In a society and culture where there is an unwritten credo of “get all you can... and can all you get”. Hastiness and speed of light lifestyles have become the norm. Think about it, in today’s culture, the individuals acknowledged for always going above and beyond, are also the same individuals who receive the promotions and accolades. Kurt Byron Jones in his book “Rest in the Storm” provides a simple analogy of airplane travel demonstrating the importance of self-care. Flight attendant’s provide the same preflight instructions for everyone traveling on the plane. Regardless if you are seated in first class or coach, the instructions are always the same. In case of a loss in cabin pressure place the oxygen mask on yourself first, then assist others. The airline industry understands that the well-being of the person you’re helping depends on you being able to take care of yourself.

For the record, I fully understand that in life often times we have to go without in order for others to have.  But as I studied the value of self-care, a theme of self-denial was recurrent. Self-denial is defined as the sacrifice of egoistic desires in order to affirm a higher personal loyalty or ideal. Understand, in an effort to achieve self-fulfillment, self-denial is almost a prerequisite. However, self-denial in order to achieve self-fulfillment results in what Thomas Merton refers to as self-neglect. He goes on to say that self-neglect is a form of abuse or violence.

But unlike more overt forms of abuse such as drug abuse, alcohol abuse, and domestic abuse, which are viewed harshly in our society; those who commit self-inflicted violence/abuse, compounded by self-neglect, are again rewarded with PERKS, usually resulting in a never ending cycle of self-denial in order to obtain self-fulfillment.

As a child I heard “all work and no play makes Jack a dull boy”. Well today, “all work and no play makes Jack the dearly departed”. Labor laws require that for every four hours you work, a 15 minute break in addition to lunch be provided. Therefore, if rest and relaxation are so important to mandate a law. Then why is it that you need to have a heart attack or a nervous breakdown IN ORDER to relax?

My prayer as we enter this Spring Season is that you find a way to relax... After all, your life depends on it.

Dr. Donald D. Moore
OUR FIRST LADY

GRATITUDE . . .
MCBC

Most of us associate gratitude with saying “thank you” to someone who has helped us or given us a gift. However, from a scientific perspective, gratitude is not just an action. Gratitude is a positive emotion that’s really important because it serves a purpose. Over the past two decades, much of the research on happiness can be boiled down to one main prescription: giving thanks.

Across hundreds of studies, practicing gratitude has been found to increase positive emotions, reduce the risk of depression, heighten relationship satisfaction, and increase resilience in the face of stressful life events along with many other positive benefits.

The problem is, gratitude doesn’t come naturally. All of the negatives in our lives, the disappointments and the resentments often monopolize our attention. We are bombarded on a daily basis with all of the negativity in the world and sometimes it’s difficult to find the positive.

Robert Emmons, a leading expert on gratitude, states that intentionally developing gratitude helps us both recognize good things in our lives and realize that many of the good things are gifts that we have been fortunate to receive (Breines, J. 2015). By making gratitude a habit, we could begin to change the emotional tone of our lives and create more space for joyful connections with others.

Some days it does feel like everything is going wrong. But often, even on bad days, good things happen, too — we’re just less likely to notice them.

That’s where the “Three Good Things” practice comes in handy. This practice involves spending 5 to 10 minutes at the end of each day writing in detail about three things that went well that day, large or small. A 2005 study led by Martin Seligman, founder of the Positive Psychology Center at the University of Pennsylvania, found that completing this exercise every day for one week led to increases in happiness that lasted for six months.

This simple practice is effective because it not only helps you remember and appreciate good things that happened in the past; it can also teach you to notice and savour positive events as they happen in the moment, and remember them more vividly later on. By reflecting on the sources of these good things, we can begin to focus more clearly on all of the many blessings in our lives. Start tonight! I’ll get you started with one thing to be grateful for today… your Mount Carmel Family loves you! For more on gratitude, visit my blog at www.MCBCDrPamm.com

Dr. Pam

WHAT HAPPENED THEN . . .

THE AMAZING GOSPEL BRUNCH
SATURDAY, MARCH 17, 2018

On Saturday March 17, 2018, I had the pleasure of attending the Amazing Gospel Brunch presented by the Deaconess Ministry of the church. The fellowship hall was packed.

I think of this event as an opportunity for fun, fellowship and something I like to call education. We got to learn a bit about each of the presenters as they brought us their selections. The program opened with our friends on the Enon Praise Team. Our Chorus director, Charles Johnson, brought them in to open the program with a stirring praise and worship segment. We enjoy them when they come to minister to us in song. We then had two a capella presentations. It’s unusual for a singer to choose to use his or her own voice as a solo instrument, without additional accompaniment. Dr. Claudia Curry and LaTonia Wray both sang without music and did a fantastic job. There were a number of presenters, among them fan favorite, Ira Davis, who blessed us with his rendition of ‘Center of my joy,’ accompanied by the magic fingers of Charles, as well as selections by The Stillman Specials, the group my Uncle Hubie [Hubert Brown] sang with; a guest choir, “Where the Spirit Is,” the Praise Dance Team, the Mime Troupe, and our own Kimberly Johnson (nee Kelly) brought the house down, as usual, with her solo mime performance. During the ‘Eat and Greet’ portion of the program, saxophone virtuoso, Kenny Sykes, serenaded us. He brought us a mixture of oldies and current selections, all easy on the ear. He’s played for us before and based on his performance at the brunch, we’ll definitely have him back again.

And the food. Oh the food, presented by our caterer George Brown! The food was the other outstanding performance at the program and there was plenty of it. I won’t recount the menu here, but if you missed it, you really missed a treat.

