

Beacon of Light

January—March 2024 • Volume 7 • 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

National Women's History Month: A Celebration of Mary McLeod Bethune

Legislation designating the month of March as National Women's History Month was passed as an Act of Congress in 1987. This action followed a Proclamation by President Jimmy Carter in February 1980 declaring the week of March 8th as National Women's History Week. President Carter's Proclamation was, itself, a response to decades long efforts to intentionally acknowledge the essential but often overlooked and unsung contributions of women who, from the very beginning, helped build and shape this nation. Today, the

National Archives and Records Administration, the Smithsonian Institutions, the Library of Congress and others join in commemorating the rich role of women in American history.

(Continued on page 2)

Inside This Issue

Pastor's Corner	Page 1
Inspirational Thoughts and Encouragement	Page 4
Kidz Corner	Page 5
Little Known Black History Facts—The Forgotten Black Cowboys of the Wild West	Page 10
Keeping You Informed	Page 12
➤ 6 Top Scams to Watch Out for in 2024	Page 12
➤ March is National Kidney Month	Page 15
➤ National Nutrition Month®	Page 15
➤ Cataracts and Eye Health in the Black Community	Page 19
➤ Is Depression Affecting Your Memory?	Page 21
➤ Anxiety: What You Need to Know	Page 22
➤ 4 Types Of Common Anxiety Disorders	Page 24
➤ The Ebenezer Transportation Ministry	Page 25
Birthdays	Page 27
Wedding Anniversary	Page 28
From the Newsletter Editor	Page 29

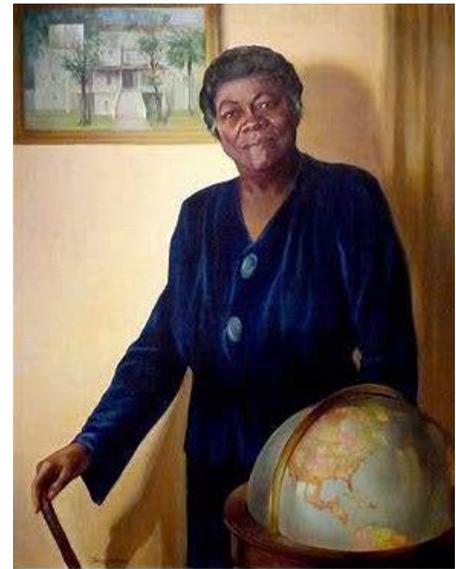
Pastor's Corner (continued from page 1)

One such noteworthy woman, especially recognizable for those of us familiar with Methodist history and the affiliation of Historically Black Colleges and Universities (HBCUs) with the Methodist Church, is Mary McLeod Bethune (MMB). One of seventeen children born to formerly enslaved parents, MMB achieved iconic status when, as a young woman in her late 20's, she acknowledged a need for educating young Black women and girls and opened the "Daytona Beach Literary and Industrial School for Training Negro Girls". As the school grew, and as legend has it, she purchased land at the old city dump for \$1.50 and moved the school to where it sits today as the site of Bethune Cookman College, one of eleven HBCUs affiliated with the United Methodist Church today.

My own awareness of MMB began as a child growing up close to Lincoln Park in the Capitol Hill area of Washington, DC. Originally, Lincoln Park was most notable for its statue of Abraham Lincoln, placed in the park as a Memorial in 1876 on the 11th anniversary of President Lincoln's death. I remember, roughly, however, the neighborhood and city excitement that ensued on July 10, 1974, when a statue of Mary McLeod Bethune was unveiled in the park, allegedly before a crowd of some 18,000 people, on the occasion of her 99th birthday. The statue features an elderly MMB with a cane, passing on a copy of her legacy to two young African American children. The cane, itself, depicts the one given to her by Franklin Delano Roosevelt, one of five United States presidents she served as an advisor to.

This memorial to Mary McLeod Bethune at Lincoln Park was the very first to honor an African American and a woman in a public park in the District of Columbia. (Another bust of MMB was recently placed in the National Statuary Hall Collection at the United States Capitol in 2022.) Within Lincoln Park, the MMB Memorial faces west towards the original statue of President Lincoln, which was actually rotated east to face the new McLeod Bethune statue. Another interesting feature of the MMB Memorial is that the funds were raised by the "National Council of Negro Women, Inc.", an organization MMB founded in 1935.

In addition to being an educator, an advisor to presidents, and the founder of the National Council of Negro Women, MMB was a co-founder of the United Negro College Fund, a perennial vice-president of the NAACP, and the only African American woman delegate to the historic Conference in 1945 in which the Charter of the United Nations was drawn up. This amazing African American woman was also a skilled businesswoman, evidenced not only by her purchase of city land for \$1.50 to serve as the site for her emerging school, but also evidenced by her co-ownership of a Daytona Beach resort, and her involvement as a co-founder of the Central Life Insurance Company of Tampa, Florida.



Portrait of Mary McLeod Bethune by Betsy Graves Reyneau

Her ultimate faith and trust in God to make the most of her time, talents, and material possessions was evident in each of these accomplishments, and was further exemplified in her service to the then Methodist Church in which she served as a delegate to four Methodist General Conferences. During her extended time in Washington, DC, MMB affiliated with Asbury Methodist Church in downtown DC which continues to archive many of her church related papers.

Mary McLeod Bethune transitioned to glory in May of 1955, but left behind an unparalleled legacy of accomplishment that all women, men, Methodists, and African Americans can celebrate and be proud of. In her last will and testament she wrote, ***“If I have a legacy to leave my people, it is my philosophy of living and serving. I think I have spent my life well. I pray now that my philosophy may be helpful to those who share my vision of a world of Peace, Progress, Brotherhood, and Love.”*** So, in this National Women’s History Month we honor one of America’s finest, and one of our own, Dr. Mary McLeod Bethune. To God be the glory!



Mary McLeod Bethune with girls from the Literary and Industrial Training School for Negro Girls in Daytona, c. 1905

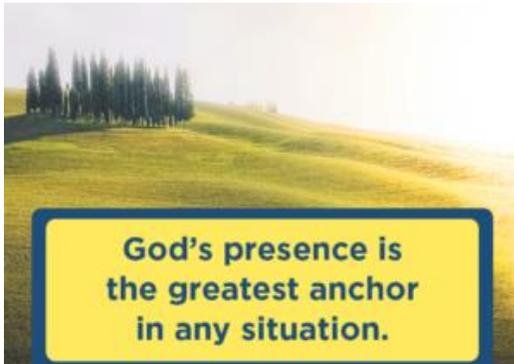


Inspirational Thoughts and Encouragement

God's Presence: Your Anchor Through Any Storm

Source: Daily Hope

“Even though I walk through the darkest valley, I will fear no evil, for you are with me.”—Psalm 23:4 (NIV)



No one gets through life without setbacks. All of us will face storms from time to time.

The real issue is how we respond. When you experience a setback, what happens next? Do setbacks dominate you? Do you stop trying and give up? If we're not careful, setbacks will cause us to make unhelpful decisions:

- **Drifting from our goals.** We hear the little voice inside that asks, “What’s the use of trying?” Then we stop striving for what God has clearly called us to do.
- **Discarding what we value.** Sometimes, after a period of intense pain, our priorities change—we let go of what once mattered greatly to us.
- **Despairing about our future.** We figure we’re doomed, we’re finished, and it’s all over.

You’ll always drift in a storm without the right anchor. And only one anchor will really do. One of the Bible’s most famous passages says it like this: *“Even though I walk through the darkest valley, I will fear no evil, for you are with me”* (Psalm 23:4 NIV).

God’s presence is the greatest anchor in any situation. When you’re feeling hopeless, remember that God hasn’t left you. Choose to make him your rock-solid anchor.

