

# Beacon of Light

September 2019 • Volume 2 • Issue 3

*"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

### The Bible and "Freedom"

"Freedom" is a pivotal theme found throughout scripture. The Israelites formed their identity as a

people on the basis of the freedom they obtained through the Exodus experience. There would be no Hebrew nation established around a covenant relationship with God, had God not first demonstrated God's awesome power in delivering an otherwise non-descript group of Hebrew slaves from their Egyptian slave masters.

It was the monotheistic God of Moses, Abraham, Isaac, and Jacob that broke the yoke of the Hebrew people's bondage within the most powerful nation on earth--and defeated the most powerful ruler and army known to humanity at that time-- Pharaoh and his Egyptian military. By sending Moses to secure their freedom, God provided these descendants of Abraham a foundation upon which to build a covenant relationship with Him through the commandments conveyed by Moses.

This is all the more reason why the so called "Slave Bible", on loan from Fisk University and on display this year at the Museum of the Bible, had to leave out an estimated ninety percent of the Old Testament and fifty percent of the New Testament. Reportedly, only 14 of the 66 books of the Bible made their way into this so called "Slave Bible". And even within

the 14 books that survived the editor's cut, significant portions of scripture still had to be deleted in an effort to nullify the Bible's overall message of freedom. In the book of Exodus, for example, the story of Joseph being sold into slavery in Egypt is included along with the commandments given by God through Moses. But conspicuously absent is the entire story of the Hebrew slaves' exodus out of Egypt. Absent also is the entire Book of Psalms which offers comfort and the promise of deliverance to those who are victimized and oppressed.

Absent in the New Testament, no doubt, would be any references to freedom concerning the greatest emancipator of them all, Christ Jesus. Absent, no doubt, would be

---

## Inside Issue

- Inspirational Thoughts and Encouragement ...Page 3
- Ebenezer in Pictures—Notable Events .....Page 4
- Other News .....Page 8
- Keeping You Informed—
  - Get the Facts on Glaucoma.....Page 13
  - What is Breast Cancer .....Page 16
  - Alzheimer's Stamp .....Page 18
  - College Education .....Page 20
  - Speaking of Death .....Page 20
- Test Your Bible Knowledge .....Page 24
- Laughter for the Soul .....Page 25
- Birthdays and Anniversaries.....Page 27
- From the Newsletter Coordinator .....Page 29

---

# Beacon of Light

## Pastor's Corner (Continued)

much, if not all, of the book of Galatians and its many references to Christ and the freedom Christ has come to offer all of humanity. **“For freedom, Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery.”** (Gal. 1:1); **“There is no longer Jew or Greek, there is no longer slave or free, there is no longer male or female, for all of you are one in Christ Jesus.”** (Gal. 3:28) Gone from the “Slave Bible”, no doubt, would be the little book of Philemon in which the apostle Paul is writing to a slaveowner named Philemon concerning a runaway slave named Onesimus whom Paul met while in prison. Paul encourages Philemon to accept Onesimus back, not as a slave, but instead as a fellow brother and co-laborer in Christ. (Read all of Philemon’s one chapter!) Also absent from the so called “Slave Bible”, no doubt,

would be the powerful statement from John 8:36, **“So if the Son makes you free, you will be free indeed.”**

So, to anyone who would seek to use scripture to their advantage to demean, disparage, or subjugate another human being, or category of human beings, know that you are going against the overwhelming tide of scripture itself. You may find, as the initial slaveholders and apologists for slavery did, isolated instances of scripture that would suggest support for your position. But, in the end, you will still have to reckon with the powerful words of the ultimate emancipator of us all, who reminds all of his followers that the only true master any of us can have, is Christ Jesus himself. **“No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other.”** (Matt. 6:24)

Rev. Mark V. Venson



## Inspirational Thoughts and Encouragement

### **SUGAR that Refuels**

Source: *Daily Hope with Rick Warren*



*The LORD's kindness never fails! If he had not been merciful, we would have been destroyed. The LORD can always be trusted to show mercy each morning. Deep in my heart I say, "The LORD is all I need; I can depend on him!" (Lamentations 3:22-24 CEV).*

Emotional exhaustion isn't new. It's also not something foreign to the Bible. Just read the book of Lamentations. When Jeremiah wrote the book, Jerusalem had been captured. The Israelites were in exile. Everything Jeremiah held sacred had been destroyed.

He was emotionally exhausted, and for an entire book of the Bible, Jeremiah releases his frustrations and expresses his emotions to God. In the midst of these complaints, he refocuses on God. He writes, "Yet I still dare to hope when I remember this" (Lamentations 3:21 NLT).

What brought Jeremiah hope during this very difficult time? He answers immediately:

*"The Lord's kindness never fails! If he had not been merciful, we would have been destroyed. The Lord can always be trusted to show mercy each morning. Deep in my heart I say, "The Lord is all I need; I can depend on him!" (Lamentations 3:22-24 CEV).*

Jeremiah refocuses on five truths about God that helped to refuel him in the midst of his exhaustion. He remembers:

- God's **S**teadfast love
- God's **U**nfailing mercy
- God's **G**reat faithfulness
- God is **A**lways kind
- God is my **R**eal hope

When life overwhelms you, don't focus on your problems. Don't give in to despair. Focus your attention on God himself. A lot of people reach for chocolate when they're emotionally exhausted. But it can't truly comfort you.

But notice the acronym above. It'll help you remember this truth. This is the kind of SUGAR you'll need in order to be refueled. You won't get a sugar high through it. It won't make you gain weight. It won't make you more depressed.

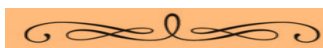
**Build your life around those character traits of God, and you'll be ready for whatever setback comes your way.**



### Ebenezer News—Notable Events

On **Sunday, June 30**, seven members of the Ebenezer United Methodist Women’s unit traveled to Interfaith Works Women’s Center in Rockville, MD, for an evening of fellowship. There we served a hearty dinner prepared by our sister Shirley White to more than 35 residents. Besides Sister White, our group included Sisters Bernadette Bailey, Tina Brown, Peggy Dearing, Stephanie Hazell, Bernadette Miller, and Eddimae Tisdale.

Interfaith Works, founded in 1972, is a nonprofit agency and non-sectarian interfaith coalition of more than 165 affiliated congregations of diverse faiths, working together to meet the needs of the poor and homeless in Montgomery County. Though this was our first visit, the enthusiasm demonstrated by the residents is proof that it will not be our last.