The Deaconess ministry lovingly served each of us whether we stood in line or needed assistance like me.

The Amazing Gospel Brunch was, in my opinion, well planned, well executed and well attended. I say Bravo and three cheers for the Deaconess’!

Submitted by Sheila Broyles Hughes

“NO MORE” CONCERT
SUNDAY, March 11, 2018

At the “No More Concert, Mahalia Hinesy and I, recited from memory, a part of a sermon given by Dr. Martin Luther King Jr. originally given on April 4, 1967. We performed this for the “No More” Concert presented by our marvelous choir. In committing to memory my part of this speech, I had to first understand what Dr. King meant to fully understand my role in reciting this in front of a crowd of people. In part the sermon read, “What I’m saying to you this morning, my friends, even if it falls your lot to be a street sweeper, go on and sweep streets like Michelangelo painted pictures; sweep streets like Handel and Beethoven composed music; sweep streets like Shakespeare wrote poetry; sweep streets so well that all the hosts of heaven and earth will have to pause and say, here lived a great street sweeper who swept his job well.”

It is this arrangement of words that compelled followers of Dr. King to do the best they could in their position, even if it did seem as unimportant as being a street sweeper. This is important not only at the time it was given, but also in our present day society. In the face of the institutionalized racism and oppression that African American citizens are facing, it is reassuring to hear that we are as valuable as anyone else, and we should do our jobs as if we were doing it for something or someone greater than ourselves. However, there is also a contrast to be made; this sermon is just as applicable to our modern day society as it was when it was given more than 50 years ago. This centers our focus on the progress we’ve made as a people and the progress we still have yet to make.

Submitted by Cheree Scott
HAITI MISSION

Our March 2018 Haiti Mission Team consisted of Dr. Willette Burgie-Bryant, Judy Newsome, Delores Randolph, Cateria McCabe, and myself. It was our busiest trip yet with us seeing a total of 330 patients in various clinic locations in Port-Au-Prince. We experienced so much joy in helping our brothers and sisters in Haiti.

We would like to begin sponsoring Haitian children who cannot afford the $265 yearly fee (which includes uniforms and books) to attend school. Anyone interested in participating in this endeavor should contact Dr. Rhonda Hazell (email =rhazell55@gmail.com).

THANK YOU MT. CARMEL

A big thank you to all the members and friends of Mt. Carmel Baptist Church who made donations toward the March 2018 Haiti Missions Trip.

All donations whether monetary, toiletries, clothes, etc. were greatly appreciated by the people in Tabarre, Haiti.

It is never too late to donate to the Mt. Carmel Haiti Mission Fund...simply designate us on your check during weekly collections.

Thanks,
Dr. Rhonda Hazell

WE REMEMBER HIM...

The beginning of 2018 brought our MCBC family heavy hearts, grief and sadness. Therefore, “Our Church Leaders” series will begin in the next issue of the Anchor.

With the sanction and blessing from the love of his life, Deacon Pamela Marie Pernell Coles, we have opted to hallmark . . .

Reverend Vincent Cecil Coles, Sr.

DEAR DAD,

There is no way to express the gratitude we feel to The Lord for sharing you with us for as long as He did. Our Faith in Christ, our devotion to family, loyalty to friends, sense of humor, attention to detail, and desire to ALWAYS be and do better came from you.

We’ll miss your presence, your laugh, your stories, long talks and unconditional love. You inspired us with your lessons and your example, which are the seeds of greatness for the next generation. We will continue to take care of Mom and each other, love and pray for each other, DO better and BE better to make you proud. We will miss you, but we know you’re on a lake in Heaven fishing with Christ! —Love, Your Children

Vincent accepted Christ as his Lord and Savior at the age of fifteen at the Billy Graham Crusades in Veterans Stadium in Philadelphia. His early Christian training was at his family church, New Bethlehem Baptist Church. As his faith grew he became involved in many youth activities. Vincent followed Pamela and joined Mt. Carmel Baptist Church on October 1, 1978. He immediately became active in the Young Adult Fellowship, the Mount Carmel Players and became a teacher in Sunday School. He was called to the preaching ministry and was licensed on June 28, 1994 through the Pennsylvania Baptist Association and ordained on June 30, 1996 under the pastorate of Rev. Dr. Albert F. Campbell. With divine guidance and a heart for young people Vincent took up the mantle from his mentor and friend, Mr. LaCosta Broyles, and expanded the youth ministries at MCBC. These ministries were often duplicated and imitated in many churches in the Tri-State area. He became Minister to Youth in December of 1996. And under his direction MCBC established a drill team, football team, basketball team, bowling team, junior golf league, mime troop, praise dancers, and the Mount Carmel ensemble; an all strings orchestra.

Vincent married Pamela Marie Pernell on January 31, 1981. They raised with loving care, LaShon, Vincent Jr., Andre and their niece Nichole. They were seldom apart, took annual summer vacations, always including their children, then later the grand and anyone else who wanted to come alone. They enjoyed going to the movies and eating at their favorite restaurant, Outback Steakhouse. Vincent and Pamela also ministered together, accompanying one another on hospital and home visits, to preaching engagements across the city, traveling to religious plays and overnight excursions where they gave young and old the opportunity to experience new and exciting activities. Together they nurtured and mentored hundreds of children, often providing the basics with tender love and spiritual guidance; and as a result many called him “Uncle Vincent.”