No matter how dark your valley, you’ve never been closer to God than you are at this exact moment. When I remind people of that truth while they’re in the middle of a setback, they often tell me: “Well, I don’t feel his presence.”

But it really has nothing to do with how you feel. The Bible says God is there in your darkest valley. That’s reality—whether you believe it or not.

The Bible says, *“I’m absolutely convinced that nothing—nothing living or dead, angelic or demonic, today or tomorrow, high or low, thinkable or unthinkable—absolutely nothing can get between us and God’s love because of the way that Jesus our Master has embraced us”* (Romans 8:38-39 The Message).

No matter what you’re going through, God and his love are right there with you. That truth offers stability in any storm.

Talk It Over

- What setbacks in your life have made you doubt God’s presence?
- Look back at the three ways setbacks can cause us to make unhelpful decisions. Which have you experienced? How did the situation impact you?
- How does recognizing God’s presence in the midst of setbacks help you get through those difficult times?



KIDZ CORNER

Theme for Black History 2024 “Why Fit In, When You Were Born to Stand Out”



Through spiritual guidance and prayer, the culminating service for “Black History Month” was perfected. Ebenezer youth played a significant role in worship service. After consulting with Rev. Venson, we decided the fourth Sunday in February was ideal. This service was an initial experience for the youth and children.

The Book of Philippians 4:3 states, (ESV) “*I can do all things through him who strengthen me*”. The Youth participated brilliantly in their designated roles as worship leader, Robert Neal, liturgist; Rotee Neal, prayer leader; and

presenter, Stephen Gbelee. Stephen also expressed our appreciation to our guest speaker, Sis. Taylor Ware, who is a strong spiritual believer who studies God’s word and practices His teachings. He also presented a gift to our pastor, Rev. Venson, who preaches the word clearly and interprets the scriptures with faith, hope, and love. Throughout the month, the emphasis was placed on Black Americans in Fine Arts. A short biography was read about these poets—Nikki Giovanni, Langston Hughes, and Maya Angelou. The youth expressed their poems uniquely and in their own fashion. The participants were Corlissa Avery, Rosanna Neal, Bella Randall, Angelei Gibson, Logan Dearing, and Shavaughn Scott.

In addition, the youth choir, directed by Sis. Pershail Young and Sis. Terri Ware, sang melodiously. Eric Duarte’ and his mother, Sis. Neilsa Duarte’ expressed a gospel song in a drum and piano duet. Throughout the service the youth epitomize the theme, “Why Fit In, When You were Born to Stand Out” by Dr. Seuss.



Submitted by Sis. Peggy Dearing



A Profile of Our Youth Sunday Speaker, Sis. Taylor Ware

Taylor grew up in Ebenezer United Methodist Church and continues participating in many of the ministries. Recently she taught Sunday School during the COVID-19 pandemic where she and her brother co-led the transition to a 100% virtual Sunday School and Youth Ministry from 2020–2023. Taylor also hosted virtual parties for the youth and served as the Children’s Ministry coordinator. She currently also serves as a Communion Steward.

Taylor additionally loved singing with Ms. Dionne Rucker and the Youth Choir. She also reflects fondly on her times with the Youth Group under the leadership of Stacey Montgomery, who is her long-time mentor, friend and cheerleader!



As a little girl and later as a teenager Taylor enjoyed coming to church so she could spend time with many of her friends including Allison Porter, and Melani Finney

Taylor has always loved politics, even as young as Elementary school. In the 3rd grade, Taylor was elected as the Student Government representative for her class. While Taylor was in high school, she was selected to travel to Guatemala on a mission trip to help repair the country’s infrastructure, and spend time with the many orphans who were abandoned due to the severe poverty and ongoing violence in the region. At just 15, Taylor

was also hired as a Congressional intern for The Honorable Donna Edwards in her Capitol Hill Office and later was selected to be a Senate Page for the Maryland General Assembly in Annapolis, MD.

Taylor attended Penn State University where she served on the executive board of numerous organizations, including as the President of the Black Student Union. She also founded a make-up club on campus which hosted master classes with celebrity make-up artists. In 2016, Taylor graduated with a Bachelor’s degree in Political Science and History and a minor in African Studies. She was inducted into the National History Honor Society. She received her Master’s degree from Washington University in St. Louis, Missouri.



After completing her masters' program, Taylor was selected to serve as a Congressional Black Caucus Foundation (CBCF) Congressional fellow. One of the many highlights during this fellowship was her time visiting Japan and staying with a host family in addition to learning the country's culture and government framework. As a CBCF fellow, Taylor also interacted regularly with many of the Black Caucus members like Congresswoman Maxine Waters and Congressman John Lewis, before his passing. Taylor says that this program was central to her interest in continuing with a career in politics.



Taylor has garnered a career with over a decade of politics and government relations, with six years of Congressional experience. In her current role as a Legislative Assistant for Senator John Hickenlooper, from Colorado, Taylor works to research and craft Labor and Workforce Development Policy solutions.

Throughout her tenure on Capitol Hill she has also worked on policies to transform America's education, health care, and labor systems. Taylor worked as the HBCU Caucus Executive Director under Congresswoman Alma Adams where she helped to usher new federal funding for HBCU research and development infrastructure. Taylor also had the fortune of working with Senator Rev. Raphael Warnock, Congresswoman Lauren Underwood, and as a policy fellow with the House Education and Labor Committee.

Throughout all of her experiences, Taylor says that she is fueled by her God-given passion opening the door for the young people that come behind her.



for

Submitted by Sis. Terri Ware



Meet Our Honorees

Two members of the congregation were recognized during the Black History service held on February 25, 2024. They exemplify the theme, "Why Fit In, When You Were Born to Stand Out". God has blessed them with many gifts. The two honorees render volunteer service in several ministries. Our honorees are Bro. Curtis Bell and Bro. William Butler.

Bro. Lloyd Curtis Bell



My parents, Raymond and Julia Bell, instilled in me specific core values. They emphasized honesty, integrity, spirituality, determination, love, hard work, and gratefulness. Acquiring a quality education helped me to determine my path in life. My father always stressed there is no such thing as "I can't. It is important to share God's blessings of specific gifts with others. I participate actively in the following ministries at Ebenezer United Methodist Church: Church Computer Manager, Chair of Audio-Visual Ministry, Generosity/Finance, Administrative/ Fiscal Team, Church Council, Usher, Men's Choir, and Worship Committee.

The foundation for my spiritual journey began at Dorsey's Methodist Church in Brookland, Maryland. On Sundays my family and I attended two to three services plus Sunday School and Youth Fellowship. If there was no service, we visited relatives. The importance of family togetherness and love was emphasized consistently. A cohesive family relationship is of utmost importance. This principle I have passed on to my family. Bible verses about love should also encourage us to love one another—God loves us, God's love calls us to love our enemies, and our neighbors. No one is a stranger to me and I enjoy talking with others and learning and sharing ideas. I feel life is too short to harbor animosities and bitterness.

These recommendations I would offer to the youth—read and learn extensively, listen to those who give sound advice, attend college or a trade school, be an independent thinker, and never take the easy way out, and put God first. I am positive if the youth follow these ideas their life will be fulfilling and successful.



Bro. William Butler



Bro. Butler expressed his devotion to God and Ebenezer United Methodist Church ministries in this manner,. I start my day with devotions with my wife, Winnie, by reading and praying to God before we leave the bedroom. I keep God on my mind all during the day. I admire God’s earth, the trees, flowers, scenery, animals, and birds all around me. I also enjoy seeing the church grounds looking nice at the church and at home.