ANOTHER EBENEZER 2019 GRADUATE

Joshua Robinson

Joshua Robinson, graduated from Harmony School of Advancement, Houston Texas, on May 31 and beginning June 3, is attending Prairie View University. He is the son of Steve and Sonya Robinson and grandson of Doug and Carolyn Jackson and Phil and Cindy Clark.



### WHAT WE DID ON OUR SUMMER VACATION

Ebenezer's young people are gifted scholars who are dedicated members of our church family. Several of them have used their summer vacation to learn new skills and improve their educational opportunities.



One such Ebenezer scholar, **Robert Neal, Jr.**, used his summer vacation to participate in "STAMP" Camp (**Science, Technology, Aerospace, Mathematics Program**) sponsored by the Title 1 Office of the Prince George's County Schools in partnership with NASA's Educational Resource Department.

The STAMP Program provided rising 5<sup>th</sup> grade students with a six-week fun and engaging opportunity to explore science, technology, engineering and math with a focus on aerospace. The program was designed to build interest, knowledge and technical skills that students can take with them into the classroom and beyond.

Each day was filled with exciting experiments using science, technology, aerospace and mathematics through real-world hands on-experiences. They enjoyed programming, drones, physical education and coding. Students also had the benefit of hearing from guest speakers who highlighted exciting careers in aerospace, community resources and entrepreneurship. They also enjoyed exciting field trips each week.

We congratulate Robert for having been chosen by his teachers to participate in this wonderful experience. During his time at camp, Robert was also interviewed by the Prince George's Cable TV channel where he demonstrated his usual confidence and polite mannerisms when explaining his experience at the camp.

Robert serves as an acolyte and sings in Ebenezer's children's choir. Even at his young age, he is a faithful servant of God who demonstrates all of the character traits that will allow him to successfully pursue any career that he chooses.

Robert is the son of Robert, Sr. and Teta Neal and the brother of Eunice, Rotee, and Roseanne. Ebenezer is very proud of him and we look forward to seeing how God will use him to make the world a better place.

*Submitted by Sis. Gloria Pickett*



### Shavaughn Scott – First Degree Black Belt

On July 27, 2019, Shavaughn Scott was awarded his preliminary 1st degree Black Belt in Tang Soo Do karate. Shavaughn is 13 years old and began studying karate at the Klotz Institute of Karate in Bowie, MD in February 2016. He has competed in numerous tournaments and attended his first overnight camp in the summer of 2018. He enjoys helping with the lower belt classes and hopes to become a teacher at KIK in the future.



Submitted by Sis. Shauna Douglas



## OTHER NEWS

## Update on Dr. Katherine Coleman Goble Johnson



It has been a few years now since you were introduced to Katherine Johnson in the book *Hidden Figures* and Academy Award-nominated movie by the same name. *Hidden Figures* depicts the noted mathematician along with cohorts, Dorothy Vaughan and Mary Jackson, all employees of NASA who were referred to as “human computers.” They were responsible for launching rockets and astronauts into space using only pencils, slide rules and adding machines. Yet few, if any, people knew about their contributions until fairly recently; hence, the title of the book and film is so fitting.

As you may remember Katherine provided calculations for several space missions, including most notably, verifying the electronic computer’s calculations for John Glenn’s Earth orbit in 1962, at his request. The movie details his request as: “get the girl to check the numbers,” prior to his commitment to proceed with the mission.

It has taken more than fifty years to bring the accomplishments of Katherine and her cohorts to the forefront. Unfortunately, Mary and Dorothy died in 2005 and 2008, respectively.

Hidden no longer, it seems that many now want to be connected with the Katherine Johnson Story. The following discussion is not intended to identify each accolade afforded to her, as space will not permit, however, important highlights are offered. Following the 2015 presentation of the Presidential Medal of Freedom conferred by President Barack Obama, a myriad of honors recognizing Katherine’s achievements have poured in. Several include the dedication and renaming of buildings in her honor.

For example, in May 2016, NASA, in Langley, VA named a building in her honor: “Katherine G. Johnson Computational Research Facility.” In July 2019, NASA, in Fairmont, WVA, officially renamed a building: “Katherine Johnson Independent Verification and Validation Facility.” Also, in 2019, George Mason University, Manassas, VA, renamed a Hall, “Katherine G. Johnson Hall.”

In addition, there have been several streets named or renamed in her honor. Most recently, the women depicted in *Hidden Figures* were honored with a portion of the street in front of NASA Headquarters in Washington, DC renamed “Hidden Figures Way.”



There have been many interviews and publications touting her contribution to space exploration and, science in general. Specifically, her accomplishments have been captured in books designed for the young reader, girls in particular.

Below are only a few of the books that have been written for young readers since Katherine gained visibility:

- *Counting on Katherine: How Katherine Johnson Saved Apollo 13* by Helaine Becker and Tiem Dow Phumiruk, Jun 19, 2018.
- *A Computer called Katherine: How Katherine Johnson Helped Put America on the Moon* by Suzanne Slade and Miller Jamison, Mar 12, 2019.
- *Reaching for the Moon: The Autobiography of NASA Mathematician Katherine Johnson* by Katherine Johnson, July 2, 2019.

The Mattel Company's Barbie Inspiring Series, has also created a Katherine Johnson doll.

On August 25, 2018, West Virginia State University, Katherine's alma mater, dedicated a scholarship program in her name to support aspiring students in STEM studies and unveiled a Bronze Statue in her likeness (replete with pearls and high heels, which was her signature style of dress).

During the ceremony, Sen. Joe Manchin (D)WV announced his upcoming Proclamation to the Congressional Record of the 115<sup>th</sup> Congress, honoring Katherine Johnson's legacy.

My family and I were privileged to witness these ceremonies and other activities over that special weekend which also marked her 100<sup>th</sup> birthday. There was such a sense of pride to realize that this was one more activity cementing Katherine's rightful place in history. Through it all, however, she fought racial and gender discrimination and yet maintained her genteel demeanor, governed apparently by the dictates of her father many years before, who told her, "no one is better than you, nor are you better than anyone else." Although extraordinary results were evident, she will only acknowledge that she was just doing what would be expected of someone in her job.