Reverend Coles had a great sense of humor and a knack for convincing people to do anything. In one story, he convinced the hospital staff that he was a visiting physician from Jamaica. This was in an attempt to go into the delivery room to see his granddaughter’s birth. He was also known as the coupon king, often buying carts full of items that he paid very little for, but sometimes not used by the family. Vincent never wasted time or words. When others panicked Vincent would calmly and with quiet confidence say everything would work out just fine. He loved to deep sea fish, often renting charters with a group of friends. And as was his custom, he shared his catch with anyone who asked. On his block Vincent was known as “Mr. Slurpie” because he would often gather the children together to take them to 7Eleven for slurpies. His strong voice ringing out “Praise the Lord” at offering time was a testament to his attitude of gratitude.

DEAR POP-POP

Some people in this world think that you have to be the loudest to make a difference, but you proved them wrong. You were a wise man, therefore, you didn’t need to speak all the time because your actions spoke louder than words ever could. As you rest, know that your words and actions will never be forgotten and that your guidance and wisdom will always be engrained in us. — Love, Your Granddaughters

We, the Anchor staff, share in this time of grief but also share in the love and memories of Reverend Vincent Cecil Coles, Sr. — Submitted by Deaconess Gloria Lighty

IN PRAYER, GOD CAN QUIET OUR MINDS.
The Mt. Carmel Anchor Newsletter - March 2018

**SENIOR SPOTLIGHT**

**CECIL PARKER**

Cecil Parker was born in Philadelphia, PA at Jefferson hospital on Oct. 15, 1951 to Mary Elizabeth Parker and Jacob Chaplain Parker. He attended George Brooks elementary school then Shoemaker Jr. high school where he began to see signs of a possible future in athletics in addition to being a scholastic student (previously recommended by counselors to attend Masterman school for advanced students). At the age of 14, Cecil competed in the Christian Congress of Education Oratorical contest representing Mt. Carmel Baptist church winning at the city and at the statewide level leading to the finals in Tampa, Florida where he competed against college level participants from around the country. Upon attending Overbrook High school, Cecil ran Varsity track as part of a 4 man hurdle relay team which was the fastest in the country! Upon attending Penn State University and acquiring a Track scholarship Cecil first discovered the possibility of the concept of "singing" as an actual occupation after being encouraged by fellow students. Cecil had already taught himself to play the bass and drums to accompany other singers. That's where it all began. Several record deals, cruise ship headline stints and million dollar production shows later, Cecil is still considered one of today’s elite performers in the genre of smooth R&B.

After completing his college education Cecil went on to compete at the Olympic Development level with the Philadelphia Pioneers and did a short stint with the Continental Basketball Association’s Philadelphia Kings before deciding to concentrate on the arts full time. He has had appearances on Law and Order/SVU, House of Cards, Gotham, Madam Secretary, Blue Bloods, The Good Fight and on several major motion pictures. As a professional vocalist he continues to travel, record, produce, perform and administer vocal instruction on a consistent basis.

Submitted by KimLa Robinson

**SOMETHING TO THINK ABOUT**

**HOPE  E D U C A T I O N  L O V E  P R A Y E R**

To my brothers and sisters, keep Hope alive for we have come this far by faith. MalcolmX said that Education is the passport to our future. Teach your children to hunger and thirst for a good education.

Love yourself and those who look like you. We need to learn from other races of people how to stick together. We will never be free from oppression or independent from white America until we build a strong Black America. The day we learn to love yourself and those who look like you. We need to learn from other races of people how to stick together. We will never be free from oppression or independent from white America until we build a strong Black America.

Love and pray — I can do all things through Christ which strengtheneth me. Philippians 4:13

Submitted by KimLa Robinson

Ed. Counselling and Psychology

**A SONG IS BORN**

Have you ever wondered about the origin of an old sweet song you have sung many times at home or in church? Who wrote it, and why? What motivated the writer to take pen in hand and compose the music for a stirring anthem or the lyrics to a soulful melodic hymn?

On page 371 in the African American Heritage Hymnal is a hymn that many churchgoers have sung numerous times. Here at Mount Carmel it is sometimes sung on Communion Sunday as new members receive the Right Hand of Fellowship. There is no room for insight into the life and times of the composer on page 371, only the well-known title “Leaning On The Everlasting Arms” is at the top. Directly under the title on the left, is the name Elisha A. Hoffman who wrote the lyrics; on the right, the name Anthony J. Showalter, who composed the music. The musical notes and the words fill the remainder of the page, leaving unanswered the question: What inspired these men to write “Leaning On The Everlasting Arms”?

I recently discovered an interesting and informative story about this hymn in the book, The One Year Book of Hymns (compiled and edited by R.K. Brown and Mark Norton with Devotions by William J. Petersen and Randy Petersen.) It is my pleasure to share this story with our Anchor readers. One afternoon in 1877, music teacher A. J. Alabama found letters from two former students each with a similar story. Both of them had lost their wives, and both wives had died on the same day! As Showalter began writing two letters of condolence, this Scripture from Deut. 33:27 came to mind: The Eternal God Is Thy Refuge and underneath are the Everlasting Arms.

Showalter was led to write a third letter; this one to Elisha Hoffman, a hymn writer in Pennsylvania. Showalter suggested that Hoffman write a hymn using the Scripture as its theme. He even suggested the wording of the chorus: “Leaning, leaning, safe and secure from all alarms; Leaning on the everlasting arms”. Hoffman responded with three stanzas and Showalter supplied the music. Thus a song “Leaning On The Everlasting Arms” was born.

Submitted by Betty M. Tilley

**OUR CONDOLENCES**

We would like to extend our sincere expressions of sympathy to all the members of Mt. Carmel Baptist Church who have lost a loved one during their time of bereavement. May God bless and keep you.

