Another Year — You Made It!

Well... it looks like you made it another year. And guess what, you survived. Despite all that happened, could have happened and should have happened you made it. And just in case you forgot, the fact that you are here another year means that you have a 100% success rate of surviving everything that was supposed to have stopped you.

This does not mean that you didn’t get hurt, this does not mean that you don’t have any scars, this does not mean that every day was sunny with a gentle breeze. No, it simply means that you are here for another year. And during this year you have the opportunity to work on it, fix it or address some of the challenges you endured last year. However, in order to have a better new year, you will be challenged to do some new things in new ways.

And even though the uncertainty of 2017 may have you a little fearful, don’t worry because the same God who covered you with unconditional grace and mercy in 2016, has more grace, mercy and love awaiting you in 2017. The songwriter was right when these words were pinned while reflecting on the goodness of God ... “Your grace and mercy brought me through. I’m living this moment because of you.”

Beloved, my prayer is that no matter where you are emotionally, mentally, physically or spiritually that somehow, someway you are able to see how God’s grace and mercy has kept you and brought you into a new year.

Dr. Donald D. Moore
NO MORE RESOLUTIONS! . . .

Several years ago my only resolution was to give up resolutions and it’s probably the only resolution I’ve ever kept. I’ve seen too many people make resolutions – to lose weight; stop smoking; to spend more time with God; volunteer more - all the promises to be better people in the new year. And for as many reasons people have for making resolutions, there are just as many reasons and excuses for why they fail. The half-life of New Year’s resolutions is six months, with only 46 percent of people still committed to them after that time. Some, who are reading this today, have already given up on their 2017 resolutions. Don’t beat yourself up if you fall into that category; let’s move forward by looking back.

Starting today no list-making of all the things you should have done this past year but didn’t or the even longer list of what you said you would stop doing. Instead, let’s focus on all the fabulous things you have done, want to keep doing, love to do and want to do more of in 2017.

So here we are closing down 2016 and I am taking great pleasure in thinking about all the fun and blessings I am going to have in 2017. I am going to keep doing all those activities I absolutely love, like spending more time with my friends and family, traveling, painting, watching more great movies, taking more moments to breathe and finding as many excuses to laugh as humanly possible.

So I release you from all of those obligatory New Year’s resolution lists and instead fill your mind, heart and soul with all the wonderful aspects of your life that are here right in front of you, just waiting to be seen.

Happy New Year!  

Dr. Pam
THE 134TH CHURCH ANNIVERSARY  
SUNDAY, OCTOBER 23, 2016  
PASTOR EMERITUS RETURNS HOME

The 134th Church Anniversary Sunday was an extraordinary celebration of church history. The morning worship service was led in music by the Church Choir under the direction of Mrs. Ann Foster, Director. The congregation was adorned in shades of blue in honor of our guest preacher.

Reverend Dr. Albert F. Campbell, Pastor Emeritus, was the gift for The 134th Anniversary Celebration of Mt. Carmel Baptist Church. Pastor Emeritus was the eighth pastor during the history of the church’s growth and development and served a 47 year tenure. Mount Carmel began with a small group of thirteen people who met in 1882 in order to establish a church in West Philadelphia where they could worship God in the Baptist tradition. Thank you Pastor Emeritus for “Coming Back Home.”

The spirit-filled service was ministered in praise by the Praise Dance Ministry and the Mime Troupe worshiped to the recorded tune “My Soul’s been Anchored.” Pastor Emeritus delivered a thought-provoking sermon entitled “The Salt of the Earth.” Reverend Campbell preached from the book of Matthew 5:1-13. He spoke about the “Beattitudes” in Jesus’ first sermon on The Mount. Jesus finished by telling the multitudes that followed Him into the mountains “you are the salt of the earth.”

After Reverend Campbell showed off his new socks, he was pleased to share recent events and changes in his life since his retirement. He has remarried, he is preaching just about every Sunday and two Sundays per month, he serves as the Supply Pastor at Zion Baptist Church at Broad and Venango Streets where he does mostly consulting. Even though pastor has retired from being pastor fulltime, he continues to preach because he believes that is what God called him to do. He keeps a relaxed schedule now that he has retired. Pastor Campbell wrote a book that contains his best nine sermons.