Katherine celebrated her 101<sup>st</sup> birthday on August 26, 2019, at her beloved church, Carver Memorial Presbyterian, Newport News, VA.

*Submitted by Sis. Lillie Clark, a proud cousin of Katherine Johnson*



## Moms Demand Action for Gun Sense in America



Moms Demand Action for Gun Sense in America was founded by Shannon Watts following the Sandy Hook school massacre in New Town, CT. It is a grassroots movement of Americans fighting for stronger gun laws to protect communities from gun violence. It now has chapters in every state. Firearms are the second leading cause of death for American children and teens. Black children and teens are 14 times more likely than their white counterparts to die

by gun homicide. Access to firearms increases the risk of suicide by three-fold.

The recent gun tragedies in Gilroy, CA, El Paso, TX, and Dayton, OH, is further proof of how imperative it is to take action against gun violence. It is simply unconscionable for anyone to have access to military grade weapons, truly weapons of mass destruction.

In June 8, in Greenbelt, MD, Kathie Flamm and Joani Horchler, Co-Leads of the Prince George's County group of the Maryland Chapter of Moms Demand Action for Gun Sense in America, held an event in remembrance of Hadiya Pendleton and support for all survivors of gun violence. The previous day, the country observed National Gun Violence Awareness Day and attendees were asked to wear orange. Orange has been the defining color of gun violence prevention since 2013 when Hadiya was shot and killed at the age of 15 in Chicago, a week after performing at President Obama's 2<sup>nd</sup> inaugural parade. Her friends wore orange in her honor. So, in Greenbelt we celebrated Wear Orange Weekend in remembrance of her. We viewed the screening of the film, "New Town: What Remains After All is Lost." Ms. Flamm also attended the July meeting of Ebenezer's United Methodist Women unit and spoke further on this issue. Moms Demand Action also distributed information at the Greenbelt Labor Day Festival and at the Takoma Park Fall Festival on September 8.

Maryland Governor Larry Hogan approved HB 1302, Maryland's Extreme Risk Protective Order Law, which empowers individuals to obtain a court order that prevents someone from purchasing or possessing firearms or ammunition for a specified amount of time if they pose a significant danger to themselves or others.

What else can we do to end this scourge? We can lobby our senators and representatives and our state senators and delegates to find out what they are doing to make gun violence prevention a priority.

Moms Demand Action has become a powerful, visible force which refuses to be ignored in the fight to make Americans safer from gun violence. Visit them at [momsdemandaction.org](http://momsdemandaction.org) and on Facebook [MomsDemandActionMD](https://www.facebook.com/MomsDemandActionMD).

*Submitted by Sis. Bernadette Bailey*



## The 1619 Project

This past August, the New York Times launched the 1619 Project on the 400<sup>th</sup> anniversary of the landing of the first ship bearing cargo of 20-30 slaves at Port Comfort in the British colony of Virginia.

This project will transform the way you see yourself as a Black American. It will also renew your appreciation for the contributions Black Americans have made in compelling this nation to live up to its ideals. There is a saying that those who do not understand history are doomed to repeat it. This project engages you to develop a clearer vision that will help you transcend the negative legacies of slavery.

Take this quiz to test the clarity of your vision: True/False (T/F)

1. Wall Street got its name from the role it played in the American revolution.
2. One of the main reasons the American colonists declared independence was to abolish the institution of slavery.
3. New York City threatened to secede with the south from the US during the civil war because it did not want to lose the profits from slavery.
4. Abraham Lincoln considered freed blacks a ‘troublesome presence’ in a white country and in 1862 got Congress to appropriate funds to relocate slaves, once freed, to another country.
5. Public education in southern states was the result of legislation sponsored by black legislators during the reconstruction to establish a universal state funded system of education and compulsory education laws for black children.
6. Slavery was so long ago that it has nothing to do with violence towards and mass incarceration of Black Americans today.

(Answers are at the end of the article.)

As explained in the introduction to the magazine that began the 1619 Project, it is a major initiative to reframe American history by considering 1619 our nation’s birth year and placing “the consequences of slavery and the contributions of Black Americans at the very center of the story we tell ourselves about who we are as a country.”

The introduction includes a warning that the magazine contains gruesome material. “American history cannot be told truthfully without a clear vision of how inhuman and immoral the treatment of black Americans has been. By acknowledging this shameful history, by trying hard to understand its powerful influence on the present, perhaps we can prepare ourselves for a more just future. That is the hope of this project.”

The magazine is available on the weblink at the bottom of this article. There is also a weblink to a PBS Newshour interview with Nicole Hannah-Jones, the award winning journalist who had the idea for this project and wrote the lead story, *The Idea of America*. The magazine includes ten articles and a photo essay. The titles include:

Capitalism. In order to understand the brutality of American capitalism, you have to start on the plantation.

A broken health care system. Why doesn't the US have universal health care? The answer begins with policies enacted after the civil war.

Traffic. A traffic jam in Atlanta would seem to have nothing to do with slavery. But look closer.....

Medical Inequality. Myths about physical racial differences were used to justify slavery- and are still believed by doctors today.

Sugar. The sugar that saturates the American diet has a barbaric history as the 'white gold' that fueled slavery.

This is a once in a lifetime project, well worth reading particularly to advance future generations. See link below for the full issue of the 1619 Project.

[http://pulitzercenter.org/sites/default/files/full\\_issue\\_of\\_the\\_1619\\_project.pdf](http://pulitzercenter.org/sites/default/files/full_issue_of_the_1619_project.pdf)

**Quiz answers:** 1.F (the wall was where slaves were auctioned); 2. F (the colonists sought to preserve slavery); 3. T ; 4. T; 5. F (it was for all children); 6. F. The quiz is largely based on the lead story.

*Submitted by Sis. Daphne A Fuller*



## Remembering Catherine Jones and Shirley Rice

**Catherine Jones (October 3, 1934–July 8, 2019)**



God in His Infinite Mercy and Grace called His beloved child, Sister Catherine Jones, from her earthly home to His eternal heavenly home.

On Friday, July 19<sup>th</sup>, witnesses gathered at Ebenezer to give thanks to God for the faithful service of Sister Catherine Jones. She was a loving and devoted member of this church for over fifty years. Sister Catherine was a mild-mannered and humble woman who touched many with her gentle ways and will be remembered for her kindhearted nature and warm, welcoming smile.