The Anchor Ministry

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**LAITY DAY - 2018**

Remember Your Color

The colors for the day will be determined by your years at Mt. Carmel.

- 0-9 (white)
- 10-19 (yellow)
- 20-29 (green)
- 30-39 (red)
- 40-49 (silver)
- 50+ (gold).

**REGISTER TO VOTE!**

Then . . .

**I GO VOTE**

May 15, 2018

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RESURRECTED LIFE

There is a tradition in many African American Baptist Churches that the preacher often ends his or her sermon by “taking the congregation to the foot of the cross.” There, at the cross, as the preacher’s voice builds in hyperbolic crescendo we hear, “On Friday, Jesus was laid in a borrowed tomb. He laid there all night Friday and all day Saturday, but early Sunday morning, he got up! He got up with all power in his hands.” Or, “When Jesus was raised from the dead, he conquered sin, death, hell and the grave!” I like to add that the resurrection proves that life was and is and will always be more powerful than death!

Easter Sunday is when the church takes the opportunity to celebrate Jesus’ victory over death. Spring, the season in which Easter occurs, gives nature’s testimony of resurrection as we see green shoots emerging from soil bound by winter freezing and long dark nights.

How does the idea of resurrection impact our minds; and what effect can it have on our behavior as we live from one Easter to the next?

Peter, the Apostle introduces his letter to the church with these words, “Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead and into an inheritance that can never perish, spoil or fade.” 1 Peter 1:3-4.

“New birth” and a “Living Hope” are only two of the infinite and eternal blessings, of living the resurrected life. I cannot define this spiritual truth of the “New birth” more eloquently than Paul in his letter to the Corinthian church, “if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God, who reconciled us to himself through Christ…” 2 Corinthians 5:17-18

What I can do is expound on this transforming experience called the Resurrection Life. Daily we have the privilege and open invitation to feel a keen sense of God’s Peaceful Presence everywhere, in every situation and at all times. We learn we possess mind renewing wisdom, which knows that the same power God harnessed to create the world and raise Jesus from the dead, resides in the believer’s soul, in our souls. This power gives us courage to live out of the fruits of the Spirit (Gal 5:23-24). We develop confidence that expresses a faith that moves mountains of doubt, takes risks to build unity and community. Gratitude becomes the guardian of our souls against discontent, compulsiveness and false entitlement. We grow in positive self-worth that seeks and finds purpose in the mundane and the magnificent.

A “Living hope” is to have the power to continually see God’s hand shaping and re-shaping us into the person of Jesus (Romans 8:29). It is to envision our potential for greatness, which God planted in us, before the foundation of the world. It is to join, “...together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ and to know this love that surpasses knowledge — that you may be filled to the measure of all the fullness of God.” Ephesians 3:18-19

A “Living Hope” recognizes our God, made known in Jesus Christ and by the power of the Holy Spirit “is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.” Ephesians 3:20-21

How do we live the Resurrected Life? A friend of mine would say, “One moment at a time because that moment is as good as it gets!”

He is Risen Indeed!
Rev. Julia Bruton-Sheppard

THE SEVEN LAST WORDS

My Christian friends, please be mindful to meditate on each of these Seven Last Words of Jesus Christ which are taken from different Gospels but assembled into what was probably their chronological order according to a simple harmony of various gospel accounts of the crucifixion:

→ Then said Jesus "Father, forgive them, they know not what they do." Luke 23:34
→ "Truly, I say to you, today you will be with me in Paradise." Luke 23:43
→ "Woman, behold your son" John 19:26-27
→ And at the ninth hour Jesus cried with a loud voice, saying, Eloi, Eloi, lama sabachthani? Which is, being interpreted, "My God, My God why has thou forsaken me?" Mark 15:34, Matthew 27:56
→ "I thirst." John 19:28
→ "It is finished." John 19:30
→ "Father into your hand I commit my Spirit." Luke 23:46

Traditionally, these seven sayings are called words of forgiveness, salvation, relationship, abandonment, distress, triumph and reunion.

Reprinted - Submitted by Linda Adams

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You have been a beautiful example of God’s love.
She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue.

PROVERBS 31

I can’t repay the lessons
That you taught when I was small,
Or give you, gift for gift,
The daily treasures I recall;
I can’t return encouragement
Or loving words of praise
In quite the way you did for me.
Through all my childhood days,
But there’s one gift that I can give:
It’s all the love you’ve earned—
For love is what you always taught,
And love is what I learned.
HEART DISEASE AWARENESS

February has been designated as the American Heart Association’s national movement to end heart disease and stroke in women. One in three deaths are due to heart disease among women each year—more than all cancer deaths combined. Heart disease encompasses cardiovascular disease, hypertension, coronary artery disease (CAD), and congestive heart failure and ischemic heart disease.

For many years, gender specific symptoms of heart disease were ignored by health providers. Women were also not informed of risk factors for heart disease. Thanks to efforts of public health community groups such as the Center for Disease Control (CDC) and the American Heart Associations, women and health care providers have become more informed of risk factors. More and more Americans are embracing lifestyle changes that reduce the impact of cardiac disease risk factors. Those lifestyle changes begin with consistent and comprehensive health care and include:

- Reduction of processed food intake by switching to fresh fruit, and vegetables
- Reduction of salt intake
- Stop smoking
- Daily exercise—at least 20 minutes a day of continuous exercise such as walking

Submitted by Gwen Travis

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LET’S GET STARTED WITH CHAIR EXERCISE FOR YOUTH AND SENIORS

1. SITTING
This is my favorite exercise. It’s really good if you have a weakened lower body and need to increase lower body strength and stability.

