B. Anthony, Sojourner Truth to Rosa Parks, the timeline of women’s history milestones stretches back to the founding of the United States.

The actual celebration of Women’s History Month grew out of a weeklong celebration of women’s contributions to culture, history and society organized by the school district of Sonoma, California, in 1978.



International Women’s Day—March 8, 2020

2020 theme—“I am Generation Equality: Realizing Women’s Rights”

International Women’s Day, a global celebration of the economic, political and social achievements of women, took place for the first time on March 8, 1911. Many countries around the world celebrate the holiday with demonstrations, educational initiatives and customs such as presenting women with gifts and flowers. The United Nations has sponsored International Women’s Day since 1975. When adopting its resolution on the observance of International Women’s Day, the United Nations General Assembly cited the following reasons: “To recognize the fact that securing peace and social progress and the full enjoyment of human rights and fundamental freedoms require the active participation, equality and development of women; and to acknowledge the contribution of women to the strengthening of international peace and security.”



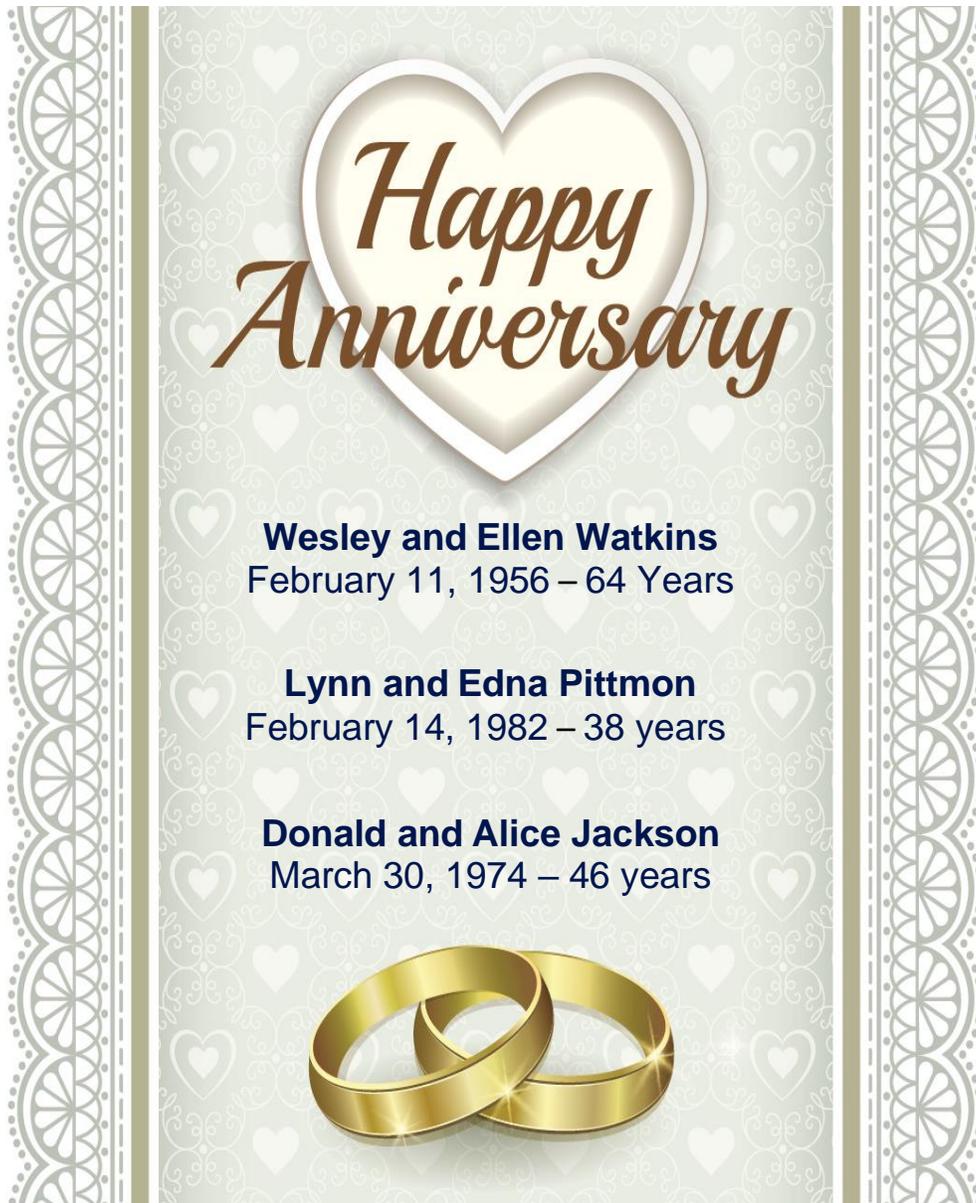
BIRTHDAYS

January	
Marie Fuller	5
Shauna Douglas	6
Avis Jenkins	9
Lynn McGill	12
Bernadette Miller	18
Charles Jones	19
Clayton Butler	19
Harold (Randy) Smith	28
Angelei Gibson	29
Deborah Branch	29
Joelle Smith	30
Sidney A. Brown	25
Daphne Fuller	25

February	
Eric Bell	1
Alice Jackson	1
Danielle Branch	1
Malcolm Maycole	2
William Murdock	3
Jaime Winbush	3
Jocelyn Smith	4
Joyce Smith	4
Joanne Barber	5
Joilyn Smith	6
Edith Wright	9
Jalen Butler	10
Doug Jackson	10
Naomi Kamara	11
Janet Sledge	12
Khia Forbes	13
Pastor Mark Venson	13
Betty Bradford	18
Jobie Bell	19
Joshua Chinagorom	23
Angela Brown	27



March			
Rotee Neal	1	Sonya Robinson	17
Linda Porter	3	Darrell Jackson	17
John Grantham	4	Stephanie Hazell	17
Aaron Ware, Jr.	4	Alabama Brumskine	18
Caprice Brown	6	Diane Stinson	19
Eddimae Tisdale	10	Bella Randall	20
Suella Woodard	11	Kendra Freeman	21
Carolyn Winbush	11	Bernadette Bailey	21
William Butler	13	Andre Bailey	22
Nakita Smith	13	Jackie Tyler-Hope	24