Sister Catherine was very active and faithful to the Ebenezer United Methodist Women and its predecessor organizations. She served six years as president and at least ten years as treasurer. She faithfully served for many, many years as a dedicated communion steward.

Over the past several years, being able to attend church regularly became more difficult due to different health challenges. However, this never dissuaded her from loving and believing in God and trusting in His Word. We thank God for her presence and service at this household of faith.

**Shirley Rice (June 24, 1944–July 9, 2019)**



A former member of Ebenezer UMC, Sister Shirley Rice, was received into the joys of the Lord following a very lengthy illness. Her home going service was held at Reid Temple African Methodist Episcopal Church in Glendale on July 19<sup>th</sup>.

Sister Shirley was a devoted and dependable member of Ebenezer for 40 years. Sister Rice faithfully served on numerous ministries at Ebenezer including – the Trustee

Board, the Finance Committee, the Nominations Committee, the Staff Parish Relations Committee, the Hospitality Committee, the Adult Sunday School, and the organization of United Methodist Women at Ebenezer. More important than anything to Shirley was her spiritual relationship with the Lord Jesus Christ. She faithfully attended all Bible Studies. She loved the Lord with every fiber of her being and learned to apply the word of God in her daily living. Sister Rice was a wonderful example of what a caring person should be, and she made a difference in the lives of others. Shirley was quick to give a helping hand to those in need and to give an ear to those who had a problem and, of course, she would give advice and/or her opinion to any who would listen. But, most of all, she was the keystone for her family and a loyal friend to many at Ebenezer. We thank God for the life of this faithful servant.

*Submitted by Sis. Gabrielle Patrick*



## KEEPING YOU INFORMED

### Get the Facts on Glaucoma

#### Early diagnosis and treatment can lower your risk of vision loss

by Barbara Stepko, [AARP](#)

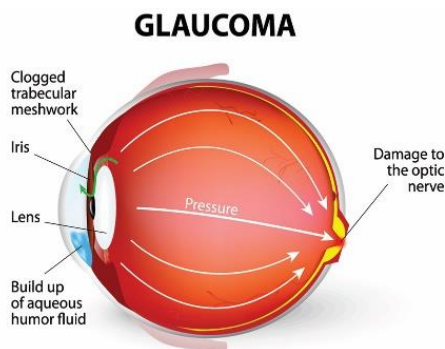


For years, Andrew Iwach, executive director of the Glaucoma Center of San Francisco, has been trying to convince patients to kick their smoking habit. Words like emphysema and lung cancer weren't always successful. But when people learned that puffing could increase their risk of glaucoma, well, that was a different story. "I've helped more patients quit smoking by letting them know smoking affects vision loss," says Iwach, a spokesperson for the American Academy of Ophthalmology (AAO).

Little wonder. As far as illnesses go, a diagnosis of glaucoma can be particularly devastating. The disease is sneaky: It develops slowly, often without warning, and can lead to irreversible blindness if it's not treated in time. Glaucoma is caused by fluid building up in the front part of your eye, increasing pressure and damaging the optic nerve — a kind of electric cable that sends visual information from the eyeball to the brain.

More than 2.7 million Americans over 40 have glaucoma, but only half are aware of it, according to the American Academy of Ophthalmology. The disease is one of the world's leading cause of blindness. Particularly at risk: People over the age of 40. The Glaucoma Research Foundation reports that you're six times more likely to get glaucoma if you're over 60. Also more vulnerable than average are those with a family history of the disease, African Americans, Hispanics, people with diabetes and smokers.

### Types of Glaucoma



**Angle-closure glaucoma** — A rarer, but potentially more damaging, form of the disease is caused when "the iris bulges forward and blocks the drainage angle in the eye," says Sayoko Moroi, an Ann Arbor, Mich.-based ophthalmologist and professor of ophthalmology at the University of Michigan's Kellogg Eye Center. When the drainage angle gets completely blocked, eye pressure rises quickly.

Signs of an acute attack include sudden blurry vision, severe eye pain, a headache, nausea and/or vomiting, and seeing rainbow-colored rings or halos around lights. Anyone with these symptoms should be checked by their ophthalmologist as soon as possible; angle-closure glaucoma can cause irreversible vision loss if not treated right away.

**Open-angle glaucoma** – This is the most common type of glaucoma, called the “silent thief of sight,” because it generally happens slowly and gradually, usually with no warning signs in the early stages. As new fluid flows into your eye, the same amount should drain out through a mesh-like channel, called the trabecular meshwork (an area of tissue located at the base of the cornea). But in open-angle glaucoma, the meshwork becomes partially blocked over time, allowing less fluid to leave the eye. The pressure in the eye gradually builds and over time can irreversibly damage the optic nerve.

The earliest symptom is usually some loss of peripheral vision, which can only be found through measurable findings at an eye exam, Iwach says: “Patients can actually have quite a bit of loss and never realize it.”

**Treatment** – While glaucoma damage cannot be reversed, Iwach says, most patients can typically control and manage the disease with a combination of eye drops, as well as some in-office laser procedures.

**Medication** – Medicated eye drops, used every day, are the most common way to lower pressure and control glaucoma. Your doctor may prescribe one or more to be used in combination. Some tackle glaucoma by reducing the amount of fluid your eye produces; others increase the amount of fluid that drains out of the eye.

### Surgery

- **Laser surgery.** There are also two main types of laser surgery that help with fluid drainage. The most common type performed for open-angle glaucoma is selective laser trabeculoplasty, in which a laser is used to increase the outflow of fluid through the channels in the trabecular meshwork. The standard treatment for closed-angle glaucoma is laser peripheral iridotomy. “A laser is used to make a tiny hole in the iris to help release fluid,” Coleman says. These procedures are very comfortable and are usually done at the ophthalmologist’s office or an outpatient facility.
- **Traditional surgery.** If eye drops and laser treatments aren’t doing the trick, or you can’t handle the side effects from medications, then your ophthalmologist may recommend conventional surgery to create a new way for fluid to leave the eye. In trabeculectomy, used in both open-angle and closed-angle glaucoma, an opening is made in the sclera (the white of the eye), which allows excess fluid to drain out of the eye and into a small reservoir, which is hidden under the upper eyelid. From there, the fluid is absorbed by tissue around the eye. Implant devices also increase the outflow of fluid. A tiny drainage tube is inserted into the front chamber of the

eye, leading back behind the eye, where a small collection area is created to drain off excess fluid.