Every year the church’s anniversary committee chooses two members to receive the “Caught Doing Something Good” service award. This years recipients were Trustee Clarence Hatcher and Deacon Thomas Gatling. Congratulations to both of you.

Following the service, members were served a light meal while Pastor Emeritus did a book signing, entitled “Life Is Sometimes Unfair But God Is Good All The Time.”

Thanks to the 134th Anniversary Committee under the leadership of Deacon Elmore Johnson and Deaconess Stephanie Austin-Johnson, co-chairs. Thank you to all who lent a helping hand of support towards this day of celebration.

Submitted by: Valerie Merritt and KimLa Robinson

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YOUTH WEEK 2016  
NOVEMBER 15-20, 2016  
THEME: F.L.Y. - FAITH LED YOUTH

The MCBC Commission on Youth Ministries planned a star-studded week of activities from November 15-20, 2016 for the youth of the Church. On Tuesday, November 15th there was “Painting with a Twist.” On Wednesday the 16th there was Youth Bible Study and Prayer Meeting with Nick Wilson, the speaker of the hour. Thursday the 17th was a Scavenger Hunt. On Friday the 18th there was a Gospel Explosion. Saturday the 19th was an outing to CoCo Key Water Park. And, on the 20th, it was Annual Youth Sunday with guest preacher Reverend Nick Christian who lit up the Church with his sermon “Let’s Get Connected.” Hats off to Deacon Pamela Coles, Youth Commission Chairperson, etal and Reverend Vincent Coles, Minister to Youth for such an exhilarating week for the youth of Mount Carmel.

Submitted by Valerie Merritt

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THE MCBC PRAISE DANCE MINISTRY  
SUNDAY, DECEMBER 11, 2016

The Praise Dance Ministry held its 1st “Praise Extravaganza” on December 11, 2016. It was a delightful afternoon program of praise and worship. We were ministered to through dance of all types including ballet, liturgical, teen hip hop, adult praise, African dance, modern, jazz and Christmas praise-dance themes. There was also a presentation of praise by a guest soloist as well as the Mount Carmel Mime Troupe. It concluded with a delightful array of refreshments including cake, cookies and punch. Our thanks and congratulations to the entire Praise Dance Ministry and Adara Watts, Director for a delightful and artistic praise service.

Submitted by Valerie Merritt

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1ST ANNUAL SENIORS CHRISTMAS PARTY  
WEDNESDAY, DECEMBER 14, 2016

The Christmas Party was held on December 14th in the D.W. Hoggard Fellowship Hall.

It rated an “A” plus. The food was delicious. A festive atmosphere made a very pleasant afternoon. Fun and fellowship were enjoyed by all. We were rendered live music by BoyWonder and the Hit Parade for our listening and dancing pleasure. Several guests were winners of door prizes. As we were leaving, the often heard comment was “I had a great time and I look forward to 2017.”

Submitted by Gerri Ambush

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Line Dancing at the 2nd Annual Christmas Party

MCBC 2ND ANNUAL  
“ONE CHURCH WORKING TOGETHER  
CHRISTMAS PARTY”

On December 15, 2016, Mount Carmel Baptist Church had a wonderful turnout for the “One Church Working Together Christmas Party” at the Hilton Hotel on City Avenue from 6:00 P.M. to 10:00 P.M. Following a delightful meal, prizes and announcements, Pastor Donald D. Moore reported on the fun had the day before at the 1st Annual Seniors Christmas Party. He challenged the ballroom guests to “shake a leg” and not to be outdone by the Seniors Party. To the delight of all, the DJ kept the music flowing which drove everyone onto the dance floor. The photographer of the evening took plenty of pictures of the dance floor and group pictures as well.