I am the Trustee Chairperson at church, Chairperson of the Bus Ministry where I provide monthly transportation for the Share Ministry between Church and the Share Food Distribution Warehouse. I also belong to the United Methodist Men. My position allows me to work with all ministries of the church. I believe that everything we have on this earth belongs to God and is, therefore, on loan to us, allowing us to be good Stewards of God’s Property, using our gifts and talents in the best way we can. I see myself as a servant, and I am grateful and thankful to have the health and strength to do what I do every day to the best of my ability and I thank the Lord all day long.

I enjoy working with the youth, as they are the “Future Church” and instructing them, by example, on how to be a good Christian and see the blessings that will be bestowed upon them as a result of their actions and behavioral changes. I advise the youth to get as much education as they can, learn how to work at an early age, be polite and respectful to everyone, and learn all you can about God.

Submitted by Sis. Peggy Dearing



Little Known Black History Facts

Source: *Blackamericaweb.com*

The Forgotten Black Cowboys of the Wild West

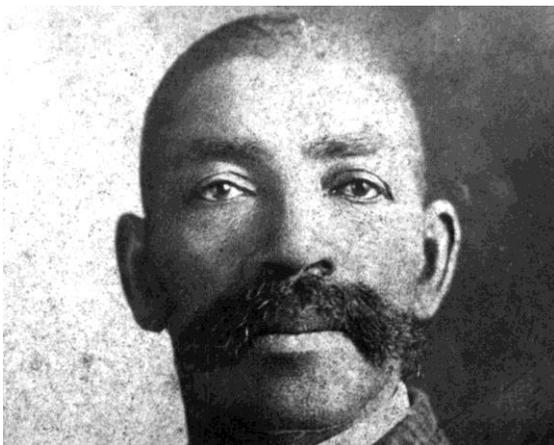


Though in many ways Hollywood has whitewashed the Wild West, some of the first settlers were freed slaves who traveled west and became the black cowboys of the American frontier. Black cowboys helped settle the Old West, yet their contributions are rarely in the history books.

Despite what you might have seen in movies, the American West was settled by a large portion of freed slaves. In the 1870s and 1880s, as many as 25 percent of the 35,000 cowboys in the Old West were Black cowboys.

Freed slaves headed west to find their fortunes among cattle ranches and rows of crops. As slaves, Blacks were in charge of crops and took care of cows for their White owners, and the availability of land presented a new opportunity for many to escape the South.

Bass Reeves



In 1875, Bass Reeves became a U.S. Marshal overseeing the vast expanse of Oklahoma Territory before it became a state. His job was a tough one. Of the 200 marshals killed in the line of duty, 130 met their untimely ends in Oklahoma.

That didn't deter the former slave from Arkansas. He was an expert marksman with the rifle and pistol, attributed to his time fighting in Oklahoma Territory during the Civil War.

Reeves served as a U.S. Marshal for 27 years and is widely regarded as the first true lawman of the Wild West. Reeves, with the help of his Native

American assistant, tracked down as many as 3,000 criminals during his career. He achieved this through skill but also audacity. Reeves used disguises as a way to get close to criminals before capturing them. It's believed that Reeves' story is the basis for *The Lone Ranger* stories since Reeves kept his true identity a secret and he had a Native American sidekick.

Bill Pickett

Meet Bill Pickett, biter of cow lips.

Bill Pickett was a master ranch hand born in Texas in 1870. He invented the art of bulldogging, a method that subdues cattle by biting their lip. Pickett observed bulldogs wrangling cattle to the ground by biting their lips until the cows sat still.

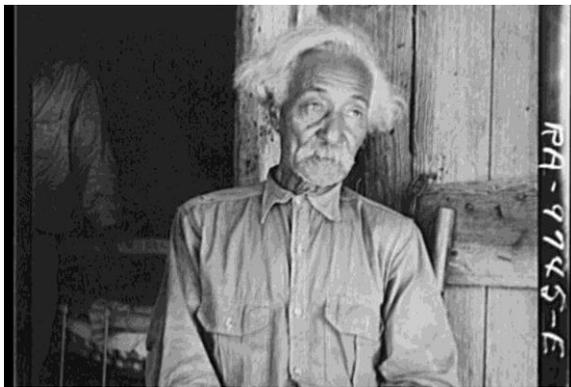
Pickett turned bulldogging into a way of wrestling cattle that humans could utilize. He would ride up next to a cow or bull, and then lasso the animal and pull it to the ground. Pickett then jumped off his horse and next to the cow before biting the lip and tying the cow's legs.



Bulldogging became a main attraction for rodeos in the late 1800s and early 1900s. The technique eventually became outlawed due to animal cruelty concerns. In 1972, 40 years after his death, Pickett became the first black inductee into the National Rodeo Hall of Fame. You can see footage of Pickett performing his bulldogging method in [this video](#), (1) [Footage of Bill Pickett in "The Bulldogger" \(1921\) - YouTube](#), originally filmed in 1921.

Bob Lemmons

Bob Lemmons in his later years in 1936.



Bob Lemmons grew up a slave before moving to West Texas. This territory contained huge herds of wild mustangs, which were valuable commodities to ranchers settling the Wild West.

His unique approach started with earning the trust of the herd. He did this by working alone rather than in a group, because a large group of men would spook the herd.

Lemmons infiltrated the herd of wild mustangs and then broke the lead horse. The rest of the horses would follow the leader to back to his ranch. Lemmons' lucrative work allowed him to earn enough money to buy his own ranch and built up large herds of horses and cattle. He died in 1947 at the age of 99.



Keeping You Informed

6 Top Scams to Watch Out for in 2024

Criminals are getting more sophisticated and supercharging old scams with new technology

Source: AARP, by Patrick J. Kiger*, December 20, 2023

One reason that scammers are so difficult to stop, security experts say, is that they keep raising their game. They're continually perfecting their scams, taking advantage of tech innovations and honing their methods to better manipulate their targets.

"We keep coming up with different tools to combat scams and fraud, but it's just like playing whack-a-mole," says Better Business Bureau spokesman Josh Planos.

Scammers have become much more adept at impersonating legitimate institutions, including creating websites and messages that are "carbon copies" of legitimate health care providers, businesses and banks, with fewer grammatical mistakes and other red flags for scams, according to Planos.

And criminals are not only taking advantage of technological innovations such as artificial intelligence (AI), they're also growing ever more adept at psychological manipulations—their "game of persuasion," says Aaron Foss, former chief executive and founder of Nomorobo, a firm whose technology aims to thwart robocalls. Foss explains that today's scammers in overseas call centers, for example, are often trained to minimize their accents and coached on ways to connect emotionally with their targets.

Here are six of the scams that experts say you should be watching out for this year.

1. Check cooking scam

Last year, the big thing was check washing, where thieves stole paper checks from postal boxes, mailboxes or even carriers and then washed the checks with chemicals, keeping the signature but erasing the amount and the payee so they could fill in a new name and amount. But now, they've discovered a less messy way to steal. In check cooking, thieves take a digital picture of a stolen check and then use commercially available software to alter it.

"It looks very real, even with the watermarks and all," explains Michael Bruemmer, vice president of data breach resolution and consumer protection at Experian, a global credit verification and financial services firm. Criminals can print a new phony check or else just deposit the altered image using a bank's mobile app, he notes.

How to stay safe: Consider using a safer payment method, such as a credit card. But if you choose to write paper checks, scammers still need to steal a physical copy. Make it harder for them. Instead of putting the check in a mailbox, drop it off directly at the nearest post office. And continually monitor your checking account and watch for any suspicious transactions.

2. Voiceprint Scams

Thanks to technological advances, it's possible for thieves to capture a recording of your voice and then use a software program to generate an imitation "deepfake" version that can be used to impersonate you. "That voiceprint can be used to access your insurance or your financial institution or apply for a driver's license," Bruemmer says. The *New York Times* reported on a recent case in which a representative at a major bank received a call

from a deepfake copy of a Florida investor's voice, requesting that the bank move the man's money elsewhere. Fortunately, the fraud attempt was spotted by the bank before the real investor lost his savings.