- **Microsurgery.** A number of techniques and devices are being used to address glaucoma that don't have the complexity or carry the risks of traditional surgery, Iwach says. These newer, faster, less invasive procedures, called MIGS (short for micro-invasive glaucoma surgeries), use microscopic-size equipment and tiny incisions. These procedures are performed in an operating room. Because these procedures aren't as effective in lowering eye pressure, however, they're more appropriate for those who are in the early-to-moderate stage of the disease, Moroi notes. Talk to your doctor and insurance company about coverage.

The good news is that there are more options for treating glaucoma than ever before, Iwach says: "For most people, if we can catch the disease in time, we can keep them seeing."



### What is Breast Cancer?

Source: Breastcancer.org

**Breast cancer is an uncontrolled growth of breast cells.** To better understand breast cancer, it helps to understand how any cancer can develop.

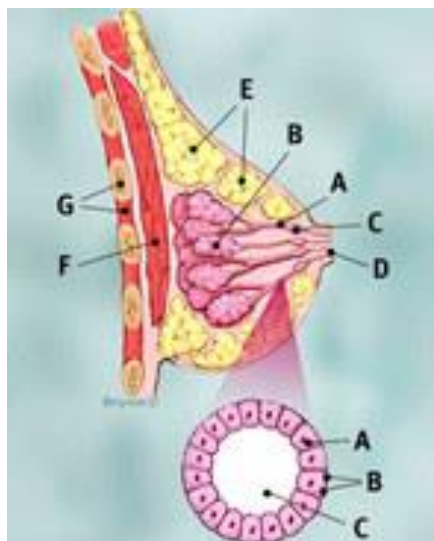
Cancer occurs as a result of mutations, or abnormal changes, in the genes responsible for regulating the growth of cells and keeping them healthy. The genes are in each cell's nucleus, which acts as the "control room" of each cell. Normally, the cells in our bodies replace themselves through an orderly process of cell growth: healthy new cells take over as old ones die out. But over time, mutations can "turn on" certain genes and "turn off" others in a cell. That changed cell gains the ability to keep dividing without control or order, producing more cells just like it and forming a tumor.

A tumor can be benign (not dangerous to health) or malignant (has the potential to be dangerous). Benign tumors are not considered cancerous: their cells are close to normal in appearance, they grow slowly, and they do not invade nearby tissues or spread to other parts of the body. Malignant tumors are cancerous. Left unchecked, malignant cells eventually can spread beyond the original tumor to other parts of the body.

**The term "breast cancer" refers to a malignant tumor that has developed from cells in the breast.** Usually breast cancer either begins in the cells of the lobules, which are the milk-producing glands, or the ducts, the passages that drain milk from the lobules to the nipple. Less commonly, breast cancer can begin in the stromal tissues, which include the fatty and fibrous connective tissues of the breast.





**Breast profile:**

- A Ducts
- B Lobules
- C Dilated section of duct to hold milk
- D Nipple
- E Fat
- F Pectoralis major muscle
- G Chest wall/rib cage

**Enlargement**

- A Normal duct cells
- B Basement membrane
- C Lumen (center of duct)

Over time, cancer cells can invade nearby healthy breast tissue and make their way into the underarm lymph nodes, small organs that filter out foreign substances in the body. If cancer cells get into the lymph nodes, they then have a pathway into other parts of the body. The breast cancer's stage refers to how far the cancer cells have spread beyond the original tumor (see the Stages of breast cancer below for more information).

Breast cancer is always caused by a genetic abnormality (a "mistake" in the genetic material). However, only 5-10% of cancers are due to an abnormality inherited from your mother or father. Instead, 85-90% of breast cancers are due to genetic abnormalities that happen as a result of the aging process and the "wear and tear" of life in general.

There are steps every person can take to help the body stay as healthy as possible, such as eating a balanced diet, maintaining a healthy weight, not smoking, limiting alcohol, and exercising regularly (learn what you can do to manage [breast cancer risk factors](#)). While these may have some impact on your risk of getting breast cancer, they cannot eliminate the risk.

Developing breast cancer is not your or anyone's fault. Feeling guilty, or telling yourself that breast cancer happened because of something you or anyone else did, is not productive.

**Stages Of Breast Cancer**

The stage of a breast cancer is determined by the cancer's characteristics, such as how large it is and whether or not it has hormone receptors. The stage of the cancer helps you and your doctor:

- figure out your prognosis, the likely outcome of the disease
- decide on the best treatment options for you
- determine if certain clinical trials may be a good option for you

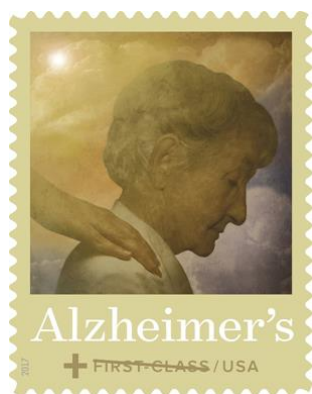
Breast cancer stage is usually expressed as a number on a scale of 0 through IV – with stage 0 describing non-invasive cancers that remain within their original location and stage IV describing invasive cancers that have spread outside the breast to other parts of the body.

For more information about staging, please visit the [Breast Cancer Stages](#) page.

*Submitted by Sis. Carolyn Winbush*



## PROPOSED LAW CAN EXTEND ALZHEIMER'S STAMP



This summer, a bipartisan group of lawmakers proposed legislation to extend the availability of the current United States Postal Service Alzheimer's research stamp for another six years.

H.R. 3113 and S. 1728, bills "to require the United States Postal Service to sell the Alzheimer's semipostal stamp for 6 additional years," were introduced by Rep. Maxine Waters, D-CA, and Sen. Edward Markey, D-MA, respectively, on June 5.