Submitted by Valerie Merritt
**WHAT HAPPENED. . .**

**CHRISTMAS SCHOOL CHRISTMAS PROGRAM**

The Christmas program was held on December 18th. Representatives of each division of church school participated. The Christmas Skit titled “An Old Fashion Christmas” highlighted the real meaning of Christmas and also the candy cane story. Music was provided by the Church Youth Orchestra.

All who attended were blessed as the Christmas season was ushered into our hearts.

Submitted by Gerri Ambush

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**A MOMENT OF SECURITY**

Watch Night has been a tradition of this great church to Baptize those who have accepted Christ as their Savior on this last night of the year. This was no different from all the other Watch Night Services except for one detail. This particular night there were only two candidates, a gentleman, Aaron Phillip, and a little girl about the age of 7, Cherysh Selli. She stood there and watched as the gentleman was lowered into the water first. Suddenly there was a loud cry from her as she stated "I don't want to do this now" over and over again. My heart went out to her. Her mother was standing at the baptismal pool with her camera ready to take a memorable picture of an important time in her daughter's life. What can be done now, she was inconsolable. “All I could think was, please don't force her” because I realize fear or a phobia can affect you for life.

Suddenly there was a deep gentle voice that spoke, “would you like me to go down with you?” The crying stopped and she nodded her head. Then I saw those strong hands reach over and pick her up and held her tenderly in his arms while continuing to talk in a calm tone. Even though she was still afraid, she was able to nod that she accepted the Lord Jesus Christ as her Personal Savior. She laid her head on his chest with her arms around his neck and they both went under together.

There was a mighty cheer and clapping from the congregation. All I could think it was God who was in the midst of this. Our pastor had exhibited the characteristic of Jesus as if he were transformed at that moment. A tear came to my eye as many Bible verses came to my mind, because I was about to doubt that this baptism was going to occur. Just as we all lay our fears and worries on the Bosom of Our Father in Heaven and trusted in Him, so did this small child with Pastor Moore.

Submitted by Carolyn Shaw

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**MONEY, MONEY, HONEY**

**African Americans & Finances**

**WANT TO BEGIN 2017 ON THE RIGHT FOOT?**

How about getting SERIOUS about your finances?

One out of every 100 people in the African American community have actively made moves to secure their financial future. Many say they are “going to do it” but never do so until the age of retirement, if at all. The time to act is NOW!

You are cordially invited to attend a six week FREE Financial Workshop beginning Saturday, January 21, 2017 at 10:30 a.m. to 12:30 p.m. at the University of Pennsylvania, Wharton School (3620 Locust Walk).

God has blessed you with an income and an opportunity to learn to better manage your personal finances and to develop a more effective budget. Don’t block your Blessings!!

You can register at: buildingbridgestowealth@gmail.com or call 215-991-3705 for further info.

Dr. Rhonda Hazell
President – BBTW Savings Group University of PA

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**MASS MAILING FRAUD**

People all over the world are targeted with mail scams that promise wealth or good fortune. The mailings appear to be personalized, but they are not. They are mass produced from letters that are sent to thousands of recipients every month.

The United States Postal Service and U.S. Department of Justice are warning consumers about this type of fraud. Never send money in order to receive sweepstakes or lottery winnings – consumers are never required to pay money to receive these kinds of awards. If you get a suspicious letter or think you may be a victim of a fraud scheme, file a complaint with the Federal Trade Commission at www.ftc.gov/complaint.

Reprint from AARP magazine

Submitted by Gerri Ambush

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**SENIOR SPOTLIGHT**

**ELIZABETH PARKER RETIRES AFTER 40 YEARS OF FAITHFUL SERVICE**

Mrs. Elizabeth Parker was born in Raleigh, North Carolina. She attended the Washington School from grades K-12 and upon graduation she received two scholarships to Shaw University. Her major was in Chemistry.

In 1947, she left North Carolina to move to Philadelphia, Pennsylvania. She got married and had two children, the late Gail Parker and son Cecil Parker.

Two years after moving to Philadelphia, Mrs. Parker joined Mt. Carmel in 1949.

She later attended Temple University majoring in Education and graduated Cum Laude in 1969. From there she went to St. Joseph’s University and received her Master’s degree in Social Work.