How to stay safe: To prevent your voice from being duplicated, "don't answer the phone," Bruemmer advises. "If someone needs to get hold of you, they can text you." Bruemmer even is cautious about answering calls that appear to be from people on his contact list, since the call could be coming from a phone that's been stolen or had its SIM card cloned, he says.

3. Delayed-action sweepstakes scam

Sweepstakes scammers, who call or write to say that you've won a fabulous fortune, have been around for ages. But recently they've come up with a new variation on the old formula, according to Bruemmer. Instead of trying to get you to pay taxes or other fees in advance to collect the nonexistent prize, the scammers will ask for personal information so that they can validate you and set up the payout. "They'll say, just give us your banking information and your Social Security number, and we'll file with the IRS and we'll take care of everything," he explains. "But, boom, it's just another form of identity theft." Instead of quickly looting your bank account—what Bruemmer calls a "smash and grab"—the scammers may play a long game. They'll write small checks on your account to see whether you notice the fraudulent activity. If you don't, they'll continue to use the account to obtain credit cards and lines of credit in your name that they can siphon off, giving them a potentially bigger payday down the road.

How to stay safe: As with previous variations of the sweepstakes scam, remember that if it seems too good to be true, it probably is. If you get a call from someone claiming that you've won a huge prize, the safest bet is to just hang up. And never, ever provide any personal information.

4. Virtual celebrity scam

Celebrities have had online presences for years, but the trend really gained momentum during the pandemic, when stars who couldn't make public appearances tried to stay connected with their fans by doing online concerts and other events on social media. Fans have become accustomed to that constant virtual intimacy, which leaves them vulnerable to celebrity scammers. "You're on Instagram or Facebook, and someone pretending to be Celine Dion or her manager reaches out to you," explains Amy Nofziger, director of victim support for AARP's Fraud Watch Network. If it's a fake manager, "They might say, 'Celine loves your comments. She'd love to talk to you. Here's her private account.'" But after you connect to an impostor pretending to be the superstar singer, the talk gradually turns to how her fortune is tied up in a lawsuit, and she could use a \$50,000 loan from you, or a similar story involving a need for your money.

How to stay safe: If you get a direct message from someone claiming to be a famous performer or superstar athlete or representing them, be skeptical. It's almost certain to be a scam.

5. Multistage grandparent scam

This is a new, more sophisticated version of the old grandparent scam, in which crooks call and pretend to be a grandchild who's been arrested and needs bail money to get out of a nonexistent legal jam. In the past, grandparent scammers were often small-timers who would plead for a few hundred dollars. But these days, Foss says, they often set up

call centers staffed with young people who are paid a few bucks for every grandparent that they can connect with. After posing as grandchildren who've been jailed after a car accident, they'll provide a case number and instruct the target to call their defense attorney or the local prosecutor. "When Grandpa calls up, they say, 'Oh, do you have the case number?'" Foss explains. It's actually a subtle psychological trick to see whether the grandparent is compliant and will follow their instructions to send thousands or even tens of thousands of dollars.

Some scammers have a third conspirator pose as a courier and go to a grandparent's home to pick up the money in person, according to Steve Baker, a former Federal Trade Commission official who now publishes the Baker Fraud Report newsletter.

How to stay safe: If you get a call from an unfamiliar number from a family member claiming to be in trouble, don't panic. Instead, after you've finished talking — and certainly before sending money — the Federal Communications Commission recommends that you call or text the person at his or her usual number and check to see whether the family member is actually in trouble. If they don't answer, contact other family members or friends if you have any concern that the emergency could be real. Scammers plead with you to keep the situation a secret precisely so you won't try to confirm it.

6. Paris Olympics scams

Criminals try to find ways to exploit big events that are in the news. With the Paris games coming up this summer, Nofziger suspects that we may start seeing a revival of the fake emergency scam, which bears similarities to the grandparent scam but is slightly different. It could work something like this: A scammer hacks someone's email account, and shortly after, all of that person's contacts will receive the same message—something to the effect of, "Hey guys, I'm over in Paris and my wallet got stolen! Can anyone please help me out by sending gift cards or a Venmo deposit?"

To the recipients, it's a potentially convincing ruse. "You're thinking very quickly, well, Amy was in Paris two years ago, and she loves the Olympics, so it all makes sense," Nofziger explains. "Yeah, I'll send you money."

And Olympics officials are warning ticket seekers to avoid bogus ticketing sites and scam emails purporting to be from Paris 2024 (the official website for the games) or the Olympic committee.

How to stay safe: Resist the urge to react immediately if you hear from a friend in Paris needing cash. Instead, follow the Federal Trade Commission's advice and try another way to contact the person who supposedly is in need, such as calling them on the phone. Alternatively, reach out to a trusted source who knows the person and would be aware of whether or not they went on a trip to Paris.

If you're intending to go to Paris and receive emails regarding tickets to the games, the official website for Paris 2024 notes, "You will never be asked for the login details for your ticketing account (ID and password)" or "banking details." Check the sender's email address; scammers will often change one letter or number, or use .com rather than .org, hoping recipients will mistake the fake address for the legitimate one.



March is National Kidney Month

Source: Office of Minority Health Daily Digest Bulletin

Kidney disease is one of the leading causes of death in the United States and affects an estimated 37 million adults. Many racial and ethnic minority groups, like Black and African Americans, Hispanic/Latinos, American Indians and Alaska Natives, and Native Hawaiians and Pacific Islanders, carry a higher risk of developing chronic and end-stage kidney disease than non-Hispanic white Americans. [Kidney Equity](https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month?utm_campaign=fyi_newslet) [https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month?utm_campaign=fyi_newslet] for All is a patient-focused, community-minded movement from the **National Kidney Foundation** dedicated to ensuring that all kidney patients have access to high quality kidney care from diagnosis to transplantation.



This National Kidney Month, *Get to Know Your Kidneys* with the **National Institute of Diabetes and Digestive and Kidney Diseases** [https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month?utm_campaign=fyi_newslet]



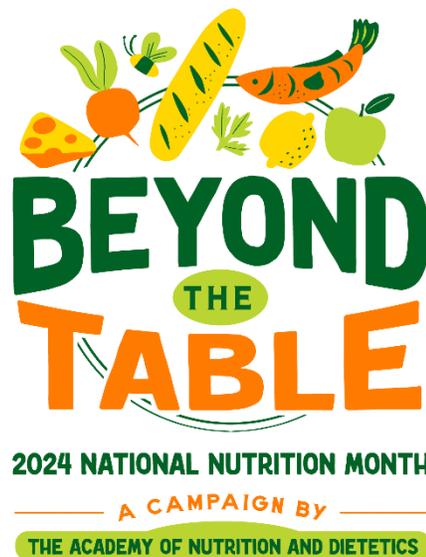
National Nutrition Month®

Source: Office of Minority Health Daily Digest Bulletin

JOIN THE CELEBRATION!

National Nutrition Month® is an [annual campaign](#) established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "**Beyond the Table**," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices. It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability, for instance, decreasing food waste from school and work to home and beyond.



A registered dietitian nutritionist can help you create healthy habits that are sustainable and suit your unique needs!