Melissa B. Riley	13	Aaron Ware, Sr.	28
Cordelia Maycole	14	Vernon Bell	29
Jacqueline Bell	16	Brianna Miles	30



From The Newsletter Coordinator



The Qualities That Make an Ideal Choir

- | | | | |
|-------------------------|-----------------------|---------------------------------|-------------------------|
| Love for Singing | Musicality | A good ear | Listening skills |
| Punctuality | | Commitment | Responsibility |
| Confidence | Self-awareness | Trust | Attentiveness |
| Enthusiasm | Sense of humor | Consideration for others | |
- It's all about teamwork!!**

“Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.”
Colossians 3:16

The Choir has an indispensable role in Church Worship. It’s main function is to lead God’s people in praise and worship and must lead with conviction, confidence, and enthusiasm. In other words, the Choir sets, protects, and orchestrates the movement and operation of the Holy Spirit in the entire service.

Choirs play an important role in the worship of the Christian church. The choir has a variety of responsibilities. While its primary role is to support and enhance the congregation in singing worship songs, the choir also becomes an important leader in worship, guiding the gathered assembly in prayer and praise through song and communicating the messages in the lyrics. In order to fulfill this calling, choirs should strive for excellence in all that they do. Choir directors should know the special talents of each member so as to maximize the effect of the choir and its ready acceptance of the church.

Choirs that are enthusiastic, understand their role, and approach their task with a sense of reverence will, in turn, lead others to a profound conviction. Through the songs for worship, they encounter the Holy Spirit that points every believer to Christ.

Ebenezer is blessed with the Children’s, Chancel, Gospel, Men’s, and Intergenerational Choirs.

Sis. Ellalene Barnaby





Ebenezer United Methodist Church
4912 Whitefield Chapel Road
Lanham, MD 20707
Phone: 301-577-0770
Email: church896@verizon.net
www.ebenezerunited.org

A new day is like a new
painting

Draw lines with **PRAYERS**, Erase
Mistakes with **FORGIVENESS**,
Dip the Brush with lots of
PATIENCE & Color it with
LOVE & **RESPECT!**

BE A BLESSING— ENCOURAGE
SOMEONE.

TAKE TIME TO CARE