Elizabeth Parker made a career in the Philadelphia School District as a School Community Coordinator and later became the Supervisor of the program. She served 23 years until she retired.

She served Christ as the Sunday Office Assistant doing announcements during church service, as well as other clerical and administrative duties. She provided this service 40 years during the 47 year tenure of Pastor Emeritus Dr. Albert F. Campbell. She retired soon thereafter.

Outside of church, she is a member of AARP, she enjoys reading and time spent with her son Cecil. She has a strong belief in the Golden Rule that you “should do unto others as you would have them do unto you” (Luke 6:31 (NIT version)). According to her son, she is the best mom in the world. Cecil Parker, recording artist/song writer, won two awards recently for his musical performances and song writing.

Submitted by KimLa Robinson
ERELD ABUSE AND EXPLOITATION

Calls to report any form of elder abuse – physical, emotional, financial, sexual, neglect or self-neglect – can be made 24/7 to Philadelphia Corporation for Aging’s (PCA) Older Adult Protective Services by calling the PCA Helpline at 215-765-9040 or the Pennsylvania Elder Abuse Hotline at 1-800-490-8505.

* READ MORE, LIVE LONGER

People (seniors) who read live longer, a recent study has concluded. So, if you know what is good for you, you won’t put the newspaper down.

The Yale University School of Public Health study stresses books, but it links reading newspapers and magazines to longevity, too, just not as much.

The reason for this finding eludes the researchers. An obvious explanation is that if your hobby is a risky one, you’ll live longer, if you read more.

* HOME SAFETY PRECAUTIONS

Step Stools – Look for a stool with sturdy legs, fitted rubber tips and a base that’s wider than the top. When using, hold on to something stationary.

Dryers – These appliances start about 6,000 home fires every year. The culprit may be defective dryers or excess lint that was never cleaned out. Check the lint traps after every load.

Toasters – According to federal watchdogs, these everyday devices cause thousands of fires each year. Clean out the crumbs and unplug when not in use. Ditto for those toaster ovens.

Bed Rails – Designed to enhance safety, they can injure older people if improperly installed or badly designed.

Submitted by Gerri Ambush

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UPPER RESPIRATORY INFECTIONS

- Upper Respiratory Infections (URI) are one of the most common reasons for doctor office visits
- URI are the most common illnesses resulting in missed work or school
- URI can happen at anytime, but are most common in the fall and winter
- The vast majority of URI are caused by viruses and are self-limited
- Symptoms of URI include: cough, sneezing, runny nose and nasal congestion, scratchy or sore throat with nasal breathing
- PREVENTION - THE FIRST LINE OF DEFENSE ARE: HAND WASHING COVERING MOUTH WHEN COUGHING (with approved technique)

Submitted by Gwen Travis

THE FOCUS “WORD”

Theme Scripture
I Peter 2:9 (KJV)

But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvelous light.

DEVOTIONAL READING

The Old Testament
King James Version (KJV)

Psalm 24:7-10: Isaiah 40:28-31
Joel 2:23-28,32

The New Testament
King James Version (KJV)

Romans 8:28-31; Galatians 5:1
I John 4:4

BONUS - Scripture
*Psalm 139:14*

* “We’re a special people, We’re the best and the brightest our ancestors ever produced!”
- James Weldon Johnson, Writer

Who are we?

We’re African Americans, and we are achievers!

We are mothers, fathers, sons, daughters, nieces, and nephews.
We are doctors, lawyers, teachers, writers, and entrepreneurs.

We’re African Americans, and we are achievers!

We are jet black, blue black, dark brown, brown - skinned, medium brown, yellow, high yellow, light-skinned, fair-skinned, light bright, almost white, red bone, but Afro-American, and we are achievers!

We have climbed the highest mountains, scaled the highest heights.

We are visionaries, innovators, dreamers, creators, leaders, builders, and doers. We’re African-Americans, and we are achievers!