50 Ideas to Get Involved in National Nutrition Month®

Contributors: Sarah Klemm, RDN, CD, LDN and Jill Kohn, MS, RDN, LDN

Source: *Eat right.org*, *Academy of Nutrition and Dietetics*

Get Everyone Involved

1. Ask the city mayor or state governor to declare March "National Nutrition Month®." Provide a proclamation form to make it easier for the staff.
2. Publish a nutrition tip of the day for each of the 31 days in March.
3. Invite the author of a nutrition book to speak at your group's meeting.
4. Plan a virtual cooking demo or nutrition event. Invite a registered dietitian nutritionist, restaurant chef or local culinary school to host a virtual cooking demo, combined with a brief nutrition presentation. Provide attendees with copies of recipes and links to online materials about National Nutrition Month®.
5. Sponsor a "dial-a-dietitian" night through a local radio station. Callers may ask nutrition questions for RDNs to answer. Even better if a local television station will participate.
6. Contact the local library and inquire about a virtual or in-person story time or nutrition program. Provide activity handouts, [Eat Right nutrition tip sheets](#) and [National Nutrition Month® bookmarks](#) for everyone to take.
7. Organize a National Nutrition Month® presentation at your local park district or senior center. Consider virtual options if in-person events are not possible.
8. Organize a food donation campaign for a local food pantry or shelter.
9. Invite a local expert to learn more about the different types of food packaging and options for recycling in your area.

At Home

1. As a family, commit to trying a new fruit or vegetable each week during National Nutrition Month®.
2. Give family members a role in meal planning and let them pick out different recipes to try.
3. Plan to eat more meals together as a family during National Nutrition Month®.
4. Explore food recovery options in your community.
5. If you watch TV, take breaks during commercials to be physically active.
6. Practice mindful eating by limiting screentime at mealtime — including phones, computers, TV and other devices.
7. Try more meatless meals — choices like beans and lentils are versatile plant-based protein sources that work in a variety of dishes.

8. Let everyone help with food preparation — a skill for people of all ages. If you have kids, there are age-appropriate tasks they may enjoy learning how to do.
9. Bring out the flavors of food by trying new herbs, spices or citrus fruit such as lemon or lime.

At Schools

1. Create a "nutrition question of the day" contest sent by email or posted on a display board. Draw the name of a daily prize winner from those who provided the correct answer. Suggested prizes: National Nutrition Month® pens, pencils, magnets, buttons or cooking items from the [National Nutrition Month® catalog](#). Award a grand prize at the end of the month drawn from all correct submissions.
2. Vote for your favorite fruits and vegetables: Show various photos of produce and ask participants to vote for their favorite vegetable and fruit. Post a tally board to record votes.
3. Ask children to carefully save food product labels from empty boxes. Spend some time reading labels and comparing information in the Nutrition Facts panels. Expand into a menu-planning opportunity, individually or in teams, using MyPlate as the guide to a healthy meal.
4. Start a school vegetable garden by planting seeds indoors or in the ground. If that's not feasible, consider showing videos on how to plant a garden.
5. Develop a lesson plan that explains the science behind ingredients needed for baking.
6. Assign a school group project that involves each group researching one of the MyPlate food groups, allowing each child to explain a food from that food group and what nutrition it provides.
7. Conduct a "[MyPlate Champion](#)" challenge for your classroom.
8. Develop a school project that involves kids drawing and creating a meal based on MyPlate, using the [MyPlate Coloring Page](#).
9. Organize a sports nutrition education session that children can participate in virtually or in person.
10. Decorate the cafeteria with [National Nutrition Month® posters](#) or banners, table tents and balloons. Create a "take one" display with National Nutrition Month® brochures, bookmarks and [Eat Right nutrition tip sheets](#).
11. Create a "shared tables" resource for your school district (if local laws allow).
12. Focus a science lesson around how plant foods grow — from seed to harvest.
13. Take a field trip to a farm or host a farmer as a guest speaker to talk about what they do.
14. Explore topics on food history or the invention of different gadgets used in the kitchen.
15. Dedicate a math lesson to show how measurements and fractions are used regularly in the kitchen.

Workplaces

1. Host a virtual cooking demonstration on social media for shoppers that features an easy and budget-friendly recipe.

2. Highlight cultural food traditions in office cafeterias. Offer special menu items from international cuisines (Asian, Mediterranean, Mexican, etc.) or regional foods of the United States.
3. Organize a "healthy recipe" contest among employees. Have the judges be VIPs from your workplace. Award [National Nutrition Month® t-shirts, mugs or other items as prizes](#).
4. Organize a virtual or in-person healthy potluck. Have each person cook their dish and eat together through an online video platform or in the cafeteria. Make sure each of the food groups is represented.
5. Distribute coupons for discounts on a healthy meal featured in the cafeteria or vouchers for nutritious beverages or snacks.
6. Conduct an exercise class with your colleagues. Recruit a local fitness or yoga instructor to lead a class virtually or through a live event. Give each participant a [National Nutrition Month® t-shirt](#), pedometer or water bottle plus healthy eating handouts.
7. Host a "lunch and learn" session on healthy eating.
8. Arrange a session on composting to learn about its role in reducing wasted food.
9. Start a "walking club" with co-workers and take a stroll during scheduled break times.
10. Consider hosting a group wellness challenge with weekly themes or goals.

Grocery Store or Supermarket

1. Work with a local grocery store to promote National Nutrition Month® with posters and handouts.
2. Conduct a virtual supermarket tour to provide label reading opportunities and information about healthy food choices. Have one person follow you with a camera while you conduct a tour for people who join online. Offer a special tour for kids focused on selecting healthy snacks. Provide ["20 Healthy Snacks for Kids" National Nutrition Month® brochures](#) and copies of selected [National Nutrition Month® activity sheets](#).
3. Organize a supervised scavenger hunt for food items needed to make a healthy recipe.
4. Set up a time for a registered dietitian nutritionist to answer questions about nutrition on your social media page.
5. Offer a virtual nutrition education session that offers suggestions on "how to eat healthy on a budget."
6. Host an online class on recreating meals with leftovers.
7. Provide resources on how to reduce wasted food — including ways to store produce and other foods properly.



Cataracts and Eye Health in the Black Community: Understanding Risks and Taking Action

Source: *Black Health Matters.com*



African Americans are at a higher risk for certain eye diseases, including cataracts, glaucoma, and diabetic retinopathy. These conditions are often linked to other health conditions that affect overall well-being, such as diabetes and high blood pressure.

The concerning fact is that many of these eye diseases don't exhibit symptoms in the early stages, making early detection and treatment crucial to prevent vision loss or blindness. Unfortunately, Black communities experience some of the highest rates of vision loss and

blindness caused by eye diseases. However, comprehensive dilated eye exams can play a significant role in detecting these diseases early and facilitating effective treatment.

Understanding Cataracts

Cataracts are a common cause of cloudy or hazy vision, primarily affecting older individuals. They occur when the protein in the natural lens of the eye begins to break down and form clumps. Symptoms may include blurry vision, double vision, and difficulties with color and night vision.

African Americans have higher rates of cataract-related vision loss and blindness. Research indicates that African Americans are more likely to develop cortical cataracts, which are commonly associated with conditions like diabetes and high blood pressure. They are less likely to develop nuclear cataracts, which affect the center of the lens. Furthermore, African Americans have a lower rate of cataract surgery and a higher risk of uveitis, and inflammation in the middle layer of the eye, after surgery.

Reducing the Risk of Cataracts

While it's not possible to prevent cataracts completely, certain steps can help delay or slow their development:

- Maintain a healthy diet and engage in regular exercise.
- Undergo regular eye exams to detect cataracts at an early stage.
- Quit smoking if you are a smoker.
- Wear sunglasses with 100% UV protection and use floppy hats to shield your eyes from the sun.
- Manage other health conditions, such as diabetes and hypertension, by visiting your doctor regularly and following their advice.
- If diagnosed with cataracts early, consult your eye doctor to explore treatment options that can improve vision and determine when surgery is necessary.