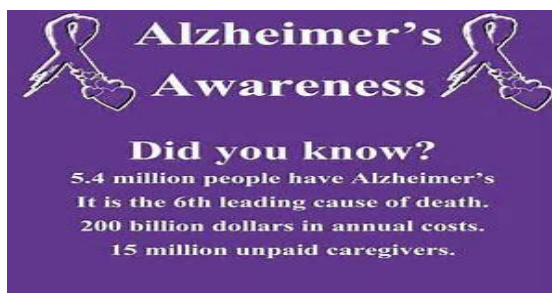
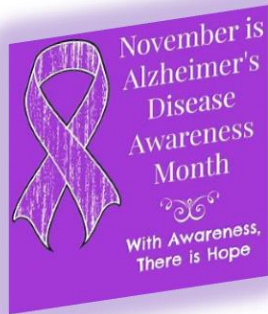
The Alzheimer's research stamp was unveiled in November 2017; the artwork was originally featured on a 42-cent postage stamp issued in 2008.

The current stamp is a semipostal stamp: its price covers First-Class postage plus an additional amount to be directed to the U.S. Department of Health and Human Services for Alzheimer's Research at the National Institutes of Health (NIH).

The stamp is currently scheduled to sunset in November, at which time a new semipostal stamp will become available. The legislation would allow a new semipostal stamp to exist simultaneously with the Alzheimer's research stamp.

Since the launch of the Alzheimer's research stamp, more than 6.5 million have been sold, raising more than \$890,000 for the NIH.

*Submitted by Sis. Gloria Pickett*



## College Education

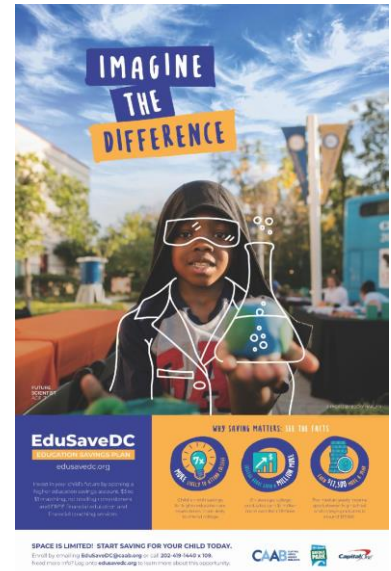
### \$1,800 for Your Child's College Education!

Through EduSaveDC You Can Have Access to \$1,800 for Your Child's College Education!

Great news: Income-eligible Ward 8 families with a student in a Ward 8-based elementary or middle public, private or charter school can enroll in EduSaveDC!

Your family can have as much as \$1,800 in the next 12 months to help you for your child's college education.

Capital Area Asset Builders (CAAB) in collaboration with the 11th Street Bridge Park (a project of the Ward 8 non-profit Building Bridges Across the River)-with the support of Capital One Bank-want your child to achieve their dream of going to college! To help make that possible, we have created the EduSaveDC Program, designed to help you and your family save for college.



- What is an EduSaveDC Account? It's a type of savings account owned by you and CAAB at a bank in Washington, DC.
- What is EduSaveDC? Under this innovative and unique children's savings account program, CAAB will maintain an EduSaveDC Account in your name and for every \$1 you save (up to \$300), we will deposit \$5 (up to \$1,500).
- How much money do you have to save? You can save up to \$300 to qualify for the maximum \$1,500 match. There are no strings attached!
- How much money will you receive at the end of EduSaveDC? If you save up to \$300, then you will receive \$1,500 from CAAB.
- How much time do you have to save the maximum \$300? You have between now and August 31, 2020 to achieve the savings goal of \$300. Over 12 months, this means that you would have to save \$25 a month to achieve the savings goal.
- What can the EduSaveDC Account money be used for? Upon completion of the program, in September 2020 your savings plus earned match-total of up to \$1,800-will be transferred to a College Savings Account / 529 Account in your name for the benefit of your child.
- What can money saved in a 529 Account be used for? You can use this money to pay for your child's post-secondary education expenses: college, vocational or training school.

- What are the requirements to participate? You have to be a Ward 8 resident; your family's income must not exceed \$121,300; you must be interested in saving for the benefit of your child's college success; and, you must have a child who attends an elementary or middle school in Ward 8, Your child's school can be a public, private or charter school.
- Are there additional services provided as part of EduSaveDC? In addition to the \$1,500 you can qualify for, you will receive free financial wellness classes, free credit counseling, free financial coaching and free tax preparation services.
- When can you enroll in EduSaveDC? Now! Families will be enrolled in the program until all available spaces are taken.
- Is there a cost to enroll and/or participate in EduSaveDC? No, you will not be charged anything to enroll and/or participate in the program.
- Who can participate in EduSaveDC? Families residing in Ward 8 with a student at an elementary or middle public, private or charter school based in Ward 8.
- Who should you contact to enroll in EduSaveDC? For further information and to sign up for the program, please send an email message to [EduSaveDC@caab.org](mailto:EduSaveDC@caab.org)

*Submitted by Bro. Thomas Brown*



### **Speaking of Death—Alum Turns Mortality Into Conversation Starter**

By Sala Levin

Gail Rubin's life work is to prepare others for the end of theirs. And if doing so calls for a visit to a Death Café, a tour of cemeteries or a grim but informative evening playing "The Newly-Dead Game," she's just showing how facing our final rest doesn't have to be so funereal.

Certified by the Association for Death Education and Counseling in thanatology (the scientific study of death), Rubin '80 writes books, gives talks and hosts events focused on getting people to "think about, talk about and hopefully do something about our 100 percent mortality rate," she says.

Though there's no quick fix for mortality – at least not on this metaphysical plane – Rubin encourages people to take steps to make their deaths easier on loved ones: write a will, create medical directives, plan a funeral. She uses humor and film clips – from movies and television shows like "Bill and Ted's Bogus Journey" and "The Mary Tyler Moore Show" – to take some of the fright out of death.

"I'm a very upbeat person," Rubin says. "I'm not a goth or gloomy or anything like that."

Maybe not, but death has long been an interest of Rubin's. Decades ago, when she and her classmates in a Maryland film production course were assigned to make a film that featured bubblegum, most students "had car chases and then ended with something about bubblegum," she says.

Rubin instead spoofed Swedish auteur Ingmar Bergman's film "The Seventh Seal." In her version, a medieval knight (played by her friend Eric) tries to charm the grim reaper (Rubin's then-boyfriend and now-ex-husband, Bob) with a stick of gum. "In the end, death gets his man," Rubin says.

After a career in public relations and event planning, Rubin shifted professional focus following her second wedding in 2000. To celebrate in her new home of Albuquerque, she planned "a creative Jewish-Western wedding." The bride wore a beaded, fringed jacket and cowboy boots; the groom, a Western tuxedo and bolo tie. A Western swing band fronted by a rabbi played klezmer music during breaks.