We made it past slavery. We’ve been hurried and hassled; discouraged and down trodden. We’ve provided an unpaid service to this country by serving others first and ourselves last. Yet we are survivors, overcomers, those who have endured. Though we’re the last hired and the first fired, we know the meaning of perseverance. We know a set back is a set up for a come back. We’ve survived to the end of the world, and now handle miracles by appointment only.

On a scale from one to ten, we are one hundred! We’re African-Americans, and we are achievers!

I am an African - American Achiever —
- James Weldon Johnson, Writer

Submitted by Linda Adams

I John 4:4

- *Psalm 139:14*

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Submitted by Linda Adams
Who Are We?

We are African-American Inventors

George Alcorn - Inventor of Imaging X-Ray Spectrometer
Benjamin Banneker - Invented America's first clock
Dr. Patricia Bath - Ophthalmologist - famous inventor of treatment and prevention of Visual Impairments
Otis Boykin - Invented and improved the electrical resistor and a variety of devices: computers, radios and TV-sets
Marie Van Brittan Brown - Inventor of home security inventions
George Washington Carver - Inventor of over 300 peanut products
George Crum - Inventor of potato chips
Dr. Mark Dean - Began working at IBM in 1980 and was instrumental in the invention of the personal computer
Dr. Charles Drew - Physician, researcher and surgeon revolutionized the understanding of blood plasma leading to the invention of blood banks.
Kenneth J. Dunkley - Best known for inventing Three Dimensional Viewing Glasses
Dr. Philip Emeagwali - Inventor of the world's fastest computer
Thomas L. Jennings - Inventor of a dry-cleaning process called "dry scouring"
Elijah McCoy - Best known for inventing lubrication devices used to make travel more efficient
Frederick McKinley Jones - Refrigerator Inventor. Anytime you see a truck on the highway transporting refrigerated or frozen food, think of Frederick McKinley
Garett A. Morgan - Inventor of the electric traffic signal and gas-mask
Valerie Thomas - Inventor of the illusion transmitter
John Henry Thompson - computer programming and Software Inventions
Madam C. J. Walker - invented the process for straightening kinky hair
James Edward Maceo West - Inventor for the production and design of microphones and techniques for creating polymer foil electrets
Granville T. Woods - One of the most important inventions was the "trolley" a grooved metal wheel that allowed street cars (later known as "trolleys") to collect electric power from overhead wires

My brothers and my sisters in Christ, February is considered Black History Month. God’s people who are called by His name, we must celebrate our moments and the movements of our people all year long. We have come this far by Faith, leaning on the Lord. "We are African Americans and we are Achievers." I submit to you, OUR LIVES DO MATTER! I dedicate this rich historical page to two Philadelphia schools, John Barry Elementary at 5900 Race Street and Universal Daroff Charter School at 5630 Vine Street.

I charge the West Philadelphia community, each one, teach one. I then charge the children in these schools to read about who you really are. You are a chosen generation.

Prayerfully submitted by Linda Adams

Yet Another Untold Story: Hidden Figures

Adapted from Margot Lee Shetterly's book Hidden Figures: The American Dream and the Untold Story of the Black Women Mathematicians Who Helped Win the Space Race, the new film in theatres now focuses on three real-life African-American female pioneers: Katherine Johnson, Dorothy Vaughan, and Mary Jackson, who were part of NASA's team of human "computers." This was a group made up of mostly women who calculated by hand the complex equations that allowed space heroes like Neil Armstrong, Alan Shepard, and John Glenn to travel safely to space.

Women working as so-called "human computers" dates back decades before space exploration. In 1935, the NACA (National Advisory Committee for Aeronautics, a precursor to NASA) hired five women to be their first computer pool at the Langley campus. In June 1941, with war raging in Europe, President Franklin Roosevelt looked to ensure the growth of the federal workforce. First he issued Executive Order 8802, which banned "discrimination in the employment of workers in defense industries or government because of race, creed, color, or national origin". Six months later, after the attack on Pearl Harbor brought the U.S. into the throes of war, NACA and Langley began recruiting African-American women with college degrees to work as human computers.