Diabetic Retinopathy

Diabetic retinopathy is an eye disease caused by diabetes. High blood sugar levels can lead to blood vessel leakage, swelling, scar tissue formation, and abnormal new blood vessel growth in the eyes. This condition can cause front and peripheral vision loss, along with other complications like retinal detachment. Diabetic retinopathy affects a significant number of African Americans, primarily due to the higher prevalence of diabetes within this population.

To lower the risk of developing or managing diabetic retinopathy, consider the following steps:

- Undergo regular diabetic eye exams as recommended by your eye doctor.
- Follow your doctor's instructions to control diabetes through diet and medication.
- Adhere to your eye doctor's treatment plan if diagnosed with diabetic retinopathy.
- Maintain open communication among your eye care provider, primary care doctor, and specialists to ensure comprehensive management of your overall health and eye condition.

Understanding Glaucoma

Glaucoma is a group of eye conditions characterized by increased pressure within the eyes, leading to optic nerve damage. Over time, this can result in vision loss or blindness. African Americans are at a higher risk of developing glaucoma compared to Caucasians, with a higher prevalence and earlier onset of the disease. A family history of glaucoma increases the risk further.

To minimize the risk of glaucoma-related vision loss, consider the following measures:

- Schedule regular dilated eye exams with glaucoma testing as recommended by your eye doctor.
- Discuss moderate exercise options with your eye doctor, as exercise may aid in glaucoma prevention.
- Follow your eye doctor's prescription for glaucoma eye drops or other recommended treatments.
- Consider laser treatment or glaucoma surgery if advised by your eye doctor.

Tips for Maintaining Healthy Eyes

In addition to specific measures related to eye diseases, adopting a healthy lifestyle and practicing overall good eye care habits can benefit eye health. Here are some general tips:

- Schedule regular eye exams to detect any potential issues early.
- Maintain a healthy lifestyle by following a nutritious diet and engaging in regular exercise.
- Protect your eyes from the sun by wearing sunglasses with 100% UV protection and using floppy hats.
- Keep other health conditions, such as diabetes and hypertension, under control by visiting your doctor regularly and adhering to their recommendations.

- Seek prompt medical attention if you experience significant vision changes or eye-related symptoms.

Awareness of the increased risk of eye diseases among Black communities is crucial. Taking proactive steps, such as regular eye exams, adopting a healthy lifestyle, managing chronic conditions, and seeking timely treatment, can help maintain good eye health and minimize the risk of vision loss or blindness. By understanding the specific risks associated with cataracts, glaucoma, and diabetic retinopathy, individuals can take control of their eye health and preserve their vision for years to come.



Is Depression Affecting Your Memory? The Connection Between Depression and Memory Loss

Source: GoodRx Health: Written by Jennifer Arnouville, DO, FAAFP | Reviewed by Katie E. Golden, MD, Published on November 1, 2023

Key takeaways:

- Depression can cause many physical and mental symptoms beyond changes in mood. These include changes in memory.
- People with depression often experience a range of symptoms related to memory. These can include short-term and long-term memory loss.
- Treatment for depression — from medications to lifestyle changes — can also help with memory loss related to depression.

When most people think of depression, they think of emotional symptoms like sadness. But if you are living with depression, you probably know that it can cause a lot more symptoms beyond mood, like fatigue, body pain, and changes in appetite.

It is also common for people with depression to experience brain fog and forgetfulness. And for some, these symptoms can be just as serious as the psychological changes. They can have a big impact on your interaction with others, work, and day-to-day tasks. But the first step in getting help is recognizing how depression could be affecting you beyond just your mood

How does depression affect the brain?

Depression is in part caused by imbalances in certain neurotransmitters, like serotonin, norepinephrine, and dopamine. When these chemicals are out of balance in the brain, they can affect your mood and thinking. But current studies also show that depression can lead to physical changes in the anatomy of the brain and changes in the function of brain cells.

These changes in the brain lead to some of the well-known emotional symptoms such as:

- Feeling depressed, sad, or “down”
- Feeling hopeless
- Less interest or enjoyment in activities that were once enjoyable
- Bad thoughts about oneself, or feeling like a failure
- Feeling guilty
- Suicidal thoughts

But depression symptoms are even more complex than this. The effect of these changes in the brain can lead to additional physical symptoms. And there is also evidence that they can affect the function of other organs, like the gut. This means that depression can lead to symptoms like:

- Sleeping too much or too little
- Eating too much or too little
- Trouble concentrating
- Moving more slowly than usual
- Restlessness
- Low energy or feeling tired
- Increased pain
- Changes in bowel habits

Among the many symptoms associated with depression, it can also cause memory loss and the way your brain processes and remembers information.

How does depression affect your memory?

Multiple studies show that it is common for depression to be associated with memory changes. For some people, this may feel like brain fog. This can lead to changes in:

- **Short-term memory:** This often feels like forgetfulness. They may walk into a room and not remember why they went in there.
- **Concentration:** Someone may be having a conversation and forget something that was said just a few minutes ago.
- **Speech:** It can feel hard to remember certain words. It can seem like someone is having a hard time communicating their thoughts as well as they used to.
- **Attention or orientation:** Someone might seem spacey or scatterbrained, like their mind is somewhere else.

But depression can also cause memory loss that seems to go beyond attention in the present moment. Depression is also associated with difficulty remembering prior life experiences. This can look like difficulty remembering the details of past events — or forgetting the event entirely.

It can often be harder to remember experiences, especially when they are positive or happy. But depression can affect memory surrounding negative events too. Someone may remember them with increased or distorted detail.

Sometimes, someone's changes in their memory is just due to the depression itself. But depression can also cause other conditions and diseases, which can also impact one's memory.



Anxiety: What You Need To Know

Stressful or traumatic events and family history could increase your risk.

Source: NIH MedlinePlus Magazine

Anxiety disorders are one of the most common types of mental illness.

Anxiety is a natural part of life, and most of us experience it at some point. You might feel nervous, jittery, or on edge before taking a test, crossing a busy street, or making an important life decision. If you experience anxiety without a reason or more often or severely than expected, it may signal an anxiety disorder.

What is anxiety?

Anxiety triggers the body's fight or flight response: your heart beats faster, more blood flows to the muscles, your breathing becomes heavier, and your muscles tense up. These changes prepare us to respond quickly to threats. But for people with an anxiety disorder, these feelings can become overwhelming and interfere with everyday life.

Anxiety disorders are the most common form of mental illness in the United States. They can affect people of all ages, backgrounds, and walks of life. Common types include generalized anxiety disorder, social anxiety disorder, panic disorder, and specific phobias.

Who is at risk?

Anyone can develop an anxiety disorder, but some risk factors make developing one more likely. These include a family history of anxiety disorders or mental illness, experiencing traumatic or stressful events, and underlying medical conditions.

What are the symptoms?

Everyone feels anxiety differently. Some common symptoms include:

- **Physical symptoms** such as increased heart rate, rapid breathing, dizziness, shortness of breath, and headaches.
- **Cognitive and emotional symptoms** such as irritability, difficulty concentrating, and feeling restless, worried, or unable to sit still.
- **Changes in behavior** such as avoiding places, situations, and everyday activities that trigger anxiety or taking extreme steps to reduce or eliminate what is causing the anxiety.

How are anxiety disorders diagnosed?

Your health care provider will ask you questions about your symptoms and medical history. They may also do a physical examination and run tests to rule out any medical conditions that could be causing your anxiety. If necessary, they can refer you to a mental health specialist such as a psychologist, psychiatrist, or therapist.

How are anxiety disorders treated?

The good news is that anxiety is treatable. Different strategies to help manage your anxiety may involve psychotherapy, medication, or both.