Inspired, Rubin decided to write a book about creative life cycle events and landed a monthly column in The Albuquerque Tribune called "Matchings, Hatchings, and Dispatchings." Realizing the death-related columns were the most popular, Rubin completed her 2010 book, "A Good Goodbye: Funeral Planning for Those Who Don't Plan to Die."

Since then, she's coordinated events like the New Mexico offshoot of the global Before I Die festival, including visits to cemeteries and funeral homes, panel discussions on end-of-life issues and even a Death Café, "which is an opportunity to talk with strangers about whatever's on your heart or mind about mortality issues while you have a little coffee or tea with some cake and cookies," Rubin says.

She's also given a TEDx talk on how to plan for death and created what she calls the "Newly-Dead Game," a play on "The Newlywed Game" in which couples are asked about each other's last wishes.

This year, Rubin was honored by the publication Albuquerque Business First as one of 20 Women of Influence, recognizing her as one of the city's most prominent women.

Rubin has taken some of her own advice. When the time comes, she plans to have a traditional Jewish funeral with a Western twist: a display showing off her 18 pairs of cowboy boots. "Those of my women friends and relatives who have size 9 feet can take a pair to remember me fondly," she says.

### **Before Death Comes a-Knocking**

What can you do to plan for your end-of-life care and funeral? In her own words, Gail Rubin '80 lists five tips to get started.

- **Write Your Advanced Medical Directives**

Whether you do or don't want heroic measures to keep you alive, such as ventilation or intravenous hydration and nutrition, spell it out in writing. Name the people who will speak on your behalf when you can't. Update this document every three years.

- **Prepare a Will**

Even if you don't have a big estate, a will prevents the state from dictating who gets your worldly goods. This is especially important for those who have been married more than once, and for same-sex couples. Update this document at least every five years.

- **Collect Your Financial Information**

Your loved ones can't access accounts and insurance policies they don't know about. Make a master file of important information, including usernames and passwords, for online accounts. While you're at it, compile a contact list for friends, relatives and financial/legal advisers.

- **Shop Before You Drop**

Visit local funeral homes before you need their services. It's a fascinating shopping trip, and you can gauge each business on their personnel, pricing and facilities. You're not morbid to plan ahead. You're being a wise consumer.

- **Talk to Your Loved Ones**

Let your family know what you might want for your disposition and life celebration. Just as talking about sex won't make you pregnant, talking about funerals and end-of-life issues won't make you dead.

*Submitted by Sis. Gloria Pickett*



## Test Your Bible Knowledge

### The United Methodist Bible Quiz

Source: UMC.ORG

**1. Who were Adam's children?**

- Cain and Abel
- Cain, Abel, and Seth
- Matthew, Mark, Luke, and John
- Cain, Abel, Seth and other sons and daughters

**2. Which son of Abraham's name means "laughter"?**

- Ishmael
- Isaac
- Esau
- Elmo

**3. Does the united Methodist Church have an official translation of the Bible?**

- Yes
- No

**4. In a Protestant Bible, how many books are in the Old and New testaments?**

- 66 books: 39 in the Old Testament, 27 in the New Testament
- 66 books: 27 in the Old Testament, 39 in the New Testament
- 73 books: 46 in the Old Testament, 27 in the New Testament
- 73 books: 39 in the Old testament, 34 in the New Testament

**5. Which book of five poems was written in response to the capture and destruction of Judah?**

- Exodus
- 1 Chronicles
- 2 Chronicles
- Lamentations

**6. Joseph was Jesus' earthly father. In Matthew's gospel, what was Joseph's father's name?**

- Zechariah
- Joe Sr.
- Jacob
- Ezekiel

7. Which of the following words is used to describe a heavenly being in the Bible?
- Cherubim
  - Seraphim
  - Angel
  - All of the above
8. Which Angel visited Mary in Nazareth?
- Clarence
  - Michael
  - Malachi
  - Gabriel
9. Which of these miracles is recorded in all four gospels?
- Jesus raises Lazarus from the dead
  - Jesus feeds the multitude bread and fish
  - Jesus walks o water
  - Jesus turns water into wine
10. Which disciple said to Jesus, "No, you shall never wash my feet"?
- Thomas
  - Judas
  - Peter
  - Ralph

**Answers:**

- 1. Cain, Abel, Seth and other sons and daughters
- 2. Isaac
- 3. No
- 4. 66 books: 39 in the Old Testament and 27 in the New Testament
- 5. Lamentations
- 6. Jacob
- 7. All of the above
- 8. Gabriel
- 9. Jesus feeds the multitude bread and fish
- 10. Peter







## Getting Older.....

### How To Call The Police...When you're old, and don't move fast anymore.

George Phillips, an elderly man from Walled Lake, Michigan, was going up to bed, when his wife told him that he'd left the light on in the garden shed, which she could see from the bedroom window.

George opened the back door to go turn off the light but saw that there were people in the shed stealing things. He phoned the police, who asked "Is someone in your house?" He said "No," but some people are breaking into my garden shed and stealing from me. Then the police dispatcher said "All patrols are busy. you should lock your doors and an officer will be along when one is available"

George said, "Okay." He hung up the phone and counted to 30. Then he phoned the police again. "Hello, I just called you a few seconds ago because there were people stealing things from my shed. Well, you don't have to worry about them now because I just shot and killed them both; the dogs are eating them right now," and he hung up.

Within five minutes, six Police Cars, a SWAT Team, a Helicopter, two Fire Trucks, a Paramedic and an Ambulance showed up at the Phillips' residence, and caught the burglars red-handed. One of the Policemen said to George, "I thought you said that you'd shot them!"

George said, "I thought you said there was nobody available!"

Moral of the story: Don't mess with older people!

--0--

A distraught senior citizen phoned her doctor's office.

"Is it true," she wanted to know, that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her. There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'."

--0--

An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation. As he was about to get the anesthesia, he asked to speak to his son.

"Yes, Dad , what is it?"

"Don't be nervous, son; do your best, and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife." The surgery was a success!

--0--

Aging--Eventually you will reach a point when you stop lying about your age and start bragging about it. I love to hear them say: "You don't look that old."

--0--

The older we get the fewer things seem worth waiting in line for. Mostly because we forgot why we were waiting in line in the first place.