While they did the same work as their white counterparts, African-American computers were paid less and relegated to the segregated west section of the Langley campus, where they had to use separate dining and bathroom facilities. They became known as the "West Computers" due to their proximity to the area where they worked. Despite having the same education, they had to retake college courses they had already passed and were often never considered for promotions or other jobs within NACA. The women fought many more of these seemingly small battles, against separate bathrooms and restricted access to meetings. It was these small battles that Shetterly strove to capture in her book. And outside of the workplace, they faced many more problems, including segregated buses and dilapidated schools. (cont. pg. 7)
The Story of Henry “Box” Brown
Desperate Measures during Desperate Times

While attending our family reunion in Louisa County, Virginia, we had just left the family’s historical gravesite of our ancestors (many of whom were former slaves) to head back to our hotel. We were in a procession of vehicles on Route 33, when we had a Black History moment. My great nephew Zachary Dozier (the grandson of Carolyn and Wyatt Jackson) alerted his family to pull over because he spotted a road marker honoring Henry “Box” Brown, a notable slave he learned about in a history lesson at school.

Henry “Box” Brown was born enslaved in Louisa County, Virginia in 1815. He was indeed notable because he conceived a unique plan to escape from slavery. As the story goes, Henry Brown lived apart from his wife and children in adjacent Virginia plantations. In 1848, he stood with tears in his eyes on the side of the street as he watched 350 slaves in chains walk by him, including his wife with their unborn child and three young children, who were just sold to a plantation in North Carolina. He could only wish them a tearful last farewell because he was helpless to save them.

Henry Brown had been so distraught over the loss of his family that he became driven to escape from slavery. Henry was a man of faith and sang on the choir of the First African Baptist Church. He acknowledged that through his faith in God, he was given the inspiration and courage to begin to craft a plan for a creative way to escape. Henry solicited the help of his choir-member friend, James Caesar Anthony Smith, a free Black who knew a white sympathizer, Samuel Alexander Smith (unrelated with the same last name). For a profit, Samuel Smith agreed to help Henry Brown with his plan. The creative and dangerous plan that Henry envisioned was for himself to be shipped in a box by rail from Richmond to Philadelphia.

Samuel Alexander Smith in turn contacted James Miller McKim, a White abolitionist and seasoned member (along with William Still) of the Philadelphia Anti-Slavery Society. On March 23, 1849, Samuel Alexander Smith shipped Henry by Adams Express Company in a box 3 feet long by 2 feet 8 inches deep by 2 feet wide, and sent the box as “dry goods.” Henry Brown traveled in the box lined with baize, a coarse woolen cloth, carrying with him only one “bladder” of water and a few biscuits. There was a hole cut in the box for air, and it was nailed and tied with straps. In large words, “This side up” was written on the box. Brown traveled by a variety of wagons, railroads, steamboats, ferries, and finally a delivery wagon that brought the box to the Philadelphia Anti-Slavery Society.

Henry Brown suffered extremely during the 27-hour journey and at one point he thought he was going to die. The box, however, was eventually received by William Still, James Miller McKim, Professor C.D. Cleveland, and Lewis Thompson. Upon the box being opened, Brown said, “How do you do, Gentlemen?” then recited a psalm: “I waited patiently on the Lord and He heard my prayer.” He then began to sing the psalm to the delight of the four men present, and was christened Henry “Box” Brown.

Henry “Box” Brown used this miraculous event to make a new life for himself. He became a performer, often reciting the psalm he had sung when he first emerged from the box. In September 1849, the narrative of Henry “Box” Brown was published in Boston by Charles Stearns.

Henry Brown’s life took many turns including at one point having to leave the country to avoid being sent back to Virginia and the life of slavery.

Growing up in Hampton, Virginia, in the 1970s, Shetterly lived just miles away from Langley. Built in 1917, this research complex was the headquarters for the National Advisory Committee for Aeronautics (NACA) which was intended to turn the floundering flying gadgets of the day into war machines. The agency was dissolved in 1958, to be replaced by the National Aeronautics and Space Agency (NASA) as the space race gained speed.