2. SITTING
If you struggle to get your foot off the floor completely, you can use your calf muscle to flex your ankle, which will assist the movement. Be careful not to let the calf do all of the work though.

3. CHAIR SQUATS
Stand with feet hip-width apart with a chair behind you. Raise your arms and slowly squat down towards the seat of the chair. Keep your core contracted and knees behind toes. As you touch down in the chair, contract your glutes and lift yourself back to standing.

By Adrienne McNair
Black Belt Instructor

BENEFITS OF ADEQUATE WATER INTAKE

More than 60% of our body is made up of water. Water is an important primary nutrient which helps every cell in your body function properly. Adequate water intake helps maintain health and reduces chronic disease risk. Benefits of water intake/adequate hydration includes:

- Keeps your body temperature normal
- Lubricates and cushions joints
- Protects your spinal cord and other sensitive tissues
- Promotes bowel movement
- Replaces water/fluid loss through perspiration, tearing and increased physical activity

Consequences of low water intake resulting in levels of dehydration

- Hunger
- Tired/fatigue, distraction, confusion, dizziness
- Constipation
- Dry and irritated skin
- Increased potential for kidney, bladder, or urinary tract infection
- Higher risk for heart disease and low blood volume

Prolonged physical activity and increased water loss from vomiting and diarrhea may raise daily fluid intake needs. Recommendations for daily water intake for healthy women is 9 cups of water per day and for healthy men, 12 cups per day.

Please note that certain diseases (renal disease/some cardiac disease) may require fluid/water restrictions. It is extremely important that your primary health care provider is consulted about water/fluid intake.

Submitted by Gwen Travis

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FUNDAMENTALS OF FIRE SAFETY

DON’T GET ALARM LAZY.
Make sure when the alarm chirps, you replace the battery. Have alarms on every floor.

BANISH OLD SPACE HEATERS
They can lower your utility bills, but they are a prime cause of home fires. Buy a new model that turns off automatically if it tips over or overheats.

TOSS AFTER 10
Problems with electric blankets and heating pads tend to occur when they are more than ten years old.

BEWARE OF OVERLOAD
Older homes may not be equipped to handle today’s stash of electronics. Replace, don’t repair damaged electrical cords.

PRACTICE MAKES PROTECTION
Have an escape plan and practice it. Remember: stay low and go.

TEND TO THE FURNACE
Have a trained professional inspect your system, especially if it’s been a while.

Source: AARP Bulletin/April 2016
Submitted by Gerri Ambush
Are Your Driving Skills Up To Snuff?

Maintaining our independence is a high priority for all age groups and a primary way we achieve this is through owning and driving a car.

As you age, your driving skills may decline and it is critical to strike the appropriate balance between autonomy, independence and driver safety. Fortunately, there are ways to take stock of how you are doing behind the wheel, address concerns and feel confident your decisions keep you and those around you safe.

Many factors contribute to driver safety and a good way to start your self-assessment is to answer ten simple questions developed by the AARP called the Close Call Quiz at (elderlydrivingassessments.com).

You have undoubtedly been driving for a long time, so you may not notice the gradual changes in your physical health that affect your driving such as changes in cognition, movement, vision, hearing or even judgment. Any of these deficits could be diagnosed or undiagnosed medical problems or they could be related to medications or their side effects. Your doctor may be able to help in many ways – starting with a thorough physical exam. You could also be evaluated by a driver rehabilitation specialist or look into programs like the CarFit Program (car-fit.org) sponsored by AAA, AARP Driver Safety and the American Occupational Therapy Association.

Technology can also make a difference and has been found to prevent accidents and relieve some of the stresses of driving. It has been found that forward collision warning, rear view displays, self-parking and navigation assistance are some useful preventative advances.

We all find great joy and independence in driving, but it comes with great responsibility. Please take whatever steps are necessary in order to protect you, your passengers and the other drivers on the road.

Source: Erickson Living Well Newsletter Submitted by: Gerri Ambush

Some Great Ways to Save

1. **Reveal your age!** Ask restaurants if they have a senior discount. At 15 per cent off, you’d save $7.50 on a $50 dinner for two.
2. **Travel with a water bottle!** Airport security will let you pass if it’s empty. Just fill it at a water fountain after the security checkpoint. It beats paying $5 for a liter bottle at a gift shop.
3. **Use ceiling fans more!** Air conditioning costs about 36 cents an hour; a ceiling fan about 1 cent per hour. You could save $8.40 each day without AC.
4. **Plan to rent a car on vacation!** Pack your toll pass transponder device; many can be used at toll plazas in other states.
5. **Keep your tires inflated!** For every 5 psi of air pressure below normal, you lose 2 percent on gas mileage. Plus you will have extra wear on your tires.
6. **Quit drinking sodas!** Knock off a couple of two-liter bottles from your weekly shopping trip and drink water instead. You will be surprised how you save, plus the health benefits.
7. ** Routinely call or write your cable company!** Your cable company, internet provider or TV service providers should be contacted to see what they’ll do to keep you loyal.
8. **Dine at a culinary school!** Students operate restaurants where the food is comparable to top eateries, but at much lower prices.
9. **Skip extended warranties on purchases!** Just use the right credit card. Major credit card networks — American Express, Discover, Visa and MasterCard — provide extended warranty coverage for many products at no extra charge.