When you are dissatisfied and would like to go back to youth, think of Algebra.

--0--

One of the many things no one tells you about aging is that it is such a nice change from being young.

--0--

Two guys, one old, one young, are pushing their carts around Wal Mart when they collide. The old guy says to the young guy, "Sorry about that. I'm looking for my wife, and I guess I wasn't paying attention to where I was going."

The young guy says, "That's OK, it's a coincidence. I'm looking for my wife, too. I can't find her and I'm getting a little desperate."

The old guy says, "Well, maybe I can help you find her. What does she look like?"

The young guy says, "Well, she is 27 years old, tall, with red hair, blue eyes, is buxom... long legs, and is wearing short shorts. What does your wife look like?"

To which the old guy says, "Doesn't matter, let's look for yours."

--0--

"Lord, keep Your arm around my shoulder and Your hand over my mouth!"

Ah, being young is beautiful, but being old is more comfortable.

--0--

Now, if you feel that none of this applies to you, stick around awhile, it soon will!

*Submitted by Bro. Thomas Brown*



### BIRTHDAYS

July	
Naomi Jones	2
Curtis Bell	4
Harold Woodard	5
Melani Finney	6
Brandi Walker	6
Deborah Brown	9
Barbara Ligon	9
Lillie Clark	9
Elton Sherard	10
Bill Porter	14
Monika Woodard	15
Anne Seymour	16
Brianna Pickerall	17
Phyllis Bell	18
Rochelle Scott	18
Gaston Finney, Jr.	22
Allison Porter	23
James Pickett, Sr.	27
Wesley Brown	28
Rayonna Gibson	31
Corlissa Avery	31

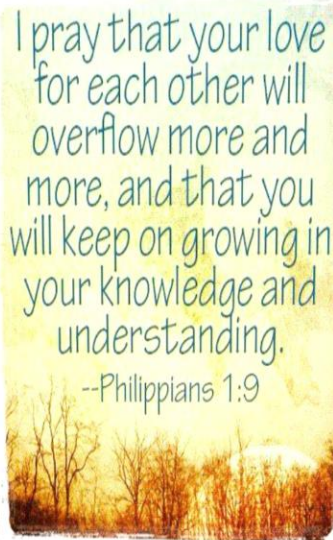
August	
Kevin Jackson	1
Gloria Pickett	4
Kendall Harris	6
Victoria Jones	7
James Stemley	10
Sean Bowman	10
Connie Thompson	19
Kristy Dixon	23
Virginia Southall	25
Jeffrey Miles, Sr.	26
Alexander (Alex) Porter	28
Juanita Williams	30
Joan Brown	30

September	
Mary Blackburn	3
Troy Booth	3
Linda Jones	3
Brittani Walker	8
Edna Pittmon	9
Griselda Clemons	12
Matthew S. Brown	16
Stacey Montgomery	19
Michelle Dixon	21
Terri Ware	21
Gaston Finney, III	24
Howard Branch	24
Carolyn Jackson	25
Winnifred Butler	25
Joan Harris	26
Joyce Stokes	27
Treasa Harris	28



ANNIVERSARIES

Wayne & Ina  
Fells  
August 18, 1979  
**[40 years]**



William & Emma  
Murdock  
August 28, 1976  
**[43 years]**

Curtis & Dottie  
Mitchell  
August 31, 1956  
**[63 years]**

Michelle & Gaston  
Finney  
September 3, 1989  
**[30 years]**

Andrew & Joyce  
Kamara  
September 15, 1984  
**[35 years]**



Reginald &  
Bernadette Miller  
September 28,  
1991  
**[28 years]**

Charles & Pearl  
Jones  
September 17, 1994  
**[25 years]**



### From The Newsletter Coordinator, Sis. Ellalene Barnaby

#### WISE WORDS

*Author Unknown*

In life, some may walk, others may run, but remember the Lord gave the tortoise and the horse the same days to reach Noah's ark. Your journey might be rough and tough, but you will definitely get to your destination.

Jacob looked at Joseph and saw a good son! The ten brothers looked at Joseph and saw a useless dreamer! The travelers looked at Joseph and saw a slave! Potiphar looked at Joseph and saw a fine servant! Potiphar's wife looked at Joseph and saw a potential boyfriend! The prison officers saw in Joseph a prisoner! How wrong were all of them! God looked at Joseph and saw a Prime Minister of Egypt in waiting!! Don't be discouraged by what people see in you!! Be encouraged by what God sees in you!! Never underrate the person next to you because you never know what the Lord has deposited in that person. Your domestic worker may be a Chief Executive Officer in waiting for a company which shall employ your child. Your gardener may be a president in waiting. (Remember David got the anointing of becoming a King while he was a simple child herding sheep. Esther was a simple orphaned girl, yet she was a Queen in waiting). Let's share God's love and make the world a better place to live.

**It doesn't matter how people see you, it matters how God sees you.**

God never changes –

- ♦ He doesn't care about *\*age\**, no wonder he blessed Abraham.
- ♦ He doesn't care about *\*experience\**, no wonder he chose David.
- ♦ He doesn't care about *\*gender\**, no wonder he lifted Esther.
- ♦ He doesn't care about *\*your past\**, no wonder he called Paul.
- ♦ He doesn't care about *\*your physical appearance\**, no wonder he chose Zacchaeus (the shortest one).
- ♦ He doesn't care about *\*fluency in speech\**, no wonder he chose Moses.
- ♦ He doesn't care about *\*your career\**, no wonder he chose Mary Magdalene; a prostitute.
- ♦ He never made *\*a promise he wouldn't keep\**.
- ♦ He never saw *\*a person he wouldn't help\**.



*Yet if any of you suffers as a Christian, do not consider it a disgrace, but glorify God because you bear this name. (1 Peter 4:16 NRSV).*





Ebenezer United Methodist Church  
4912 Whitefield Chapel Road  
Lanham, MD 20707  
Phone: 301-577-0770  
Email: [church896@verizon.net](mailto:church896@verizon.net)  
[www.ebenezerunited.org](http://www.ebenezerunited.org)



***The first***  
ever cordless phone  
was created by God.  
He named it "prayer"  
It never loses its signal  
**and**  
you never have to  
recharge it. Use it  
**anywhere.**

www.BestEnglishQuotes4U.com