Psychotherapy methods may include:

- **Cognitive behavioral therapy**, or CBT, which teaches people different ways of thinking, behaving, and reacting to situations to help them feel less anxious or afraid.
- **Exposure therapy**, a type of CBT that helps people confront fears so they can participate in activities they have avoided.
- **Acceptance and commitment therapy**, which uses strategies such as mindfulness and goal setting to help people live fulfilling lives despite their anxiety.

Medication doesn't cure anxiety, but it can help some people manage their symptoms.

Some may include:

- **Anti-anxiety medications**, which may reduce the symptoms of anxiety, panic attacks, or extreme fear and worry.

- **Antidepressants**, which can improve the way the brain uses certain chemicals that control mood or stress.
- **Beta blockers**, which can relieve physical symptoms of anxiety such as rapid heartbeat, shaking, trembling, and blushing.

Other strategies can help you manage anxiety and make treatment more effective. These include exercise, relaxation techniques such as deep breathing or meditation, and lifestyle changes such as limiting caffeine and alcohol and getting enough sleep.

A strong social support system is also important, whether it's through talking to friends and family or joining a support group.

Getting help

Remember, feeling anxious sometimes is normal. But if your symptoms last a long time, get worse, or interfere with your day-to-day life, it may be a sign of an anxiety disorder. If you or someone you know is experiencing symptoms of anxiety disorders, reach out to a health care provider. Help is available, and you don't have to face your anxiety alone.

More NIH resources

Learn more about anxiety and get helpful tips for managing it. Check out these videos from the National Institute of Mental Health.

- NIMH Expert Dr. Krystal Lewis Discusses Managing Stress & Anxiety
[NIMH » NIMH Expert Dr. Krystal Lewis Discusses Managing Stress & Anxiety \(nih.gov\)](#)
- GREAT: Helpful Practices to Manage Stress and Anxiety
[NIMH » GREAT: Helpful Practices to Manage Stress and Anxiety \(nih.gov\)](#)
- Mental Health Minute: Anxiety Disorders in Adults
[NIMH » Mental Health Minute: Anxiety Disorders in Adults \(nih.gov\)](#)



4 Types Of Common Anxiety Disorders

Source: NIH MedlinePlus Magazine

Anxiety affects millions of people in the United States alone. But not all types of anxiety or anxiety disorders are the same.

All anxiety disorders involve excessive fear or worry that disrupts daily life. While anxiety disorders vary based on symptoms and triggers, they can all interfere with daily activities. Understanding the different types can help people recognize their symptoms. Anxiety disorders can feel scary and disruptive, but help is available. Here's a closer look at four common types of anxiety disorders.

Generalized anxiety disorder

People with generalized anxiety disorder (GAD) feel frequent extreme anxiety or worry for months, if not years. They may feel restless, on edge, or easily tired. They may also experience concentration problems, irritability, muscle tension, or sleep issues. Treatment options for GAD include cognitive behavioral therapy, relaxation techniques, and sometimes medication.

Panic disorder

People with panic disorder experience frequent and unexpected panic attacks. Panic attacks are sudden, intense feelings of fear or terror when no immediate danger is present. Physical symptoms can include a fast heartbeat, chest or stomach pain, and trouble breathing. You may also feel weakness or dizziness, sweating, chills, or numb hands. During a panic attack, you may feel detached from reality, like you don't have control over your body or thoughts. You may even worry that you're having a heart attack. Some people feel a sense of impending doom or that something terrible is going to happen. Most people with panic disorder can get better with treatment, which may include cognitive behavioral therapy and sometimes medication.

Phobia-related disorders

A phobia is an intense fear of or aversion to specific objects or situations. This fear is not equal to the actual danger that can be caused by the situation or object. Examples include agoraphobia (fear of public places) and claustrophobia (fear of closed-in spaces). Other common phobias include flying, heights, certain animals, and needles. People with a phobia may go out of their way to avoid the feared object or situation and experience immediate anxiety when faced with it. Treatment approaches include a form of cognitive behavioral therapy called exposure therapy (which involves gradual exposure to the feared object or situation) and sometimes medication.

Social anxiety disorder

People who have social anxiety disorder experience an intense fear of one or more social situations. They may feel very self-conscious or worried about being embarrassed or judged by others. This fear can get in the way of everyday activities such as going to work, school, or social gatherings. Treatment options include therapy and sometimes medication. Support groups can also help.

**The Ebenezer Transportation Ministry**

Thirty-four year ago, Ebenezer's Transportation Ministry, also known as The Bus Ministry, was established under the leadership of Bro. Alonso Hall. It began with the purchase of a new 1990 Ford 25-passenger bus with the purpose of saving money by providing transportation services in-house instead of renting from external companies.

To date, the Bus Ministry consist of:

- A 15-passenger van used for church food distribution from the local SHARE FOOD WAREHOUSE once a month on pre-scheduled calendar dates, as well as transporting members to and from church on various occasions. including official church supplies from some vendors, etc., as well as transporting members to and from church in various occasions.
- A 15 passenger bus equipped with a wheelchair lift, ensuring compliance with ADA regulations and facilitating transportation for members with disabilities.
- A larger bus, which accommodates 36 passengers, is utilized for longer, scheduled trips.

The church bus ministry not only promotes outreach in the community but also serves as effective advertising for Ebenezer.

Ministry activities are regulated by Department of Transportation (DOT) and Foley's Carrier Services to ensure reliable and safe transportation for the church and others. We also provide assistance to other churches and senior organizations.

Over the years, we have worked with several Church ministries and organizations, including New Life for All Souls Church, Baltimore Washington Conference, James Lee Community Center, Mount Calvary Baptist Church, Union United Methodist Church, Adams United Methodist Church, Union Memorial UMC, UCAP- 1400 Doewood Lane, Shiloh Baptist Church, Union UMC, Joshua's Troop, The Interdenominational Usher's Association of MD, and Board of Directors of ICUA of AA CO 04/80, providing bus Transportation for Quality of Life Retreats.

Some of the activities the Bus Ministry has participated in over the years are: Senior Outings; Summer Camps; Youth Ministry Outings; Retreat Transportation, Charge Conference; Leadership Training; Boys and Girls Mentoring Programs; providing bus rentals to other churches for events, Singles Ministry, Travel Ministry, Sunday Service Transportation, Ebenezer Head Start Program, School trips, Trips to the Theater/Dinner/Plays/Boat Rides, Annual Christmas Caroling/Usher Board, Choirs invited to other churches/Music Ministry, Outreach Activities/Movies/Games; Men's Activities (United) Concerts; Women's Activities/Meetings/Retreats.