Source: AARP Bulletin/Aug. 2017 Submitted by: Gerri Ambush

A.S.K.

So I say to you, ask, and it will be given; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. — Luke 11:9-10

The words ask, search, and knock start with the letters A, S, and K, which spell ask. We can use this little acrostic to remind us to just ask.

Source: A Woman’s Daily Prayer Book Submitted: Gerri Ambush

The Focus “Word”

Hebrews 10:23 (KJV)

“Let us hold fast the profession of our faith without wavering: (for he is faithful that promised).”

HOLDING FAST

“Hold fast” is not a phrase we often use in this culture. But in the original Greek, hold fast means not only to embrace, but to embrace with force as if someone is trying to take something from you. In other words, you’ve got to have a firm grip or you’re going to lose out! And notice what we are supposed to hold fast to — our profession, our declaration of faith.

I like to think of it sort of like a tug of war. You’re on one end and the enemy is on the other. He’s trying to pull that rope out of your hand. He’s trying to steal your hope and get you to speak negative words of doubt and unbelief. But you’ve got to be determined and stand strong. You’ve got to persevere and hold fast. Don’t let the enemy pull the seed of faith out of your heart! You might need to dig your heels in and get a new grip, but don’t you dare let go! Keep speaking words of faith. Keep speaking words of hope. Keep declaring god’s Word and keep holding fast to the profession of your faith!

A Prayer for Today

“Father, today I choose to hold fast to my profession of faith in You. I know that You are faithful, and I believe that You will complete everything that You’ve started in my life. I bless You and magnify You above all else in Jesus’ name. Amen.”

* EVANGELISM

- They will not come, they must be brought
- They will not seek, they must be sought
- They will not learn, they must be taught
- If every soul, wins a soul, then every soul will be saved!

As it is written Proverbs11:30 (NIV)
The fruit of the righteous is a tree of life, and he/she who wins souls is wise. Amen.

* WHERE TO FINES HELP, WHEN . . .

AFRAID: Psalm 34:4; Matthew 10:28; II Timothy 1:7; Hebrews 13:5-6
BEREAVED: Matthew 5:4; II Corinthians 1:3-4; Psalm 111:15; I Corinthians 15:51-58
DEFEATED: Romans 8:31; John 16:33; 1 John 4:4
FAITH FAILS: Psalm 41:9-13; Hebrews 11
LONELY: Psalm 23; Proverbs 18:24

W

Shared by Loretta Washington, neighbor Submitted by Donna Miller
Our Own Women’s History Month

SPOTLIGHT

Donna DuBose Miller

Mount Carmel member and Editor/Coordinator of the Mount Carmel Anchor Newsletter, Donna DuBose Miller, owner of DuBose Printing & Business Services began her company in her home in 1989 and then became an official business in 1993 when she moved to the Enterprise Center, which was formally located at 46th and Market Streets in Philadelphia. The consistently growing business is celebrating its 25th year, which is attributable to customer word of mouth, increasing need of desktop publishing with graphics, full scale printing, and the dedication of its owner, Donna DuBose Miller. Presently located in the Overbrook Park section of Philadelphia, Pennsylvania at 7592A Haverford Avenue, DuBose is a full-service printing business that offers services ranging from business cards, stationery, wedding and funeral programs, all-occasion invitations, ad books, banners, t-shirts and other promotional materials.

As we celebrated Women's History Month in March, it is only fitting that we showcase our own. Due to the dedication of her vision, Donna has been able to maintain and take care of home and raise her family in addition to running a successful business.

Donna grew up in West Philadelphia and Willingboro, N.J. She was an office manager at the University City Science Center until the division with whom she worked closed. She later decided to take her God given talents and become an entrepreneur. Donna provided business services to organizations on a temporary basis, pounded the sidewalk offering services to make signs, menus, flyers; sold water ice and soft pretzels out side of her home, typed book reports and thesis for students — doing anything having to do with typing and organizing. She even signed up for food stamps and medical insurance to help keep her family afloat. After being an entrepreneur for several years, a client suggested she accepted a full time position. Well, she was there for approximately 4 months and to her surprise, she got fired — she expressed she never got a bad job review in her 20 years of working. But, took it as a blessing from the Lord, thinking it was meant for her to continue to pursue her business and take a gigantic STEP OF FAITH.

In March of 1993, she was accepted into the Enterprise Center’s business incubator program. The Enterprise Center helps small businesses achieve success by offering classes on establishing a concrete business plan, handling company finances and taxes, offering business space and administrative help.

Her business took off when she was approached by a funeral director to do funeral programs. After this, DuBose evolved into a full-fledged printing business. After seven years, she graduated from the Enterprise Center and opened her first storefront at 7400 Ruskin Road off of 67th and Haverford Avenue until she out-grew that space in 2007. She then relocated to her current location at 7592A Haverford Avenue, right off of City Avenue in the Overbrook section of the city.

“It took me so long to move into this large office because I didn’t know if I really wanted the responsibility of growing and becoming big, but it just kind of morphed into what is has become. People started coming to us for services from all over the city,” she said.

While funeral programs account for a high percentage of DuBose’s business, the company services a wide array of clients, such as universities, sororities and fraternities, politicians, churches and masjids, funeral homes, homecare organizations and individuals.

DuBose’s portfolio includes large scale clients such as the University of Pennsylvania and the National Medical Association, an organization that represents the interests of more than 50,000 African-American physicians. As we can only imagine, throughout the years, Donna has made many sacrifices to keep her business in the black. She acknowledges that it has been very challenging at times. She often recites her favorite scriptures: Psalm 25:4-6 “Show me the path where I should go . . .” and “Philippians 4:13 “I can do all things through Christ . . .”