(Submitted by Robin Rhone)

Katherine Johnson at her desk at Langley with a celestial training device.” (NASA)

Exactly how many women computers worked at NACA (and later NASA) over the years is still unknown. One 1992 study estimated the total topped several hundred but other estimates, say that number is in the thousands.

As a child, Shetterly knew these brilliant mathematicians as her girl scout troop leaders, Sunday school teachers, next-door neighbors and as parents of schoolmates. Her father worked at Langley as well, starting in 1964 as an engineering intern and becoming a well-respected climate scientist. “They were just part of a vibrant community of people, and everybody had their jobs,” she says. “And those were their jobs. Working at NASA Langley.”

This is a phenomenal true story of the black female mathematicians at NASA whose calculations helped fuel some of America’s greatest achievements in space. Through sheer tenacity, force of will, and intellect, they ensured their stamp on American history — even if their story has remained obscured from public view until now.


Submitted by Robin Rhone

The full story of the African American experience has long been ignored, forgotten, and even actively suppressed . . . Denying all Americans a critical understanding of our national heritage.

Expert from the Smithsonian Institution Brochure: Visit the National Museum of African American History & Culture in Washington, DC, and get the full story!
F.Y.I.

Birthday Celebrations
90 Years & Over!!!

OCTOBER
Carrie Adams
Flora Austin
Rosa Francis
Viola Rocke
Mabel Carter

NOVEMBER
Louis Gray
Lucille Handy
Frances Phillips
Levora Haire

DECEMBER
Elsie Calland
Helen Chatwick
Lillian Cherry
Christina McKinnie
Jessie Phillips
Lottie Tucker
Herman Wells

S P E C I A L
E V E N T S

National Action Network
MARCH ON WASHINGTON
SATURDAY, JANUARY 14, 2017
9:00 a.m. - 5:00 p.m.
Washington, DC
www.themarch2017.com

PRESIDENTIAL INAUGURATION 2017
FRIDAY, JANUARY 20, 2017
Washington, DC

WOMAN MARCH ON WASHINGTON
SATURDAY, JANUARY 21, 2017
10:00 a.m. - 5:00 p.m.
Ben Franklin Parkway, Philadelphia, PA
www.womensmarch.com

WOMAN MARCH ON PHILADELPHIA
SATURDAY, JANUARY 21, 2017
10:00 a.m. - 5:00 p.m.
Ben Franklin Parkway, Philadelphia, PA
www.wmow-phila.com

Submit your event info to the . . .

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THREE-PEPPER STEAK

Ingredients
- 1 flank steak (about 1 pound)
- 3 tablespoons soy sauce
- 1 tablespoon cornstarch
- 1 tablespoon brown sugar
- 1 ½ teaspoons sesame oil
- 3 tablespoons vegetable oil, divided
- 1 each small green, red and yellow bell peppers, cut into 1/2-inch strips
- 1 medium onion, cut into 1-inch pieces
- 2 cloves garlic, minced

Hot cooked rice

1. Cut the steak across grain into ¼ inch-thick slices. Combine soy sauce, cornstarch, brown sugar and sesame oil in medium bowl; stir until smooth. Add steak and toss to coat; set aside.
2. Heat wok over high heat until hot, about 1 minute. Drizzle 1 tablespoon vegetable oil into wok and heat 30 seconds.
3. Add bell pepper strips to wok; stir-fry until crisp-tender. Remove to large bowl.
4. Add half of steak to wok; stir-fry until well browned. Remove steak to bowl with bell peppers. Repeat with remaining. 1 tablespoon vegetable oil and the remaining steak. Reduce the heat to medium low.
5. Add onion; stir-fry until softened, about 3 minutes. Add garlic; stir-fry 30 seconds. Return the bell peppers, steak and any accumulated juices to wok; cook until heated through. Spoon rice into serving dish; top with stir-fried steak and vegetables.

Grandma’s Secrets

Grandma explained that if the rice was undercooked and no water was left, adding ½ cup water to the rice, covered, on low heat until all the water was absorbed would help make the rice moist and fluffy.

Submitted by Mavis Robinson