Submitted by Bro. William Butler

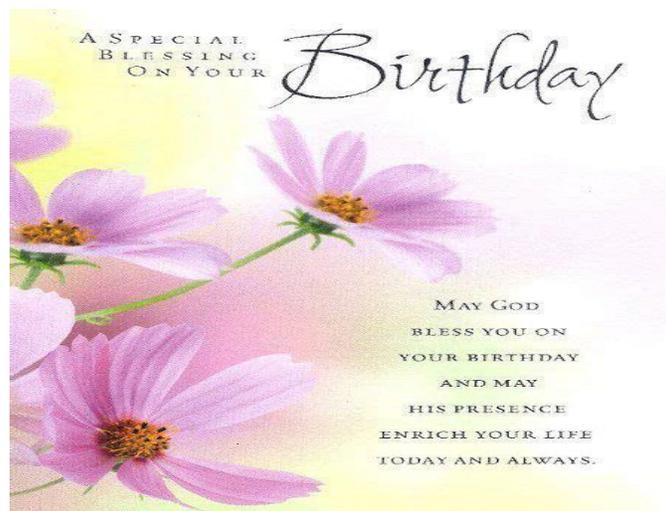


Birthdays

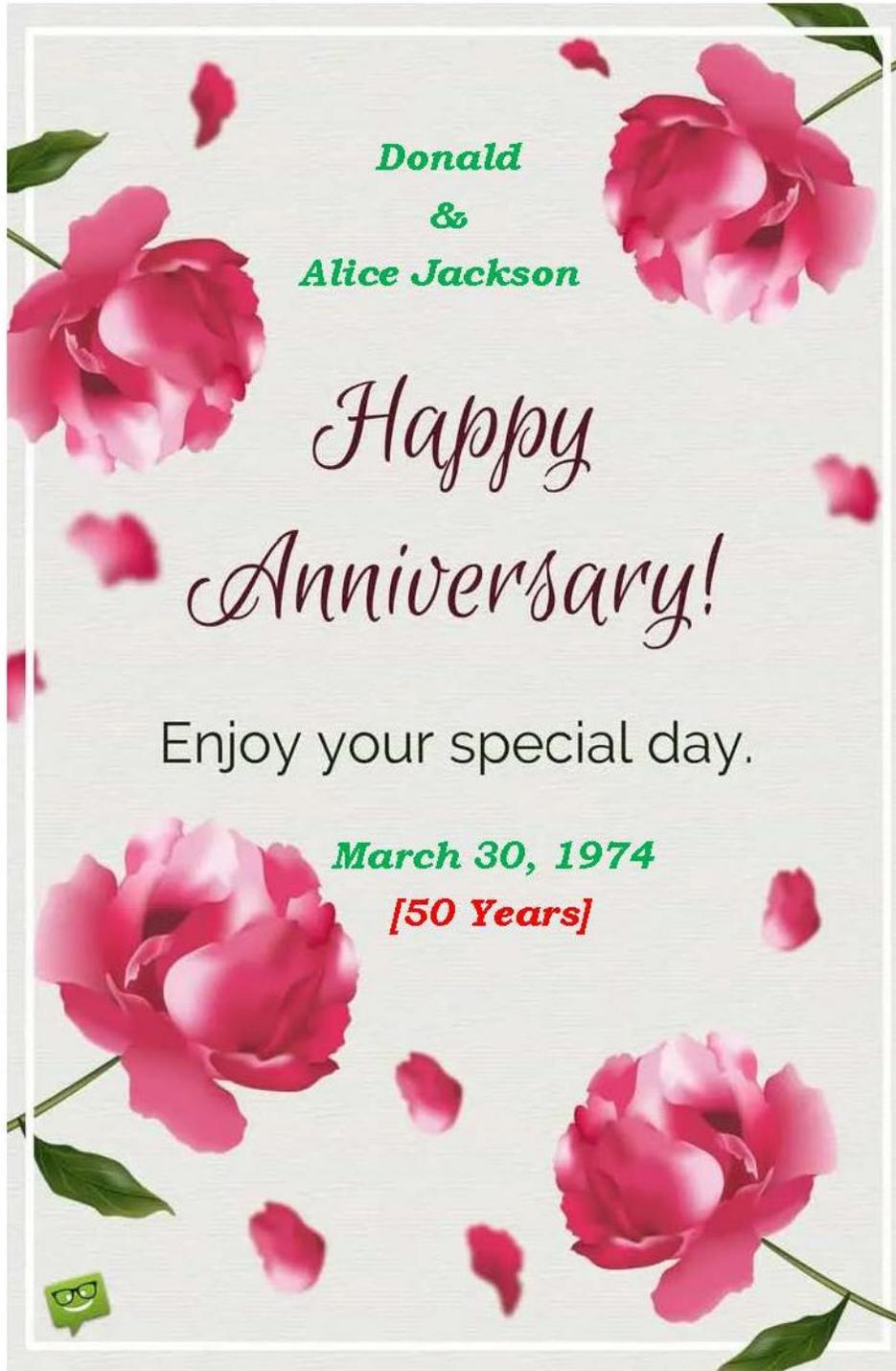
January	
Marie Fuller	5
Shauna Douglas	6
Avis Jenkins	9
Lynn McGill	12
Bernadette Miller	18
Charles Jones	19
Clayton Butler	19
Harold (Randy) Smith	28
Angelei Gibson	29
Deborah Branch	29
Joelle Smith	30
Sidney A. Brown	25
Daphne Fuller	25

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
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
Carolyn Winbush	11	Kendra Freeman	21
William Butler	13	Bernadette Bailey	21
Nakita Smith	13	Andre Bailey	22
Melissa B. Riley	13	Jackie Tyler-Hope	24
Cordelia Maycole	14	Aaron Ware, Sr.	28
Jacqueline Bell	16	Brianna Miles	30



Wedding Anniversary



From The Newsletter Editor

Story Behind The Hymn, "Search Me, O God"

Source: *Believers Portal.com*

James Edwin Orr was a distinguished professor in the School of World Mission at Fuller Theological Seminary, where he imparted knowledge on the history of missions to career missionaries. Born in 1912, Dr. Orr's impressive educational background includes earning doctorates from universities across Europe, Asia, Africa, and America, including a Doctor of Philosophy from Oxford University and an Ed.D. from UCLA in 1971.

In his many travels, Dr. Orr has visited a hundred and fifty countries, including the Soviet Union, and has been in two-thirds of the world's six hundred major cities. Despite these numerous life-long accomplishments, J. Edwin Orr will no doubt be best remembered as author of a simple, revival hymn text Cleanse Me.

Dr. Orr recalls that he wrote the Cleanse Me text, in 1936, during an intense movement of the Holy Spirit at the Easter, revival convention in Ngaruawahia, New Zealand. For some time prior to this Easter campaign, an attitude of unusual expectancy had been prevalent among these people. Prayer meetings spread throughout the city with much fervency, and intercession led to wide-spread confession and reconciliation among the believers. Great numbers of unconverted students professed faith in Christ. The next night was given over to exultant testimony, with singing such as one expects in heaven. The revival news soon spread throughout all of New Zealand. Dr. Orr reports that as he was leaving New Zealand, four Aborigine girls approached and sang for him a beautiful Maori Song of Farewell.

Dr. Orr was so impressed with the beauty of this Polynesian melody that soon afterward he wrote new verses to the tune on the back of an envelope. The text was based on the familiar words of Scripture found in Psalm 139:23-24: *Search me, O God, and know my heart; try me, and know my thoughts; and see if there be any wicked way in me, and lead me in the way everlasting.* Further campaigns by Dr. Orr throughout Australia in the 1930s and later in nearly all of the English-speaking world, soon popularized this prayer hymn everywhere.

*Search me, O God, and know my heart today;
Try me, O Savior, know my thoughts, I pray.
See if there be some wicked way in me;
Cleanse me from every sin, and set me free.*

*I praise Thee, Lord, for cleansing me from sin;
Fulfill Thy Word and make me pure within.
Fill me with fire, where once I burned with shame;
Grant my desire to magnify Thy name.*

*Lord, take my life, and make it wholly Thine;
Fill my poor heart with Thy great love divine.
Take all my will, my passion, self and pride;
I now surrender, Lord-in me abide.*

*O Holy Ghost, revival comes from Thee;
Send a revival, start the work in me.
Thy Word declares Thou wilt supply our need;
For blessing now, O Lord, I humbly plead.*

Sis. Ellalene Barnaby



Ebenezer United Methodist Church
4912 Whitfield Chapel Road
Lanham, MD 20706
Phone: 301-577-0770
Email: church896@verizon.net
www.ebenezerunited.org

if God
BRINGS YOU
TO IT
HE'LL BE WITH YOU
in it and
through it

Anytime you try to go forward in life, anytime you try to make progress, there will be opposition. But with God on your side, you can stand your ground!

And we know that all things work together for good to them that love God, to them who are called according to His purpose, and nothing will move you from trusting in God.