“Everybody doesn’t have that determination, or that will, or that drive, to be able to contend with doing what it takes to be a business owner. It demands sacrifice! Stress is a huge part of running my business, because so many projects are time sensitive.” For instance, she explains that in dealing with funeral programs and notices, deadlines cannot be missed. “Those programs have got to be there and they’ve got to be there on time,” she said.

Throughout the years, DuBose has employed many of Donna’s family members including her daughters, nieces, nephews and cousins. Currently she has 6 employees. Her daughters, Jacquelynn and Deanna Miller grew up in the business and have integral roles in the business. Jacquelynn serves as DuBose’s head graphic designer, and now a partner since incorporation in 2016, while Deanna has been the administrator and customer service representative (in and out for years). DuBose is certified with the City of Philadelphia, Minority Business Enterprise, and Women's Business Enterprise, as well as a GCC/IBT Union Shop.

After more than two decades of running DuBose, Donna is now exploring the idea of turning the business over to her daughters. She envisions them opening a second storefront in the city’s Germantown section. DuBose provides services throughout the tri-state area and beyond. At the shop on-site services include: quick copies, faxes, scanning, emailing, enlargement, printing, office supplies and Notary Public services. The company prides themselves on customization, and is always up for a challenge.

Contact them by: Phone: 215 877-9071, Fax: 215-877-6880 or Email: info@duboseprinting.com

Submitted by Robin Rhone
The following are a few notable African-American NASCAR drivers:

WENDELL SCOTT

Wendell Scott became the first African-American to start a NASCAR race when he took the green flag on March 4, 1961, in Spartanburg, South Carolina. However, Scott had engine problems that day and did not finish.

Not only was Scott the first and most prolific of all African-Americans in the sport but also the most successful. He went on to start a total of 495 races in NASCAR's top series from 1961 through 1973. On December 1, 1963, he took the checkered flag at Speedway Park in Jacksonville, FL, the first and only African American to have a NASCAR win until his record was broken in 2013.

Scott also managed four consecutive top-ten points finishes. He finished no worse than tenth in the final standings from 1966 to 1969.

WILLY T. RIBBS

Willy T. Ribbs started three races in 1986. Willy's first race was at North Wilkesboro Speedway on April 20, 1986. That was the only race that he finished in his short career, 13 laps down in 22nd. Ribbs started two more races that year for DiGard racing, but he suffered engine failure in both.

BILL LESTER

Bill Lester got one Busch Series start in 1999, but didn't land a full-time NASCAR ride until the NASCAR Truck series in 2002. He made his first NASCAR Sprint Cup series start in 2006.

Lester began racing sports cars in the Rolex Grand Am series in 2011, and on May 14 of that year became the first African-American driver to win in any Grand-Am division. He is currently retired from racing.

DARRELL "BUBBA" WALLACE JR.

Wallace, only 24 years old, started racing cars in Mobile, Alabama, at nine years old. He launched his NASCAR career in 2010 with regional races in the K&N Pro Series East, and nationally in May 2012 with an XFinity Series race at Iowa Speedway in May, where he came in ninth. In October of 2013, he broke Wendell Scott's record with a NASCAR Camping World Truck Series win at Martinsville Speedway.

Other career highlights include finishing sixth in the 2016 season opener at Daytona, and making four starts for Richard Petty Motorsports as a relief driver in 2017. He competed full time for the NASCAR Cup Series organization in February 2018 in Daytona Beach, Florida, making him the first African-American to have a full-time Cup gig since Wendell Scott in 1971.

In his first race, Wallace finished 2nd in the 60th Daytona 500 in February 2018. It was the highest finish by an African American in the history of the sport!

BREHANNA DANIELS,

Brehanna Daniels who in June 2017 became the first African-American woman tire changer to “pit” a vehicle in a national NASCAR race, was part of the pit crew in the Xfinity series where Wallace won 2nd place.

Daniels had heard of NASCAR – but rarely followed it when the diversity program recruited her on the campus of Norfolk State University. She was considering a professional basketball career overseas, but ultimately, decided to give pit row a try. She managed to make it through the grueling training that consisted of six months of six-hour sessions, five days a week. Her days are spent holding an “impact wrench and lugging around 65 pound tires that must be put on in between 11.5 and 13 seconds, while race cars whiz by at lightning speeds.

Both Wallace and Daniels, who is also 24 years old, joined the prestigious NASCAR ranks via its Drive For Diversity programs, an initiative aimed at recruiting and training diverse candidates. The program offers internships, pit-training programs, and driver courses. Both say they are up for the challenge their roles present and they hope more people of color and women will be attracted to the sport, widely known for drawing a predominantly white, Southern male fan base.

Submitted by Robin Rhone

Just for Laugh

• What’s the difference between Uncle Sam, a rooster, and an old maid?
  -Uncle Sam says “Yankee Doodle Do, A rooster says “cock-a-doodle do,” and an old maid says, “Any old dude will do!”

• What kind of animal can jump higher than the statue of Liberty?
  -Any Kind. The Statue of Liberty can’t jump!

• Who was the straightest man in the Bible?
  -Joseph. Pharaoh made a ruler out of him!

• Where was Solomon’s Temple?
  -It was on the side of his head!

• Who was the most successful physician in the Bible?
  -Job. He had the most patience (patients)!

• His wife just got rid of 265 lbs. of fat. She divorced him!

• Have you ever considered using No-Cal Shampoo? It’s made especially for fatheads!

• Old people shouldn’t eat health foods. They need all the preservatives they can get!

• How is that pain in your neck? Oh, he’s out playing golf!

• They don’t make mirrors today the way they used to. The ones I buy now are full of wrinkles!

• I went to school to become a wit, but I only got halfway through!

• Every morning when I get up I read the obituary page. If my name’s not there, I shave and get dressed!

• Knock, Knock. Who’s there? Trump. Trump Who? Trumpoo’s the stuff 45 uses to wash his hair!

Submitted by Betty M. Tilley
Birthday Celebrations 90 Years & Over!!!

**JANUARY**
- Audrey D. Banks
- James H. Carmack
- Mary Dooley
- James Parrott
- Junious A. Rhone, Sr.
- Mary E. Rice
- Estella Stackhouse
- Daniel M. Thompson
- Eunice Wiley

**FEBRUARY**
- Lucille H. Baker
- Johnnie Erving
- Edith C. Simpkins
- Lucy M. Whiters

**MARCH**
- Mary L. Brown
- Hart M. Dixon, Jr.
- Cornelia O. Gregory
- Elsie E. Johnson
- Fred Lane
- Iona Spraggins

*Fred Lane*
Sunset, March 25, 2018
Homegoing Service
Saturday, April 7, 2018

**SWEETS FOR CAKE LOVERS**

**BLACK WALNUT CAKE**

**INGREDIENT**

- ½ cup butter
- 2 cups brown sugar
- 3 egg yolks, beaten
- 2 cups flour
- 3 Teaspoons baking powder
- ½ teaspoon salt

Cream butter; add sugar and beat until smooth. Add beaten egg yolks and mix well. Combine dry ingredients and add to creamed mixture alternately with milk. Add vanilla extract and walnuts and mix well. Fold in stiffly beaten egg whites. Bake in greased tube pan at 350 degrees for 45 minutes.

**STRAWBERRY SHORTCAKE**

- 2 cups all-purpose flour
- 3 teaspoons baking powder
- 3/4 teaspoon salt
- 3 tablespoons sugar
- 1 (3-ounce) package cream cheese, softened
- 3 tablespoons softened butter or margarine
- 1 egg, beaten
- About 1/2 cup milk
- Melted butter
- Sweetened strawberries
- Whipped cream

Sift together flour, baking powder, salt, and sugar. Cut in cream cheese and butter. Pour beaten egg into measuring cup and add enough milk to measure 3/4 cup. Gradually stir into the flour mixture. Knead dough about 20 seconds. Divide dough into two parts; roll each part 1/2 inch thick. Cut 6 circles from each half of dough. Spread one circle with melted butter and place another circle on top. Bake at 425 degrees about 20 seconds. Divide dough into two parts; roll each part 1/2 inch thick. Cut 6 circles from each half of dough. Spread one circle with melted butter and place another circle on top. Bake at 425 degrees about 15 minutes. When done, separate layers. Spoon some of the strawberries with their juice onto each shortcake bottom. Top with a generous dollop of whipped cream and then the shortcake top.

Submitted by Mavis Robinson

**EVENTS AT A GLANCE DATES**

**April 2018**
- Sun. 1st
  - Easter Sunday Service
- Mon. 2nd
  - Chosen 300 - 6:00 pm
  - 1115 Spring Garden Street
- Sat. 7th
  - Church Wide Spring Cleaning & shred
  - 8:00am - 11:00am
  - Shredding Event
  - 10:00am - 1:00pm
  - Dental Screening
  - 10:00am - 2:00pm
- Sat. 21st
  - Mount Carmel Food Cupboard
  - Lincoln Financial Field — 10:00am
  - Hospitality Ministry Luncheon & Fashion Show
  - 12:00noon - 4:00pm
- Sun. 22nd
  - Annual Laity Day Service
  - 10:00am
  - Patrick Lundy Minister of Music Concert - $20.00
  - 4:00pm
- Fri. 27th
  - Women’s Retreat
  - Eden Hotel & Resorts
  - Lancaster, PA

**May 2018**
- Sun. 6th
  - Church Chorus Concert
  - 4:00pm
- Mon. 7th
  - Chosen 300 - 6:00 pm
  - 1115 Spring Garden Street
- Sun. 13th
  - Young adult Book Bag Collection
  - After Service

**June 2018**
- Sun. 3rd
  - Church Choir Annual Concert
  - 4:00pm
- Mon. 4th
  - Chosen 300 - 6:00 pm
  - 1115 Spring Garden Street
- Sat. 9th
  - Father & Daughter Prayer Breakfast
  - Fellowship Hall
  - 8:00am — 10:00am
  - Men Cook Off
  - Church Anniversary Committee
  - 2:00pm - 5:00pm
- Sun. 10th
  - Children’s Day Celebration Service
  - Youth Orchestra Recital after service
- Mon. 11th
  - Barry School 8th Grade Graduation
- Fri. 15th
  - Annual Young People Choir Concert and Dinner
  - 4:00pm — 6:00pm
- Sat. 16th
  - Children Fashion Show
  - Fellowship Hall — 1:00pm

**Submit your event info to the . . .**

Donna Miller, Coordinator

Gerri Ambush
John Davis
Deacon Verdell L. Ganges
Deaconess Gloria Lighty
Adrienne McNair
Valerie Merritt
Robin Rhone
Kimla Robinson
Mavis Robinson
Gwen Travis

Office: 215-476-5320 or 215-476-1034
Fax: 215-476-9798
E-mail: office@mtcarmel-bc.org
Website: mtcarmel-bc.org